

hours in the sunshine as possible. Many women are martyrs and do not know it. They shut the sunshine out of their houses, they wear veils, they carry sunshades, they do all that is possible to keep off the subtlest and yet most potent influence which is intended to give them strength and beauty and cheerfulness. Is it not time to change all this and so get roses and colour in your pale cheeks, strength in your weak backs? The sunlight would be a potent influence in the transformation.—Health.

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