

A Good Story.

A recent number of *The Educational Journal*, of Toronto, tells the following good story:

The —— public school board advertised for three teachers, at salaries of \$480 per annum, to fill vacancies on their staff. Among those who responded was an Ontario teacher who, after describing quite fully and in a style that kept back nothing from excessive modesty, his experience and attainments, and submitting his testimonials, closed as follows:

"I will give you my services in either of the rooms for \$460 per annum; and to give you some idea of my personality, I may say that I stand six feet two inches, etc."

"The reply of the secretary of the school board was as follows:

"Dear Sir,—Your application was duly received, but not considered. The board decided that any teacher who could so far forget his manhood as to attempt to under-bid his fellow teachers by offering his services for \$460 per annum, when the salary advertised was \$480 per annum, was not the kind of material they were in search of.

"They are of the opinion that your height is two feet six, not six feet two, as stated in your application. I am, etc., etc."

Advice to Teachers.

1. Gain the confidence of the people of your district.
2. Deserve the respect and confidence of your directors.
3. Comply cheerfully with the requests and wishes of your county superintendent.
4. Gain the love and respect of your pupils by your example and precepts.
5. Make your school-room attractive and pleasant. Give the room a home-like appearance as far as possible.
6. Study to make the recitations of each day interesting and profitable. Do something more than merely hearing the pupils recite.
7. Strive to exert such an influence as will tend to make your pupils better men and better women.
8. Keep your records in a neat, workman-like manner, so that they will be a credit to you and a guide to your successor.
9. Do not ask the county superintendent or any other visitor to conduct a recitation; and do not ask anyone to address the school, until just before dismissal for intermission, and *after* you have had the pupils put their books aside.
10. Be prompt; open and close school promptly on time, using the Standard time.—*School and Fireside.*

The Apple as Medicine.

Dr. G. Searles, of Brooklyn, N. Y., thus discourses on the apple as medicine: "The apple is such common fruit that very few persons are familiar with its remarkable efficacious medicinal properties. Everybody ought to know that the very best thing they can do is to eat apples just before retiring for the night. Persons uninitiated in the mysteries of the fruit are liable to throw up their hands in horror at the visions of dyspepsia which such a suggestion may summon up, but no harm can come to even a delicate system by the eating of ripe and juicy apples just before going to bed. The apple is an excellent brain food, because it has more phosphoric acid in easily digestible shape than any other vegetable known. It excites the action of the liver, promotes sound and healthy sleep, and thoroughly disinfects the mouth. This is not all. The apple agglutinates the surplus acids of the stomach, helps the kidney secretions and prevents calculus growths, while it obviates indigestion, and is one of the best preventatives known of diseases of the throat. Everybody should be familiar with such knowledge, and I hope you will disseminate it. In addition, next to the orange and the lemon, it is the best antidote for the thirst and craving of the person addicted to the alcohol or the opium habit."

It is what a learner does for himself, not what is done for him, that educates him.—*Payne.*

He is the master in the field of education who possesses the ability to train pupils to self-activity.—*Diesterweg.*

N. B. EDUCATION DEPARTMENT.

Official Notices.

ADVANCE OF CLASS.

1. Teachers who hold certificates of having passed the preliminary examination for the class desired (and only such) may be admitted to the Normal School at the beginning of the second term in January; and to the closing examinations for license in June following.
2. Holders of third class licenses who have spent only one term at the Normal School *are required* to spend an additional winter term at the Normal School before they can be admitted to the closing examinations for advance of class.
3. Holders of second class licenses who have passed the preliminary examination for first class, may be exempted by attending an additional winter term at the Normal School from the special conditions as to professional classification and certificates of superior scholarship, or of having taught two full years, as required by Reg. 31, 5, (a) (b).