

relate some startling incidents as the result of this kind of novel reading, and I tell you candidly that I would have more hope of the future of a young man who smoked tobacco, chewed the weed, and got inebriated every New Year's and Dominion day, than I would of one who, guiltless of these habits, was an inveterate novel reader. "I pray you avoid it." A time table for the whole twenty-four hours is a good thing to have before one. It should be written on foolscap paper in plain characters and hung on your wall. It ought to indicate your hours of business, of study, of sleep and of recreation. Not only should you prepare your time table and have it before you, but you should endeavour to carry it out. Let your time table express not only what you would like to do but what as nearly as possible you think you can accomplish. Of course it will be impossible to carry the scheme out to the letter every day, but the fact that you have made such a schedule to regulate your daily work will be of great benefit to you.

Finally, take plenty of exercise. A long walk daily indulged in is a good thing. Sometimes you may feel languid and don't care to undertake this. The best thing you can do then, is to run a short distance, until you get the blood coursing merrily through your veins, and feel a tingling in every nerve; you will then enjoy a walk immensely. Use dumb-bells or Indian clubs in bad weather; or get out on the wood pile. There is no better exercise than the vigorous use of the bucksaw and the axe. Do all this and more, and no amount of mental labour will harm you. It is impossible for a man who spends two hours a day in vigorous exercise in the open air, to break down his constitution by study. It is not so much the application of a man to his books that injures his health, as bad digestion

resulting from want of exercise. "The glory of a young man is his strength." Let nothing, therefore, persuade you into habits that would rob you of that strength. A healthy body is better than a cultured mind, but it lies in the power of us all to possess both.

I have but little further to add. Some may think that I have been presumptuous in some of my remarks, but I have pointed out no dangers in the way of the young teacher that I have not myself fallen into or seen others do so, nor have I given any advice that my own experience has not taught me to be necessary. There are many pit-falls in the way of the teacher, especially of the young teacher. It is our duty, as it should be our desire, to avoid these. Many errors we are liable to fall into which often cannot easily be made right; and there are many drawbacks in the profession, evident chiefly to ourselves. Notwithstanding this, however, the teacher in this country and in this Province especially, enjoys many privileges, and possesses many opportunities for self-improvement. If teachers as a class were as earnest, as enthusiastic, as honest and as patriotic as they should be, their influence for good upon this country would not be surpassed by that of any other class of men; an influence which would not die in a day, but which, like the ripple that circles round the pebble dropped in the water, rolls onward through the ages, widening its circle until it reaches the shore of time. We live in a grand age and in a grand country. While other lands are disturbed by turmoil and bloodshed, while thrones are tottering and kings tremble for their crowns, while famine, rebellion, and conspiracy are waging their devastating warfare, we, as it were a chosen people, enjoy all the blessings that peace, prosperity and wise laws can bestow. Let us be thankful then, and make the best use