

CHOICE MISCELLANY.

THE TEACHER.

With a longing look in her weary eyes
And a half unconscious sigh,
She gazes out on the fresh green grass
And the glorious azure sky.

The warning bell is in her hand,
And she stands in the open door,
But mute and still the shadow lies
In the sunshine on the floor.

Her thoughts are wandering far away,
She takes no note of time ;
It matters not the faithful clock
Is on the stroke of nine.

The dreamy sound of wavy trees
And music of the stream
Invite her from her task to turn,
And only gaze and dream.

The merry group of boys and girls,
So busy at their play,
She watches with a half-formed wish
That she was free as they.

But soon the happy, joyous laugh,
And sounds of playful strife,
Recall her wayward thoughts again
To the humdrum work of life.

The same old round of irksome toil
She follows without change ;
And is it strange her mind should seek
A wider, freer range ?

'Tis hard, indeed, to bind her thoughts,
By pleasing fancy led,
Within the narrow sphere which Fate
Compels her feet to tread.

But she must break the dreamy spell
That she would fain have stay,
And turn again to the dull routine
She follows day by day.

But courage, weary, toiling one !
Your field of work is wide ;
And though your lot may oft seem dark,
It has a sunny side.

The little seeds you daily sow
Will reach a fertile soil,
And by a harvest fair and bright
Repay you for your toil.

HINTS TO TEACHERS.—There is one suggestion of like importance for both teacher and pupil, to begin with, and that is: Take care of your health. By this is not meant only avoidance of severe colds, for every person will be careful here, nor caution against dangerous and contagious diseases.

It is the "little foxes that spoil the grapes;" it is the little irregularities that interfere with the success of teacher or pupil.

Improper food, improper times or quantities, resulting in dyspepsia or any form of indigestion, will prevent clearness of mental activity and success in any study.

If every member of school or college had at the start a good knowledge of himself hygienically so as to guard against constitutional ailments, half the labor of getting an education would already be accomplished.

"Do not worry!" It is easier to say this than it was for the writer to practice it when he first taught school!

Night after night was passed without sleep; visions, before the morbidly excited brain, would pass and repass, as the battles of the school room were fought over again. The result was bad on teacher and scholars. And yet there is no royal road to self-control in this respect.

One suggestion, however: The teacher should have good, cheerful company out of school hours, and not shut himself up like a hermit to brood over troubles. Take out-door exercise; go among the people; visit the homes of the pupils; seek congenial society at all events, and have faith in yourself and in God, and troubles of this kind will vanish.—*American Journal of Education.*