

In a somewhat similar connection, these suggestions for keeping erect, given by the *Youth's Companion*, will be found to be a great help in avoiding the roundness of shoulders and general stooping position with which the teacher, from the nature of school work, is too apt to be afflicted.

1. Make it a rule to keep the back of the neck close to the back of the collar.
2. Roll the shoulders backward and downward.
3. Try to squeeze the shoulder blades together many times a day.
4. Stand erect at short intervals during the day—head up, chin in, chest out, shoulders back.
5. Walk or stand with hands clasped behind head and elbows wide apart.
6. Walk about, or even run upstairs, with from ten to forty pounds on top of head.
7. Try to look at the top of your high-cut vest or your neck-tie.
8. Practice arm movements of breast-stroke swimming while standing or walking.
9. Hold arms behind back.
10. Carry a cane or an umbrella behind small of back or behind neck.
11. Put hands on hips, with elbows back and fingers forward.
12. Walk with thumbs in arm-holes of vest.
13. When walking, swing arms and shoulders strongly backward.
14. Stand now and then during the day with all the posterior parts of the body, so far as possible, touching a vertical wall.
15. Look upward as you walk on the sunny side of the street.

WHEN VISITORS ARE IN.—A writer in the *Educational News*, gives the following bits of advice to teachers who do not know the proper attitude to assume in the presence of visitors in the class-room.

Don't make excuses.

Don't ask visitors if they wish any certain subject taught.

Don't change the regular order of work unless requested.

Teach as if no stranger were in the room.

Don't leave your pupils and pay too much attention to the visitor. There is sure to be disorder if you do.

Always be ready for visitors. Never allow your pupils to get into such conditions or positions as you would not care to have visitors see.

Don't try to cover mistakes of pupils. Mistakes are only natural. Visitors enjoy them and delight to see children correct themselves and each other.

Be natural. Don't put on a "visitor's" manner of voice. The children will notice it, and, being unused to the sudden change, will not respond promptly. They will, too, set you down as a hypocrite.