

The teacher should be a student beyond the mere textbook, not everything is found written down in textbooks that a teacher should impart. Habits of life, habits of thought must be instilled into the scholars' minds, which only the true teacher can impart.

Teachers should be examples of real healthful living; teachers should be reformers by inquiring into and obeying all the laws of their physical life, and thus giving force and zest to their precepts by real consistent example.

Not all good comes from scholars' associations with each other. Secret and pernicious habits are contracted, habits that in thousands of cases have been effectual in dragging down promising boys and girls into the lowest depths of misery and suffering. Parents fail to detect this gradual decline, or, if they do, they can not guess its origin; friends know not how to interfere; of all others, the teacher is best fitted to speak the words of warning that shall save the boy or girl from premature weakness or death. The subject of food, of healthful dieting, has been laughed at, jeered at, and ridiculed only to gain ground among our people, until the more intelligent and thoughtful are beginning to accept the reform in food as they are also that of dress. Plain healthful food, warm, healthful dress, simple and natural habits, all these, with a body well trained and cultured, free from disease and dissipation, will afford a fitting abode for the active, well-cultured intellect of the present age. The school is the place to train the scholar in all these requirements, because the mass of the people, young and old, are groping in the dark yet, on many of these questions.

Schools should be beacon lights to warn the youth of the many dangerous places that threaten them. The teacher, if a true teacher, should be so thoroughly posted on all questions of physical endurance, that he can instruct his scholars as to the care of their bodies, the saving of their vital power, and the certain effects that must follow irregular habits of any kind.

One course pursued brings happiness and health, another suffering and sickness, one brings prosperity, another adversity. Learning these from experience, from research and from reason, we can not fail to impart instruction in a science outreaching all others in its effects, as it excels all others in its unchanging exactness. The health reformer in the school is working for his community, his country, his kind, inasmuch as he is working to improve and strengthen mind, soul and body.—*The National Teachers' Monthly*.

S. H. GOODYEAR.

Danville Hygienic Seminary.

OFFICIAL NOTICES.



Department of Public Instruction.

APPOINTMENTS.

SCHOOL COMMISSIONERS.

His Excellency the Lieutenant Governor has been pleased, in virtue of the powers conferred upon him by the 48th and 136th clauses of chap. 15 of the Consolidated Statutes of Lower Canada, to make the following appointments of school commissioners, to wit:

County of Arthabaska, Arthabaskaville.—Antoine Gagnon, esquire, continued in office, no election having taken place in July last.

County of Chicoutimi, Saint-Félicien.—Messrs. Jean Lachance, Etienne Beaudoin, Joseph Savard, Jean Baptiste Drolet and Eusébe Simard. New municipality.

County of Drummond, Kingsey.—The Reverend Thomas Quinn, *vice* the Reverend F. X. Désaulniers.

County of Drummond, Saint Bonaventure of Upton.—Mr. Honoré Beauchemin, *vice* Mr. Joseph Rousseau, deceased.

County of Lévis, Saint David.—The Reverend Mr. D. Déziel and Messrs. Jean Fouquette, Pierre Bégin, Michel Couture and Louis Bégin.

County of l'Islet, Sainte Perpétue.—The Reverend Mr. J. B. Soulard, continued in office.

County of Richelieu, Sainte Victoire.—Mr. Paul Ethier, *vice* Mr. Pierre Ethier.

ERECTING AND BOUNDING SCHOOL MUNICIPALITIES.

His Excellency the Lieutenant Governor has been pleased by order in council, dated the 25th of January last, and in virtue of the powers conferred on him by the 30th clause of chapter 15 of the Consolidated Statutes of Lower Canada.

1. To erect into a new school municipality, under the name of Saint-Félicien, all the lots of township Ashuapmouchouan, county of Chicoutimi, north west of the river Saint Ours, and township Demeules and Parant, same county.

2. To define, as follows the limits of the school municipality of Saint Louis des Ha! Ha! to wit: comprising lots sixty one to sixty five in ranges B and C inclusively of township Armand, lots forty two to forty nine inclusively, also lots A. B. C. of the first range of township Cabano, lots forty two to forty eight of the second range, and forty six in the third range of township Cabano aforesaid, this line from there inclusively continuing on the south west side of the new Temiscouata road, on the line separating the seigniori from the crown lands, running south east to the limits of the municipality of Notre-Dame du Lac Temiscouata, and on the north west of the said road following the line which separates the seigniori from the crown lands, and running south east to the river Touradis inclusively.

POETRY.

Grandmother Gray.

Faded and fair, in her old arm-chair,
Sunset gilding her thin white hair,
Silently knitting, sits Grandmother Gray;
While I on my elbows beside her lean,
And tell what wonderful things I mean
To have, and to do, if I can, some day:
You can talk so to Grandmother Gray—
She doesn't laugh, nor send you away.

I see, as I look from the window-seat,
A house there yonder, across the street,
With a fine French roof and a frescoed hall;
The deep bay Windows are full of flowers;
They've a clock of bronze that chimes the hours,
And a fountain—I hear it rickle and fall
When the doors are open; "I mean," I say,
"To live in a house like that, some day."
"Money will buy it," says Grandmother Gray.

There's a low barouche, all green and gold,
And a pair of horses as black as jet,
I've seen drive by—and before I'm old
A turn-out like that I hope to get,
How they prance and shine in their harness gay!
What fun 'twould be, if they ran away!
"Money will buy them," says Grandmother Gray.

"To-morrow, I know, a great ship sails
Out of port, and across the sea;
Oh! to feel in my face the ocean gales,
And the salt waves dancing under me!
In the old far lands of legend and lay
I long to roam—and I shall, some day."
"Money will do it," says Grandmother Gray.