

fellow teachers, lies the purpose of the present words. O that some power would move our wills to rise above the pettiness of our registers and daily marks, our examinations and our oral tests, that we may shape these springing lives for the future that awaits them. For this, thank God, is our real work, the rest but the surrounding and enclosing pale; and a glorious work it is. Listen while it is pictured for us in the words of that canny Scot whose "Day Dreams" have been to some of us so helpful and uplifting.

"O brother schoolmaster, remember evermore the exceeding dignity of our calling. It is not the holiest of all callings; but it runs near and parallel to the holiest. The lawyer's wits are sharpened, and his moral sense not seldom blunted, by a life-long familiarity with ignorance, chicanery and crime. The physician, in the exercise of a more beneficent craft, is saddened continually by the spectacle of human weakness and human pain. We have usually to deal with fresh, unpolluted natures. A noble calling, but a perilous. We are dressers in a moral and mental vineyard. We are undershepherds of the Lord's little ones; and our business is to lead them into green pastures, by the sides of refreshing streams. Let us into our linguistic lessons introduce cunningly and imperceptibly all kinds of amusing stories; stories of the real kings of earth that have reigned in secret, crownless

and unsceptred, leaving the vain show of power to gilded toy-kings and make-believe statesmen; of the Angels that have walked the earth in the guise of holy men and holier women; of the Seraph-singers whose music will be echoing for ever; of the Cherubim of power, that with the mighty wind of conviction and enthusiasm have winnowed the air of pestilence and superstition.

"Yes, friend, throw a higher poetry than all this into your linguistic work; the poetry of pure and noble motive. Then in the coming days, when you are fast asleep under the green grass, they will not speak lightly of you over their fruit and wine, mimicking your accent and retailing dull, insipid boy-pleasantries. Enlightened by the experience of fatherhood, they will see with a clear remembrance your firmness in dealing with their moral faults, your patience in dealing with their intellectual weakness. And calling to mind their old school-room, they will think: 'Ah! it was good for us to be there. For unknown to us, were made therein three tabernacles, one for us, and one for our schoolmaster, and one for Him that is the Friend of all children, and the Master of all schoolmasters.'

"Ah! believe me, brother mine, where two or three children are met together, unless He who is the Spirit of gentleness be in the midst of them, then our Latin is but sounding brass, and our Greek a tinkling cymbal."—*The Academy.*

THE HYGIENE OF VACATIONS.

BY J. M. FRENCH, M.D.

WE live at a lightning pace now-a-days. The strain of modern life is intense, and nowhere greater than in the school-room. At the end of the year, the nervous system of the teacher, which has been taxed

to the utmost, cries out for rest and change. His vitality needs recreating. Vacation is a necessity.

But how to spend it to the best advantage? How best make it contribute to health of body and vigour