

to by Mrs. Mader, vice-president for Nova Scotia. In the evening a hearty vote of welcome was included in the very helpful addresses given by Rev. H. Symonds, D.D., Prof. Scrimger and Rev. W. R. Young, D.D.

The convention speakers did much to create the spiritual atmosphere which was so marked. Dr. Potts was particularly strong in both the addresses given on Friday morning on "The True Missionary Spirit," which was followed by a most valuable discussion, and in the one given on Friday evening, "Soul Winning, the Chief Business of the Y. W. C. A."

Dr. Adams, of Brooklyn, New York, more than fulfilled all expectations. His intellectual grasp and clear understanding of workers' problems, together with the deep spiritual life which lay behind his strong personality, were appreciated to such an extent that full advantage was taken of his ready sympathy and willingness to be used.

The same may be said of both Miss Paxton and Miss Barnes, whose help and practical suggestions were invaluable. Miss Paxton spoke several times in public meetings, ending with a Gospel meeting on Sunday afternoon which was attended by about 500 women. Miss Barnes, in her address on "Club Work," during the city sectional conference, as well as in the address on Friday evening on "Industrial Work," was able to present a plan of association work which was comparatively new to those who heard her. The next three years should mean much for the establishment of industrial movement.

Mr. Budge filled a real need by a splendid talk on finance work, and Mrs. Plumtre brought out, with great force, the war cry for the next three

years—strong Bible study and missionary departments in both city and student associations.

Miss Elliott represented the Macdonald and led a discussion on "How to Arouse Interest in Bible Study." Ours was the only one of the young colleges to be represented by a speaker. Miss Elliott brought back much enthusiasm and inspiration, as well as many helpful ideas for the work.

### Inspired by the Announcement of the Newest Rule.

The girls are ever ready

For whatever may await them,  
But consternation reigns supreme  
At this last ultimatum.

The Breakfast Gong at any time  
Is not an unmixed blessing,  
Although it gives tremendous scope  
For very rapid dressing.

Now should some maiden, bent perhaps,

On personal adorning,  
Before her mirror linger long  
On any single morning,  
Her taste for decoration she'll  
Have reason to deplore,  
For when the dining-room is reached  
She'll find a fast-locked door.

Her Sunday naps she, too, will find  
Good reason for curtailing,  
Or else her many friends will fear  
Her health is surely failing.  
No more plump cheeks, no rounded  
forms,

No heaviness of movement,  
Nor will the dairy scales record  
In weight such vast improvement.

The Gibson girl, the Christy girl,  
May well fear dissolution—  
That known as the Macdonald type  
Is now in evolution.

A. E. F.