

that the terms of admission need not exclude any registered student of the university or affiliated institutions. Freshmen and others are therefore made welcome and require no formal invitation. The objects of the Society cannot be disregarded by any true friend of Queen's. A bond of union amongst fellow students while attending college, and an interest in their Alma Mater when college days are done, are desiderata requiring no comment. Again, few of us will say that our literary and scientific tastes are so refined and complete as to admit of no amendment; and there can be no better opportunity for the realization of these than that offered at the weekly meeting of the Alma Mater. An interest in the university is also enjoined upon all students. This is indeed one of the important fundamental principles of the Society; and a man best furthers his own interests, at least in the highest sense, when he subserves self to the claims of others. Students will, therefore, readily perceive this to be the case when they are told that the Alma Mater is the recognized medium of communication between them and the governing bodies of the university. Endeavours are being made to make the meetings more interesting than they have hitherto been by the introduction of music, readings, recitations, &c. A committee has been appointed to wait upon the Senate in order to ascertain their mind upon the matter; and it is to be hoped that all students will do what they can to render the proposed amendments effectual.

IN view of the recent re-opening of the gymnasium, we consider it our duty to commend this institution. Students have hitherto had an opportunity of relaxing their weary minds and stretching their muscles on the foot-ball field; but now, as winter approaches and the campus becomes deserted the value of a thoroughly equipped

gymnasium is appreciated. The gymnasium has been thoroughly overhauled, new apparatus added and the services of one of the most competent gymnastic instructors in Canada have been secured. Health should be one of the main objects of life; but it is too often placed in the background. "The work savors of the workman." If a man be weak and puny in body, he will, in nine cases out of ten, be weak and puny in his studies. Immediate evil results may not follow from the neglect of physical exercise; but time will bring many regrets for those hours spent in search after vain wisdom and wealth which might have been spent in strengthening the body. Youth is the time to build up the physical frame. We therefore hope to see every student in arts, medicine and divinity join the gymnasium. Though everyone may not be able to attend the classes, they ought to take exercise at least one hour each day. If a man does so he will be astonished at the mental and physical improvement which will follow. Those beginning their university course should especially, in this way, lay up for themselves a stock of health against any emergency. We extend our thanks to those who have exerted themselves in the resuscitation of the gymnasium, and in thus supplying to the students of Queen's a long felt want.

PRESIDENT ELLIOT, of Harvard, says: "A student should not neglect his social opportunities. Men are often led to success in life through their college acquaintances. Do not try too hard to be the 'popular' man; it is a dangerous position. Student opinion is often accurate and searching. While you gain popularity you may become too well known, and this knowledge of your character may be detrimental in after life." It may be asked, What application has an address delivered