

to the forefront again. This season of the year is the most perilous for the students' health and the session rarely closes without several cases of serious illness. This is usually brought on by overwork and neglect of physical constitution. A clear, vigorous intellect, working normally, is not very compatible with a distressed and contracted body. This is a commonplace idea. Our very familiarity with it has taken away its edge. Every one will admit the necessity of exercise for those devoting themselves to confining studies, and it is a reasonable step, and one which does not interfere with a man's true freedom, to make this compulsory, especially when students are tempted to neglect it, both through thoughtlessness and ambition. The university should turn out *men* and not *sallow spectres*. The spirit should be afire but the body should not be in ashes. As every student is compelled to take English literature, whatever his course may be, so we cannot see that it would be arbitrary to compel every student to take a certain amount of exercise, with variety of choice. Good health underlies good work, and exercise underlies good health. Space forbids our citing the many other arguments for this, with one exception. We have to-day, to a great extent, lost that fine sense for the graceful and symmetrical development of the human body which was so characteristic of the Greeks. The loss is a real one, as witness many of the by no means artistic figures seen around our halls. The Greeks made physical culture a necessary part of education, and this does not imply a neglect of the higher faculties.

But we have no gymnasium! A financial gulf and no generous millionaire to bridge it! A few years ago there was a strong agitation for a gymnasium, and several schemes were suggested by the best students in the college. No satisfactory plan was found and the matter has been untouched ever since. After the close of the football season, such alternatives as the Y. M. C. A. gymnasium and the skating rink are possible; but what proportion of the students take advantage of these? It is not large. We need a gymnasium in our own college to centralize and develop all other modes of physical culture. In football and hockey, as the new campus and the championships testify, we are progressing, but the absence of gymnasium training seriously hampers us even here, as we *have* lost matches through lack of condition.

What, then, is the outlook? Heretofore the authorities have had other projects on hand and have done nothing towards this, but at the opening of the Theological Faculty last November, the Principal said: "Queen's must enlarge its classrooms. . . . What is needed is a separate building for the Faculty of Theology, with which might be

combined committee rooms for the students, a room for refreshments, and a *gymnasium*." When Principal Grant makes a public statement of this kind he means what he says, and though it contains no definite promise, we find in it great reason for hope. He, for one, will do all in his power to advance the interests of the students. What is required is a strong movement on the part of the students themselves, not in a restless, chafing way, but with a candid expression of their demands and a resolute desire to do their share.

This hasty review will but serve to open up the question, and we would like to see discussion, if not action, revived. A gymnasium is not all; the students need regular physical drill, both inside and in the open air. Other hours could be found for lectures that take place after 4 P.M., and the space from 4 to 6 devoted exclusively to exercise. It is fanciful as yet to discuss the nature of the exercise, the style of building and other details, for perfection of equipment, though important, will yield poor results without the spirit of work. This much is certain, if Queen's boys are to do justice to themselves and honour to their college, she should in this, as in so many other things, be in the front rank.

CONTRIBUTED.

SKETCHES FROM THE FOOT-HILLS.

A MODERN PILGRIM FATHER.

PART II.

A TYPICAL valley among the foot-hills of the Rockies. Its sloping sides stretch out before the eye in vast sweeps. Leagues of flowing outlines intersect and melt into each other in immense liquid curves. It is as though the earth were rolling in vast waves towards the mountains, and as the deep long swells, which begin far out on the prairies, approach that great barrier, they lift their heads higher and higher, but without a break in their magnificent sweeping curves, until, just before reaching the mountains, rising too high to hold their form, their summits burst into rocky crests that ride like foam upon the immense green billows.

So vast and simple is the foreground, so clear the atmosphere and distinct the range of vision, so lofty the few clouds and the vault of heaven, that even the highest mountain peaks appear mere scaly spines upon the back of nature. Only when one stands upon one of the last ridges of the foot-hills and looks upon the mountains under the rare canopy of a thunderstorm—bringing heaven down to earth, and raising earth to heaven—does one realize the greatness of the individual mountains.

It is early summer. The rolling uplands are still green, and the myriads of wild flowers are at their