

the correct standard of living. Vacation, of the length that students obtain, may well be passed especially in bodily activity,—in a visit to friend, or if the family permits, in camp along the banks of a limpid stream or the shores of some picturesque lake ; a few day's stay in another city ; a flight to a new district ; a long cruise upon the water ; a bicycle peregrination, etc. It does not matter whether it is paddling a canoe, rowing a boat, hunting in the woods, working on the farm, cultivating a flower garden, digging in the soil, sawing wood, or breaking stone. In these and similar forms of action, mental workers have found not only enjoyment and diversion for mind completely fagged, but purity and quickening of blood, solidity of flesh, and strength of muscle. Ottawa College students, by virtue of the spirit they have been imbibing, will be prominent in athletics, each in his locality, during the summer, and they will return, we trust, in condition to "jump right into the game" next fall.

WEEKLY VISITORS.

During the year we have welcomed as constant weekly visitors to our table certain publications, which, not being classed as either magazines or exchanges, have received no regular notice till now. These are the different Catholic newspapers, and we extend our most sincere thanks to their respective editors for sending them so regularly. We further thank them that through the means of their able publications we have been kept in touch with matters of which every Catholic student should have correct ideas.

Among our regular visitors we number "The Catholic Record," "The Catholic Register," "The Central Catholic," "The Pilot," "The Irish World," "The Freeman's Journal," "The Liverpool Catholic Times and Opinion," "The Casket," "The Intermountain and Colorado Catholic," and "The Catholic Transcript."

We sincerely wish the above named periodicals a generous measure of success, and hope that our Catholic people will ever continue to appreciate the good work that our newspapers are doing in the safeguarding of our Faith.