

of my young friends in reading this would say he has left out the best thing ; and that is the lunch which is served to the younger students at this time. Here for two hours the boys indulge in good healthy exercise, in summer, Tennis, Base-ball, and Croquet, in winter, Hockey, Hand-ball, and gymnasiun take up the students' time. All these games we are taught to play with fairness, and whether on the campus, in the gymnasium, or in the class room the student is taught to be a gentleman. At about five o'clock the bell rings and the students drop the games they are engaged in, and hurry to their studies. Then an hour is given to study, after which we proceed to chapel and say that beautiful prayer, the rosary, and on special nights such as Sunday assist at Benediction. After our evening prayers comes supper. The two hours recreation has quickened our young friend's appetite and consequently he does ample justice to the good things put before him. After supper we have a short recreation and then proceed to study which lasts until 9.30. As the student began the day with prayer so he also ends it and at 9.30 proceeds to the chapel to ask forgiveness for his faults, and to return thanks for the graces received during the day, and to pray for his relations and benefactors, and for the welfare of himself and his fellow students. Leaving the chapel he proceeds to the dormitory and in a very short time our friend is tucked in his blankets unconscious of all about him. Many things I would like to speak of at some length, but space forbids. The different societies of the college are a great help to our young friend. Societies of Our Lord and Blessed Lady, societies of the saints, or again our class societies are all so many helps to our young friend in advancing in piety and knowledge. Again, as he grows old he becomes a member of the debating society and is there taught to express his opinions in a clear and forcible manner. Indeed I might write pages on this society alone, but space forbids.

On Sunday, as natural, more time is given to religious instruction and the boys are instructed in the practice of their religion.

Our young friend, then, follows on in this life day after day