A word about athletics. The student who does not take proper exercise must suffer for it. The demand for pale-faced, lily-fingered preachers is decreasing every year. The large campus and the beautiful hills extending to the south and west of the College afford excellent opportunities for developing a good physique. Association foot-ball has always been the popular Many a glorious victory has been won by the College "Eleven," not only on their own campus, but elsewhere. Let us see them play a game, and take a few notes. The field has been marked off, the goals repaired: the sun shines brightly and a gentle breeze is blowing from the south-west. The visiting team has arrived, and have been shown the principal points of interest about the institution. At the noon hour they tackle the College fare, and are anxious to know if this is what the College boys get every day. "Every day except Sunday," responds our captain. The visitors expect to have a tough team to tackle that afternoon. About 2.30 in the afternoon the players line up; a large number of townspeople are present. The ladies, led on by the Lady Principal, storm the old Commercial Building, and make their appearance at the windows of the top story. The game commences, and for a time the College boys seem to get the worst of it. Their superior training, however, is soon shown. They have more endurance. The forwards combine, and after a number of fierce rushes on the enemy's goal, by neat dodging and a cwift shot, the first and only goal scored that day gives " Woodstock " the victory amid deafening cheers and the waving of handkerchiefs by the vestal virgins in the Commercial Building.

But the pillow fight, the howl and the football match did not occur every day. They were divergencies which served to break the monotony of a regular routine of duty. Our work was well systematized, as it is here, but in "McMaster" we miss the head-cracking sounds of the old "gong" that broke in upon our slumbers at half-past six in the morning. We miss the many rules and regulations which it was sometimes a pleasure and sometimes a grievance to break. We remember with pleasure the Excelsior and Philomathic Societies, where we learned to conduct business meetings and debate, and where, at public meetings, our silver-toned orators, wits and musicians entertained