

DONT'S

Don't eat meat. A diet of fruit-peaches, pears, cherries and strawberries, with plenty of fresh cream and a little light cake is better. For a beverage Mumms' Extra Dry is preferable to tea.

Don't exert yourself in the heat of the day. For circular on the evils of this practice apply Pte. F—t F—r.

Don't argue after lights out. Remember that most of us have to get all our sleep before reveille.

Don't wear heavy clothing. "Shorty" Mc-d recommends a "shimmie" of cheese cloth and a pair of long stockings, but unfortunately we are not all so well acquainted as he.

Don't discuss latest rumors under the shower bath. Water is scarce and our need is great.

BASEBALL

On Saturday, June 10, No 5 went to No 1 Canadian Stationary's bailiwick and won an interesting [although one-sided, ball game by a 17-3 score. Tom Raftery, No 5's southpaw, pitched a faultless game, allowing only four or five scattered hits, and his

speed and sharp curve had No 1 absolutely helpless whenever danger threatened as it did once or twice in the early part of the encounter. He received great support considering that the ground was very rough. Fox, a youngster from Vancouver, pitched for No 1, but his offerings were no puzzle to No 5. A return game will be played on No 5's grounds, but at time of writing a date had not been fixed.

The No 5 team follows; C, Thorsteinson; p, Tom Raftery; lb, McKenzie; 2b, Dunn; ss, J. Raftery (Capt); 3b; J. Kerr; lf, W Sedger and Menzies, cf, H. Pottinger; lf, E. Chase.

On the evening of June 14 No 5 met a team of ASC Canadians, who are attached to the Serbians, and won easily, 14 to 0.

LACROSSE

Despite all the efforts of the Grecian climate to take the "pep" out of the Canadian systems these dog days, the lacrosse practices three times a week are well attended and considerable progress is being made. Of course, now that the game with No 4 in the near future is assured all the talent will be out to try and make places on the team. This might not be the easiest job on earth either, for there are some mighty sweet looking stick-handlers in the crowd and merit alone will count. Several of the officers have been out regularly, among them Col. Robertson Major Gillies, Capts Taylor, Wilson, Clarke, Wall and Lieut. Mann. Capt. Taylor, by the way, is an old "Big Leaguer" having been for years a member of the famous Ottawa Capitals, so his experience will be invaluable to the team. Bill Laidlavv certainly shows that he has played