

there are exceptions, but the general rule stands. A moderate monthly allowance, out of which the young man must pay incidental expenses and a requirement that careful accounts shall be kept, is the wisest plan in the majority of cases.

Immediately upon arriving at the college the student should identify himself with the church of which he is an attendant at home, or with some other selected by his parents after careful investigation. He should identify himself at once with the Young Men's Christian Association in his college. Such a step is necessary and natural at the opening of college life. These influences have led many a young man safely through a trying time of doubt and temptation and have opened the way to the highest and noblest college life.

The young man should early present himself at the college gymnasium for a careful physical examination and receive the necessary instructions for daily graded exercise. The splendid development of college gymnasiums makes this far easier than ten or twenty years ago. But the men who most need physical training, whether in or out of college, are slowest to take it and need the most urging. At least one and better two hours a day of regular, systematic exercise will do wonders for the average man, and will prove one of the most lasting benefits of his college life.

If possible, and where elective courses are open to freshmen, the studies of freshmen year should be so chosen as to form a part of a connected four-years' plan. But it is unwise to direct study and reading during the first two years too closely toward a chosen profession. Such early choices are rarely permanent. Neither a profession nor a wife should be chosen in the early college years. The best preparation for a profession or for any life-work is a college course which results in a symmetrical development of the student's mind and body. Special training will come in the professional school or in business life.

The student should early become familiar with the college library and learn the use of books. The most important, and, until recently, one of the most neglected studies of the average college course is the language and literature of the English-speaking race. A man ought not to leave college at the beginning of the new century without a familiarity with the masters of English and American literature, and an ability to speak and write his mother-tongue clearly, correctly and forcibly. This is no light task, nor something which comes inevitably from a college course. Like the citizenship of Paul's Roman captain, it is usually obtained at a great price, and four years of the best training is not too long to learn well this great lesson.

Students should not be quick to form intimacies at college. As opportunity offers, widen your acquaintance, especially in your own class, but the enduring friendships and intimacies of college life are rarely formed until later in the course. By a kind of natural selection, often trying, but almost always healthy in operation and result, a young man gradually finds his friends and his true place in the college world.

Hold fast earnestly to the ideals and standards of truth, purity and faith taught and lived at home. Do not make the costly mistake of thinking that a change of scene makes a change of standard, that freedom from restraints upon boyhood in home or school means license to do at college what at home or at school would have been wrong. Many a young man breaking away from home has carelessly flung away the honor, truth and faith his mother taught him, and after years of doubt, dishonor and sin, has fought his way painfully back to the old firm standing round to find the ground still firm but himself sadly changed. There is no more harmful and false saying than that a young man must sow his wild oats. The only truth is that if he sows them he must reap a miserable harvest. We hear much