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The importance of taking good healthy exercise can-not be too strongly impressed upon all. Make inquiries and find out what sports are engaged in ; then choose what suits you. We would put in a strong plea for the gymnasium ; three to five hours spent in it every week will repay any student. Remember "*Mens sana in corpore sano.*"

" Watch ye, stand fast in the faith, quit you like men, be strong."

" Let knowledge grow from more to more ;

But more of reverence in us dwell,

That mind and soul according well,

May make one music as before,

But vaster."

McGill University.

McGill University was founded by the Hon. James McGill, a Montreal merchant, who died in 1813. A few years before his death Mr. McGill determined to devote his estate of Burnside, on the slopes of Mount Royal, and a sum of £10,000 to the establishment of a University, one of the Colleges composing it to be called " McGill College." The charge of carrying on the work was committed to the Royal Institute for the Advancement of Learning. In 1829 the College was formally opened in " Burnside House," under the Principalship of Rev. Dr. Mountain, with three professors. For many years the Arts Faculty had much to contend against, but the Medical School which was organized the same year, coalesced with the " Montreal Medical Institute," and success was soon assured it.

At the same time the erection of the present College buildings was commenced, but they were not completed till long after. They originally consisted of the central buildings and East wing without connecting corridor, and