

part of themselves the intellectual training which the college can give them. The time that such young men spend in expanding their mental vision and enriching their mind with the treasures of wisdom and knowledge is not wasted, even though they may not be able afterward to acquire so many of the material prizes of life, which however by no means follows. The man who has killed all his spiritual and intellectual faculties while he has been gathering together a heap of material dross is a pitiable object. His happiness lies not in his own self, but in that gathered dust heap, which a passing wind may blow away. But the man who can wander at will in the world of knowledge, or art, or beauty, or imagination, is ever and always the king of the universe and the master of fate. Whether riches shall come to him or poverty, he has within himself a touchstone of happiness which he would not barter for all the wealth of Croesus. And so we should prefer the intellectual coronet of the student to the unsubstantial splendors of the guinea stamp."

If even a few minds have been inspired with such thoughts by the presence of the Glee Club, their labor has not been in vain, and it will be seen that they have more to do than simply lead the choruses in the college class rooms.

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There is a tendency among students, especially among those who have not been long in college and who have lately come from the collegiate fired with ambition, to lead too sedentary a life, in fact to forget that they require a certain amount of physical exercise if they are to make the most of their college course. Nearly every session we hear of some poor fellow who has overworked himself, or rather who has not paid sufficient attention to the physical side of his life, being taken to the hospital just about examination time and thus losing to a more or less extent the benefit of his year's work, having his constitution injured, and being put to the expense and trouble of writing on the sessional examinations. It seems impossible that anyone should be so blind to his bodily needs as to neglect the important duty of keeping the system in a good healthy condition. What will be the gain of a college course, be it never so brilliant, if at the end one leaves with a constitution physically unfit to meet the requirements demanded of it.

Here at Queen's there is ample opportunity for the care of the physical man. The gymnasium has recently been fitted up for basket-ball, and we are glad to see such a large number of the students taking part in this game. It seems to have one great advantage over skating, since it does not cause anyone to run to the other extreme and spend too much time in this direction. From what we have

been able to see and for reasons that, perhaps to some will be quite obvious, not one of those who are playing basket-ball is spending too much time at it, or running it to extremes. But however much satisfaction we may derive from this fact we are compelled to admit that in the case of skating, which is by far a more popular form of exercise, too large a number of the students spend more time on the ice than they can really afford.

We do not wish in the least to underrate the great benefit which the students of Queen's receive from the rink, on the contrary we cannot imagine how they could possibly do without it. Without doubt it affords the best facilities possible for exercise for both sexes, and this at a season when it is most difficult to keep the system in good condition. But yet, as we have hinted above, some are liable to run to the extreme of spending too much time in this way, with the inevitable result, neglect of college work. It is indeed very questionable whether, in many cases, the time thus spent has for its object physical training or whether there is some other object in view.

It would be well then if those students who find that their work is suffering on account of the time spent in this recreation would take active measures for self-discipline before it is too late. A large part of the session is still before us and there is no doubt but that, if conscientious work is done from this time forth, when the lists are published next spring students and professors alike will be highly pleased. There is no use in saying, as we frequently hear students say, "it is too late for me to redeem myself this session." The man who talks in this way probably never will redeem himself. What is wanted is fair conscientious work and the reward will be well worth all effort expended. One thing it is well to bear in mind and that is that the benefits of a good course will last all through life and oftentimes will help to cheer us on our way and make the dark days which are sure to come to every one seem bright, while on the other hand the pleasures of the day are only transitory, and when they have passed leave nothing but the shadows of opportunities that have passed away.

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The recent changes in the constitution of the A. M. S. call for some comment. And in the first place in our opinion the constitution should be regarded with a little more reverence. Not that we think that it should be regarded as the laws of the Medes and Persians but there seems to be a growing tendency to "tinker with the constitution" as we have heard it put. The new constitution was no sooner completed, after a good deal of labour, and an exhaustive discussion of every point in it, than at