

our college, and a promising athlete, he scored a victory in the "three-legged race." In the "running high jump" he cleared a distance of 4 feet 8 in., closely pressing Mr. Hislop the eminent all-round athlete of the Engineering Department McGill College. And in the 100 yds. race, he came in a good second. Mr. McFarland who is in the midst of a distinguished course in McGill University will no doubt sustain his reputation at future Athletic Meetings of the University. The Heavy Weight Athlete of the Presbyterian College, who on previous occasions had gained several victories in his department did not participate in the contests, but calmly feasted his vision on the contestants as they strove for the mastery in the arena, ruminating pleasantly on former days.

THE arts men are jubilant. The theological men are unusually solemn and sombre looking. Victory perches upon the standard of the University students, and blank defeat has fallen to the lot of the men who rejoice in the appellation of Divinity students. What is the cause of this mixed hilarity and gloom? A friendly game of Base-ball was indulged in on Thursday forenoon, November 2nd, between rival nines respectively made up of arts' students belonging to our college, and theological students. The theological men played brilliantly one innings on the field; but, afterwards they were principally engaged in leather-hunting around and across the Campus. Many interesting and instructive evolutions were frequently performed by men on both sides, in the frantic endeavors to clutch the ball. At the close of the time agreed upon for play the score stood: arts, 34 runs; theology, 12 runs.

True Art.

To paint the picture of a life
Sincere in word, in deed sublime;
Noble to reach the after-time,
And find a rest beyond the strife:—

This is the highest goal of art,—
To move a form of rare device,
The fruit of early sacrifice,—
The true devotion of the heart.

We work in shadow and in doubt,
But view our model, and with trust
Toil on, till He the Good, the Just,
Shall bring the perfect fulness out.

W. T. H.

Autumnal Stanzas.

Sweet Autumn, painter of the many colored leaves,
That rich in beauty, too soon fade away:
O stay with us, O stay! we fain would breathe;
But fleeting Autumn sadly answers "nay."

Golden Autumn, emblem of the life well spent,
Fruited with gifts to cheer lone winter's days,
May thus our lives when aged days draw near,
Be deeply bowed with fruits of wisdom's ways.

But Autumn, when we see thy beauties perish,
Thy flowers and golden beauties pass away,
Oh, should this not remind earth's dullest mortals
That there's a home where beauties ne'er decay.

Oh Autumn, may thy teachings lead our hearts,
To think of Paradise for us regained;
May fleeting flowers, may transient scenes of earth,
For happiness above at last be changed.

A. L.

Health.

I SHOULD like to say a few words to my fellow-students about a matter which the Doctor touched upon at the opening friendly meeting on Friday. The old saying "no one knows the value of health until he has lost it" may have a familiar sound to many, but there are some truths which, no matter how clear, reasonable, and even self-evident they may be, can only gain a proper hold upon the mind by repetition. I do not hope, or even wish to bring to light any new hygienic principles; but I *would* like to join my voice to that of the great army of martyrs who have through much tribulation risen to a knowledge and appreciation of the laws of health. I *would* like to proclaim from the ranks of that unorganized but radical corps of rescued sufferers in which every man is an officer and every officer carries a preacher's gown in his knapsack, that health is a sovereign blessing, that the man who has it with a peaceful mind, is rich, and that the man who has it not, though rolling in wealth and of lofty intellect, is poor.

Out of the numerous precepts for the maintenance of health, I will select three which it is most important for the students of this college to observe.

1. *Eat slowly and masticate well*, for the stomach, especially the stomach of a person of sedentary habits, cannot perform its functions properly without saliva, that fluid which the glands surrender under the action of the jaws.

2. *Take plenty of exercise, remaining long in the open air.* Nothing but a conscientious and firm resolution will enable students to do their bodies justice in this respect. The extreme convenience of the college building, with its class room, bed-room and dining-room under the same roof, fight against it. In the strict sense of the word there is no necessity that a student well equipped with books, and the other implements of his work, should go out into the open air at all. I repeat, there is no necessity, but upon everyone there lies the strongest obligation.

3. *Ventilate your rooms frequently.* This matter has, in late sessions at least, been too much neglected. Yet, who does not know that air is as necessary to the human frame as food or water, even more necessary, for it is possible to exist for several days without food or water, whilst a robust man, if deprived of air, stifles and falls in a few minutes? Think for a moment of this fact. The smallest of you defiles more than a gallon of air in one minute. In a sitting of two hours duration, you do, I am confident, by the breath alone, introduce into your rooms 150 gallons of foul carbonic air impregnated with animal matter. Would you not think yourselves hopelessly poisoned, if compelled to breath air polluted to the same extent by chemical appliances.

Surely it is the duty of every one in this most grave profession to think carefully of these matters. "Know you not that your *bodies* are the temple of the Holy Ghost . . . therefore glorify God *in your bodies* and in your spirits, which are his."

L. R. G.