

the necessity of having, upon entering the career of active life, a good physical system, a body healthy, strong and well-formed. Freshness and vigor of mind, the result of judicious physical training, facilitate every mental exertion, and promote cheerfulness, self-reliance and courage.

The authorities of Ottawa University have always recognized this fact, and we feel safe in asserting that no other institution in Canada at least, offers facilities more favorable for physical training than does the institution to which we belong.

It is regrettable that, apart from football base-ball and hockey, to which branches of athletics not a few devote considerable attention, and from which good results, have undoubtedly arisen, the various kinds of physical exercise within our reach, have been of late, much neglected by a large portion of the student body.

Not the least important among these and one that in the past obtained no little popularity is military drill. This species of physical training assists the development, both of mind and body. Besides there is the advantage of an entire freedom from accident and injury. Time was when the cadet corps was one of the most popular organizations in the University, and its members were the recipients of many encomiums whenever it appeared in public. Why it has been neglected for the last couple of years, we are unable to understand. During the season of '92-'93, it is true, an effort was made by an ex-officer of the Massachusetts militia, to enkindle a martial spirit among the then students. But unfortunately exigencies political or personal, necessitated his return to his natal state, and since that time our military ardor has been allowed to cool.

This is not as it should be, we have every requisite for a first-class cadet corps, suitable uniforms are supplied by the University authorities. The Government

provides rifles as well as a professional drill instructor. A thorough training can thus be secured without entailing any extra expense. We feel sure that if some of the students would take the initiative in this matter, the cadet corps would again become as popular as it ever was, and that the benefits to be derived from participation in its exercises would be real and most satisfactory.

RESPICE FINEM.

Among the prerequisites to success, there is none of such great importance, as a faithful observance of the foregoing motto. It guards the mind from wandering into diverse channels, stimulates man's activities to higher and nobler exertions, establishes order and uniformity in all his actions, and finally places him in a position which he could not otherwise hope to attain. Nothing appears so ridiculous, so utterly devoid of reason and common sense, as a young man groping blindly through life without any clearly defined aim, without any bright goal looming up in the distance. And yet, how frequently do we meet such persons, who, when asked what they intend to do or become, answer with the usual significant shrug, "Oh I do not know, I am not decided!" It is this very indecision, this want of fixity of purpose, this failure or negligence to mark out some distinct path in life which will serve as a protection and a guide from the world's manifold allurements, that is the cause of so many miserable failures, so much idleness and dissipation. Life is too short to be spent in trifling. The specialist, with his single aim, and determination not to be outdone by others, is alone sure of success. You may fill your imagination with crowded congregations weeping over half-forgotten sins, which your words of wisdom and