

our exercise on the football field, the handball court, the skating rink, or in the daily walk, let us secure it somehow.

There is little need for dealing at length with the intellectual point here, for any man or woman who attends College and does not work faithfully in this department has utterly failed to comprehend the value of time and the object for which Wesley College exists. There is, however, a great fear of developing the intellectual at the expense of the spiritual. Let us beware! It was well said by one of our professors last term: "If students, in their College course, forfeit the smallest part of their spiritual life, they are paying far too dear for their education."

Let us all seek to combine these three—the physical, intellectual and spiritual—thus making the coming term the best we have yet known.

ARROWS SHOT AT A VENTURE.

When you come to College do not leave your religion at home.

The best kind of rest is change of occupation, not inactivity; therefore, rise early every Sunday morning and attend the Young Men's Class held in Assembly Room at 9.30.

Education is not mere learning or the acquisition of knowledge—the acquisition of a treasure to be laid up in the mind and to remain there without living energy. Education is the cultivation and development of thinking power, and a man who has not secured for himself this has so far wasted the years of his education.—*Ex-President Dwight.*

When you do come down from the summits you do not come away from God. There is no task in life in which you do not need Him.—*Phillips Brooks.*

NEWS ITEMS.

The first meeting of the Y. M. C. A. in the new term was held on Wednesday evening, October 4th, when twenty-five were in attendance, and a stirring address was delivered by Prof. Riddell, urging the need of decision for Christ in the opening days.

This was also the prominent thought at our first class meeting on Sunday morning, October 8th, when twenty-nine were present.

We are glad that the revival spirit is manifest at the beginning of the term. May it be wafted into a mighty flame.

The lady students are always to the front in religious work, and we have noticed that the Y. W. C. A. is in full swing with a very good attendance.

There were thirty-four in attendance at the Missionary Meeting of the Y. M. C. A. on the evening of October 11th, when A. A. Thompson delivered a very clear and interesting address on "Our Work in China." The chief facts noticed were as follows:—China is without question the oldest nation in the world, dating 2,000 years before Christ. Two reasons may be assigned for this:—

1st. Their geographical situation.

2nd. Their belief that they are the favored of Heaven.