

COLLEGE WOMEN AND PHYSICAL TRAINING.

Dr. Hamilton Wey, at a physical training conference held in Boston, in 1890, said: "The time is fast approaching when colleges and universities will by public sentiment be compelled to pay the same attention and consideration to the physical as to the mental needs of their students." This significant statement in his address was his concluding remark: "Physiological laws know neither sex nor condition, and what is applicable to the man applies more forcibly in the case of the woman."

In the ten years which have elapsed since that conference, immense strides have been made by women, and especially by college women, in freeing themselves from the restrictions in the matter of physical training, with which custom and tradition have surrounded them.

By physical training, I mean not only formal gymnasium work, but games and sports which our brothers call athletics.

The advancement has been so great in the United States that Vassar, Wellesley and Bryn Mawr have each an annual "field day," when the many events, including running, jumping, rowing, ball throwing, etc., are keenly contested. Even in conservative Scotland, in the women's department of St. Andrew's University, the girls play football and baseball—and in appropriate costume, too!

It has always been a matter of regret to me that in our splendid University, which has otherwise been so generous to its undergraduate women, practically no provision has been made for their physical needs. It is true that a few of the women students fence, that some of them develop certain sets of muscles in their daily walks to and from the college, that others skate and play tennis. All these exercises are excellent aids to physical training, but unfortunately more than half of the college girls are not included in the foregoing category. Furthermore, these exercises may be characterized as spasmodic, irregular, as opposed to systematic, regular gymnastics under suitable supervision. Someone may make the objection that many of the students would be too indifferent to the value of exercise to take the trouble to seek it even if it was provided. I would like, therefore, to suggest a plan which would not entail a great deal of expense, whereby every woman student would have a certain amount of physical training. The excellent gymnasium in connection with our University would, according to my plan, be sacred to the women students during, say one hour per day, preferably from 5 to 6. On entering the University each woman student would undergo a thorough physical examination. If the heart was found to be weak, the lung capacity small, the liver sluggish, the circulation feeble or the nervous system impaired, special forms of exercise could be prescribed to meet these conditions. At the end of one or two months the physician might make a second examination to record developments or to change the exercises if necessary.

With some competent person to regulate the amount of exercise suitable to each individual case, and armed with authority to see that the work was done regularly, for that is the keynote, it seems to me that we might do a great deal towards putting ourselves in good trim for the May examinations, which find too many of us nervously exhausted. This would practically make it compulsory for each woman student to have some suitable exercise—an end which I should dearly like to see attained.

I cannot conclude this short article without speaking of the value of games. These, of course, must be optional, although in my opinion equal at least in value to the exercises in the gymnasium.

I was delighted some time ago to hear that the enterprising women of the first year have obtained the consent

of the council to organize a basket ball club. When it materializes may I beg each girl in the college to take the matter into her serious consideration and join the enterprise. Physicians tell us that this is undoubtedly the best game for girls yet produced, whether played out of doors or in the gymnasium.

It is hardly necessary to say that the women students would like a gymnasium of their own. However, they quite understand the cramped financial condition of the University at present and do not mean to complain, but merely to suggest a reasonable method by which they may with least expense enjoy the privileges which are rightfully theirs.

SHADES.

"THE DAYS OF THE GOWN."

Nearly everyone has a particular friend. Some have had one and been disappointed. When one loses a pal, one is not always quick to see the cause of defection. Perhaps it is better if it never betrays itself; though it generally does if you give it time. If local illustrations can be pardoned, one drawn from college life need not be considered a too particular example, since such cases at college are as common as chumships.

McLeod and Dancey roomed in the same house at Varsity until their final year in 1893. Both were popular, being football men, and they went out a good deal in town, and generally together. McLeod's father was a lumber millionaire living in Montreal, Dancey's people were farmers near Brantford. Though their origin and temperaments were very different, the fellows were very similar in likes and dislikes. This was the reason of their ultimate separation.

In the autumn of their fourth year, a large house on St. George St. was taken by a widow lady from Boston, reputed to be very wealthy, and belonging to one of the most cultured sets in the "Hub." She had a daughter, just "out," and a younger son; and her establishment created quite a flutter among the departmental store nobility.

Their proximity to the University may have had something to do with the fact that but a short time elapsed before the young chaps at residence were on terms of greater or less intimacy at the house, and frequent members of little parties in which the stylish widow and Miss Grant were also numbered. Soon, too, it seemed that each felt it his disinterested duty to see that the ladies had every opportunity to see the various matches and functions which occurred at Varsity and elsewhere. At Golf it was the same. The fellows vied with each other in striving who should keep his score closest to hers, and they took turns joyfully in being her caddy, coming home in the late afternoon.

The first shock to Dancey's easy-going good-nature was McLeod's resignation from the Rugby team, where they had played together for two years, he pleading that he was tired of "the game" and had a weak ankle. Dancey knew, when he saw him beside "her" on the stand at the next match; and he didn't like it, but he played quarter better than ever. He only looked once in their direction, when he caught a proud look on her face as she waved her hand to him. That evening after dinner he slapped "Mac" on the back and said with a self-abnegation that was characteristic of him, "Go in, old boy, you'll win that game, anyway." But Mack failed to work the "combination" successfully. He couldn't score off his "try." Perhaps he was too cautious.

There was something so attractive about Miss Grant in the days that followed, that even "Pat" Dancey's self-assumed sense of resignation to what he called "McLeod's