

THE students allowed last winter to pass with no effort to increase their physical efficiency and with little care to preserve that which the campus in the autumn had given them. Thus the months with enervating step passed merrily, the spring came and with it the news that a Field Day was to be held at Kentville, open to all aspirants to athletic fame. Then, for a day or two, nothing was heard but the din of preparation. That our untrained men carried away so many prizes speaks volumes concerning what would be within the reach of patient practice. This reminiscence conveys its own lesson. It urges to regular and persistent use of the limited means available with a view to more thorough preparation for a similar occasion next spring. If the snow denies the privilege of sweeping

"On sounding skates, a thousand different ways,
In circling poise swift as the wind along,"

the leathern ball deftly moved by associational rules may well become the absorbing object of exercise hour, and when the inclement weather forbids admittance to the campus, "a hare and hounds race" over the mountain would be by no means useless as a developer of energy and endurance.

It is for our athletes, in justice to themselves, to take this matter in hand. Never, certainly, has our foot-ball team been so efficient as last fall. Never, perhaps, have there been among us so many men as now, naturally fitted for the various athletic sports. If ever a Field Day is to be inaugurated, it would seem that this spring is the time when such a departure could the most successfully be attempted.

LAW rules the universe. The starry systems and the animalculæ are equally obedient to her dictates. Even the erratic comets have their definitely marked orbits. Milton's region, "where Chaos umpire sits," was a mere poetic creation. King and subject, priest and people, must bow alike before the sceptre of order. In the home, in the army, in the school, the first lesson is obedience. A nation without a government would be as great an anomaly as a boarding-hall without regulations. This great and sovereign principle, the supremacy of law, is sometimes overlooked. Fools and thoughtless people are continually knocking their heads against its decrees. On this account the gallows so often groan

beneath their victims, on this account so much of trouble arises to parents, governors and teachers. Whoso is wise will seek to keep himself in harmony with law and good order.

"THE Canadian Baptist Hymnal" has been adopted by the Faculty for use in the religious services of the College. Every wise student will supply himself with a copy of the book. A good hymn-book is necessary for the thorough cultivation of a taste for lyrical poetry, as well as for enjoyment of the exercises of public worship. Heretofore the book used in our meetings has been so expensive as to greatly limit its circulation, but the book now adopted by the Faculty is sold at so low a price as to remove all objections on the ground of expense. It is by far the cheapest book of the kind we have ever seen, and its contents seem to be equally satisfactory. The hymns are of the best of authors, are well suited for worship, and sufficient in number for any congregation. The Hymnal is being widely circulated in these provinces, and we are glad that it is to come into use on the hill.

EXCESSIVE study is one of the shoals on which many a college man has perished. Deplorable examples of this species of insanity are afforded in turn by nearly every class. The unremitting toil, the contempt of exercise and rest, the high record in scholarship—this, the first scene. How soon the curtain rises, and with a certainty how unerring upon evil premonitions of a hundred kinds,—a burning pain flashing through the brain, a general feeling of lassitude, eyes suffering or even blindness imminent, while not infrequently is beheld the tragic end—the physical wreck, the afflicted painful life, the brilliant intellect gave out in a darkness rendered all the more intense by the promise contained in the transient brightness. Notwithstanding all this there have seldom been wanting a few who would persist in tempting nature beyond the limits which restrain her vengeance.

Such a student thwarts his own efforts for the attainment both of present and of ultimate success. The body, weakened by neglect, is but illy suited to sustain the large demands made upon the nervous