

McGill holds the Intermediate and Junior Rugby Football Championships. Let every man do his best to help win all three championships this Fall.

If you are in doubt about any matter do not be afraid to ask a Professor or Senior Student; they will always be glad to give you any advice or assistance, and it may save you much trouble and annoyance later on to be set right at the beginning of the session.

BEFORE MAKING PURCHASES REFER TO OUR ADVERTISEMENTS and patronise as far as possible those whose ads. appear there.

The General Secretary desires to be considered the friend of every student. Office Hours: 8.30 to 10.30 a.m. and 5 to 6 p.m.

Take every opportunity of improving yourself socially; your studies will not suffer for an occasional evening spent in social intercourse.

The importance of taking good healthy exercise can not be too strongly impressed upon all. Make enquiries and find out what sports are engaged in; then choose what suits you. We would put in a strong plea for the gymnasium, three to five hours spent in it every week will repay any good student. Remember "*Mens sana in corpore sano.*"