- 2. Spitting and use of tobacco in any form in the building is forbidden.
- 3. Members must avoid unnecessary noise or disturbance.
- 4. Money and valuables left in the building are entirely at owner's risk.
- 5. Articles found must be handed to the Physical Director.
- 6. No spectators (members), nor guests will be admitted to the gymnasium during class hours except by permission of the Physical Director or



H. N. McKinnon, '10

Who broke the Intercollegiate records for the shot put and throwing the hammer, at the recent Intercollegiate meet.

the Secretary. All wishing to remain on gym. floor during class hours must line up with the class.

- 7. Members in classes are expected to be regular and punctual.
- 8. (a) Male members must obtain permission from the Medical Adviser before using the gym. (b) Lady members will each be supplied with a blank medical certificate which they will have completed by a physician.
- 9. Gym. shoes (no heeled bots allowed), must be worn when exercising in the gym.

- 10. Strict silence must be observed during class work.
- 11. All moveable apparatus must be returned to its place after use and any damage to the same through carelessness must be repaired at the expense of the offender.
- 12. Members must use the shower bath before making use of the plunge bath. Soap must only be used with shower baths.
- 13. Wet towels or bathing suits must not be put into lockers, and any members doing so will be held responsible for damages resulting therefrom.
- 14. All bathing suits and towels owned by members must be marked distinctly with such member's name and locker number in order to avoid mistakes or loss of same. After being used, they may be left with the janitor who shall dry and return same to locker as per number marked thereon.
- 15. The Association does not hold itself responsible for any loss to members using the bath.
- 16. These rules may be changed, added to or altered at any time by the Athletic Committee when they deem it necessary.

Exchanges.

W E do not often comment upon the general appearance of any of our exchanges; in fact we believe there is a tendency with some college papers to overestimate the value of typographical features, at the expense of literary matter. A magazine may present an imposing appearance and carry an air of prosperity, without being at all superior to the one in plain dress, which may nevertheless contain a good deal of sound thought. But