

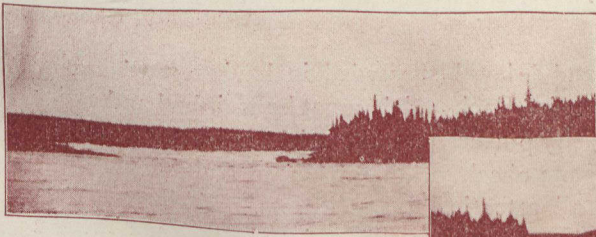
It is within the past week that a prominent physician of Kingston, addressing a body of students said that the most prevalent disease to-day was "neurasthenia,"—a degeneration of the nervous and mental tones of the system. Surely the cause of this is that we have gotten away from the true idea of education and of life itself. People are wearing themselves out, because they have an outlook on life that is perverted. Their idea of the relative importance and value of things is distorted. We must look to university students to correct these tendencies to find satisfaction in that which is crude and uncultured, as well as the vain pursuit of that which is of little account. It is not too much to expect that Queen's should give to her Alumni such ideas of literature, science, and life that they shall go out to become good citizens. It is not true education that makes the student arrogant in his treatment of others, or intolerant of any whom he may think beneath him. Education must, in a real sense, make him a man among men, ready to enter upon his work in the community, and able to live in contact with his fellows, maintaining at the same time his ideals of life. Such an education finds its highest expression in culture, integrity, and efficiency. This is in all its phases, Christian, and is the message of the season to Canadian students. Its application is personal and national.

Two Geese.

By Julius Sturm. (Translated).

To the white goose spoke the grey goose with a confidential mien,
 "Let us go and walk together on that sward so smooth and green,
 It would certainly refresh us both to taste the tender grass,
 And so in pleasant company a pleasant hour we'll pass."

"No," said the white goose, coldly, "I fear I must decline,
 I only walk by day with geese in the same set as mine,
 Familiarity with you would hurt my reputation,
 I am a goose 'tis true, but one of very different station."—L. S.



A LAND OF LAKES AND RIVERS.