

already been debated at some length by the different Faculties interested, and would only reveal an existing state of circumstances incomprehensible to an outsider.

We are of opinion that if a more generous spirit had been shown on the one hand and a more conciliatory method on the other, all necessity of Division would have been obviated.

Faculty spirit should never be allowed to run so high as to eclipse other feelings for the University's general advancement and welfare.

Any little difference, however, which may have occurred will lead, let us hope, to a more perfect unanimity among the students in the future.

To the Students of the University.

One of the first questions to settle, on entering college as a student, is the form and amount of exercise to take for sound health if he be so fortunate as to start out with a good constitution, or to improve his health if it be not so good as he could wish.

"The man with a first class brain, a third class stomach and a fourth class liver is beginning to find out that he is not really a strong man."

The weak spot will give way when the strain of continued work comes. for, as Holmes says:—

"'Tis mighty plain

That the weakest place mus' stan' the strain

'N' the way t' fix it uz I maintain

Is only jest

T' make that place uz strong uz the rest."

This weakest place for the student is usually the digestive system. Why?

Firstly, because a sedentary life does not bring into action the body trunk, the movements of which act as a natural stimulant to the functions of digestion and excretion.

Secondly, because prolonged brain work depletes the stomach of blood, and thus delays, if it does not arrest, the digestive process, congesting the brain and making the head feel hot, dull and heavy. This effectually banishes sleep: you toss about in bed, throw off the clothes, and finally get up in despair, and pick up a book till from very exhaustion sleep comes at last.

Thirdly, most men who come to college have been accustomed to a certain amount of manual work accompanied by a hearty appetite satisfied only by a big meal.

This heavy eating is continued from habit after entering college; but now, instead of nourishing the body, the excess of food is positively poisonous, for the system has to get rid of the superfluity which it cannot burn up in its inactive muscles, an undue strain is thus put on the excretory organs that they are unable to properly stand.

A fourth year man told me some time ago that the only way he could keep himself free from his old enemy, dyspepsia, was by regular work in the gymnasium. If he stopped it for any length of time the effects began to show in a return of his old trouble. He was literally

being poisoned by undigested food that regular gymnastic exercises enabled him to use to the best advantage.

One who has not experienced it can scarcely understand the ravenous appetite, the warm glow and the feeling of fitness felt after an hour's exercise in which is combined work for both arms and legs and trunk, short of exhaustion, in quantity, but enough to make him feel healthily tired.

It makes his other work go with a *vim* and a *snapp* that is unknown to the ordinary mortal, and the sleep that follows, if not the sleep of the "just," is at least the sleep of the *healthy*.

The form and amount of exercise to take varies with the man who asks it and his object in presenting the question.

If you are one of that class of men who take naturally to athletics, and are physically qualified to take part in them: safely, then our football and hockey clubs want you to don the white jersey and to uphold the honor of your Alma Mater on the campus or ice

A student loses a great deal of the pleasure and benefit of a college course by keeping aloof from its sports.

Nowhere do men of the various faculties become better known to one another or form such firm friendships as on the football field.

If football does not appeal to you, the annual games afford an opportunity to cultivate your speed, strength and agility; but the real benefit is obtained not from the contest itself but from the course of preliminary training that is necessary if you are to become very proficient. There is certain success for the man who is willing to practise faithfully and who is determined to excel. McGill greatly needs more such men to fill up her football and hockey teams and uphold her athletic reputation.

To those who wish to combine recreation with benefit, and without the violence or danger of athletics, I would recommend gymnastics. Three hours a week in the gymnasium will be found the most profitable investment a man can make on beginning his college term.

The course of exercises is designed to bring into action the entire muscular system, beginning with the arms in the bridge ladder work and ending with the legs and feet in vaulting, the barbell and club exercises being especially good for the muscles of the trunk.

An hour's work there induces a vigorous circulation in the muscles with a consequent feeling of warmth and comfort all over the body, except the region of the stomach, which presents most of the characters of an "aching void" The first soreness and stiffness soon wears off and the hands become hardened and strengthened.

Every man should determine at the start of a new session that, whatever else may go to the wall, the gymnasium shall regularly find him stripped for action and hungry for work.

To those who have any weakness or defect the class exercises may be unsuitable; any such should consult the instructor before starting, and thus prevent the chance of accident or injury. To those who fancy they