

If the excitement of an athletic contest, on which perhaps a championship depends, the athlete who is worthy of the name will strain every muscle to the extreme limit, and will take the chance of a broken limb without a moment's hesitation. If he were not ready to give this proof of his courage, he would never attain much eminence as an athlete; and while from the purely sporting point of view this is a commendable and even necessary quality, it is not, from the military standpoint, without its dangers; and it is from the military standpoint that Canadians will be disposed now to regard all questions. How many young men there are who, at the time of the Marathon craze a few years ago, over-exerted themselves, and placed a strain upon their hearts and other vital organs from which they will never recover! How many young men have shortened their lives by desperately tugging on an oar to win honor for their club, and how many more have piled needless muscles upon their limbs and bodies at the sacrifice of their stamina and their powers of resistance to disease! Medical officers who have been weeding out the fit from the unfit in the past twelve-month might tell some startling stories of noted athletes rejected because of some injury thought trifling at the time it was received, and since forgotten, which has yet been sufficient to make its victim useless as a soldier in this great war.

ONTARIO INSTITUTIONS SUPPLY NEW HOSPITAL.

If the prisoners in the Provincial Reformatory and the patients in the provincial asylums have not been able to serve their country by enlisting they have had opportunity to "do their bit" just the same. For six months past the public institutions under Hon. W. J. Hanna have been hard at work turning out material and equipment for the Ontario hospital at Orpington, Kent, England, and the result is shown in the accumulation of between 25 and 30 carloads of supplies.

According to Hon. Mr. Hanna, 12 carloads have already been shipped, including mechanical equipment made at the Guelph Reformatory. The output of the institutions include 8,300 blankets, 1,550 hospital beds, 1,550 mattresses, 1,050 adjustable bedside tables, 2,080 shirts, 1,540 pairs of pajamas, several thousand wash cloths, tray cloths, etc., and over 12,000 towels.

In addition to giving the inmates of the institutions an opportunity to help Hon. Mr. Hanna by producing so much in this way has materially cut down the cost of fitting up the hospital.