

manner, and talked of various matters in a friendly way with the reporter, who finally broached the subject of annexation. At once Mr. Hallet's whole manner changed. A dark scowl swept over his previously pleasant (?) features. His fists involuntarily clenched, and his whole being trembled with emotion. By a mighty effort he controlled himself, and though unable to speak coherently, he managed to answer the few questions put to him by the reporter.

Reporter.—What would be the probable effects of annexation upon Canada?

Mr. Hallet.—Most disastrous. England would close her markets to this country; the old flag would no longer wave gloriously over the ice-bergs of the polar regions; pestilence and famine would stalk unchecked throughout the land; our vocal chords would immediately become nasalized, and I myself would at once borrow enough money to take me back to England. Here Mr. Hallet paused, and the reporter, hearing the band play in the distance, left.

The following extracts from a Freshman's diary, found near the farm office, may prove interesting to our readers:

Sat. Oct. 1. Arrived here to-day. Got a room on the top flat. Think I will like the place.

Oct. 2. Went to church. A man who said he was a professor told me that my church was on Essex Street. I went there. Noticed good many negroes in the congregation.

Oct. 3. Gave my baggage checks to a student named Toddy, who said he was bringing up all the trunks; he did so, but threw mine on the road and smashed it.

Oct. 4. Many of the Third and Second Year men entered to-day. The Third Year are all nice fellows, but the Second Year know too much, and won't answer civil questions. A good many beds were raked to-night. They suspect a Second Year man named Findlay of doing it.

Oct. 5. I was pulling turnips this afternoon, and would have sworn several times, only it is forbidden in the circular. Helped tap Findlay this evening.

Oct. 6. Football practice on the lawn at four o'clock. Rice says he played with the Canadian Rovers, but the other fellows don't believe him, as he can't play a little bit.

Oct. 7. Went down to Norfolk St. Church to-night and saw Crealey talking to two girls, who looked tired.

Oct. 8. Berlin High School played the First team to-day. Rice surprised everybody by playing a fine game.

Oct. 20. A Third Year man, Beckett, came in to-day. He has a moustache and has to use an alarm clock.

Oct. 21. I called a Second Year man a liar last week, and although I am not yet allowed outside the hospital, still I am able to be up.

Oct. 29. The Athletic Association held its annual supper to-night. The first we got was some stuff called oysters. I thought they had shells, but these didn't. I couldn't eat any, but I saw one man eat five plates; another fellow told him he would die if he didn't quit, as oysters McMordie than anything else. Some of the Second Year laughed at this, but I didn't see any joke. After supper they had some things they called toasts, which means that two fellows get up and make a speech, and the rest of us stand up and take a drink. Some of the men of each year spoke. A Second Year student named Billy, spoke about the First Year and called us names. They say Billy "chews" too much in his speeches. About ten the thing was over, and I went upstairs with my room-mate and a pain in my stomach.

Nov. 1. Went over to the creamery and heard some of the boys talking about black pepsin. I don't know what it is, but I guess it must be that stuff like water that they pour into the testing bottles to make the milk black.

Nov. 2. An outside student named Hallet takes lectures with us. The boys say that you can pick up lots of h's if you walk behind him.

Nov. 10. The team went down to Galt to play football. A lot of us drove down. Lailey and Maclean walked. I guess they had no money.

Nov. 15. I went down to the engine house for "instructions," and had to chop wood all afternoon.

Dec. 1. Our division threshed this afternoon. I was put behind the carriers. I spoke of the dust to a Second Year man, who told me to keep my mouth shut. I thought that rather rude.



"MENS SANA IN CORPORE SANO."

Hon.

Beautiful lives are those that bless—  
Silent rivers of happiness,  
Whose hidden fountains but few may guess.

Of all the important subjects on our prescribed course, I think, Hygiene ranks among the first, being correctly placed in the full term of the first year. Important, because it is decidedly practical, pertaining to each of us individually, and should be the guiding star of our lives more especially while here at college. To be well, it is very necessary that we should keep well, and embrace every opportunity to produce in us this our desired end. The law of cure is based upon the same principle as the law of prevention; whatever the disease that demands consideration we must look to philosophy and hygiene for our guidance, and as in obedience to their simple teachings we find health and vigor, so in wilful disregard of them sickness and weakness are sure to appear, the pallid avengers of abused and insulted nature. Plenty of physical exercise should be partaken of daily; not merely mechanical exercise, which tends to make us machines, but exercise of such a nature that our bodies will be symmetrically, gracefully and beautifully developed, "In form and moving how express and admirable." They live near to nature's heart who take pleasure in living simply, purely and moderately; their reward is the strength of faculty and many years that make up a happy and successful life. If one be born with infirmities of body or brain, he is handicapped for the many resources of this course, and there is reason for his complainings and failures; but he who comes here well equipped with the qualities of a vigorous manhood, and in recklessness, or with a show of false pride, sets at defiance the plain teachings of science and nature, eats and drinks, acts and works without regard to prosperity and order, will suffer the inevitably just consequences of his wantonness in the wrecked body and degenerated mental functions that should make him a spectacle of warning to others.

We should more earnestly recognize the fact that moral culture has much to do with promoting health and preventing one from falling into any form of morbidness. A predominating sense of duty and high motives tend to keep one in the right path. The appetites and passions should be stimulated by emotions that prompt to usefulness and keep the intellect steadily engaged in a worthy direction. While one may have the instinct of mere living stronger than another, and so may endure more physical trials than his fellow; yet the effect of high moral purpose is, I think, even greater than mere vital instinct in proportioning that balance of organization that prevents nervous friction and mental irregularity. Honest living in view of the obligations that rest upon us, must have a positive effect upon the temper and spirit of our whole nature, fortifying it against those irritations and annoyances so thickly strewn in the channel of every day activity. Can we sympathize with those who deliberately transgress the laws of their being, whatever be their motive? How many who would be called "cultured" people, neglect common personal necessities on the score of "delicacy," inviting sickness and disease, and when disease comes it will be attributed to everybody and everything but themselves.

Our duty then is to take care of ourselves, for health, solid, supporting, lasting health is the reward of vigilance and is in itself an honor to the wearer. W. J. B.