

HEALTH.

A salubrious climate, regular hours, abundant sleep, wholesome diet, systematic work, with a due proportion of recreating exercise—such are the safeguards of health enjoyed by the inmates of St. Joseph's. It is gratifying to add that these safeguards have hitherto proved highly efficient. The habitual immunity of the students from serious illness has been, since the establishment of the Institution, a standing cause for gratitude to a beneficent Providence.

THE EDUCATIONAL SYSTEM

is based upon the text: "The fear of the Lord is the beginning of wisdom." True education consists in the harmonious development of the moral, intellectual and physical qualities. A system that ignores or neglects any one element of this triple culture of heart, mind and body, is radically defective, and the results achieved by such a system cannot be other than sadly imperfect.

The element most liable to be neglected in this, our day, is undoubtedly moral training. The votaries of Science are too prone to forget that their goddess is, after all, only the handmaid of Religion; and in too many instances—provided the graduates of the educational gymnasium are physical and mental athletes—it is apparently a matter of no moment that they are, at the same time, spiritual starvelings and moral cripples.

Recognizing the futility of any training from which the knowledge and the practical worship of God are eliminated, the Faculty devote every attention to the religious culture of the students. The aim is not only to impart a sound, practical and thorough knowledge of Catholic doctrine, but also to foster and develop those virtuous habits which are the noblest adornments of Christian youth.

EXPENSES.

The primary object of the establishment of St. Joseph's was to enable the Catholic youth of New Brunswick to