

ERRATUM. In justice to the author of "Sounds of Music," which appeared in our last issue, we would inform our readers that the mis-spelling in "*Eloi lama sabachthani*" did not appear in the MSS., and was corrected on the proof sheet. We are assured of greater care in this regard in future.

PHYSICAL exercise is a matter of prime importance to the student. It is essential to the attainment of the greatest mental activity. No one familiar with even the elementary laws of physiology doubts this, but how many of the students forget or condemn the dictates of these laws. Behold ye gods the vagaries of mortals! Two youths start out for a walk to the chapel and return. This is called taking exercise. Just look at them with overcoats buttoned to the chin, moping along more dead than alive — not an apology for one full-lunged inspiration, not the hint of a healthy sweat. Look in upon these philosophers at their studies—sleepy eyes bending over the dim pages. Why? Because stagnant blood courses lazily in their veins and flows indolently through the sluggish brain. Gaze at their perplexed and vacant countenances as next morning the usual *nou paratus* drops wearily from their lips. Constitutional dullness? Not at all, the blood needs oxygen.

Nor is this mental lethargy the worst feature consequent upon neglect of the hygienic laws. A man must have a fairly developed physique to carry him successfully through this life of ceaseless anxieties and abounding activities. Observe the class of students to which we have alluded, and in a few years after graduation we behold them physical bankrupts, a source of misery to themselves and friends,—who might have been healthy and robust. Frequent the campus and be wise.

WE have recently been favored with a visit from Mr. J. R. Mott, Secretary of the College Y. M. C. Association, who, both by public addresses and social conferences, presented in a most convincing and masterly way the claims of this department of christian work. As the association is one

of the growing features of religious life in the colleges on this continent, and the question of its adoption is still pending in our University, it may be well, in the brief space we can spare, to present a few of the salient portions of its constitution, that the whole body of the students may thoroughly weigh the question, and the friends of the institutions keep informed upon these matters, which are of such vital importance to the interests of the young men here, and consequently to those of our denomination.

Culling from the constitution we find Article I states the name, and declares that the object of the Association "shall be to promote growth in grace and christian fellowship among its members, and aggressive christian work, especially by and for the students."

Article II, Section 1. "The active membership of the Association shall consist of men, either students or members of the Faculty of this institution, who are members in good standing of an Evangelical Church, and have been elected by a two-thirds vote of the members present at any meeting. Only active members shall have the right to vote and hold office."

Article IV, Section 1. "Immediately after his election the President shall appoint the following standing committees:—

(1). A Committee on Membership which shall seek out all new students at the very beginning of the College session, present the object of the Association, and induce them to unite with it.

(2). A Devotional Committee, which shall provide for regular devotional meetings of the Association, appoint leaders, and suggest topics for prayer and conference; and also arrange for a special meeting, at least once a month, etc.

(3). A Committee on Bible Study, which shall provide for weekly meetings for the study of the word itself.

(4). A Missionary Committee which shall provide for monthly meetings in the interest of Home and Foreign Missions, etc.

(5). A Committee on General Religious Work, etc.

(6). A Committee on Correspondence, etc.

(7). A Nominating Committee of three, etc.

Some of the chief features of the Association as presented by its Secretary are:—First, that it emphasizes the fact that christian men should do personal work. Second, that it organizes the work through