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 THE COLLEGE CAMPUS.
 

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EVERY one, if he would enjoy life, must conform to certain hygienic laws, for the disregard of any is sure to be followed sooner or later by its own peculiar punishment. No one of nature's laws is more important, nor is the penalty exacted for the neglect surer to follow, than that which makes a certain amount of exercise necessary for the well-being of man both physically and mentally. Many of the pursuits of life render the requisite exertion compulsory if the person wishes to succeed in his calling. But with the student no such requirement is directly seen to be a factor in his satisfactory completion of the college course; and many a man on receiving his bit of parchment would willingly give all that it represents and a great deal more, were he able to do so, if the robust constitution with which he entered college and which he has lost mainly by his neglect of this law regarding exercise, could be restored to him. But how is the exercise necessary to keep the system in tone to be obtained? The solution of this problem is indeed important, and for the generality of students can only be found on the Campus.

True, many say that all the exertion needed may be found in milder forms of recreation, such as walking, rowing, &c. But look at the disciples of such a doctrine, and compare them with those who practice the college sports. Are their shoulders as broad or their chests as full? Will any of their names appear among the successful competitors on field-day? From which would you be likely to pick out your ideal of a perfect figure? Or are they found to be the most eminent men either in their class or after they have embarked on their life's work? The sports generally engaged in are not such as call into play only one set of muscles, but it is usually seen that the man who is daily found on the Campus has a well developed physique and also enjoys the best of health. But apart from this view of its advantages, the training to be obtained on the Campus is not to be ignored, and in some respects can even vie with that received in the lecture room. Here all must contend with a feeling of good fellowship for the man who does not control his temper at once forfeits the esteem that of his companions; and it will be plainly seen that the glory of the ministerial student, who in the midst of a game of foot-ball, meets with his unprotect-

ed shin the toe of a No. 10 boot, wielded by some unknown contestant for scrimmaging glory, and refrains from the use of language unsuited to the pulpit, ought, in accordance with Holy Writ, to be even greater than that of the conqueror of a city. But while the advantages to be derived are so manifest, strangely enough in some Colleges there is little or no inducement held out by those in authority for the student to seek his recreation on the campus. This is not as it should be; for if the Faculty does not encourage the different athletic organizations, it is hard for the sport-loving students to keep up the necessary interest, and their representatives are very apt to be the ones who come off second best in those friendly contests with other clubs which do so much towards giving the stimulus needed for the enjoyment of the different games.

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 THE STUDENT IN THE SCHOOL ROOM.
 

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No Execution is complete without experience. Like learning however, there's no "Royal Road" to it; on the contrary, the approach to it is by a path—a narrow, overgrown, rough, toilsome path—an intricate, thorny, menacing path, where every traveller is forced to carry his axe, hew his way, lop off the limbs of adversity, tear aside the brambles of petty difficulties, crush under his feet the venomous poisons of temptation, and keep both eyes wide opened lest he even then lose his way, and fall helplessly and hopelessly into the pitfalls of despair and ruin. Like every other path too, only one can travel it at the same time. How vividly there comes to the mind a sheep path only, and O the innocent lambs who bleat mournfully on the way! Notwithstanding all this, a sheep path or any other kind of a path won't frighten a wholesome student. Experience he must have; *Pater Familias* can't rig him out in a suit of *Dude* experiences—(the tailor's own stock was well nigh exhausted on the last pair of pants); his good looks effect for him nothing, and thrice blessed is it for poor humanity that it will not; not to insinuate. Hence, as every live student expects to do something else in this world besides sit at the table, lie on mother's blankets, and wind up by giving the undertaker a job at his friend's expense, it becomes him to seek, by every possible means, to add to his stock, and grind off the superficial edges of the lecture room on the hard old stone of common