

actly opposite to those here outlined. If such be the fact we hasten to inform them that they have been misled. They should exercise some degree of caution in accepting the statements of irresponsible persons who did not at that time and who have seldom at any time since, represented the opinions of even a respectable minority of the students of the College.

A neat print of McMaster Hall appears on the last page of this issue. We feel sure that its appearance there will gratify our readers. The history of this Institution, together with its present relation to Acadia College is too well known to require special mention here. Some of our former students are now pursuing their theological studies at the Hall, and many more are intending to go after the completion of their Arts course at Acadia. We trust that the number of these may be increased each year, and that the institution may prosper as it deserves.

WE take this opportunity of thanking our subscribers for their promptness in responding to our call for funds and also for their many congratulations and expressions of goodwill.

HEALTH AND EXERCISE.

That physical exercise is necessary for proper mental development is an acknowledged and palpable fact. This statement naturally gives rise to the inquiry as to what kind of exercise is most suitable for the student. For a short period in the fall of the year he occupies his leisure hours with such out-door sports as foot-ball and cricket, the benefits derived from them being unquestionably great. These, however, are in season during only a small part of the College

year, and for the remainder of the time he is forced to look in other directions for the means whereby to further his physical development. Walking is invigorating and conducive to health, but after a time it becomes exceedingly monotonous and fails to accomplish the desired results. Skating also is productive of good and forms a very enjoyable recreation, but it must be remembered that this species of exercise calls into play only certain muscles of the body, leaving the rest inactive. Besides this, rink-skating, especially for students, has been denounced by recent authorities, who claim that the cold damp atmosphere is a prolific source of various throat and lung diseases, and in addition, that the benefit conferred is entirely out of proportion to the amount of time expended. However this may be, it certainly does not afford to the student a sufficient amount of muscular exertion. It is in the gymnasium that he finds opportunity for the development of his entire physical being. A careful examination would reveal the fact that of all university graduates who have become famous, a majority owe their success in life not only to the mental discipline and educating power of the studies pursued, but equally with these to the health-inspiring influences of the college gymnasium. Its good effects have been observable from the earliest times. Nothing calls the powers into such active exercise; nothing requires such quickness of limb, of mind and of eye, together with so much self-possession; nothing in short develops so completely the whole frame.

Health is a priceless gem, and it is the duty of every student to take advantage of those opportunities which tend in the greatest degree to keep him in possession of this invaluable treasure. By taking a regular course of athletic training such as the gymnasium will supply he strengthens himself for battle with the world, he prepares himself for mental labor in the future, and he leaves college both intellectually and physically strong.