

fresh supply of energizing particles. This in the normal physical system the blood rejoices to do. This constant presence of the fresh particles is the secret of physical endurance. College men should go forth into the world with the robustness of spartan soldiery. It pains one to hear any exclamation of tenderness or lack of strong vitality from the College graduate who has not been the victim of any inherited or highly infectious disease. The tests of physical endurance are not many or arduous with us; but should we be called upon to perform some severe physical task many more failures would occur we fear than one would possibly infer. The student should vindicate the right of the college to assert that she gives a complete training by having a vigorous and healthy physique. There are not a few among us who take little or no exercise. We point them to our excellent gymnasium where an excellent training is to be obtained. The system of drills given by our instructor is systematic and thorough. Some are no doubt discouraged or at least indifferent to proper exercise because they have not learned how to obtain it at the gymnasium. Those who know how are the ones who have been in regular attendance. Why not begin this term a regular attendance upon the classes of your division and be strong.

Perhaps there has been no such example of the force of an aroused public sentiment as that of the municipal reform in the city of New York. It is truly a good thing to see. One thing is certain the demands of this awakened reform sentiment will not cease at a mere superficial overhauling of the existing condition of things, but as events are proving they will never cease until the matter is probed to the bottom. One cannot help admiring the outcome of Dr. Parkhurst's work. Some slight condemnation has found a place in the columns of various papers in regard to the methods adopted by Dr. Parkhurst in the first stage of his reform work. It may be a question of importance to the philosopher as to the ethical nature of such means as must needs have been employed to get into the secrets of Tammany. But certainly the citizens of New York can have but one verdict to give in regard to the right or wrong of Dr. Parkhurst's life behind the scenes. It has ended in moral, social and political good yet who can say what would have been the verdict of an inconsistent public had his efforts failed. Dr. Parkhurst is certainly a man of unflinching courage and determination. In a brief glance at his life we find that he was born at Framingham, Mass. 1842. His father was a small farmer. In early life the family moved to Clinton, Mass. As a boy Dr. Parkhurst had great energy and ambition. For two years or more he was grocer's