

Personal Hygiene.

R. TAIT MCKENZIE, B.A., M.D.

Every man on coming to McGill should undertake a regular course of exercise. To many, Football and Hockey have certain disadvantages which prevent them from being followed systematically enough to do any good. To such men we would specially recommend regular work in the gymnasium, (19 University street). The class meets three times a week at 5 p.m., and the work is so arranged that three quarters of an hour at least of vigorous, all-round work can be had without the risk of over exertion.

The best costume is composed of a quarter-sleeve light jersey, knee breeches and McGill stockings, with lacrosse or tennis shoes.

The best way to get a new gymnasium on the college grounds is to show that the old one is appreciated.

Make the gymnasium hour fill a place on your timetable like any other lecture and you will find it an hour gained.

Don't be afraid to make the Director your confidant in all matters pertaining to your physical life. He can help you in many difficulties and will always be found glad to do so.

Be regular in your attendance that you may graduate a better man physically as well as morally and intellectually than when you entered college life.