

their twenty years never landed the trophy, but their is not an inglorious exit. Long ago they won interprovincial fame, as an aggregation of manly men ready to meet odds and sure defeat for love of the game. May they hand over to the mountaineers the traditions of the past.

RELIABILITY.

Be reliable !—The Anglo-Saxon equivalent is trustworthy. In other words cultivate a capacity for confidence and be a man to be counted on. Consider the grimy engineer in his cramped cabin, the throttle wide open, his eye gleaming along the ribbons of steel that meet in the hazy distance. A machine, you say. Verily a machine ! And his composition must be as free from flaw as the throbbing giant that bears him on. He must be reliable, for great are his responsibilities. We too have responsibilities, none of them trivial or negligible, and we may not shirk them, no, not until that final uncontrollable accident, when our living freight shall be hurled into the hereafter. Be like the engineer, reliable; be on time ; keep your opportunities ; stick to your word.

SECOND WIND.

The sprinter who is yet but a tyro, knows how the first burst of speed exhausts the system. Then as the circulation adjusts itself to meet the extraordinary call on the respiratory function, comes the sense of relief and the deep breathing, that makes possible the long, hard lope for miles. With the intellect too, the undisciplined ardor of a start has a momentary reaction. But if the effort continue, the mental powers settle down to steady methodical action. We may call this by analogy—second wind. An earnest student may be puffed out, as it were, and not a little dismayed after the first few weeks of September, but the 'second wind' is due when the leaves begin to fall. Let each student cultivate the 'second wind' habit in the study-hall gymnasium.
