

behalf of the foreign missions. Mr. Huntingdon, who stood alone in representing the work of the Methodist Church at home, certainly has the largest amount of our sympathy. We fully realize the truth of the saying "charity begins at home."

We are pleased to hear that the Junior Literary Society has been re-organized with the following officers:—

President, Evelyn Phippen.
Vice-President, Carrie Hillyard.
Secretary, Ada Merrill.
Treasurer, Evelyn Boyle.

This Society contains by far the larger number of students, not less than fifty, and if a success can be made of a society, this surely will have a fair trial. With the present officers we feel confident of its success. Already we feel effects of the businesslike qualities possessed by this august body, for the *Spectator* now finds its way daily to the Reading-room. But Ev., remember to control your feeling and appear insensible to criticisms.

On Friday evening, February 10th, we met for the first time this year, the friends of our College. The hostesses of the evening were Miss Marter, President of the S. L. Society, and Miss Merrill, Editress of the *PORTFOLIO*. Every person seemed to enter with great enthusiasm into the evening's enjoyment. Enlivening music, and how could it be otherwise with the band of the Thirteenth in attendance, helped not a little to render the passing hours delightful; for they did pass, and all too early the young ladies were forced to use their privilege of excusing themselves. We were pleased above all to meet so many who had seen more of life than ourselves, and if we covet one thing more than another, it is to make our *Conversazione* interesting to persons advanced in years as well as to those who are beginning to taste life's pleasures. February 10th is now only present in our memories, but with our Principal's permission we would not object to welcoming our friends again, old and new, about Easter time.

+ Physical + Culture +

✻ THE highest good of the soul is connected with the highest good of the body. Mind and body are mutually dependent. We cannot secure the development of the one at the expense of the other. Then let us, girls, while endeavoring to improve the minds, not forget that the body is the medium through which we communicate with the outward world. We have been impressed by the fact, that some of our best students fail to make a harmonious use of the external organs by which the inspiration of the soul is made manifest. Others, less gifted, make a most pleasant and agreeable impression. How often do we see girls suffer from special defects, as bad gait, drooping shoulders, malposition of the head, languid attitude, &c.—defects which painfully disturb the total effect.

Lord Bacon, in speaking of the welfare of the body, says: "The human organization is so delicate and so varied, like a musical instrument of complicated and exquisite workmanship, it easily loses its harmony."

The ancient Greeks paid the same attention to physical as to mental training. Their monuments in art, science and language, which have come down to us, are worthy of our highest admiration. A beneficent Creator has framed us according to his own idea. Why not cultivate a taste for the study of the wonderful mechanism of the body—how to perfect and develop it, How many go floundering along through life, practically shorn of half their power because they neglect the cultivation of the body.

It is to be deeply regretted that so little attention is given to the tone of the voice. How often do we hear resounding through our venerable halls, the piercing scream of terror, the whine of peevishness or the nasal twang, which is so unbecoming in ladies.

With regard to our mirth, let us remember Goldsmith's couplet:—

"The watch-dog's voice that bay'd the whispering wind,
And the loud laugh that spoke the vacant mind."