

your meal of not more than two or three dishes. It is desirable to have variety, which is obtained by making each meal slightly different from the preceding one. Many kinds of food introduced into the stomach at one time are sure to be harmful. If people would work their stomachs as little as they do their lungs, and their lungs as much as they do their stomachs, we should never hear of consumption or dyspepsia. An excellent plan, rational and beneficial, is to eat only two meals a day, omitting either the morning or mid-day meal. Eat only when hungry, and just enough to properly nourish the body. Masticate every morsel of food to a liquid, and for the sake of your teeth as well as your stomach eat something that requires effort in the mastication. Whole-wheat or gluten bread, dried thoroughly in the oven, will give the teeth some work to do, and the thorough mastication and insalivation necessary in eating it makes it an excellent food to use in weakness of the digestive organs. Drink nothing with your meals. If you partake freely of water between meals you will not feel the desire for liquids with your food.

Although exercise is placed last in the list of the things necessary to secure perfect health, it must not be supposed that it is the least important, but it is advisable to mention the other conditions first to indicate right methods of living upon which to base exercise.

A GOOD SUGGESTION.

The Dean of the Medical Faculty has suggested that more attention be paid to the health of the students. He proposes that a few of the medical staff shall address the students in regard to the proper care of themselves.

THE QUEEN'S ALUMNI SOCIETY OF NEW YORK.

THE loyalty of those of our graduates, who reside in the City of New York, to old Queen's has never been doubted. Their continued interest in Queen's has been clearly shown by the prizes and scholarships they have established in their Alma Mater. It is with genuine pleasure, therefore, that we here publish the letter of greeting which the Queen's Alumni Society of New York sent to our Principal on the occasion of his Installation.

The members of the New York Society of Queen's University desire on this occasion of the installation of a successor to our late beloved Principal to send greeting to Doctor Gordon, the Senate and the students of our ALMA MATER.

Isolated from the land of our birth and education, yet living among friends of our own stock and fibre, we look back to the days of our College life at Queen's with hearts full of gratitude and pride, realizing more and more deeply the inestimable privileges spread before us in those old familiar halls and the interest and devotion of professor and tutor alike.

Our little band of the sons of Queen's meeting here in the Metropolis of the new world to sing the songs and bring back the scenes of student days, came into its organized existence at the enthusiastic call of the great Principal whom we have lost. His last thought was for the welfare and glory of this University, and at each step towards the attainment of the ideals set by him we have heartily rejoiced; and we now unite with all the friends of Queen's in welcoming the distinguished scholar and patriot who takes up the task of his eminent predecessor of guiding our Alma Mater to a still broader and more brilliant future.

To you, Sir, we now pledge our allegiance, with every confidence that in you Queen's has found a friend and a valiant leader.

(Signed) JOHN R. SHANNON, B.A., M.D.,

NEW YORK CITY,

President.

October 14th, 1903.