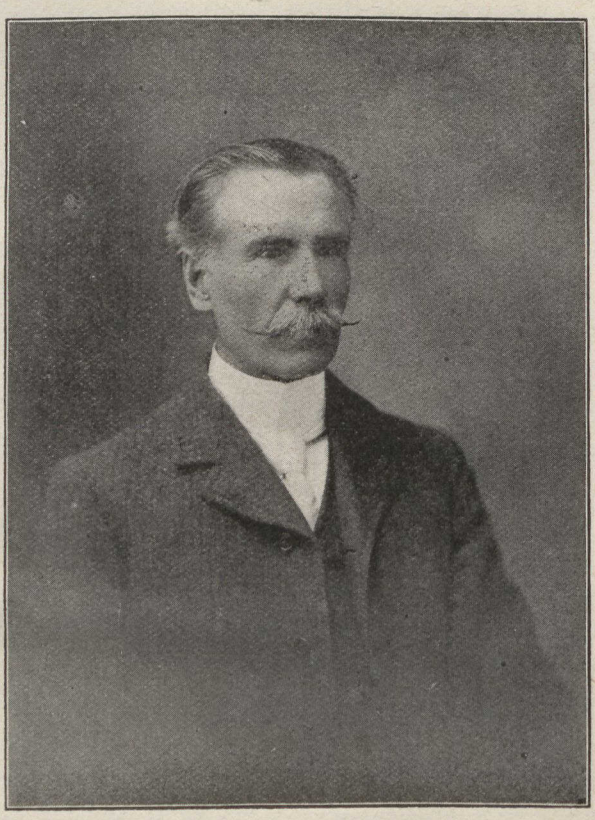

DR. A. P. KNIGHT

who has contributed the series of articles on health in the last few numbers of the Journal.

QUEEN'S UNIVERSITY JOURNAL

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Address To Young People.

BY PROFESSOR A. P. KNIGHT.

FRESH AIR.

DID you ever go into a house, a school, or a work-room, and find it stuffy? If you should pass from one stuffy room to another, of course, you would not notice any difference; but in passing from the fresh air and sunlight outside into a stuffy bed-room, or school-house, you could hardly fail to notice the difference. You would soon say to yourself, "What a frowsy room!" Yes, it would be frowsy. And yet, stuffy rooms are exactly the rooms in which many people sleep at night, and in which they work all day, because they do not know any better. They have never learned that if they live in close rooms all day, and sleep in stuffy bed-rooms all night, they are starving their bodies. For we may starve our bodies in other ways besides not taking enough food. Our bodies need something besides what we eat and drink. They need something which we get from the air, and which we cannot get in any other way. And the need for this something in the air is very pressing indeed. You can prove this yourselves by closing your mouth tightly and holding your nostrils firmly together. How long can you keep from breathing? Perhaps, for a minute or two. Sooner or later, however, do what you will, you are forced to breathe again. The flesh and blood cry out for that invisible thing in the air which we call oxygen gas.

If you should go into a closet, or box, and close it tightly so that no air could pass into, or out of the box, you would learn, in another way, how strongly the blood and flesh crave oxygen. For a little while, you would feel quite comfortable, but as soon as the oxygen in the box became scanty, through your using it up in breathing, you would begin to pant. And if you did not open the box and let in some fresh air, you would soon die.

How large a room, then, should we live in, in order not to suffer from lack of air? The answer to this question will depend upon a number of things. If no fresh air could get into it, we should die in a large room just the same as if we were in a box or small closet, only we should live a much longer time. But, if you suppose that air is made to pass freeely into and out of a room or a box,

then we could live in either one until we should die of hunger or thirst. What we *must* have is a regular supply of fresh air, and if we have this, it does not matter much whether we live in a small room or a large one.

Of course, if a number of people sleep in a small room, or work in a small room, you can easily see that they would use up the oxygen of the air much more quickly than if there were only a few people present in the room. The air in such a room would have to be changed often, and if not, the health of those in it would suffer. At first, you would notice very little change, if any. But in course of time it would be seen that overcrowding in even a large room makes the inmates pale and delicate. They would not have good rich blood, nor would they be able to digest their food properly; they would grow weak, and be likely to catch some disease and die. So, overcrowding is bad for the health —overcrowding in bed-rooms, or overcrowding in school-rooms, or churches, or factories, or work-shops. There should be so much fresh air for everyone in a room that it would never smell stuffy and frowsy. Each person cannot get enough oxygen from the air, if there are too many in the room. Not unless the air is changed very often. You will see, then, that the answer to the question, "How large a room should we live in?" depends upon two things: it depends upon how many people are in the room, and it depends upon how often the air is changed.

Changing the air in a room from stuffy air to pure air is called ventilating the room. You might suppose that it would be an easy matter to do this. Every time we breathe we are taking in fresh air, and sending out stuffy air, that is, we are ventilating our lungs all the time. And we must ventilate our homes and school-houses in some such way as we ventilate our lungs. The chief thing is to draw fresh air into our houses and get the stuffy air out. How can we do this? In the warm summer weather it is easily done. We have simply to keep our windows and doors open all the time, and if we do, there will not be much trouble about getting plenty of oxygen for the blood. But in cold weather, ventilation is a good deal harder. While we may long for fresh air, we dislike cold air, and therefore, in winter, we close up the chinks about the doors and windows in order to keep the cold air out. But even in winter, ventilation is easy, if we have plenty of fuel to burn.

In fact, nearly the whole trouble about ventilating our homes and school-houses depends upon two things, namely, upon keeping the rooms clean, and upon having enough fuel. For rooms are often musty and frowsy because they are not clean; and when they are not scrubbed, and whitewashed, and swept and dusted, no amount of fresh air will make them smell sweet. But, if rooms are kept clean, and there is plenty of fuel, then there is little trouble about ventilation.

Some of you will want to know what coal and wood have to do with the ventilation of a room. Well, they have a great deal to do with it. If you have followed me in what I have been saying, you will see that in ventilating any room in winter, the stuffy air must be let out, and the fresh air drawn in from the outside. This fresh air is, however, often very cold, and it must be warmed

by a stove or furnace, otherwise people in the room would be very uncomfortable, and would likely catch cold and become ill. And this warming of the fresh air costs money. It costs just the price of the wood or coal which must be burnt in order to heat the cold air,and bring it up to the temperature of the living room, say 67 degrees F. Ventilation costs money; the oftener you change the stuffy air for fresh, cold air, the more money it costs to warm the house. And this is why the houses of poor people are so badly ventilated. They close up every chink around doors and windows, they bank the house with manure or earth, and take great pains "to keep the cold out," forgetting that they are keeping the stuffy air in, and that this stuffy air is all the time time becoming more and more unfit to breathe. To make matters worse, there may be a man or two in the house who smokes tobacco, and so the air is poisoned still more. Add to this the further fact, that the odor of food cooking on the kitchen stove, or of burnt food, usually spreads throughout the living room, and you can easily understand that the air in such homes is as foul and unhealthy as it could well be. No wonder the death rate is high among people who are so ignorant or so thriftless as to live in such places and call them homes.

To show you how heavily disease and death press upon people who live in very small houses, or who live in very big houses, but crowded together, just the same as if they were in small houses,-let me quote some figures from a paper by Dr. J. B. Russell, of Glasgow, Scotland, on the subject of overcrowding.

Size of House.	Number of people living in these houses.	Deaths per year.	Percentage of population.	Percentage of deaths.
One room	134,728	3,636	24.7	27.0
Two rooms	243,691	6,325	44.7	47.0
Three rooms	86,956	1,747	16.0	13.0
Four rooms	32,742	581	6.1	4.3
Five rooms and upward	38,647	434	7.1	3.3
Public Institutions	6531	427	1.4	3.2
Untraced		289		2.2
Whole city population	543,295	13,439	100	100

From this table you can easily see that the death rate is very high among people who live crowded together in houses of one or two rooms. Bad air is one of the causes of this high death rate.

This table shows also that nearly half of the people in Glasgow live in houses that have only two rooms in them—a kitchen and a living room. Now, the air in these two rooms could be made healthful enough by some attention to ventilation. If the living room had a fireplace and a fire burning in it, as would be the case in winter, the stuffy air would all pass up the chimney, and fresh air would be drawn in through the chinks between the windows and window frames, and between the doors and door frames. So the inmates would be kept warm and the room would be fairly well ventilated. Warming the room

in this way would be more expensive than warming it with a stove, because much of the warm air would pass up the chimney and be lost. But the air in the room would be kept fresh by the fire in the fireplace.

How about the ventilation at night? With only one or two people sleeping in a small bed-room, even if there is a fireplace in it, the air in the room will be very stuffy before morning, and the inmates will awake feeling dull and tired, and perhaps cross and with a headache. For this reason, a good many people always sleep with the windows of their bedrooms open. If there are plenty of bed clothes, open windows can do no harm, and the fresh air will do us a great deal of good. We will wake up feeling bright, fresh and rested.

In a school-room, again, especially in old school houses, it often happens that no pains have been taken by the trustees to plan the building so that it can be properly ventilated. In modern school buildings, ventilating machines are used to pump fresh air into the rooms, or to suck the bad air out. But, in small schools other means must be used, and about the only other means which a teacher can use is to open the windows. This, of course, would soon give the pupils fresh air, but they would object to it, in cold weather. They would say that they were sitting in a draught, and would catch cold. And so they might. A draught is air moving quickly, and usually through a chink, and striking on your body and cooling it. The colder the draught, the worse it is for you, especially if it hits your neck, or uncovered head. It is likely to give you a cold, and may perhaps make you very sick.

The teacher, then, should not open the windows and allow a draught to strike anyone. He should stop the lessons for a little, throw the door and windows wide open, allow the children to move about in the room so that no child will be sitting in a draught. When the air has been made fresh and sweet, the door and windows can be closed and the lessons begun again. This should be done at least every half hour. A little warm air will be lost, and a little more fuel will be burnt, but the extra cost of ventilation will be repaid a hundred-fold in the better health and better work done by the pupils.

EXERCISE.

Can you recall to mind the changes that took place in the beat of your heart and in your breathing, as you ran that mile race a short time ago? You remember your heart began to beat fast, and you could feel it pounding away in your breast so heavily that you thought it might break. Your breathing, too, became quicker and quicker, until towards the end of your race, you were gasping for breath. And when you had reached the end, you were only too glad to lie down and rest.

But while you did not often engage in a mile race, you were always ready for a game of deer and hounds, and would sometimes in autumn take a cross-country run of four or five miles for the pure love of the exercise. You came back feeling a little tired, of course, but feeling also that you were the better of your run, and the excitement of getting back without being caught.

What further effects had the long run upon you besides quickening the heart beat and the breathing? You say that you got very hot, and that the perspiration was pouring down your blazing red face. You were very thirsty, also, and you drank two or three goblets of water before your thirst was quenched. Later on, after you had bathed and rested a little, you felt hungry and ate a very hearty dinner. For, you had been in school all morning and afternoon and felt that some fresh air, and the excitement of being chased, was just what you needed. And you were quite right. Sitting in school all day had tired you very much. You did not know that the blood in your muscles and in the inside of your body, was running very slowly. It was stagnating, I might say. You were not suffering any pain, not that; but you were feeling uneasy and fidgety, and had an intense longing to get out into the fresh air and sunshine.

And you girls were just as fidgety as the boys. You did not care to take a cross-country run, but you did want to get outside, just as much as the boys, and you had visions of a brisk walk home, or of a game of tennis, or a romp with the collie dog, who knew how to play tag almost as well as you did.

What effect do you suppose this exercise—whether in sports, in games, or in work, for some of you have your share of household work to do—had upon your health? Did the quickened heartbeat and respiration, or the hot and ruddy face, covered with perspiration, do you good or harm? Let us try and find out.

The quicker heartbeat would produce one very important effect. It would send the blood round and round through your body, just so much faster than it would if you were sitting still, or lying down. The heart is just a pump. If you wish to bring water very fast from a well, you work the handle of the pump very fast, and you get a larger stream of water. And in the same way, the faster the heart beats, the more quickly the blood is pumped all over the body. Will this be good or bad for you? Let us see. You remember the two bits of work which the blood is doing all the time. It sucks nourishment from the food, it carries this nourishment to the muscles, nerves, and every part of the body. You remember also that the blood gathers up the dead waste from every nook and corner, and carries it to the skin, lungs, kidneys and bowels where it is thrust out of the body. This being the great work of the blood, it is easily seen that the oftener the blood circles round and round, the more likely the body is to be well nourished by the food, and the more likely the waste is to be all gathered up and passed out of the body. A rapid heartbeat means that the blood does its work all the more quickly. The blood is like a staff of servants in a big house. The faster the servants work, and the more thoroughly they do their work, the better and cleaner the house is kept. So, the more rapidly the heart beats, and the quicker the breathing, the faster the blood goes, and the better for you, that is, supposing you have healthy hearts, which all of you young people have.

Then again, when you get hot from taking much exercise of any kind, the nerves make the blood leave your innermost parts, so that more of it goes to

the skin, and this makes your face red. And then the blood in the skin stirs up the sweat glands, and makes them produce more sweat. Thus still more of the dead waste of the body is carried out through the skin, in addition to the extra amount that is passing from the lungs.

So you see that exercise is a good thing. It strengthens the heart, and it strengthens the muscles of breathing and all other muscles that come into play in the exercise. It quickens the blood flow, and by doing this, it carries more nourishment and dead waste into, and out of, every part of the body.

If kept within proper bounds, exercise can do you no harm, and as I have tried to show you, it does much good. But sometimes young men harm themselves by overstraining their muscles and nerves. They do not do this in taking their regular exercise. They do it in taking part in athletic contests, where they wish to come out the victors at all costs. And sometimes the contests are so keen that young men suffer from their effects for the rest of their lives. They get disease of the heart, or blood vessels, or other parts of the body, and are never so strong again. All this is, of course, very wrong. Contests in rowing, hockey, football, running, lifting weights, and such like, are all very well when kept within proper bounds; but like every other good thing, they may become a source of great harm.

Exercise of our muscles is just as necessary as exercise of the eye, or any other of the senses. Do you know what has happened to the eyes of fish when light has been shut out from them, that is, when eyes have had no exercise? Fish which have lived for ages in a cave, have become blind. And in the same way, muscles that are not exercised at all, for a length of time, slowly lose their strength. And in fact all power of moving the limbs is sometimes lost. Travellers in India tell us of fakirs in that country, who, in zeal for their religion, make a vow that they will hold the arm straight upward from the shoulder and not take it down for a year or two. At the end of this time the muscles of the arm and shoulder have shrunken and become fixed; the fakir has lost all power of moving them.

It never happens amongst us, that people who do not take exercise are ever punished by their limbs becoming fixed. But it always happens that men who take little exercise for a long time, gradually lose all liking for exercise, and in fact dislike it. And in many people, though not in all, lack of proper exercise leads to poor health.

And this brings up the question of how much exercise you young people should take, and what kind of exercise. In answer it must be said that the kind of exercise and its amount depends upon a number of things. For example, it depends upon whether you are well formed and strong; or whether you are ill-shaped and delicate. For those who are round-shouldered, a special set of exercises should be planned by a doctor, and carried on for a long time. Those who have an awkward gait, should practice special exercises, so that in time, heavy lumbering movements would be thrown off, or perhaps changed to graceful ones. But such special exercises are only for the few. Healthy boys and girls will get most good from playing games which they like.

If the school playground comes to be used chiefly as a place in which boys must spend a certain amount of time in military drill, whether they like it or not, then the playground is being degraded. Military drill will certainly give exercise, and will therefore do some good; but drill which boys dislike, which they find tiresome and monotonous is not half so good for them as a game of football, or lawn tennis, or basket ball, in which they are interested. And in the same way, a monotonous round of class exercises carried on in a gymnasium, though they may train the muscles, are not half so good for boys as the exercises which they plan for themselves.

If you have followed me in what I have just said, you will see that exercise of the muscles may be used for two or three different purposes. In the first place, they may be used to strengthen certain muscles of the body; as for example, the muscles of the back, so as to prevent a person from being round-shouldered. In the second place, exercises in a gymnasium may be used to remedy a faulty carriage, *or* an awkward gait. But only a few boys and girls need exercises to correct either of these defects, because only a few persons have these defects. In the third place, we may exercise our muscles for the sake of taking care of our health. And this is quite a different matter from the other two. In this case, the main thing is to make the muscles work. What form of exercise we take will not matter much so long as we take exercise. As a rule, that exercise will be best for us which will give us most pleasure. It may be walking, running, rowing, swimming, tennis, football, baseball, basket-ball, cricket, lacrosse, cycling, riding, golf, curling, bowling, hockey, skating, snow-shoeing. Any one or more of these, according to fancy, or change of season, will give us the exercise which we must have in order to keep in the best of health. And if, in taking exercise in any of these ways, we strive with others and try to excel, no harm will be done so long as we do not carry the struggle too far. The important matter is to get the exercise, while all the time we keep the mastery over ourselves, and do not overstrain our nerves and muscles. In this way, we get into splendid training for our future work in life, at least so far as our bodies are concerned. Finally, it must never be forgotten, that a child's brain will not develop properly, unless the eye, ear, skin and muscles are duly trained and exercised from the time it is born until it becomes full grown. We cannot have a perfect mind without a perfect body.

FATIGUE, REST AND SLEEP.

If you have been working very hard at any kind of manual labor, or playing any very active game like football, or hockey, you often become much more tired than you are aware of. Or again, you may have gone for a long tramp on snow-shoes, and come back so wearied that you can hardly drag one foot after the other. Most of you know, then, very well, what it is to have tired muscles. But you may not know that it is the nerves which make the muscles work, and that you cannot tire out your muscles without, at the same time tiring your nerves, at least to some extent.

When you are working hard at any manual labor, you can rest by simply standing still for a while. You can rest still better by sitting down; you can rest, best of all, by lying down. This is the way in which the heart rests. You know the heart is just a muscle, or a bundle of muscles. If you get some one to count your pulse beats, that is, your heart beats, when you are standing; and then sit down and get them counted a second time, you will find that the beats are fewer. Lie down, and have them counted a third time, and you will find that they are still fewer than when you were sitting. This is the only way in which the heart muscle gets any rest. In the case of many other muscles of your body, it is different. Those of your arms and legs work only when you make them work. They rest when you sit down or lie down; whereas the heart muscle works night and day, as long as you live. The muscles used in breathing also rest in the same way as the heart muscle rests.

We need not wonder, then, that all the muscles of our body become tired and need rest. But what about nerves? Do they also need rest, or can they go on all day without getting tired? Think a little, and you will see that the nerves do a lot of work. Those of the skin tell us when we get hurt, or cut, or are too hot, or too cold. The nerves of the teeth tell us, of course, when they are worried by a rotten tooth. And the nerves of the mouth tell us all about our food three times a day: and between meals, they tell us that candy is sweet, and medicines are nasty. If we go into a dirty school room ,or musty church, the nerves of the nose tell us that these places smell bad, and warn us to get out again into the fresh air and sunshine. In a saw-mill or machine shop, the nerves of the ear get tired by the noise, and when we try to converse in such places, we have to shout so loud that it is very tiresome. So, too, when you have been in school all day, reading, writing, ciphering, your eyes get tired. Some of your muscles also get tired, and almost without knowing why, you have a great longing to get away out of school and see something else than the tiresome dingy walls, and the old shiny blackboard.

The fact is that a vast number of nerves, like fine white threads, run from the eye, ear, nose, mouth, skin, muscles and joints, and are carrying messages to the brain and spinal cord every second of the day. It is no wonder, then, that these nerves become tired in carrying messages, and that the brain and spinal cord get tired receiving these messages. But to receive messages is not the only work of the brain. Many of the messages have to be stored away for future use, as when you were made to learn the letters of the alphabet, the names and meanings of a vast number of words, tables of numbers, facts of history and geography, and all the other thousand and one things which you have had to learn in school. All these things tire the nerves and brain. Those of you who have taken a long journey in a railroad car will know how fatiguing it is. Though you may have spent the day in a comfortable coach, you nevertheless reach the end of your journey pretty well tired out. The cause of your fatigue cannot be due to the use of your muscles. To what, then, is it due? Clearly, it has been caused by the vast number of messages which have crowded into the brain from the eye, ear and muscles. Thousands of objects

have passed before the eyes; thousands of sounds have, one after another, fallen upon the ears; the jolting and jarring of the car has sent thousands of messages from the muscles and joints, and it is little wonder that the nerves, spinal cord, and brain are thoroughly tired out at the end of the day's journey.

But the brain and spinal cord have other work to do all day besides receiving messages and storing messages. They have to send out many all day to muscles. These start when we get up in the morning. When we wash and dress, stand, sit, walk, work, or play, not a muscle moves without an order from the brain or spinal cord. Messages sent to the heart change its beat from time to time. Other messages vary the breathing. Others still cause the saliva and other juices of the stomach, liver and bowels to flow, so that the food will be digested and made fit to be used by the blood. In short, the work of the nervous system is never done from the time we awake in the morning until we go to sleep at night. No "central" office of any telephone company in the land is kept so busy as the brain is, in receiving, storing, and sending out messages. No wonder, then, that it gets tired and needs rest. Moreover, fatigue comes on all the more quickly if our surroundings are bad. If the air in our school houses is bad, or the lighting bad, or the seats and desks too high or too low for the size of the pupils, and if besides all this, children go to school with too little food or too little sleep, the fatigue comes on very soon in the forenoon, and the wonder is that such children can be taught anything under such conditions.

The brain and nerves do not, however, rest in the same way as muscles do. As I have already said, all you have to do in order to give muscles rest, is to sit or lie down. But this may not rest the brain at all. If the brain has been overworked, and worried during the day, as often happens with grown-up people, though not often with youngsters, then the brain does not rest at all when we go to bed. It goes on worrying over the work or events of the day, and when this happens, it is often very late at night before the brain rests. If the worry is very great, sleep may not come to us at all. Now, this is a very bad state for any one to be in. It spoils our ability to use our brain. Even our muscles will not work as we wish, if we don't get enough sleep. If the worry lasts for some weeks or months, then we lose the power of digesting our food properly.

To keep in good health, then, we must have not merely rest of muscles, but rest of brain and nerves as well; and the best rest for these is obtained in sleep. How much sleep should we have? The number of hours must vary with the individual. Young people need more than adults. Very young children should have from ten to eleven hours; older school children, from nine to ten; and grown-up people, from seven to eight hours. Some very strong men have been known to work hard for years, and sleep only four or five hours every night, but in this case they usually make up for the shorter hours of sleep by eating very heartily. In this way, the waste of muscle and nerve is repaired by food, if not by rest and sleep.

Young people are not usually troubled with sleeplessness; but it is well that you should know how to avoid it. In the first place, you should take plenty of exercise in the fresh air, which is almost the same as saying that you

should not force yourself to work long hours at any indoor occupation. Nor should you worry over your work after you leave the school, office, or factory. Have a fixed hour for going to bed every night, and for getting up in the morning. Sleep on a somewhat hard, but clean bed, with a low pillow. Lie upon either the right or the left side, rather than upon the back. Place the foot of the bed nearest the stove or other source of heat. Keep the window open all night—more widely in summer than in winter. The cold air can do you no harm, if you are covered with plenty of bed clothes. If you follow all these rules and are still troubled with sleeplessness, it is time for you to consult a physician.

Another point, you should be on your guard against using any kind of medicine to make you sleep. Some people who have been much troubled with sleeplessness have been induced to take opium, chloroform, chloral hydrate, bromide of potassium, or some such drugs in order to get sleep. You should never, however, use any of these, unless in dire straits. Because the danger of forming the habit of using these drugs is very great, and, once the habit has been formed, it is very hard to fall asleep without their use. As time goes on we should have to take more and more of them, until finally they would destroy our health.

The Wail of the Year Book Committee.

With fingers weary and worn,
With eyelids heavy and red,
Within the Church History room they sat
From morn till eve, 'tis said—
Write, write, write,
While others are cramming at home;
What is it they write, with all of their might,
And never utter a groan?

Talk, talk, talk,
While the bell is clanging for six,
And talk, talk, talk,
Till their brains are in a mix!
It's oh! to be a slave
Along with the barbarous Turk
Than to join the throng, who sit all day long
On the Year Book Nought-Seven at work.

Then write, write, write,
Till the brain begins to swim;
And write, write, write
Till the eyes are heavy and dim!
A quotation to choose for each,

A history brief, also,
Must not flatter or hurt, the year did assert—
The committee can judge, you know.

Write, write, write,
In the dull December light,
And write, write, write,
When exams. are fully in sight.
Others may con their French,
Their Greek and English peruse,
But what right have ten committee-men
On these things their time to lose?

Write, write, write,
Their labor never ceased;
And what are its wages? A simple debt
Of 150 at least—
But no one had minded the work,
Or the hours stolen from sleep,
If the year had not shirked, but had helped those who worked,
The fruits of their labor to reap.

Oh, Meds. who left last spring,
Oh, Arts and Science men, too,
Why scorned ye the book, with never a look
But allowed the scheme to fall through?
If some of your pictures were poor,
If some of your histories lacked leaven,
Had ye no loyal spirit to o'erlook its demerit—
It belonged to the year Naughty-Seven!

But, here's to the year Naughty-Seven,
Whatever its faults have been,
They will sure lend a hand, should occasion demand
When the fate of the Year Book is seen—
This year Naughty-Seven will leave
The scenes of her wide-spread fame,
May her mem'ry long live, an example to give
To others, remembering her name.

PROFESSOR BROCK.

Queen's University Journal

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Editorials.

AT the close of a recent meeting of the Alma Mater Society, the critic, in reviewing the proceedings of the evening, took occasion to commend the action of certain students who brought before the society a complaint in regard to the ventilation of the basement of the gymnasium. Everyone who is at all in touch with student affairs knows that from time to time dissatisfaction is expressed with one matter or another under the control of the Alma Mater Society. In many instances, it is not to be doubted, any dissatisfaction can be readily explained away or the source of it removed. And not infrequently, too, the person or persons responsible for the cause of the alleged difficulty would welcome an opportunity to correct it.

The Alma Mater Society has under its control a number of standing committees charged with the control of certain specified matters. The various athletic organizations, the athletic committee, the musical clubs, the Journal, and a number of special committees regularly appointed are subject to the supervision of the Alma Mater Society. The Dominion Parliament in the same manner delegates to standing committees certain powers of discussion and investigation. It is in committee that details of Bills are debated and relevant information collected. And it can scarcely be doubted that the committee system possesses important advantages. In committee discussion is freer, details can be readily dealt with and a vast amount of business done that would consume a larger amount of time if undertaken by the entire body which creates the committees.

The Alma Mater delegates authority to standing committees that the work of administration may be done with greater smoothness and rapidity. The Society in full meeting could not be expected to attend to the mass of details that are now within the purview of various committees. To attempt such a thing would be to invite inefficiency and carelessness.

But the committee system is liable to abuse. It may be that committees will gradually come to maintain only a casual connection with the society, submitting brief reports in a perfunctory manner and showing a tendency to throw off control of the parent society. Such a condition, too, may develop through

the apathy or negligence of the society itself. It may trust too much to its standing committees, maintaining only such an interest in their work as is implied in the adoption of an annual report. It is such a loose connection as this that must not develop between the Alma Mater and its standing committees.

The Journal is far from advocating continual interference with committees or even such interference as may be construed as indicating a want of confidence. The athletic committee deserves the confidence of the Alma Mater and the society would not be warranted in a policy of obstruction. The Journal stands in the same relation to the society. But there is a happy mean to be found in this matter. No committee should object to reasonable questions regarding its work or reasonable discussion of any detail in which the students are especially interested. In all matters, it is the interests of the students that must be consulted: and it is in the Alma Mater that student affairs should be discussed. While the Alma Mater has a large quantity of special business to attend to, it can never retain its vitality if it falls into apathy or carelessness regarding the work of its standing committees. It was doubtless a sense of the importance of this matter that inspired the remark of the critic at the last meeting.

THE CARNEGIE FOUNDATION.

The second annual report of the Carnegie Foundation for the Advancement of Teaching, which has just been issued, is a document of some importance. In addition to statistical data bearing on the work of the foundation committee, the report contains a discussion of many intricate questions that have been raised by attempts to meet the demands of various institutions that have made application for the benefit of Mr. Carnegie's provision. A cursory perusal of the report will convince one of the delicacy and difficulty of many of the problems to which the foundation committee has given consideration. In many instances the names of colleges and universities upon the accepted list appear in denominational year-books. In such cases the committee had to investigate the real relation between the institution and the denomination. According to the report, "the committee after discussing the matter came to the conclusion that if an institution on the accepted list appeared in a church year book at all, it should in justice both to the church concerned and to the foundation appear in such a manner that it would leave no doubt in the mind of any reader as to its exact relation to the church." When the connection between a university and a denomination was merely nominal and not made by legal ties, the foundation committee accepted the status of the institution as satisfactory when its name was withdrawn from the church year book.

On September 30, 1907, the total number of those receiving retiring allowances was one hundred any forty-eight. Since the inauguration of the fund grants have been made to one hundred and sixty-six persons, involving an annual outlay of $234,660. Of this amount $146,150 was devoted to retiring allowances in accepted institutions, and $88,510, the retiring allowances made to

individuals. The sums so far expended have been distributed among eighty-four instituions. Fourteen colleges on the accepted list have not presented any professor for retirement. In regard to retiring allowances to professors of institutions not on the accepted list of the foundation, the committee gives favorable consideration to those applicants only who have a record of distinguished service. The number of allowances granted outside accepted universities shows a tendency to diminish. In state institutions, retiring allowances are granted "where the service rendered had been of great distinction." During the past two years there have been five hundred applicants for allowances. The report deals with this matter: "Some few of these applications are from ministers: some from missionaries, and some from editorial writers in large daily newspapers. The greater number, however, are from teachers ranging from the primary grades up through the high schools and the colleges. The rural school teachers constitute a large proportion of these applicants. These teachers, hard-working and poorly paid, appeal not only for themselves, but for the cause of rural education. Many of the applications from these teachers make a most pathetic appeal." The report contains instances of appeals of this nature. One teacher began work at 15, and at seventy is without means of support. One male teacher, after fifty years of service, became blind at eighty, and was obliged to seek refuge in a poor- house. In all such cases the committee was forced to ignore the application on the ground that they did not come within the purpose underlying the work of the foundation.

A most interesting feature of the report of the Foundation Committee is the careful summary of the advantages claimed for connection between higher institutions of learning and religious denominations. This summary was made from the correspondence of men in control of denominational institutions. Influences which made a college strong come through one of the following channels: (1) influences that minister to the religious and intellectual life of the college, (2) those which improve and strengthen its organization, (3) those which find the money for building, endowment, and expansion, (4) those which bring students. The officers of the foundation have sought impartial information regarding the extent to which denominational relations ministered to these things. In regard to the religious and intellectual life of a university, the consensus of opinion is that it gains little from denominational relations—but depends upon the leadership of the men who make up the officers and faculty of the institution. Few men favor for a university anything more than sympathetic relations with a church. But not a few careful thinkers retain a conviction that "no other institutions are so likely to be conducted by distinctly religious men as those which belong to churches."

In regard to denominational connection and betterment in organization there appeared general conviction that "such conditions as the requirement that trustees shall belong to a given denomination, are serious limitations and a source of organic weakness."

As for the financial assistance derived by a university from its connection with a denomination, the conclusion is that "the reasons for denominational connection are more evident" in this respect.

Denominational connection, moreover, affords an institution a chance to appeal for students to a certain constituency.

A GOOD LATIN TEXT.

Teachers in all grades are frequently subject to considerable difficulty in selecting texts suitable for use in their classes. With a view to aiding the teacher in that matter, McMillan Company has adopted the practice of publishing at frequent intervals a list of its most valuable books, classified on the basis of the subjects to which they relate. The Journal is in possession of the list submitted for the benefit of those teaching Latin in secondary schools and is glad to find high praise bestowed on Professor Mitchell's "Introduction to Latin Prose." The book has won commendation from men whose judgment is authorative beyond dispute. Professors Anderson and McNaughton are outspoken in the high value they set on it as an effective aid to the teacher. Professor Lodge, of Columbia University, has this to say regarding Professor Mitchell's book: "A very careful and well thought out piece of work, covering the teaching of Latin prose composition from the very beginning to the more advanced work of the secondary school. In my opinion, any one trained after the method here employed would make much better progress than if taught according to most of the books used in this country."

The Journal, on behalf of the students, must express the satisfaction felt at the success of Professor Mitchell's effort to provide a suitable text for the use of Latin teachers in secondary schools.

THE CANADIAN BANKING SYSTEM.

The recent depression and financial difficulties in United States are said to have been accentuated by the imperfections of the American banking system. Since the birth of the republic, our neighbors have been subject to difficulties with their monetary system. They have had the greenback panic and a whole series of crises resulting from indiscriminate issues of notes whose value could not be secured. American statesmen, from Hamilton to Roosevelt, have hammered at the banking system, subjecting it to improvements suggested by experience with its practical working. The Federal government, too, owing to its control of the treasury department, has been closely associated with all monetary disturbances. At times there would be too much currency held in the treasury, and the government would come under condemnation for its failure to avert a crisis by judicious use of available specie. Again, the treasury would be drained of specie through the operation of forces over which no one appeared to have control. The American banking system, too, in nearly every crisis in the history of the country, has manifested certain weaknesses. The government has on occasions supported one financial institution to the exclusion of all others. It has had its First National Bank and its Second National Bank.

It stood behind the institutions thus created while they shifted the specie to the south and next to the west. So it is that the American banking system has had its imperfections revealed.

In the depression just losing some of its force, the Canadian banking system proved itself superior to that of United States. For a number of reasons, not only on account of the banking system, Canada did not suffer from the recent stringency as her neighbors did. Our immunity from panic and failures, has brought our currency system into some prominence. The secretary of the Canadian Bankers' Association has been deluged with requests for information about our banking system, from bankers, college debating societies, etc.

In the Van Norden Magazine, Mr. Eckhardt, a prominent writer on fiscal subjects, discusses the Canadian banking system and compares it with that of United States. Canada has aimed to encourage the development of large, sound institutions. The policy of the United States in regard to banks has been to encourage the growth of a large number of institutions. Canada requires its banks capitalized at $500,000; United States at $25,000. The American system requires careful governmental regulation of bank investments. The Canadian system permits of greater freedom in the operations of banks. Two stipulations in the Canadian Bank Act call on the banks to keep 40 per cent. of cash on hand in Dominion notes, and to deposit 5 per cent. of their note issue with the government, to be held as a guarantee for the notes of any individual institution.

The most important features of our Canadian banking system appear to be its flexibility and soundness. Banking business can readily adapt itself to the needs of the country. In the period of money tightness, too, the position of our banks was rendered more secure through the co-operation between various institutions. To such co-operation the Canadian system readily lends itself.

Editorial Notes.

The lure of the West, as far as students are concerned, lies not in the arable land or the speculator's chances, but in the great demand for teachers that has been created by the attempt to meet the educational needs of this great new country. The church and the school, two great instruments for his betterment, follow man wherever he goes.

The Journal for some five months has been seeking for a justification of the elimination of editorials from its contents. The magazine of the University of Glasgow has finally supplied us with arguments required. Our contemporary informs us that editorial utterances of college papers are inane things, to which the students give no attention. We will not attempt to controvert the reasoning of the Glasgow magazine. But it must be confessed that for us there would be little inspiration in publishing a periodical that did not attempt to

make itself felt in the life of the college. Student communities have their problems and activities that require discussion.

The Journal offers congratulations to H. W. Macdonnell and W. H. MacInnes on their appointment to important offices in the executive of the Intercollegiate Hockey Union.

The movement for church union has reached a stage at which the greatest diversity of opinion regarding its value is to be expected. The proposal from the representative committee on church union has been submitted to the membership of the denominations concerned. The committee asks congregations for suggestions. This request, of course, practically implies a desire for expressions of opinion. And such expressions are likely to be given with great freedom. If the movement is to be successful, it is now that men of influence must put forth effort on its behalf.

Is there not some real ground for complaint against the smallness of the pages on the examination pads?

In issue No. 7, in referring to the ceremonies that marked the opening of the Medical laboratories building, the Journal attributed to Dr. Stuart certain sentiments in reality uttered by Dr. Wesley Mills, of McGill.

Arts.

THE sequel of the kidnapping of the senior judge of the Arts Concursus by the Science men came on Feb. 12, when the chief prisoner of the Science court was spirited away from his boarding-house early in the morning and taken to Cape Vincent, and then finally, for greater security, to Watertown, N.Y. We sincerely sympathize with our sister faculty in their deep disappointment. To scour the city and the surrounding country, to keep the wires hot in the quest for information about the enforced fugitive from justice and then to be unsuccessful—this is in itself a disappointment almost as bitter as having a tame and uninteresting Science court. However, this interference with the course of justice is not to be always commended; but civilization, even in the Arts faculty, has not yet reached that stage where all the teachings of the Sermon on the Mount can be completely adopted.

At the meeting of the Y.M.C.A., held on Feb. 14, Mr. M. N. Omond was appointed general secretary of the united associations of the three faculties. The committee who were entrusted with the task of securing information regarding the possibility of meeting the extra expense entailed by the appointment of a secretary, reported that fifty students had pledged their word that, if necessary, they would contribute $250 to the payment of that officer's salary. In

view of this assurance it was considered quite possible to raise the additional amount required. The committee's report, however, before being adopted, was amended so as to fix the salary of the secretary at $425 per year instead of $500, and in accordance with this his duties were made lighter by taking the Hand-Book out of his charge and by relieving him from attendance at the International Conference at Niagara in June.

The union of the three associations and the appointment of a general secretary marks the beginning of a new era for Queen's Y.M.C.A., and, with such a capable and conscientious man as Mr. Omond filling the position of general secretary, it may be safely predicted that it will be an era of progress and expansion.

"The Diplomacy of the Alaskan Boundary Award" was the subject dealt with by Mr. D. A. McArthur before the Political Science Club on Feb. 20. The speaker held that the interests of Canada had not been sacrificed in the settlement of that dispute and that substantial justice had been done by the commission. In the discussion which followed the reading of the paper, Canada's need of an under-secretary of state to look after her international relations was emphasized.

The reading room curators have expended slightly more than the usual allowance granted them for reading room purposes. For the deficit this year there are several reasons. For one thing, a larger outlay had to be made for magazines from the United States on account of increased postage rates on such matter imposed by the Dominion government last May. Besides this, new covers for the magazines had to be purchased, a cabinet for holding them was put in and the expenses of putting the papers on file were higher than before.

Dr. H. L. Wilson, Professor of Roman Archaeology in Johns Hopkins University, Baltimore, delivered an illustrated lecture on the recent excavations that have been made in the Forum at Rome, to a large audience on Feb. 15. The lecture was of especial value, as Dr. Wilson spent the year 1906-7 as professor of Latin in the American School for Classical Studies at Rome, and was therefore able to give first hand information. Dr. Wilson is a graduate of Queen's.

The annual election of officers for the Y.M.C.A. was held on Feb. 21. This year the offices of corresponding secretary and treasurer were not filled since the duties attached to them have been transferred to the general secretary and the financial secretary. The list of officers for the coming year is as follows: General secretary, M. N. Omond; president, D. L. McMay; vice-president, E. L. Bruce; recording secretary, M. R. Bow; financial secretary, K. S. Clarke; librarian, R. Kelso.

The Arts Society recently sent out a request to the different years asking that each furnish a programme before the society, but only one reply was received and that an unfavorable one. There seems to be an impression that it is the duty of the committee of the Arts Society to "get out and hustle" after its own programmes.

Science.

THE sixth annual dance of the Engineering Society was held in Grant Hall on Friday, February 4th, and proved to be the grandest and most enjoyable event of many seasons, the guests numbering about three hundred and fifty.

In the absence of the President of the Society, the Vice-President, Mr. W. M. Harding, with Principal Gordon and Mrs. Gordon, received the guests at the door of Grant Hall. By nine-thirty the dancing commenced and the music, which was provided by "Merry's orchestra," left nothing to be desired. The novelty of having the brass band for two-steps and stringed instruments for waltzes was a charming and enjoyable feature.

Then the decorations, which consisted of low-hung Chinese lanterns lighted by electricity and strung in many directions, lent a soft glow and added a cosy appearance to the scene. Perhaps the prettiest part of the programme was at the 13th dance, when all the lights were turned out and a beautiful artificial moon furnished dull rays which, reflecting upon the polished floor, gave it the appearance of a glassy moon-lit lake upon whose surface there glided mysterious shadows governed by the mild strains of music. This number was encored with great enthusiasm, and was repeated several times.

The dance broke up at a quarter past three in the morning and everyone carried away the pleasantest souvenirs of an enjoyable night.

Much credit is due Messrs. J. N. Stanley, A. M. Squire, E. L. Bruce and J. J. Jeffery for the able and efficient manner in which they planned and carried out this function.

PERSONALS.

The Engineering Society was fortunate in having before its members recently Mr. T. H. Hogg, President of the Engineering Society of the University of Toronto, who gave a most interesting address on "Niagara Power Development." Mr. Hogg remained in Kingston for the Science dance, and seems to have made many friends.

As a result of his visit Mr. Hogg has arranged to have a museum of manufacturers' exhibits (similar to Prof. Nicol's museum in the Geology building) installed in the School of Practical Science, Toronto, and has asked for information regarding these exhibits.

It has been suggested that Queen's and Varsity Engineering Societies exchange speakers at least once a session. We hope that the suggestion will be

acted upon, for besides the pleasure of hearing such speakers as Mr. Hogg there would undoubtedly follow many other far-reaching advantages. The Undergraduate Society of Applied Science of McGill might also exchange speakers with her sister societies in Ontario.

The representatives from the Undergraduate Society of Applied Science of McGill to the Science dance were Messrs. Reid and Geo. Smith.

Cadet Donnelly represented R.M.C. at the Science dance.

Mr. Allen Findlay, '08, was in Ottawa a short time ago to write on his final examination for a D.L.S.

Lagrippe has already found several victims at Kilmarnock Castle.

Mr. H. O. Dempster, '08, was in the hospital for several days with a threatened attack of pneumonia.

Professor Macphail was recently called to Cobalt and was absent for several days.

All those who know Mr. Robert Potter, B.Sc., '07, will be interested to learn that he is soon to enter the ranks of the benedicts. The wedding has been announced of Miss L. E. Frizzle, of Fernie, B.C., to Mr. Robert Potter, on March 18th, at the home of the bride. Science Hall extends sincere good wishes of future bliss.

Mr. John L. King, B.Sc., '07, is at present employed on bridge construction on the Great Northern Ry. extension to Michel, B.C.

Mr. D. F. McEwen, B.Sc., '07, is also in the employ of the Great Northern Ry. near Fernie, B.C.

Mr. Alex. Stewart came down from Ottawa for the Science dance and remained in town a couple of days to renew acquaintances.

Mr. Geo. T. Richardson, B.Sc., '06, in spite of business pressure is still able to take a lively hand in hockey. His speed and cleverness as a player on the 14th P.W.O.R. team this season are even greater than when he starred on Queen's champion team a few years ago.

Among the recent speakers before the Engineering Society there were Mr. O. E. LeRoy and Mr. T. H. Hogg. The substance of the addresses by these gentlemen is printed elsewhere in this issue.

Mr. F. L. Sine was acting Science editor for the last issue of the Journal.

The Engineering Society "Extension Scheme" will probably be stirred anew now. Mr. R. O. Sweezey, the first chairman of the committee in charge of this work, has found it necessary, owing to his already overcrowded time-table, to resign from this office, and Mr. C. L. Hays has been appointed in his stead. Professor Macphail, who was permanent secretary, and who is already very much overworked in his department, has been succeeded by Mr. G. J. McKay, B.Sc., '07. Mr. McKay, as is known, is instructor in the milling department of the School of Mining, and as an undergraduate was one of the first to be identified with the extension scheme. He is given *carte blanche* by the Engineering Society to carry out plans for the formation of a club among the graduates of the School of Mining.

The idea of this "extension scheme" has already been explained in the Journal, so we will not go over it again.

The annual meeting of the eastern branch of the Canadian Mining Institute was held in the Geology building, School of Mining, at 7.30 p.m., on Monday, the 24th Feb. In the absence of Dr. Goodwin, Prof. Gwillim occupied the chair.

The meeting showed a large attendance of students, in fact Queen's has a greater number of student members in the institute this year than either of her sister universities, which fact is no doubt due to the energetic work of Mr. B. R. McKay, who acted as secretary in the college during the session.

The election of officers for the ensuing year resulted as follows:—Chairman, Professor J. C. Gwillim; secretary, Capt. John Donnelly, M.E.; assistant secretary, E. L. Bruce.

A vote of thanks was moved to last year's officers, following which Captain Donnelly gave a brief address, urging students to collect data during their summer's work and prepare papers to be read before the institute meetings, predicting that several meetings would then be necessary instead of only one each year.

A number of interesting papers were read by student members. The paper by Mr. J. P. Cordukes on "The Manufacturer of Coke in Alberta" dealt with the large plants at Lille and Coleman and more elaborately with the Beehive coke ovens at the latter place.

Mr. W. M. Harding's paper on "Coal Mining in Southern British Columbia" was interesting in every detail and statistically showed that the coal fields of that region can produce coal for centuries to come.

"A Description of the Modern Blast Furnace," by K. S. Twitchell, was very well presented, showing much careful preparation. It should also be very useful as a reference paper.

The last paper, "Magnetic Prospecting in Sudbury District," by Mr. M. Y. Williams, a third year student, was short, but dealt in a most entertaining manner with this comparatively new mode of prospecting.

The meeting adjourned shortly after ten o'clock. Many of the members of this branch will attend the annual meeting of the Institute in Ottawa on March the 4th.

The kleptomaniacs whose presence in the Engineering building has made itself felt by the shortage of draughting boards, are earnestly advised to return these articles ere the 15th of March, for the sleuths of the Vigilance Committee are already upon their tracks. No action will be taken against those willingly returning the boards before the aforesaid date.

We have received a communication from "Science" which is quite complimentary to the executive of the Engineering Society, but owing to our inseparable connection with the president of the society our modesty forbids us to print it.

The experiences of a mining geologist in China formed the subject of an interesting lecture delivered by Mr. LeRoy to the Science students on the 13th Feb. Mr. LeRoy, during his three years' residence in that country, had exceptional opportunities to meet with all grades of Chinese people from viceroy down to coolie.

In his official capacity the speaker was mining geologist for the Imperial government, and he therefore came in frequent contact with the governing officials. His work also took him into many sections of the country and put him in touch with the people wherever he went. The speaker in his travels photographed many things characteristic of China, and he was thus able to profusely illustrate his lectures with lantern slides.

The lecture was not of a technical nature, but was adapted to the tastes of a general audience. In this respect we think he was wise, for a technical paper could only appeal to the mining section of the Science faculty and not to those students who are taking other courses. Just here we might suggest that the Mining Society ask Mr. LeRoy to favor us with a lecture on the mining industry of China. The speaker dealt rapidly with many features of China, including roads, transportation, bridges, canals, agriculture, the cities, religious temples, topography, etc., and while he naturally did not find much to admire excepting great magnitudes and potentialities, yet has brought back a deep sympathy and warm feelings for that awakening people.

Mr. Hogg, of S. P. S., gave a very interesting and instructive address on the Niagara Power development. His address dealt with the different methods adopted by the various companies of transforming the water power into electric energy, and the numerous lantern slide illustrations made it possible for all present to follow him in his description of details.

The first attempt to develop power from this immense waterfall was in 1850, made by the Porter family. The water was at this time brought from the upper river by an open canal, but the scheme was not very extensive. After the Porter family's successful attempt at developing power at the falls, several other small companies developed power by getting small heads on the upper rapids, but the heads so obtained were seldom over ten feet, while the difference in level between the upper and lower river is 215 feet. In 1890, Lord Kelvin was one of a committee appointed to decide on a scheme for the extensive development of power at Niagara. The wheel pit was the plan decided upon by that committee and the Niagara Falls Power Company adopted this scheme. The scheme consists in having the turbines at the bottom of pit and connected to a vertical shaft, with the revolving part of the generator direct connected to the top. This is one of the few plants where we have the revolving part of the generator revolving in a horizontal plane instead of in a vertical plane, as we usually see them. The plants installed lately do not use this scheme as it requires an elaborate system of lubrication, the hollow vertical shafts being about one hundred and forty feet long and thirty inches in diameter. Also the construction of the wheel pit was no small item.

The Electric Development Company have within the last few years built an extensive plant very close to the falls and had to make special provision in their discharge tunnel, for the receding of the cliff over which the water falls, which amounts to from three to five feet per year. This company have beautiful buildings, a requirement made necessary by the parks authorities that the beauty of the scenery might not be destroyed. The Ontario Power Company is one of the latest and most up-to-date companies and is on the Canadian side. The plant, when complete, will generate two hundred thousand horse power in units of ten thousand horse power each. The water supply is to be conveyed by three eighteen-foot pipes, two of which are already laid, each being six thousand three hundred feet long, and placed under ground.

The turbines used are the Francis inward flow type direct connected to a twenty-inch horizontal shaft to the generators and making one hundred and eighty-seven and one half revolutions per minute. This scheme, of course, necessitates the generator building being at the bottom of the cliff. The transformer building is at the top of the cliff and the generating voltage, which is twelve thousand, is there steped up to a transmission voltage of sixty thousand.

The generator building being in the gorge, special arrangements had to be made to guard against damage from high water, caused by ice-james in the gorge and also from the ice itself.

It is on the upper river where the water is taken into the supply pipes that the companies have their greatest trouble on account of the ice, and very ingenious methods are used by some of the companies to overcome this difficulty.

The address was thoroughly appreciated and was by far the best of its kind that has been given before the Engineering Society.

The Vigilance Committee of Science Hall, being unable to get through its work in a four hours' session on Feb. 12th, was adjourned until Feb. 25th, when a three hours' session was held.

Several important cases were tried at both sittings.

One, accused of contempt of court, was tried and found guilty, but the judge was inclined to be lenient with this the first offence. Creating a disturbance in class is a charge of which another was found guilty and fined. One found guilty of creating a disturbance in the draughting room was also punished.

Chief Justice Sine, who presided at these two sessions, made probably the best judge who has ever held that important office in Science Hall. His decisions showed the most careful consideration of every detail affecting the point in question, and his firmness in forbidding any indignities to be heaped upon the accused until found guilty, is strongly to be commended, especially when we look back and are reminded of the many absurd, not to say vulgar, practices of former courts in this connection. Another point which cannot be too highly commended in the chief justice is his judging of a case by the evidence brought before him and not by prejudiced methods which many of us can remember have on some occasions prevailed in the judge's seat. Not only is this year's

chief justice to be thanked for so honorably discharging his duty, but those who elected him to the position are to be congratulated on such a wise choice. Let us hope that in other years to come the same wisdom of choice will be exercised.

One of the important features of this year's court sittings is the reversing or setting aside of a precedent established some years ago of having witnesses from other faculties give evidence on a case. This is undoubtedly a wise step to take, since students from other faculties often look upon "foreign" courts with more or less frivolous ideas of their importance. But whatever may be thought of these student courts their officers mean business, and this was emphasized this year beyond a doubt.

Medicine.

THE final examination in mental diseases was held at Rockwood on the afternoon of Feb. 13. The results have been posted, F. R. Sargent heading the list and thereby winning the twenty-five dollar prize given by Dr. Barber.

A prize valued at ten dollars, given by Dean Connell, to the final year student who wrote the best series of essays on eye, ear, nose and throat, was won by A. MacDonald. R. M. Bradley, who came second, received a valuable hypodermic syringe.

Great rivalry exists between the years '09 and '10 for the hockey championship in medicine. In a closely contested match on the Royal rink the Junior defeated the Sophomores by a score of four goals to two. The latter team protested, claiming that the players of '09 were not all members of that year and challenged for another game. The Kingston skating rink was engaged, but through some misunderstanding the Juniors failed to appear at the set hour. The game is to be played in the near future and no doubt will create great excitement.

J. J. Robb, B.A., M.D., a graduate of '05, lately visited the college. He has sold his practice at Mountain Grove, and will take a course at Johns Hopkins, specializing in ear, eye, nose and throat..

The medical examinations begin on April 6th, and finish on the 21st.

Dr. Third sails for Europe the early part of April.

B. L. Wickware is confined to his room with influenza.

During an operation at the K. G. H. a hypodermic needle was broken in the patient's side.

Operator—"This is very serious."

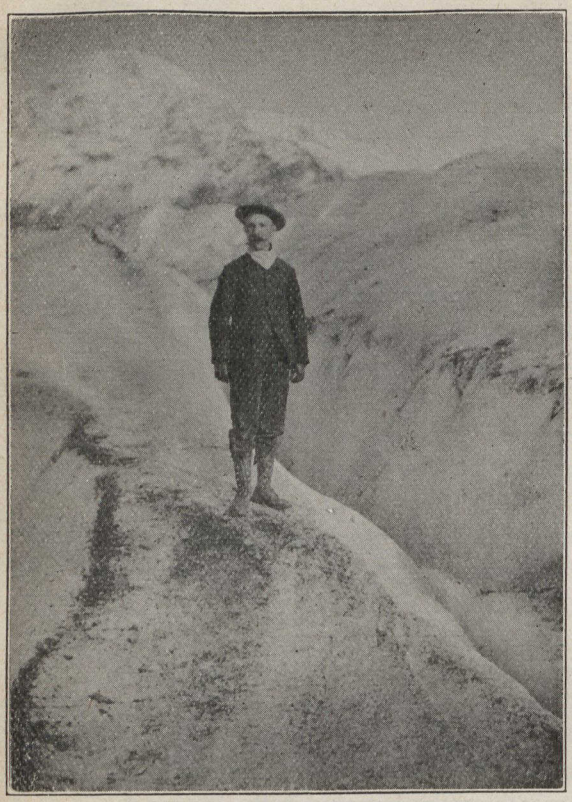
Sa-m-n—"Will the patient suffer from 'Stitch in the side?'"

Professor—"Mr. C-m-b-ll, what is meant by administering a drug by fumigation?

Curly—"Burning some preparation in a closed room."

Professor—"Where would you place the patient?"

Curly—"Take him outside."



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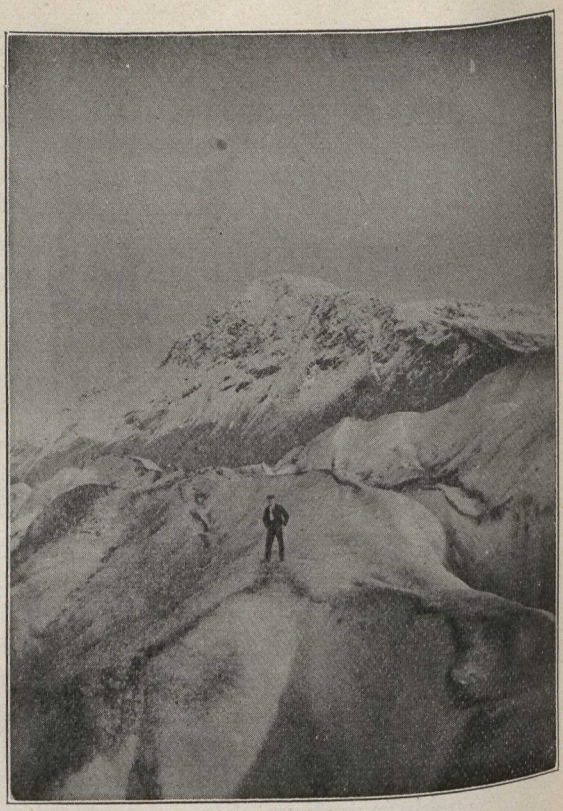


No. 2.

No. 3.

In Explanation of Cuts of Mountain Scenery.

THE accompanying photographs illustrate an interesting feature of Alaskan scenery, viz., glaciers. Glaciers abound in this north country and vary in size from very small ones to very large ones, extending twenty, thirty, or forty miles. As you enter South Eastern Alaska, by what is known as the Inland Channel, you can see the white glaciers far up on the mountain top, presenting a beautiful contrast to the green mountain side below. As you proceed farther north the glaciers gradually descend towards the shore until many of them break into the sea.

The glacier here reproduced is about five miles from Valdez, a town on Prince William Sound and not far from the mouth of the Copper River. It is a comparatively small one, although about twenty miles in length. The first picture shows the glacier about a mile back from the face. To the right is a crevice, many feet deep. No. 2 is another view of the same section of the glacier. No. 3 shows a small peak and the difficulty with which these are sometimes scaled.

Although the photographs were taken on October 23rd, at a time when the mail was being carried down the Yukon River by dog teams, the weather on the coast was comparatively mild, it being much the same as the weather in Kingston usually is at the same date. Contrary to a general belief, Alaska, at least along its coast line, as far north as Valdez, is not a country of perpetual snow and ice. The climate is mild but there is a superabundance of rain. The costume of the South Eastern Alaskan citizen is consequently not a seal cap and bear-skin coat, but usually a Sou'-Wester, a slicker and high rubber boots.

C. W. L.

Divinity.

(Copied from a letter received by Principal Gordon from Mr. L. P. Chambers, M.A.)

I HAVE as yet received no response to my appeal in the Journal for tutors here for the next two years. No doubt Professor Callander would be willing to enumerate to any one who would go to see him the great interest which this land holds for the scholar, while Mr. Larkis Manougian will be very glad to give all necessary information regarding the work. May I ask you to call the attention of any likely students to this work."

The above affords an excellent opportunity to some of the younger men who in the spring will graduate in Arts. We feel sure that the work out in Turkey would prove most interesting.

Professor and Mrs. Macnaughton entertained the members of the Hall at their home on the evening of Thursday, Feb. 13th. A very pleasant time was spent in social intercourse. We appreciate Professor and Mrs. Macnaughton's kindness in thus affording us an opportunity to meet under such happy auspices.

The Rev. Dr. Milligan, of St. Andrew's church, Toronto, has been with us for two weeks delivering lectures on pastoral theology. Dr. Milligan has had a singularly successful ministry. He gave us the best of his own experience. We are not called upon to pass an examination in Homiletics, consequently a number of the members of the Hall consider it to be a sacred duty to "slope" everything and anything on which we are not examined. We do not think that such a spirit is to be commended, especially in men who are supposed to go out to teach others to play a true and honorable part in life. For the sake of the work, and for the sake of the man it was worth while attending an extra lecture a day. Dr. Milligan is a busy man. He gave us two weeks of his time. He came to us not altogether for his own good, it was for our good. The very least we could have done was to show our appreciation of his work, and this could have been done in no better way than by attending the lectures. Of course we recognize that it was rather unfortunate that the lectures came at such a "bad" hour. When it is twelve o'clock we are beginning to feel that the wants of the inner-man ought to be attended to, and then some of the men had other lectures between twelve and one. The intention of the Divinity editor was not to scold, but he likes to see the square thing done. It is felt that the Hall, as a whole, did not deal fairly with Dr. Milligan.

Brother McCuaig announces that the people of Wolfe Island intend building a manse in the near future. And of course we all know what a manse implies. Cake, the kind you dream on, is expected.

Professor in N. T. Exegesis class—"Are we the salt of the university?"
R. J. McD.—"Not the freshmen in Divinity."

Jim W--t regards Isa. I, 8: "The daughter of Zion is left as a lodge in a garden of cucumbers," as a gloss. Jim ought to know.

We are sure that the Principal has been highly gratified by the large attendance of students at the Sunday afternoon services. But "where, tell me where" were the professors?

Miss Richards and Miss MacInnis were the leaders at the weekly meeting of the Q.U.M.A. on Feb. 15th. The topic was "Forms and Methods of Missionary work in China." Two excellent papers were read before the association. In so far as we know, it was the first time in the history of the society that lady members were called to lead in the discussion, and the choice of the committee in charge was more than justified. A word to the wise will be sufficient. Let it be repeated. We would suggest that a larger place be given to ladies in the meetings of the association. Mr. Larkis Manougian addressed the meeting on Feb. 22nd. His subject was "Turkey, and Our Work there." Mr. Manougian gave an earnest and interesting talk. He is a native of Armenia, and since coming to Queen's has won his way to the hearts of those with whom he comes into contact. The executive of the Q.U.M.A. has asked Mr. Manougian to address the meeting on Feb. 29th.

Ladies.

AT a meeting of the Levana Society on Wednesday, February 12, Professor Campbell gave an interesting lecture on "The Saving Grace of Humor." The professor took as his text "Grin and bear it." He divided human beings into three classes—fatalists, pessimists and optimists. Each of these felt the need of humor at some time or other. Even the cheerful optimist had his seasons of depression under the sting of misfortune and disappointment, and at such times could find consolation in the fact that all his fellow-beings were subject to similar experiences, and that after all there was a humorous side to it.

It was impossible, the speaker said, to give an exact definition of humor. Why we should laugh when someone in front of us stepped on a banana skin, and sat down suddenly and painfully, we did not know. But, broadly speaking, humor was the faculty of appreciating the funny side of one's own self, or joining in the laugh at one's own follies and foibles, as well as laughing at the expense of others. "Laugh and grow fat" was an old saying, but did not always prove true any more than did the admonition "Eat crusts and your hair will grow curly."

Both professors and students had their sense of humor, and to professors at least it came as a great boon. The eternal monotony would be unbearable if they did not once in a while receive a wrong answer—yes, and a ridiculously wrong one, too.

The sense of humor should be cultivated by all, for it often would save one from irritation and annoyance in unpleasant or embarrassing circumstances. If you find yourself at a public function minus your tie, look for the humorous side even if the tie be lacking.

In concluding, Professor Campbell called attention to the fact that those who have the keenest sense of humor are most inclined to become morose—to have fits of the blues. "Therefore, if you are down in the dumps any time during this year—next April, for instance—you will know that you possess a keen sense of humor." —B.M.

The following are the nominations for the Levana executive for the year 1908-9: Honorary president, Mrs. Dyde (accl.); president, Miss M. Shortt, Miss M. Thomas; vice-president, Miss Annie Stewart, Miss H. Watson; secretary, Miss Mattie Robertson, Miss H. Hudson; treasurer, Miss J. Fraser, Miss J. Macallister; prophet-historian, Miss LaChance, Miss E. Ross, Miss Cameron; poetess, Miss F. Summerby, Miss M. Marshall, Miss B. Louder; senior curator, Miss Gertrude Elliott, Miss Laura Phillips; director Glee Club, Miss Hilda Hague; convener Athletic Committee, Miss F. Pannell, Miss A. Chown; critic, Miss Muir (accl.); convener Programme Committee, Miss M. Hall, Miss M. Macdonell.

The girls in Arts do not seem to appreciate the gymnasium as do the girls in Education, but possibly a little announcement on page twelve of a thin gray booklet which is sometimes carefully conned by the latter students may explain their attendance at least once weekly. But now that we have the gymnasium and have hours set apart for the girls' class, it is rather discouraging to the physical director to find only three or four in attendance each Thursday afternoon. It is unnecessary to mention the benefit and pleasure gained from the work there. One must attend regularly for a time to understand it, but once get into the swing of the work and even the rink will lose some of its drawing power. The girls in Arts have surely time to attend, for their lecture hours are not quite as long as those for the other faculty. But possibly they are all looking anxiously forward towards April.

You may live without poetry, music and art,
You may live without conscience, and live without heart,
You may live without friends, you may live without books,
But civilized men cannot live without cooks.

Thus speaks Owen Meredith. Listen also to the modern autocrat of the tea table: "No university should pretend to claim the name unless it numbers among its courses one in Domestic Science." But Queen's is now safe and sure, for is not Domestic Science part of the course in Education? Household science, needlework, cookery, economics of household,—so reads the calendar—and every Monday afternoon the girls in Education spend a pleasant and profitable two hours at this work.

The class is held in the city Y.W.C.A. building on Princess street and is energetically conducted by Miss Bawden, a graduate of the Boston Training School. A thorough but compact course has been mapped out and is being closely followed. The theoretical part of the work is not neglected, but emphasis is placed on the side of the practical and no lesson passes without each student actually doing some cooking.

But let me describe one day. On Monday last we gathered at one-thirty. The subject for the day was vegetables—their food properties and selection, care and cooking. First, a brief lecture on the three first topics, then the practical work began. The different recipes were discussed and distributed. One prepared to make onion souffle, another potatoes in the half-shell, and a third onions stuffed with nuts or maitre d'hotel potatoes, etc. Though the names may sound unfamiliar, all are practical, simple recipes—for the work is above everything else, practical. The vegetables were distributed and soon the potatoes were baking in the oven, and the onions and carrots cooking on the little gas stoves. While waiting for them to cook, tried and chosen recipes were handed about to be copied, and Miss Bawden went about among the girls answering questions and giving valuable hints, and keeping a keen watch that too many cooks did not spoil their broth.

Before leaving, refreshments consisting of the results of the labors of the day were served, and everyone was eager to sample everyone else's cookery as well as her own. This day everything turned out well (it always does). The carrots and celery were excellent, and the onion and nut combination actually made one think of Price's walnut ice-cream.

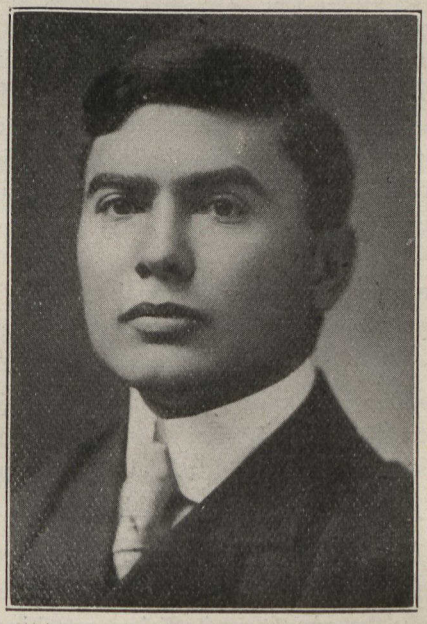
The last act in the drama is possibly less pleasant, but plenty of hands, hot water, soap and fresh towels make even the washing of dishes and the scrubbing of tables not too arduous an undertaking.

The girls attending this class are unanimous in voting Monday afternoon the pleasantest one of the week, and are much aggrieved if the lesson to be taught at the collegiate happens to interfere.

Alumni.

ARTHUR R. Elliott, the subject of this sketch ,was born in Belleville, Ont., the second son of Robert Elliott and Meribeth Lazier Elliott. He received his early education at the grammar and high schools of that city, matriculating in 1884, and entered Queen's University Medical School, then the Royal College of Physicians and Surgeons, in 1884, with the class of 1888. His first year at college was marked by a severe attack of diphtheria which he had the misfortune to contract from the very first case of that disease that he saw. This accident seriously interfered with his studies so that he was compelled to take supplementary examinations during the summer of 1885 in order to qualify in his first year's work. With this interruption, studies were pursued until the end of the third year's work when he dropped out a year, re-entering the fall term of 1888 with the class of 1889. This class was one of the largest, if not

the largest, that had graduated up to that time in the history of the college, consisting of about 45 students. Among them were numbered Rankin of Brooklyn, Shannon and McCammon of New York, Kirk of Brooklyn, Harry Mitchell of South Bend, Indiana, Little of Australia, Neish of Jamaica, Alex. Stewart, Harkness, and the late John Duff. At the end of the term a strong and friendly rivalry existed as to who should qualify for honours at graduation, the prizes at that time offered being two medals, one of gold and the other silver, for the two members of the graduating class who should take the highest average marks in their final examinations for M.D. and who would subsequently make the best showing at the oral examination before the faculty. The rivals at this final test were Harkness, Duff and Elliott. The award was the gold



ARTHUR R. ELLIOTT, M.D.

medal to Harkness and the silver medal to Elliott. Dr. Elliott took the Ontario Medical Council examination and began practice in the fall of 1889 at Cainsville, a small village near Brantford, Ontario, where he acted as *locum tenens* during the winter of 1889-90 for Dr. Davidson. In the fall of 1890 he secured the position of assistant resident physician in the state hospital for the insane at Danville, Pennsylvania. He remained a year at this hospital. Dr. Elliott then removed to Chicago (fall of 1891). Shortly after settling in Chicago he became associated with the late Dr. Charles W. Purdy, a famous graduate of Queen's and one of the very ablest members of the American profession, then in the height of his professional and literary activities. Dr. Elliott assisted Dr. Purdy for three years, and thereafter until Dr. Purdy's death in 1900

remained closely associated with him. Dr. Elliott received the appointment in 1895 of instructor in the Post-Graduate Medical College of Chicago. For three years he gave a course in urinary chemistry and microscopy, being appointed in 1898 to the chair of urinary diagnosis with an independent clinic. In 1901 he was advanced to the chair of practice of medicine, which he still holds, being now the head of the medical department and vice-president of the college. Other medical appointments that are held by Dr. Elliott are attending physician to the Chicago Charity Hospital and Post-Graduate Hospital, and consulting physician to the Provident Hospital. His medical society affiliations include membership in the following societies: Chicago Medical Society, Illinois State Medical Society, American Medical Association, Mississippi Valley Medical Association, Chicago Urological Society, Chicago Academy of Medicine, American Urological Association, etc. In 1906 he was elected a corresponding member of the Association Francaise d'Urologie Paris, in recognition of his work in medical urology. This year (1907-8) Dr. Elliott was elected president of the Mississippi Valley Medical Association, one of the largest of the national medical societies. Dr. Elliott has been a frequent contributor to medical literature on internal medical problems, principally on diseases of the kidneys, diabetes, diseases of the thyroid gland and circulatory diseases. Dr. Elliott has in preparation and nearing completion for early publication a monograph on Bright's disease.

Dr. Elliott was married in 1901 to Hannah S. Fisk, of Chicago. Dr. Elliott studied in the hospitals of England and the continent in 1895 and 1902.

Dr. Bruce Sutherland, a well-known graduate of '06, who played for several years on Queen's first and second hockey teams, has received a staff appointment in the New York Post-Graduate Medical School and Hospital.

Athletics.

THOSE interested in the question of efficient coaching for the rugby teams will be gratified to know that the Rugby Football club has already taken steps to procure such coaching for next season. The secretary of the club made the announcement at the Alma Mater meeting of February 27 that the club had secured the services of four graduates, who along with two others yet to be chosen will form a board of coaches. The most interesting part of the announcement was that the executive of the club had decided to hand over at once control of the teams to the coaches. They will have the final word both in the choice of the players and in the plays to be followed out. The plan appears to be most feasible and should, if properly carried out, work wonders for Queen's on the gridiron next fall.

HOCKEY.

The hockey season has ended and Varsity has landed the championship. In doing so they have made a record in intercollegiate hockey, going through

the whole series without a defeat. We extend our congratulations, for Varsity certainly possesses a fine team. Queen's were fortunate enough to pull out with second honors. With the same team next year we, however, hope to do a little better.

The second team deserves a special word. Although defeated in the final round by Varsity, the second team this year enjoys the distinction of having gone farther than any other second team since the league was formed. It is perhaps not too much to hope that next year we will see the intermediate championship brought to Queen's.

BASKET-BALL.

The intercollegiate basket-ball league has ended in a three-cornered tie, each team having won its home games. Owing to the lateness of the season, which is synonymous with the proximity of examinations, it was decided not to play off for the championship. The fact that this year's series has ended in a draw should furnish a good incentive for next season.

ASSAULT-AT-ARMS.

The second annual assault-at-arms was held in the gymnasimu on Friday evening, February 28. All the events were well contested and furnished plenty of interest to those present. The middleweight boxing bout was an especially lively one, requiring an extra round before the winner was declared. Some very fine parallel bar work was put on by a class under the direction of Mr. Palmer. Following are the events and winners:

Boxing—Lightweight, W. Merkley, '11 M. Middleweight, G. Meyer, '10 M. Heavyweight, J. H. Marshall, '08 S.

Wrestling—Lightweight, J. E. Brunet, '09 M. Middleweight, J. B. Saint, '09 S. Heavyweight, J. A. McDonald, '10 A.

Fencing—G. E. Copeland, '10 A.

TENNIS CLUB.

The annual meeting of the Tennis Club was held on February 29, and the following officers were elected: Hon. Pres., Professor Dyde; President, H. J. Black; Vice-President, W. W. Dobson; Sec.-Treas, H. W. McKiel; Committee, J. H. McDonald, Arts, Bertram Stirling, Science, G. M. Polson, Medicine, Miss M. Anglin, Miss M. Chown, Ladies.

Exchanges.

THAT newspaper work is more and more attracting the attention of college men as offering great opportunities for making their influence felt, is shown by the increasing frequency with which it is discussed in the college journals. In the *Varsity* we find a practical article on "Newspaper Work for University Men." The writer has evidently had much experience in the work and sees both the danger there is in a press controlled by narrow, uneducated men and the great opportunity there is for the well-informed and broad-minded. The average newspaper man of to-day is not a well educated man, but has risen from the position of printer's devil by dint of his own exertions. To this fact must be attributed many of the evils for which the modern newspaper is notorious. "Reared from childhood in such an atmosphere, and educated in this narrow sphere, these men in turn promote the same narrowness, and neglect or are ignorant of the broader aims and higher ideals." Here is the opportunity for college men. "Let the university men of this continent take hold of its great newspapers: let them bring the press to its own, a mightier ally of state, of church and of school."

A novice is usually taken on as a reporter. To be successful he must possess at least industry and a "news nose." His salary is usually from six to ten dollars a week at first, with rapid increase if he "makes good."

Reporting has a great advantage over agency work in that the reporter has behind him always the weight and prestige of his paper. "Be he a veritable pigmy, he may 'quiz' the grandest minion of the law (I mean a cop) with impunity." For a student of human nature the work is most fascinating. The reporter comes into contact with persons of every sort and every condition. However, the work is quite laborious, as much of the writing must be done at night.

The larger part of the newspaper staff are desk men, or inside men, who supply news other than local and put it into final form for the press. The best illustration of inside work is found in the exchange department, which is bound up with the other departments and quite essential to their existence. The large newspaper receives exchanges from all the leading newspapers, as well as magazines, periodicals and the latest books. The chief duty of the exchange desk is to supply 'padding" for the paper. "The fund of news is not constant, but varies directly as his Satanic majesty is busy among men." The exchange department must provide all deficiencies. All the exchange must be read and the informative stuff and the best sories and jokes clipped out and stored away for future use. The exchange editor must also supplement the telegraph service, supplying the details of an occurrence of which merely the bald statement is given by wire. So widely is he forced to read that his daily occupation is one ceaseless education.

"It is this last aspect of newspaper work which appeals to me most. So many of the callings tend to narrow and warp the intellect; to make men un-

sympathetic. They exact the best part of a man's time, leaving scant room for pleasure, still less for study. The result is that the once ambitious boy becomes the plodding old man of forty. In the newspaper field it is different. Every day is filled with surprises; every day is an education. The newspaperman must be ever on the alert, ever on his mettle; and it is this constant war of intellects, mind striving against mind, which keeps man young. To keep young is, I believe, the chief duty of man, the chief end of woman. The mind is the governing factor; a youthful spirit ever belies an aged frame."

The golden rule, the simple plan,
To do as little as ever you can,
And get that done by another man.

—*The Student.*

Zoology exam. Q.—What are the two great divisions of the animal kingdom?

A.—Ebriates and inebriates. The former have a backbone, the latter none. —*The Student.*

Music.

ANOTHER very valuable suggestion has been offered in regard to the improvement of the singing of the student body. It is this: that the Arts Society rent a piano and place it in the reading room of the Arts building. Also that a Queen's song book, a Toronto University song book, and others of a like class ,be provided. As there are several fellows who can play a little it is very likely that the students would gradually become familiar with some new and better songs. The objection that this playing and singing might disturb classes can be easily met, if it is understood that during the hours when there are classes in the Moral Philosophy room or the German room, the piano must not be used. Anyway, it is probable that it would be used most between lectures.

There are several indirect benefits that would make this scheme advisable. The two pianos that are necessary for most of the college functions would then be ready in the building.

Again, a convenient and suitable place would be provided for the college clubs to practice in. For such a place is needed owing to the number of meetings and practices that are held in Convocation Hall.

Further, by having a piano within the reach of so many students the spontaneous formation of successful musical organizations would be made possible. A bunch of fellows who have some spare time regularly may meet often around the piano and in this natural and unforced way a good organization may spring up. Such a bunch can raise the standard of music among the students as nothing else can.

For these reasons, then, this suggestion is offered to the Arts Society.

There have been no concerts or recitals lately for the editor to report, so he is forced to fill his pages by commenting on the fact that there have been no concerts or recitals. It is cause for considerable alarm to reflect on the dearth of good music which has come to Kingston this season. There have been about as many recitals as usual given by home talent, but foreign artists seem to have gone elsewhere. And we, the public, must take the blame for this, for they will come to us if we receive them well. As a matter of fact, we receive them so poorly that no organization dare attempt to bring any good foreign talent into the city now. This is unnatural if Kingston is the good old aristocratic centre it is supposed to be, more unnatural still since it is the home of a university of high ideals. Kingston should be a place where good art would meet with hearty smpathy. That it is not should be a cause of concern to those interested in the welfare of the university and of the students. For if university students do not come under the influence of worthy music, if their feelings are not refined by music's harmony they are entering the world poorly armed on one side to withstand the coarse materialism of the twentieth century. It is manifestly then the duty of the university authorities and of all who wish to see Queen's attain to high things to foster by their sympathy and support any attempts made to place good music within the reach of the students.

Gymnasium Subscriptions.

The following subscriptions have been received since Journal No. —:

On $50.00 subscription—$10.00 from Prof. Goodwin.

On $25.00 subscription—$5 from M. N. Omond, J. C. Hooper; $10 from J. S. Duncan.

On $15.00 subscription—$5 from W. B. George; $3 from John McAskil.

On $12.00 subscription—$9 from Miss L. Burke.

$10.00 from Miss Bessie Richardson, Dr. A. E. Malloch.

$300.00 from A.M.S.

$16.75 from Conversat Committee.

The books for the present athlete year close on Mar. 9. Those who have not yet paid their subscriptions are urgently requested to do so at once.