

courses given in your syllabus are the best for our purpose. I should esteem it a favor if you could send me a copy of the 1888 report, and a syllabus for our information and guidance. I am, dear sir, yours truly,

JAMES BALLANTYNE,

Hon. Secretary Norwich Teachers' Association.

The President of the Pennsylvania State College, who was at the Lafayette yesterday, took just pride in showing the above note and also the following extract from proceedings in the British House of Commons, respecting technical schools to be established under the recent act of Parliament:

Sir R. Paget asked the President of the Committee of Council on Education whether he considered propriety would direct the Science or Art Department, South Kensington, to issue, for the use of such technical schools as might require it, a series of plates to the nature of those engraved in the annual report of the Pennsylvania State College, which were said to be "the best available illustrations to the progressive series of exercises for the course of the mechanic arts."

Sir W. Hart Dyke: "I have examined the report to which my honorable friend refers. Many books on the subject will be produced by private enterprise, and doubtless to a large extent based on the report in question."

THE FUTURE.

Ah! who the student's thoughts can gauge,
 Ah! who his hopes portray,
 Who could assume the role of sage,
 His wildest dreams betray.
 Less futile would the effort be,
 To pierce the future clouds,
 Than tell of hopes "Aft gang a'glee"
 Of hopes that gloom enshrouds.
 To draw the pleasure tinted scene,
 Describe the treasures rare,
 To catch one ray—the future's sheen,
 In some detect the care.
 It is alone for Him to know,
 These diverse hopes to scan,
 To watch ambition's fitful glow
 Within the breast of man.

IMPORTANCE OF PHYSICAL CULTURE.

"Life without constitution is death." This old and perhaps trite expression, with some of us, is nevertheless worth our vigorous attention; and especially is this so with college students.

This adage, like a well worn coin, has been handed down from man to man, and perhaps from generation to generation; but still passes for face value.

College men should thoroughly educate themselves to the knowledge, that not the half of life's comforts are to be obtained from the result of mere mental gymnastics; but for copious success,

comfort, joy, and happiness, good mental and physical qualities must be hand in the hand—as country cousins to a county fair.

Students so often neglect this part of their course of education, that many college graduates suffer rather than enjoy life, solely through constitutional disability.

It once was proverbial that college men must be "pale faces;" but this most foolish idea has very sensibly been antiquated; till, to-day, the more powerful and tougher he can become the more he is admired for those qualities.

Professors do not seem to think that they could do a man just as much good by walking up to him and giving his shoulder a good warm brace, as trying to drive mathematics and science into his head.

Every student ought to have enough interest in himself to pay some attention, at least, to the manly development of his body.

Of course every man cannot be a Hercules, nor a picture of grace; but at the same time, anyone can do something for improvement in this line.

If you are not a foot or base ball player, and take no interest in tennis or gymnasium work, go out for walks; violent if desirable, strike off for a run. But this is only half of it. When you run or walk, keep your shoulders thrown back, chest extended and mouth closed.

By such simple means, of which most every school boy knows, any man may at least improve if not perfect his physique and constitution.

L. E. D.

A RURAL TALE.

It was a very warm day. The sun seemed to have made up its mind to roast everything, at least so thought the inhabitants of Corckleville. Every one was trying hard to keep cool, and even the dogs quit their fighting and sought dark corners away from the flies and other tormenting insects. The gardens were beginning to have a sad bedraggled look and the tomatoes, just ready to