

amount in all from 2½ to 3 quarts daily.

The following exercises with above instructions, if persistently followed, will produce the most gratifying results:

1. Stand with feet 12 to 14 inches apart, hips firm. As arms are raised overhead with thumbs interlocked, fill the lungs deeply and stretch as high over head with hands as possible, swaying body strongly forward and backward.

2. Repeat No. 1, body rocking from side to side instead of forward and backward.

3. Position as before, and with arms extended sidewise, twist body around strongly to right. Alternate from right to left, keeping hips firm.

4. Position as before, hips firm with hands resting on hips; fill lungs deeply, and force air into the upper part of chest by contracting the abdominal muscles strongly, hold momentarily, then force it down into abdomen. Repeat two or three times, then exhale.

5. Keep above position, hands on hips and describe from waist line with head and shoulders as large a circle as possible from left to right, then repeat from right to left.

6. By strongly contracting the abdominal muscles force the abdomen upward, hold momentarily, then by perfect relaxation, allow the abdomen to sink back to normal position.

Each exercise should be repeated from eight to sixteen times. A few trials will decide the amount required for each special need.

"Scrub" Baseball Nine this Spring
Head coach H. C. McIlveen, '07 thinks it advisable to have a college baseball team this spring. Last year the four nines of the interclass league were relied upon to give the varsity team practice through daily encounters, but this system did not prove altogether satisfactory. The "scrub team" this spring should be

stronger than any single class aggregation was last spring and it should be able to give the varsity daily arguments of the kind that the All-Class Nine gave captain Hirshman's team last Commencement, when the "bigfellows" won by the narrow margin of 2 to 1.

Already a number of the foremost stars in the interclass league of one year ago have been placed on the varsity squad, which McIlveen intends to maintain with over twenty men during the whole of the coming baseball season. At the same time each class has been making preparations to put a good baseball team on the field and it is possible that the membership of the league may be increased by admitting the "Spécials." It is good to see more men enjoying baseball here this spring than has ever been the case heretofore since baseball is an ideal college sport. With probably twenty-five players on the varsity squad and more than twice that many on the four or five interclass squads, a great amount of benefit should be derived from the national pastime this spring on New Beaver Field, Old Beaver Field and half a dozen less noted diamonds.

The German Play.

"Das Danschen von Buchenan," the second annual play given by the Deutscher Verein, was most acceptably presented on March 19. The members of the cast were chosen for their naturally good acting and their fluent German; and thru consistent practice, and aided by the coaching of Miss Simmons and Mr. Boucke, they were able to form a strong, well-balanced team. Altho the play was more difficult than that of last year, and slightly longer, it proceeded faultlessly from curtain to curtain.

Miss Kessler carried admirably the part of "Agnes," the heroine. She was vivacious and spirited;

playful and charming. Very often her work gained the applause of the audience. Her acting in the scene with "Silberling" was particularly brilliant and fetching.

"Die Baroin" was well presented by Miss Weiss. Her lines, while not so exacting as those of "Agnes," required close attention to detail; and they were well rendered thruout the play.

Mr. Lohmann, as "Von Fink," was very strong and skillful. "Silberling" also required good acting, and the work was well done by Mr. Ohleen. Mr. Schrvock, as "Der Baron," and Mr. Wertz, as "Jakob," the servant, completed in excellent manner, a cast of great strength and power.

The play was a marked success in every way, and the members of the Verein were well satisfied by the showing made. The singing of German songs before and after the first act lent a pleasant touch of piquancy and color. The committee in charge of the play consisted of Messrs. Siegler, Bucher, Detwiler, Adams and Kreibel.

Captain Hay to Visit Us.

Captain W. H. Hay, 10th Cavalry, U. S. A., who was commandant of Cadets for the four years ending last September, will very likely visit State College about April 17 or 18.

He has been detailed to inspect the mounted forces of the Pa. N. G. in April, and his tour of inspection will bring him to Tyrone on April 16. He will go later, from Tyrone to Philadelphia, and will perhaps be able to spend two days at the College.

Active work on the Columbia University stadium will probably begin in a short time. The plans call for two running tracks, baseball and football fields, and stands with an estimated seating capacity of 40,000.