The building of the Association ought to be put. Besides equipping there an inventor’s laboratory, in which some of us might, perhaps, be found employed, he proposed that our workshop, which was founded by the Association, should be removed to more commodious quarters there, and be provided with increased appliances; that an industrial museum, composed of technical objects, should be placed there for the use of the Institute; and that the Lowell School of Design should be removed to its art galleries.

The president of the Association appears to have taken exception to the propositions of Mr. Atkinson, because the Association wishes to make the building pay for itself.

The late E. R. Mudge was much interested in a proposal to obtain for the Institute the use of part of the Manufacturers’ and Mechanics’ Building. He was using his influence to bring this about when death unfortunately interrupted his labors.

Such increased room and appliances are absolutely needed by the Institute. We are a growing college, and must have room and appliances proportionate to our increasing numbers. Present accommodations have been outgrown.

If Mr. Mudge’s plans had been carried out, the workshop would have been transferred to the Manufacturers’ and Mechanics’ Building, a large steam laboratory fitted up there, and the present workshop turned into chemical laboratories. We understand that the matter has not been dropped, but that several prominent friends are still working to secure the use of the building.

Health and Exercise.

At the request of a number of students, Prof. Ordway lately made an address to the school on the above subject. Although the attendance was voluntary, Room 4 was well filled. We give below an outline of the lecture.

We should develop our muscles in harmony, not using one part exclusively. Most of us use our brains too much. We want our muscles to grow, and some kinds of exercise help them grow. But growth is not all. Firmness, as well as size, is necessary. Have a resistance in your gymnastics. Don’t box without an antagonist. Neither our arms or brains can be developed without something to overcome. Gymnastics are better than calisthenics for making firmness of muscle. We need, in exercise, something to make resistance for us. Walking and trapeze gymnastics are perhaps exceptional cases, the weight of the body giving resistance enough. A good resistant for students’ use is the dumb-bells. Remember, not size alone, but tension, firmness, solidity of muscle are wanted. Unequal development of our right or left sides should be guarded against and corrected. Most beginners with the dumb-bells should use their left arms twice as much as their right.

Besides strength, we need endurance. This is largely controlled by the nervous system, the head of which is the brain. But we can do some things without using our brains; dodge a blow, for instance. In exercising, we should make our muscles act mechanically, without the head. This is a way of economizing. A novice in riding uses his brain to make the muscles keep him to the saddle; an accomplished horseman uses his muscles involuntarily. New exercise makes one tired; more muscles are used than are necessary. A rough country walk exercises one very much, and is not tiresome. A compulsory walk, however, makes one very tired indeed.

Added to strength, we want quickness, sympathy of brain and muscle. Fencing and boxing develop this.

An objection to fencing is that one uses the right arm almost exclusively. Ordinary gymnastics do not make one agile; but a word of command or tap of drum helps gymnastics in this particular.

Good exercise should be systematic and regular; excess in all games to be avoided. Football is not the best exercise, but it has the advantage of being out-of-doors. It is unfortunate that you have no teacher of gymnastics.