pressure. The total quantity of water which will be delivered along the line will be from 130,000 to 150,000 gallons per day. As the soil of the Nubian desert is largely composed of sun-baked loam, needing only water, under its existing conditions of climate, to produce any sort of crops, it would be very easy to establish a series of oases around the pumping stations by using a portion of the water for irrigation. It seems as if, by the aid of this water line, provided by American enterprise, the end of the Soudan difficulty, so far as the movement of reinforcements is concerned, will be reached.

Physical Exercise.

At some moment of life, a truth often reiterated in dulled ears strikes the mind with sudden force, completely upsetting many an inbred notion, and giving altered values to a man's acquirements.

Thus it is, that often an earnest student, about to leave school, when comparing his abilities to the requirements of successful competition, really appreciates, for the first time, the immense importance of physical strength and vigor. On every hand, even in his own school, he sees men who to native ability have added learning and experience, held back by physical weakness and disease, brought on by too close application to study or business; while other men, inferior in all save a sound body and the vigor that health alone can give, are able to assume higher and more exacting positions.

Then comes to him many a half-heard warning and the regretful thought that, perhaps, in his blind endeavor for mental growth and strength, he has destroyed the very means of gratifying his ambition, and he would gladly exchange some of his dearly won honors for gain in physique.

How many are there at the Institute who come up to the standard of weight, muscle, and depth of chest, which we are told young men of our age should have? To this too general deficiency of strength is largely due the lack of interest in athletic sports, and the difficulty of getting men to join in the games and to go into anything like regular training for an event. Although, at the Institute, regulations of compulsory exercise which have given such good results in certain colleges would not be expedient, yet we may hope that some system may be devised by which each man may undergo a periodical physical examination, have his defects pointed out, and advice given how he may improve his health and form. We need not a gymnast, but a physician, who, though he may not be able to exhibit wonderful strength and agility, yet can give intelligent admonition to which known wisdom and experience shall add weight. When and how to exercise are not matters that a young student absorbed in his daily pursuits is apt to think about, while his health allows him to get through the tasks of the day; and it would seem appropriate that a large institution which seeks to lay the foundations of a technical education with such thoroughness as to monopolize all a student's time, should take some steps to guard against defeating its aims by injuring the health of any.

There undoubtedly have been cases here where overwork has brought about permanent harm, and if we accept the statement of an eminent physician, that eight hours per day is all the time a man ought to spend in mental work, and that if he spent six hours he could do his work better, then it must be conceded that many of the students are doing injury to their general well-being.

One feature of the instruction here which causes much of the pressure of work is that some departments apparently try to get as much time as possible from each student, assigning work as though he had nothing else to do, and where the scheme of studies calls for one hour, practically requiring two. To adjust the conflicting claims of the instructors for time, and yet to allow to the student opportunity to take necessary recreation, no one would be more suitable than an intelligent and skilled physician, who from personal observation knows the average strength and endurance of the classes, and to whom, under proper restrictions, appeal might be made from arbitrary exactions as to the amount of work to be done.