We retraced our steps, and after finding our horses proceeded toward the town. That night we arrived on board ship safely without any further adventures, but on the whole Dick and I concluded that we had seen enough of the interior of the Island of Haiti.

COMMUNICATIONS.

The Editors do not hold themselves responsible for opinions expressed by correspondents.

TO THE EDITOR OF THE TECH:

Although the Institute has taken up nearly every branch of athletics, there is one, at least, in which she has done little or nothing. I refer to cross-country running. To be sure, there have been "Hare and Hound" runs in the past, but very little interest was taken in them; and, for the most part, the few men who did participate in the sport, tried running without any training, and generally came in so lame that they lost all interest in the matter.

Now, anyone can run cross country, supposing, of course, he has a fair amount of "wind,"—provided, and this is the important part,—that short distances, at a slow pace, are tried first. Gradually the distances can be lengthened; and, with the increased endurance that is sure to come, five to ten miles can be easily covered. I speak from experience; for last spring, during the training for the spring games, several men who thought they could not run at all were soon able to hold their own with the more experienced runners.

The best part of cross-country work is that it requires but very little time, an hour being entirely sufficient; and, also, that it does not tire a man so that he cannot do any studying in the evening, as in some branches of athletics.

There is nothing so refreshing after a hard day's work at the Institute as a short run over the fields and fences in the open air. It can all be done between 4.30 P. M. and 5.30 P. M., including the shower-bath at the end, which must never be neglected, as without it all benefit derived from the run is lost. Good country for running is very easily found,—the Back Bay fens and the vicinity about Longwood offering the best of ground for the sport.

The outfit required is very simple. I found that "sneakers," and they must be new and snugly fitting, were the only proper covering for the feet. A pair of long stockings, light woolen underdrawers, running drawers of the regulation cut, and a white sweater completes the outfit:

Now, it is no fun to run alone; you need company; and, as in most things, "the more the merrier." There must also be a leader, or captain, to set the pace, and lead the way; and, in short, some sort of an organization must be used. In England a club of cross-country runners are called "Harriers"; and if anything serious is to be done at the Institute, a club should be formed having a distinctive uniform, and I think the English term could appropriately be used as a title, though, of course, this is only a mere suggestion.

After a couple of weeks of practice a match race could be held, and a very small entrance fee would provide suitable prizes.

As I know that Mr. Spencer, '91, Secretary of the Athletic Association, would gladly give any further information on this subject, I feel confident that I can stop a rather long-winded letter here, and rest assured that it would take but very little energy to start the ball rolling in the right direction.

Hoping that this letter will have the effect of reviving a new life in one of the most health-giving and enjoyable sports in existence, I remain,

Yours very truly,

JOHN L. BACHELDER, JR., '90.

The annual fall meeting of the Amherst College Athletic Association took place at Hampshire Park, Amherst, Wednesday, Oct. 15th. There were few entries, and the games were not as well contested as usual. One record, that of putting the sixteen-pound shot, was broken by 13½ inches.

The university of Berlin, with its 6,000 students and scores of famous professors, has a capital of but $750,000. Its largest endowment, that of the Countess Bose, is only $150,000. Nevertheless, it is the seat of the highest German learning and claims to have the ablest corps of instructors of all the world's schools.