of days' practice. Even novices can learn it very soon.

One of the most essential things to be remembered by all runners, is not to run many trial heats. For the 50, 100, and 220 yards dashes, practice the start ten or twelve times daily, and run out the distance once or twice pretty fast. Twice a week run a quarter mile in 71 seconds, or a half mile in 2.35. This is to strengthen the legs, and to give the necessary endurance. For the quarter mile, do about the same sort of work as for the 220, but rather more of it.

For the mile and half mile the work is different. Run longer distances, but not at your fastest rate. For speed, run fast quarters; and for wind, take jog trots of a mile or so.

In hurdling and jumping practice the event daily, only be sure not to overwork. For the 3 ft. 6 in. hurdles (placed ten yards apart), take three strides between each one, and for the 2½ ft. hurdles (twenty yards apart), seven steps ought to be taken. Thus it is seen that the hurdler always jumps off the same foot.

In regard to dieting, it is a safe rule to eat what agrees with you. It is well to avoid pastry and greasy substances.

Be in bed every night at 10.30 if not at 10; get nine hours sleep regularly, and you are sure to be in good condition when the races come off.

To summarize: begin moderately, practice regularly, and you will end creditably.

H. C. Lamar, Princeton, '86, was accidentally drowned last week at his home in North Carolina. Lamar was Princeton's football hero in '85, when, in the Yale-Princeton game of that year, he ran one of the most brilliant runs ever made on a football field.

A classical library, containing a thousand volumes, has recently been established at Harvard.