and thine in common with a soul that would be great?

"Oh Land! Oh Silent Land
For all the broken-hearted,
The mildest herald by our fate allotted
Beckons, and with inverted torch doth stand
To lead us with a gentle hand
To the land of the great Departed,
Into the Silent Land."

MARGARET KENNA.

Reception by the Board of Editors.

The third floor of Rogers was quite transformed last Friday by the palms and flowers, curtains and draperies, with which the rooms were adorned. Candle and lamp light wrought indeed a marvelous change in the surroundings, when for the second time The Tech Board of Editors gave a reception to its friends. The affair was even larger and more pleasant than the preceding one as over two hundred people passed through the rooms between half-past four and six and examined the photographs and posters which decorate the walls of the Sanctum.

Mrs. Francis A. Walker and Mrs. Erving Winslow received, while Miss Katharine Perry, Miss Margaret Brigham, Miss Anne Throop, and Miss Elizabeth Clark were in charge of the tea tables.

General Walker looked in for a few moments, and the Editors were glad to see as well, Professor Bates, Doctor Tyler, Professor Sedgwick, Professor Dewey, and Captain Bigelow, Dr. Bigelow and Mr. Sumner.

Other guests too were with us whom we sadly miss since, and there was not one member of the Board who did not survey the scene next morning with somewhat of a feeling of regret that another year must pass before the Editorial walls will again surround so many fair faces.

For the loan of the rooms the Editors are sincerely grateful, and they heartily thank those who so kindly assisted them in preparing for and entertaining their friends.

Physical Exercises and their Beneficial Influence.

[A short synopsis of the German System of Gymnastics as conducted at the Technology Gymnasium by H. J. Boos.]

III.

Participation in and kind of work of the nerves.—We will now consider the distinctive characteristics in regard to the work of the nerves. Every involuntary contraction of the muscles is caused by a nervous irritation. The more the muscle is to be contracted the more energetic the irritation of the nerves must be. An utmost exertion of the muscle necessitates also the utmost exertion of the relative nervous organs. The one as well as the other are subject to the influence of fatigue. There is another activity of the nerves, namely, the co-ordination.

We find that the more complicated a motion is, the more difficult is its co-ordination. For this a special achievement, not exactly of the muscles that obey the command, but of the central organ of the nerves, which must, at the given moment, furnish to a great number of muscles, as a general irritation, a certain number of irritations of motions, each one carefully weighed as to its strength. The possibility of this process during each motion could hardly be imagined if our involuntary motion-centers in the brain and spine did not possess the faculty to “mechanize” this complicated process for every form of motion as soon as the motion, has once been successfully performed and repeatedly practiced. That is: The image of an oft-repeated motion impresses itself so firmly upon the central organs of the nerves that the mere resolution of the will to perform a