tically held our own. Statistics recently published in regard to all Schools of Applied Science in this and other countries show that a maximum was reached in 1894, and that since that date the number of technical schools has increased while the number of students has decreased. The figures given do not allow of any very exact determination, but so far as published they show a very considerable decrease since 1894, so that, on the whole, we have been more fortunate than our neighbors.

The report goes on to say that such a pause as may be observable in the development of Schools of Applied Science is not due to lack of demand for skilled professional knowledge. All our experience seems to show that the demand is a constantly increasing one, and that where one man is sent out to take charge of any branch of manufacturing industry it frequently creates a demand for other men to take charge of other departments of the work.

The report notices with regret the departure of Captain Bigelow and bears testimony to his extremely useful services and the excellent condition in which he left the Military Department. Mention has already been made in these columns of Captain Bordman who succeeds him.

It has been found that seventeen undergraduates and sixty-one past students, as far as known, have taken part in the war. Their names are given in the report.

All through the reports from the different departments of the Institute come notices of the introduction of advanced studies in consequence of advanced entrance requirements, and the school is making continued progress toward a higher standard for its degree.

Another notable feature is the progress toward a greater subdivision of students into small sections in laboratories and the constantly increasing value placed upon laboratory work. During the past four years this movement has led to the appointment of eighteen new instructors, while the total number of students has remained about the same. If any one figure can be taken as a measure of the efficiency of a well-conducted school it is the ratio of the total number of students to the number of instructors in actual service. In the case of the Institute of Technology, without counting lecturers, there is one instructor to every eight or nine students,—one of the very highest ratios in the United States.

The Departments of Civil and Mechanical Engineering, Naval Architecture, Architecture, Geology, and Industrial Chemistry have benefitted by the erection of the Pierce Building in increased space, better light, and particularly in having rooms especially designed to meet the wants of these departments.

Communications.

To the Editors of The Tech:

In a recent number of The Tech there was a paragraph stating that new apparatus for physical measurement had been ordered for the Gymnasium. The new apparatus is a move in the right direction, but do the men realize the importance of physical measurement and examination?

Many take up the gymnasium work without knowing whether they have any physical weakness that requires a special exercise. Others, who have never passed a physical examination, take up training. Training for athletic contests requires strong lungs and a healthy heart. If either organ is not quite strong, training will increase the trouble, and the only way to determine whether one is fitted for training is by a thorough physical examination. Professor Boos is always willing to examine any one who wishes to train.

After this physical examination, training should be carried on under competent supervision, followed by a second examination. If he passes this second examination, he may continue with his training, but he should always watch carefully for the first signs of overtraining. Some of the signs of overtraining are a weak stomach, headache, disinclination to work, and general weakness. When any signs of overtraining appear, a person of experience should be consulted and work stopped. Too much care cannot be given to the training of athletes, especially beginners.

Training with an irregular heart or weak lungs may bring on serious trouble that may become incurable. On the other hand, almost all of these weaknesses may be permanently overcome by proper treatment and careful exercise, and it should be the aim of all physical work, whether training or gymnasium work, to build up a body sound in all its parts.

Observer.