may be made more effective and also more interesting. In a word gymnastics supply in a measure that muscular activity without which the body will not thrive and of which our conditions of life so largely deprive us.

To be as effective as possible in this respect the gymnastic lesson should be so arranged that there shall not be any too sudden and violent demands on the organs of circulation and respiration, but rather so as to produce a gradual increase in their activity, until they are working as hard as they can without discomfort or danger of strain. This is effected by beginning with the easier and more localized movements and working up through movements of increasing intensity and difficulty until towards the end of the lesson, when the hardest as well as the most disturbed muscular work should be done. The maximum of effort or endurance should not be reached, however. This should be reserved for emergencies. Having reached this climax, a few moments are given which are especially adapted to aid the circulation and to favor deep and full respirations. With such an arrangement the muscles also work under the most favorable conditions, the rate of the circulation being constantly proportionate to their activity and their blood supply therefore abundant.

In this way also, fatigue is retarded and soreness afterwards avoided or diminished. There is also a great exhilaration which after a while tones down to a feeling of satisfaction and well being. This is greatly enhanced by a cold bath soon after exercise.

(To be concluded.)

Nil Desperandum.

I asked a maid in fair Bordeaux
To marry me. I loved her seaux.
Ah, me! It was a crushing bleaux
When she replied, "You bobby, neaux."

So then I journeyed to Cologne
To wed a girl I long had knoge.
When I got there, my bird had flogne,
And I, alas, am still alone!

So now I linger in Marseilles,
With cheerfulness that never feilles—
Hoping that soon some favoring geilles
Will put new wind into my seilles.—Ex.

"This is where we get turned down," said
the turkey feathers when they got put in the
eider quilt.—Ex.

M. I. T., o.; Tufts, 29.

The first game with Tufts was played on October 25, and resulted in a walk-over for the College Hill men. Tufts also has been receiving pretty hard treatment at the hands of other college teams this year and it was expected that a close game would result. The Tufts team, however, appeared to have taken a brace and scored as they pleased, although they did not put up very fast football.

For Tech., Storer played a good game; Maxson did well except for one missed tackle and was exceptionally clever in getting his kicks off. The Tufts ends reached him almost as soon as the ball, but he evaded them neatly and not a punt was blocked. The three center men did good work. Tufts worked the ends for all sorts of games with Flagg and Burrows carrying the ball. The only line play they used was to send one tackle through the other. Kempton did excellent work and was good for from three to eight yards at every try. Raby at full back slugged at every opportunity and was finally put out of the game for dirty playing. Burrows played a star game in 2nd half.

Tech. kicked off to Tufts' 15 yard line. Tufts used Flagg and Kempton for 25 yards and fumbled. Shepard immediately fumbled and Tufts lost on downs. Maxson kicked to the middle of the field and Tufts punted back. Tufts held for downs. Flagg went around left end for 18 yards and a minute later Perkins went over the line for a touchdown. Kempton kicked the goal.

Tech. kicked off again and Shepard got the ball on a fumble. Maxson punted to Tufts' 20-yard line. Tufts worked the tackles and left end for 20 yards and kicked to Tech's 45 yard line. Tufts held for four downs and then plugged at both tackles and with a twelve-yard run around each end scored the second touchdown. Kempton again kicked the goal and a few minutes after the kicking, time was called.