simultaneous response to the commands has a stimulating effect on a class and makes the work spirited and interesting.

In order to enable the majority of a class to do the exercises in an acceptable manner, the difficulties must not exceed the ability of the average individual. This makes careful progression very important. We therefore begin with the easiest and least complicated movements and gradually advance to stronger and more difficult ones. Each lesson takes into account the strength and control gained in the preceding. If this principle of progression is not followed, but exercises given which the greater number of individuals cannot do well, the typical effects of the movements are lost and may sometimes be reversed.

By favoring a harmonious development of the muscles, the full and free mobility in the joints, the healthy action of all the vital organs and more perfect co-ordination, gymnastics prepare for, and supplement, more violent or specialized forms of exercise in athletic games and sports. They tend to offset the shortcomings of the latter and with them to produce or preserve the perfect health, strength, agility and control for which every normal individual ought to feel it his duty to strive.

Sophomore Football.

The outlook for a good 1902 team is at present very discouraging. For some unknown reason there has been a great lack of interest; very few men have been out for practice, and these at irregular times. There are not now eleven men available, and unless more men come out at once, 1902 will be very poorly represented on November 17.

Freshman Football.

The prospects for a successful Freshman Football Team have improved greatly. In response to Captain Parker’s call for candidates twenty men came out for the team on Thursday, Nov. 2, when the first practice was very aggressive, but there was a great dearth of heavy material. This deficiency is, however, largely compensated for by excellent team work.

Amherst, 12; M. I. T., 5.

Amherst defeated Tech. at Amherst on Saturday last, by a score of 12–5. The game was very well played throughout considering the muddy condition of the field. Tech. won the toss and chose the wind, giving Amherst the ball. Smith kicked off to Maxson, who returned it. After three downs Amherst punted but the ball was blocked by Jouett and went to Tech. on Amherst’s 20-yard line. By line plunges Jouett was soon pushed over for a touchdown. Maxson failed to kick a difficult goal. Tech. again returned the kick and downed Amherst for no gain. Amherst punted but the ball went straight up and Tech. secured it with no lost ground. Tech. rushed to Amherst’s 15-yard line where she received 10 yards for off side play. The ball was now on Amherst’s 5-yard line and a touchdown seemed certain. Allyn was downed with no gain. On the next play the umpire claimed interference on Tech.’s side and gave the ball to Amherst. It was a doubtful decision and cost Tech. a touchdown. Amherst made 20 yards and punted, the ball going on the bound to Maxson, who missed it owing to the slippery footing. Amherst recovered the ball and worked steadily up to Tech.’s 5-yard line, where they were held for downs. Tech. kicked and Swift recovered 15 yards. Tech. held for downs and kicked. Time was then called. During this half the play was mostly in Amherst’s territory.

In the first part of the second half Tech. lost her hold and Amherst scored in a long end run. Swift kicked the goal. Amherst having the wind continued to punt and soon shoved across for their second touchdown and goal. After this Tech. braced and pushed from her 5-yard line to Amherst’s 15-yard line, chiefly by line plays, as the field was too slippery for end work. Tech. was pushing rapidly for Amherst’s goal when time was called, Amherst seeming unable to