and a feeling of chilliness, which is difficult to shake off, results. In either case a man is not in a good condition for work, or best fitted to stand the changes of temperature and draughts to which he is exposed during the day. If such effects follow the cold morning bath, it is wiser to try a higher temperature, say 70°; or, standing in the tub in only a few inches of water, wring out a sponge over the body or apply a dripping towel, and quickly follow this by a brisk rub down. The towel bath can very conveniently be taken in one's room, is much milder and quicker, and serves the purpose of moderate stimulation admirably. To students taking a thorough bath at the gymnasium four or five times a week no stronger morning bath is needed.

The bath after exercise in the gymnasium, or otherwise, should not be too long. Two or at most three minutes is sufficient time to wash off with soap and warm water and this should be followed by 15-30 seconds of as cold water as the individual's condition and experience warrants. Too much time spent in the gymnasium baths is often the cause of excessive fatigue felt during the evening.

SLEEP.

There are those who claim that five to six hours' sleep out of the twenty-four is all they need, but for the majority of people, especially students, eight hours is none too much. Lack of sleep probably causes more breakdowns than any other single factor. Losing sleep and making it up (if one is able to do it, and few are) is not as wholesome as a full amount regularly.

CLOTHING.

Training the body to accommodate itself to changes of temperature is desirable within reasonable limits. There is in the body a beautiful mechanism for regulating the production and dissipation of heat, by which a constant temperature is maintained. If this is not given enough exercise, it becomes less efficient, and when the overcareful person (in the matter of clothing) is caught unawares, as is so often the case in this climate, he is apt to catch a severe cold because of this lack of training of his heat regulating mechanism. However, this does not mean that it is wise to go without an overcoat all winter, or be otherwise insufficiently dressed so as to be in a constant state of shiver, and obliged to expend an unnecessarily large amount of vital activity in heat production.

For strong, healthy young men, at least, cotton underclothing of light or medium weight, supplemented by increased number and warmth of outer garments when going out, is preferable to heavy woolen underclothing which by overheating when in a warm room makes the contrast to the temperature outdoors seem greater.

[CONTINUED IN THE NEXT ISSUE.]

Sophomore-Freshman Field Day.

The Advisory Council on Athletics has fixed upon the events which are to form the contest between the Sophomore and Freshman Classes as follows:

There shall be three events, to be held in the following order: (1) A Football Game; (2) A Relay Race; (3) A Tug-of-War. The conditions governing same are to be as follows: The management of these contests shall be vested under the Advisory Council in a committee of the following constitution:

The Chairman of the Advisory Council, the Presidents of the Athletic Association, Senior Class and Junior Class, and a member of the Advisory Council. This Committee shall make all arrangements, appoint all officials, handle all receipts, and decide all questions left uncovered by the rules of the Advisory Council.

A Football Game shall be held between elevens of each of the two classes; the game to be two 15-minute halves, with a rest of ten minutes between the halves; the current rules governing Intercollegiate Football Games will apply.

A Relay Race, not exceeding two miles, to be run by not less than nine (9) and not more than sixteen (16) men; on a track with laps of one-eighth, one-quarter or one-half miles each man shall run one-eighth mile; on a track of one-third mile lengths, each man shall run one-sixth of a mile. The sequence of runners shall be assured by the passing of