The Stentor, April 1, 1892
Is the class league to fall through or will the enthusiasts help along the interest by getting up a class organization and playing for a championship?

Lake Forest will soon be second to no town in improvements. It has now an excellent system of water works, a new sewerage system will soon be put in and the principal streets will be macadamized and paved. When electric lights come, as they soon will, we will need nothing but street cars to the college and elevators in the dormitories.

The question will soon come up before the Oratorical Association as to whether we will remain in the State Association another year or no. It seems to us it is rather useless. There is absolutely no justice in awarding the places to the orators, the athletics are always bungled, and there is always fraud and trickery connected with every part of the association. In our opinion we would gain more by drawing out entirely.

As has been stated elsewhere, the Annual was gotten out this year in a tremendous hurry, and as all the work fell on a very few, many things were left undone that should have been done. Perhaps the greatest oversight was the failure to recognize in some way the kindness of Mr. R. B. Ludington, of New York City, in giving us the pictures of several of our buildings, and of the Lake Forest scenes. There is no use denying that it was extremely careless and almost boorish not to take some notice of the favor, but in the extreme hurry and work it was simply overlooked. If the gentleman will accept this poor explanation, and pardon the Board for its negligence, he will be conferring another great favor.

Perhaps in thinking of or using our gymnasium, too little credit is given to our instructor. Mr. Warren Everett, despite the predictions that he was not the man for the place, has shown, since his connection with us that he is eminently fitted to have charge of our building. Very accommodating, modest, and patient, he has made himself extremely popular and respected by all the students. The athletic entertainment occurred too late to make an extended notice in the last issue. It was due to a very large extent to Instructor Everett that it was such a success. Especially should he be thanked for securing such outside talent. With such hustling men and with such efforts as are being put forth by Manager Goodman, Captains Ellis and Marotte, and Everett in gymnasium training, the ball nine should be a decided success.
Chicago University has certainly received good advertising and has had a phenomenal growth, but with all its great strides forward, why should it injure us to any extent? Of course it will draw a number of our Chicago students from us but otherwise it will be a great benefit to both Lake Forest and Evanston. If these schools had no other rival they might for years keep on in the same old rut. Now it is impossible. They must build up more. In order to keep with Chicago or go ahead they must "hustle" and improve. Now is the critical time. But there is nothing to become discouraged over. As a matter of course they will go forward. We, especially, have too fine a situation and too good an equipment to ever think of going back. Besides, the heart of a great city is not a good situation for a great school. Parents will look with much more favor on a college away from the city's temptations and we will continue to grow. With a new dormitory we will double our numbers in a year.

Why is it that college students, as a rule, are so addicted to running into debt and then exerting all their powers to get out of paying up. They seem to think that students are privileged to do anything. But as surely as one gets into the habit of not paying his debts at school, as surely will it follow him through life. No man is successful who, in business life, does not pay his debts. In college though, a fellow who is successful at "standing off" his creditors is rather looked up to. Now, we do not say that all college men are this way. It is, however, the prevailing method, and creditors whom you know can stand it the least are put off the longest. A man's sense of honor should urge him to keep his bills paid up. Out in the world such actions would be called dishonorable. But wouldn't you consider people harsh who called you dishonorable? There are of course many good excuses why bills cannot be paid on time, but there are many around here who never pay and who do receive money. This is not a fascinating subject in the least but is one which must needs be spoken of.

THE BASE-BALL SCHEDULE FOR '92.

LEAGUE MATTERS IN GENERAL.

Delegates met at the call of President Sharon, at the Palmer House, on March 12th, to vote on the admission of Champaign to the League, and to adopt a schedule. The delegates present were—Messrs. Leech and McDowell, Evanston; Mr. Dudley, Beloit; Messrs. Sharon and Grant, Lake Forest. The first matter attended to was in regard to Champaign. By unanimous vote Champaign became a member of the league. Her delegates, Messrs. Cross and Merrifield, were then admitted, and after much hard work the following schedule was adopted:

April 30—Lake Forest vs. Evanston, at Lake Forest.  
May 6—Champaign vs. Evanston, at Evanston.  
May 7—Champaign vs. Beloit, at Beloit.  
May 9—Champaign vs. Lake Forest, at Lake Forest.  
May 21—Evanston vs. Champaign, at Champaign.  
May 21—Lake Forest vs. Beloit, at Beloit.  
May 27—Beloit vs. Champaign, at Champaign.  
May 28—Beloit vs. Lake Forest, at Lake Forest.  
May 30—Beloit vs. Evanston, at Evanston.  
June 4—Lake Forest vs. Champaign, at Champaign.  
June 8—Lake Forest vs. Evanston, at Evanston.  
June 11—Evanston vs. Beloit, at Beloit.  
The date June 8 is subject to change.

As will be seen this necessitates an exceedingly long trip for Champaign and Beloit, they having to play three games in succession. To balance this, however, Evanston and Lake Forest each take two trips, one to Champaign and one to Beloit. However, neither one takes more than a day or two, whereas the old trips usually took three or four days. Our two trips come at splendid periods—the 21st of May and the 4th of June—and the team should have a large company
of admirers along. The round trip to Champaign will be but $5, Champaign is a new college to the League, and the 4th of June is ideal weather. Think what a trip, ye enthusiasts!

A few changes were made in the constitution, and new constitutions will be printed and sent around immediately. The officers for '92 are, Pres., S. R. Catlin, Beloit; Vice Presidents, W. D. McNary, Lake Forest, Chas. W. Cross, Champaign; See'y, E. B. Fowler, Evanston.

TIDBITS.

Beloit will play Rosenthal again this year.

Champaign says she has but one pitcher. He will be worked rather hard on their trip.

If Champaign puts up the game she did against Knox last fall, she will make somebody tired.

Madison will yet, if she has not already, regret that she made such a hasty and dramatic departure from the league.

Evanston is after Poole, ex-Yale, and Rich, ex-Michigan. Their prospects of getting them, however, are not the brightest. McGrath will not play, and there is some doubt about Santer.

Lake Forest will be right in it with any of them this year. We will have as good or a better battery than any in the league, and we predict will bat better than usual. Batting is what wins games.

THE ANNUAL HAS COME.

A BEAUTIFUL VOLUME OF 280 PAGES. A CREDIT TO THE UNIVERSITY.

The much looked for annual arrived March 16, and has been the most popular youngster around here ever since. It seems almost incredible that a volume so large and nicely finished could be compiled, edited, and printed inside of two months. Such a thing has been done, however, and the "Forester" Board should feel justly proud of their success. The book is bound in a very fine, dark blue cloth, with the name, "The Forester," in fanciful gilt letters on the cover. A very fine quality of paper has been used, and the printing can not be excelled. The pictures—half-tones and zinc plate work—are alone worth the price of the book. The College, the Academy, the Seminary, the Art Institute, the Gymnasium, the Science Hall, the ball teams, glee club, banjo club, etc., are excellent pictures, and any one who has ever attended Lake Forest University will certainly wish to possess them. The likenesses of Dr. Roberts, Prof. Halsey, Dr. Seeley, and Principal Smith are also superb. The written work is very accurate and is certainly worth having. To any one who has fond remembrances of old Lake Forest, the "Forester" will be as light to his path. The book has cost a great amount of labor, and the societies are at a great expense in taking charge of it. Certainly they have done their share in giving to the University such a book. It remains for the students, the faculty, the townsmen, the trustees, to show their appreciation and take the books off our hands. Anyone who would be so small as to refuse to buy an annual, should be drummed out of school. We hear it said that a great many cannot afford to buy one. While we know there are a very few who can not, we also know that a great many say they can not take one when they spend their money on some entertainment or for something to eat or smoke. There are many fellows who can easily take five or six copies and never feel the expense. We should also think the members of the faculty might take five or ten copies. If this is to become an established thing, as it is in other colleges, it must be supported. We think we can say without conceit that for the first number, this volume is the equal of any annual in the country. In after years, when old memories come back, as they do, and you think kindly
of the good old school days you spent here, take down a copy of "The Forester" for '92, and solace yourself by looking over the never to be forgotten faces and fact of your old life.

HOW TO EXERCISE.

POINTS ON THE USE OF THE GYMNASIUM.

How to exercise is a question of vital importance. Every human being requires exercise of some kind for the maintenance of life. An unused muscle is a dying one, and as the muscles are unused they gradually become weaker and at last are atrophied.

On the other hand exercise increases the bodily heat, heat makes energy in the muscles used, and the growth is rapid.

Exercise is a means and not an end, and as a means it can be used for the developing of the muscular system, to rest and invigorate the nervous system, to strengthen the vital organs, to cure or prevent disease, to cure physical defects. Besides these it will develop such qualities as are necessary to make good citizens, namely: courage, endurance, resolution, and self reliance. Galen, the celebrated physician, once said "that the best physician is the one who is the best teacher of gymnastics."

Ever since the days of Plato to the present time, educators have given more or less time to the subject of physical exercise, and to-day we cannot say that there exists a distinct system. All tend to the same end, with slightly different means. The end being to develop a strong, healthy body and mind. The Greeks sought to do this by means of field sports. The Macedonians naturally followed the pleasure of hunting and mountaineering.

Germany is represented by Father Jahn and his system of turning, or the use of apparatus. Ling has done for Sweden what Jahn has done for Germany. Ling also organized an excellent system of school gymnastics. Our calisthenic drills are largely made up from the Swedish and German systems. The French teach fencing in their schools, believing it to be the ideal exercise. And so we might follow throughout history one system after another, all with slightly different means striving for the same end, i.e. to develop, by physical exercise, a strong and healthy race. In our own country, we are rapidly reaching what might be called an athletic age. Almost every institution of learning has its gymnasium. Large corporations are doing for their employees what the colleges are doing for the students. Now that the gymnasiums are every day adding some new machine for the developing of muscle, the question naturally asked is, how shall we exercise? Must we follow a system of class drills, or must we take the perfectly formed man, and try to approach, as near as possible, all the measurements and strength tests? While the above methods have many redeeming features, there is a great deal that will be detrimental to the college student. In the first place they both require time, and as the work advances it becomes harder and more severe, and many will become discouraged. What is needed is such work as will be of most benefit to the largest possible number, and is most beneficial to the weakest men, and will train the mind, will, and body. It is of far more importance to produce fifty healthy men than one champion. It is a nice thing to excel in any undertaking, but to be a record breaker at college will be of little service to a man in after life. Such exercise as will strengthen the nervous system and vital organs, give a good sound body, an active mind, and a constitution that will carry you through the ups and downs of life, is what is needed.

The first requisite for (continued) success, says Herbert Spencer, is that a man should be a good animal. I do not mean to discourage Base Ball, Foot Ball, and such games, on the contrary they are to be encouraged to a limited extent. They are excellent pastimes
and are not necessarily detrimental to health if the proper preliminary exercise is taken, but for a man with a weak heart or weak lungs, without proper training to undertake such violent work, is positively injurious and may result seriously. The same may be said of the use of heavy apparatus used in most of our gymnasiums. No rule can be laid down for the beginner, only the practiced eye of an experienced Director can detect your strong and weak points. You can derive no more benefit from a well equipped gymnasium without a Director than you can from a fine college building without a corps of teachers. It is a mistaken idea that, with a pair of Indian clubs or dumb-bells, a person can develop himself and consequently have no need of systematic exercise given in a scientific manner. More harm than good has been done by this promiscuous exercising. To be sure to any one who knows exactly what exercises to take and how to do them we say well and good. Dumb-bells are useful, but do not imagine you can make an athlete out of yourself by such work. The only proper place to exercise is in the gymnasium and under the care of the Director.

H. H. Everett.

Director National Gymnasium. Elgin, Ill.

It is almost time the ball grounds were being put into condition.

The Amherst Glee and Banjo clubs will give a concert here about the 1st of April.

The Cross Country Club with J. A. Linn as Captain took its initial run on Friday, the 25th.

Very few were here on the opening day to witness the unusual sight of the whole faculty in chapel.

[The Local men having gone on a "toot" and not being recovered as yet, we had to fill in this department as best we could.—Ed.]

Ann Arbor wants a date in May for her ball team to play ours. Here's a chance, if we can stand the expense, of testing our metal.

Prof. Bridgman gave a lecture March 14, in the Art Institute, on Wagner. This was one of the best of the Faculty lectures. It was illustrated by stereopticon views.

Dr. Roberts' resignation as President takes effect April 1. Prof. Halsey, Dean of the Faculty, will act in his stead until the new President is appointed. Dr. Roberts expects to leave about the 15th.

The officers for the Zeta Epsilon Society for the spring term are: President, E. L. Jones; Vice President, A. A. Hopkins; Sec'y, A. P. Bourns; Treas., E. C. Cleveland; Critic, W. N. McKee; Sargeant-at-arms, H. L. Bird.

The officers of the Athenacan Society for the Spring term are: President, F. C. Sharon; Vice President, R. H. Crozier; Sec'y, B. R. McHatton; Treas., L. N. Rossiter; Critic, W. D. McNary; Sargeant-at-arms, Harry Goodman.

Something was said in the last Stentor reflecting on the training of the ball-team. This should be corrected. The candidates

COLLEGE.

The annual is out, and now let everyone subscribe.

Prof. McNeil visited in Princeton during the vacation.

Our old friend Riley Martin is figuring in politics in Evanston.
are doing good work and getting into condition rapidly. Wait till the weather permits and their work will verify this statement.

FERRY HALL.

A smaller number of girls than usual spent the vacation at Ferry Hall.

The Misses Peale, of Chicago, will spend the next six months in Mexico.

Ask Doctor Seeley about the widow who desired to send her daughter here.

Miss Marion Keith and Miss Brand, of Chicago, are unable to return on account of illness.

The Misses Buck, Small, Conger, and Bitterman will not return to Ferry Hall this term.

Miss Bennett and Miss Decker spent the vacation at the homes of Miss Kane and Miss Lyon.

The officers of the Nu Beta Kappa Society for the present term are as follows: President, Miss Carrie Titus; Vice President, Miss Annie Faries; Secretary, Miss Daisy Wiser; Treasurer, Miss Edna Smith; Critic, Miss Byrd Huddart; Sergeant, Miss Mary Foster.

A POINTER.

I.
Suppose a girl believes she loves you,
And you think so too,
When its only youth and summer
Stars and morning dew!

II.
If it's but a dear illusion
That her bright eyes see,
Listen, and you'll hear a whisper,
Ah! How he loves me.

III.
But if her heart is truly given,
Not in caprice or whim,
You'll find the whisper sounds like this,
Oh! How I do love him.

One of the college gentlemen made quite a pleasant call by proxy during vacation. His proxy however was so embarrassed that he couldn't say a word.

ACADEMY.

The regular work of the spring term started off at a brisk pace. Most all were back on time.

Prof. Jack's rhetoric class has begun a critical and analytical study of Macaulay's essays and several of George Eliot's works.

About a dozen of the academy students did not go home during vacation, but divided their time between Chicago and Lake Forest.

The date for the contest between the two societies has at last been decided upon. The evening of Friday, April 8, is the time chosen. The contest will be held in Ferry Hall chapel.

By the present schedule the members of the Senior class are very much crowded with their work. No one of the class has at present less than twenty hours, including the final commencement orations.

The K. K. K. society held a meeting on Wednesday, March 23, at 4 p. m., at which time the following officers were chosen for the ensuing term: President, E. A. Pollock; Vice President, Rice; Secretary, M. K. Baker; Treasurer, N. B. Hewitt; Sergeant-at-arms, E. C. Owen.

AMONG THE ALUMNI.

Miss Enid Smith sings in one of the largest churches in New York city.

Miss Lida Fife is now at Pasadena, Cal.
Mr. Fife is pastor of the Presbyterian church there.

W. D. McMillan has left Spokane Falls, and gone back to Fort Worth, Texas.

Miss Fannie Robe, a former Ferry Hall girl, is at the Good Will mission, South Dak.

'89.—E. M. Wilson will preach during the summer at Wakeeney, Kas., where he was last summer.

Mrs. Dinsmore (nee Snell), who has been residing at Des Moines, Iowa, has left there for Austin, Texas.

'81.—H. H. Davis will remain in Chicago during his summer vacation, and wrestle with the bread and butter problem.

'88.—J. J. Bobbs will take charge of two churches in the Black Hills, as soon as the school year closes at McCormick.

Mary A. Clarke still retains her position as instructor in history and literature at the Collegiate Institute in Princeton, Ky.

Geo. E. Stanford, who was with 91 for two years, is a Senior at Cornell University, and has received the high honor of being elected president of the Christian Association of that place. This is one of the best equipped, best organized, and most flourishing college associations in the country, and its presidency is certainly a very worthy position. Mr. Stanford is also chairman of the Senior banquet committee.

R. C. Robe, whom many of us remember, is superintendent of the Orphan Girls’ Industrial School at Wheelock, Indian Ter. He has been engaged in that mission for nearly four years, and his met with large success, many having been converted to the christian faith. Under Mr. Robe’s direction the school has prospered, and they expect to enlarge the buildings another year, to accommodate from one hundred to one hundred and fifty. Miss Abbie E. Goodale is doing very successful work as teacher in this school.

WHAT THEY THINK OF IT.

Speaking of the "Annual" The Chicago Tribune of Sunday, March 27, said:

LAKE FOREST UNIVERSITY "ANNUAL."

THE FIRST PUBLICATION ISSUED BY THE STUDENTS—A CREDITABLE BOOK.

For the first time in the history of Lake Forest University the students have issued an "annual." The book is called "The For- ester," and came from the press yesterday. The Board of Editors was: F. C. Sharon, '93; L. E. Zimmerman, '92; B. R. MacHatton, '95; R. H. Crozier, '93; W. B. Brewster, '92; W. H. Mathews, '92; G. W. Wright, '92; C. S. Davis, '93; H. W. Harris, '94, and H. L. Bird, '94. The illustrations were drawn by Miss Hallie A. Hall and Forest Grant. The annual compares favorably with anything of its kind issued by Eastern colleges. It contains 300 pages beautifully bound, and was published under the auspices of the Athenaeum and Zeta Epsilon Literary Societies of Lake Forest College. The contents of the volume are in part as follows: A history of the university by Prof. John J. Halsey, a sketch of Rush Medical College, the medical department of the University; a sketch of the Chicago College of Dental Surgery, the dental department of the University; a sketch of the Chicago College of Law, the law department of the university; a sketch of the undergraduate departments with biographies of the faculty; sketches of the Lake Forest fraternities and histories of all the classes. The book is profusely illustrated and the engravings are works of art.
EXCHANGES.

We are pleased to add the Wooster Voice to our exchange list.

There are over a thousand members of the Harvard Dining Association.

The Western College Press Association will meet in Chicago, April 16th.

Applications for admission to Chicago University have already reached over eleven hundred.

The State University, of Illinois, is to have a new $25,000 Y. M. C. A. building in the near future.

During Ex-Pres. Cleveland’s Washington’s birthday visit to Ann Arbor he was initiated into the Sigma Chi fraternity.

The Northern Oratorical League composed of Oberlin, Northwestern, Universities of Michigan, Iowa and Wisconsin will hold their contest at Evanston on the 6th of May.

LATE NEWS.

Steps have been taken to form the class league spoken of in a previous issue and a meeting of delegates will soon be held to draw up a constitution and form a schedule.

Miss Bertha Marshall, '93, who is at present attending Lenox College, made her former classmates a very pleasant visit the 27th and 28th. She will return to graduate here next year.

The Zeta Epsilon Glee Club returned from its trip Saturday, the 26th after quite a successful tour. They were banqueted and received at several places and all will vouch for the good time they enjoyed.

Dr. Roberts delivered the Faculty lecture Monday evening the 28th, in the Art Institute on "Our Mission in Life." It was, as Prof. Halsey said, the Doctor’s "ethical valedictory" and was greatly appreciated by the students.

The second nine, under the captainship of Henry Marcotte, promises to be quite a feature in this year's baseball history. There is excellent material for a second nine and positions on it will not be so easily secured as one might think. It will be of great benefit to the 'Varsities.

The University Chorus met at Mr. J. B. Durand's, Monday evening, the 28th, spending a very pleasant hour. "Sweet Evelina," "Wait for the Wagon," and "Susan Jane" were sung by their respective owners between acts. "George Willie" declined to give "The Terboggin Slide."