beginning of the base ball training. It is of the utmost importance that candidates should train well this year, neither overdoing it or shirking. Although we have lost some good men, yet it looks as if a successful season was approaching. We will have some strong teams to play against this coming season, and it behooves every man to hustle. We have a thoroughly proven manager and a conscientious and competent captain. Therefore if the candidates will apply themselves early and faithfully, we will have a team that can compete with the best of them.

A GYMNASIUM INSTRUCTOR.

We are at present without an instructor in the Gymnasium. What is to be done about selecting a new one? It is very important that there should be one appointed immediately, as the present term is the one in which Gym. work takes the place of all athletics. Under Mr. Everett’s instruction the classes were doing nicely and the systematic training was doing a world of good. Now things are at a stand-still and everyone is awaiting the new instructor. This instructor should be a man who is well versed in anatomy, hygiene and physiology, a good athlete, and old enough to control the boys. Mr. Everett possessed these attributes to a remarkable degree, and we sincerely hope his successor will be as successful. And whoever he is, let us have him quickly.
IN REGARD TO ELECTIVES.

By the present system electives run one term only, and in this way a student gets barely a smattering of the subject. In the East electives run the whole year. A man electing a subject at the beginning of the fall term expects to continue it throughout the whole year. Accordingly students get some good, in fact a great deal of good out of such a system. We do not deny that some good is obtained in a one term elective, but it is easily forgotten, and the student in a year or so only has a vague confused idea of the subject, whereas if he had studied it hard for a year it would be indelibly impressed on his mind. It is perhaps rather late in the season to advocate this, and we do not like to appear as Faculty advisers, nevertheless we desire to see the change, and wish to put forth every effort to obtain it.

TRACK ATHLETICS.

In this issue we present a very able article on training for the track, by Mr. E. R. Baker, one of the best known of Chicago athletes, and also well known here. Track athletics are to a great extent neglected in the West. A few schools, notably University of Illinois, have taken a genuine interest in general athletics, and have turned out some very good track athletes. But in the East, on the other hand, general athletics have a great place, and track athletics stand at the head of them. Each College has its athletic team, as it has foot ball and baseball teams. There is no reason why Western Colleges should not become stronger advocates of the cinder track, and there are numerous reasons why this College should not only advocate, but support track athletics. A cinder track around the ball ground would improve the looks of the field and supply a long-felt want. We have good runners here. This has been proven beyond a doubt by the way in which prizes in the city and elsewhere have been carried off by our men. Let the athletic association look into this matter and see what can be done.

FIX UP THE BALL GROUNDS.

The approach of the ball season renders it extremely important that our ball grounds should be put in first-class order. It is not too early to speak of this, as the earlier we are ready the better. The only way to have the grounds fixed, is for the students to fix them themselves or to raise a fund and superintend the work. There is no use talking, the grounds must be fixed. Champaign last spring spoke of the grounds as "a mud-hole on the side of a hill." Of course Champaign was at the time laboring under a load of prejudice and defeat, but nevertheless the fact is patent to all that a field in the shape it was last year is not a fit place to play base ball on. Champaign students with spades and shovels made their grounds; Evanston students raised the money for their stand and grounds. Lake Forest students ought to do the same. It should be left to the athletic association to decide which plan is to be adopted, and every student should lend a hand with a will. The towns-people, the faculty, the trustees, will all be glad...
to see the students helping themselves, and will be all the more ready with their support when it is asked.

THE PROPOSED UNION WITH CHICAGO UNIVERSITY.

Chicago University wants Lake Forest to join it! This statement has caused many tongues to wag recently, both for and against, and they are still wagging. Briefly stated, the points are as follows: Chicago University is very desirous of forming a large University on the Oxford or Heidelberg plan. She wants Lake Forest to become a part of this system. President Harper therefore submitted to the Lake Forest Faculty seventeen propositions regarding the union. These were then laid before the Lake Forest Trustees, who appointed a committee to meet a similar committee from the Chicago University Trustees. This large committee then appointed a sub-committee, consisting of President Harper and Mr. Ryerson from Chicago, and Dr. McPherson and Dr. McClure from Lake Forest.

Although the scheme is regarded by some as very plausible and likely to be put through, it is now regarded by those who best know, entirely impossible. The first proposition by which all land and buildings belonging to Lake Forest will be turned over, at least nominally, to Chicago, is utterly incompatible with our charter, as is also the last proposition in regard to the course of instruction. Chicago at first proposed turning all her under-graduate work over to Lake Forest, said that the government, faculty, etc., of Lake Forest would be left as it is, and offered to place the Yerkes telescope here if such an alliance was formed. Since then, however, President Harper has decided to have a college in Chicago also, so we might not get all the under-graduate work. There is strong talk also of Rush Medical withdrawing and forming with the other Chicago medical schools a great medical university. Taking it all in all, things are in a very chaotic state. One thing is certain: There will be no combination on the propositions originally offered. One of the Chicago trustees himself said that he did not see how Lake Forest could think of accepting for a moment. Whatever is done, will be done for the best interests of Lake Forest. Evanston has not yet been approached on the subject. If she is, it is very certain she will not accept.

TRAINING FOR THE TRACK.

POINTS THAT SHOULD BE OBSERVED.

Before attempting to discuss the question of track-training, is might be well to ask what is the object of such training.

To develop the body and train the mind to the fullest extent in order that the athlete may be able to win races, is undoubtedly the object to be attained.

I will not endeavor in this short paper to point out the benefit to be derived from a systematic course of training, but will take it for granted that it is admitted to be sufficient to repay the ambitious aspirant even if he fails to acquire distinction as a runner.

Before beginning to train the novice should consult a physician and satisfy himself that his heart and lungs are sound. A man who has once been thoroughly developed will get himself into condition much sooner than one who has never trained before. For such a person as the latter to begin training three weeks be-
A sprinter should never run at a slower gait than his full speed while training. He should begin at one-third to one-half his distance and gradually increase until he is able to sustain his speed for the full distance. It is a much better plan to run 50 yards three times a day than to run 150 yards once a day, and the same idea will hold good in training for any event.

The sprinter does not require a knowledge of pace, except perhaps in a quarter-mile run, when he should not start at the limit of his speed, but reserve his strength for a strong finish.

On the other hand he must be careful not to go to sleep and find himself beaten while still possessing plenty of strength.

A good start is all-important in a sprint, as the race is of such short duration and encourages the runner to put forth his best efforts, while exerting an equally depressing effect on his opponent.

Probably the best way to start is to stand with the left foot at the mark with the other foot 15 or 18 inches behind and slightly to the right with the toe pointing at an angle of 45 degrees. Bend both knees and extend the left arm in front and the right arm behind. At the crack of the pistol bring down both arms with a jerk without bending the elbows, and step forward with the left foot about twelve inches. This will at once put the runner in motion and give him his full stride quicker than if he stepped off with his right foot.

While resting between heats never stand still for a moment, and always have an overcoat or some wrap to put on, as contact with the air, even on a warm day, will stiffen the muscles and render one liable to take cold.

About as good a plan as any for the distance runner to follow is to have a watch held on him each time he runs. I would advise him always to run his full distance, but to begin his training by merely jogging along at a dog-trot. As he begins to get into shape, he can put on more steam until about two weeks before his event he is going the distance at the limit of his ability,
But little work should be done on the last week and only of such a nature as to keep himself in shape. Under no circumstances should he run on the day before the race.

The distance runner has the utmost need of a knowledge of pace and should study as far as possible the peculiarities of the men he is to run against.

If he is something of a sprinter it is well to trail the other and depend on a strong spurt to win at the finish, but, on the other hand, if of a plodding, persevering disposition, let him set as hard a pace as he can himself stand and endeavor to discourage or kill off his opponent. Do not stay out of races because you are afraid you are not likely to win, for you will gain a knowledge of details in that way, that no amount of theory will supply.

In this sport as in everything else, authorities disagree, but the foregoing are some of the conclusions arrived at as a result of a somewhat extended experience on the track, and if they should prove of service to any having the interests of the pastime at heart, I will feel that my effort to help along the cause has not been in vain.

Ed. R. Baker.

WHAT THE STUDENTS THINK OF ANNEXATION.

The question of whether Lake Forest University is to become the undergraduate department of Chicago University is the one which greets the students and friends of both universities upon their return from the holidays. The STENTOR prints below the opinions of some of the students gleaned from personal interviews. The summary is as follows: Out of sixteen students interviewed, twelve are decidedly opposed to the plan and four favor it.

N. H. Burdick, '93: Not in favor of it. Would like to see Dr. Grey's monument to Prof. Harper at the World's Fair.

W. D. McNary, '93: Not in favor of annexation. Thinks that Lake Forest would be giving more than it would be receiving.

J. A. Linn, '93: In favor of annexation.

It would be a step toward a real university in America.

L. N. Rossiter, '93: Not in favor of annexation. Thinks that Lake Forest would become a Baptist university.

E. L. Jones, '93: Not in favor of annexation. Came to Lake Forest because he wanted a diploma from a Presbyterian and not from a Baptist university.

R. H. Crozier, '93: In favor of annexation. Wishes Lake Forest to be one with educational progress and truth.

C. S. Davies, '93: Not in favor of annexation. Is thankful that its failure to pass is assured.

F. C. Sharon, '93: In favor of it. Thinks it would raise Lake Forest to a position of greater usefulness in the educational world.

H. Marcotte, '93: Opposed to annexation. Does not think the advantages are what they are claimed to be.

H. Goodman, '94: In favor of annexation on certain grounds, but opposed to the 999-year lease of Lake Forest property. Thinks that athletics would be helped.

E. A. Drake, '94: Not in favor of it. Thinks it would be drowning Calvanism in cold water.

G. T. B. Davis, '94: Not in favor of annexation. If he is to attend any sectarian college, he wishes it to be Presbyterian, not Baptist, else he would not have matriculated here.

H. L. Bird, '94: Not in favor of it. Thinks it would be a Baptist educational monopoly with no equal compensation to Lake Forest.

W. E. Ruston, '94: In favor of annexation. Thinks it would be a financial help to Lake Forest.

E. C. Cleveland, '94: Not in favor of it. In spite of all possible advantages, we would be Chicago University and not Lake Forest University.

R. B. Spellman, '95: Not in favor of it. Does not want to see a Presbyterian college swallowed by a Baptist.

W. B. Hunt, '95: Not in favor it. Thinks it a scheme to get good Presbyterian money
not otherwise available for the purpose to back a Baptist university.

C. W. Sherman, '96: Not in favor of annexation. Believes that Lake Forest would lose her individuality without any adequate return.

F. C. Rogers, '96: Not in favor of it. Lake Forest would merge her personality in the great Chicago University.

Chauncey Thomas, '96: In favor of annexation under some circumstances; others not. Favors whatever would benefit Lake Forest and the cause of higher education.

Prof. Harper has substituted botany for anatomy in the Sophomore year.

Prof. Harper has transferred the Senior chemistry class to Prof. Stevens.

A rumor is current that in case Lake Forest is annexed to Chicago University the class of '94 will graduate elsewhere.

Quite a large number of our students were present at the three college glee club concerts in Chicago during the vacation.

An article entitled "Training for the Track" appears in another column of this issue. It is an article that should be read by every man in school.

As soon as the trustees are prepared to announce final action with regard to the presidential chair, the annual catalogue will be issued.

It is rumored that R. B. Spellman will soon have a line of "slightly soiled and ruined by water" goods for sale at a reduction at his store in the college.

Prof. Alfred Emerson, of Cornell, formerly incumbent of the Greek chair here, delivered an illustrated lecture at the All Soul's Church, Chicago, on "Pompeii; Its Architecture and Pictures," Tuesday evening, January 3.

Fewer students than ever before remained here during the holidays. The unlucky ones were Messrs. Chauncey Thomas, McDonald, Smith, Rossiter, Tom Hopkins, Gibson, Haberli, McKee, Wilson, Jones, Davies, and the Moore brothers.

The Freshmen and Sophomores as a penalty for not returning on time from their love feast, will not call at the Sem. this month. Consequently wailing, gnashing of teeth and imprecations on the powers that be, by the lower classmen.

The college bell, as usual, was rung New Year's eve. This time the ringing was slightly overdone as it commenced at 11.00 p. m. and continued till after 12. At 11.45 the church bell commenced ringing and continued till 12.05. This latter was more as it should be and did not become monotonous.
Of the students who remained here during the vacation those rooming in the college building were, by order of Frye, forced to move over into Academia, much to their inconvenience and that of the regular roomers at the latter building.

N. H. Burdick and "Sport" really got back on time, and "Buck" was only half a day late. S. B. Hopkins has not yet appeared, but we hear that he is running Fort Wayne and cannot readily find anyone to whom he is willing to trust the care of his native city.

The one topic of discussion is annexation. If no further good comes from this agitation Lake Forest will reap one benefit, it will be thoroughly advertised. Many blue Presbyterians are awakening to the fact that there has got to be some "hustling" done if they are not to be outdone by their Baptist brethren.

We are indeed sorry to chronicle the fact that Dr. Hursh, for some years in our midst, has decided to make Chicago his home hereafter. Dr. Hursh has gained many friends while here, in the college as well as in the town, and the students regret his departure exceedingly. We wish him success in his new position, that of resident physician in the National Bi-Chloride of Gold Institute.

The Zeta Epsilon Literary Society have secured Eli Perkins for one of his inimitably humorous and funny entertainments to be given at the Durand Art Institute building Friday evening the 13th inst.; admission fifty and seventy-five cents. This is one of the treats which the literary societies delight in giving and which no one should miss. As a humorist Mr. Perkins is of world-wide reputation.

On account of Frye turning off the steam at the close of school last term the steam pipes in only sixteen rooms in the college building were frozen and consequently broken. The water meter in the gymnasium burst, and a water pipe in the Art Hall burst, flooding part of the basement ankle deep. The frozen and broken pipes in the college building caused quite a loss to several of the boys who had left their things in their rooms. R. B. Spellman suffered most, while many others barely escaped serious damage. It took Frye and four men all the week after Christmas Day, when the accident happened, to repair the damage in the college building alone, and it cost the University more than it would to maintain steam through several winter vacations. Perhaps some day our engineer or "the committee" on whom the engineer tries to throw the blame, will learn that water left exposed in a temperature below 32 degrees will freeze and burst its bounds.

TOWN TOPICS.

Mr. Wells is building an addition to his house.

Mr. Wm. Henry Smith is now living in Mrs. Warren's house.

Mrs. Reid and family have returned from the south, where they spent the holidays.

Mr. C. E. Latimer has moved into his new house, which was building last term, to the north of Mr. Wells.

Quite a party of Lake Foresters went to the "North Shore Limited" Wednesday to see Miss Mabel Durand and Henry Rumsey off to the east.

Miss Catherine Fales and Miss Mabel Giles returned Thursday, January 5th, to Ogontz Seminary, together with quite a company of Ogontz girls.

A few young people informally met the last evening of the old year at the house of Mrs. Calvin Durand for a little merriment, and till nearly '93 the time was passed in dancing and music.

Mr. Blackler is doing a good business in ice this year. Both Farwell's and the college pond have yielded an unusually thick, clear crop, and probably will freeze over in time for another harvest.

Mr. Schreiber, of Chicago, is giving a series of lectures at Mrs. Ralston's on "The Sculpture of the Columbian Exposition." It would be
of great benefit to the students if these lectures could be obtained for them.

The assessments for paving will be approved at the January term of the County Court. Beside the block paving, there is to be macadam on Westminster avenue—the road running east from the north end of the depot—to Mr. Scudder’s corner.

Charles W. Deering and Cyrus H. McCormick have bought the tract of land adjoining the south line of Lake Forest for $54,900. This property has a frontage of 1,400 feet on the lake and 1,400 feet on the Sheridan Drive, and is directly opposite the twenty-eight-acre piece sold last November to Cyrus Bently for $41,500.

Mrs. Jesse L. Moss entertained a number of young people Monday evening, January 2d, from 7:30 till 11. Before dinner old fashioned games were the order of the evening.

The same evening Mrs. J. B. Durand gave a dinner for her daughters, Misses Helen and Florence Durand, to a select party of Lake Foresters.

Christmas was observed in the usual manner this year at the church Sunday evening. The singing of the children was especially beautiful, and Mr. Gallwey is to be congratulated on his success in training them. Instead of the customary half-box of candy and an orange, an ornamented calendar was given each Sunday School scholar. The exercises were prettily concluded with a Christmas tree.

Perhaps the only general gaiety of vacation was a five o’clock tea given by Mrs. Shirley V. Martin and Miss Bertha Hands, Monday, January 2d. Miss Hands poured chocolate, and Miss Bergen, of Highland Park, officiated at the tea table. Music was furnished by the orchestra, which rendered selections with the power of a full orchestra, and of greater variety. Everyone enjoyed that way of passing an afternoon.

ATHLETICS.

Notice—All those desiring to enter into competition for positions on the base ball team will please hand in their names as soon as possible to Capt. McNary, or the manager.

Harry Goodman,
Mgt. B. B. C.

Active training for the base ball season will begin in the gymnasium January 16.

The athletic committee of the Faculty are negotiating for an athletic instructor in the gymnasium. The plan is to have Mr. Everett come out two afternoons a week to take charge of affairs for the rest of the year. The students, appreciating the worth of Mr. Everett, sincerely trust that the plan may meet with success.

“Northwestern has undoubtedly won the league championship in foot-ball, but her success is largely due to forfeited games, which for various reasons were quite numerous. Until within two weeks of Thanksgiving it was understood that Lake Forest would play here on that date, but we were at last informed that we must play the game at Lake Forest or lose it by forfeit. Knowing that the game between the elevens of the Chicago and Boston Athletic clubs on that day would draw the crowd away from the game at Lake Forest, Manager Ames decided to let that game go, and made arrangements for the Chicago University game here. Why the schedule as originally made out was not conformed to can only be explained by the president and secretary of the league, who evidently thought they had waited until it was too late for us to get any other game for that day, and so we would be forced to play at Lake Forest or not at all.”—Illini, Dec. 13.

It is quite evident that the writer of the above article is totally unacquainted with facts. In the first place, Northwestern did not win a single game by forfeit, but that is of little consequence. In view of the fact that we played the University of Wisconsin the year before at Madison, she was to play a return game in Lake Forest last Thanksgiving day. Campaign taking Madison’s place in the league, the duty of filling the engagement devolved
Manager Ames, it is true, wrote to Manager Crozier, offering (without authority) an equal division of the gate receipts if he would play the game at Champaign. Manager Crozier replied, enclosing a written agreement for Manager Ames to sign, to which he received no reply, and Champaign was notified by the proper officials that she must play the game at Lake Forest. Such conduct on the part of Champaign should be most heartily condemned. They have come into the league evidently with the idea that they are to run affairs, and that they will conform to the official schedules only as it suits their convenience. At the next league meeting they should be severely reprimanded, and a repetition of such conduct ought to be met with expulsion.

FERRY HALL

How we envy the Seniors their class pins!
Who thinks reduced farces with a stop over in Chicago a fine scheme?
Miss Searles spent the holidays with Miss Ripley and Miss Goodwin.
Miss E. J. Smith spent several days with Miss Sara Buell, of Sterling.
Miss May Bailey visited Miss Margaret Conger at her home in Clinton.
Remarks overheard in Miss Hopkins room:
"O girls I can wear double A shoes."
Topics lately discussed: A horse's fur. A baby's paws. Moses' coat of many colors.
Inquiring Sem.—"Do you think there will be any ranks in heaven?" (We trust not.)
Mrs. E. J. Bones, née Ketcham, has gone to Pass Christian where Mr. Bones is sick with sciatica.
We are glad to welcome Miss Norton, of Chicago, who will have charge of the French classes.
Miss Bessie McWilliams spent part of the holidays with Miss Theo Kane, at the latter's home in Chicago.

Misses Creswell, Marshall and Williams spent the holidays with Miss Beatrice Taylor at her home in Princeville, Ill.
The halls are well filled with trunks, and expressions such as this are frequently heard: "O, consarn it all, I've torn my dress."
We regret that Misses Theo Kane and India Wilson are not to return this term, but hope they will be with us in the spring.
Miss Ada Mathes, a former student, has returned and intends completing the course next year. The Misses Stoddard are also with us again.
Are the Sens. indifferent as to whether L. F. U. becomes an undergraduate department of the Chicago University? We have heard no opinions expressed.
The statement in the last STENTOR that Miss Florence Phelps is teaching at Elida was incorrect. Miss Phelps is teaching now in the schools of Independence, Iowa.
The officers of the Aletheian society for the winter term are: President, Miss Marshall; Vice-President, Miss Creswell; Secretary, Miss Gillesland; Treasurer, Miss McKee; Critic, Miss Oberne; Sergeant-at-arms, Miss Heron; Program Committee, Misses Hopkins and Hickok.

ACADEMY.
The statement made recently in the Tribune that I received only restrictions when the Senior class was suspended is entirely false. I received no favors whatsoever, nor did I want them.
E. C. YAGGY.
Prof. E. J. Swift, who was a Cad Prof. five years ago, is in Lake Forest at present.
Paul Ow-slye was seen around town recently. He was once a Cad, as Prof. Mendel will testify.
Smith, Laflin, and Brown are new Cads. They deserve praise for selecting so desirable a school.
It has been announced that the Everett brothers will return within a week. We rejoice and welcome them back.

The society elections have not yet come off. It is getting late, and we must shove them through. Let's get a move on.

Joe Rogers will not return to the Cad this term. Joe was a foot ball man, a Tri Kappa, and a good fellow. We regret his departure.

It is unnecessary to say that the Cads had a glorious vacation. The art of doing a vacation seems to fall into the domain of the Cads. We recognize only one other adept out, namely, the Scm.

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AMONG THE ALUMNI.

J. F. Faris, '92, is now in Chicago.

The Rev. E. P. Hill, '84, is pastor in Freeport, Ill.

A. C. Wenban, '85, was a visitor here on Christmas day.

E. G. Wood, '92, spent the holidays with his parents in Lake Forest.

Mrs. M. McKinney-Bergen, '83, is with her husband in Baltimore, Md.

L. E. Zimmerman, '92, of Waukegan, spent the holidays in Fulton, Iowa.

H. R. Marsh, ex-'95, now at Champaign, spent a few hours here Dec. 23.

The Rev. Paul D. Bergen '80, is this year attending the John Hopkins University.

Sartell Prentice, Jr., '91, will attend McCormick Seminary during the coming term.

Miss Gracia G. Sickles, '90, is now Mrs. A. G. Welch, and makes her home in Elgin, Ill.

J. Z. Johnston, ex-'93, now of McCormick Seminary, spent the first week of the vacation here.

E. S. Cass, ex-'93, now at Amherst, visited his old schoolmates here the last two days of last term.

Miss Loveridge, ex-'93, who has been spending the fall in the Wisconsin pineries, has returned to her home in Waukegan.

J. A. Bloomington, ex-'95, visited his old friends here last Thursday. Bloomington is now attending the Pennsylvania Military College.

H. A. Rumsey, ex-'94, now attending Williams, returned to his home here for the Christmas vacation Thursday after school closed, and remained till last Wednesday.

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LATE NEWS.

Quite a number of our college men attended Willard's Saturday matinee.

From some of the reports it looks as if A's, B's, and C's were dished out indiscriminately for last term's work.

Fraternities are to be represented at the World's Fair. Not more than $3,000 will be expended on their exhibit.

A gay party consisting of sixteen boys and girls and a dozen tin horns enjoyed a merry sleigh-ride Saturday evening.

Frank W. Pine, a well-known Academy student here in past years, visited here last Saturday and Sunday. He is now at Ann Arbor and a classmate of Clarence Church, also well known here.