

FIRST YEAR IN COLLEGE

President Schureman of Cornell Writes For the Intercollegian.

NECESSITY OF EXERCISE.

What is Essential to Make the Life of a Freshman Complete.

I have been asked to address a message to the young men who are just entering the colleges of North America. My first thought is to congratulate you on your opportunity. Not every young man can enter college. The one who does is highly favored. He belongs to the picked men of the community. And the community have a right to expect that he will fill worthily the large place to which he has been called.

The college (and in this article I use the word "college" to embrace the "university" also) exists primarily for the sake of intellectual culture. It is the organ of the higher knowledge as the school is of the lower knowledge, or as the court is of justice, or the pulpit of religion. High culture may, indeed, exist without colleges or universities, as we see in the case of the Athenians of the age of Pericles. But what individuals may accomplish in the earlier and simpler conditions of society is not possible for them in the highly complex organization under which we live and move. The individual is supplemented by the institution, by the corporation. The university and the college are corporations of scholars. They arose in the middle ages, which witnessed the origin of so many institutions of all kinds. They were originally quite analogous to our modern trade unions—the guild of scholars ranking in medieval thought with the guild of carpenters, or the guild of traders. Each had its own special function, as indicated by the name; and the university first, and afterward the college, found itself charged with the things of the intellect. And to this historic mission these institutions have remained true.

The training of the intellect, the acquisition and communication of knowledge, the cultivation of the powers of observation, imagination and reasoning, is the work for the sake of which the college exists. That is its primary business. Yet, important as this end is, there are two or three ends without which it is of little account. Without health, knowledge is useless; without character, knowledge is harmful. Health is the one thing of all others that the Freshman is likely to ignore. If he be of average constitution and vitality he will find little difficulty at first in carrying all the burdens that are put upon him. He easily thinks himself equal to any task. And for the sake of accomplishing what he has set before himself he will sacrifice regular meals, sleep, and recreation. Now the first lesson the Freshman must learn is that he is an immortal spirit who does his work and lives his life in a mortal body. So close indeed is the connection between the physical and the mental that many thinkers regard them as different sides or aspects of the one process. I do not share this view. But I cite it to illustrate the fact of the thorough-going dependence of mind and body. Your body is a mere machine. And like any other machine it needs rest, change, and constant readjustment. For every expenditure of energy there must be a corresponding new supply. Now Nature has her own method for the recuperation of the human body. If you follow it you may have health; if you neglect it you will certainly break down. What, then, are the fundamental laws of hygiene?

First, take your meals regularly, and eat slowly, with the dignity of a human being, not gulping down your food like one of the lower animals. Secondly, don't fail to take daily exercise for an hour or two in the open air. Many Freshmen will feel that they cannot spare the time. I will not call these earnest fellows fools, but I will say they are extremely foolish. For the student's life is an artificial one. He shuts himself indoors; he stoops over a table; he breathes air which is not long fresh and soon becomes foul; he cramps all his limbs by constrained positions; he exhausts his brain, and consequently the whole nervous system, by protracted study. Now a physical organization treated in that way will not last, or, at any rate, will not maintain its efficiency, if it be not daily restored for a time to its natural conditions—to fresh air, to free movement, to release from mental occupation, to converse with nature, and to that healthful condition into which the body is soothed by the unrestricted intercourse of the spirit with congenial spirits. Hence I say, go out for exercise a couple of hours every day. It may be ball-playing, tennis, bicycling, walking, or what not. Don't go alone, however, for in solitude the mind carries on its accustomed operations. Thirdly, take as much sleep as your system needs, which will generally be about eight hours. Physiology confirms Shakespeare's description of sleep as "Sore labor's bath, Balm of hurt minds, great nature's second course, Chief nourisher in life's feast." Nature's rhythmic alteration of motion and rest turns up in us in the form of waking and sleeping. The student specially needs his sleep. At night the bodily machine is exhausted by the cerebral strain of the day. It is said that Gladstone was able to do so much because he slept so much; and I believe it.

The consideration of health leads up to virtue. There is in this world the closest connection between what is expedient and what is right. The Freshman is at college to acquire intellectual culture. But he must, I have said, look out for his health. Health is better than knowledge. But character is the highest of all. And character each of us must make for himself. Your body is a machine; your will is in the image of God. Your will is creative. Character is the creation of free will in and through this bodily organization. The virtues of temperance and chastity would have no existence if we had not bodies. The free will, guided by reason, conscience, and religious instruction, realizes these virtues in keeping the body under. Nor is this all. The Freshman must acquire all the virtues. He must be just and kind and brave and true and generous. He must not follow blindly the society of which he has become a member. And in defying the public opinion of a college, where he thinks it is wrong, he will have scope for the exercise of the highest courage, stand on your own feet. Be a man. Do what is right, whatever others do. Shun irreverence—the besetting sin of young Americans. Don't make light of serious subjects; your a man, not an ape. And reverence is the backbone of character. There can be no strength of moral fibre without it. It is natural for youth to look up and to bow down before what is higher than itself. Respect, then, the law, reverence, fear God. Indeed, the secret of character is, in a single word this: Fear God and keep his commandments.

If you have physical health and moral character, it is worth while, if you have the mental ability, to secure a college education. Here your teachers will be your guides. They may have a prescribed curriculum for you. If so, pursue your studies conscientiously; for even if, abstractly considered, they are not the best for you, they have potency to educate you; for the history of education proves that the essence of education is quite separable from the materials of instruction. If the Freshman has a special bent, he will find opportunity somewhere in the course of even the most conservative college to gratify it. One piece of advice I should, however, like to insist on. The habit of reading good literature is perhaps the best permanent result of a college education. Don't go beyond the Freshman year without acquainting yourself to such reading. It will be a source of abiding delight, inspiration and solace to you.

Is the course elective? Then I advise the Freshman to study at least one ancient language and one modern literature, and such other subjects as he may prefer. Since the world of knowledge embraces Nature, Man and God, the college graduate, if he is to be liberally educated, should have studied scientific, humanistic, and philosophical subjects somewhere in his course. But this comprehensiveness of range does not exclude special devotion to one or the other provinces of knowledge. But let me say in general that your professors and fellow-students will be your best advisers in arranging your course of studies. There are, however, some points in connection with study which I want to consider briefly here.

First, when you study apply yourself with all your might. The power of concentrating your attention exclusively and intensely on the subject in hand is the best disciplinary result of education. It is a power that can be acquired by strenuous and continuous effort; and it must be acquired if studying is to tell. Don't dawdle over your books. If you can't work go out for a walk. Then take up something that interests you; and interest will automatically enlist attention, which by degrees will come more and more under your direct control. One hour of absorbed study—with no wandering of thought—is worth a day of make-believe work. And in after life this power of concentrating your mind upon specific tasks is what will enable you to make a career.

Secondly, students may educate one another. It has long been known that college is the place in all the world for forming friendships. For

the same reason students may have intellectual communion with one another which is highly stimulating and educative. Young men are frank, ingenuous, open, eager to learn, quick to detect sham, and they yearn to discover and to embrace the truth. In all this they can be of incalculable aid to one another. And such joint explorations, such communion of kindred spirits, are an imperishable delight. Let no Freshman, then, live to himself or isolate himself from his fellows. Half the education of a college consists in that which students give to one another.

Thirdly, the Freshman will have growing-pains. The mind will enlarge. Old horizons will move away. The truth as he saw it yesterday will not be the truth as he sees it tomorrow. Knowledge, which increases in the race, grows also, like a living organism, in the mind of the individual. And in this process of development many Freshmen are likely—and more than likely in proportion as they are earnest and thorough-going—to lose their bearings, to see the ancient moorings slipped, and perhaps to find themselves on a shoreless sea without place to anchor or star to steer by. How many a serious, thoughtful student has had this experience! Now to such Freshmen I would say, first of all, that others have been there too. There is solace in companionship. And, in the next place, I would say, hold fast to your intellectual integrity; don't say a thing is so unless you believe it. But, lastly, I would say, if you are persistent, as well as honest, you will work through your doubts and attain firm standing ground, from which you can take a larger survey of the truth—the old as well as the new—and discern that the very meaning of education is a higher adjustment of all truths, and that God is still in His heavens and in His world, though it may be that some of the beliefs with which tradition has started us all, must be recast—if not dissolved—in the light of the physical science, historical scholarship, and philosophical reflection of the closing years of the nineteenth century.

Lastly, however great or rapid your mental growth, don't think you have got beyond the churches or other religious organizations. These exist, not for intellectual training, but for the promotion of righteousness of life and spiritual communion with the unseen Father whose heart has been revealed to us in Jesus Christ. That central fact remains in spite of all your growth in knowledge. And so I say don't fail to go to church at least once on Sunday. Furthermore, I commend the College Christian Association, which will aid you in Bible study, give you religious work to do, and afford you companionship with comrades who stand for what is honest, and true, and of good report.

And so, with this word of encouragement and advice to our earnest Freshman, who is to grow in knowledge, and I trust also in virtue and piety, I bid him God-speed.

Nebraska City, Neb., Oct. 24, 1898.
Dear Mr. Towne:
I have been glad to receive the Nebraskan. I want to keep in touch with my alma mater and know of no better way than by reading your paper.
I have at last found a place that is a little better than the State University.

Sincerely,
A. S. Keith

The will of the late Rowland Hazard, the wealthy woolen manufacturer, has been probated. The principal bequest is one of \$100,000 to Brown university. This sum is not to be paid for three years, and, if the estate should depreciate in value, the executors are empowered to reduce the amount to not less than \$50,000. The will was made in 1896. It is evident, therefore, that the presence of Dr. Andrews as president of the university had no effect on Mr. Hazard's feelings toward the colleges.

The Sophomore class held a meeting last Friday afternoon. President Clinton made a stirring address on the subject of athletics arousing much enthusiasm. The class colors were changed, garnet and gold now being the official badge of naughty one. The whole class promised to be on hand at the Soph-Freshman contest to cheer on their representatives with Zo Ra, Zo Ra, Zo Ra, Zum, Whoop'er up. Nineteen one.

The famous Tenor from Chicago, Mr. George Hamlin, has been secured by Mr. August Hagenow for the next Philharmonic Orchestra. Monday, December 5th, in the Oliver.

Ladies' Capes Jackets Furs and Suits.

MILLER & PAINE.

We give you a very earnest invitation to visit our Cloak and Suit Department. We are showing an assortment in Cloaks, Fur Coats, Lorettes and Suits, which we think surpasses that of all other Lincoln stores combined.



Latest Shades

Up-To-Date...

WE HAVE THE BEST
\$3.00 AND \$3.50
SHOE ON EARTH
WEBSTER & ROGERS
1043 O ST.



THERE MAY BE....

Places as good to trade at as our's, but certainly none better. Suits and Overcoats ready to wear and made to order.

BEST GOODS....

For the least money at

Mayer Bros.

THE NEBRASKAN

Wants your Subscriptions. You can read your neighbors copy or borrow one from the mail box, but you had better get one of your own.

There is something radically wrong with the Alumnus who does not subscribe for the college paper.

It will only cost you

One Dollar

sent to any address.

50 YEARS' EXPERIENCE.

PATENTS

TRADE MARKS, DESIGNS, COPYRIGHTS & C.

Anyone sending a sketch and description may quickly ascertain, free, whether an invention is probably patentable. Communications strictly confidential. Oldest agency for securing patents in America. We have a Washington office. Patents taken through Munn & Co. receive special notice in the

SCIENTIFIC AMERICAN, beautifully illustrated, largest circulation of any scientific journal, weekly, terms \$3.00 a year; \$1.00 six months. Specimen copies and HAND BOOK ON PATENTS sent free. Address

MUNN & CO.,
361 Broadway, New York.