

COLLEGE AND SCHOOL NOTES.

**SOUTH AFRICAN GEOGRAPHY.**— Mr. Willmot is preparing a fourth edition of his *South African Geography*, for which he has obtained, through the Administrator of Bechuanaland, well prepared and concise geographical notes on that country from the pen of Capt. Leverton, C.E. The book is being enlarged and improved. A abstricate geographical manual for South Africa is rendered more desirable from the fact that the Cape of Good Hope University Examiners have determined to make South African geography one of the most prominent and important subjects for Civil Service examinations. *Cape Times.*

**Football.**— The competition for the Grand Challenge Cup will this year begin on Saturday, the 29th May, when two matches are to come off: Diocesan College vs Woolstock, and the South African College vs Villagers. On June 5th the Gardens and Hamilton teams will play.

The matches for the Country Challenge Cup will all be played next quarter. On the 31st of July Wellington plays Malmesbury, and Paarl plays Stellenbosch.

The first match for the Junior Challenge Cup came off on Saturday last between the Diocesan College and South African College teams, and resulted in a victory for the former team by a goal and 2 tries to nil.

**Overworking the Eyes.**

The question whether the eye, or any other of the organs of sense, is capable of improvement in proportion to its use is a very serious one. A great deal of our

conduct in daily life depends on the way we answer it to ourselves. It is probable that the "wearing out" contrasted in the popular saying with "rusting out," is often falsely attributed to the human body, and that perfectly healthy organs are made more efficient by use, provided that such use does not diminish the nutrition of the system; but at the same time injury is certainly experienced in many parts of the body, especially the eye, by working too long hours. The explanation appears to be this, viz. that after the body has been long employed sufficient vigour does not remain in such separate organ to enable it to do its duty; it cannot be called healthy after the general strength is exhausted. Overworking the eyes means working the eyes in an unnatural condition.

In using artificial light, the light should be above the level of the face, so as to allow, as in nature, the brow, the lashes, and the iris, to shelter the pupil, and thereby the expansion of the optic nerve, from the direct rays. Neglect of this precaution is two-fold injurious: first, the influx of such rays, long continued, tends to exhaust the normal sensibility of retina; and secondly, by eclipsing the brilliancy of the rays reflected from the object, so that the light must be increased to a degree otherwise superfluous, dazzling and pernicious. *Things Not Generally Known*

**NOTICE!**

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**THE CADET CORPS.**

There can be no doubt that the Cadet Corps does not at present receive the support that it deserves from our students. The number on the roll for the current quarter is 114, which is very small, when we compare it with the number of students at Stellenbosch who are in a position to join the Corps. We venture to say that the S.O.C. Corps can easily become the strongest in the Colony. Without any trouble we could keep up our strength to 160 or 180 at least, and have a Commanding Officer with the rank of Major, and three companies under him. Moreover no other Cadet Corps would be able to show such a smart company of men, as regards physique. Are there not a great many fellows, who join in no sport of any kind, and simply rife about the streets, or stand on the steps of the boarding-houses after College hours. Why not rather join the Corps? The College itself is at present very badly represented in the ranks, as regards numbers. The Theological Seminary may be better represented. We feel sure that Theological students can be members of the Corps during the first and second years of their course at least, without any detriment to themselves in the way of losing time. Those who are members can testify to the truth of this statement.

It is nonsense to suppose that the drills take up much time. Much more time is devoted to football, cricket and tennis. As a rule there are two drills a

week, each of one hour's duration, and the time for these drills is always fixed as late as possible in the afternoon, so as not to interfere with study hours. Generally drills are held during the hour that everybody takes exercise of some kind. Special drills are few and far between. Whereas football, cricket and tennis games all demand more than an hour for ordinary practice, and the two first take up several Saturdays during a year.

For example let us take football. What an amount of time is given to it at Stellenbosch! When a match is to be played on the new field at 4.15 p.m., the players have to begin to dress at about 3.45, and reach home at six,— 2 hours and 45 minutes having been thus spent. And this is not all; after supper, besides being unfit for work from over-exhaustion, arms and legs have to be rubbed and doctored &c.; and we fear that it is quite eight or nine o'clock before a book is opened, with what result may be imagined. We do not run down football; we have made the comparison for the sake of argument.

The beneficial results of drill are many. A few only need be mentioned. At drill the youth learns to render implicit obedience to his super-