Sub-Middle History
there is no reason why six times these numbers should not reach these ages. Much of comfort in middle life and old age depends upon early training and feeding. I refer here particularly to school life, and as neither body nor mind should be forced while the intellectual faculties are being trained, the bodily requirements should be attended to as well as the intellectual and spiritual needs.

SUB-MIDDLE HISTORY.

By J. H. Brooks.

After spending the summer at their homes in different parts of the United States and abroad, the members of the Sub-Middle Class returned to Howard University for the purpose of engaging in the work of the second year. It was indeed a source of inspiration to note that each member entered upon his work with a determination to improve upon the record of the preceding year.

As many were desirous of gaining further development in literary, oratorical and forensic training, the first efforts were directed toward the organizing of the class. Officers were elected and committees appointed.

The class, under the leadership of Mr. J. A. Welch, then began their march on a journey of one semester through the Academy. On Friday afternoon of each week a program consisting of orations, declamations and debates was rendered.

Mr. J. A. Welch, because of his loyalty and ability in the preceding administration, was re-elected leader for the second semester.

The class, now thoroughly equipped in arms, set out to cover the remaining distance. Realizing their growth in both mental and physical power, many became determined to put their training into practice. The first opportunity was presented when challenges were received from both the Junior and
Middle Classes for two games of baseball. These were readily accepted, and through the skill of Messrs. Waters, McMillan, Lane and Donaldson the opposing teams were thrown into confusion, giving a complete supremacy to the Sub-Middlers.

 Shortly thereafter the class received a call for two members to compete in the oratorical contest against six other members of the Department for two prizes in gold. Without any hesitation whatever the class responded, sending Messrs. David A. Blake and George E. Hall. These young men fulfilled their calling manfully. By his intelligent interpretation and easy delivery, Mr. George E. Hall won the second prize.

 The victories won by the basket-ball team are greatly due to the art and activity of Messrs. Lafayette, Stratton and Valentine, and we expect them to take prizes in the relays on May 14, 1910.

THE JUNIOR CLASS.

By J. H. Mosley.

The Junior Class of the Academy of Howard University, during the scholastic year 1909-'10, numbered more than one hundred students. After a few weeks passed and we became acquainted with our different professors and each other, a meeting was called for the organization of the class. Mr. C. B. Howard was elected president and Mr. A. W. Sample vice-president. Their term having expired on the 1st of February, Mr. W. T. Grinnage was elected president, and Mr. J. H. Mosley vice-president. During the year the class was favored with an address on "How to Study and to Divide Your Time," by Dean G. W. Cummings, and on "The Value of Organization" by Prof. E. P. Davis. The class in history was also very interestingly entertained with a stereoptican lecture on "The Manners and Customs of the Ancient Peoples" by J. H. Mosley. Through the aid of Prof. W. Dyson we were favored with a very interesting and instructive address by a friend of his who