

Sayings of the Week.

The Eternal Feminine.

A WOMAN'S hands and heart were quicker unto good than a man's. Nearly every voluntary association in the Dominion aiming at the reduction of human waste and want was kept alive by the effort or the interest of the women giving a stimulus to the new ideals of the State which reflected itself at the polls.—*Hon. Dr. Findlay.*

Not One Incomprehensible.

Personally, he had unlimited faith in the capacity of that remarkable figure called the British Constitution, which was not one incomprehensible, but many incomprehensibles, born nobody precisely knew when or how, and consisting of what no man precisely knows.—*Sir Joseph Ward.*

Will They Fire the Gun?

Under the Constitution the House of Lords was a weapon—a great gun if one liked to so term it—which could be pointed only against Liberal measures, and was in the hands of the Conservative party. Will they fire the gun or not? They are debating in their own minds what will happen if they do fire the gun. Will they destroy the Budget or will the recoil be more injurious to themselves?—*Sir Edward Grey.*

Behind the Government.

Never before in the history of the Dominion had a firmer grasp been exercised by the Administration on the finances or a keener scrutiny kept of expenditure, This was causing considerable unpopular-

ty to individual enterprise, if it relaxes the moral fibre of the man by reducing effort, thrift and fore-thought, is fatal to social progress. It is the chief concern of the State to protect itself against the abled-bodied sponger. This is better effected by hardship than by indulgence. Let us get rid of cant in this matter, and admit that the appropriate treatment of some claimants upon State aid is not so much a helping hand as a vigorous kick from behind.—*Hon. Dr. Findlay.*

Hospital Nurses.

Very few people knew how strenuous the life of a hospital nurse was, how hard and arduous her work must be. He had always been struck with the patient kindness, the strict attention to duty, and the absence of self-consideration shown by the nurses; and, in addition to that, they had had always words of sympathy and comfort for the suffering.—*Mr Walter Shrimpton, chairman Napier Hospital Trustees.*

State-owned Cables.

He disliked anything that might be unfair to cable owners, but it was most regrettable that the people of the great growing overseas dominions should be kept in a position of isolation through inability to use cables which were so much unoccupied. He strongly favoured State-owned cables between the Motherland and her dominions, and was hopeful that the existing conditions would not last much longer.—*Sir Joseph Ward.*

A Passing Prejudice.

In years gone by there had been a prejudice against going into hospitals—it

navy which would bear fair comparison with the standard of the British navy, so that, when the time came for union, her ships might be found capable of taking their fair share in the burdens which might be thrown upon Australia as an integral portion of the Empire. They in Australia claimed that blood was thicker than water, and realised that the Empire consisted of one people and one flag, and that there was one destiny for them all.—*Colonel Foxton.*

The Tie of Honour.

It was true that blood was thicker than water, yet in another sense there was something that was thicker than blood. The tie of honour was even greater and stronger. He hoped that as time went on it would be more and more realised that it was not the tie of blood which held them together, but the tie of community of interest, of justice, of fair play and equality. When they saw the wonderful naval display at Spithead they did not forget that in the last resort it was not machinery or honour or cold steel which told in a struggle, but nerve.—*General Smuts, Transvaal Colonial Secretary.*

Emerald Pastures.

Everywhere tables had been groaning with delicacies, until he was beginning to groan with delicacies himself. However, he and his fellow envoy were about to be exported on Monday, and if they had not gained much in knowledge they had gained considerably in weight. Something had been said about a scarcity of money in New Zealand. He did not know whether there was also a scarcity in the food supply. If so, he thought he could account for it by the voracity of two unproductive inhabitants who had been shepherded in the emerald pastures of New Zealand during the past month.—*Sir Charles Lucas.*

Wool and Greenstones.

Wool was supposed to be one of the staple products of New Zealand, but he and Mr. Pearson had not been wool-gathering. They had come to the Dominion like two greenstones—very green and transparent—but during their efforts to become acquainted with this country and

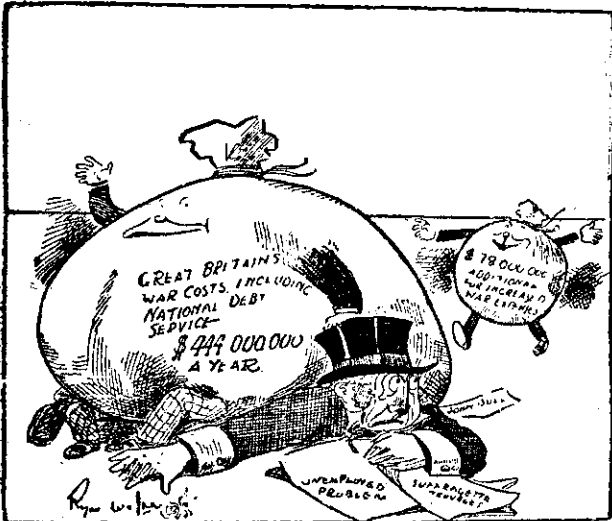
its hospitable people they had reflected on the stone from which they were hewn and had come to realise that it was synonymous with the source from which their own stock had sprung.—*Sir Charles Lucas.*

USE OF STIMULANTS

A stimulant can do no more than draw on the reserves; it borrows for one hour what must be paid back the next hour. No horse owner will believe that whips and spurs can be substituted for oats and hay! And so it is with men and women; no amount of stimulants can take the place of good food, well digested. When appetite and digestion break down and you feel weak, nervous, prostrated, you need Mother Seigel's Syrup, the remedy that cures. It does not spur you up, and let you down afterwards but it restores the lost power to your stomach, liver and kidneys, so that you can digest your food and get from it the substantial nourishment that Nature intended you to have.

"Ten years ago I was suffering greatly from indigestion. My stomach was deranged, and my bowels constipated. My liver was sluggish, and I was constantly falling asleep at my work, in a shop where the machinery made a great noise. I was nervous as I could be, my whole frame trembled; I went home irritable, but got no real sleep in the night, and rose in the mornings feeling worse than ever. I was strongly advised to take Mother Seigel's Syrup, and I did so, and after taking a couple of bottles there was a great change in my health. I continued taking the Syrup, and after using a few bottles more all the indigestion left me. I still remain free from the troubles, and now I can eat, work and sleep, as well as any man."—*Thomas Williams, 32, Rosehill-street, Redfern, N.S.W.*

Mother Seigel's Syrup is a purely herbal medicine that exerts a tonic, curative effect on stomach, liver and bowels. Taken daily after meals, it aids digestion, makes food nourish you, and thus ensures the vigour and buoyancy of health.



John Bull: "I'll bet a pound note that so something else is going to land on me."

ity in some districts, and threats of dire consequences had been held out, but he felt sure there was behind the Government a quiet, solid, appreciative public, who watched carefully, and who, when the right time came, would show that they valued what was being done and realised the difficulties of the Government's work and its painful nature.—*Hon. T. Mackenzie.*

Our Lady of the Snows.

Canada could now at once put 50,000 into the field, and another 50,000 in a few weeks. Canada was going to do her duty with regard to a navy, for which she was beginning to lay the foundation. In case of trouble she would join in helping to maintain the Empire. She would give all the money she could get, and would help with men to man the fleet.—*Sir F. Borden.*

State Help.

State help that is not met at least half-way by a true spirit of self-help is worse than useless—it is pernicious. It breeds the social parasite, who, leaning more and more on State assistance, comes at last to have no energy of his own in anything except his appetite. Such assistance, if it removes the proper spur

seemed like going to gaol or to the scaffold. That prejudice had passed away—in fact, there was now a tendency to go to extremes in the other direction. Many people now went to the hospitals who could well afford to be treated in their own comfortable homes. He thought the regulations of every hospital should stringently provide for the payment of full fees by such patients.—*Hon. G. Fowlds.*

Painless Dentistry.

I was reminded the other day by a courteous newspaper critic that taxation was not a pleasant subject for a public platform. I admit it. Dental operations, even though absolutely necessary for bodily health, can scarcely be discussed before the patient with much entertainment. As regards taxation, we are all patients. The extraction is almost painless through the Customs, but direct taxation hurts us like the very devil. The bigger the corpus, the louder the cry.—*Hon. Dr. Findlay.*

Blood Thicker Than Water.

Australia was prepared to fall in line with the suggestions which might be made by the Imperial authorities. Australia hoped to maintain a standard in her

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In these days of sharp competition everyone who works should be keyed up to the highest pitch of efficiency. The rewards of business life go to the clearest thinkers, to the men and women who know and do things better than other people.

But who can do his best work when the health is impaired, when the appetite fails to demand the food necessary to sustain the body, when strength is lacking and ambition gone? Surely the part of wisdom is to begin at once to build up the body to its normal condition, and this may be done more certainly by the use of

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than any other medicine. It checks hacking coughs, sharpens the appetite, aids digestion, enriches the blood, restores flesh to the emaciated, and renews health and vigor. It is so agreeable to taste that its regular use is a pleasure. Get it at your chemists and be sure you get STEARNS'—the genuine.