

tans, teetotallers. Those peoples went down, the one before the moderate-drinking Thebans, the other before the moderate-drinking Romans. The Greeks had their class called Stoics, who wanted to thwart and penalise every natural feeling and aspiration and appetite; our Stoics are the teetotallers.

"I do not, however, deny that teetotalism in the British Empire is legitimate enough, as an inseparable concomitant of Imperialism. I am convinced that teetotalism, or some other form of the Puritan passion for brow-beating Nature, must be allowed for in any form of Imperialism. But what I absolutely deny is that modern science has disproved the value of alcohol.

"Now, as to statistics, how can any teetotaler account for the fact that of all nations of Europe the French have the best chance of longevity after the age of 45, although not 1 per cent. are total abstainers? No Frenchman, so far as I ever heard, ever touches water neat. The same thing can be said to a great extent of the German.

"The moderate drinker in England, confronted with a noisy, puritanical teetotalism, is almost afraid to admit that he drinks at all; he is ashamed of the fact. This leads to hypocritical acquiescence in doctrine which is really hateful. Puritanism is a compound of unreasonableness, hypocrisy, wrong-headedness, and the suppression of all that is most pleasing in life. Our body needs stimulation, exhilaration, just as our mind needs it. Far better commence a crusade against the terrible abuse of spices in the English cuisine. This would be far more conducive to the public health than all this talk against drinking in moderation. More people die of bad cookery and the improper choice of food than were ever slain by the abuse of alcohol. Nothing is more beneficial to the human body than the gentle stimulation, the soothing, pleasing effects of good liquor used in moderation.

"The teetotal nations have been failures, have been utterly smashed and spoiled by the moderate drinkers. This is the phenomenon which history presents to the student; it cannot be ignored. But what is the use of arguing with militant Puritanism? Take away wine, make all men sober, and drink no more;

Puritanism would pounce on the fearful scourge of pepper or some other condiment. Puritanism attacks smoking, drinking, dancing, the theatre, amusements; it denies all Nature's unwritten laws. In England to-day it is considered not quite the thing to praise even the host's choicest wine. To say at table, 'Ah, excellent wine!' is to produce embarrassment all round. It is no longer a delicate compliment paid to the host's taste; there may be teetotallers present; hence silence must be maintained.

"The puritanical itch to suppress something natural cheated whole generations of English people out of the pleasures of Shakespeare's works—the Covenanters, Ireton, Prynne, and their precious crew condemned everything outside the Old Testament as sinful. Sir Victor Horsley, I fear, is simply old Prynne over again. Prynne grounded his beliefs and tyrannies on theology; Sir Victor on physiology. The Liberal party with its goody-goody, peace-loving-at-any-price policy, will not, in its perversity, see what is ahead of this nation—that inevitable conflict with Germany; it is a party animated by the spirit of Fox, Penn, Wesley, and Whitfield, each of whom bequeathed to his time and posterity a fresh puritanical shiver. The Quakers, the Shakers, and the like have provided shivers, and now it is the teetotal shiver.

"I find the 'temperance' drinks most deleterious in their effects; coffee and tea are infinitely worse in their effects on my organism than alcohol; I believe they are so on most organisms. Neither Sir Victor Horsley nor anybody else can decide the question as to what is best for this or that person; he must find it out himself. I cannot endure alcohol as a beverage; it agrees well with many.

"History in the Court of Humanity must be recognised as the senior counsel, and physiology as the junior counsel; then those whose passion for 'shoe-kingitis' runs away with their reason will be better understood, and the facts of historical evidence duly appreciated."

BEER DRINKING AND DRINKERS.

Since the days of the Tudors, beer, good and very often bad, has never gone out of fashion as the standard liquor of Britain. The influence of Puritanism—which clipped off the noses of some saints,

which caused the fine arts to hide themselves in dark cellars, and the names and glories of the Globe and the Fortuna to be almost forgotten, and which sent the sprightly Coranto, the Saraband, and the Gavotte flying across the Channel—never had power sufficient to banish the "black jack" from the table of the then suffering Briton. The Lord Protector himself was an open ale-drinker. "Good, singing beer," as different from the sweet, sickly forms of mead of an earlier date, began to be universally popular throughout the length and breadth of Europe during the days of Wallenstein, Tully, the Piccolomini, and their comrades or enemies; indeed, there was always something of military sentiment about this taste for beer-drinking. Our dandy Guardsman, even at the beginning of the present century, although he could rough it on a fowl and a bottle of champagne, would have nothing to do with the foaming pewter. Powder patches and macaroni bucks of the Byron epoch left beer to the "masses." The fashion for ale-drinking, although Trumpington and Adruitt still flourished at the seat of learning, never became really popular among the better-to-do until it was exported from our Indian Empire. Wealthy nabobs, returning to spend their declining years in Hanover-square red-bricked, narrow-windowed mansions, brought back with them their taste for East India pale ale. The liquor, which was once on'y drunk by the Anglo-Indian, soon became the drink of the Anglian pure and simple. To the lower middle-class, also, there was a smack of "quality" about this pale ale drinking which helped to make it peculiarly attractive. In some of the earlier Dickens' sketches a naughty young cousin is assumed to be aiming at the reputation of a man about town, from the fact that he is given to drinking "pale ale." Within the last few years, however, the gentility of "bitter" has somewhat waned before his rival lager. There is a foreign air about this lager-drinking, a look of the citizen of the world about it, which is highly attractive to the youth of the middle class. It smacks of cheap tours on the Continent. With a glass mug of it before him, and an indifferent Havana between his teeth, the humbler apostle of swiftdom recalls the glories of the "Biergarten"—its officers with swords stuck between their skirts; its band playing, in smart time but brassy tones, the latest of Strauss or Kela Bela. Yet we, on the other hand, have no right to be angry with our continental neighbour for having foisted his new beer trade upon us. There is hardly a decent cafe in a capital town in Europe where "Scots whisky"—good, although 10 or 15 years ago 75 centimes a petit verre was by no means thought to be exorbitant. As to English,

Irish, and Scotch bottled beer, the corks can be heard popping from the Bucharés: boulevard to the Winter Gardens at Moskowa. English beer and English drinks can more than hold their own on the Continent. With regard to beer-drinking, there is no doubt whatever that its popularity among the well-to-do classes has decidedly increased, rather than decreased. To drink beer is certainly not vulgar. We live in an age when many members of the highest classes openly boast that they ride second-class, because there does not happen to be a third. Good beer is better than cheap claret, infinitely better than bad claret. Again, the old tradition about beer being invariably bile-making has altogether exploded. The man who takes plenty of smart exercise never need fear, any more than his ancestors did, whether Cavalier or Roundhead, the terrors of the "Black Jack."—"The Australian Brewers' Journal."

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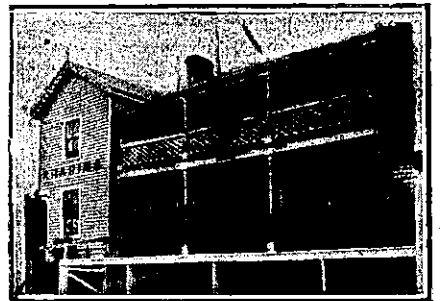
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A CONVERSATION.

Q. I have been feeling very poorly lately, and have just been told by my doctor that I am suffering from uric poisoning. I shall be glad if you will tell me just what uric poisoning means. Is it a serious matter?

A. Uric poisoning is caused by the retention in the blood of various substances which should leave the body in solution. The retention of these substances is due to a diseased or inactive condition of the kidneys. When the kidneys are working perfectly, they filter and extract from the blood of the average individual about three pints of urine every day. In this quantity of urine should be dissolved various waste material produced by the wear and tear of the tissues of the body. This is dead matter, and its presence in the blood is poisonous. The three pints of normal urine should contain about ten grains in weight of uric acid, an ounce of urea, together with other animal and mineral matter varying from a third of an ounce to nearly an ounce.

Q. Then I am to understand that the substances you mention when not eliminated from the body in the natural manner constitute what is known as uric poisoning. What are the usual symptoms by which the presence of these poisons is manifest?

A. Now you are asking rather a large question. Many complaints which are commonly called diseases are not actually diseases in themselves. For instance, Rheumatism, Gout, Neuralgia, Lumbago, Sciatica, Gravel, Stone, and Bladder Troubles are all caused by uric poisons. Indigestion, Anaemia, Persistent Headache, and General Debility are often solely due to the same cause. In fact, if the kidneys are doing their work freely and thoroughly, none of the complaints mentioned could trouble us as the causative poisons would be absent.

Q. I had no idea that so much depended upon the efficient action of the kidneys. I suppose that when anyone is suffering from Rheumatism, Gout, Neuralgia, Sciatica, Gravel, Stone, Bladder Troubles, Anaemia, Debility, Persistent Headache, or Indigestion the scientific method of effecting a cure would be to directly treat the patient for the kidneys?

A. Exactly. In fact, that is the only way in which a radical and permanent cure can be effected. The kidneys must be restored to health and activity, so that they may be enabled to remove the daily production of poisons in the body, or the patient must continue to suffer.

Q. I have always been under the impression that the liver had a great deal to do with the maintenance of our general health, but it seems that the kidneys are the chief cause of most of the disorders from which we suffer?

A. The work done by the liver is of the utmost importance and is closely associated with the work done by the kidneys. Indeed, when anything is the matter with the liver the kidneys are almost always directly affected, and the contrary is likewise true. In the liver various substances are actually made from the blood. Two or three pounds of bile are thus made every day. The liver takes sugar from the blood, converts it into another form, and stores it up so as to be able again to supply it to the blood, gradually, as the latter requires enrichment. The liver changes uric acid, which is insoluble, into urea, which is completely soluble, and the liver also deals with the blood corpuscles which have lived their life and are useful no longer.

Q. As the functions of the kidneys and liver are so intimately related, I gather that if there is reason to suspect that either organ is not doing its work efficiently, a curative agent should be employed which would act equally upon the kidneys and liver?

A. Yes, that is the case, and it was the realization of this important fact which led to the discovery of that invaluable medicine Warner's Safe Cure. About thirty years ago, certain medical men, knowing that if they could find a medicine which would beneficially affect alike the kidneys and liver, they could control most of the common disorders, devoted themselves to the search for such a remedy. After many disappointments, their efforts were rewarded, and a medicine now known as Warner's Safe Cure was proved to possess the required properties in the fullest degree. Warner's Safe Cure has a marvellously stimulating and healing effect upon both the kidneys and liver, and by restoring those vital organs to health and activity, it necessarily cures all disorders due to the retention in the blood of urinary and biliary poisons, such as

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|-------------------|------------------------|-------------------------|
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| GOUT | ANAEMIA | STONE |
| NEURALGIA | INDIGESTION | BLADDER TROUBLES |
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