

# The White Ribbon

FOR GOD AND HOME AND HUMANITY

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## THE WHITE RIBBON.

EDITOR ... MRS SHEPPARD  
ASSOCIATE EDITOR ... MISS L. M. SMITH  
TREASURER AND BUSINESS MANAGER:  
MRS W. S. SMITH, 201, Hereford-street, Christ-  
church  
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And above mentioned Officers.

### Our Conditions of Membership.

It seems to be necessary from time to time to remind our members of the catholicity of the W.C.T.U.

Intensity of purpose seems to have an almost fatal fatality for allying itself with narrowness of thought. While we welcome and admire zeal we must strenuously resist narrowness, lest we lapse into bigotry and create greater evils than those we are banded together to overcome. In this colony we have seen attempts made to create new tests of membership in the W.C.T.U. Several years ago an attempt was made to impose a declaration of religious belief. Later we hear of the objection being taken to the election to office of a lady, who, though a total abstainer, frankly admitted her inability to endorse the plan of prohibition. In view of these attempts, and in the hope of preventing misunderstanding in the future, we reprint the following statement of the conditions of membership, contained in the leading article of the "Union Signal" of Dec. 5, 1895.

*To sign the total abstinence pledge and pay the annual fee are the sole condition of membership in the Women's Christian Temperance Union.*

## The Boston Protest.

We have always looked on Boston as the Athens of America. It is therefore somewhat of a shock to read that the Boston W.C.T.U., in a spirit of narrowness and bigotry unworthy of a city that claims to be the centre of the culture and learning of the Great Republic, protested against the friendly attitude adopted by Miss Willard and others towards Roman Catholic temperance workers at the National Convention in Baltimore. Surely if there is to be any tolerance for religious opinion on this earth it should be found among the descendants of those who founded the City of Boston, because they were denied that tolerance in their old home. And surely if there is to be any joining of hands for the overthrow of King Alcohol it should be found in the city whose founders were in the forefront of a federation for the overthrowing of a political tyranny much less harmful and hateful. Fortunately our chief was equal to the occasion. After giving a short history of the fraternal relations between the W.C.T.U. and our Roman Catholic brethren and sisters, Miss Willard reminded the Boston Union that "the W.C.T.U. is not a church; it is a Temperance Union; it has no creed, but a declaration of principles. Among its rally cries are these: 'No sectarianism in religion, no sectionalism in politics, no sex in citizenship.'" In conclusion, she says: "If Catholic or Protestant, Jew or Gentile will come to us as fraternal message-bearers or as working allies upon this sacred platform, let us not only clasp their friendly hands, but go more than half way to welcome them to the broad outlook and blessed fellowship of a Union that has the home for its centre, harmony for its watchword, and the happiness of all for its heaven-appointed goal."

## Some Notable Women.

By K. W. S.

(Continued from February.)

### MRS. HANNAH WHITEHALL SMITH

Is an old privileged member of the W.C.T.U. One can read in her face great decision of character, and strength of will, which characteristics are happily blended with refinement and kindness of nature. She thinks quickly, and acts promptly, and is constantly engaged in some branch of temperance work. She belongs to the Society of Friends, and while she is essentially a woman of "Peace," she is ever ready to do battle for wronged humanity.

### MRS EVA McLAREN

has done splendid work in the W.C.T.U., and out of it. She also belongs to the Society of Friends, and like her fellow-worker, Mrs H. W. Smith, she wages a holy war against selfishness in its various phases. Mrs McLaren works earnestly for measures which affect women—whether socially or industrially—and makes a strong point of Women's Suffrage. She is slight in figure, and is not very robust, but her intellect is strong, and she is essentially a practical worker.

On the platform she is clear, simple, and unaffected, and is invariably received with enthusiasm. She has lately been appointed corresponding Secretary of the Women's International Council, and is anxious that, among other countries, New Zealand should form a National Council, with local Councils in each centre, for the purpose of federating the various women's societies throughout the country.

As the Christchurch Women's Institute has already inaugurated the federation idea, a N.Z. Women's National Council will, I trust, soon be established, and will affiliate with the "International" thus forming a world-wide circle of sympathy and mutual help.

Among the names of noble women who have come prominently before the public recently is that of

### MRS. ORMISTON CHANT.

The part she played in giving evidence during the "Empire" enquiry is now a matter of history, and by her action she has won the esteem and admiration of all true lovers of social purity. Mrs. Chant is quite at home in addressing an audience. She chooses her words carefully and has a great command of language. Her voice is exceedingly musical, and has a true ring in it, and she is always listened to with pleasure. She is one of the two hundred women who took services in the London churches on "Temperance Sunday" in

June last. Her pen as well as her voice has long been used in the service of humanity, and we are all glad to claim her as one of our brave and true fellow-workers.

In connection with the Women's Franchise movement in England the name of

### MRS. MILLICENT GARRETT FAWCETT

first suggests itself. I had the pleasure of making her acquaintance shortly after my arrival in London, and admired her in many ways. She is both able and cultured, and her wit is keen, especially when she is combating some of the so-called arguments against Women's Suffrage. She is a brilliant platform speaker, and is both logical and forcible, but not in the least emotional, appealing almost altogether to the heads rather than the hearts of her hearers. To my mind she does not go far enough in her demands for the suffrage, as she only asks it for widows and spinsters and for wives who have property in their own name. This is practically a "property" suffrage. And yet Mrs. Fawcett is a good friend to the women who toil for their daily bread, and has fought their battles on many occasions. She is careful to keep in touch with friends of Women's Suffrage in the House of Commons, and watches everything connected with the subject with deep interest.

Closely associated with Mrs. Fawcett in Suffrage work is

### MISS HELEN BLACKBURN,

Hon. Sec. to the Central Suffrage Committee, and editor of the "Englishwoman's Review." To know Miss Blackburn is to love her. She is an intellectual woman, but her warm-heartedness impresses one first and all, the other characteristics come afterwards. She is an enthusiast in her work, which is varied, as the "Englishwoman's Review" will testify. In that journal she collects the principal facts and figures connected with women's work, whether professional, educational, or incidental, and she does not confine herself to England, but looks on the world as her parish. She also publishes a "Women's Suffrage Almanac" annually, which is full of the most useful information for suffragists. Miss Blackburn is a lover of art, and when I saw her first in London she had collected a number of old historic pictures and engravings of the world's best women and had them "on view" at her committee rooms. She is a true-hearted, clever woman, naturally retiring, and somewhat diffident as to her talents—which are many. She has the altruistic spirit, and is constantly at work for others.



## MISS GERTRUDE STEWART,

Secretary of the Women's Suffrage Society, is another indefatigable worker for the enfranchisement of women. She is young and enthusiastic, and has a very charming personality. I have been given to understand that numbers of gentlemen have been converted to Women's Suffrage through her agency, and, if this is so, she should be looked on as a very valuable ally, and doubtless she is,

"As she goes all hearts do duty,"

and as the said "hearts" are usually followed by the heads of their owners, their allegiance is quicker gained.

Miss Stewart is capable and business-like as well as charming, and her pen does good work. She has the ardour and hopefulness of youth, and it is all needed in Conservative England. May she continue to hold office until the object of the Society is gained, and may that day come soon!

(To be continued).

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## Book Notices.

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### A BOOK FOR TO-DAY.

#### THE HUMAN ELEMENT IN SEX:

Being a medical inquiry into the relations of sexual physiology to Christian Morality. By Dr. Elizabeth Blackwell.

"To know  
That which before us lies in daily life  
Is the Prime Wisdom."—

#### PARADISE LOST.

In a reverential spirit does the author of the little volume before me treat of her delicate theme. The book is written from the "standpoint of the Christian Physiologist," who believes that the "Supreme Authority is beneficent as well as powerful," and who consequently "seeks to find out the laws and methods of action by means of which human function may accomplish its highest use." But this task, the writer points out in her introduction, can only be carried out gradually. "Ultimate function is not revealed by structure, nor ultimate use by function;" "function" being defined as "the arrangement by means of which the independent life of the sentient being is carried on and maintained," and "developed function or use" as including the growth and improvement of the individual in relation to his fellows, and to existence outside his own personality. "It is a special work of the rational physiologist to discover the higher uses of our varied human faculties."

"We only see at present the beginning of this great work of applied physiology in enabling us to comprehend the full effects of food, air, exercise, climate, &c., upon human character. We possess only vague knowledge of the great facts of the hereditary transmission of diseased or healthy qualities or tendencies. We only faintly realise the transforming power of habit or mind in healthy growth and in morbid degeneration." "The union between the physical, moral, and intellectual elements of our nature can not be dissolved during lifetime." "The greatest present obstacle to progress is the ignorance of parents, and above all, of mothers, of many facts of physiology, and particularly of the fact of sexual physiology."

In chapter i., The Distinctive Character of Human Sex, Dr. Blackwell points out a fact not generally recognised, viz.—that in the human race the mind tends to rule the body, and "that sex in the human being is even more a mental passion than a physical instinct" Oblivion of this fact "blinds us to the imperative necessity of giving human education to this part of our nature," while from its very complexity it requires the widest range of knowledge for its healthy guidance. "The general structural resemblances between man and the lower animals affords no guidance to the education of this human faculty, for the differences between man and the lower animals are radically greater than the resemblances between them." Self-consciousness is pointed out as the most evident form of difference; and this self-consciousness is never entirely extinguished in the most corrupt man or woman. "The growing power of the mental element over sex in all the higher races of mankind is demonstrated by the ennobling friendships between men and women which increasingly brighten life in our own Anglo-Saxon civilization." In the affianced couple this mental or moral predominance is still remarkable. "The consciousness of spiritual attraction will sustain and guard through long waiting for more complete union." "It is the mental element dominating the physical impulse in man for evil which produces that monstrous creation . . . which is seen only in the man or woman abusing the creative power of sex."

Dealing with "Equivalent Functions in the Male and Female," our author exposes the fallacy of the supposition that the sexual passion is stronger in the male, and points out that Nature has made due provision for healthy independent life in each individual. Wise self-restraint and human advancement are shown to go hand in hand. This second chapter closes with the oft-repeated wish that parents and especially mothers were better acquainted with the laws of physiology,

that they might be able to guard and instruct their offspring.

In the following pages mention is made of solitary vice and its attendant mental and physical ills, and mothers are again urged to exercise a kind and watchful care over the little ones committed to their charge. Bad habits are frequently innocently acquired. "There is grave reason also for believing that transmitted sensuality may blight innocent offspring."

Chapter IV. deals with what is ordinarily known as the social evil. This sin is defined as the "attempt to divorce the moral and physical elements of human nature and to ignore the inseparable results of joint action." "Physiology condemns the vice by showing physical arrangements which support the moral law." "We thus see by the light of sound physiology and the advanced thought of the nineteenth century the profound insight of the founders of Christianity, who denounced in one equal and awful condemnation the whoremonger and the whore."

The evolutionary nature of the human race is set forth in the chapter on the Development of the Idea of Chastity, "It is the physiologist's part to show how the two great forces of Habit and Heredity are the powerful physiological factors in the growth or degeneracy of the human race. In these two great facts, viz., the ability to form habits and the power of transmitting the tendencies produced by habits, the mind and body are inseparably blended, and through them a nation becomes chaste or unchaste." "Chastity is the government of the sexual instinct by the higher reason or wisdom." The chapter closes with an appeal to the Christian physician—1st. To disseminate these vital truths that thereby they may promote the elevation of the race. 2nd. To develop and support in his patients that power of will and that mental purity which alone can wisely govern the human sexual nature; and 3rd. To cherish and respect the personal modesty of patients, both rich and poor. "In all those points, where the physical health of a nation is inseparably connected with its moral health, they (physicians) are more responsible than any other class of the community for the moral condition of their country."

With regard to such measures as the C.D. Act no uncertain note is sounded.

The whole trend of the little work is to set forth the idea that man is intended to be a co-worker with God in the creation and development of a chaste and perfect race.

#### A BOER'S GRACE.

Some have meat and cannot eat,  
And some could eat but have not meat,  
But I have meat and I can eat.  
May God be thanked.

## Poetry.

### Motherhood.\*

"In this sign shalt thou conquer!" Motherhood!  
Which from the primal, fitful, straggling track  
Of man's scarce-noticed onward path, has ever  
Pointed upwards . . . . .

She sees how Nature

Has been set aside—Nature, who reckons  
Not with those who break her laws, but straight sends  
Chastisement—Nature, who through the symbol  
Clear of parentage, gave ever equal rule  
To women and to men, one furnishing  
What other lacked; so should joint counsel ever  
Perfect prove. All this, and more, doth woman  
Daily see, and seeing, longs to work with  
Head and heart, and inspiration from within;  
Longs to take active share as Mother, there  
Where Mothers' voices should be heard. . . . . For her  
Her dearest "Property," must ever be  
Her sons and daughters, those incarnate rays  
Of the great Spirit, whose mysterious work  
Within her bosom she with joy has felt.  
Law must mean *equal* rights to every son  
And daughter born. Law must mean *all* must work,  
*All*, too have seasons to enjoy and rest,  
And *all* have share in sunlight, land, and food.  
She will brand *none* base-born whose soul God gave;  
Will take the so-called bastard by the hand  
And set it by the law-acknowledged child,  
Seeing no difference where Nature sets  
No mark. She will forbid the taking of  
Her boys for war—for every man-child killed,  
Or here, or there, cost mother-pangs, and for  
That thought his life to her is dear. She will  
Refuse the name of "Honoured Wife," the while  
In forced dishonour countless sisters live;  
For each soul, prostitute through man-made laws,  
Cries helpless to th' awakened Mother Soul,  
And shall not cry in vain. . . . . Where Mother's love  
Abounds, naught is too small, too frail, to 'scape  
Her sheltering care; and when full Motherhood  
Has sway. Mothers in many lands shall knit  
The bonds of Love, which selfish men have broke.  
The priest and priestess shall work side by side;  
Together shall they hand the torch of Truth  
To sons and daughters seeking for the Light,  
Gathered in ages past, to blend with that  
Which brighter, fuller, freer gleams, as each  
New generation pierces through the gloom.  
When universal "Motherhood" exists,  
Then "Universal Brotherhood" is nigh.

D B.M.

\* Abridged.

### SONNET.

#### OUR CENTURY.

Like some grand sovereign our century  
Progresses royally through his domain;  
Frees slave and serf; the immemorial chain  
Of womanhood transmutes with the decree  
That she shall draw the world to liberty;  
Then, of his largesse, he would render plain,  
Even through this present purgatory of pain,  
The glad inheritance it is: *to be*.



Though barbarous war still bellows uncontrolled,  
 Though loathsome law defrauds the weak and old,  
 Though earth reels in a frenzied race for gold,  
 Our stately century presages light  
 And harmony in Nature's unveiled sight,  
 In one great confraternity of right!

—W. Sheriff Bain.

## Notes and Comments.

W.C.T.U. CONVENTION.—The Dunedin Convention is to open on April 3rd (Good Friday), it having been arranged to formally receive and welcome the visiting delegates on that day.

On April 14th, we understand, a Woman's Convention is to begin its sessions in Christchurch. The Canterbury Women's Institute is the moving spirit in the gathering, and delegates from women's societies throughout New Zealand have been invited to attend. Papers on subjects of special import to New Zealand women have been promised by able writers, and it is hoped that the convention may be stimulative, educative, and helpful in every respect, and may also result in the formation of the National Council of Women elsewhere mentioned.

SALARIES OF LADY TEACHERS — The annual statement of Canterbury College accounts reveals the fact that the salaries paid to the lady teachers in the Girls' High School are considerably lower than those received by the masters of the Boys' School. To put the best possible construction on an apparently bad case is but right. We may therefore imagine that the Board of Governors (in common with many other scholastic bodies) contemplate instituting a scale of payment according to demands on payee's pockets rather than according to work accomplished. In the Wesleyan Church, we understand, the rule is to grant an increase in the stipend of a minister with the advent of each child. The College Board of Governors has not quite arrived at this satisfactory stage, but is tending that way. As yet it simply presumes that the claims on its lady employes' salaries are fewer than those made on the incomes of the male profession. Doubtless our gentlemen teachers will shortly be expected to furnish returns, showing whether married or single, possessed of one child or ten, alone in the world or with dependent parents, &c, owning private income or penniless, able to do own washing and mending, or obliged to pay for same, &c., &c. Their salaries will then be apportioned accordingly! Haste, friends, and carry out your ideas to their practical logical conclusion!

OXFORD AND WOMEN.—We have been ransacking our brains, too, for the probable righteous motive which led to the refusal of the Oxford University, by a majority of 57, to admit women to the degree of B.A. Is it that the self-appointed guardians of the weaker sex, having their wards' moral welfare at heart, wished to impress on the distinction-seeking ones the truth that 'merit is its own reward'? Or, perchance is it that this same anxiety for development of character has furnished cause for refusal that thereby the quality of persistence in a worthy cause may be cultivated? Or, again, are lady B.A.'s. so earnestly desired by the Oxford lords that the well-known method of stimulating a woman's determination to win a coveted point has been agreed upon? Will Oxford men kindly enlighten our darkness?

## Gleanings.

It is stated that Olive Schriener is taking a leading part just now in Cape politics.

OF Mr Cecil Rhodes she has not a high opinion. Capitalism and the private ownership of land, etc., also meet with her condemnation.

THE German law classes adult women with lads under age, and forbids either from being members of any political society and even from attending at a political meeting.

It is expected that the International Council of Women will meet in London during the present year.

AT the Congress of the National Council of American Women, held at Atlanta, Miss C. R. Franklin, a coloured woman, discussed the aims and work of the National League of Coloured Women. Two Jewish ladies connected with the N. C. of Jewish Women also gave addresses.

Two young ladies who graduated at an American University, have obtained their diplomas as engineers and taken up their abode in Matabeleland, where they intend practising their profession.

THE University of Madrid has opened its doors to women, two of whom recently received their degree of M.A. The male students made a pathway of their caps and chanted the Royal March as the girls passed by.

MARY ANDERSON early learned to combine domestic duties with literary culture. "A Winter's Tale," Julius Cæsar, and 'Richard the Third,' were read as I sat by the kitchen fire baking bread.

H. H. BOYENSEN, says "Until we cease to teach our girls the pernicious folly that they are to live only to love, they will in my opinion not be worth loving."

THE same writer also says that for sex to take precedence of humanity is the most disastrous thing that can happen to any creature, male or female.

THE London County Council has engaged Miss Alice Wallich as a lecturer on the care and management of infants and young children.

MISS CLARA BARTON, the American Florence Nightingale, has gone to give what relief she may to the Armenian women.

THE QUEEN has granted an amended charter to the University of Durham, whereby all degrees, except D. D., are open to women.

THE CZARINA, in face of all precedent, insists on nursing the little Princess Olga herself.

The food and treatment of children under a year old has a marked influence on their condition, weight, and height in after life.

In England and Wales there are about one thousand sightless persons to every million of seeing ones.

THE "RIGHTS" OF THE NEW WOMAN.—A correspondent of "The Times of India" thus defines the claims of the New Woman:—The Right to higher education, the Right to gain health and amusement from suitable athletic games, the Right to take an intelligent interest in her country's welfare, and the Right to protect herself against harm in her marriage relationships.

THE NEW MAN.—Miss Willard says: "What the world waits for is not the new woman alone, but the new man. We need a new man in the editor's sanctum who will not dip up beer along with his ink; a new man in the pulpit who will recognise the right of the sore need of the Church to the completest participation of women in all its exercises and counsels; we need a new man in the laboratory, who will not, as the ultimatum of his studies, rule God out of His universe; we need a new man in the medical profession who will not administer alcoholics, nor practice vivisection; we need a new man at the bar who will make peace instead of pocket fees; we need a new man in the Legislature and Cabinet who really believes in the Ten Commandments and supremely seeks the welfare of the people."

MISS MAY YATES, the founder of the Bread and Food Reform League, has just returned from attending a series of Belgian conferences on "La Tempérance en l'Alimentation," arranged by Mme. Chantraine. They received the support of all classes of society, and most of the meetings were attended by enthusiastic audiences of one and two thousand people. The Countess of Flanders, wife of the Heir Apparent to the Belgian throne, was so much interested in the subject that she invited Mme. Chantraine and Miss May Yates to the palace, and expressed her sympathy with the reforms advocated.—*The Queen.*

## Union and Temperance News

### WELLINGTON.

We held our annual meeting here on February 6th, the President in the chair. The secretary read the report, which was most encouraging. Sixteen new members have joined our ranks during the year. The balance sheet showed a small credit balance, which was further augmented by a donation of £1 from Mr. Harding, senr., of Napier, who gave an address at the close of the meeting.

All the departments of work have been faithfully carried out during the year, and the reports were very interesting, especially the one sent by the superintendent of the relief department. The election of officers resulted in the following being appointed:—President, Mrs. Kirk; Vice-presidents, Mesdames Hallows, Dallaston, Plimmer, Costall, and Turner; Secretaries, Mrs. Hoby and Miss L. M. Kirk; Treasurer, Mrs. Gibson; Superintendents of Departments, Mesdames Wright, Harris, Corlett, Plimmer, and Misses Wilkinson and Batt; Delegate to Convention, Mrs. Hoby.

Votes of thanks were passed to the trustees of the Wesley Church property for their kindness in lending their vestry for our meetings during the year, and also to the Press of this city. It was decided to open two auxiliary branches, one at Petone and one at Newtown, as soon as possible.

### CHRISTCHURCH.

The report and balance sheet presented at the annual meeting were satisfactory. Mrs. Ballantyne was re-elected president, Mesdames Widdowson and Owen are secretaries for the year, and Mrs. W. S. Smith is treasurer and also delegate to the Convention. Three members were appointed to visit Leeston, to aid in forming a Union in that centre.

## Wellington Convention Reports.

### MOSGIEL.

This Union has 18 members (no honorary). Ten ordinary meetings have been held during the year; also one public meeting, addressed by Mrs Schnackenberg, when three new members were added to our number.

Mrs Kirkland conducted our Annual Meeting. Temperance is our principal work; we wrought hard at the Licensing Election and managed to put in the Temperance candidates, so we have three public-houses less in our district than we had last year. One accommodation house also was closed.

Under the leadership of Mrs J. H. Murdoch, assisted by Miss M. Edmiston, the Band of Hope has attained a position of considerable strength. It numbers 155 members, an increase of 25 during the year. The Saturday evening meetings are largely attended, and the children take great interest in them. A public entertainment, which attracted a very large audience, was held in the Volunteer Hall on July 20. The children had been well trained for their respective parts, and went through the performance of "Father Christmas" with great credit. It may interest some to know the form of pledge taken by members of the Band of Hope. It is in these words: "I hereby promise, God helping me, to abstain from all alcoholic drinks. I will not smoke tobacco in any form. I will not take God's name in vain."

### TIMARU.

Our Monthly Meetings have been held regularly during the year, with an average attendance of 11 members. We have 41 members, about half of that number being honorary members. There have been about 30 pledges taken during the year.



Our Dorcas Classes have been held every week, and are very successful this year, our poorer sisters being thankful for the material as well as spiritual help given.

We had night classes for boys at the beginning of the year, but owing to the small attendance they had to be given up.

Our Union has distributed several thousand temperance leaflets during the year, and we mean to do more in that direction next year.

Our members made a house-to-house canvass for signatures to the "plebiscite petition," obtaining about 1000 names.

The result of our licensing elections was a great disappointment to us, for in a quiet way our Union worked hard for the Temperance candidates, and we were not prepared for such a defeat.

We have held two public meetings during the year.

Our finances are not very flourishing, but we have a balance on the right side.

## The Home.

### TYPHOID FEVER.

BY A. W.

ON the first symptoms the patient should be packed in hot, soapy blankets. For an adult two blankets tolerably thick are necessary. The method to be pursued is as follows: Wring the blanket, folded in two, out of boiling water in which soap has been boiled. In this, as hot as it can be borne, the patient should be wrapped. Over it wrap dry blankets to keep in the heat. One hot soapy blanket will be required for the upper portion of the body and one for the lower. If one part of the blanket cools rapidly have ready a water bag filled with boiling water and apply it between the blankets to the place where the heat is wanted. It may be changed as occasion demands to any part which may have become cool. After the patient has well perspired the body should be sponged with vinegar and water. The blanket should be removed gradually and deftly, so that in the sponging of the body only a small surface should be exposed at a time.

Another plan to adopt if the soapy blanket is not easily available, is to give the patient a steam bath, directions for which have already appeared in this paper. After the steam bath the body should be cooled by means of the cold sitz bath. The patient's feet, while in the sitz bath, should be placed in a basin of warm water. The whole body should be well laved with the cold water for the space of ten minutes, or more if agreeable.

While in the steam bath it may be necessary to apply cold clothes to the head if there is pain in the head, and to the heart if there is palpitation. The patient should then be placed in bed and gently rubbed if there is any sense of cold. When the fever runs up again, as it probably will in a few hours, apply cold towels, wrung out of vinegar and water, to the spine, the abdomen, the neck and chest, and the head. Of course the bed must be protected by sheets or large towels from becoming wet. Any clever, loving nurse can manage that quite easily. As fast as one towel grows heated change it for another cold one. It means hard work for about an hour, but if the disease is persistent the nurse must be persistent, and we will back the nurse. At the same time the feet must be kept warm. This may be effected by covering a damp flannel over a hot-water bag or bottle. Frequently, after the application of the wet cloths, and a cold bandage has been placed over the eyes, sleep ensues. Let nothing, if the patient feel inclined to sleep, prevent the realisation of this blessing.

If, again, the fever returns, boil some barilla soap in water, and place the patient in a warm bath to which the soapy water has been added. While in the bath sponge and lave the patient unremittingly. After leaving the warm soapy bath, the body should be sponged with tepid vinegar and water. In sponging only one part of the body should be exposed at a time.

If there is great pain in the head, the following plan is exceedingly effective in giving relief. Well soap the head with barilla soap, and wash it in as hot water as can be borne; repeat the operation again and again. Then have ready a can of warm water and a can of cold, and pour alternately over the head from each can. Then sponge the head with vinegar and water, and finally gently rub with rough towels till the head is dry.

At intervals sips of water containing acetic acid (about a tea-spoonful of acid to a tea-cupful of water) should be given. No food is needed till the patient feels inclined for it.

A warm injection of about a pint or a pint and a half of water should be likewise given to relieve and cleanse the bowels.

Probably recourse to these methods will be necessary for a few days; for the rest the patient needs but rest and quiet to recuperate.

TEACHER: "What is the meaning of self-control?" Boy: "It's when a teacher gets mad and feels like giving a boy a black mark, and doesn't."

THERE are two reasons why some people don't mind their own business. One is that they haven't any mind; the other that they haven't any business.

## Prayer-Book and Ledger

By M.S.P.

A STORY FOUNDED ON FACT.

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### CHAPTER IX.

More than a year passed away, and Gertrude began to feel the ground beneath her feet once more. Life was no longer one daily round of terror through the fear of falling. About this time Richard found it necessary again to consult Mrs. Broome—his never-failing resource in perplexity. "I'm in such a difficulty," he began. "My father, who is, as you know, the vicar of Foxham, has written to say he is coming to pay us a visit. He is accustomed, and has been for years, to take a glass of whisky-toddy at night. What *am* I to do?"

"Your father must go out for his whisky-toddy then or go without it, for you must never have alcohol in your house again," Mrs. Broome promptly replied.

Richard looked perplexed.

"You see, my father knows nothing of what has occurred, and I don't know how to tell him."

"Perhaps I can be of assistance to you. Could I not meet Mr. Joyce in town, at your office, and explain matters to him?"

This offer was gratefully accepted, and the Vicar, after listening to the sad story, readily agreed to forego his accustomed potion during his stay in Lee. That night, at supper time, his daughter-in-law said—

"O, father, you want your whisky-toddy, and we have no whisky in the house. What is to be done?" And she looked anxiously at her husband.

"Well, my dear," replied the noble old man, "I am not going to have it. If the habit has taken so firm a hold upon me that I can't do without for a few days, it's about time I gave it up altogether."

A week later another difficulty arose. Gertrude was again approaching a time of trial, and it had been decided that she should avail herself of the motherly care of Mrs. Joyce, senior, until after the event had taken place. But was it safe for her to be under any roof which sheltered stimulants? Most certainly not, the old vicar decided after debating the question, and forthwith he wrote to his wife setting forth the circumstances of the case. She, good woman, was always the first to stretch out a helping hand to the fallen, so she promptly disposed of all the wine and spirits, and informed her husband that she had done so. Gertrude accompanied her father-in-law to Foxham, and before

leaving there, eight weeks later, with her fine baby-girl, had the satisfaction of enrolling the whole family as abstainers.

Little more remains to be told. When the little daughter—who had been succeeded by two more boys—was about six years old Richard, with a heart full of joy and thoughtfulness, felt that he might now return with safety to the life-work of his choice. How he had hungered for it through all those years no one knew except the Father above, into whose ear his longings had been poured. Having withdrawn from the commercial house in which he had been partner, he found himself in a considerably better position, financially, than when he entered it, and quite independent of any stipend.

Thus left free to choose, he accepted a charge in a little agricultural village in Shropshire, and gladly set to work among his humble parishioners. Gertrude, too, seemed to fall quite naturally into her place, and resumed her old visits to the sick and needy. Especially did she tenderly strive to help those who had fallen through drink. No self-denial was too severe, no efforts too persistent, if only she might save and reclaim these poor wanderers; and very successful she was in her work, so that soon a marked change came over the little village. Reading-rooms were established, with a lending library, so that the wives also might share their benefits. The boys were not forgotten, games and music being provided to keep them away from the public-house, and a gymnasium. For the girls there were sewing-classes, and a reading-room also; these being, of course, in Gertrude's department.

One Sunday, about four years after their return to the work, Richard had gone on to Church, and the younger members of the family waited somewhat impatiently for "mother," surprised at her unusual tardiness. At last Lionel went in search of her, and receiving no answer to his knock entered her room. Gertrude knelt at her bedside, dressed for Church, but her spirit was already worshipping in the temple "not made with hands, eternal in the heavens."

Her constitution had been ruined by those years of indulgence in alcohol and never recovered its tone. They buried her in the quiet churchyard, beside the ivied porch, amid the sincere mourning of the whole parish, by whom she was greatly beloved and respected. Her pledge-book—her constant companion—was found to contain over five hundred signatures.

*The End.*