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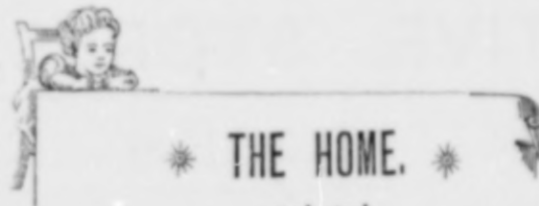
To our Comrades and all who love and trust us:—Hereafter the Armenians can never feel a sense of safety—at least not in our time. The more forceful among them are determined to risk all in effort to reach freedom, and while it is not for us to strengthen this purpose on their part we must hold ourselves in readiness to help the refugees who are constantly escaping from the dominion of the Turk. But we must not let this work cause us to cease sending help to the shelterless and starving who remain in that hapless country. We must give money to establish industrial homes and orphanages for the women and children, but it must be apparent to all that if we can help to find homes and work for the starving refugees we have at the same time helped to set the Armenian people on their feet, and to put a new hope in their hearts for the future. The sorrowful and outraged women can do but little for their nation. The vigorous and forceful families and youths who have the energy and skill to save themselves alive by making their escape are full of promise for the years to come. They are devoted to the interests of their country and determined to live rather than to die for her. Thousands of them are penniless to-day in Bulgaria, Alexandria, Marseilles, and all along the border of that accursed Turkish Empire. It is the purpose of the leaders you have chosen, and who believe that they are but carrying forward your wishes into deeds, to establish a home for refugees at some strategic point, possibly in Bulgaria, which shall belong to the World's W.C.T.U., and shall testify to the loyalty and tenderness of our society towards those who most need our help at a time when the heart of the whole world was stirred by their unutterable misery. It is true we are a temperance society, but in an exigency like this, one word only measures the depths of our sacred obligation, and that word is HUMANITY. We are Christian women, and if we would not strive to help the people who of all others since the world began have suffered most for Christ, then we might well strike that Holy Name out of our own. Already we have commissioned Mrs Laura Ormiston Chant to go to Bulgaria and report the situation. It is quite likely that Lady Henry Somerset and her son will soon follow for the purpose of establishing the refuge which will be but one of a line of refuges of which Lady Henry Somerset writes me as follows:—

"We must arrange all along the coasts in Russia, Armenia, and in Bulgaria, touching as

near Turkish territory as possible, refuges to which the flying Armenians can go, where they will find a sort of St. Bernard's (without the dogs), and where they can be warmed, clothed, and sheltered, and then sent on to some of the larger colonies that are being established by the Duke of Westminster's committee. Everything is shaping itself now, and it looks as if we shall get organization at least throughout England."

At the recent Annual Convention of the National W.C.T.U. in St. Louis, more than a thousand dollars were received, which we hope to use in helping found the refuge.

Miss Willard concludes by expressing the hope that each Union will do its utmost to collect subscriptions for these our fellow creatures who are in such dire distress. All moneys collected may be sent to the New Zealand treasurer, Mrs Hill, Bluff Hill, Napier



A BAD FALL.—While practising on a cross-bar the other day, a young man fell on his head and was rendered unconscious. He lay for an hour in this condition when help arrived. A hot bath was prepared to which Barilla soap cut up and boiled in a saucepan of water, was added. While in the bath the patient's back and head were thoroughly rubbed and douched. Great relief was obtained in a short time, and the patient was then put to bed. Cold towels were applied to the spine and changed as soon as they became heated. The feet were carefully attended to, but as they had been well rubbed on coming out of the bath no hot pad was necessary. A quiet sleep ensued. In the morning a soapy sitz bath was pre-

pared in which the patient was thoroughly laved and douched. The warm sitz bath was followed by a cold sitz with the feet at the same time in hot water; on coming out of the bath the body was well rubbed to insure circulation. An injection of about a quart of warm soapy water was then given. Cold towels were applied to the spine, and the hot water bag covered with a damp towel placed at the feet. A little porridge was the only food allowed. Sips of cold water were taken at intervals. By the end of the day the patient was on a fair way to recovery.

What is required in cases of concussion is to encourage circulation and to promote an even temperature. For this purpose the parts affected should be gently rubbed and hot and cold pads applied as may be required. No stimulants of any sort are needed. Every partical of pure alcohol has one specific effect upon the nerve system, and that is to lessen vital action.

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