

would never touch. The secrecy of these compositions should be done away with by laws compelling manufacturers to put upon the labels a correct formula of the contents.

The proprietary foods

need watching as well as the medicines. In the *Boston Medical and Surgical Journal* of March 12th, 1903, Dr. Charles Harrington, of Harvard Medical College, gave an analysis of various foods examined by him. His attention was drawn to this matter by the friends of an invalid who was almost constantly in a semi-intoxicated condition, yet took no alcoholic drinks. Suspicion was directed to the "food" she was taking, and it and other foods were analyzed. The percentages of alcohol found were:—Liquid Peptonoids, 23.03; Panopepton, 17.99; Hemabroids, 15.81; Hemapeptone, 10.06; Nutritive Liquid Peptone, 14.81; Tonic Beef, 15.58; Mulford's Predigested Beef, 19.72. The maximum daily amount advised on the labels of some of these yielded 1.25 ounces of nutriment and the alcoholic equivalent of about six ounces of whisky. Yet, how often the sick have been left to exist on nothing but such "foods!" How much strength are they likely to receive from $1\frac{1}{4}$ ounces of nutriment in the course of a day; and even this neutralized by the burning, irritant alcohol.

If people would quit drugging themselves, avoid indigestible foods, eat at regular hours, chew well, stop eating when they have had enough, take a sufficient amount of exercise, of sleep and fresh air, with a hot bath once or twice a week, and a cold sponge bath each morning, laying aside all alcoholics and tobacco and all carking cares, there would be very little sickness in the world. Over-eating and worry lead to the drug habit for relief. Those who value health must cultivate self-control. It is folly to be reckless of health, and expect relief from any bottle in any drug store.

A Norwegian Woman.

THE following little sketch, by Mrs Gilman, is interesting as throwing a side light on the picture of womanhood in Norway presented in the article on our front page. Mrs Gilman was writing in the *Boston Woman's Journal* of her experiences at the Berlin Congress, and proceeded thus:—"One woman at the Congress, a magnificent creature from Norway, with a long heavy flaxen plait hanging down her

back, and ropes of big silver beads around her neck, was also proudly carrying a sturdy child of a year or so. It was a splendid picture—the woman in all her typical, original power and beauty; the handsome and well-grown boy to prove fulfillment of all primal duty; and then the big soul and mind—the interest in her country's progress and that of other countries; the journey from her northern home to join this meeting of the nations."

Peace and Arbitration

PEACE CONGRESS.

REPORT OF NEW ZEALAND DELEGATE.

THE following report on the thirteenth International Peace Congress, held at Boston, Massachusetts, U.S.A., was presented to the late President of the National Council of Women of New Zealand by Miss Sheriff Bain:—

"I represented our Council in the 13th International Peace Congress by invitation of Mr Edwin D. Meade, chairman of Executive Committee, and in concurrence with the wish of the plenipotentiary at large, Mrs Sheppard.

Congress was held in Boston during early October. It was preceded by preliminary religious exercises throughout the United States, and it was followed by extension meetings in several great cities of the Republic and of Canada. Nearly 1300 delegates attended Congress; amongst the number some of the most eminent humanitarians of our day. All possible prestige was given to the occasion by the authorities of the city, the State, and the Republic; and the immense audiences that thronged every public deliberation were keenly enthusiastic.

By many powerful and eloquent speakers arbitration was urged as the only human method of settling differences between individuals, communities and peoples: and gradual, simultaneous, and proportional disarmament was repeatedly advocated, just as our Council has advocated this measure since the second year of its establishment. Many wrongs were exposed—in Thibet, Armenia, Jewish Russia, Congo Free State, and elsewhere.

The platform of Congress was an arena of brotherhood: emphatically so, when two men—a Russian and a Japanese—clasped hands in token of the amity that would speedily prevail between nations if Government had right ideals.

I spoke in Breton, Portland (Maine), and Philadelphia. On these and sub-

sequent occasions I described as fully as time would permit the working of our industrial arbitration statute, with our immunity from strikes and lock-outs, the devastation of this great country, thus evidencing the practicability of arbitration methods, and urging their extension from the national to the international sphere. I have the pleasure of observing that New Zealand is regarded with cordial interest by the American people, and that our legislation is widely studied here, although curious misapprehensions are frequently encountered."

[An epitome of the resolutions adopted at the Congress was published in our January issue.—ED. W.R.]

WOMEN AND PEACE.

The colossal bronze statue of Christ, erected on a pinnacle of the Andes just on the disputed boundary between the Republics of Chile and the Argentina, was finally placed in position and unveiled last year, amid impressive ceremonies, at the invitation of Senora Angela de Oliviera de Costa, the president of the "Association of Christian Mothers of Argentina."

The inaugural ceremonies were indeed impressive. "Over three thousand persons gathered in that wild region, amidst the roar of cannon and the music of bands, and, breaking the silence which became almost appalling when the last sounds died away in the distance of those snow-covered mountains, came the words of Monsenor Jara, Bishop of Aucud: 'Not only to Argentina and Chile do we dedicate this monument, but to the world, that from this it may learn its lesson of universal peace.'" The writer of the article from which we quote goes on to remark—

"This monument of peace has not only demonstrated to the world what two nations can do, even after years of difference, but shows also the high esteem in which the women of these countries are held; most significant of all, the fact that, for the first time in history, a prayer composed by a woman has been authorised by the highest church authority of her country, to be repeated at daily mass immediately after the rosary."

A cable of Feb. 21st brought the news that the women of Moscow have petitioned the Dowager Empress to urge the Czar to stop the war and lead the way to the political regeneration of the country.