

The White Ribbon

FOR GOD AND HOME AND HUMANITY

VOL. 12. - No. 136.

CHRISTCHURCH, N.Z., SEPT 15, 1906.

2s 6d Per Annum Post Free
Single Copy, 3d.

MRS. FRANCES SWINEY.

"If I rise, I help to lift all about me; and if I fall I drag others down. Humanity is one."—*Henry Wood.*

It is doubtful whether greater good can be conferred by one human being upon another than by awakening to a sense of responsibility. Keep a man—or a race—in a position of slavery; feed, clothe, and house as a well-cared-for animal or as a dependent child; let him feel that Nature intended him to serve but as an unthinking beast of burden, without share in the higher, truer life of humanity, and that man will advance but little in intelligence, nor will he perceptibly aid the world's progress. But give even a child to feel that in him is power to be and do, and child and home and society will each gain. To the work of making woman cognisant of her own capacity has Mrs. Frances Swiney largely devoted, for many years, the powers of her able brain. The latest thought and findings of eminent scientists of the day on the woman question have by her been collated and made understandable to the average lay mind. Her book, "The Awakening of Women; or Woman's Part in Evolution," which was reviewed in this paper nearly three years ago, has been pronounced "the book of the age on the woman movement." The portrait and a few par-

ticulars concerning the history of the gifted author will therefore be warmly welcomed by many.

Mrs Rosa Frances Emily Swiney was born in 1847, in Poonah, India; her father being Major John Biggs, of



MRS. FRANCES SWINEY.

the 8th foot, afterwards serving in the 4th Royal Dragoon Guards. He was a direct descendent of the sister of Sir Isaac Newton, whilst among Mrs Biggs' ancestors was the celebrated Bishop Hurd. Mrs Swiney's uncle, Reginald Biggs, was a well known New Zealand colonist in the time of the Maori war, and is mentioned in the late Mr Alfred

Saunders' "History of New Zealand," as rendering gallant service in conjunction with the friendly Maoris. In early life, Mrs Swiney developed a taste for painting, studying under James Danby, the son of the famous R.A., and taking 1st and 2nd prizes at exhibitions in Simla and Madras. Her intention was to take up art as a profession, but her marriage with Major (now Colonel) John Swiney in 1871, and residence in India, prevented further study. On her return to England in 1877, Mrs Swiney began to take an active part in public and political work, and also literary pursuits, writing for various magazines, and publishing a series of pamphlets in support of the Unionist cause, during the Home Rule controversy. For many years she was intimately associated with the Primrose League, but severed her connection with that society, "when it became a mere political tool of the Conservative Party, and in many vital particulars deviated from the basic principles of its originators." In 1896, Mrs Swiney, in conjunction with several other ladies, founded the Cheltenham Women's Suffrage Society, of which, from that date, she has been President. Since then, as lecturer, writer and organiser, Mrs Swiney has furthered, by all means in her power, the political enfranchisement of women. Her monthly contribution, "Women among the Nations,"

to the *Anglo-Russian Review*, has a world-wide circulation, and her trenchant, suggestive articles in the *Westminster Review*, *East and West*, *The Race Builder*, and other publications have brought her views on the supreme position of woman before a large circle of readers. The book mentioned above, "The Awakening of Women," has been translated into both Dutch and French.

Mrs Swiney has been engaged for some years on another comprehensive work, entitled "The Philosophy of Sex." It is intended to publish this in four parts—"The Analysis of Sex," "Difference of Sex," "Natural Law of Sex," "Spiritualisation of Sex." "It is a labour of love for the womanhood of the world, and will testify to the truth of woman's rightful position in the sublime scheme of human development, and will demonstrate the unity and oneness of cause and effect in manifestation as at present disclosed to the understanding, reason and logic of mankind." An important article, written by Mrs Swiney, on "Woman and Natural Law," was, in March last, published in *Occasional Papers* (edited by a group of Oxford men). In addition to carrying on her literary work, Mrs Swiney, though far from robust in health, is lecturer at the Higher Thought Centre, Cheniston Gardens, London, and at the South Place Ethical Institute, Finsbury. A series of lectures delivered lately to women was on the recent researches in biology, embryology and pathology in relation to woman.

Though keenly interested in politics, Mrs Swiney now belongs to no political party, her experience being that both parties are "equally dishonest and unfaithful when in office to the best interests of the country."

A few sentences, culled here and there from Mrs Swiney's writings, will serve to make manifest the spirit in which her labours are undertaken and carried on:—

"Surely if we want to make the race better, it would be well first to know how it has been brought into existence in the past, and why there is race degeneracy and racial pathology."

"It is only as women realise the true nobility of their pre-ordained mission, and live worthy of themselves and their high destiny, that the chains will fall off their hands and they will stand free
of the sight of God and man."

"Woman, to play her true part in the cosmic scheme, must know the basic facts of her existence; she must realise that there is only one divinely-inspired Law, the Law regulating, controlling and dirigating all the manifold activities of the universe, nowhere contradictory, uncertain or variable. . . . No soul can advance on the road of true progress unless this knowledge becomes the invincible weapon, the Sword of Truth, by which old fallacies, pernicious customs and worn-out creeds can be overthrown and demolished. . . . The old is passing away. All things are becoming new. 'I overturn, overturn, overturn, saith the Lord.'"

NEWS OF THE UNIONS.

[We rely on our local Unions to send us news for this column. We cannot evolve it out of our inner consciousness.]

Auckland.

Our meetings have been full of interest this month. The Inspector of Police informed us that special instructions had now (in response to our resolution) been issued to the police staff, to enforce the regulations against cigarette smoking by boys. We also hear that another resolution is bearing fruit, in that the police are dealing with objectionable post-cards exposed for sale. The anti-totalisator petition is being pushed, and a large number and variety of exceedingly good "comfort" bags are coming in. We are sending out about 600 invitations for a reception to Mr Bligh; this will advertise the mass meeting for women. Saturday night concerts, as a counter attraction to the hotels, are under consideration.

Bluff.

Since April the Band of Hope managed by our Union has held its monthly meetings alternately in the Presbyterian and Methodist churches. Good and varied programmes have been contributed by the young members and older friends; and temperance addresses have been given by the resident ministers and other gentlemen, and also by Sister Jean, of Invercargill. In place of the roll call, each member has been supplied with a card, upon which the attendance is stamped. Many fresh pledges have been taken. The ladies of the Union have arranged a series of Silver Medal Contests. The Reading Room Fund is being augmented by a collection taken at the Contests. It has also been benefited through a service of song, "Lost in London," successfully rendered by Band of Hope members, under the careful direction of Mrs Hunt. A member of the Union has given a large number of money boxes, and 27 volunteers have taken up the work of collecting for the fund. The ground for the Reading Room is

now entirely paid for, but contributions towards the Building Fund will lighten the burden of the workers, and will be gratefully acknowledged.

Dunedin.

At the meeting held September 5th, Mrs Don reported on the "Home" meeting held during the month. Other ladies present offered their homes for similar meetings. It was agreed that a deputation from the Union meet the City workers (evangelistic work), and endeavour to secure their co-operation in enlisting the very young members of the community on the side of temperance by means of the Cradle Roll. Mrs Hislop, after a six months' holiday in Australia, received a hearty welcome back. She spoke of her trip, and it was seen that her holiday had been largely spent in visiting and studying the various temperance organisations of Melbourne. Mrs Hislop also spoke forcibly on the terrible hold the gambling evil had of the people of Australia.

Feilding.

At our meeting this month, a circular was received from Miss McCarthy *re* influencing the press, and the Secretary was asked to interview Mrs Snow on the subject. It was decided to allow the matter of organising in Palmerston North to stand over at present. The Secretary was instructed to apply for the educational papers mentioned by Miss Powell.

Napier.

Our conversazione, held on August 6th, was a great success. The financial result, with one or two donations, will allow us to send £8 for our Exhibition bay. A drawing-room meeting at the house of Mrs King, Cameron road, was conducted by Mrs Sandilands, and resulted in one member joining our ranks. At a recent meeting of our Union we had the pleasure of welcoming two of our Willard workers, on their marriage, to our older organisation. Our last meeting was held on August 30th, when Mrs Evans was appointed local superintendent of medal contest work. The forthcoming visit of Mr Bligh was discussed, mention being made of the success attending his work in Wellington. A good report was given of the free reading-room, the promoters' hearts being cheered by men having expressed their gratitude for such a room being made available for their use without the temptation of the bar. This room is open from 9 a.m. to 10 p.m., and all expenses have been met thus far by private donations. The Union voted £4 for the Committee's use.

Nelson.

At the August meeting it was decided to inaugurate a Cradle Roll in connection with our Union. Miss Gascoigne kindly undertook to endeavour to have important items of temperance news inserted in the local daily papers. One member reported two signatures to the total abstinence pledge. In place of ordinary meeting next month, we are holding a public social gathering, and are asking ministers in the district to give short addresses. We hope by this means, to enlist the sympathy of many women not connected with our Union.

New Plymouth.

At our meeting, held August 29th, a great deal of correspondence was dealt with. A

reply was received from the Town Clerk granting us, conditionally, the use of the Ladies' Rest Room, in the Town Hall, for a further term. Arrangements were made for our sale of work, and also for a sewing bee, to renovate garments for distribution among the needy.

Tariki.

On August 7th we held a social. Mr Jemison took the chair, and introduced the district President, Mrs Douglas, who had come from New Plymouth. Her address was both encouraging and helpful. Various other items and refreshments filled up a pleasant evening, and the proceeds provide us with a fund to carry on the work.

Waimate.

At our last two meetings we have given special attention to purity, readings on the subject being given by Mesdames Borrie, Sharpe and Morrison, and an excellent address on "The Power of Womanhood" by Miss Smart. We distributed a number of booklets on the subject, and have a small lending library of purity books, under the management of our Purity Superintendent, Mrs Graham. The question of comfort bags was brought up, and probably something will be done in that line.

Whangarei.

This branch, although not reported, has been working on steadily during the six months of its existence. Two quarterly invitation socials have been held, and largely attended. The first was addressed by the ministers of the town, and much interest was evinced in our new branch. The second gathering was held on August 28th, and quite a number of visitors were with us, to learn more of us and our methods. We are particularly fortunate in having the free use of a splendid room, owned by Harrison and Son, for all our meetings. Our workers decorated the room and laid out the tables with delightful effect, and a very nice programme of music was arranged. The President, Mrs Jas. Hutchinson, was in the chair, and gave a short resumé of the work attempted so far. This included papers and discussions on the use of alcohol by nursing mothers, and in sickness and convalescence. Scientific temperance instruction in schools, anti-gambling, narcotics and cigarette smoking, had all been considered, and action taken where possible. Hospital visitors and superintendents for Press work, unfermented wine, home meetings, literature and medal contests had been appointed. Mrs Hill, of the Salvation Army, gave a splendid address on "Women's influence," urging on mothers the need of prayer with their little ones, noting some of the evils that meet even the little school children, and relating her own experiences when visiting hotels on Saturday nights, where young lads were being ruined. As a result of the social, eleven new names were added to our roll, which now numbers fifty.

'Tis time new hopes should animate the world,
New light should dawn from new revealings
To a race weighed down so long, forgotten so
long!
—Paracelsus.

District Convention held in Ashburton.

The Annual Convention of the Canterbury District of the Women's Christian Temperance Union was held in Ashburton on September 5th. Delegates were present from Christchurch, Kaiapoi, Timaru and Waimate. Mrs Macleod, President of Ashburton W.C.T.U., opened the proceedings with singing and prayer, after which Mrs Cole, the New Zealand President, occupied the chair, and spoke on words contained in a speech by the late Mrs Mary Hunt, of America. "What ought to be done can be done by all who have the courage and the faith to undertake it." Mrs Cole urged members of Unions never to allow their Unions to lapse, even if only President and Secretary were left, but to do what they could. As long as there were two members they could take part in getting petitions signed and in any special work needed. Mrs Cole also affirmed that the Women's Christian Temperance Union was better fitted than the churches to undertake such work as a crusade against the totalisator, as the Union is composed of members of all denominations. In addition to Temperance, the President considered the Union should take up every year some special work.

Miss Roberts read a paper on "Organisation," after which there was an interesting discussion.

The following resolutions were passed:—

"That a Conference of the Canterbury Unions, composed of two delegates from each Union, be held on the day before the District Convention."

"That this Conference decide upon the reforms to be specially worked for throughout Canterbury during the year following, suggestions to be obtained from the various Unions as to the best methods to be adopted in helping them forward."

"That every member of a Union present at the District Convention be entitled to one vote."

The invitation of the Kaiapoi Union to hold the next District Convention there was heartily accepted, and the first Wednesday in September, 1907, was fixed as the date.

The Convention was continued in the afternoon, when there was a large attendance. The meeting was opened by Mrs Dohrmann, President of the

Waimate Union, after which Mrs Cole read a paper written by Mrs Sheppard, on "The Civil and Political Disabilities of Women." The writer stated that although it could not truthfully be said that New Zealand women were eager to sit in Parliament any more than those of Australia, yet their exclusion was most unjust. The men who would keep them out were either "fantastically chivalrous" or else "barbarously tyrannical." Sitting in Parliament need not take the bloom off a woman's modesty, any more than voting does. The stock argument of woman's incapacity was without weight, seeing that in schools, in colleges, and in the teaching profession exactly the same standard is required.

A very interesting discussion followed, after which the following resolution was carried:—

"That the time is now ripe for the removal of all civil and political disabilities of women."

A vote of thanks was passed to Mrs Sheppard for her able paper, also a vote of sympathy with her on account of indisposition, which prevented her from being present.

The evening meeting was opened by Mrs Lill, of Willowby, after which Miss Roberts read a paper on "The Physical Effects of Alcohol." After reviewing the history of scientific investigation into the nature of alcohol, the writer stated that alcohol as a medicine was not only unnecessary but harmful and dangerous, and that it was a destroyer of protoplasm, the foundation of life, and also of corpuscles of the blood. Operations were made more dangerous, infectious diseases more catching, through the use of alcohol. Medical men were coming to call it a sedative, a narcotic and a paralyser, rather than a stimulant and a restorative. She pleaded for scientific temperance instruction in schools.

A hearty vote of thanks was accorded to Miss Roberts for her very able paper, and a discussion followed.

After the transaction of business of minor importance, votes of thanks were passed to the hostesses, and a very enjoyable Convention closed.

Why stay we on the earth except to grow?—*Browning.*

We women hate a debt, as men a gift.—*In a Balcony.*

Evangelistic Department.

In a private letter to a friend, a Dunedin White Ribboner says:—

"You will be pleased to hear a Norwegian ship came into Port. We gave the sailors a tea, followed by a Gospel meeting. They could not express themselves in our language, but could understand what we said. At the close of the service the captain, with tears streaming down his face, said in broken English, that for himself and crew, he thanked us, 'Oh! so much; in all their travels wound the wide, wide world, no peoples nowhere be so kind.' But the best of all was the next Sunday, when five of the crew were converted. Like Christian in 'Pilgrim's Progress,' they were so deeply convicted they would neither eat nor sleep, they wept and trembled, but when they saw the Light they shouted for joy and the workers with them, and I said, Hallelujah! Is that not what it ought to be—foreigners coming to a Christian land to find the Saviour? It is a long time since conversions impressed me so much."

OFFICIAL CORRESPONDENCE.

DEAR SISTERS,—

You will remember that at the N.Z. Convention, held last March, I was instructed to write to Mrs Mary H. Hunt, expressing the desire of our N.Z. White Ribbon Army that, if possible, she should pay us a visit and so help forward the cause of *Scientific Temperance Instruction* in our schools. As you have already learned, Mrs Hunt has been promoted to higher service and our invitation arrived too late.

The Convention also expressed the hope that at the World's Convention, to be held in Boston next month, Mrs Harrison Lee—while unable to represent us, as she is delegate for Queensland—might speak for us and answer any enquiries, she being so well informed as to our No-License work, legislative conditions, etc. Mrs Lee replies as follows:—"Thanks cordially; . . . I shall be pleased to represent or to speak for the grandest little country in the world."

According to instruction from the N.Z. Executive, I have written to Mrs Napier, asking her to represent this

colony at the Boston Convention, but there has not yet been time for a reply.

Both ladies have been asked to make special reference to our Bay in the forth-coming International Exhibition, and interest all White Ribboners in it.

Yours in the Work

MARY S. POWELL.

Wanganui, 4. 9., '06.

DEAR SISTERS IN THE WORK,—

Allow me to remind you that each Union of the W.C.T.U. throughout the colony should send the nominations for *each officer* of the N. Z. Executive to the Editor of the WHITE RIBBON paper before the 6th of next October. These officers are:—N.Z. President, Corresponding Secretary, Recording Secretary, and Treasurer. These nominations will then be considered at the forth-coming Convention in Christchurch.

With all good wishes, I am,

Yours sincerely,

EMMA L. MOODY BELL.

Y.W.C.A., Dunedin,
Sept. 6th, 1906.

Parliamentary Notes.

By MRS A. R. ATKINSON.

Parliament was opened on the afternoon of Tuesday, August 21st, with a Governor's speech of unusual brevity and modesty, containing, however, one paragraph that is eminently satisfactory:—"The question of making provision for old age pensions as well as that of a separate Endowment Fund for educational purposes and hospitals and charitable aid, is a subject of national importance, and proposals for setting aside suitable endowments for these purposes will be submitted to you." It is indeed good news that some statesmanlike and stable provision is to be made for old age pensions, instead of that payment of them out of revenue which "bad times" might render almost impossible.

The debate on the Address-in-Reply occupied Thursday and Friday, and was opened by Mr T. E. Y. Seddon, M.H.R. for Westland, seconded by Mr Poole, both of whom made a good impression on the House.

JUVENILE OFFENDERS BILL, introduced by Minister of Justice, provides special courts for children under 16 years of age, and directs police officers to report to the magistrate in regard to the

offender. It also proposes to suppress publication of such cases by the newspapers. The system is already being worked in the colony, but without the force of law. Passed 2nd reading.

HABITUAL CRIMINALS AND OFFENDERS BILL is a step in the direction of the indeterminate sentence and aims at turning the lives of those devoted to criminal pursuits into useful directions; wages according to scale to be placed to credit of the prisoner, and from time to time, as the minister may direct, to be applied to the maintenance of prisoner's wife and children (if any), balance (if any) to be paid to him on his liberation. In Committee.

ADOPTION OF CHILDREN AMENDMENT BILL.—The most interesting clause of this Bill is one forbidding the receipt of any premium with an adopted child. In Committee.

OPIUM PROHIBITION ACT AMENDMENT BILL, providing that retailers shall keep a book for entry of all purchasers' names, has passed through Committee without amendment.

PAYMENT OF JURORS BILL provides for payment to jurors of 8s per day and 4s per half day in civil cases instead of —for the case. Passed 2nd reading.

Tolerance.

The highest result of education, is tolerance. Long ago men fought and died for their faith; but it took ages to teach them the other kind of courage—the courage to recognise the faiths of their brethren, and their rights of conscience. Tolerance is the first principle of community; it is the spirit which conserves the best that all men think. No loss by flood and lightning, no destruction of cities and temples by the hostile forces of nature, has deprived man of so many noble lives and impulses, as those which his intolerance has destroyed.—*Helen Keller.*

Mr. R. H. Bligh at Work.

WANGANUI.—Mr R. H. Bligh had a most successful mission here last month. Two meetings for women and three for men were held, and Mr Bligh also addressed the various colleges and schools. The meetings for women were held under the auspices of the W.C.T.U., the chair at the Friday night meeting being occupied by Miss Powell and on Sunday afternoon by

Miss Fraser, Principal of the Girls' College. The magnificent audiences furnished ample proof that both sexes are deeply interested in the purity question and fully alive to the necessity of such teaching. The lectures to women are, of necessity, couched in general terms, but, while both are useful, we are of opinion that the talks with men and boys will be the means of preventing an incalculable amount of mischief. We wish Mr Bligh all success and most heartily commend his work to our Unions everywhere.

HAWERA.—Our Hawera correspondent writes:—In compliance with Mrs Webb's request, although there is no Union at Hawera, Miss Maunder wrote inviting Mr Bligh. He sent some circulars, which were given to the schoolmaster and members of school committee several months ago, so when Mr Bligh's agent came at the end of last month we were prepared to go forward. We had two meetings for women and two for men. At the women's meetings Miss Maunder presided at one and the Hospital Matron at the other. Two or three hundred were present each time, and seemed much interested, and Mr Bligh sold a good deal of literature. Those present expressed themselves well pleased with the address. Many young mothers were glad of hints as to how to talk to their little ones.

INTERNATIONAL COUNCIL OF WOMEN.

The meetings of the Executive Committee of the Council were held in Paris in June, under the presidency of Lady Aberdeen. Two new National Councils were affiliated—Belgium and Queensland. A gold monogram pin, I.C.W., which had been presented to Miss Anthony at the time of the formation of the Council in 1888, had been sent to Lady Aberdeen, by Miss Mary Anthony, with the request that she wear it as President; the brooch passing from one president to another. The Baroness Bertha von Suttner was congratulated on the fact that the Nobel Prize for Peace had been awarded to her. Lady Aberdeen reported that she had opened up correspondence in Greece, Turkey and Portugal, with regard to the formation of Councils in those countries.

A new scheme, proposed by Mrs Ogilvie Gordon, Hon. Corresponding Secretary, was unanimously adopted.

It aims at organising an International system of Educational Information Bureaux, whereby in each country information should be available for private individuals, both with regard to the educational facilities for particular courses of training in their own country, and also the educational facilities in other countries, in which boys and girls or young students may desire to reside for a time for purposes of education.

The Executive Meeting of 1908 will be held in Switzerland, and combine with it a meeting of the full Council. The Quinquennial Meeting and Congress is to take place in Canada in 1909.—Abridged from *The Englishwoman's Review*.

Items from the World's W.C.T.U. Bulletin.

WORLD'S CONVENTION, Boston, Oct. 17-23. Arrangements are progressing most satisfactorily for a helpful Convention. The veteran President of the Japan W.C.T.U. (74 years old) expects to be present. Baroness Von Hausen and Fraulein Nix will represent Germany, and Fraulein Julle Kassowitz, the daughter of the famous physician and scientist, Austria. Greece will send as representative Miss Callesperi, of Athens (Inspectress of Schools). The B.W.T.A. expects to send 56 delegates or more and Scotland 23.

U.S.A.—The W.C.T.U. shipped from Pasadena to San Francisco 15 sacks of good, clothing, and organised an employment bureau for the women wanting work. Mrs Bainbridge, county president of San Francisco, opened a tent reading room in Golden Gate Park, for the dwellers in the tents erected there, to whom books are now indeed a boon.

GERMANY.—The Union is growing steadily and now has 20 branches, besides several young girls' branches. A union of women teachers was formed in 1904 and is working zealously, having recently issued a publication on "How to Introduce Temperance Teaching in the School Code."

LIBERIA.—Unions have recently been formed in Liberia, West Africa.

Substitutes for Brandy.

For faintness, palpitation, or relief of pain, such as colic:—

(1) Water, as hot as can be conveniently swallowed, either alone or

slightly sweetened, to be sipped. Even cold water sipped stimulates the heart.

(2) Ginger tea: One teaspoonful to a teacupful of boiling water; sweeten, sip hot.

(3) Herb tea: A teaspoonful of powdered sage, mint, or similar herb, to a teacupful of boiling water, sweeten, sip hot. Camomile tea, taken warm, is especially suitable for colic.

Other measures: Flapping the face and chest with a cold, wet towel; putting the hands in hot water; ammonia or smelling salts to the nose; tickling the nostrils with a feather, &c.—
DR. J. J. RIDGE.

DURING a discussion on alcohol as a medicine, which took place at the annual meeting of the B.W.T.A., one speaker recommended sal-volatile as a substitute for brandy, saying that, although it contained alcohol, it was so far from being palatable that a person would not continue taking it. Lady Carlisle said that in case of a faint a packet of mustard leaves placed on the heart restored life. Hot milk and cayenne in milk were remedies given by other delegates for heart weakness.

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I have analysed many of the best known polishes at present being sold, and I have no hesitation in saying "ABBEY" is equal to the best.

Faithfully Yours,
(Sgd.) A. A. BICKERTON, Colonial Analyst.

WHAT
THE BOOTMAKER
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ABOUT

'ABBEY'

BOOT POLISH

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The women of Finland are now enfranchised and eligible for election to the Diet on the same conditions as men.

The moment the simple excitement of competition of skill becomes insufficient without the money stake, the taint of moral character, the contended gain at other's expense, has set in; and that the stake is 2d instead of £20 makes no more moral difference than there is between a theft of 2d and £20.—DR. MARTINEAU.

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The White Ribbon:

FOR GOD AND HOME AND HUMANITY.

SATURDAY, SEPTEMBER 15 1906.

The Parliamentary Programme

The political outlook is decidedly promising. The Premier has by his choice of colleagues added both ability and integrity to the Party charged with the administration of the affairs of the Colony. And the Parliamentary programme set forth in the Budget is, without making any pretensions, certainly humanitarian in its trend. The

suggestions to establish a sinking fund for the repayment of non-productive loans, and to make more stable provision for Education and Old Age Pensions by ear-marking Crown lands, savour of true thrift as well as due care for the human. The land proposals have evidently been framed with the object of giving the masses easy access to their rightful inheritance, the God-given earth. Reductions in postal and telegraph charges mean added comfort and convenience to the people; and the loneliness of the back-block settler and his family will be shorn of half its terror by the extension to the outposts of civilisation of telephonic communication. The setting aside of a sufficiency of land for the Maoris will do somewhat to remove the sense of injury and wrong so long and justly felt by a large number of the Native race. Altogether, the Ward Ministry may be regarded as having entered upon its duties with a due sense of its responsibility for the happiness and true welfare of the people.

The Totalisator.

Mr Ell's Totalisator Bill is dead, but the opponents of the engine of destruction are in nowise cast down. Firstly, the vote taken revealed the fact that the friends of morality in the present House are no insignificant minority—29 as against 35 advocates of legalising vice. Secondly, there is promise that the matter will be revived during the present session, Mr Ell having given notice of his intention to introduce the repeal clauses when the Gaming and Lotteries Act Amendment Bill is before Parliament. Thirdly, on 10th inst., a large and influential deputation, consisting of Parliamentary representatives, ministers of various churches, the Mayor of Wellington and other

citizens, waited on the Premier, for the purpose of urging on the Government the necessity of (1) the abolition of the totalisator, (2) the isolation of racecourses from telegraphic and telephonic communication, and (3) making the publication of betting news in the daily papers illegal. Mr Ell introduced the deputation, and the Premier's reception of its views, as voiced by several gentlemen, was markedly sympathetic. He promised to give the matters full consideration, and expressed the hope of being able to assist "in preventing the growth of what is a very great evil in this country."

The Christchurch *Press*, true to its platform, champions the cause of the totalisator. It reiterates the specious plea that Acts of Parliament cannot make folk moral, and then gravely concludes its remarks by saying that "those who wish to prevent gambling" (which the *Press* evidently does not) "must create a feeling against it." Is not this precisely what the totalisator abolitionists are striving to do? The special curse attached to the machine is that the State has through it sanctioned the vice, and, in the eyes of the thoughtless and the young, made it respectable.

Liquor at the Exhibition.

The Cabinet rightly decided that the question of allowing the sale of liquor at the Exhibition lay with the Christchurch Licensing Committee, and therefore declined to deal with the matter. The Licensing Committee has met, and has given its verdict against the sale. Seeing that the Committee was elected by the Christchurch people as an avowedly Temperance one, it was not to be expected that additional facilities would be granted for obtaining alcohol. Some have argued that the

Exhibition is a colonial one, and that the question should be looked at from the colonial standpoint, not from that of merely one Licensing District. Granting, for the nonce, this position, what then? Taken as a whole, the people of the colony, by a substantial majority, at the last Licensing Poll, declared in favour of No-License. Looking, therefore, at the question both locally and colonially no other course was open to the Committee than to refuse a license.

"Owe No Man Anything."

Mrs Spencer, the Business Manager, feels that many subscribers to THE WHITE RIBBON need a vigorous exhortation on the above quoted apostolic injunction. A very large number of subscriptions are unpaid—some for two or three years. "The rule is," Mrs Spencersays, "'payable in advance,' and these subscribers are keeping back the money that belongs to the printers. If this phase of the matter were pointed out to them, I feel sure that the majority would forward their subscriptions to date. Will you please help by an appeal in the paper—not too mild, for grace enough has been given now."

Will these tardy debtors take Mrs Spencer's words to heart and immediately remove reproach from their names.

NOTES AND COMMENTS.

ANOTHER UNOWNED POSTAL NOTE.—The Business Manager asks us to announce the fact that she has received another postal note, without the sender's name. The envelope bears the Thames post mark, and the note is stamped "Paeroa." Will the sender please forward her name and address, so that the amount may be entered to her credit.

THE WHITE RIBBON FUND.—We are asked to acknowledge the receipt of contributions to the foregoing Fund, from Ashburton, Gisborne, Inglewood, Eltham, Onehunga, Hamilton, Waikari, Otautau and New Plymouth. Feilding and Masterton have each sent a second contribution.

THE ANTI-TOTALISATOR PETITION.—We are asked to notify the fact, that as soon as the petition forms are filled

up, each Union should forward them to Wellington, addressed to the member for its own electoral district. There should be no delay in the matter.

RESOLUTIONS *re* LIQUOR AT EXHIBITION.—The Unions and friends generally, throughout the Colony, have doubtless noted the fact that it is now unnecessary to forward (as asked by Mrs Cole) resolutions to Parliament anent the sale of alcohol at the Exhibition.

HELP FOR FREE READING ROOM.—Our Napier correspondent renews her request that some Canterbury friend will, after reading his or her copy of the *Lyttelton Times*, post it daily to the Free Reading Room, Napier. If so addressed no stamp is required. As will be seen from the Napier report, the Room is doing good work, in which it should be accounted a privilege to help.

ACKNOWLEDGMENT.—Miss Moody Bell, our N.Z. Recording Secretary, has received a letter from "10 Downing street," acknowledging the receipt, by the Prime Minister of England, of the resolution forwarded to him by direction of the Greymouth Convention on the subject of the Opium Traffic; also one from the office of the N.Z. Minister of Justice, acknowledging the receipt of a series of resolutions passed by Convention.

MRS LEAVITT.—A further letter has been received from Mrs Leavitt, in response to that sent to her by direction of the Greymouth Convention. In it she remarks, "It appears that the heads which were wise enough to win enfranchisement have been wise enough to make no blunder since you have had the power in your hands. . . . You have caused me great joy in my old age by telling me that you believe I helped on the good work. When we can look up to God and say, 'I have done the best I could, forgive what Thou seest amiss,' that is the best thing, whether our efforts are successful, whether they are noticed or acknowledged, or not; but it is very uplifting to the ageing soul, past all active service, to receive such an abundant, ungrudging tribute."

A LADY DOCTOR.—Dr. Alice Moorhouse has been appointed to take charge of the State Maternity Home shortly to be opened in Christchurch,

TOWN MILK SUPPLY.—In the course of an address given under the auspices of the Christchurch City Council, Mr J. A. Kinsella, Dairy Commissioner, stated that in Napier and Wanganui the bulk of the town milk supply is pasteurised and delivered in sealed bottles, but that in all the other towns and cities the old haphazard and objectionable method of delivering from exposed milk cans is followed.

Mr Kinsella strongly recommended pasteurisation as a temporary expedient for averting or minimising the danger arising from dirt and disease, but pointed out that with proper inspection of animals, clean milking, efficient straining, cooling, and bottling, such treatment would be unnecessary and the milk in its natural state would keep perfectly sweet.

The quality of the milk supply is essentially a woman's question, and as the matter can be effectively dealt with only by the municipalities, another instance is afforded of the great need for the presence of women on city and borough councils.

TO CORRESPONDENTS.

"Enquirer."—(1) There is no form in use for the transferring of a member from one Union to another. Transference is effected simply by a kindly note from the President of the Union the member is leaving; (2) When a member who has already paid her annual subscription is transferred to another Union she, of course, does not pay again that year, but should show her receipt when she presents her letter of commendation.

"Mrs N. A. D."—Your letter received. A woman's paper is surely THE place where questions that bear on the very life of the race may be discussed. Neither Revelation nor the cause of purity have aught to fear from the findings of science. All are in truest harmony. Happily, there is now a movement in the direction of giving to our school children instruction in the principles and laws which govern all life, from the plant to the human. When every boy and girl is so taught the standard of morality will be immeasurably higher than at present.

The N.Z. W.C.T.U. at the International Exhibition.

The Committee who have charge of the arrangements for the W.C.T.U. Bay find that the Commissioners give to exhibitors the floor space only. Even the walls will have to be erected, as well as papered and decorated. The furniture has to be purchased and a special front designed and carved with the W.C.T.U. motto. The Committee had hoped to display flags from all countries where the Union is established, but is not now certain that the idea can be carried out. Literature in the shape of leaflets and pamphlets is being prepared. At time of writing Mrs Cole is taking a little—but much needed—rest in Dunedin.



The following Unions have, during the month, sent contributions to the fund for the Exhibition Bay:—Whangarei, Ponsonby, Dunedin, Waimate, Onehunga, Wanganui.



Mrs Cole, our N.Z. President, wishes to remind the Unions that the exhibit is a New Zealand one, and not one promoted by the Christchurch Union. Each Union is therefore responsible for a share of the cost, and contributions should be sent in without delay.



All subscriptions and contributions for the Bay should be sent to Mrs W. H. Seed, 27 Hereford street East, Christchurch.

Concerning Alcohol.

ALCOHOL AS A DRUG.—The cables, on August 25th, conveyed the news that Sir Victor Horsley had declared before a meeting of the British Association at Toronto, that the value of alcohol as a drug was practically nil.



ALCOHOL AND CONSUMPTION.—The annual report of the Medical Officer for Wigton, England, states that alcohol, as a predisposing cause of tuberculosis, is probably secondary to overcrowding. He advises that the effects of alcohol be taught in all public schools.



ALCOHOL AND THE VOICE.—Mr Ch. J. Bishenden, voice and health specialist, author of "Profitable Health," etc.,

says, "In my method for 'Voice, Singing, and Health,' I lay great stress on the vital point that spirits are especially bad for the throat and voice. I studied those subjects with Sir Morell Mackenzie at the London Hospital, and for the last thirty years I have enjoyed robust health, and so have all my pupils. Temperance has been one of the main causes of these vocal and physical benefits, and I am writing this with the object that my words may be quoted in favour of temperance for both voice and health."



WISE DENMARK DOCTORS.—Here is a copy of a poster drawn up by a number of Danish physicians and put up in all railway stations throughout the country:—

To the Danish people:

Alcohol is a stupefying poison.

Alcohol is the cause of many mental diseases and of most of the crimes.

Every seventh man in Denmark dies of drink.

In the struggle for Temperance, abstinence is the safest weapon.

Abstinence never injures a man. Sure is the hand and clear is the thought of him who never drinks spirits.

If you wish to make your people happy, increase their prosperity, build up their homes, advance the interests of your country, and make the race sound in body and mind, become a total abstainer.



Nine cases of drunkenness were brought before the Stipendiary Magistrate at Christchurch, on September 11th—and yet it is asserted that publicans are now conducting their houses well.

Teach Truth.

"The child will ask questions early; let not the coarse reply get its work before the chaste one comes. Science is like fire; it burns away dross; tell him what science says. God's laws are all equally clean and holy; tell him of the laws of God. But in what way shall we teach? According to the truth of things. The bird in its nest, the flower on its stalk, the mineral in its crystals, all show forth one law."

—Frances Willard.

Sayings of Miss Anthony.

Sentiment never was and never can be a guarantee of justice.

No man is good enough to govern any woman without her consent.

Self-government is as necessary for the best development of women as of men.

I pray every single second of my life; not on my knees, but with my work. Work and worship are one with me.

The "greatest compliment" ever paid me was that by my life work I had helped to make the conditions of the world better for women.

All sectarian creeds and all political policies sink into utter insignificance compared with the essence of religion and the fundamental principle of government—equal rights.

If we do not inspire in women a broad and catholic spirit they will fail, when enfranchised, to constitute that power for better government which we have always claimed for them.

The vast majority of women easily can have their sympathies drawn upon to help personal and public charities, while very few are capable of seeing that the cause of nine-tenths of all the misfortunes which come to women, and to men also, lie in the subjection of women, and therefore the important thing is to lay the axe at the root. While some of you must work as you are doing, giving heart and soul to the mitigation of the horrors of our semi-barbaric conditions, I must strike at the cause which produces them.

As machinery in motion lasts longer than when idle, so a body and soul in active exercise escape the corroding rust of physical and mental laziness which prematurely cuts off the life of so many women. I believe I am able to endure the strain of daily travelling and lecturing at over three score years and ten, mainly because I have always worked and loved work. As to my habits of life, it has been impossible for me to have fixed rules for eating, resting, sleeping, &c. The only advice I could give a young person on this point would be, "Live as simply as you can. Eat what you find agrees with your constitution—when you can get it; sleep whenever you are sleepy, and think as little of these details as possible."

POETRY.

Enlargement.

Pray larger prayers,
Alone for thine and thee
God does not keep
His treasure-troves of good;
For others ask,
And let the whole world be
Thy Father's House,
Home of thy brotherhood.

Give larger gifts,
However poor thou art
Thou hast some wealth
To keep, or give away.
Thou canst at least
Some good or joy impart,
And cheer thy fellow-pilgrims
On their way.

Hope larger hopes,
Thy heart live to expend;
The Father's heart is large,
And takes all in;
And He can save his own
In every land.
Love thou, and hope that all
The Christ may win.

Live larger life.
Stay not in narrow places;
Take a broad outlook
Over men and days.
Oh! little soul, be great,
Show sweeter graces;
Live, love, labour
In God's largest ways.
—Marianne Farningham

What Care.

What care I for caste or creed?
It is the deed it is the deed;
What for class or what for clan?
It is the man, it is the man.
Heirs of love, and joy, and woe,
Who is high and who is low?
Mountain, valley, sky and sea,
Are for all humanity.

What care I for robe or stole?
It is the soul, it is the soul;
What for crown or what for crest?
It is the heart within the breast;
It is the faith, it is the hope,
It is the struggle up the slope,
It is the brain and eye to see
One God and one humanity.
—Robert Loveman.

The year's at the spring
And day's at the morn;
Morning's at seven;
The hill-side's dew pearled;
The lark's on the wing;
The snail's on the thorn.
God's in his heaven—
All's right with the world.

—Pippa Passes.



THE HOME.

Health Hints for Women.

DYSMENORRHEA, OR PAINFUL
MENSTRUATION.

In a healthy girl or woman there should be no pain either before or at the time of menstruation, but so ignorantly do many of us live that suffering, in varying degrees, at these periods is, unfortunately, only too common.

Girls who attend school, as well as those who are employed daily in teaching or in business office, factories or shops, are sometimes altogether unfit for their daily work, owing to the extreme pain and lassitude felt at such times.

What is much to be deplored is the fact that the sufferers seem to take it for granted that the pain and discomfort are bound to continue to manifest themselves, and that to swallow a stimulant or a drug to give temporary relief is the only course to be taken. Those who fly to alcohol, opium, cocaine, and other poisonous drugs for speedy relief, little know at what a tremendous cost of vital energy the temporary ease is gained. Not only this, but it is a fact that such drugs do not touch the real cause or causes of the trouble, save to aggravate them. This they do by benumbing the nervous system, stopping the natural action of the organs, and leaving them less fit than before to cope with the trouble at a future time. It is well to try and realise that no special part of the body can suffer without the entire system suffering sympathetically, and, on the other hand, if the body is improperly clothed and nourished, insufficiently exercised, or the blood imperfectly oxygenated, any organ that is weak will suffer through this general neglect.

Chief Causes.

INSUFFICIENCY OF FRESH AIR.—Teachers, clerks, dressmakers and others leading sedentary lives, do not always realise the great importance of taking active exercise in the open air daily. Sitting in a stooping position for some hours of every day in, it may be, a badly-ventilated room or building, or sleeping in ill-ventilated bedrooms with closed windows, are primary causes of uterine and other disorders.

IRREGULAR BATHING.—Owing to this inattention the normal action of the skin is hindered from throwing off the natural secretions of the body, thus causing a feverish condition to be set up, to the detriment of the entire system.

A WRONG DIET.—Not only rich stimulating foods, such as highly-seasoned meats, pastries, pickles, etc., but also wrong combinations of foods are answerable for much mischief. The habit of eating frequently and at irregular hours, with drinking at meals, is a fruitful source of indigestion and malnutrition. Constipation and congestion of the abdominal and pelvic blood-vessels also result from these habits of living, and the condition induced naturally affects the uterus closely.

UNHYGIENIC CLOTHING.—Corset-wearing (the evils from which would require many

volumes to describe), tight bands, the weight of clothing suspended from the hips instead of from the shoulders, tight shoes and gloves—all help to increase the trouble now being dealt with, by impeding circulation and increasing the congested state. Misplacements of the chest and abdominal organs are induced by the corset, and pressure with a "bearing down" of the most delicate organs is the result. Professor O. S. Fowler writes strongly on this fashion. He says: "It inflicts the very worst forms of physical ruin on women.

By girding in the lungs, stomach, heart, diaphragm, etc., it cripples every one of the life-manufacturing functions, impairs the circulation, and prevents muscular action. . . . Most alarmingly has it already deteriorated our very race in physical strength, power, constitution, energy, and talents. Let those who had rather bury than keep alive their children marry tight-lacers."

MENTAL EXCITEMENT.—Too much study and brain-fag; romance reading by very young girls; social excitements of an unhealthy kind, necessitating late hours, are a drain on the nervous system, and injure the body very materially.

MALFORMATION.—It is possible that, in a few cases, there may be some slight uterine obstruction, brought on by the congested state, which may need the attention of a skilful physician, but such cases are not frequent.

Natural Remedies.

As without an intelligent care of the general health it is not to be expected that any specific disease can be successfully dealt with, a few natural and general home remedies for the cure of "painful menstruation", may be helpful. And the first and most important of all remedies—paradoxical as it may seem—is

Prevention.

FRESH AIR AND EXERCISE.—To those who, from leading enforced sedentary lives, suffer from the want of fresh air, it is recommended that they should plan to take a certain time daily for outdoor exercise. Even among the large number who have home duties, there are few who cannot manage a short time, either in the morning or evening, if not both, for a quick walk or a "spin" on the bicycle. Add to this, when possible, a course of "Physical Culture" exercises, by practising which regularly for five or ten minutes night and morning, a healthy circulation, improved muscular action, and a really wonderful increase in breathing capacity will be gained. The deep breathing exercises are simply invaluable for all abdominal and pelvic troubles. Severe cases of dysmenorrhea may be entirely cured by a systematic practice of certain of the "Physical Culture" exercises. Moreover, by these exercises, a free, graceful pose in standing, sitting and walking, may be gained, which is no small benefit. To describe these movements in a short pamphlet like this would be impossible, but by applying to the "Christchurch Physical Culture Society," through its Secretary, information and practical advice will gladly be given to anyone desiring it.

Diet.

Milton says:—

"In what thou eatest and drinkest seek from thence
Due nourishment, not gluttonous delight,
So mayst thou live till like ripe fruit thou drop,
Gathered, not harshly plucked, for death mature."

BEATH'S END-OF-SEASON SALE NOW ON

BARAINS IN BLOUSINGS.

Fancy Cashmerettes, 7½d; now 4d
 Fancy Flannelette, 8½d, now 5½d
 Blouse Flannels, all wool, 1/11, now 1/-
 Molleton Flannelettes, 1/11, now 11½d
 Flannelettes, white and cream,
 9/6 doz., now 6/11
 Pure Jap. Silks, all cols., sale price, 1/-
 Black Fancy Dress Materials, 11/9
 now 7/11
 Wool Vests, long sleeves, 1/6, now 1/-

BARAINS.

Wide Satin Ribbons, 1/6 now 4½d
 Silk Glacé Ribbons, 1/11 now 6½d
 Marmot Fur Muffs, 12/6 now 7/11
 Fur Necklets, sale price,
 1/11, 3/11, 5/11
 Suede Gloves, 4 Dome, 3/11 now 2/6
 Black Cash. Hose, emb., 2/6, now 1/9½
 Children's Bear Necklets, 2/6, now 1/-
 Cashmere Combinations, 10/9
 now 5/11

GENUINE CLEARANCE.

Stylish Picture Hats, 32/6 for 15/11
 New Motor Caps, 2/11 for 1/6
 Fur Toques, latest, 13/6 for 7/11
 Fancy Plush Hats, 16/11 for 5/11
 Ladies' Jackets, 21/- to 42/-
 all at 7/11
 Cloth Dress Skirts, black, 12/6 for 8/11
 Dressing Gowns, 8/11 for 5/11
 Children's Reefer Coats, 15/6 for 4/11

Beath's Great Winter Sale. Cashel St., Ch'ch.

A light, nutritious, laxative diet should be used, consisting of cereals, whole-meal, twice-baked breads, cream, nuts, fruits, some kinds of vegetables, light puddings, etc. It is better not to eat butcher's meat, but rely on peas, beans, and lentils, in moderate quantities, to supply the nitrogenous element contained in meat. Drink no liquids at meals, but take water between meals. Eschew suppers and afternoon teas, and rely on three nourishing meals for a daily supply. Two meals suffice for some, but this, like other details, must be left to individual judgment. Mastication should be slow and thorough. If the bowels are constipated, eat less condensed food and more fruit. The occasional use of a warm water enema is useful, and especially about the time of the expected menstrual period, when it is most important that the bowels be kept open.

CLOTHING.—To suggest a style of clothing for girls and women which is both healthful and artistic is not so difficult as at first it may seem. Fashions at the present day vary so much that ample choice is left to each individual to follow her taste without appearing singular. The entire abandonment of the corset is strongly advised. Even if there are "no bones" in this garment, there are the steel fastenings in front which press on the organs and do real injury. The pressure and constriction of the corset make it the greatest factor in causing misplacement of the internal organs.

A firm bodice buttoned in front may be substituted for the corset. It, however, must be loose enough to leave room for free abdominal breathing. Flat buttons may be sewn on a half-inch above the waist line of the bodice on which to button the skirt of dress, and a second row of buttons two-and-a-half inches below the first on which to fasten an under-skirt. The shoulders will thus be made to bear the weight of the clothing instead of the hips. Some variation of the full blouse front is always pretty, and the back is far more suggestive of grace and strength when the "corset line" is conspicuous by its absence. For a woman to say that she cannot do without the "support" of a corset is an insult (whether intentional

or not) to the Creator of the "human form divine." The lightest possible clothing consistent with sufficient warmth is recommended, and in wet weather, short skirts and thick-soled shoes are a necessity.

BATHING.—A bath of some kind should be taken every morning regularly, not only for cleanliness, but for healthy, vigorous skin action. A cold sitz bath is most invigorating, with friction afterwards with rough bath gloves or Turkish towel. If nothing but a basin is available a cold sponging is excellent, with friction after. A hot bath at least once a week should be taken. A steam bath, also, with cold sponge afterwards, promotes health.

Special Home Remedies.

When, shortly before the menstrual period, there is a spasmodic or lacerating pain in the lower part of the abdomen and loins, accompanied by flushing of the face and throbbing of the brain, with giddiness and headache of the temples, it is usually a neuralgic excitement of the nerves of the uterus. Some application of moist heat will in this case allay the pain, but, remembering that these suggestions are intended chiefly for those who are away from home for a large portion of the day, the simplest and quickest methods will be given.

One method is a hot sitz bath (which would occupy about fifteen to twenty minutes), with blanket round shoulders and feet in basin of very hot water. If perspiration ensues all the better. Sponge afterwards with cold or tepid water, to avoid taking cold.

Yet a quicker and easier way is as follows:—Before rising in the morning or retiring at night place a rubber bottle half filled with very hot water to the lower part of the back, with a wet cloth between the bottle and the patient's body. While lying on the bottle press cold or tepid cloths (wrung out beforehand) on the abdomen and change them as they get hot. On removing the bottle, sponge the back with cold water.

Another way is to wring a large piece of flannel or blanket out of boiling water and wrap it round the loins, with a dry covering

firmly fixed on. Heat to the feet at the same time and a cold sponge to follow. Sipping hot water is also a help, and a very hot enema is an excellent means of allaying severe menstrual pain.

But there are other kinds of pain which require cold applications instead of hot, that, in fact, are aggravated by heat and diminished by cold. Dr. Mary Wood Allen says in her valuable book, "What a Young Woman Ought to Know": "I knew such a case where a girl at school, suffering with menstrual pain, alarmed teachers and friends by wringing towels out of cold water and laying them over the abdomen. But the alarm subsided when they saw that the pain soon passed away under the cold application." Dr. Allen also says: "I have known cases of painful menstruation entirely relieved by simply supporting the bowels by a bandage, thus relieving the uterus of pressure, and allowing a free circulation of the internal organs."

Where there is reason to believe that misplacements and congestion exist, the symptoms of which are a sagging forward of the abdomen, accompanied by a dragged feeling with feverish sensations, the application of cold cloths will be best. A hot foot bath, with cold compress to abdomen and thighs for a minute to follow, is also a simple and effective remedy. Usually, unless in the case of very young girls, the feeling of the patient is a safe guide as to whether hot or cold treatment is best. In all cases the feet should be kept warm and the head cool.

Health is our Birthright.

We are told that thought is behind everything, so that right or wrong thinking bring health or dis-ease in their train. Health is normal. Dis-ease is abnormal. We were intended to have strong, graceful, beautiful bodies. Ignorance, in our mode of living, has brought dis-ease on our race. Therefore to begin to think on right, intelligent, hopeful lines is the first step towards health. Vigorous action to carry out this thought is the next step, and this, if earnestly begun and continued, will give us splendid results in healthy, happy, useful lives, each possessing "a sound mind in a sound body."

Women's Christian Temperance Union

OF NEW ZEALAND.

ORGANISED - 1885.

*'For God, and Home, and Humanity.'**President:*

MRS COLE, Cashmere Hills, Christchurch.

*Vice-President-at-Large:*MRS A. R. ATKINSON, Arbury, Wadestown,
Wellington.*Corresponding Secretary:*MISS M. S. POWELL, c/o Mr F. J. Denton,
Wanganui.*Assistant Corresponding Secretary:*

MISS ALICE WEBB, Ormondville.

Recording Secretary:

MISS MOODY BELL,

Deaconess and Secretary Y.W.C.A.,
Dunedin.*Treasurer:*

MRS DOHRMANN, M.A., Studholme.

CHRISTCHURCH W.C.T.U.

GENERAL MEETING second Wednesday,
2.30 p.m.; Educational Meeting fourth
Wednesday, 2.30 p.m.; at the Y.W.C.A. Rooms,
Gloucester Street.President—Mrs Macdonald, St. Peter's
Manse, Ferry Road.Recor. Sec.—Miss W. W. Smith,
Corresponding Secretary.—Mrs Day.

Treasurer—Mrs Seed, Hereford St.

KAIAPOI W.C.T.U. COFFEE ROOMS.

OPEN 10 a.m. to 9 p.m. Tea, Coffee, Cocoa,
1d per Cup. Daily and other Papers, Maga-
zines, etc., provided. Large room may be hired
for concerts, lectures, etc. Apply, MISS GRANT,
on the premises. Union meets second and last
Wednesday, 3 p.m. Pres.—Mrs Ellen, Broom
Street. Sec. and Agent for WHITE RIBBON—
Mrs Souby. Assis.-Sec.—Miss Blackwell.
Treas.—Mrs. T. G. Blackwell.

NAPIER W. C. T. U

THE Union meets on the last Thursday
in the month, in St. Paul's Schoolroom,
at 3 p.m. Pres.—Mrs Oldham, France Rd. Rec.
Sec., Mrs E. A. Israel, Edwards Street. Cor.
Secretary, Miss Guy. Treasurer, Mrs Evans.
Home Meetings, Mrs Israel; Furity, Mrs
Sandilands; Literature, Mrs Mens, Marine
Parade; Sabbath Observance, Mrs Troy,
P.O., Greenmeadows. WHITE RIBBON Agent,
Mrs Freeman, Carlyle St.

HASTINGS W. C. T. U.

UNION meets 1st Wed. in month in Pres-
Church vestry. Pres., Mrs Boyle, Lyndon
rd.; Vice-Pres., Mesdames Comrie and Carr;
Sec., Mrs S. Heighway, Alexandra st.; Treas.,
Mrs McLellan, Southampton road.

RANGIORA W. C. T. U.

THE UNION meets on the last Friday
of the month, in the ante-room of the
Institute Hall. Pres.—Mrs Pinfold Sec. Mrs
Darling. Treas.—Mrs L. E. Metherell.

BLENHEIM W.C.T.U.

THE UNION meets on the first Tuesday in
the month at 3 p.m. Pres.—Mrs Rose, Keg-
worth. Sec.—Mrs Griffen. Treas.—Mrs Hay.
WHITE RIBBON Agent—Mrs W. Parker.

AUCKLAND W. C. T. U.

GENERAL Meeting in the Central Mission
Hall, Albert Street, Second and Fourth
Wednesday, 3 p.m. Executive meets 2.30

President—Mrs. Dewar, Ponsonby.

Secretary—Mrs N. A. Davis.

Treasurer—Mrs Hughes, Mount Eden.

WHITE RIBBON Agent—Mrs R. M. Wallis,
Mount Eden Road.WELLINGTON W.C.T.U. President—
Mrs Chappie, Willis-street. Secretary—
Miss Kelly, 46 Nairn St. Treasurer—Miss
E. Wilkinson, 20, Pirie-st. WHITE RIBBON
Agent—Mrs Amos, 86 Kiatoul St. Union meets
first Thursday in each month, in Girls' Asso-
ciation Rooms, at 3 p.m.Girls' Association Rooms, Constable-street,
Newtown. Evening Classes and Socials. All
Girls Invited.

DUNEDIN W. C. T. U.

GENERAL MEETING held in the Y. W.
C. A. Rooms, Moray Place, First Tuesday
in the month, at 3 p.m.President—Mrs W. R. Don. Secretary—
Miss Pearson. Treasurer—Miss Niell. Cor-
respondent—Miss Moody Bell.WHITE RIBBON Agent—Mrs Heatley, Belle-
knowes.

INVERCARGILL W.C.T.U.

GENERAL Meeting held on the first
Tuesday of every month in Hanan's
Buildings, Dee Street, at 3 p.m.

President—Mrs Baird, Spey Street.

Secretary—Mrs Mitchell, The Parsonage,
North Road

Treasurer—Mrs Small, Gladstone.

WHITE RIBBON Agent—Mrs Ashton.

FELDLING W.C.T.U.

THE UNION meets on first Thursday in
the month, at 2.30 p.m., in Presbyterian
School-room. President—Mrs P. W. Jones.
Treasurer—Mrs Frost. Secretary—Mrs J. C.
Thompson. WHITE RIBBON Agent—Mrs
Burnley.

PETONE W.C.T.U.

THE UNION meets in the Church of
Christ, Sydney-street, on first Tues-
day, at 3 p.m. President—Mrs Jackson.
Secretary—Mrs J. M. Jansen. Treasurer—
Mrs D. B. Howe.

NEW PLYMOUTH W.C.T.U.

THE UNION meets the last Wednesday in
the month, in Whitey Hall, at 3 p.m.
President, Mrs A. Douglas. Cor. Secretary,
Miss Ambury. Record. Sec., Mrs Upton.
Treasurer—Miss Sadler. Superintendent of
Literature—Miss Hodder. WHITE RIBBON
Agent—Miss Taunt.

WANGANUI W.C.T.U.

THE UNION meets in the St. Paul's Class-
room, on the first Friday in every month.
Pres.—Mrs J. Smith. Sec.—Miss Tucker, 73,
Campbell-st. Treas.—Mrs McLeod. WHITE
RIBBON Agent, Miss Brechin.

NELSON W.C.T.U.

THE UNION meets in the Methodist School-
room, on the second Tuesday in the
month, at 3 p.m. Pres.—Mrs Crump. Sec.—
Miss M. Wilson, Waimea St. Treas.—Miss
Atkinson.

TARIKI W.C.T.U.

THE UNION meets every second Thursday in
the month at 7.30 p.m. Pres.—Mrs Eason,
Tariki. Sec.—Mr. J. E. Fenwick, Waipuku.
Treas.—Miss M. Therkleson, Tariki.

DEVONPORT W.C.T.U.

THE UNION meets on the last Wednesday
in the month, in the Wesleyan School-
room, at 3 p.m. President—Mrs Hampson.
Secretary—Mrs Veats. Treasurer—Mrs Butler.

LOWER HUTT W.C.T.U.

THE UNION meets on the last Tuesday in
the month, at 3 p.m. Pres.—Mrs Garlick.
Sec.—Mrs S. Strand. Treas.—Mrs Routly,
W.R. Agent.—Mrs Ledbrook.

GREYMOUTH W.C.T.U.

MEETS first Wednesday in the month at 3
p.m., in the Vestry of the Methodist
Church. Pres.—Mrs Gaskin. Treas.—Mrs
Sweetman. Sec.—Mrs Hansen.

INGLEWOOD W.C.T.U.

THE Union meets on the second and fourth
Wednesdays in each month, at 7.30 p.m.,
in Wesleyan Schoolroom. Pres.—Mrs W.
Harding. Treas.—Mrs M. Sutherland. Sec.—
Mrs Ed. Taylor.

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2s 6d per annum.

It is the property of the New Zealand
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