

Kaiapoi.

At the meeting held on Nov. 28th, a report was given of the Silver Medal Contest which had been held at the Oddfellows' Hall on the 16th. Mr J. H. Blackwell, Mayor, presided, Mr Bean, Head Master of the High School, and Miss Blackwell, Head Mistress, being the judges. A very attractive programme was arranged by Mesdames Ashley and Harrison, who each worked very hard in coaching the reciters, of whom there were 13, Marjorie Whitehead gaining the Silver Medal. Owing to the kindness of members of the Union, each child received a very handsome book. During the evening glees, a duet, and vocal and instrumental solos were given. The Contest, with donations from various friends, realised £5, which is gladly forwarded as our share towards the expenses of our Bay.

Levin.

There was a full attendance at our annual meeting, which was held on November 20th, to enable Mrs Ostler (who is leaving the district) to be with us for the last time: Afternoon tea was dispensed by our hostess (Mrs Gibson) while the members assembled, and after the usual preliminary ceremonies, the secretary's and treasurer's reports were read and received and officers elected for the ensuing year. Mrs Wrigley then spoke in warmly eulogistic terms of Mrs Ostler's interest and work for so many years in the cause of Temperance. An address and a beautiful silver-mounted purse, suitably inscribed, were then presented to Mrs Ostler, who, in returning thanks, promised that, if in the vicinity at the next General Election, she would visit Levin, and help the members of the Union at that important time.

Masterton.

A very successful and enjoyable pay-up social was held in the Presbyterian school-room. Owing to the absence, through illness, of our President, Mrs. Chapman presided. The Secretary briefly reviewed the work of the year, and the Revs. A. T. Thompson and J. N. Buttle gave congratulatory and encouraging addresses. Music and refreshments filled up the programme, and four new members were enrolled.

New Plymouth.

At our meeting held Nov. 14th, reports were given of the sewing meetings, also of a relief case and the No-License picnic at Ngaire. It was decided that the annual meeting be held on the 12th of Dec., when friends should be asked to come to spend a social hour and hear the reports given.

At the meeting held on the 28th of Nov., the following officers were re-elected:—President, Mrs Douglas; Cor. Secretary, Miss Ambury; Rec. Secretary, Mrs Upton; Treasurer, Miss Sadler; WHITE RIBBON Agent, Miss Taunt; Vice-Presidents, Mesdames Cook, Woolley, Nixon and Maunder; Supt. of Relief and Rest Room, Mrs Brash; Press Werk, Mrs Upton; Maternity, Mrs Bulot. It was decided that two delegates should represent the Union at the next Convention.

Rangiora.

On November 29th, the silver medal given by our Union for the best Temperance recitation was presented to Miss Nellie Cook by Mrs Pinfold. The Union placed the contest in the hands of the local Band of Hope Committee, and under the energetic guidance of their Secretary, Mr F. Lane, it was brought to a most successful issue on Nov. 15th. A fine number of promising reciters took part and gave a good programme to an audience of about 300. The Band of Hope Committee also offered prizes in three grades. The programme on the presentation evening was provided by Christchurch members of the Canterbury Band of Hope Union and proved a treat to the large audience assembled.

The annual meeting was held on 7th inst. There was a good attendance of members, and one new member, who is still on the mighty deep, voyaging from the Old Land, was enrolled. A good tone prevailed throughout the meeting, and subscriptions came to hand readily, leaving but few in arrears. Mrs Pinfold was re-elected President; Mesdames Graham, Moore, and Miss Newton Vice-Presidents; Mrs Metherell, Secretary—our very able and indefatigable Secretary, Mrs Darling, resigning to visit England in April—Mrs McKenzie, Treasurer. The balance-sheet shewed a good balance in hand, and interest in all departments of the work has been steadily maintained.

South Dunedin.

Though not reported of late, work in our Union has been going steadily on, and the attendance at the meetings has been very good. At our last meeting it was decided to inaugurate the cradle roll. Our Treasurer reported that £1 had been sent for our Exhibition Bay. Two of the members consented to visit absentees and also to try to secure fresh attendants at our meetings.

Waimate.

Since last report was sent in an open-air Anti-gambling meeting, called by the Union, was held at "The Corner." His Worship the Mayor presided, giving a pithy address, and was followed by Mr Geo. Dash and Rev. A. S. Morrison, the former setting forth the evils of the totalisator, and the latter dealing with the moral aspects of the question. The meeting was largely attended and was fully reported in both papers. We have decided to spend £3 a year in purchasing space in the Waimate and Studholme stations for exhibiting Temperance placards. At our next meeting Dr. Barclay is to give an educational address on the proper feeding of infants, dealing with humanised milk and patent foods. We are giving tea, advertising the meeting, and hope for a large attendance.

SMOKER'S HEART.—The physiological effects of tobacco are due to an alkaloid, nicotine, which acts chiefly upon the heart, causing irregular action, and producing the condition known as smoker's heart.—Dr. E. St an Chesser, in *The Daily Chronicle*.

THE PHYSICAL EFFECTS OF ALCOHOL.

BY MISS ROBERTS.

(CONTINUED.)

ALCOHOL AND THE BLOOD.

The processes of repair and waste are constantly going on in the body. Every action or movement of the body, every impulse of the mind, uses up some cell matter, which must then be passed from the body as waste. New cells to repair that waste must be built up from the food we eat, after the process of digestion is accomplished. This process of waste and repair is called "metabolism," (from a Greek word signifying "I throw to and fro" or "change.")

The blood is the great circulating market of the body, in which all the things which are wanted by all the parts, by the muscles, the brain, the skin, the lungs, liver, kidneys, etc., are taken and given. What the muscles want, they take from the blood; what they have done with, they give back to the blood; and so with every other organ and part. As long as life lasts, this giving and taking is forever going on, and this is why the blood is forever on the move, sweeping swiftly from place to place, bringing to each part the thing it wants, and carrying away those with which it has done. When the blood ceases to move, the market is blocked, the giving and taking cease, and all the organs die, starved for lack of the things they want, choked by the abundance of the things for which they have no longer any need.

Fresh blood is, to the unassisted eye, a red opaque liquid, showing no sign of being made up of different parts, but when examined by a microscope it is seen to consist of a liquid which is colourless and watery looking. Floating in this liquid are countless multitudes of extremely minute solid bodies known as blood corpuscles. They are red and white. The red corpuscles give the blood its colour; they are so tiny that about five millions of them are contained in one drop of blood. The white corpuscles are a little larger than the red, but much less numerous (about 1 to 600) and they are able to change their shape. Watched with a microscope the white corpuscle may be seen to slowly alter its form or even to creep across the glass. These red and white corpuscles are little, independently moving cells which live in our blood, and each has different but equally important functions to perform. Every red corpuscle has the

Power of Combining with Oxygen

where that gas is plentiful, and of giving it off again in a region where oxygen is absent, or present only in small quantities. So as the blood flows through the lungs which are, or should be, constantly supplied with fresh air, these corpuscles take up oxygen, which is carried by them to every part of the body, and then given up to the tissues, and on their return journey these wonderful carriers pick up the waste, or used-up material, and carry it to the lungs to be thrown off and replaced again by a fresh supply of oxygen. This is the great function of the red corpuscle. The action of the white corpuscle is equally marvellous. A certain number of