

few are strong enough to turn back until it is too late.

Thankful as I am to have any hand in the cure of those thus victimised, I should be still more glad if I could do something towards the

Prevention of the Evil.

Because our Maker has not endowed us with that faculty which we see in the lower creatures, and which we call instinct—which makes the mother know at once what is good for her young—He has clearly intended that our higher intelligences should take its place.

And yet it seems that people who take infinite trouble about their clothing, their reading, and many other matters of less real importance, are content to consume any food which is offered them provided it suits their palates, without giving one thought to its properties, or its purity.

Indeed, the mere taste of their food appears with many to be the all-important factor.

"I like it,"

is a sufficient reason for eating many harmful things. Now, the sense of taste, were it quite undepraved, either by heredity or by habit—would, I think, be a safe guide. A healthy child chooses simple foods, and would never want tea, meat, strong flavourings, or intoxicants, unless deliberately taught to take them, or induced by curiosity to imitate the habits of its elders.

The chief hope of all food reformers lies with the rising generation. If parents can be induced to bring up the children on a pure and simple fruit and vegetable diet, and for their sakes to abolish all that is harmful from the home, I think the need for Inebriate Homes and all the other apparatus for rescuing the human wreck will diminish and finally disappear.

During an evangelistic mission held in St Louis by Gipsy Smith for 17 days the saloon keepers admitted their takings had been 20,000 dols. less than formerly.

If you suffer from RHEUMATISM, and want immediate relief write for prescription, enclosing postal note or stamps for 2s 6d, and stamped addressed envelope for reply to "St. Kew," Karaka Bay, Wellington.

News of the Unions.

Correspondents are requested to make their Reports as concise as possible.

HASTINGS.

The usual monthly meeting was held in St. Andrew's Hall on Wednesday, 11th August, when a very pleasant afternoon was spent. On the 24th Miss Powell addressed a meeting for women, which was both interesting and instructive. Afternoon tea was provided, adding to the enjoyment. At the close of the meeting three new members were added to our roll.

CHRISTCHURCH.

At the fortnightly meeting held on the 11th August, an address on "Health and Hygiene" was given by Mrs Mackintosh, of Papanui Sanatorium. Dealing with the subject of food, the speaker pointed out that the three essentials of food were that it must be satisfying, sufficient, and symmetrical, the latter term meaning that it must be of such kinds and in such proportions as to be most easily digested. The most frequent errors of eating were enumerated as, hasty eating, drinking with meals, overeating, especially of animal foods, which predisposed to other forms of excess; eating too frequently, or between meals, or when exhausted, and sleeping after meals. There was much need for a more simple diet, with less variety at each meal; for the avoidance of condiments, which were merely whips to encourage overeating, and for recognition of the fact that nourishment consisted not in the amount eaten, but in the quantity properly digested. The use of tea and coffee was harmful, the effect of the one being exciting, and of the other benumbing. Stimulants were not a food, and people needed to be educated away from drugs. Passing on to the subject of hygiene, Mrs Mackintosh pointed out much more care and attention was usually given to an inanimate piece of machinery than to the human body, which was full of the most wonderful mechanism. The transgression of the laws of health injured this fine machinery, created obstructions, and produced suffering and death, which were charged to the mysterious dispensations of Providence instead of to our own errors.

At the meeting on the 25th August, a very interesting and encouraging report of the progress of the Y Union was given by Mrs Blyth, and Mrs Wise reported on work in connection with peace and arbitration, and advocated the introduction of the subject into Bible classes and Bands of Hope.

GISBORNE.

There was a good attendance at the usual monthly meeting held on August 12th. Reports were received from the evangelistic, literature, and visiting departments. During her three days' stay here Mrs Stevenson was kept very busy. She addressed the children in the public school, high school, and students at Te Rau (the Maori college). Afternoon meetings were arranged for teachers and members of educational and school boards, and two addresses on W.C.T.U. work and methods of conducting Union meetings were given, and two public addresses in the evenings in the theatre. All who were privileged to hear Mrs

Stevenson are unanimous in their appreciation of her powers as a platform speaker, and her quiet, logical and forcible speaking here, has been felt of great benefit and help to all engaged in temperance work. At the meeting of the No-License League held here on Monday night a vote of hearty appreciation of her services was unanimously passed.

WELLINGTON.

There was a good attendance at our September meeting, when final arrangements were made for Mrs Stevenson's visit, to which we are looking forward with much pleasure. We are glad to welcome two new members. During the month a drawing-room meeting was held at the home of Mrs Keene, Island Bay. Short addresses were given by Mrs Williams and others, also two songs and a recitation were admirably rendered. Three new members were initiated.

ONEHUNGA.

The monthly business meeting was held in the Presbyterian schoolroom on Tuesday last, Mrs De Wolfe (president), in the chair. It was decided to hold a rally in September, invitations to be sent to the other temperance bodies to join.

TIMARU.

The monthly meeting was held in Trinity Hall at the kind invitation of Mrs Stinson. There was a large attendance of members; much interest and enthusiasm being shown in reference to the coming Convention. We are expecting to reap much benefit from our work, and that as a result of it being held here our Union will be strengthened. We are to be favoured with the presence of Mrs Stevenson, and shall undoubtedly benefit by her rich experiences. We have made arrangements to give her a worthy reception, and taken the theatre for her evening on the 14th September. Mr Stead reported a very busy month at the Rest, 147 sailors making 347 visits. A social given by the ladies to the sailors was greatly appreciated. How blest we are to be able to cheer and brighten some lives in this way.

Through the generosity of some friends we are to send three frozen sheep and a box of clothes to the West Ham Baptist Mission.

We were pleased to welcome Mrs James from Christchurch as a member and worker. Afternoon tea was dispensed. Please remember our Convention, and pray that Timaru may receive a blessing.

ASHBURTON.

At our meeting on August 10th a large amount of correspondence was received and dealt with. It was decided to send a letter of sympathy to our Secretary in her illness. Our President reported having made all necessary arrangements in connection with the Provincial Conference to be held at Timaru on September 14th and 15th.

Owing to the Provincial Conference at Timaru falling on the date of our September gathering, we met again on August 31st, Mrs W. T. Lill presiding. The President reported in connection with the Presbyterian Summer School Conference that the proposal to cater for the members while in camp had evidently not met with the approval of those in charge, viz., "15s. per week with all home comforts possible." It was decided that the proposition fall through. It was also decided that a letter of thanks be sent to each representative who took part in the Congress of Nations, and to Mr and Mrs Kingston and family for their