

reading, or otherwise amusing themselves, then rushing off to get what they require, with the ejaculation, "If we don't hurry the shop will be shut." So long as the people will shop late, so long will shopkeepers be obliged to keep open.

Such long hours on Saturday are harmful in many ways. The assistants are over-tired for Sunday; some are too weary to rise, and, as for church, that is not to be thought of; and those who do go are not able to enjoy the service. There are many arguments that could be urged in favour of early closing, but I will not take up too much of your space. Perhaps some one will follow up these remarks. If we could impress the people with the idea that they are not to shop on Saturday night, early closing would be an accomplished fact, and I am sure the shopkeepers would be the gainers in a saving of extra light, etc.

I am, etc.,

A. KNIGGE,
Marton.

In Parliament.

Whether it is due to the tact of Sir J. G. Ward, or to the nearness of the elections, we cannot say, but the present session is the most business-like that this Parliament has held. The Financial debate was of little value, and closed suddenly on July 17th. On the day following Sir J. G. Ward introduced

A Loan Bill.

It is proposed to raise a loan of £1,750,000 in aid of public works and other purposes. The Bill passed its third reading on August 6th.

On August 1st Mr Ell's Bill for the **Election of the Legislative Council** passed its first reading by 43 to 14. It provides that the Council should consist of half the number of members of the House. They are to hold office for six years, and the election is to take place on each alternate election of members of the House. Petitions have been presented for the abolition of the Totalisator and in favour of the Young Persons' Protection Bill. In answer to questions, Ministers stated that the

Government is endeavouring to secure a Cottage Home for imbecile children, and Bills are in preparation for providing that the Parliamentary Roll shall be for the election of Education Boards and for widening the franchise for the election of Hospital Trustees. The House has spent a number of days in considering the estimates.

Mr Ell succeeded in getting the vote for the Head Education Office reduced by £1, as an indication that the Minister of Education should be a member of the Lower House. There is widespread dissatisfaction with the management of education matters.

Enough, and too much of the sect and the name.
What matters our label, so truth be our aim?
The creed may be wrong, but the life may be true,
And hearts beat the same under drab coats or blue.
So the man *be* a man, let him worship at will,
In Jerusalem's courts, or on Gerizim's hill.
—Whittier.



THE HOME.

*From Dr. Bellows' Philosophy of Eating, or the Science of Physical Health, Muscular Strength, and Mental Activity by Means of Diet.**

CHAPTER VIII.

No Inorganic Element can be used by the Living Body.

"Not only is it impossible to purify the blood by the use of articles recommended by ignorant empirics (such as compound sarsaparilla, etc.), but it is also true that no element, however much it may be wanted in the system, can be made to become a constituent of the blood, or be appropriated by any of the tissues, unless that element has been organised in some plant, and is thus fitted to be received according to the law of nature. Learned professors, finding that chlorotic girls are suffering

from the want of iron, or that there is too little phosphorus in the organism, resulting from the use of white flour, supply disorganised iron and disorganised phosphoric acid.

"I have elsewhere referred to the great plan of Nature, by which all the elements necessary to be used in making or repairing the system were deposited in the soil before man was made, to be taken up in the sap of plants, and vegetables, and fruit trees, and deposited in the seed, and fruits, and juices of these trees and plants, in just the proportions necessary to supply every organ and function; then to be eaten, and digested, and made a constituent of the blood, and appropriated by the organs and tissues; then to be cast off by the excretions, and again deposited in the soil, to be again taken up by vegetation, and thus continue their rounds perpetually.

"Now this is undoubtedly the best arrangement for supplying the human system with all necessary elements that even God could make; an arrangement, to shortsighted man, wonderful and incomprehensible. Who are we, who have not intellect sufficient to understand one of the processes by which this plan is executed, to say that any part of it is unnecessary? Who are we to say that iron and phosphorus prepared from crude, unorganised materials, in the laboratory of any chemist, are just as well adapted to supply the wants of the human system, as these elements prepared in Nature's own laboratory? Why not, then, take carbon and nitrogen, or the other elements, directly from the ground, and repair the whole system, or make a new man by a shorter and cheaper process?

"The Penalty for taking into the Stomach Elements of Food not Organised.

"After such infinite pains to perfect a plan for supplying the human system with every necessary element, it seems to me reasonable and perfectly consonant with Nature's other laws, that an ordinance should be instituted requiring that no elements should be admitted into the system except in accordance with this arrangement, and that every attempt to introduce them should be visited by punishment, more or less severe, according to the importance of the element; and this we find to be true.

* London: Simpkin, Marshall & Co., 1892.