

The White Ribbon

FOR GOD AND HOME AND HUMANITY

VOL. 17.—No. 203

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HINTS TO NEW UNIONS.

Pray! Study! Work!

Remember the noontide hour of prayer, observed the world over. Lift the heart to God at this time each day, if only for a moment.

Pray as if all depended on God, work as if all depended on you.

Make a constant study of our literature. A half-hour a day invested in research and study will inspire and give courage to any woman.

Hold regular meetings not less than twice a month. Every week is better if conditions will permit. Begin on time, close on time. Make every meeting so full of interest that no member will feel she can miss it.

Prepare the meeting programmes some months ahead. Let no one have the excuse, "I was not notified in time."

Let one item in every meeting be a question box, where one may bring any problem. One woman may not be able to answer all, but the general discussion will be helpful.

A successful Union is a working one. People will be attracted when the Union is doing something. Set some stake and aim therefor in spite of obstacles.

Do not feel that if you do not close the saloon the first year you have been a failure. Saloon sentiment has probably grown for years in

your midst, and it will take time and grace and] patience to overcome it.

Wear your white ribbon wherever you go. You may need to explain its significance to some church people, but every saloonist, every

exists [not merely to outlaw the saloon and to educate men and women against drink, but to do violence to sin of all kinds and in all places, and is an ally of every agency that will build a sound body to be the citadel of a clear brain, and a temple of the Holy Spirit.

The W.C.T.U. was born in prayer, and prayer is still its vitalising force. Get the woman of strongest spirituality in the midst for your evangelistic superintendent and then follow her into the realms of power.

Give every member something to do. There is no such a stimulating force, after prayer, as is work.

Make a choice of departments adapted to your community. It is better to have a few lines well marked than many indifferently developed. If a woman has a call to a certain line of work give her all co-operation. God calls men and women to humbler callings as truly as He does to the ministry; but, alas! we will not heed His call.—*Exchange*.

In Bohemia, women not only have the right to vote for but are eligible to the Diet. In Galicia, women of property may cast a vote by proxy. In Hungary there is a Parliamentary League for Woman Suffrage, which includes about 150 of the Deputies.

ALONE, we can do little. Separated, we are the units of weakness; but aggregated we become batteries of power. Agitate, educate, organise—these are the deathless watchwords of success. The fingers of the hands can do little alone, but correlated into a fist they become formidable. The plank borne here and there by the sport of the wave is an image of imbecility, but frame a thousand planks of heart of oak into a hull, put in your engine with its heart of fire, fit out your ship, and it shall cross at a right angle those same waves to the port it has purposed to attain. We want all those like-minded with us, who would put down the dram-shop, exalt the home, redeem manhood, and uplift womanhood, to join hands with us for organised work according to a plan.

—*Frances E. Willard*.

gambler, every prostitute knows what it stands for, and fears it.

Would you add to your members? Nothing is better than personal work. Public meetings are good, but personal invitation is better.

Teach the public that the W.C.T.U.

News of the Unions.

[The Editor cannot promise to insert anything in the next issue that does not reach her by the 8th of the month. Correspondents are requested to write their Reports as concisely as possible, on one side of the paper only. Newspaper cuttings are unsuitable.]

AUCKLAND.

March 13. Mrs Thorpe presided. Telegrams of congratulation and greetings sent to Mrs A. R. Atkinson on her election to the Licensing Committee, and to Convention at Dunedin. Resolution protesting against the proposed extension of tram services, life-saving demonstrations in the public park, and collections on the beaches, on Sundays, sent to the City Council.

27. A very earnest address, given by Miss Burridge, recently arrived from England. The speaker urged workers to live nearer to God, to pray more constantly to be filled with His love, so that our work be more successful.

April 10. Mrs Dewar presided. Members deeply interested in reports of Convention given by the delegates. Mrs Hughes reported that 44 Maori Unions are at work north of Auckland. There are 111 European Unions, an increase of 24 on the year. The North Island has 76 branches and the South Island numbers 55.

April 17, several members went to the meeting at Devonport and gave reports of Convention meetings.

24th. Miss Dewar presided. Letters of sympathy sent to those in sorrow, and one of congratulation to another on her marriage. A request from Papakura for help to form a branch was responded to. Mrs Hughes and Miss Evans to assist in organising at Northcote. Miss Evans gave an earnest address on importance of organising for the next poll. A committee was formed to arrange a scheme. The fact was emphasised 'hat although our opponents have money on their side, we have a far stronger weapon in prayer which they have not; and a helpful thought was expressed that "God's delay is not denial." Great thankfulness is felt at our large increase in numbers throughout the Dominion.

HAMILTON.

March 7, in Wesley classroom. Mrs Auld presided. Correspondence which had been dealt with by the Executive was endorsed by the Union. A paper was read by the Secretary, Mrs Jones, on "Why I voted No-license." An address on "Work and Prayer" was given by Mrs Snow lately from Palmerston North.

April 14, in Wesley Hall. Mrs Auld presided.

16th, a Cradle Roll Birthday Party was held in the Frankton Presbyterian Church, Mrs Auld presiding. The Church was well filled with mothers and their little ones. Musical items were rendered, interspersed with short addresses. Afternoon tea was provided, and several new names were added to the Cradle Roll.

May 2, in Wesley classroom, Dr Rogers gave a most helpful and instructive address on "The care of an ordinary healthy child." The doctor was given a most attentive hearing, and he promised to give another address at some future date.

CAMBRIDGE.

March 21, a large number of ladies gathered at the Secretary's (Mrs Watson) to bid farewell and God-speed to the President (Mrs Shepherd) who is leaving for a trip to the Old Country. She was presented with an autograph album and a gold-mounted fountain pen as a token of appreciation of her good work in the Union. Afternoon tea was served.

April 2, in Victoria Hall. Mrs Auld (Pres.) and Mrs Jones (Sec.) of Hamilton were present. Each gave a very helpful talk bearing specially on the Cradle Roll. It was resolved to take up this branch of work. Mrs Gow will preside during the absence of the President.

GISBORNE.

March 26th. Mrs Oakley appointed Superintendent of work amongst seamen. Mrs Stewart read short articles on "Prayer," and "Parents' duty towards teachers."

April 18th. Celebration of Francis Willard Day by a garden party held at the residence of Mrs A. Graham, Kaiti. Mrs Graham spoke on the great work done by Frances Willard. Mr Jones, No-license Organiser, and Revs. Chatterton and Lochore also addressed the gathering, referring to the noble life and work of the founder, and the high ideals that the Union stands for. Mrs Goffe, delegate, gave a most interesting and comprehensive report of Convention. A beautiful hymn was sung by the students of the Native College of Te Rau, and a humorous recitation was given by Mrs N. Hooper.

30th. Old Men's Home and Hospital had been visited, and literature distributed. Five of our members were elected on the School Committees. Mesdames Walker, East, and Church on the Central School, and Mesdames McLeod and Scott on the Mangapapa (suburban).

MASTERTON.

April 2nd, in Knox Hall, Mrs Burton presided. Miss McNeish, Organiser, gave a very interesting address stating that she had visited 28 Unions in the North Island and organised eleven, initiating 143 members. Miss McNeish was on her way to Greytown. A vote of sympathy was passed to the Rev. Serpell and family in their sad bereavement in the death of Mrs Serpell, who was a Vice-President of the Union. The members sent a beautiful wreath to be placed on her grave.

May 7th, Home Meeting at the residence of Mrs Marley. Mrs Anderson presided. An excellent programme was given. During the afternoon Mrs D'Ews (the late Secretary) was presented with a gold initial brooch as a small token of appreciation of her work during the past three years. A vote of sympathy was accorded to Mrs Exell on account of her recent bereavement. A dainty tea was provided by the hostess. Six new members were initiated.

LEVIN.

At the Methodist Parsonage. Mrs Remington presided. One new member was welcomed and a happy meeting was brought to a close.

RAETIHI.

March 26th, Mrs Gibbs presided. Mrs Underwood read a very interesting paper entitled, "Are the lives of our boys worth saving?"

April 30th, Mrs Gibbs presided. Mrs Herd read paper written by Mrs Ritchie, Palmerston North, which was very much appreciated. The Band of Hope is doing splendid work, all the meetings being well attended.

WANGANUI.

April 12th, at St. Paul's Hall, Mrs Upton, Vice-President, in the chair. Miss Tucker, the Secretary for many years, tendered her resignation owing to ill-health. The Union expressed deep sympathy with Miss Tucker in her illness. The report of the delegate to the Dunedin Convention was read.

May 3rd. Mrs Small in the chair. Mrs Upton was appointed Secretary and Miss McAneny Recording Secretary. Mrs Siddells, Treasurer, was elected a member of the School Committee. Mrs Field, a visitor from Nelson, was welcomed.

HAWERA.

Visitors from other Unions present: Mrs Cumming, Christchurch, Mrs Thomas, Eltham, and Miss Christiansen, Okaiawa. Mrs Martin was appointed to represent us at the Palmerston North Convention. Decided that in future the Union should meet in electric picture theatre (Oddfellows' Hall). Mr Lee, Organiser for Dr. Barnardo's Homes, addressed the meeting. At the close a number volunteered their services as collectors for this worthy object.

Held in Oddfellows Hall, Mrs Boase presided. A paper was read on "Home Meetings; How to conduct and organise them." Mrs Best and Mrs Browne were nominated for the School Committee. The members decided to present the sum of 10/- to the managers of the Wesley Church for use of their Hall during the year. Mrs Martin gave an interesting report at the Palmerston North Convention. Two new members were initiated.

CHRISTCHURCH.

April 10th, an address on "Women as Citizens" was given by Mrs S. S. Page. The speaker opened by saying that mothers were coming to the conclusion that for the sake of their children they must take their share in public work, that a man-made world would never do to send their children into. Women did not regard a finance-ridden country as an ideal environment for human beings. The ideal Government would be one composed equally of men and women. When a scheme for improving school grounds, teacher's residences, etc., was brought forward, the cry had been that it would be disastrous to the finances of the country, and yet the State had recently spent an amount equal to that voted for education on the defence scheme. Regarding the School Committee elections, Mrs Page urged the returning of suitable women as well as men. She also advocated the appointment of a playtime teacher, who would engage the children in play, thus helping to make and keep the atmosphere of the playground clean and wholesome. During the discussion which followed two members spoke of the courtesy they had received during their term of service on the School Committees.

OXFORD.

Held in the Coronation Hall, Mrs Gainsford presided. An address was given by the Rev. H. Couch on "The Duties of Mothers and Members of Unions," urging all to work together in unity and sisterly love. The address was greatly appreciated. Decided to start a Matinee Loyal Temperance Legion for children who are too young to attend meetings at night. Mrs Kippenberger appointed Cradle Roll Superintendent, Mrs T. Gainsford to assist. Two new members were enrolled.

INVERCARGILL.

March 5th, social held in Victoria Hall. Inspiring addresses given by Mrs Lee Cowie and others.

April 2nd, Mesdames McKenzie and Hunter gave a *resume* of the work done, and the public functions held at the Dominion Convention. Decided to form a "Y" branch. Reference was made to the recent death of Mrs Leavitt, and some of the older members paid feeling tribute to her work for Temperance and for the enfranchisement of women at a time when the championship of these causes required great courage and steadfastness. It was resolved to send a letter of condolence to the friends of Mrs Leavitt. Two new members were received,

WAIUKU.

March 13th, in the Temperance Hall, the Vice-President presided. Members are busy collecting for Dr Barnardo's Home.

April 8th. Decided to hold a children's instruction meeting monthly, to be called "The Children's Happy Hour." The Cradle Roll to be carried on.

NORTH-EAST VALLEY.

March 28th, Mrs Elliot presided. Mrs Cole, New Zealand President, gave a very interesting address on "Scientific Temperance Teaching," pointing out that we should begin with the children in the home, also carry our influence as women into whatever sphere our daily life takes us. Mrs Cole suggested that our Union should take for study the book by Sir Victor Horsley. Three new members were initiated.

April 25th, in the Young Men's Institute, Mrs Elliot presided. The President referred to the loss of the Titanic. All present stood while one of the members prayed for those who had been bereaved by the great disaster. Two of the members were congratulated on being elected to the School Committee. Mrs Begg, Delegate to Convention, read a short report of the proceedings. Discussion followed on the Defence Act and on the Domestic Science Course. Decided that Sir Victor Horsley's book on "Alcohol as it Affects the Human Body," should be studied during the coming winter, and several members volunteered to write papers on the subject.

WARKWORTH.

April 25th, in the ante-room, Town Hall, much useful business was transacted. Papers were read by Mrs French, on "Fashion," and Mrs Hamilton, on "Our Meetings," showing the many ways useful work could be done by all members. The papers were much appreciated.

NELSON.

March 12th, Mrs Field presided and read a paper on "What is Eugenics?" reminding us that many other social reforms besides that of Temperance have a place in the work of the Union. The paper aroused great interest, and the question may be again discussed later on. Mrs Frank Isitt spoke a few words of encouragement. We were unable to get more than one of the Temperance candidates on the Licensing Committee, in spite of the canvassing that was done. We hope the temporary defeat will be an incentive to greater activity in the future.

April 9th, in the Methodist Hall, Miss Atkinson presided, and gave a most interesting account of the Dunedin Convention; she also made an appeal to the members for help in the

work amongst the Maoris, and for increased support to the WHITE RIBBON. At the close of the meeting the banner presented at the Dunedin Convention was displayed. The acceptance of the invitation of the Nelson Union to the Convention of 1913 has given universal satisfaction,

ASHBURTON.

April 23rd, a large attendance, Mrs W. T. Lill presided. The Delegate to Convention presented her report. By request, Mrs Lill explained the working of the equalization scheme passed at Convention by 34 votes to 11, to come into operation next year. The Delegate donated her expenses to the Union funds. A strong representation from the Winchmore Union was present, and the question of Ashburton Branch becoming a District Union was discussed at length, several members and visitors speaking strongly in favour of it. The following resolution was carried unanimously:—

"That we respectfully ask leave to be separated from Christchurch, and to be made a District Union, with Winchmore as an Auxiliary. We believe we could then organize other Unions within a few miles of Ashburton."

It was resolved that the Executive draw up a syllabus for consideration at next meeting.

NORSEWOOD.

April 24th, a number of ladies met in the Library to consider the advisability of inaugurating a Branch of the W.C.T.U. Miss McNeish presided, and explained the objects of the Union, the result being that all the local ladies present donned the White Ribbon. Officers elected:—President, Miss Campbell; Secretary, Mrs Bridgman; Treasurer, Mrs Fredericksen; Agent for WHITE RIBBON, Miss M. Alison. It was decided to hold meetings on the third Friday of each month.

TUAKAU.

April 3rd, the President, Mrs Hunter, presided. It was agreed to form Tuakau into a District Union. The President read the address given by Mrs Cole at the Convention. Decided to appoint Mrs Roberts Superintendent of Crusade Work, subject to her consent.

OKAIAWA.

February 15th, held at the residence of Mrs Christiansen. Mrs Lees elected Delegate to the Dunedin Convention. Mrs Walsdorf and Miss Hicks were appointed to take charge and make the arrangements for a Band of Hope. Sister Julia, a member of the Matapu Union who is at present in New Guinea as a Missionary, was transferred to the Okaiawa Union, as Matapu is resting for a time there not being sufficient members to carry on the work.

March 21st, at the residence of Mrs Wright. A very interesting and helpful essay was read by the President, Miss Christiansen. Afternoon tea was provided by Mrs Wright.

WELLINGTON SOUTH.

April 4th, Mrs Boxall in the chair. Visitors were present from Masterton, Nelson, and Napier. Mrs Houlder, Delegate, gave a report of the work done at the Convention. Mrs Johnston Wright attended to say "Good-bye" to the members, as she was leaving the same evening for England. Mrs Cummins, another of our workers, and Mrs Wright's sister also left by the same boat. We are

looking forward to a good year's work. The No License fight is over for the present but we hope to do some practical W.C.T.U. work.

PUKEKOHE.

In the Salvation Army Hall. After the reports from different Departments, Mrs Nixon read a paper on "Medical Temperance." Decided to purchase Mrs Allen's booklets for distribution by the Cradle Roll Superintendent to mothers of Cradle Roll babies.

STRATFORD.

April 4th, in the Primitive Methodist School-room, the question of Bible reading in schools was discussed. Our President, Mrs S. White, spoke very earnestly on matters relating to children during their school period, and urged the members present to do all in their power towards electing a School Committee who would study the highest interests of the children.

"Willard Day" held in Wesley Church. Our President gave a short account of the life of one of the noblest women the world has seen. Other ladies spoke of the grand work done by her.

TIMARU.

March 26th The annual social of this Branch combined with the "Y" Union, and was held in Trinity Hall. Tea was served at half-past six, after which a meeting was held to hear the report of the Delegates from the Dunedin Convention. Mesdames Hunt and Wallace gave a very interesting report of the work done. The "Y" Delegates also gave their report, especially mentioning the Maori work. It was decided to invite the Maori Organiser to spend a few days in this district on her way North.

April 30th, in the Arcade Room. During the month the Maori Organiser has been in Timaru, but owing to not sufficient notice of her visit being given no meeting was able to be held. It is hoped that Mrs Poramati will be here again in June or July, and will then be able to give an address on her work among the Maoris. A busy month was reported at the Sailors Rest. Mr R. Holdgate read a *resume* of a lecture entitled "Women in Civic and Political Life," given by Hon J. T. Paul at Convention. This was a most interesting subject handled in a masterly manner.

PONSONBY.

April 11th, Mrs Vickers, President, in the chair. The principal item of interest was the report of our Delegate to Convention, who richly enjoyed her association with such able and devoted women. The many questions discussed day after day showed what a very comprehensive outlook White Ribboners have of the needs of the present time, and of their responsibility while doing their part in life to uplift humanity. The kind and gracious hospitality of the entertaining Union was very much appreciated. The unity of "we all belong" was very apparent. Old friends were missed but not forgotten. Levathan Hotel cards distributed and recommended.

BLUFF.

March 29th, our anniversary, a social afternoon was arranged, Mrs Moody presiding. We were honoured by a visit from Mrs and Miss Dewar, Auckland, Mrs Poramati, Mrs Mason, Greymouth, and Mrs Lee Cowie, Invercargill, who had been invited to address the meeting. We are greatly indebted to Mrs Cowie, who has helped us in various ways on many occasions. Mrs Dewar spoke a few words of cheer and en-

couragement, Mrs Poraumati sang a solo and gave a short address. We should have been pleased to have had Mrs Poraumati stay some time but most of the Maoris are away at the mutton bird islands so it was inopportune. Mrs Lee Cowie addressed the meeting and spoke of the various ways and means of making our work more effective, and also gave us a few suggestions which we hope to discuss at our next meeting

NGAERE.

Held at Mrs Goodwin's, Mrs Morison presided. Letters were read from Delegates attending annual Convention at Dunedin, acknowledging greetings. Temperance literature was received for distribution.

NORMANBY.

February 21st, Mrs Patterson, President of the Manaia Branch, gave a good and helpful address on the work. This was much appreciated, especially as this Branch is yet only in its childhood.

March 20th, in the Club Rooms, Mrs A. Thompson presided. Miss Cody read a paper on "Temperance and the Children," written by Mrs Spence, to whom our Branch is much indebted. Decided to get some enrolment and birthday cards for the use of the Cradle Roll. We are glad to report that our Branch promises to be a success.

WELLINGTON "Y's."

April 29th, held an "At Home" in the rooms of the Y.W.C.A. Mrs Evans, President, welcomed the visitors. Miss Birch, Secretary of the Y.W.C.A., extended a welcome on behalf of the Society. A good programme was provided by Mr Fillman's Glee Party, and a competition, arranged by Miss Whitcomb, was won by Miss Duff, who was presented with a small book of poems. Among those present were Mesdames Boxall and Houlder, representing the District Union, and Mesdames Helyer and Griffen, from the Central Union. Three new members for the "Y" Union were initiated. Supper was served by the "Y" members.

TAURANGA.

April 4th, Miss Sorley, our new President, in the chair. The Rev. Ayrton gave a farewell address on "Work while it is To-Day." It was very helpful and gave our Union fresh inspiration to go on and try to do more. He said the greatest works were begun in a very small way, without many results being seen at first. Miss Sorley suggested that members should write papers on different subjects suitable for discussion at our meetings, and try to get others to come.

ORGANISING FUND.

Amounts received for the Organizing Fund during April, 1912:—

Union.	£	s.	d.
17 Levin	10	0	0
30 Wellington District .. .	2	0	0

A. R. C. TAYLOR,

Treasurer Organizing Fund.

"Coveney,"

Balgownie, Wanganui.

CONSUMPTION.

The Open Window.

The fresh air treatment of consumption is by no means a recent idea. In 1855 Dr Henry MacCormac, of Belfast, published a book on "Tuberculosis of the Lungs," in which he taught that fresh air was both the best preventive measure as well as the cure of consumption. Dr MacCormac called attention to the great danger of living and sleeping in overcrowded rooms.

Danger of the Indoor Air.

The following paragraph from Dr MacCormac's book, which puts the question in a nutshell, is quoted from a recent number of the *British Medical Journal*:—

"It is the state of the indoor air, and very particularly the bedroom air, and not the condition of the outdoor atmosphere at all, that is to account for the production of the malady. A sufficiently renewed indoor atmosphere, and particularly a sufficiently renewed bedroom atmosphere, together with active outdoor habits, will render life wholesomer in general and freer from consumption, even in towns, than it will prove in the most admirably circumstanced residence with ill-aired rooms and passive, inactive habits. For action, coupled with a pure atmosphere, tends to life and health, whereas inaction and unrenewed rebreathed atmosphere but ensure irreversible decay and death."

Consumption Impossible in Fresh Air.

Again we quote:—"I assert and declare with all the emphasis in my power that in the immense majority of instances of tubercular deposits *the sleeping chamber windows have been habitually closed!* I shall not say that consumption concurrently with perfect bedroom ventilation is quite impossible, for the day supplies of air may be so very bad as perhaps to entail tuberculosis unavoidably. Yet, if not impossible, it is next to impossible. In the immense majority of instances, then, the morbid [disease] factor is the again respired sleeping-room air. *Tubercle, indeed, is simply impossible in the case of persons who respire habitually air not pre-respired, and who keep in an atmosphere incessantly renewed.*" (Italics ours.)

Foul Air and Disease.

It seems exceedingly difficult to bring home to the average layman the truth of such teaching. In spite of the fresh air

campaign which has been carried on more or less vigorously throughout this kingdom for several years now, we still find that the majority of people have a superstitious dread of the night air, and scarcely ever fail to keep their windows closed. Foul air is not only one of the essential predisposing causes of consumption, which assists very materially in lowering the vitality of the body, diminishing its resistive forces, and thus opening the door to consumption, but also of other diseases, and especially those concerned with the respiratory organs. The common cold, catarrh of the nose and throat, aryngitis, bronchitis, pneumonia, and similar disorders are frequently due to a sedentary life and the persistent respiration of stuffy, foul air which, in every crowded room, is breathed over and over again.

Change of Medical Opinion.

When Dr MacCormac placed his views before the medical profession in 1862, he had anything but a flattering reception. According to the *British Medical Journal* a learned physician considered the time spent in listening to him wasted, and his teaching was received by the doctors with "undisguised contempt." Now, the members of the medical profession generally recognise the truth of this teaching and are doing all they can to educate the public accordingly.

Consumption and Infection.

At the present time consumption is so common amongst us that we are strongly inclined to regard it very much the same as the natives of India regard small-pox, that is, little attention is paid to the infection. It is simply a case of familiarity breeding contempt. There is not the slightest doubt but that tuberculosis is distinctly and emphatically an infectious disease. This is well illustrated by an experience which Dr Addison related some months ago in the House of Commons. He told the story of a flat where someone fell ill with consumption and died. No attention was paid to disinfection, and when the second family entered the same flat, no less than four out of five members developed consumption. A third, and then a fourth family were infected with the terrible scourge in this same flat. This is only a fair sample of the way in which the infection of tuberculosis spreads. To emphasize the point it is only necessary to add that the rest of the flats in the same building into which the contagion of tuberculosis had not entered were ordinarily healthy.

Milk and Tuberculosis.

Another important factor in the spread of tuberculosis is our milk supply. When

it comes to milk from tuberculous cattle little children are known to be most susceptible, and there is small reason to doubt but that a large number of the victims of the "white scourge" get their infection through milk.

The Royal Commission.

In their final report the Royal Commission on Tuberculosis stated unequivocally that the disease is not only practically identical in man and cattle, but that it is also transferable from animals to man, as well as from man to animals. These conclusions, which are generally accepted by all the leading scientists, are of the most vital importance. They make it very clear that the use of milk from tuberculous animals is dangerous, and very likely, especially in the case of infants, to bring about an attack of the disease.

Sterilize the Milk.

While in the large cities it is at the present time impossible to ensure anything like a pure milk supply, we can at least sterilize the milk. Perhaps the best way is to heat the milk in a double boiler to a temperature of about 160 degrees Fahrenheit for 20 minutes, and then keep it carefully protected from further contamination until it is used. We strongly believe that it should be laid down as a rule that *all city milk should be sterilized.*

—Good Health.

ORGANISER'S REPORT.

Opotiki, 7/5/1912.

DEAR SISTERS,

Since leaving Convention I have visited the Wairarapa district, and was present at a Union meeting in Masterton which was fairly well attended. At this meeting it was arranged that I should go to Greytown to organise there. Mrs Whincop had arranged for two meetings to be held, and had spent a great deal of time and thought endeavouring to have a successful Union organised. However, the meetings were not well enough attended to warrant a successful organisation. No doubt the Easter holidays, just at hand, were responsible for such a poor gathering. Perhaps in the near future Mrs Whincop's efforts may reap their reward, as I believe there are very earnest Temperance workers in and around Greytown.

I also communicated with Featherston, Carterton and Martinborough *re* prospects of organising in these centres, but the replies were not of an encouraging nature and Mrs Devonport and myself

think it better to wait until the people are more willing to take up Union work.

I spent Easter week in Napier as it was impossible to do any organising work. The following week I went to Norsewood, and visited the people, and arranged a meeting when the District President (Mrs Oldham) intended being present. The day proved so wet and stormy that travelling was out of the question. However, we had a meeting although the attendance was not large, and I was able to organise what is likely to be a solid Union. The women are of the right stamp, and I believe when persuaded to take anything up, do the work with heart and soul. The following officers were elected: President, Miss Campbell; Secretary, Mrs Bridgman; Treasurer, Mrs S. Fredriksez; Vice-President, Mrs McCaw; WHITE RIBBON Superintendent, Miss M. Alison. It was decided to hold the next meeting May 17, Mrs Oldham to be asked to attend in order to discuss and explain departments to be taken up. Mrs Torklesen kindly hospitised me while staying in this lovely little township.

From Hawke's Bay I travelled to the Waikato and was there three days. I visited Mrs Auld, Hamilton's President, and she reported good work and keen interest displayed by the surrounding auxiliaries. Little Kihikihi, another brave Union of Matapu's stamp, are anxious for me to visit them, and I sincerely hope I can spare a day before my term closes. Warkworth has also written for me to organise three Unions in their district before I give up the work. On my way to Tauranga I met Mrs Hunter, Tuakau's President, who gave a good report of work by surrounding Unions.

At Tauranga, one of New Zealand's prettiest little seaside towns, I found a Union (although practically working in the dark, as they have received no outside help since being organised) that is anxious to do all in their power to cope with the great existing evil in their midst. They have had hard battles to fight and I think have come out of them better equipped for further manoeuvres. Miss Corley, whom most of the old members will remember, has come to reside in Tauranga and has been appointed President, and will no doubt prove a great help. While in Tauranga I was kindly hospitised by Mrs A. E. Hammond. This Union was prepared to send a Delegate to Convention but were so out of the working of things that Convention was over before they realised it. I hope their District Union will give them all information in ample time next year, so that a Delegate can represent them at Convention.

After an adventurous trip I arrived at Opotiki. Here I find again the Union working as best they can without even a constitution to help them. Nevertheless, from what I can learn they have worked well and are anxious to take up Departments needed in their district. Opotiki is very isolated, but a town that has a great future—wonderful land and a glorious climate, and I believe will have a railway at no distant date.

The travelling in this district is both arduous and expensive, and I hope, now that I am this far, to be able to organise at Taneatua and Whakatane, two rising townships further along the coast. I believe at both places there are splendid Temperance workers.

There is a great field of work for the Maori Organiser in this district. I believe there are hundreds of Maoris right through the Bay of Plenty. They are fairly well educated and are well blessed with worldly goods, but a great deal of drunkenness exists.

I have to acknowledge £1 8s, received from the Hastings Union, for the Organising Fund.

I hope to go north of Auckland the third week in May. Please address any correspondence "Auckland P.O."

I remain,

Yours in the work,

JEAN McNEISH.

RIPOATA MAORI.

April 6th, 1912.

No tenei ra tonu ka noho te Roopu Wahine o Ahikiwi.

Na T. Taurere iwhaka whetai ka mutu ka tu te Tumuaki, Keita Taurere. Ka whaka kaupapa i nga korero.

E hia hia ana ahau me kahi tatou i te moni e 2/6 mo tenei tau, a e hia hia ana hoki ahau kei o tatou hoa Taane etahi korero mo to tatou noho mehemea ra he korero. E whakapai ana ahau e whaka whetai ana hoki kio tatou hoa Taane mote potonga mai ki roto kito tatou hui huinga itenei po. Heoi nei ra aku.

Kamutu ka tu ko Ngapeka N. Panapa. E tautoko ana ahau inga korero katoa ate Tumuaki.

Kamutu ka tu ko Ngapine H. Panapa. He tautoko noa ake taku tu inga korero ate Tumuaki, me te Hekeretari kua tu imua atu ia au nei.

Ka tu ko T. Taurere. E whakawhetai ana ahau kite Roopu Wahine mote whakawhetai kua tukua mai nei mo matou mo nga Taane, a e hari ana hoki ahau moku itae mai ki tenei huihuinga. I kite ai ahau penei te iti o koutou Roopu, katahi ahau ka aroha kia koutou Tuarua taku hia hia nei ko koutou katoa

o konei kia uru mai ki roto ki tenei Roopu nga mea ra kei waho. He Kupu Taurangi noa iho ra aku, kahore etino hangai ana ki runga kinga mea hei meatanga, kei a koutou ra te ritenga mo a matou korero mote tuku ranei ki roto kite pepa kauaka ranei.

Ka tu ko N. Panapa. Ko ana korero mote kaha o nga wahine kite hapai ite Turaki Waipiro. Me te Manawanui hoki kite hapai i te whakapono.

Kamutu ka tu ko H. Panapa. I muri iho onga whakamihhi, ka ki ia, ka whakaae ia kite uru, mehemea e pai ana te ropu.

Kamutu ka tu ko T. Taurere. E tautoko ana ahau inga korero aku hoa kua tu imua ake ia au nei. Ka penei iho hoki ahau kia koutou mehemea he aha te moni ma matou e kua mai koutou ka awhina matou ia koutou. Na kia mahara koutou kia kaha kite whaka tika ia koutou Tamariki. Hoi ra e hoa ma mihi mai ra tatou, kia tatou. Kia ora ano te Roopu.

Kamutu ka tu ko Keita Taurere. E whakapai katoa ana ahau kinga korero a o tatou hoa Taane e korero nei irunga ite waimarie, ite pono, ite tika. No reira epenei ana ahau me kahi ratou ite 2/6 itenei po. Kua patai ahau kite tahi onga wahine a nga kai karakia epehea ana koe. Me haina ra koe kite Roopu kamea ia kahore he take ote haina kite Roopu ite mea kei te Turaki kaha te katoa ite waipiro. Hoi nei ra aku kupu. Kia ora ano tatou.

Ka tu ko Ngapeka N. Panapa. Tuatahi e Tautoki ana ahau ite korero ate Tumuaki e ki nei kahi o Tatou hoa Taane ite 2/6 a tenei po, me Tatou hoki me te Roopu me kahi ite 2/6 mo tenei tau, emarama ana Toku ngakau ia Tatou e korero roa nei he mahara noku akua nga mahi nunui katoa emahia ana e Tatou ete Tangata akua he aha te mahi te mutunga kote hei no reira akua Tatou toru toru me mahi irunga ite pono mete Tika me te u ote ngakau. Kite hee hoki hoi ano hei te hee mutu ai, akua Tatou whakatauki tia mai ete Rawaho pai tonu oku whakaaro. No reira kia kaha akua Tatou toru toru me whakapakari ake kite pua ote kawariki, me te mahara ano ki to Tatou matua ite rangi mana Tatou eawhina.

Hoi nei nga kupu kia ora Tatou kamutu katoa enei korero katahi ka whaka Takotoria te kahi a nga Taane Tuatahi na Tuarua ko nga mema ote Roopu.

Kote moni, £1/16/6, tuturu tenei kei ta matou peeke inaianei ka mutu katoa enei ka whaka kapia ta matou korero. Na te Hekeretari te inoi Tuatahi, muri

iho na tetahi onga mema. Na te Tumuaki te inoi mutunga.

Hoi nei, Na te Tumuaki,
KEITA TAURERE.

NGAPEKA N. PANAPA,
Hekeretari W.C.T.U.

April 17th, 1912.

Ko matou kote Roopu he iti nei onga wahine o Kaihu he wahi ano tenei kanui nga Tangata me nga wahine kei waho kahore nei epai kite awhina itenei Taonga, ekitea nuitia nei ana mahi kahore nei epaingia ete ngakau ote Tokohinu—nga mea whakawehi—ite ngakau kia Taunahatia atu iroto ienei ra, no reira ekua ana tenei Roopu note mea kua puta te kupu whakaae ate Hinota kia Tautoko o ratou whakaaro inga Roopu Karaitiana. Ite mea he take Tautoko tenei mahi inga karakia, ara inga kai kawhau ote Rongopai No reira iputa ai te kupu whakawhetai a tenei Roopu, mo Rev. W. Te Paa mo tana kaha kite whai kupu iroto ito ratou huihui. Hei whakatitiro inga whakaaro onga mea kahore e whanui ana nga Tirohanga iroto ano ra inga mea ote whakapono, no reira ete hunga emea ana he whakapono te mea nui, tenei ra te huarahi ote whakapono, kua e Patai nohea tena Roopu, a i ahu mai i hea, kua e ui ui kei hee te hinengaro, kua e hae, kei mate te whakapono, ma Te Atua te Roopu ote Motu e awhina.

Heoi nei,

Hemea Tuhi, itenei ra April 17, 1912
Na NGAPEKA N. PANAPA, Hekeretari
ote Roopu Karaitiana W.C.T.U.

Correspondence.

THE SUFFRAGETTES.

[To the Editor of THE WHITE RIBBON.]

DEAR MADAM,—Your correspondent, Edith Hodgkinson, has undoubtedly written under a misapprehension. Apparently she could not have seen a detailed report of my address, as it was not published in full, excepting in the April number of your paper, which your correspondent could not have seen before she wrote her criticism of myself. If she had done so, she would not, I think, have called upon me to defend my attitude in regard to the British Suffragists, or charged me with "condoning senseless outrages," as she expressed it.

If your correspondent will turn to my address she will see that I there said: "Let us never utter a disparaging word of them, or their methods. We, who

"won the franchise by peaceful tactics, "because our public men were just and "chivalrous, have no right to question "the methods of these sisters, who are "fighting with their backs to the wall, "for a share in the government of the "country."

I still contend that we cannot fairly judge the actions of the British Suffragists. The conditions are so different from those with which we have to deal.

Your correspondent has already judged and condemned, possibly without fuller information than that obtained by the ordinary newspaper reader.

We, who have the means of knowing, perhaps, more than our critics, of the matter under discussion, at first hand, from private correspondence, and from those on the ground, and not from biased information of cable and newspapers, refrain from hastily judging and condemning our sisters and their methods, which your correspondent has already done.

We know that many New Zealand women, on arriving in England, espouse the cause of the Suffragists and become their champions, a point which in itself is significant.

Possibly, after reading my address as published in your paper, Edith Hodgkinson will apologise for the unkind strictures she has seen fit to pass on my references to the British Suffragists.

Yours, etc.,

Cashmere, May 6th. F. COLE.

Correction.

Miss Roberts writes:—In the Convention number the first resolution in connection with the Defence Act is not correct. The first clause is omitted altogether. The resolution that was passed was "That no youth under 21 should be compelled to bear arms or undergo military training, but that any youth over 16 should be able to volunteer if his parents or guardians gave consent." I am quoting from memory, but the clause declaims against compulsion, under 21 was the whole crux of the matter, and does not appear at all in our Convention number.

[Minutes and resolutions are necessarily printed as they are received from the official source.—ED. W.R.]

The Timaru Superintendent of Cradle Roll reports that they have now 132 names on the roll, an increase of 50 for the year.

Acknowledgement.

In answer to the resolution of sympathy sent by Convention to Mrs T. E. Taylor, Miss Roberts has received the reply:—

“Cashmere Hills,
“Christchurch, 21/3/12.

“DEAR MISS ROBERTS,—

“Will you convey to your Convention my very sincere thanks for their kindness in thinking of us all again and sending the beautiful message of sympathy to us.

“There is never a day passes without some proof of the love and honour and esteem in which my dear husband’s memory is held and of the place he held in the hearts of so many in N.Z. My own heart is often very, very lonely, but I find the utmost consolation in trying to help on, even a little, wherever I can, those ideals to which he was so devoted and which he always believed would restore man to be as he was created—the Image of God and the Temple of His Holy Spirit.

“The Heavenly Father has been very good to me and has sustained and comforted me even through the very darkest hours of my life.

“With my sincere thanks to all of you,

“Believe me,
“Yours very faithfully,
“E. B. TAYLOR.”

Official Correspondence.

SCHOOL COMMITTEE ELECTIONS.

Dear Sisters,

In looking through reports of the School Committee elections, I have been much disappointed to see that so few women have been elected as members of School Committees

I am afraid our Unions have not sufficiently grasped the importance of temperance women being on such local bodies, and it is necessary that interest should be created by our members everywhere. It is not too early even now to begin to look around for suitable women for such positions, so that action may be taken in good time, and the names of women candidates for seats on School Committees be brought before householders, in order that such may be nominated before the householders’ meetings take place.

It is difficult to get a person elected who is not well known, and in some instances lists of candidates have been

prepared before the householders meet, and those nominated afterwards in the meeting have had very little chance of election.

I hope that next year Unions will be prepared to do their duty, and that members will see to it that good useful progressive women are nominated as candidates for School Committees.

To leave the matter until a day or two before the meetings are held, is to court defeat, and soon we should be moving to induce the right women to promise to give their help in electing proper persons for the positions which are open to men and women alike. We must create and popularise the sentiment of public duty amongst women.—Yours for service,

F. COLE,
N.Z. President.

Cashmere, May 6th.

In re BADGES.

Dear Sisters,

I have now in stock pearl badges, made of mother-of-pearl from the Red Sea, and designed by our Jerusalem branch. Price 1/- each, 10/- per dozen. Very shortly I am expecting a consignment of strong enamel ones at 8d each, or 6/- per dozen. As regards the cheap ones (3d. each, or 2/- per dozen), I am exceedingly sorry to have disappointed a number of Unions. The invoice of the last consignment reached me early in February, the badges not until the Convention was sitting. They were handed straight over, with instructions that those unsold were to be posted to me immediately after Convention. By some mistake they were handed to Miss McNeish to sell, and my orders are still unfilled, as all my enquiries have failed to find her. Will the friends please accept this explanation, and believe that I will forward the cheap badges immediately I receive them. As they have to be ordered from England, some time must elapse before another consignment can reach me.

The reduction in price (per dozen) can only be obtained when cash is sent with order. Otherwise full price will be charged.—Yours in the work,

M. S. POWELL.
Becks, Central Otago,
May 5th, 1912.

WHITE RIBBON DAY, June 15th.

Hawera, May 3rd, 1912.

Dear Sisters,

Just a word to remind all Unions to kindly observe WHITE RIBBON Day (June 15th), one of our Notable Days.

It is desirable that all Unions should make a special effort to gain new subscribers to our WHITE RIBBON. Every officer, and indeed every member, should subscribe to our official organ. There are numbers of members who cannot attend our meetings regularly, but if they take the WHITE RIBBON, a keen interest in the work can always be sustained in this way.

It was also arranged, at Convention, that we should take up an offering, on that day, towards the Maori Fund. This is a very important branch of our work, and if each one would give their mite, a splendid sum could be raised.

We do hope and pray that each one of us may do our duty in this respect. Sisters! let us do our best. Kind regards.—Yours for service,

ANNIE DUXFIELD,
N.Z. Supt. Notable Days.

To the Local Superintendents of Evangelistic Work.

Evangelistic Literature may be obtained from the World’s Superintendent, Miss Greenwood, 35 Monroe Street, Brooklyn, New York, U.S.A., 75 cents per 100:—

- The Praying Hands
- I’ll Try
- The Sheep that was Lost
- A Royal Legioner
- Ministering Woman
- I was in Prison
- A Story Retold
- The Man that Died for Me
- Hints on W.C.T.U. Gospel Work

Those Unions who have the Evangelistic Handbook will be able to see Catalogue.

L. UPTON,
N.Z. Supt. Evangelistic Work.

PURITY DEPARTMENT.

87 Greyton-st., Wanganui,
April 30th, 1912.

TO THE LOCAL

PURITY SUPERINTENDENTS:

Dear Sisters,

At the Dunedin Convntion this year, I have been elected Dominion Superintendent of the Purity Branch of the W.C.T.U. I entreat you to so co-operate with me that this may be a record year for us.

There is much that we can do. Responsible persons are waking up to the fact that much can be done to save the youth of our Islands from becoming caught in the whirlpool of impurity. They are beginning to recognise the need

that exists for instruction being given in sexual matters.

To this end I shall be greatly obliged if each local Purity Superintendent will communicate with me, stating the peculiar requirements of her particular district, and suggesting how we can best help her.

I have books and pamphlets on this subject which I want you to discuss, and to make yourselves responsible for the circulation of. It is my desire to have instruction given to the Fathers, Mothers, Boys, and Girls separately. If this cannot be supplied locally, until we can get some more able speaker I am willing to write addresses for you to read, or to come myself to strengthen you, and to be strengthened by your enthusiastic support. My prayer is, that God the Father for the sake of Christ and by the power of His Holy Spirit may so purify us, that He will be able to work through us for the uplifting of the present generation.—Yours in the Master's service,

ELIZABETH DUNN,
Reg. Med. Pract.

SOMETHING NEW IN THE WORK OF THE W.C.T.U.

A Correspondence Study Course on Alcohol.

At the 1911 Convention of the National W.C.T.U., a committee was appointed to examine a Correspondence Study Course on Alcohol prepared by Mrs Martha M. Allen, Superintendent of Medical Temperance, in response to requests for such a course from different States. The Committee approved the course, and it was voted that it should be left in charge of the Medical Temperance Department.

This course of study is on two books, "Alcohol and the Human Body," by Sir Victor Horsley, the great London Surgeon, and "Alcohol, a Dangerous and Unnecessary Medicine," by Mrs Martha M. Allen.

Sir Victor Horsley's book has had a large sale in England, and is a book with which every temperance worker should be familiar.

Mrs Allen's book has received commendation from medical and drug journals, and magazines published for women, as well as from temperance and religious papers. Mrs Allen was recently elected to membership in the American Association for the Advancement of Science, in recognition of her writings upon alcohol.

Hence these two books may be regarded as well worthy of careful study

by the W.C.T.U., and as they deal with the scientific aspects of the alcohol problem, the prepared examination questions will make their contents much easier to master, and vastly more interesting.

The course of study consists of twelve recitations on each book. A stamped, self-addressed envelope must be sent each time for return of recitations. In preparing recitations, the book may be referred to if needed, but it is better to study thoroughly and write the answers without the book. Seventy-five per cent of correct answers will be necessary to entitle to a diploma at the end of the full course. Avoid answering in the words of the book, and be as brief as is consistent with accuracy.

This course of study is not necessarily confined to W.C.T.U. members if other people should desire to take it. The price of the course is 12/6, including the two books, the recitation blanks, examinations, and diploma. Those already having the books can have the course of study for 6/3. All recitations must be sent for examination to "Mrs Martha M. Allen, Forest Hills Gardens, Elmhurst, Long Island, New York, U.S.A.," Superintendent of the Department of Medical Temperance for the World's and National W.C.T.U.

The New Zealand Superintendent will be pleased to reply to any member desiring further information on the subject. Address—

"MRS J. H. NEAL,
"Leith House, Hutt Road,
"Petone, Wellington."

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**WOMEN'S
CHRISTIAN TEMPERANCE
UNION OF NEW ZEALAND.**

ORGANISED 1885.

"For God and Home and Humanity."

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The White Ribbon.

For God and Home and Humanity.

SATURDAY, MAY 18, 1912.

"A SOCIAL CANKER."

UNDER this headline the Press Association's telegram of the sittings of the Supreme Court at Christchurch, report the remarks made by Mr Justice Deniston on the increasing number of cases of indecent assaults on girls under 16 years of age. "His Honour said there was no doubt this kind of immorality was becoming very frequent. This was his own experience and that of other Judges throughout the Dominion. Whether it was the allowing of young men and girls to go out together without control, or whether the knowledge of the human body was not imparted, or whether there was no attempt at guidance, there was no doubt that this

kind of immorality was very prevalent. "The total absence of control by parents of their children was in very marked evidence." What is our organisation doing to stem this torrent of evil? Surely all workers will use their utmost influence to seek to persuade fathers and mothers to impart needed information to their children. This done in the right way at the proper time will sow seeds of purity in their minds and hearts, which will ripen into a harvest of chaste and noble thoughts and deeds. The following article bearing on this important subject is by an experienced worker:—

Teaching Purity in the Home.

[MRS ALBION SMITH.]

Many mothers do not realize the appalling fact that there are over 60,000 girls led into a life of shame every year, and that these unfortunates are coming, not from the slums of our cities, but from homes, country homes, refined homes, even Christian homes, for every reputable physician and purity worker knows that there are ruined girls where it is least suspected.

Where does the responsibility for this rest? I answer, primarily upon the mothers, because to them is given the first and greatest opportunity of moulding the lives of their children into lines of purity, and a mother's influence is so potent that I fully believe very few of the impure men or degraded women could have become what they are if their mothers had given them, from their earliest years, pure and scientific knowledge on these subjects that so vitally affects their characters.

A striking confirmation of this belief was given me a few years ago when, in conversation with the Superintendent of one of our Rescue Homes, I asked her how many unfortunate girls had been received there up to that time. She said about 200 had been cared for since the Home was opened. I then asked: "Do you know whether these girls had been taught by their mothers, before leaving home, the proper care of themselves, or warned as to what temptations might be placed in their way?" The doctor answered emphatically: "I have talked with each one personally, and can assure

you that, though most of the girls came from virtuous homes, not one mother had thus particularly warned her daughter, and only a few mothers had given even the vague injunction: 'Be good while you are gone.'

But you say, "I cannot talk to my children on such matters." Then listen to this solemn warning from the pulpit: "Oh, mother, no modesty, timidity or false conception of purity may rightly hold you back from telling your daughter the secret and mystery of life, and warning her against its desecration. If ignorance led her into sin, it is you, mother, more than your daughter who must answer before God's great white throne."

Strongly indeed these words are echoed when the keeper of a notorious haunt of vice said lately to a mission worker who was visiting its inmates: "Yes, you may come here and talk to the girls all you want to, but I tell you if their mothers had talked to them at home there would be none of them here now to need you."

Says the late Bishop Clark: "There is an evil threatening our children which I believe to be the most insidious and perilous. It blights their childhood and vitiates their physical energies; it weakens their minds and makes them unfit for study. It has a frightful prevalence in our land to-day." If any mother thinks this picture overdrawn, a plain talk with some reputable physician, or a study of the causes which bring many of the inmates to our "Homes for the Feeble Minded" would convince her to the contrary.

"But I cannot talk to my child on such delicate topics," says many a mother. Listen further to the words of the venerable bishop: "You may say that delicacy forbids allusion in any form to this subject. It is not delicacy so much as a base, mean cowardice. You are afraid to speak to your child, and you are content to stand quietly by and see him sink helplessly into hell."

THANKS.

The New Zealand President wishes to gratefully thank the anonymous donor of a beautiful present on her departure from Dunedin. The gift was kindly sent by a member of the Dunedin Union, and the President wishes to express her deep appreciation of the gift, and the love which prompted it.

PROBLEMS AWAITING SOLUTION.

The following paper was read by Mrs J. Bendely at the Dunedin Convention:—

We often hear it charged against temperance reformers that when they have succeeded in checking or stopping the free use of alcohol they will not be content with having achieved that end, but will proceed next to wage war against smoking, gambling, and other social vices of the present day, until life will be one small paddock of barbed wire prohibitions, from which there is no escape. The complainer expects our sympathy, and he has it; for anyone so wedded to the foolish practices that he blindly deems so harmless, either to himself, to society, or to his offspring, deserves our sincerest pity. But it is well that it should be recognised that our efforts do not—must not—begin and end with the abolition of the liquor traffic, though that gigantic evil seems sometimes to loom so large as to cover the whole horizon. For beyond that and the abolition of smoking and gambling there are many other reforms to be hoped for, prayed for, and worked for, remembering the old saying of the old saint: "Work as if all depended on yourself; pray as if all depended on God." Some of these reforms, which are scarcely yet recognised as being within the range of "practical politics," are so vast and so far-reaching as to make even the abolition of the liquor traffic seem a small thing. It is even possible that some of them may have to be achieved before the liquor traffic in all its forms can be counted a thing of the past. First, what of the children? Is it too much to claim, to demand, to insist, that every child brought into this world must be well-born physically, mentally, and morally? Should we not emphasise the fact that to bring children—otherwise than through unavoidable misadventure—into the world endowed with inferior or deficient physique, perverted moral instincts, or enfeebled minds, is

A CRIME AGAINST THE CHILD,

the nation, and humanity? We have only to stand in any busy street to see how far the race has fallen below the standard of the

"image and likeness of God" through centuries of disregard of the physical and moral laws of well-being. We have no right to put off the re-establishment of that standard till we reach another world. What this world has seen this world should see again, and it is for women, the mothers of the race, to hold the ideal of that standard steadily before the race as a thin, attainable. In doing so we need remember that the ill-born are not alone the product of those who are now recognised as defectives in mind or body. There is at the present day a growing demand that in the interests of the community the reproduction of recognised defectives should be prevented. But more is needed. The world is full of those who, while they owe their parentage to those who are apparently perfectly normal, are yet endowed with weaknesses, perversions, and defects attributable only to wrong living on the part of one or both parents. It is not alone the children born out of wedlock who are unwanted; not alone they who "happen"; not alone they who are born in fear and sorrow, or, as the old Book puts it, "born in sin and shapen in iniquity," because not carefully, lovingly, and above all, intentionally brought into the world. We have yet to recognise parentage as a vocation, to be prepared for as carefully—not by mothers only, but equally by fathers—as any other profession in the world; for indeed it is the oldest and ideally the noblest of all professions.

And this brings me to the second point—

THE EDUCATION OF THE CHILDREN.

They must be trained so that their children shall be better than they. Much of our modern system of education needs to be thrown on the scrap-heap, for in teaching the knowledge which is supposed to enable us to get a living, we are forgetting to teach how to live. Our educational system busies itself with cramming into the children's heads many details of a history which is mainly a record of kings and their ways, while the history of man and his development remains untaught; a geography which consists of strings of names of far-away places, while the human body is an unknown territory; a grammar which boggles over parts of speech and leaves the great books which humanity has pro-

duced to be known only to the student and the leisured. We need to see that the various capacities of the growing mind shall not be compelled to keep uniform step to the tune of an overloaded and frequently ridiculous syllabus. And, above all, the children must be prepared so that they shall be fit to undertake wisely and well their future duties towards the next generation. In doing so, we need especially to hold before the boys a higher standard of morality than, alas, we women often do. We have no right to acquiesce in the idea that the masculine nature needs certain liberties, or is unable to conform to the same standard that we expect of our girls. So long as we do acquiesce in that idea, so long will men maintain it and live down to it; it is for us to raise the white standard of a higher and an equal morality, and to demand that our boys and men shall live up to it. Thirdly,

WHAT OF THE POSITION OF WOMEN—

aye, and men too—in the industrial world? For women, equal pay for equal work; healthy working surroundings, properly limited hours of labour, and prohibition of forms or conditions of labour that will prevent the proper discharge of the possible duties of motherhood. I do not subscribe to the theory that all restrictions upon the employment of women should be swept away. I believe that in its own interests the community might well impose more restrictions than are even in force or regarded as necessary. And here let me say that stricter enforcement of the conditions already contained in our Shops and Factories Acts for ensuring the health of workers is necessary. In too many cases these provisions are practically set aside or rendered useless through the greed and carelessness of employers or landlords. There is not nearly enough inspection of working premises and conditions, and workers, especially more women, for the protection of our women especially more women inspectors are urgently needed. These remarks will apply in many cases also to the conditions under which our husbands or sons work, and we are equally interested in their welfare.

Following on what I have just said, I come to the fourth point, that we women need to take a keener interest and a more active

part in the government — whether local or central — of the country. We boast of having had

THE VOTE YEARS BEFORE ANY OTHER COUNTRY

conceded that right to its women, and we recount with pride the alterations of the laws with regard to women and children that have since been achieved. But how much remains to be done — nay, how much more might we already have achieved had we but made the fullest use of our opportunities! In such matters as taking our share in the branches of local government that are now open to us, we are still lagging far behind even countries whose women do not possess the parliamentary vote. Our school committees and education boards are practically without exception masculine, although more than 50 per cent. of the teachers who work under their control are women; on our hospital and charitable aid boards it is the exception rather than the rule to find any women members, though that is work in which women's hands and hearts are badly needed; our town councils again are exclusively masculine, though surely the municipal home, equally with the individual home, needs the supervision of women, for order, for cleanliness, for beauty, for economy. In many cases our cities are marvels of ugliness, full of insanitary conditions, of old buildings that should be destroyed, of waste places that should be made beautiful, of ugly sights that should be done away with. It is said of the ideal city that the streets shall be full of boys and girls playing in the midst of it, but we must confess with shame that the streets of our cities are full of sights and sounds calculated to produce the worst impressions upon the plastic minds of our children. And were women to take their proper place in local government, we might more quickly achieve needed extensions of the sphere of public control over food supplies and other matters that immediately concern the public health.

And—last of what I shall mention now—for women generally we want to sweep away the one-sided and unjust restrictions that man has made for women, the dual standard of morality, the unequal rights in divorce, the whole fabric of the foolish ideas that are nominally maintained for the protection

of women and society, but which are really the worst enemies of both. We want to see woman free to take her stand by man's side, his equal partner in all that pertains to life, joining her heart and intuition to his intellect and reason, working together freely for the development of themselves, the community, and the race. And to help in this way we women need to stand for the present shoulder to shoulder better than we have in the past. We need to cultivate the sense of sex solidarity; to abandon petty spites and jealousies between ourselves; to cast away the cruel harshness that oppresses the poorer or weaker members of our sex; to look on the temptations, the struggles, the failures and successes of our sisters with a loving sympathy and a willingness to help that is unfortunately too often lacking now. We do not need in this to cultivate any sense of sex antagonism towards man, whose blindness has made him his own worst enemy, but we do need to keep such a standard of thought and conduct both for our own sex and for man as shall help to do away with some of the obstacles that mankind has placed in the way of its own upward progress.

Obituary.

MRS MAGNUS ALLEN, Lyttelton.

Our dear old friend and fellow-worker, Mrs Allen, passed peacefully away on April 14th, in her 82nd year. Mrs Allen was one of the first members of the Lyttelton Branch of the Women's Christian Temperance Union, which was inaugurated on April 10th, 1886. The following year she was elected President. She was one to inspire others with her courage and energy, and was a willing helper on all occasions.

Our meeting on April 17th took the form of a memorial service. We spent a profitable time, and at the conclusion sang the hymn, 'Safe in the Arms of Jesus.'

Our loss is indeed her gain.

MRS R. M. CRESSWELL.

During the past month, one of our New Zealand Superintendents, Mrs X. Jones, of Ngaere, has suffered the severe loss of her mother, Mrs R. M. Cresswell,

of Papanui, who passed quietly away on Sunday, April 7th.

Mrs Cresswell arrived from England with her parents, Mr and Mrs Jos. Patrick, by one of the first four ships in the year 1850. She was well known throughout Canterbury, and was greatly beloved.

While not an actual working member of the Women's Christian Temperance Union, she was a subscriber to the WHITE RIBBON paper, and took an intense interest in the work, and would have joined the Union if her health had permitted.

For the last year or two she has been quite an invalid, and at times suffered much pain. Her influence was always on the side of right, and by precept and example she worked quietly for the No-license cause, and while unable to do all she wished, we can say, "she hath done what she could."

Concerning Women.

Mrs Harriet Taylor Upton, President of the Ohio Woman Suffrage Association, has just been chosen President also of the Board of Education in Warren, her home town. Mrs Upton has served on the Board for some years, and has given so much satisfaction that the four male members have now elected her to be their President. This recalls the fact that Miss Flora Stevenson served for thirty-three years on the Board of Education in Edinburgh, Scotland, and during the last part of the time was its President, elected to that position by the other members, a large majority of whom were men.

Tribute to White Ribboners.

At the close of a hard-fought trial, resulting in the conviction of a man who had been conducting a "blind pig" establishment in Prohibition territory, says the *American Issue*, the attorney for the defence, remarked to the prosecuting attorney: "With seventy-five W.C.T.U. women praying for you and God Almighty on your side, I couldn't beat you."

Marie Corelli on Drink.

Miss Marie Corelli says: "It is time for you, the people, to think for yourselves—not to accept the thoughts proffered to you by conflicting creeds—not to obey the morbid suggestions propounded and discussed by a sensational press—but to think for your country's good with

thoughts that are high, and proud, and pure! Otherwise, if you remain content to let things drift as they are drifting, if you allow the brains of this and future generations to become obscured by drink and devilment, if you give way to the inroads of vice, and join with the latter-day degenerate in his or her coarse derision of virtue, you invite terrific disaster upon yourselves and upon this great Empire! If you saw a man reeling under the effects of laudanum or cyanide of potassium, or any such deadly drug, you would be sorry for him—you would try to apply such remedies as might quickly restore him to health and sane consciousness. Yet our 'drunken' working men are just in the same condition, and instead of trying to cure them we reproach them for getting poisoned while we let the poisoners go scot free."

Women and the Police.

It cannot be too strongly urged that women should be consulted in all police regulations touching women. When women are locked up for the night, it should only be where there is a warden in charge; even the pocket-searching of a drunken woman should not be done by men, and for decency's sake no night visiting of women's lodging-houses should be permitted by male inspectors alone. It may safely be assumed that the majority of the police, as of all other men, are good and honourable, and it is no slur on the force as a whole to insist that where the individual power is great the safeguards should be sure.

ERRATA.

At the end of the report of Rest and Refreshment Rooms in last issue, the name of Mrs Brash, who is the local Superintendent of the work in New Plymouth Branch, was inadvertently inserted instead of that of N. E. Howard (Mrs C. S. Howard), Timaru. Mrs Howard is still the New Zealand Superintendent of this Department.

EVERYBODY SHOULD READ

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OUR WORKERS.

We are sorry to learn from Mrs Hughes that Mrs Poraumati, our recently appointed Maori Organiser, has been ordered by the doctor to take a rest, as she is completely run down. Mrs Poraumati is at home at Rotorua, and will relinquish organising work for the present.

SUBSCRIPTIONS RECEIVED To May 8th, 1912.

To July, 1911—Mesdames Venables, Napier; McGregor, Palmerston North; Miss Williams, Te Aute, each 2/6.

To March, 1912—Mrs McIntosh, Bluff, 2/6.

To May, 1912—Mrs McNab Timaru, 7/6.

To June, 1912—Mesdames Hills, Palmerston North; Williams, Oamaru; Clatworthy, Napier; Misses Rickards, Palmerston North; Richardson, Wanganui, each 2/6. Mesdames Roscoe, Wellington; Taylor, Christchurch; Lamb, Auckland, each 5/-; Mrs Marks, Christchurch, 7/6.

To February, 1913—Mesdames Bayes, Auckland; Perkins, Woodville; Miss Cannon, Christchurch, each 2/6.

To March, 1913—Mesdames Barnett, Manaia; Blyth, Smellie, Brownlee, Eldridge Whyte, Newburgh, Christchurch; Brown, Morrinsville; Rev. S. Lawry, Drs Erwin, Christchurch, Dunn, Wanganui, each 2/6.

To April, 1913—Mrs Coster, Napier, 2/6.

To May, 1913—Mrs Dearlove, Napier, 2/6.

To June, 1913—Mesdames Blyth, Wanganui, Peak Plummer, Auckland, each 2/6.

To November, 1913—Mesdames Walker, Palmerston North, each 2/9.

To March, 1914—Mrs Weston, Christchurch, 2/6.

To May, 1914—Mrs Godfrey, New South Wales, 10/-.

To June, 1914—Mrs May, England, 10/-.

Donation—Messrs F. and F. Martin, Dunedin, 10/-.

All monies, unless paid to local Superintendents, should be sent to—"Miss M. J. HARRISON, Business Manager, France Road, Napier."

Papers returned, marked "Gone; no address"—Mrs Pickering, c/o Mrs Patrick, Kingsley, Papanui, Christchurch; Mrs Johnston, Temperance Boardinghouse, Kaiapoi; Mrs C. Aikin, Worser Bay, Wellington; Miss Roulston, Woodville; Mrs Wilkinson, Wynyard Street, Mount Eden, Auckland; Mrs D. Fraser, 28, Ardmore Street, Ponsonby, Auckland; Mrs Fivey, Te Rau-a-moa, via Porongia, King Country; Mrs H. Lewis, Hind Street, New Plymouth. Anyone knowing new or correct addresses will oblige by forwarding same to the Business Manager.

The Lambeth Board of Guardians, at a recent meeting, appointed a woman relieving officer, who will devote her time principally to cases of relief affecting women and children.

A Page for Mothers.

Baby Two Months Old.

His mother has brought him to the doctor because he cries so much and seems so "nervous." She says: "Baby will scarcely ever let me leave him out of my arms either by day or night. He wants me to walk with him or rock him nearly all the time, and even when he is asleep he will soon wake up and cry if I put him down. As soon as I pick him up he will stop. Even when he is outdoors in his carriage I have to keep it in motion all the time, for the moment I stop he will scream."

On Examining this Baby I find a well-nourished little fellow weighing thirteen pounds. He is fed on modified milk which is properly prepared and given at the proper intervals; he has not a single abnormal organ in his body and he looks perfectly well. What, then, makes him cry so much? It is simply that he is a thoroughly spoiled baby. His mother has made a wrong start in life with him, and even though so young he is a perfect little tyrant, and unless she changes her present methods of treatment, the child will grow up into a nervous, fretful, unhappy person, wanting all sorts of things, and when they are obtained not being at all satisfied even then.

The new-born baby comes into the world with but one desire and sense really fully developed: that of wishing to eat when hungry. He does not know what being held or rocked or walked with means, and he does not crave any of these forms of entertainment; it is an adult, either his mother or some one else, who teaches him about all of these different things; he then finds them rather pleasant and insists upon having some form of attention all the time; he is passed about from one relative to another until they all become worn out, and then when he grows a little older he is punished for being so naughty. When a baby is crying simply to be taken up, rocked or entertained in some way, he will at once stop when he gets what he wants, thus showing that he is not in pain or hungry, but only wants to be indulged. Every baby should be allowed to cry some; if he does not do this his lungs will not develop. And he will not be a strong, healthy baby even if he lives to grow up. When a baby is born the first thing the doctor does is to see that he can cry well, and if he does not the doctor has to make him; therefore a mother should be worried if her baby does not cry some during the twenty-four

hours. If the band is put on properly there is very little danger of rupture from crying.

A Young Baby Should be Washed, dressed, fed regularly, and then let alone. He should be taken outdoors in suitable weather and spend the rest of the time in his crib, or, better still, in a large clothes basket. There are regular baskets made for carrying babies about from room to room, so that he may be near the mother while she is occupied about the house, but an ordinary clothes basket, having a pillow or folded blanket in the bottom, and covered with a sheet, and having a small hair pillow at one end, is just as good and will make a pleasant change from the crib. The basket should be placed out of all draughts; put it on a small table or two chairs, and when it is necessary to feed or change the baby the mother should turn him first on one side and then on the other, so that he shall not always lie in the same position and cause his head to develop unequally.

A Baby Trained from the First in this way will not be fretful or nervous, nor will it be necessary to hush every household sound because the baby is asleep; he will become accustomed to these noises, and not mind them in the least. As he grows older he will enjoy looking about the different rooms and finding out all the new attractions for himself, or he will play with his little hands and toes, or one simple toy, perfectly contented, by the hour at a time, if he is allowed to develop naturally without being urged and forced by adults who do not realise how delicate a thing an infant's little brain is, or how easily it may become tired.

The Mother of this Particular Baby will no doubt have a struggle at first when she tries to make him stay by himself and out of her arms; he has had his own way for two whole months, and it is not likely that he will give in all at once, but if the mother is firm, and after seeing that the baby is made comfortable in every way, she will place him in his crib or basket, and then leave him alone, he will soon grow tired of screaming and be perfectly contented. This is not "cruel treatment," nor is it simply a theory. I have seen this plan tried dozens of times during the past ten years, and always with great benefit to both the mother and baby. I have also had many letters from *Journal* readers complaining of their "nervous babies," which I have answered advising this plan: after trying it for a few weeks they have again written to me to say how well and happy their babies have become and how much more time they themselves have to attend to their other duties.

Baby Seven Months Old.

Baby K—is a breast-fed baby seven months old; he weighs sixteen pounds and does not look at all ill, but his mother says he throws up part of his food after each meal. He has always done this, and his mother has done nothing to prevent it, thinking it was "only natural"; but she finds it almost impossible to keep him sweet and clean, and wants to know if something cannot be done to stop the vomiting. This mother has made the mistake, common among young mothers, of allowing this frequent vomiting, or, rather, regurgitation of food, to continue until now it is really a confirmed habit and will take some time to stop. The old-fashioned idea that it is natural for a baby to throw up part of its food has long been done away with.

On Questioning this Mother I learn that she nurses the baby "about every two hours." Sometimes if he is asleep at mealtime she does not wake him; again, if he cries a little while before the time is up she feeds him then, and at night he is fed three or four times. She usually allows him to nurse half an hour at a time.

I do not wonder that this child has what we call "the vomiting habit." He has been overfed and irregularly fed. If he had not been an unusually strong baby he would probably have been very ill long before this; even now if he should happen to have a disease like pneumonia or one of the contagious diseases he would likely have a hard time.

What to do for the Baby. In order to stop this regurgitation of food the mother must nurse the baby every three hours during the daytime and not at all between the hours of ten p.m. and six or seven a.m. If the child is asleep at any of the regular meal hours during the day he must be wakened and fed; very soon he will waken of his own accord almost on the minute. He must be nursed just twenty minutes at a time, and if he cries between feedings he may have half an ounce of hot or cold boiled water given either with a spoon, medicine-dropper, or from a bottle.

The Trouble With a Third Baby.

Baby J—is two months old. He has been brought to the doctor because he vomits his food a short time after he has taken it, and it comes up looking just about as it did when it went down. He is nursed by his mother for twenty minutes every two hours and a half. She is very regular with him and cannot

understand why he should so often throw up his food. The mother herself is well, and her milk is of good quality.

What is Wrong? On undressing the child for examination I find that he is wearing a flannel band wrapped around his abdomen three times and pinned so tightly that he can scarcely breathe. He never uses his abdominal muscles when he breathes, but only those of his chest. This band is put on so tight that it makes a firm pressure on the child's stomach, and after he has taken a full meal the stomach cannot expand a little as it naturally would, and so part of the milk taken has to be rejected as there is no room for it. When I take off this band the poor baby gives a sigh of relief. If the use of this very tight band is continued all the organs will eventually be pushed out of place, and later the child will not be normally shaped.

The skirt bands which this poor child wears are also much too tight for comfort. The mother says she has been told by her own mother that a young baby should be very tightly bandaged to prevent rupture. This used to be the idea many years ago, but it has been found that tight bandaging does more harm than good.

What to do for this Baby. Until the third month a baby should wear a flannel band which is long enough to go once and a half around the abdomen; this should be just snug enough not to wrinkle, but never drawn so tight that the baby cannot use abdominal breathing. It should not be pinned, but should be neatly basted on the left side. When he is three months old the baby may give up the flannel band and wear a ribbed knit one instead. The bands of the flannel and white skirts should also be sewed on the side, and, like the flannel band, be only tight enough not to wrinkle.—*Ladies' Home Journal*.

God does not like to bestow His blessings where they will be hoarded, but He loves to put them into the hands of those who will do the most with them to bless their fellows. The central object of true living is to be helpful to others. The true life is one devoted to Christ, to be used then for Him in blessing others. Lay every gift at the Master's feet, and then, when it has been blessed by Him, carry it out to bless others. Bring your barley loaves to Christ, and then, with the spell of His touch upon them, you may feed hungry thousands with them.—*Miller*.

The Storyteller.

A MODERN TRAGEDY.

Mary and John had a White Ribbon wedding, for she was a "Y" and he an honorary. This means that she was a member of the Young Women's Christian Temperance Union and that he was as near to it as a man can be, having signed the pledge and paid his dues and actively enjoyed all the privileges of the organization, except the exclusively feminine ones of voting and holding office.

There was some stir in fashionable circles when these two joined the so-called temperance fanatics. The wedding was perfect in its appointments and singular only in its being the first in their set where no wine was served. The richly furnished home was also singular in holding no wine glasses or decanter. The young people had agreed that nothing that suggested the evil thing should be found within their doors.

When a little one came to treble the chord of love they looked into each other's eyes with joy unspeakable.

"It is safe with us," they said.

Mary wished to give her personal care to the boy, but she at last yielded to her husband's plea for an experienced nurse. An old friend, a minister's widow in reduced circumstances, gave the baby the benefit of her experience with her own six children. There was no denying the superior qualifications of this motherly Scotch woman and Mary was at last convinced that it was best not only for the child, but for her husband and herself, as they were more free to continue their companionship and carry on the temperance work, which was rapidly growing under their direction.

Mary had been elected President of the "Y" and she and John threw themselves with enthusiasm into the work of converting their young friends to total abstinence principles. The result was a temperance boom in their town, for to their enthusiasm they added social position and the tact and *savoir faire* which naturally accompany it.

Later, Mary was, as she felt, unjustly reproached with having neglected her home and child for public work, for she considered that if she had given the same attention to dancing and card parties no such accusation would have been made.

But the hearts of these young people were soon heavy with anxiety. The little one was not thriving. The weekly

weighings over which they jointly presided, were not satisfactory. The child was not making the proper gain. Various foods were tried without success. The doctor shared their anxiety. One night when the boy was a year old, he was hastily summoned and found it in convulsions. Then he spoke a long unuttered thought.

"If this child," he said, "were in most houses, I should think it was being dosed with liquor, but that cannot be here."

"O no," exclaimed Mary, who was looking at her babe, but the eyes of the father and the doctor were on the nurse, and they saw her face blanch.

"Surely, Mrs Owens, you haven't given baby any liquor?" questioned John.

"Just a wee drop sometimes," she confessed. "It could not hurt the bairn."

"How much was the 'wee drop' and how often?" asked the physician.

"A part of a teaspoonful in his last bottle at night, to give him rest and strength. It could not harm him. I always gave it to my children and it did not hurt them."

Mary groaned at the revelation of the woman to whom she had surrendered the care of her child. She had often wondered why it was stupid in the morning and irritable at night. Now all was explained.

"Doubtless you thought it harmless," said the doctor. "How many children did you have?"

"Six."

"How many grew up?"

"One."

"How many grew to be five years old?"

"Only the one."

"Of what did they die?"

"Of different things; two had spasms like this."

"Caused like this by the whisky you gave them," said he sternly. "Alcohol in any form is an irritable poison especially dangerous to children, being likely to produce inflammation of the brain."

"The doctor in Scotland said it made them strong," she stoutly persisted.

"Humph, he must have been an old fogley," said the physician, and turning to the father, "Send for a trained nurse," he ordered. "I think we can save the child now that we know what is the matter, but we must have someone here who will not ignorantly commit murder."

"Let me nurse my baby," begged Mary.

"No," was the answer, "it will be too hard and too long a task for your strength."

He knew what happily she did not, that on the father's side there was epilepsy, and that there was danger of serious and prolonged brain trouble.

He judged well that she had not strength to nurse her child. The shock had been great and for many weeks she was very ill, and when she recovered consciousness and strength enough to be told the condition of her family, she learned that though her babe was better, her husband was very low with typhoid fever, having been stricken when she was at the worst. The house had simply been turned into a hospital under the care of Mrs Owens and a retinue of trained nurses. Not until she was up and about did she learn the full depths of her misery.

The physician who had spoken so wisely of the poisonous qualities of whisky, had ordered that a half-ounce be given every two hours to his delirious typhoid patient, and it had been faithfully administered by the attendants, who had been trained to believe in its efficacy in such cases.

Pity it was that the wise physician had not been a little wiser. Had he forgotten the epileptic tendencies in the family? Did he not know that morbid brain conditions may develop along any line? Who can tell? He ordered the whisky and it was given. Doubtless he was as conscientious as Mrs Owens, but when the irreparable mischief had been done, he admitted that other drugs would have served as well.

In father, as in child, the poison given under the false belief that it would sustain strength, did its deadly work. John rose from his sick bed to fight a demon of appetite of which he had never dreamed, and Mary to learn that her pure, good husband was almost if not quite a drunkard.

At first she cried out in despair, "O, that we had all died!" Then with the wonderful strength of love she roused herself to meet the issue. She banished the whisky and all other alcoholics and set herself to the task of nursing her husband back to health and manhood. It looked for a time as if she would succeed, but when he was well enough to get out, she could not keep the liquor from him. Drinking soon developed insanity and she was forced to put him in an asylum, where he still remains. From the first the doctors gave no hope of his recovery.

Heartbroken, Mary turned to the care of her child. In his case, too, the condition was hopeless. Although he lived for several years, he had frequent attacks of convulsions, and was never bright.

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When he was taken away, even his mother felt that it was well.

Still young and fair she lives in her beautiful, lonely home, desolated by the foe against which she and her husband had thought to secure their doors, but which had slipped in through the mistaken service of their friends. The poor, the sick, and the sorrowing come to her for help and comfort. But her main strength is given to the work of the W.C.T.U.; and no one wonders that her chosen Department is Non-Alcoholic Medication, in which she is ably and zealously seconded by Mrs Owens, whose grief and penitence are deep and lasting.

—*Union Signal.*

The Home.

Build thee more stately mansions, O my soul,
As the swift seasons roll!

Leave thy low-vaulted past!

Let each new temple, nobler than the last,

Shut thee from heaven with a dome more
vast,

Till thou at length art free,

Leaving thine outgrown shell by life's unresting
sea!

—*Oliver Wendell Holmes.*

The Right Use of Food.

Always let the food be simply for nourishment—never more, never less. Never should food be taken for its own sake, but for the sake of promoting bodily and mental activity. Still less should the peculiarities of food, its taste or delicacy, ever become an object in themselves, but only a means to make it good, pure, wholesome nourishment, else in both cases the food destroys health.—*Froebel.*

Recipes.

HOW TO COOK BEANS.

There are very few cooks who really know how to cook beans. As ordinarily served, they are neither wholesome nor palatable. In nine cases out of ten, beans are placed upon the table in a dry and underdone condition. Those who have never tasted beans that were properly cooked have no idea how delicious and appetising they may be.

In order to get the best possible results, proceed as follows:—

First of all select beans which are really good, and not too old. Look the beans over

carefully, removing any dirt or foreign matter. Then put them over the fire to stew in a covered vessel containing cold water. Some prefer soaking the beans over-night. This is an excellent plan if they are old, or if there is need of haste in their preparation. As a general rule, the beans should be cooked in the same water in which they have been soaked. It is not necessary to measure the quantity of water in stewing beans. Simply see that they are kept well covered, *boiling* water being added from time to time if needed. Do not allow the beans to boil furiously, as gentle simmering produces better results. Set them at the back part of the stove where they will just boil and no more, and let them cook for a number of hours (the longer the better). This plan leaves the front part of the stove free for such foods as require rapid boiling.

The beans can be made more rich and savoury by adding about a tablespoonful of olive oil and an onion. These should be added early in the process of cooking. Even those who dislike olive oil would never recognise its taste when cooked with beans in this way. The onion may be removed just before serving. A moderate amount of salt should be added to the beans a short time before removing from the fire.

After the beans have been stewed for three or more hours, the broth will be rich, and quite as savoury as meat broth. Under no circumstances should this be drained off and thrown away. It should be served with the beans, unless a little of it can be spared for soup stock. Bean broth thus prepared may be of great value in the sick-room, as it is quite as palatable as, and much more nourishing, than meat broths.—*Good Health.*

BAKED BEANS WITH TOMATOES.

Wash two cups of haricot beans, put into an earthen jar, and cover with a mixture of strained stewed tomatoes and water in equal proportions, salt and a little butter. Put into the oven and cook until tender, adding water if they get too dry. This is a good dish for winter days when we have long fires. Less time for cooking will be required if the beans are first boiled until tender.

SAVOURY SAUCES.

While it is true that "hunger is the best sauce," a dinner is frequently incomplete without a good gravy to serve with the vegetables and meat course. The vegetarian cook of but short experience may manage the meat substitutes very satisfactorily and yet be quite at a loss in the matter of a meatless gravy. We are indebted to a lady of long experience in scientific vegetarian cookery for the following excellent recipe:—

Gluten Gravy.—Four gluten balls, two cups water, two dessertspoonfuls thick cream, two dessertspoonfuls (heaping) browned flour, salt to taste.

Drop the cream into a hot saucepan with the salt, stir together until the cream begins to separate, then add the gluten, which has been crushed into irregular pieces; stir again, letting

R AETIHI—Last Tuesday, Salvation Army Hall 3 p m; Pres Mrs Gibbs; Vice-Pres Mesdames Underwood & Fletcher; Sec Mrs Stanley; Treas Mrs Ashwell

M ANAIA—1st Friday, alternate six months, Presbyterian and Methodist Churches: Pres Mrs J J Patterson, Vice-Pres Mesdames Allison & Berry, Treas Mrs Ballantine, Sec Mrs Hunt, Cradle Roll Mrs Ricketts, Press Reports Miss Patterson, WHITE RIBBON Supt Mrs Hansen

W ARKWORTH—Last Thursday 2.30 p.m., Ante-room Town Hall: Pres Mrs E Morrison "Red Bluff," Sec Mrs W Hamilton "The Grange," Treas Mrs T H Wilson, WHITE RIBBON Supt Miss Morrison

it get very hot; add one cup of cold water and stir while the lumps of flour cook smooth, and then add a cup of hot water and let boil until the gravy thickens.

Directions for making the Gluten Balls referred to above.—Three cups of best white flour, and one cup of cold water.

Mix the water into the flour, making a smooth loaf; divide into four balls, place in a basin and cover with four quarts of cold water, and let soak for an hour and a half; then taking the balls in your hands, work over and over in the water until all the starch is washed out and only the gummy mass of gluten is left. Rinse the gluten in clear cold water, break into balls an inch thick, place on an oiled pan three inches apart, and bake in a moderate oven until dry, when it is ready to be used in making gravy.

The gravy which results from a careful following of the above directions, so closely resembles a meat sauce in every way that it would not be recognised as a vegetarian product by the most careful observer.

OATMEAL WAFERS.

One cup white sugar, one tablespoon butter, two eggs, two and a half cups rolled oats; if eggs are large three cups oats; two teaspoons bakins powder. Flavour with almond. Drop on to well-buttered tins, about a teaspoon for each cake, and far apart as they spread. Cook quickly and take at once from pan.

ORANGE PUDDING.

Peel five oranges, carefully removing all white and pips. Cut in pieces and put in a glass dish; add to them six ounces of white sugar (if made in winter eight ounces will be needed). Set the dish aside two hours to draw the juice. Make a blancmange with three large tablespoonsful of cornflour, one pint of milk, and a little sugar. Pour this on the orange, and when cold decorate with two oranges divided into quarters and placed prettily round the dish. Whip up the whites of two eggs with sugar, flavoured with essence of vanilla, and pile it up in the middle of the dish. If the yolks of eggs are beaten into the blancmange it is an improvement.

ASHBURTON, 2nd Tuesday, Baring Square Schoolroom: Pres. Mrs W T Lill, Willowby; Sec. Miss C Thomas, 32 Havelock st W; Treas. Miss A C Watson, 84 Cameron-st; **WHITE RIBBON** Supt, Miss Butterick, Wakanui

AUCKLAND District, 2nd & 4th Wednesday, 3 p.m., Central Mission Hall, Albert-st; Executive meets 2.30; Pres. Mrs Dewar, Pompallier Terrace, Ponsonby; Cor Sec. Miss I. N Dewar, Pompallier Terr. Ponsonby; Rec Sec. Miss Evans, 13 Newton-stoff Newton rd; Treas. Mrs Hughes, Mount Eden **WHITE RIBBON** Supt, Mrs Cook, G Wallace-st, Ponsonby; Rec Sec. Miss Evans, o/o Y W C A

BLENHEIM District, 1st Tuesday, 3 p.m.: Pres. Mrs Litchfield, Livermere; Sec. Mrs D. Sinclair; Treas. Mrs Hay; **WHITE RIBBON** Supt, Mrs W Parker

CHRISTCHURCH DISTRICT—Rooms Corner Manchester and Worcester Streets Also TEA & REST ROOMS. Second and Fourth Wednesdays, General Business 2.30 p.m., Educational 3.45 p.m. President—Mrs Cole, Cashmere Hills Cor Sec—Mrs Day, Bligh's Rd, Papanui Rec Sec—Mrs T G Smith, 410 Durham-st Treasurer—Mrs Seed, Hereford Street **WHITE RIBBON** Supt Mrs Williams, 25 Philip Street, Linwood

DANNEVIRKE, 2nd Wednesday, Wesleyan School-room, 3 p.m.: Pres Mrs W F Knight, Tahoraui; Sec. Mrs Stokoe, Allardice-st; Treas. Miss Burdett, the Manse

DEVONPORT, Last Wednesday, Wesleyan Schoolroom, 3 p.m.: Pres. Mrs Veats, Lake road; Sec. Mrs A Little, 31 Church-st; Treas. Miss Le Roy, Waterview-rd, Stanley Bay

DUNEDIN District, 1st Tuesday, Y W C A Rooms, Moray Place, 3 p.m.: Pres Mrs F Dick, York Place; Sec. Miss Nicol, Willamst; Cor Sec. Mrs Peter Dick, York Place; Treas. Mrs W Evans, Queen-st; **WHITE RIBBON** Supt, Mrs J Jarvie, 108 Dundas-st; Agent Writing Pads, Mrs J McLaren, 802 Cumberland-st; Supt Sailors' Rest, Mrs Pearson, Castle-st

FEILDING, 1st Thursday 2.30 p.m., St Paul's Hall: Pres Mrs Armstrong; Rec Sec Miss Bell; Cor Sec Miss Jones, Kimbolton Rd; Treas Mrs Neal; **WHITE RIBBON** Supt Mrs Burnley; Railway Box Mrs Shearer; Cradle Roll, Mrs Snellgrove

GISBORNE District, last Tuesday 2.45 p.m., Presbyterian Schoolroom: Pres Mrs A. Graham, Kaiti; Sec Mrs N F Walker, Fox-st; Treas. Mrs Goffe, Ormond rd; **WHITE RIBBON** Supt, Mrs J Stewart

GREYMOOUTH District, 1st Wednesday 3 p.m., Vestry Methodist Church: Pres Mrs Gaskin; Sec Mrs Hansen; Treas Mrs Sweetman

HAMILTON DISTRICT, First Thursday, Wesley Class Rooms, 2.30 p.m.; Pres. Mrs Auld, Victoria-st, Hamilton; Sec. Mrs J. M. Jones, Claudelands; Assistant-Sec. Mrs Carter, O'Neil-st, Claudelands; Treasurer, Mrs Dempster, Selkirk-st, Hamilton.

HASTINGS, 2nd Wednesday St Andrew's Hall 3 p.m.; Pres Mrs Boyle, Lyndon Road; Vice-Pres Mesdames Wallis, Ramsay, Barbour, and Clapham; Sec Miss Guy, Gordon-rd; Assistant Sec Miss Ford, Lyndon-rd; Treas Miss Ethel Nicholls, Riverslea road; **WHITE RIBBON** Supt Mrs Griffiths

HUNTLY, Third Wednesday, Presbyterian & Methodist Churches alternately, 2 p.m.: Pres Mrs Butler, Vice-Pres Mesdames Sheeran & Edmunds, Sec Mrs Gleeson, Treas Mrs Leather

INVERCARGILL District, 1st Tuesday 3 p.m. and 7.30 alternately, Allen's Hall: Pres. Mrs Laycock; Vice-Pres. Mesdames Baird, Gregg and McKay; Sec. Mrs J McKenzie, Northland; Treas. Mrs J Hunter, Don-st **WHITE RIBBON** Supt. Mrs Farrant, Remona-rd

KAIAPOI W C T U COFFEE ROOMS, open Daily. Union meets second & last Wednesday 3 p.m. Pres. Mrs F. Harrison; Sec. Miss Blackwell, "The Willows;" Treas. Mrs T G Blackwell; **WHITE RIBBON**, Mrs Souby

KEVIN, Second Friday 3 p.m., Pres Mrs Remington, Bath street; Sec. Mrs Gibson, Winchester-st; Treas. Mrs Meller, Tiro Tiro-rd; **WHITE RIBBON** Supt Miss Herd

LOWER HUTT, last Tuesday 3 p.m., W C T U Hall, Queen's Road; Pres Mrs McCaw; Vice-Pres. Mesdames Strand (sen) & Garlick; Sec & Treas Mrs Jansen, 70 Victoria-st, Petone; **WHITE RIBBON** Supt Miss Knight

LYTELTON, 1st, 3rd, and 5th Wednesdays, Methodist Schoolroom; Pres. Mrs Whitby; Sec. Mrs Bromley; Treas. Mrs Clark

MASTERTON, 1st Tuesday Knox Hall 3 p.m.: Pres Mrs Devonport; Sec. Mrs M Flanagan, 4 Cole-st; Treas Mrs Sunderland; **WHITE RIBBON** Supt, Mrs Russell

NAPIER DISTRICT, 1st Wednesday and 3rd Thursday, Willard Institute, 3 p.m. Pres. Mrs Oldham, France-rd; Rec Sec. Mrs Clatworthy; Cor Sec. Miss Hunter, Milton road; Treas. Mrs Dearlove, Lincoln-rd; Legal and Parliamentary, Mrs Dodds; Home Meetings, Mrs Kerr & Miss Shepherd; Literature Mrs Laurie; Purity, Mrs Oldham; **WHITE RIBBON** Supt, Mrs Freeman, Latham-st

NELSON District, 2nd Tuesday, Methodist Schoolroom 3 p.m.: Pres Miss Atkinson, Fairfield; Sec. Mrs Knapp, Alfred-st; Treas. Mrs Grov

NEW PLYMOUTH District, last Wednesday, 3 p.m., Baptist Church, Pres. Mrs Lewis, Gover-st; Sec. Mrs Allan Douglas, Fulford-st; Treas and **WHITE RIBBON** Supt, Miss Taunt, Victoria Road

NGARUAWAHIA, First Thursday 2.30 p.m., Presbyterian Church: Pres Mrs Bycroft; Vice-Pres. Mesdames Moris, McBurney, Hutt; Sec. Mrs Patterson; Treas. Mrs J Williams

OXFORD, Last Wednesday, 3 p.m., Coronation Hall: Pres Mrs Gainsford sen. Sec Mrs Comyns, Treas Miss Caverhill, **WHITE RIBBON** Supt Mrs G A Ryde

PALMERSTON NORTH DISTRICT, First Friday, St Andrew's schoolroom, 3 p.m. Pres. Mrs Mowlem, 65 Church-st East; Cor Sec Mrs Kitchie 53a Ferguson st West; Rec Sec. Mrs McDonald, 8 Princess-st; Treas Mrs Laybourn, 44 Ferguson-st East; **WHITE RIBBON** Supt, Mrs Holbrook

PETONE, 1st Tuesday, Church of Christ, Sydney-st, 3 p.m.: Pres Mrs G Rowse, Bay-st; Vice-Pres Miss L Kirk; Sec Mrs Corner, Nelson-st; Treas Mrs Donaghue; Flower Mission Mrs Hollard; **WHITE RIBBON** Supt Mrs Milner

PONSONBY, Second Thursday, 2.30 p.m., Queen's Hall, Paget street; Pres. Mrs Vickers, Millias street, Grey Lynn; Vice-Pres. Mrs Vickers & Dr Keller; Sec and **WHITE RIBBON** Agent, Mrs S A Plummer, Coronation-Rd, Epsom; Treas. Mrs Smythe, No 2 Selwyn-st, Ponsonby

PUKEKOHE, First Thursday, Comrie's Hall, 3 p.m.: Pres Mrs Blamires, Vice-Pres Mesdames Bell, Thoruley & Stevenson; Sec Mrs Cowan; Treas Mrs Comrie; Rec Sec & Supt **WHITE RIBBON** Miss Goldsworthy

RANGIORA last Friday, ante-room of Institute Hall 2.45 p.m.: Pres Mrs Metherell; Sec Miss Newton; Treas. Mrs Haderke

REEFTON, 2nd Wednesday Wesleyan Parsonage, Shiel-st; Pres Mrs McClymont, Black's Point; Vice-Pres Mrs Watson; Sec Mrs R Wills; Assist Sec Mrs Jas. Lawn; Treas and **WHITE RIBBON** Reporter Mrs Humphries

SHEFFIELD, 1st and 3rd Wednesday 2.30 p.m., Road Board Office. Pres. Mrs Neutze, Annat; Sec. Mrs Mellraith, Annat; Treas. Miss R Lee, Sheffield

TARIKI, 3rd Wednesday, Wesleyan Schoolroom: Pres Mrs Bayly, Waitara; Sec Mrs Eason; Treas Mrs Coutts

TAURANGA—First Thurs, Good Templars' Hall, 3 p.m.: Pres. Miss Sorley, 5th Avenue, Cor Sec. Mrs T C Allely, 2nd Avenue; Rec Sec. Mrs F Allely, Devonport-rd; Treas. Mrs A E Hammond, 2nd Avenue; **WHITE RIBBON** Supt, Mrs A J McKenzie

TIMARU District, last Tuesday 7.30 p.m., Arcade; Pres Mrs Rule; Sec Miss Aveson; Treas Mrs Cave; Evangelistic & Press Mrs Lamb; Cradle Roll Mrs Brooker; Maori Work Mrs Norrish

TUAKAU, monthly, Wesleyan Church 7.30 p.m.; Pres Mrs Hunter; Vice-Pres Mesdames Bridge, Roberts, & Deeble; Sec Mrs C. Bycroft; Treas Mrs Oldham; Supt Band of Hope, Miss Madill; Supt Cradle Roll, Miss Burns; **WHITE RIBBON** Supt, Miss Dwen.

UPPER HUTT, Second Thursday, Presbyterian Church 2.30 p.m.; Pres. Mrs Whitmann; Vice-Pres Mrs Routley; Sec Mrs Clear, Silverstream; Treas. Mrs Lewis

WAITARA, 1st Wednesday, 3 p.m., Methodist Schoolroom; Pres. Mrs Cleave; Sec. Miss Lena Bavy; Treas. Mrs Isaac Elliott; **WHITE RIBBON** Supt, Mrs Andrew

WAIPAWA 4th Tuesday 3 p.m.: Pres Mrs Jas Bibby; Vice-Pres Mesdames Wilson & James; Sec Mrs H. McLean; Treas and **WHITE RIBBON** Supt Miss Barnett

WANGANUI District, 1st Friday, 2.30 p.m., St Paul's Classroom; Pres. Mrs J Smith; Cor Sec. Mrs Upton, Victoria Avenue; Rec. Sec. Miss Macaniny; Treas. Mrs Siddells; **WHITE RIBBON** Supt, Mrs Upton

WINCHMORE, First Wednesday, 2.30 p.m.; Pres. Mrs Hanson; Sec. Miss Muirhead, Winter's Road, Ashburton; Treas. Mrs Moore; **WHITE RIBBON** Supt, Mrs Glassey

WELLINGTON District, First Thursday 3 p.m., Rooms, Constable st; Pres. Mrs Boxall Constable-st; Sec. Mrs Neal Bay-st; Petone; Treas Mrs Houlder, 108 Wallace-st; **WHITE RIBBON** Supt, Mrs Webb, Hall-st Girls' Association Rooms, Constable Street, Newtown. Evening classes and socials. All girls invited

WELLINGTON CENTRAL, Third Friday, 3 p.m., Y M C A Rooms; Pres. Mrs A R Atkinson, Wadestown; Vice-Pres. Mrs Macalister, Kelburne; Cor Sec. Mrs McGowan, 12 Oriental Terrace; Rec Sec. Miss Pees, 263 Willis-st; Treas. Mrs Helyer, Oriental Bay