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WRITE FOR A PAIR TO

Beath & Co., Ltd., Christchurch.

MEDICAL TEMPERANCE.

Dear Fellow-Workers,—

This department presents to the W.C.T.U., and through it to the people in general, the teachings of eminent physicians who discard alcohol as a medicine. It seeks to educate the public as to the danger of self-medication with powerful drugs, especially in the form of patent or proprietary medicines, and it exposes fraudulent medicines. It endeavours also to win the attention of physicians who prescribe alcoholic liquors, to the teachings of great leaders in their profession who have abandoned such practice. It brings to the attention of nurses the same teachings, and seeks their co-operation in education against the self-prescription of alcohol.

In previous years I have asked each Union to take up the work of this department, and many Unions have done splendid work, spreading the literature far and wide.

This year I appeal to each member of the W.C.T.U., cannot you, dear friend, do your little part in this great work? Choose a friend who uses alcohol as a medicine for her own ailments, or the ailments of her children. Send her "Alcohol and Nursing Mothers," "Alcohol Injures Children," and "Can Health be Bought in a Drug Store?" Do you know some young man who takes a social glass rather often? Send him "Alcohol the Young Man's Greatest Enemy," "Alcohol Hinders Business Success," and "Alcohol Shortens Life: Life Insurance Companies say so."

To the man who drinks for his "stomach's sake," send "Do Alcoholic Liquors Aid Digestion?" To the woman who uses alcohol for a weak heart, "Do Weak Hearts Need Alcohol?" For those who fly to alcohol for every ailment, there is the "Medical Temperance Quiz." And where could we get a finer booklet for general use than "Safe Remedies in Illness"? Have we all studied this? And do we give a copy to new members? Or send special leaflets to nurses? Or distribute suitable leaflets in the Sunday Schools on Temperance Sunday? Friends, if we are to fight this great evil successfully, we must spread, far and wide, the knowledge that alcohol is not needed in illness. Just before the last elections, an elderly lady said to me, "I have always voted for No-License, but am in doubt what to do with regard to voting for Dominion Prohibition; I am so afraid that if Prohibition is carried it may cause such a

rise in the price of alcohol that poor people will find it almost impossible to obtain it in sickness." Look over the list of leaflets and select what may be most needed among your acquaintances. By this plan even the aged and the invalid can do something to help in the struggle against alcoholism, and there is joy in feeling we can have a part in the fight.

I venture the prediction that this leaflet plan, to make every member a worker, will bring great joy and satisfaction to the hearts of all who undertake it wisely and prayerfully.—Yours in the work for "God Home, and Humanity."

CLARA M. NEAL,
New Zealand Superintendent.

List of Medical Temperance literature:—

BOOKLETS.

	Per Doz.
Safe Remedies in Illness ...	8d
Does Alcohol Sustain Life? ...	8d

LEAFLETS.

Do Alcoholic Liquors Aid Digestion? ...	4d
Do Weak Hearts Need Alcohol? ...	4d
What Can Nurses do for Temperance? ...	4d
Trained Nurses and Alcohol ...	4d
Can Health be Bought in a Drug Store? ...	4d
Why Headache Remedies are Dangerous ...	4d
How to Avoid Constipation ...	4d
Colds, Their Cause and Cure ...	4d
Medical Temperance Quiz ...	4d
Medical Men and the Alcohol Question ...	4d
Beer Drinking Injures Health ...	4d
Alcohol in the Treatment of Tuberculosis ...	4d
Special Medical Directions to Women ...	4d
Medical Opinions of Alcohol as a Remedy in Disease ...	4d
Alcohol Shortens Life: Insurance Companies say so ...	3d
Why the Alcohol in Patent Medicines is Dangerous ...	3d
West Virginia State Medical Society Against Alcohol ...	4d
The Appeal of the Insane to the Nursing Profession ...	4d
Alcohol Drinking Hinders Business Success ...	4d
Alcohol the Young Man's Greatest Enemy ...	4d
A New York Physician's Arraignment of Alcohol ...	4d
Alcohol and Nursing Mothers ...	4d
Alcohol Injures Children ...	4d
Alcoholic Degeneracy ...	4d
Why a Lord Mayor of London is a Total Abstainer ...	2d
Doctor Harvey W. Wiley on Coca Cola and Drugs ...	2d

A sample package, containing one copy of all the leaflets and booklets given above, will be sent to any address, price 10d, post free; also a package, specially selected to send to doctors, price 4d, post free.

Address: Mrs C. M. Neal, "Troca-dero," Pahiatua.

ANTI-GAMBLING.

Dear Sisters,—As N.Z. Superintendent of the anti-Gambling Department, I write to ask if all our Unions remember that, now Parliament is sitting, we need to keep our eyes open and read anything that may come before the House with reference to gambling legislation. We may not be able to do much, sisters, but we can always protest if we find any attempt being made to increase either the number of race days or totalisator permits. Except for the Wellington Unions, it is not always possible to send deputations to your M.P., but each Union can either wire or write to their respective members. I am trying to arrange for a deputation to the Premier shortly. In a letter I received from Mr L. M. Isitt to-day, he says he would be pleased to introduce a deputation, for he goes on to say, "You all need to be up and doing." Mr Massey has promised Mr Hunter special facility for bringing his Bill before the House, so we need to watch. Sisters, many of our homes are being ruined, women are being crushed, and bairnies starved to satisfy this awful gambling craze. Let us work to help to make it easier for our brothers and sisters to do right, and harder for them to do wrong.—Yours for service,

SARAH HOULDER,
N.Z. Supt. Anti-Gambling.

"Sir!" exclaimed the injured party, "you stuck your umbrella into my eye." "Oh, no," replied the cheerful offender, "you are mistaken." "Mistaken?" demanded the irate man. "You idiot! I know when my eye is hurt, I think." "Doubtless," replied the cheerful offender, "but you don't know my umbrella. I borrowed this one from a friend. Good-day."