

TEMPERANCE ESSAY PRIZE.

THE EFFECT OF ALCOHOL ON THE HUMAN BODY.

Although alcohol is a useful drug, when used according to doctor's orders, it is a deadly poison belonging to a class called narcotics. It is manufactured by destroying good foods, such as fruit juices. Alcohol is so cunning in its operations, that when anyone takes an intoxicating drink, they wish for more and more, until their body is quite saturated with poison.

Many organs of the body are harmed by the poisonous alcohol, among them being the brain, the heart, and the liver. If alcohol is taken immediately after meals, the food turns into a leathery substance which causes indigestion. If the nervous system begins to decay, sleeplessness and headaches are caused.

Drinks containing alcohol, have a very harmful effect upon the brain, which directs the activities of all the organs of the body. If a motorist has been drinking intoxicating liquors, he may think he is driving straight, when he really is not, and thus be a menace to all. Alcohol affects the centre of balance, which is at the back of the head, making people walk from one side of the path to the other.

When anyone drinks alcohol, the heart beats faster, thus wearing out that organ of the body more quickly. The circulation is hindered by the sudden changes in the beating of the heart, and this often results in heart failure.

While under the influence of alcohol, which is highly deleterious to the mind, some people become boisterous. If the use of intoxicating liquors is continued for a long time, it will lead the victim finally to insanity.

When alcohol is taken into the stomach, it, having a strong affinity for water, draws the moisture from the food therein causing indigestion. Alcoholic liquors dilute such juices as the bile and pancreatic juice, which are used in the stomach, thus hindering the process of digestion, and causing acute inflammation of the peritoneum.

People who are addicted to the drinking of alcoholic liquors, have fatty, enlarged livers. The habitual

use of alcohol is liable to cause jaundice, which makes the skin turn yellow. This is caused by the liver not cleansing the blood properly.

Alcohol causes some serious diseases, among them being Bright's disease and dyspepsia. Besides inducing these diseases, alcohol impairs the vital powers of the system, making people less capable of resisting an attack of acute diseases generally.

Since alcohol is so very harmful to all the organs of the body, including the brain, the nervous system and the heart, our rule should be to bar this deadly poison in every form, and to do all we can to prevent it being used in this country.

DOREEN MACKAY,

St. George School,

South Invercargill.

THE PRICE OF A DRINK.

The drinker pays in cash and character.
The drinker's wife pays in hope and happiness.

The drinker's child pays in food and clothes.

The shopkeeper pays in poor trade and bad debts.

The fellow-worker pays in long hours and low wages.

Every taxpayer pays in higher rates for gaols and poorhouses.

The Price is too Heavy!

PROHIBITION NOT A FAILURE.

"After its five years of trial, Prohibition is not a failure. It is the people who have neglected to correspond with it who are the failures. The good that has already come from it infinitely outweighs the evil, and the evils that are do not arise from Prohibition, but from the failure to practise it."—Excerpt from "Mr Ford's Page," "Dear-born Independent."

LOOK UP!

"Has it ever struck you that the window of Noah's Ark was in the roof? He was not to look at his environment, at the surrounding flood. He was to look up. The window in the roof serves a two-fold purpose. As we look up and out, God looks down and in."

APITI, 1st Thursday in Presbyterian Church at 2 p.m. Pres., Mrs Murray; Vice-Pres., Mesdames Gill and Wilson; Sec., Miss F. Malcolm; Treas., Mrs Gould; W.R. Agent, Miss McKenzie.

ARAMOHO, 4th Tuesday, 2.30 p.m., Presbyterian Church. Pres., Mrs H. Beggs, Glasgow Street; Cor. Sec., Mrs Gilmore, 2 Paterson Street; Rec. Sec., Mrs H. Good, Paterson Street; Treas., Mrs Sleight, Stewart Street; W.R. Agent, Miss N. Gilmour, 2 Paterson Street.

ASHBURTON, 1st Tuesday, 2.30 p.m., in Baring Square Schoolroom. Pres., Mrs W. H. Robinson, Hampstead, Ashburton; Treas., Mrs Saunders, Kermode Street West; Sec., Miss Trevarza, 167 Peter Street East; W.R. Agent, Miss Watson, 84 Cameron Street West.

ASHBURTON "Y's," 3rd Saturday in every month at 7.30 p.m., in the Baring Square Hall. Pres., Mr N. W. Corbett, 47 Racecourse Road, Ashburton; Sec., Mr Frank H. E. Silcock, 36 Moore Street, Ashburton; Treas., Miss D. Glassey, 45 Havelock Street, Ashburton; W.R. Agent, Mr J. W. Beck, 64 Beach Road, Ashburton; Supt., Mrs C. S. Matthews, Baptist Manse, Wills Street, Ashburton.

AUCKLAND, second Tuesday, in the Club Room, Y.W.C.A., Upper Queen Street. Devotional meeting, 2.15 p.m. Pres., Mrs Cook, 17 Esplanade Road, Mt. Eden; Cor. Sec., Miss N. Dewar, Pompallier Terrace, Ponsonby; Rec. Sec., Mrs J. W. Taylor, Sentinel Road, Ponsonby; Treas., Mrs Dowling, 6 Pompallier Terrace; W.R. Agent, Miss Hill, Russell Crescent, Ellerslie.

AUCKLAND Y's, 1st Thursday each month, at 7.30 p.m., in Mrs Lee-Cowie's Hall, East Street. Supt., Miss M. Pyle, 7a Hamilton Rd., Herne Bay, Auckland; Pres., Miss E. Appleby, 3 Huntly Av., Kyber Pass, Auckland; Vice-Pres., Mrs Lee-Cowie, 7a Hamilton Rd., Herne Bay, Auckland, and Mr H. Leckie, 19 Williamson Av., Ponsonby, Auckland; Rec. Sec., Miss L. Adams, 50 Collingwood St., Ponsonby, Auckland; Cor. Sec., Miss F. Hullah, 4th Av., Kingsland, Auckland; Treas., Mr S. Smith, Church St., Avondale, Auckland.

BALCLUTHA, 1st Tuesday, 3 p.m., P.W.M.U. Classroom, S.S. Hall. Pres., Mrs Cattons, James Street; Rec. Sec., Mrs J. Stephens, James Street; Treas., Miss Tosh, Toshvale; Cor. Sec. and White Ribbon Agent, Mrs J. Geggie, Rosebank.

BIRKENHEAD, 3rd Thursday, at 2 p.m. Methodist Classroom. Pres., Mrs Jory; Rec. Sec., Mrs Todd, The Cres; Cor. Sec., Miss R. Hayman, Arawa Street; Treas. and W.R. Agent, Miss R. Le Roy, Lytton Street, Devonport.

BIENHEIM, first Tuesday, 2.45 p.m., Wesley Hall. Pres., Mrs W. M. Smith, Middle Renwick Road, Blenheim; Sec., Mrs V. Underhill, Yelverton, Blenheim; Treas., Mrs T. Pike, "The Laurels," Blenheim; W. R. Agent, Mrs W. Pike, Main Street; Cradle Roll Supt., Mrs A. Braddock, 86 Maxwell Rd.; Literature, Mrs W. Chuck, Bomford St.; Libraries, Mrs Lane, Dashwood St.

BLUFF, 1st Friday, Willard Hall, 3 p.m. Pres., Mrs Donaldson, Barrow Street; Sec., Miss Mitchel, Ocean Beach; Cor. Sec., Mrs W. H. Johnston, Foyle Street; Treas., Mr W. Barber, Foyle Street.

BRIGHTON UNION, 3rd Thursday, 2.15 p.m., in Methodist Schoolroom. Pres., Mrs H. Hall, Wainui St., Bexley; Rec. Sec., Mrs M. Moses, 140 Lonsdale Street, N.B.; Cor. Sec., Mrs F. M. Mitchell, 387 Park Rd., N.B.; Treas., Mrs N. Fraser, River Road, N.B.; W.R. Agent, Mrs H. McIlroy, Breezes Road, Aranui.

CHRISTCHURCH, W.C.T.U. Rooms, 247 Manchester Street, 2nd and 4th Wednesday, at 2.30 p.m. Pres., Miss Henderson, 9 Straven Road, Riccarton; Cor. Sec., Mrs Ruth Day, 92 Edward Avenue, St. Alban's; Rec. Sec., Miss Thomas, 34 Crammer Square, Christchurch; Treas., Mrs Richards, 14 Morris Street, Avonside; W.R. Supt., Mrs R. Day, 92 Edward Avenue, St. Alban's.