

minds, thus providing a lodgment. If there is no affinity within to respond to the evil, it will fall off without finding a lodgment. All normal children ask questions about the marvels of any new life. S. Stall says in his book, "Parental Honesty": "The child who does not ask questions you may well doubt his mental capacity. An idiot will not inquire. If parents would study these facts of life from such books as "Towards Racial Health," by Norah March, and the book by Thompson and Geddes, they would know how to express these things in language delicate and pure. Do not be like the ostrich and hide your head in the sand when you think difficulties are coming. Break down the barriers between you and your children. With your older children especially you will only do this by giving confidence for confidence. Above all, hold the highest ideals **constantly** but **brightly** and **joyously** before your child's mind. Some people have talked to me of good things in such a dull, unattractive tone, I have almost hated the good because it was made drab and unattractive by the tone used.

Impress upon your children in a bright and hopeful manner what you want them to become. Make a vivid, mental picture in your own mind of what you want them to become. Hang on to it. Keep it clear and vivid. Describe it to them until they get the picture in their minds also. Inspire them to believe they possess the power to make it materialise. "All things are possible to him that believeth." Faith sets forces to work, even in the material world, we do not understand. The last thing at night leave an inspiring and beautiful thought in your child's mind. The sub-conscious mind will work on that all night, and your child will wake with the fragrance in his mind in the morning. The romance of understanding parenthood is the greatest and purest of human life. Well may one writer give the following:—

"As mother my dignity is supreme, for I am sculptress of the race. The architect of humanity. My body is the temple, the holy of holies, wherein are fashioned into indelible shape, for weal or woe, the children who are to come. My part is difficult, but I will not flinch. I must be as strong as the oak on the bleakest hill, and tender and sweet and pure as the flower which blooms in the valley below. For free-

dom's sake I must be free, for I am Sculptress, Architect of Humanity, its Citadels, its Oak, its Blossom. I am woman, mother and moulder of the race."

SUPERINTENDENT'S LETTER.

MEDICAL TEMPERANCE.

Dear Sisters,—I ask, are we doing our duty to God and Humanity if we neglect Medical Temperance work?

I quote a few extracts from an address given by the late Sir Victor Horsley, London's greatest neurological surgeon, which I trust every White Ribboner will read carefully, and then determine to pass on the information to others.

Sir Victor Horsley said: "That alcohol was not essential to the treatment of any disease under any conditions. Personally, he considered it was injurious.

Alcohol was, unfortunately, such a part of the life of the nation that it was not only looked upon as essential as a drug, but as an essential of ordinary every day life. The medical profession now did not think of it in that way. They put it in its proper place as a narcotic drug.

"It was over twenty years ago since the Temperance Hospital was founded, and he greatly respected those founders as men who were before their time. They learnt from the work of that hospital that not only was alcohol not needful, and never ought to be used as a drug, because of its social dangers, but that there were other drugs which were real stimulants, capable of getting more energy out of the tissues of the body without the narcotic and paralyzing effect that alcohol invariably demonstrated."

Sir Victor went on to describe various conditions, acute and chronic, in which alcohol was useless, as in the case of shock, "that most mysterious enemy of the human race." In that condition of collapse, the meaning of which was unknown, the heart was weak, and it was sought to stimulate it with brandy. That was what he was taught as a student; but in the hospitals to-day the brandy bottle had been largely abandoned. They now knew that it was not good for shock. Alcohol caused a dilatation of the arteries of the body,

and if there was a dilatation of the blood vessels, there was a lowering of the blood pressure. In the case of shock it was this very lowering of the blood pressure that made shock so dangerous.

Of all the drugs in the pharmacopoeia alcohol was not a good one to use. What they did nowadays was to inject a drug which had been found by experiment to produce the exact opposite to the effect of alcohol, and raise the blood pressure.

Not only were they getting rid of alcohol in this connection, but it was the reversal of the use of alcohol as a drug which was now in modern practice.

Referring to the use of brandy in the case of people who fainted or became unconscious in the street or elsewhere, Sir Victor pointed out that in a large number of cases it was not a matter of heart failure at all, and anyone who gave brandy in such instances was exposing the unconscious patient to a great risk; being a case of hemorrhage, brandy was absolutely dangerous.

If the heart failed, it did so for one of two reasons as a rule, either the natural nerve stimuli were not going properly, and its action became disorderly, or the muscular power was tired out. Alcohol helped neither of these conditions, but the simple act of swallowing did, whether of water or anything. It had been shown experimentally that it was far better to drink something hot; it might be hot milk, or, best of all, hot water, if care be taken that it was not too hot. If the act of swallowing in an unconscious person could be excited, the heart was set going again."

In the leaflets prepared by Mrs Martha M. Allen, World's Superintendent of the Medical Temperance Department, the latest scientific facts concerning alcohol are given.

Send for a sample packet. Price 10d post free. Then order those which most appeal to you. The prices range from 1d to 6d per dozen.—Yours in White Ribbon bonds,

CLARA M. NEAL,

N.Z. Supt. Medical Temperance Dept.

The "White Ribbon" can be ordered from Mrs Peryman, Carterton. Subscription, 3/6 per annum, post free.