

NEW ZEALAND WOMEN'S CHRISTIAN TEMPERANCE UNION

President:

Miss C. M. McLAY,
79 Haupapa Street, Rotorua.

Vice-President:

Mrs. H. N. TOOMER, Songer Street,
Stoke, Nelson.

Treasurer:

Miss G. GIBBS, 118 North Road,
Dunedin, N.E.1.

(Incorporated)

Organised 1885

"For God, and Home, and Humanity"

DOMINION HEADQUARTERS:

46 and 48 Brougham Street, Wellington, C.4.
Phone 52-062.

Recording Secretary:

Mrs. V. UNDERHILL, Lakings Road,
Yelverton, Blenheim.

Corresponding Secretary:

Mrs. E. J. CHESSWAS, 7 Field Street,
Aramoho, Wanganui.

Legal and Parliamentary Superintendent:

Miss V. JAMIESON, 57 Layard Street
Invercargill North.

Official Organ:

The White Ribbon.

Acting Editor:

Mrs. SINGLETON,
P.O. Box 12,
Mangawai, via Kaiwaka,
North Auckland.

Business Manager:

Miss E. M. APPLEBY,
12 Halston Street, Balmoral, Auckland.

All matter for publication, reports, etc., should be in the hands of the Editor by the 15th of the month.

All Union advertisements must be sent to the Business Manager, to whom all payments for Advertisements, Beacons, Y.P. Supplements and subscriptions must be made.

THE IMPORTANCE OF FRUIT JUICES

The International Congress Against Alcoholism gave a lead in this direction when it met in Lucerne during July, 1948. Doctors presented the case for the greater use of fruit juice for health reasons. Representatives from countries such as Turkey and Bulgaria told of splendid advances in the use of non-alcoholic products of the vine. It is of interest to Australians, where fruit juice is so little used, to read the papers given by specialists at the congress.

FRUIT JUICES A BOON TO THE SICK

"For the sick, in most cases, fruit juices constitute not only a suitable nourishment, but a real cure," said Dr. Muller at the congress.

In Sickness

"In fever cases, thirst increases; the patient requires more vitamins and alkaliescent mineral substances. But there is often a sluggishness of the digestive organs which manifests itself by loss of appetite and indigestion.

Aid the Digestive Processes

"Fruit juices by their flavour stimulate the digestive functions: they demand very little effort from the digestive organs for the nutritive substances are already in a dissolved state and the glucose, for example, undergoes no transformation before passing into the blood. In cases where pure fruit juices are not readily tolerated by the stomach or intestines, it is often enough to dilute them a little or to heat them in order to render them perfectly digestible.

"The laxative action that may be observed is often desirable.

Help for Prevention of Disease

"Fruit juices, in addition to their nutritive value, possess a general therapeutic action by producing a disinfection of the organism. Thanks to their excess of bases they combat the acidosis that is always present in cases

of fever and which acts as an intoxication. In their turn the vitamins contained in fruit juices act as anti-toxins against the microbial toxins, while at the same time stimulating the functioning of the organs.

"In feverish cases fruit juices are highly superior to soups and creams prepared with flour, rice, sugar, to sweet syrups, lemonades and mineral waters, above all to alcoholic beverages, partly or totally lacking in mineral salts and vitamins.

"Their low chloride content permits of their use in a non-chloride regimen.

"In the treatment of acute or chronic nephritis fruit juices have completely replaced the milk diet, with very beneficial results. Since milk has been replaced by fruit juices we see fewer cases of acute nephritis developing into incurable chronic nephritis. In chronic nephritis with uremia, surprisingly successful results are obtained with a diet of fruits, fruit juices and raw vegetables, which seem to require a minimum of effort from the renal tissue, while considerably increasing its working capacity.

In Heart Cases

"In cases of cardiac weakness the milk regimen, as also the Karell regimen, consisting exclusively of potato puree, are replaced advantageously by grape juice which supplies the heart with its best aliment: glucose requires no digestive effort and is also taken more willingly by the patient.

Liver Tonic

"Fruit juices are particularly indicated in all diseases of the liver. The glucose disintoxicates and stimulates the diseased organ.

For Alcoholics

"American experience during the war confirmed the favourable action of fruit juices on the hepatic cell in cirrhosis. In alcoholics the daily consumption of fruit juices diminished at the same time the taste for alcoholic beverages.

"In hepatitis, infectious and toxic jaundice, fruit juices play the same decisive role as in acute nephritis.

For Reducing Weight

"Two or three days' diet of fruit and fruit juices considerably advances cures for reducing weight while stimulating the metabolism of the organism.

After Operations

"Fruit juices are especially suitable for operated patients. They are less inconvenienced by fruit juices than by putrefiable aliments such as meat, which demand a digestive effort that neither stomach nor the intestine are able to furnish.

In Hospitals

"The widespread use of grape juice and apple juice in our hospitals is a medico-hygienic measure justified by numerous reasons. We have mentioned the medical reasons. The educative reasons are no less important. The hospital is well adapted to teach its inmates good drinking habits. The medical establishments which have installed tanks for grape juices or apple juice are to be congratulated and imitated."

—From "W.R. Signal."

WHAT CAN A MOTHER GIVE HER CHILDREN ?

What can a mother give her children Greater, today, than this great thing—

Faith in an old sweet beautiful story,
A star, a stable, a new-born King?

Shining faith in the young lad Jesus;
Lover of high white things was he;
Jesus, straight as a Lebanon cedar,
Jesus, clean as the winds from the sea.

Faith in the young man come to manhood,
Jesus, compassionate, tender and true;

Oh, my children, what more glorious
Gift in the world, can I give to you?

Carry it high, like a lamp in the darkness,
Hold it for warmth, when the day is cold,
Keep it for joy, when youth goes singing,
Clasp it for peace, when you are old.

What can a Mother give her children
More than a Faith that will not dim?

Take it, my children; Hold it for ever,
A lamp for a lifetime—faith in Him!

—Selected.
(From Canadian "White Ribbon Tidings.")