

A NEW CURE FOR INTEMPERANCE.

"You think that if socialism were here, the keystone would fall out of the arch of King Alcohol?"

"I do. I think there would be no such serious excess of drink as now. Of course at first, when people were let free, they would do things they should not; but it would right itself. For example, the first Bank Holidays were very drunken, but they have since been characterised by a striking improvement. It was some twenty years ago that they were established. Drunkenness is not now conspicuous, and I think rational amusements have done much to attain this end.

"I have heard Mrs Hicks make the assertion that intemperance causes poverty, and poverty causes intemperance; that seems to me to be a reasonable view."

"May I ask what you think of rational dress and the bicycle?"

"Personally I should not have the courage to wear a so-called "Rational" costume, but I don't think we do as well in England, in not wearing it, as they do in France by wearing it. I believe eventually the sort of dress we shall come to will be that now worn by girls in a gymnasium, and more people will look well in it than in the present dress. The real difficulty is that the skirt is unbecoming, unless it is either above the knee or quite to the foot, also in a change of dress we are apt to think that a woman of ungraceful figure looks worse; but the kind of woman who will then look worse is the very stout lady who now wears a tight waist, etc. But the truth is she looks horrid now. She must get rid of her extra flesh; it will not be so much accentuated, perhaps, when women exercise more.

As for the bicycle, I am so excessively short-sighted that I feel myself cut off from it, but I regard it as a public benefactor. I believe the bicycle is doing more for the independence of women than anything expressly designed to that end. It is perhaps a mark of the change of view which has come over us, that nobody expects a woman to go cycling escorted by a chaperon, a maid, or a footman. It is an amusement—perhaps the first amusement—which woman has taken up to please herself, and not to please man, and it is one which can only be followed in a moderately comfortable and healthy kind of dress. It is absolutely independent, and yet not necessarily unsociable, and it involves time in the open air. Is there any other fashionable recreation for women for which all these things can be said?"

The Home.

INFLAMMATION OF THE BOWELS.

By A. W.

In the hope that some sufferer may hereby be benefited, we earnestly beg of those who may have loved ones prostrate from this terrible disease to give this natural method a trial. We are sure from our own experience that the result will be a happy one. A sitz bath (an ordinary washing bath will serve the same purpose) should be prepared with the coldest water available. In this the patient should sit, the water reaching to the middle of the body. At the same time the feet and legs should be placed in a bucket of water as hot as is compatible with comfort.

While in the sitz bath the abdomen should be constantly lavied with a good-sized piece of flannel. The douche or pouring is also an excellent aid. An ordinary jug is all that is required; the water of the bath serves as supply. The method of procedure is simplicity itself. Fill the jug and pour the water quickly and continuously over the abdomen and lower part of the spine. It may be necessary to resort to this treatment two or three times a day. When

the patient is got into bed the feet should be kept warm with moist heat. If a hot-water bag is not available, a bottle of hot water wrapped in a damp cloth will serve the same purpose. Cold cloths should now be constantly applied to the abdomen; but, as an alternative, a lather of barilla soap is wonderfully soothing. It should be made as for shaving purposes, and laid over the abdomen, covered by a light flannel. At intervals sips of cold water should be given. Nothing to eat is required till the danger is over. When the pain has subsided warm injections, or if there be diarrhoea, cold injections should be given.

As far as possible the treatment should be diversified. A hot soapy sitz may be prepared in the following way. Boil barilla soap in water, and add it to the hot water in the bath. Let the patient sit in the hot bath, and follow the same plan of laving and pouring as was pursued in the cold sitz bath. Then gradually cool the water by adding cold until the water is quite cold, laving and pouring all the time. When the patient is taken out, the body should be gently rubbed under the bed-clothes.

Again, a blanket wrung out of boiling soapy water may be wrapped round the body, extending from the armpits downwards. Over this another large and dry blanket should be wrapped to keep in the heat. When it has cooled the body should be sponged with warm vinegar and water, and gently rubbed.

In conclusion, let us urge upon mothers not to fear cold water. When all else fails we know it will give relief.

CHANGE OF DIET.—The diet should vary with the seasons just as clothing does. More is needed in winter than in summer. Quantities of meats, farinaceous foods, and sugar are as much out of place in summer as are furs and thick wollens.

WORK AMONG MAORIS.

This department of W.C.T.U. work has been started and carried on by the superintendent, Mrs Duff Hewett, whose attention to the Maoris was first attracted by a circumstance which was the result of wearing the blue ribbon. The little bow of blue attracted and aroused the indignation of some tipsy Maoris. The ringleader pointed at Mrs Hewett, making grimaces, and saying, "No good the blue ribbon;" and instead of retiring from this formidable person, Mrs Hewett returned the compliment by pointing at him, and said, "No good the Waipero;" and then, advancing towards him, she touched his arm and said, "If you take too much Waipero you go down there (pointing downwards); you will never see the beautiful heaven and a beautiful Christ (pointing upwards). You will go down down to be with Iissou." He looked surprised (as also did the others) at being talked to in this way, and said "I want the blue ribbon now!" Mrs Hewett said "You must come and talk to me at my house, and he went the following Sunday, and signed the pledge. Mrs Hewett shewed him a picture of the Saviour, and said, Remember Ariki, you have promised Him that you will take no more Waipero. He said, "I know, I will keep my pledge." And after keeping perfectly sober for more than a year, he brought six other Maoris to sign the pledge. He was so well known as a drunkard both among Maoris and Europeans that his reformation had great effect. Mrs Hewett then suggested that the Maoris should be again taken up as a department of work in the W.C.T.U., and at the next Convention, some months afterwards, she was appointed Superintendent of Work among Maoris. On the 30th of July, 1894, a meeting was convened by Mrs Hewett, and held in Mrs Bulcombe Brown's drawing-room, Wellington. Over forty ladies and gentlemen were present. The great feature of that meeting was the speech from Te Heu Heu, the Taupo Chief. The dignity of the