

## A PAGE FOR Y's.

A Message from over the sea, from  
Miss Swankie-Cameron, General  
"Y" Secretary, England.

To the girls and young women of to-day—aye, and the young men, too, who wear the white ribbon, I would say, Do you realise that God chooses to work through His human children; that we have the wonderful privilege of helping Him to carry out His thoughts, and that only according as we let His spirit fill us can we "work His works"? It is a beautiful thought, that in whatever corner of the world we may be, the same Spirit can come to us and make us a power.

Shall we not claim it, and work as we never have before to "raise the standard higher, ever higher" in our fight for God and Home and Every Land?—From Francis J. Barnes.

If the young people of to-day will listen to the voice of the Divine Spirit, they will surely hear Him pleading for them to give their influence and their service to abolishing the evils of drinking and selling intoxicants; they will hear the cries of those who suffer therefrom, and by responding to these calls, to their hearts will come great satisfaction and joy in this psychological hour to inaugurate World-wide Prohibition.

From Francis Willard, who being dead, yet speaketh:—

"Ours is a high and sacred calling. Out of pure hearts fervently let us love God and humanity, and work and pray to bring again that golden age of which tradition tells us, when all man's weal shall be each man's care.

"Humanity is worth our while to love, to bless, to die for if need be."

From Mary F. Willard Anderson, Assistant Y. Secretary:—

There's a battle to be fought,  
A victory to be gained;  
There's a country to be saved,  
A host from sin reclaimed.

There's an enemy abroad,  
So subtle and so strong,  
That the conflict must be fierce,  
And the struggle must be long.

But we're recruiting for the ranks  
For years and years to come,  
That our numbers may not fail  
Ere triumph shall be won.

## RECOMMENDATIONS FROM "Y" REPORT AT WORLD'S CONVENTION.

Each country is asked to recommend to its Y Unions that they hold a world's meeting once a year, taking whatever form of entertainment they think likely to be most attractive and helpful in raising funds.

That a thorough knowledge be obtained by the Y's of each country of the history of the White Ribbon work.

Y White Ribbon Choirs, as being very helpful in gathering the members together, and in enlivening meetings of both Senior and Y Unions.

That a correspondence with the Y's of other countries be encouraged.

It was strongly recommended that all Y Unions in all countries observe the two Red Letter days, February 17th and April 14th.

On the first, which is sacred to the memory of Miss Willard's "Heavenly Birthday," the day she left this world, "Memorial" or membership meetings should be held, when a special effort should be made to gather in as many new members as possible.

On April 14th was born Mrs Francis Barnes, who originated the Y work, and it has been thought that special meetings, with a view to helping the World's Y Missionary Fund, should be held on that day.

The names of Y Secretaries are in World's Y Report, which may be had from me by any Y sending stamp for postage.

May I again remind members of the Y membership cards? I have had a number printed. These may be had at 6d per dozen. Every member should have one.

## ESSAY ON THE EFFECT OF ALCOHOL ON THE BODY.

NGAERE SCHOOL, STANDARD V.

(Ivor Saunders, under 13 years.)

Drinks such as beer, wine, and spirits have a harmful effect on the body, because they contain alcohol, a narcotic poison.

If a person is in the habit of drinking alcohol, his digestion is affected, for, if alcohol is taken, the stomach cannot do its work well. The flow of gastric juice is increased, but it is of poor quality and does not dissolve the food properly. Nitrogenous foods as

meat and eggs, become hardened if alcohol is drunk with them.

The liver, which is an organ which purifies the blood, becomes inflamed at first, and afterwards grows hard, so that it cannot perform its function properly. The blood is thus sent through the body in a less pure condition, causing disease in different parts. The red corpuscles are weaker and less able to take up the necessary amount of oxygen. Alcohol is very bad for the lungs, and breathing becomes weaker after its use. Some forms of consumption are caused by drinking alcohol. The first effect of alcohol on the heart is to stimulate it; that is, it causes it to work harder; but soon its beats become weaker than before. More blood is forced through the blood-vessels, causing the red face and blood-shot eyes of the drunkard. If a person is very ill, the doctor orders a stimulant, and it may be brandy and water, but if the person is a drunkard, his heart will not respond to the stimulant, and he may die. Some people think that after a drink of alcohol they can work harder, but this is not true. After the drink a person may be able to work well for a time, but afterwards he becomes weaker.

When alcohol is taken, it irritates the skin, which does not rid the body of waste so thoroughly as usual. If the skin is hurt, it will not heal so quickly with a drunkard as it would with a total abstainer. The work of the kidneys is to rid the blood of certain waste matters, and if alcohol is taken, they will not do their work well, and the blood is diluted with poisonous matters. Excitement, loss of memory and feeling, and even insanity are the common results of taking too much alcohol. It has been proved that from thirty-five to forty per cent of all cases of insanity are caused by alcohol.

## THE ORGANISER.

Will Unions please take notice that our Organiser, Miss M. S. Powell, has resumed her duties? District Unions wishing for a visit from Miss Powell will please communicate as soon as possible with the President, Mrs Don, or the Corresponding Secretary, Miss Henderson, in order that an itinerary may be planned.