

Christians in their corporate capacity as attaining unto a perfect man, unto the measure of the stature of the fulness of Christ, of how this is accomplished, by Divinely appointed instruments, bringing us into the unity of the faith, and of the knowledge of the Son of God, of our growing up into Him in all things, which is the Head, even Christ, and then of the part of the individual. "From Whom (Christ) the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the Body unto the edifying of itself in love" (Eph. 4:11-16). "Who is sufficient for these things?" "From Me is thy fruit found." "Abide in Me, and I in you. . . . He that abideth in Me, and I in him, the same bringeth forth much fruit; for without Me ye can do nothing."

GERTRUDE COCKERELL.

TEN DON'TS FOR WOMEN.

1. Don't belittle yourself, your belongings, surroundings, attainments, nor anything that is yours.
2. Don't talk too much, nor unnecessarily of your affairs, interests, doings, opinions. Even your thoughts may not be interesting to all.
3. Don't go on working when brain and body are tired. The tongue frequently wags from sheer mental and physical inability to keep it still. Forcing ourselves to go through with the self-imposed, imaginary "duty," we grow garrulous, and make ourselves ridiculous.
4. Don't—DON'T be mean about anything; it isn't worth while. Say No! decidedly and kindly if you don't wish to spend, and can't give, but don't do things meanly; it hurts others besides yourself.
5. Don't vacillate.
6. Don't wobble.
7. Don't agonise about doing or not doing this or that. Find out as quickly as possible if a thing is wrong for you, and then,—
8. DON'T do it.
9. Don't gossip.
10. Don't grow bitter.

LESS VODKA, LESS CRIME.

"Law-breaking has decreased everywhere." This statement gives the note of a report, which has been prepared in Russia with regard to the effect of vodka prohibition upon the peasant population, and is dealt with at length by Professor J. T. Simpson in the "Contemporary Review."

This report is the result of the answers given by 600 correspondents in different districts of the Government to questions put to them officially. "The part devoted to the effects of vodka prohibition," says the professor, "opens with the statement that this measure was really the last link in a chain of measures, Government and other, that had been instituted in connection with the struggle with drink. The results of drinking were so bad that it had come to be generally realised that sooner or later the whole question must be faced. The war simply fixed the time. Society and Government alike saw that when the war called for sacrifices on the part of the people, they must be helped in every way to regain their power and energy, and that the Government also must fall into line in surrendering its drink profits."

In most cases it was reported that the peasants were working better and more intensively, that the efficiency of labour was higher, and that pay was higher because of temperance."

"Before Prohibition," a Judge reported, "there were 30 to 50 cases every month in the District Court; now there are none. The whole report, in fact, shows that the absence of drinking facilities has had remarkably beneficial effects upon the life of the peasant community."

NO SUCH THING AS A "MEDICINAL" WHISKY.

Alcohol puts to sleep the sentinels that guard your body from disease. Policy-holders are warned against advertisements extolling the virtue of whisky in disease. The callous cruelty of such advertisements lies in the fact that they appeal to the very people who are most injured by the use of alcohol—sufferers from rheumatism, chronic kidney disease, nervous subjects, etc. There is no such thing as a "medicinal" whisky.—From Bulletin No. 5, issued by the Postal Life Insurance Co., New York.

THE PRIMATE OF AUSTRALIA MAKES A PLEA.

In his Presidential address at the opening of the Synod of the Diocese of Sydney, Archbishop Wright said: "We are now awake to the grim truth that, no matter how sacred is the crusade which we wage for all that is most spiritual in humanity, we shall yet be worsted unless we fling aside everything that is usual and concentrate our entire Empire, money, men, machines, thought, fiscal, scientific, intellectual, and spiritual resources alike to the supreme end of crushing the foe who threatens to extinguish all the holiest aspirations of mankind. The Church has done more than plead. She has made good her plea by giving of her best. Thousands of her most vigorous sons are in the fighting line. She has done her part in ministering to the temporal and spiritual welfare of the soldiers."

Archbishop Wright asked his hearers to ask for shortened hours for liquor trading, and said:—"The present attitude of the Government looks like unworthy subservience to unpatriotic selfishness. What have we done to help to break the shackles of the drinking habit by which our very national existence has been threatened in the war, and which is still counted as an asset by our enemies? What have we done to help a Government, apparently opportunist, in this matter to resist the selfish remonstrance of the organised vested interests of the drink trade? I believe that if we are time-serving or apathetic on this matter, we shall one day be convicted of having been found wanting by our nation in her need. The Government of New South Wales stands by inert with folded hands, and makes no suggestion. It apparently is content with things as they are though the curse of these long hours to our fighting strength is denounced by impartial authorities."

THE IMPERIAL PARLIAMENT AND THE LIQUOR PROBLEM.

With the "Toronto News" we are all in accord in saying, as it does in the closing words to the article on Temperance Laws: "Nothing that has happened in Great Britain since the war began has made such an unfavourable impression in the Dominion as the apparent vacillation of the Imperial Parliament in dealing with the liquor problem."