

IN THE FIELD.

On September 7th I attended the ordinary meeting of the Hamilton District Union, and the following evening addressed the Band of Hope. Temperance workers there have inaugurated a fine scheme for covering the town and suburbs with work for the children.

Next day I returned to Te Kuiti, being entertained by the President of the new branch at the Presbyterian manse. A few days were spent in working up a meeting for 13th, immediately after which I succumbed to an attack of influenza microbe, being laid up for several days, and most kindly nursed by Mrs Wilton.

The Hamilton friends were very anxious to see our work re-established in Te Aroha, and several days were spent there. Mrs Dukes, at the Methodist Parsonage, kindly gave me hospitality, and I spent the week-end with Mr and Mrs Jesse Clothier, with whom I had worked in Kaiapoi for the elections of 1899 and 1902. Very pleasant it was to go over old times together and "fight our battles o'er again." The time was not propitious for organising, so I contented myself in the meantime with introducing our work by means of the "White Ribbon." Te Aroha possesses a very fine Band of Hope, which seems to be run by Misses Morrison and Clothier; also a Young Peoples' Patriotic League, consisting mostly of girls, as young men are scarce, and just now they are working hard for a Red Cross Sale, which is to come off next month. The sewing is enlivened by a few entertaining items, and the supper is given by four girls each evening. On the night when I visited them the attendance numbered about fifty.

On September 6th I had visited Ngaruawahia monthly meeting, and had a business talk with the friends. We then arranged—by way of raising funds—that the next meeting should take the form of an "American Tea." So on 25th I returned to work this up, being on both occasions hospitised by the bright young Secretary, Mrs Densem. An attempt at a meeting at Te Kowhai was made, but only four ladies turned up. Some "White Ribbon" subscribers were secured, and we were entertained at tea at the house of a son of our valiant co-worker, the late Mr R. French, of Auckland.

Another country meeting, held at the house of Mrs Hood, turned out much better, in spite of very stormy weather, several ladies braving the elements, and one joining. The next day Mrs Hood drove me out, and some "White Ribbon" subscribers were secured.

On Tuesday, October 3rd, the much-talked-of "American Tea" was held at the house of Mrs Kendall, and proved a great success. There was a fine attendance, and the various expedients resorted to by the members to earn their shilling created considerable amusement. Some had earned more than the minimum, and the result was a good sum to clear off their indebtedness to the Organising Fund.

MARY S. POWELL,

Dominion Organiser.

Miss Powell's address: Until October 31, c/o Mrs J. M. Jones, Claudelands, Hamilton; after that date, c/o Miss N. Dewar, Pompallier Terrace, Ponsonby, Auckland.

MILK A TRUE ELIXIR OF LIFE.

An eminent American doctor has been writing of the valuable properties of milk, some only lately and accidentally discovered. The Pasteur Institute, in Paris, have found out that milk is not only a food, but one of the most powerful stimulants known. They were experimenting with 125 puppies, and trying the effects of different drugs upon them in the way of improving their ability to work a miniature treadmill. One of the investigators one day observed that three of the puppies (fed on cows' milk because they seemed to dislike other food) were growing faster, and also were more active and muscular. They were loath to attribute this superior energy to milk, so Dr. Kamband secretly gave 50 puppies a half-saucer of milk before they were placed upon the treadmill. To their great amazement, the puppies which had been given the milk performed their work with greater dash, and were less exhausted, and more playful after their work than the other puppies, and did this irrespective of the particular drug which was given them beforehand. All the dogs were tried this way, and it was found beyond peradventure that milk showed a slowing of the pulse, strengthened the heart and muscles, toned up the whole animal,

and acted as an undoubted stimulant of the most efficient type.

When beer, claret, white wine, and other liquors were tried upon these baby dogs, not only were they not stimulated, but they were found to become dull, sluggish, and literally "dogged" in their work. The pulse and respiration were fast, and outwardly deceived, as if it were stimulating them. As a matter of fact, it could be seen on the charts that they were weak, and not living up to past performances.

Upon the publication of these results, the military authorities of Paris and London published their new anti-alcohol laws. Absinthe is to be used to make high explosives, and October 10 was set as the last day for treating in England.

A True Elixir.

Milk itself has now been found to have all the qualities of a true elixir of life. It contains sugar, minerals, oils, and fats, albumens, starches, and water. These are all the foods necessary to man. Now it is also seen to contain some mysterious and magic power of not only whipping up the living tissues, but holding them pleasantly to the task without the subsequent reaction and collapse, so usual with strychnine, quinine, ergot, and other artificial stimulants.

Furthermore, drugs are prone to set up bad habits, whereas milk is a vital tonic, an essential food, and the sort of a tonic that leaves not the slightest trace of harm behind. The French Government, realising this, has ordered all cafe proprietors to push the sale of milk as a beverage superior to coffee, tea, cocoa, and all the popular soft drinks.

"Twobrothers once lived down this way,
And one was Do and one was Say.
If streets were dirty, taxes high,
Or schools too crowded, Say would cry,
'Oh, what a town.' But Brother Do
Would set to work and make things new.

"And while Do worked, Say still would cry
'He does it wrong. I know that I
Could do it right.' So all the day
Was heard the clack of Brother Say.
But this one fact from none was hid,
Say always talked, Do always did."