

to be a domestic science mistress, nor is it to be taken for granted that a domestic science mistress would possess the necessary qualifications.

Also, during the years of adolescence, a similar influence would be of perhaps greater value in the life of a boy, and whether that should be the influence of a man or woman would largely depend on the suitability and not the sex of the teacher.

If the aim of domestic teaching is to make our girls better home-makers there is not the ability to cook or sew that is wanted, but the spirit that puts the welfare of others first, not in waiting "hand and foot" on all and sundry, but that has patience and kindness in teaching each to do their own share when it is infinitely easier to do it oneself. In other words, it is the spirit of Christ who gave Himself for others.

Thanking you in anticipation.—I am, etc.,

JESSIE FIELD.

"WHITE RIBBON."

Our thanks are due to the band of workers who are bringing the claims of our official organ before the public. White Ribbon Day occurs this month. Will every Union and every subscriber make a special effort to secure new subscribers at their White Ribbon Day celebration?

The following have sent new subscribers in since last month:—Oxford is an easy first with 19 subscribers; Pakiri, 8; Nelson and Normanby, 7; Palmerston North and Miss Powell, 6; Hamilton East and Mrs Evans, 5; Cambridge, New Plymouth, Port Chalmers, Hikurangi, Wellington Central, Wanganui E., N.E. Valley, Brightwater, and Eltham, 4; Whangarei, Devonport, Ashburton, Timaru, Mata Mata, S. Invercargill, and Warkworth, 3; Auckland, Hastings, Lyttelton, Tinwald, Kaiapoi, Christchurch, Greytown, Morrinsville, and Gisborne, 2; Marton, Takapuna, Ngaere, Leigh, Waipawa, Wanganui Y's, and Matakana, 1. Total for month, 145.

The "White Ribbon" will be posted to any address on receipt of 2s 6d, payable to Mrs Peryman, Port Chalmers.

PRIZE ESSAYS.

Nagere School. Standard 6. Una Clark.

An Essay on Temperance.

Temperance really means moderation in all things. Now when the word is used it is used to mean moderation in the use of alcoholic drinks, such as beer, wine, and spirits.

Alcohol belongs to a class of drug known as narcotics. The effect of these drugs upon the system is depressing and weakening. Alcohol also tends to retard the growth of the body. If in a nation the people could do without alcohol, how much stronger, happier, and wiser the nation would be.

In little New Zealand alone enough money is wasted on alcohol to pay for all the boots and clothing of all the New Zealand children.

Alcohol is not a food as milk is. It does not make the body grow, nor repair worn out tissues. Sometimes alcohol is used as a stimulant, but a healthy body is better without a stimulant.

People who have to undergo great strains or hardships as soldiers, athletes, and Arctic explorers find it best to abstain from the use of alcohol. It is found that alcohol lowers the power of the system to resist disease, thus a teetotaller is more likely to live a longer and a healthier life than a drunkard.

If no alcohol was used the judges say that three-fourths of the prisons could be closed. This shows us that a great deal of the crime committed is caused through drinking alcohol.

The effect of drinking alcohol quickens the beating of the heart, thus sending blood volently over the body, causing a bright-red colour on the face. In the stomach an excess in the flow of gastric juice is caused. The power to digest food is weakened, and indigestion may follow. Through constant drinking of alcohol many diseases of the heart may result, and cancer, inflammation of the lungs or consumption.

Many cases of insanity are caused by drinking.

The best drink to quench one's thirst, besides being the cheapest, is water. It does not create a desire for more as alcoholic drinks do.

In Russia now no alcohol is sold. Before the War the Government had

command of the workshops, so immediately on the outbreak of War, they closed the hotels, this of course meaning a loss to the Government, but a benefit to the nation.

Alcohol is really a poison.

In rum, whisky, spirits, etc., it is contained to the extent of about 45 to 50 per cent. In the Polar regions it is found that a person who drinks cannot stand the cold like a total abstainer.

Insurance companies offer more favourable terms to a person who does not drink than to one who does.

In the home, if one member drinks it seems to act as a dark stain upon their prosperity. Much poverty may result in a home where the husband drinks.

In England it is found that on a Monday the workers are less energetic than on other days. This may be accounted for because they take the liquor on Sundays, and it acts as a drug on their minds on Monday.

The State will never be a very prosperous one if it has to pay for the upkeep of paupers who might not be poor if there was no drinking. The minds of people who are drunkards can never be as free or as clear as if they did not drink. Men in very important positions should not be there if they use alcohol to excess.

CABLE "FAIRY" EXPOSED.

Miss Rankin, the first woman to be elected to Congress, recorded her vote against entering the war. Her vote has been much criticised, but even those disagreeing with that vote admire the woman who recorded her vote in accordance with her conscience. Mrs Laidlaw, who was present in the House when the vote was taken, says: "It is not true that Miss Rankin wept, fainted, or had to be carried from the room. She was perfectly composed. She had been asked by so many of her friends to vote for the resolution; at the same time she was gripped by a desire to express a woman's horror of war and her principles against it. When she finally voted, she voted with intense sincerity, knowing that she was not doing the popular thing, but refusing to allow herself to be governed by motives of expediency. "She just couldn't vote for war."