

lows:—Pres., Mrs Hall; Vice-Pres., Mesdames Walker, Spratt, Thompson, and Henry; Sec., Mrs Nichols; Treas., Mrs Gilson. Decided that members should endeavour to secure as many names as possible of young people eligible for the Electoral Roll. Union to meet again in February, 1919.

NGAERE.

Dec. 3. Meeting was held at Mrs Morison's. Small attendance, owing to epidemic. Mrs Tarrant (the President) presided, and the Cradle Roll picnic was arranged for. It was decided not to give prizes for Temperance Essays this year on account of the schools being closed.

NEW BRIGHTON.

Oct. 17. Mrs F. Thompson presided over fair attendance, and an interesting address was delivered by Rev. J. Bickerstaff. Resignation of Mrs Smith was received with regret. Collection in aid of Franchise Day Fund. Decided to assist the Church Union at the A. and P. Show, and arrangements were made accordingly.

A PETITION TO MNEMOSYNE.

Let me, Mnemosyne, through life remember
The many acts of kindness I have known,
And when it comes, as 'twill, to my December,
May I also to some kind actions own.

Whatever I've done wrong through my life's lot in
Omitting aught of good I might have done,
Let it, with wrongs I've suffered, be forgotten,
Mnemosyne, by each and every one.

For life is but a kinematic, showing
We play our parts, for a brief moment seen,
Then, like some swiftly flitting shadow going,
Our worries o'er about what might have been.

—W.H.S.

TO OUR DIETETIC GUIDE.

(From One Hushand.)

We've substituted corn for wheat,
And pallid cottage-cheese for meat;
With nobly simulated zeal
We chew the dull potato-peel;
We've tested every new disguise
For making rice a glad surprise,
And never throw a bit away,
But mingle all in queer puree.

O doughty Dietetic Guide,
Lead on, lead on! We're satisfied.
—“Chicago Tribune.”

ALCOHOL.

(Paper by Dr. T. G. Campbell.)

Alcohol is in small doses an excitant, in large doses a narcotic, and in any dose an irritant poison. The same may be said of chloroform or opium. I have said that ether and chloroform were cousins to alcohol, but as a matter of fact they are daughters. Disregard the poetic license, and these are the scientific facts: When rectified spirit is distilled with sulphuric acid, ether is produced, and when rectified spirit is distilled with chlorinated lime chloroform is produced. Like mother, like daughter, a family trait common to the lot is to impair the efficiency of organs affected by paralysing the nerve endings. In the case of the vapour poison, the effect soon passes off with the advent of fresh air, but in the case of the fluid poison greater and more permanent damage is done. Alcohol hardens the arteries, so that they lose their elasticity, and become rigid, like pipe-stems, thus bringing on premature old age, so that it is a saying among doctors, “A man is just as old as his arteries.”

Brandy, whisky, gin, and rum contain about 50 per cent. of alcohol; port wine, 16 to 17; sherry, 15 to 16; claret, 5 to 7.

There is reason to believe that alcohol tends to anaesthetise rather than stimulate the brain, but by dilating the cerebral blood-vessels, it may so flush the brain with blood that intellectual activity may be temporarily increased before the anaesthetic effects have had time to manifest themselves. By flushing the brain with blood, alcohol may produce temporary excitement and aid the imagination, but it ends by dulling the edge of the intellect, and is unfavourable to sustained mental work.—Dr. Robert Hutchinson, the greatest authority on food.

ANNUAL REPORTS.

Union Secretaries, please take notice that they are not required to send in their annual reports till after the end of December. It is clear, from letters I have received, that some Secretaries are worrying because, owing to the influenza epidemic, it has not been possible to hold annual meetings this month, or to compile reports. Send in your reports as soon as you can **after** December 31st.

C. HENDERSON,
N.Z. Corresponding Secretary.

MRS BRAMWELL BOOTH.

ON PROHIBITION.

Mrs Booth speaking in Leeds Town Hall said that the members of the Salvation Army in England and all round the world were proving the advantages of Prohibition; they were pledged not to touch, taste or handle alcoholic liquor. They were proving it in every trade and industry, in the steel works, in the bowels of the great ships that crossed the ocean. The thousands of Salvationists in the British Army proved last winter that they could keep their posts in the trenches without partaking of the rum ration. They were proving in every climate and in all circumstances that they could be prosperous and happy without availing themselves of strong drink in any shape or form. What an absurdity it was to placard our walls with “Eat less bread,” while they were brewing more beer.

LEAN HARD.

There is nothing we cannot overcome,
Say not thy evil instinct is inherited,
Or that some trait inborn makes thy whole life forlorn,
And calls down punishment that is not merited.

Back of thy parents and grandparents lies
The great Eternal Will! That too is thine
Inheritance, strong, beautiful, divine,
Sure lever of success for one who tries.

There is no noble height thou canst not climb;
All triumphs may be thine in Time's futurity,
If, whatsoever thy fault, thou dost not faint or halt;
But lean upon the staff of God's security.

Earth has no claim the soul can not contest;
Know thyself part of the Eternal Source;
Naught can stand before thy spirit's force;
The soul's Divine Inheritance is best.
—Selected.

Washington State has the Initiative and Referendum. Last Legislature passed seven objectional Bills, but the people held it up until a referendum could be taken on them, when all the bad measures were defeated by an overwhelming majority.