

L.T.L. COLUMN.

whakamihi. Kite roopu tena koutou e oku hoa aroha e noho nei i roto i te noho anga atahua. Ko te take i penei ai te roa o to tatou huihui he pouri nooku moaku tamariki kuapoto kite mate i wehe atu nei tatou i roto i to tatou. Roopu note ne ra katae n he marama tanga. Kia hau ka karangatia koutou kia huihui tatou haere mai i te ngakau tumake kinga mahi pai o te rangimarie. Kia mau kite kakahu iwhaka kakahuria kia tatou eto tatou hoa e ripekamarena tooku hiahiakia hinga tatou ki tenei nomoanga atahua. Kia pono kia kaha kite rapuite huarahi o te marmatanga. Kaati aku kupu nehe take ta koutou-metu kite ko rero whakaaetia ana i muri katu a nata Harana. Aku take kongia moni o te peeki kia tukua ki waenganui ia tatou whakaaetia ana ka tukua te moni £4 10s 3d. I muri ka kohia te moni ete roopu £2 16s moni awhina. 7s hui katoa nga moni £7 13s 3d. Kia o ro tatou katoa. Nate Keretia Mr Paieka.

QUOTATIONS FROM THE WRITINGS OF FRANCES E. WILLARD.

Christ was the greatest idealist that ever trod this planet, and the greatest optimist. Surrender, immediate and unconditional, of all evil, and devotion, absolute and forever, to all good—this is His plan of life to every human being.

Whoever does not apply Christianity to the special sins of his own age, in his own person and by his own work is, to say the least, a most unscientific Christian.

Half-way measures blur the straight line of ethical perception and set back reforms that can only be carried to success by a bold policy.

It is not so much what comes to you as what you come to, that determines whether you are a winner in the great race of life.

LIQUOR AND LABOUR.

Because the liquor trade tends to enslave the people, to make them satisfied with improper conditions, and keep them ignorant, the leaders of the Trades Union movement are called on to fight the saloon.—Thos. L. Lewis, President United Mine Workers' Union.

My Dear L.T.L.'s,—

Over in Australia the Rechabites are providing Temperance Wall Sheets for schools. Then they examine the children on these sheets, and give prizes. Underneath this you can read the first of the sheets. Perhaps your Union will set an examination upon them, and give a prize for the best answers.

TEMPERANCE WALL SHEET (No. 1), I.O.R.

Should Young People Use Alcoholic Drinks (Beer, Wine, Spirits)?

Dr. Parkes, a recognised authority on the use of alcohol, says:—"I strongly advise every young man and woman to be a total abstainer. I cannot see that alcohol can do any good in the period of growth in healthy persons.

1. It contains no particle of nitrogen. It cannot therefore assist in building up the tissues of the body.

2. It does not aid muscular force.

3. It does not aid nervous force; it certainly lessens the real power of the mind.

4. It does not increase animal heat; for, though it causes a sensation of warmth, it does not raise, but rather depresses, the temperature of the body.

5. A pint of beer costs 3d; a pound of oatmeal would only cost the same. The beer will do scarcely anything for nutrition; the oatmeal forms a substantial nourishing meal. (A man would have to drink a quart—40 ounces—of the strongest beer to get one ounce of nourishment.)

6. In the matter of purchasing vital force, alcohol is the most expensive thing we can buy.

7. We find men who have abstained for years enjoying the most perfect health. Alcohol is not necessary, then, for health.

8. Alcohol itself is a stimulant, a spur, nothing more; often useful in the hands of a doctor as a medicine, but always dangerous and treacherous as a common drink.

9. Mr Neilson's statistics show that "if a man becomes intemperate at 20 years of age, he will shorten his life by nearly 30 years. If he becomes intemperate at the age of 30, he will shorten his life by 22 years. We must remember that this may not be entirely the effect of alcohol, but of the exposure and privations to which the drunkard subjects himself. Still,

the larger part is probably directly owing to the bad effects of the excess of alcohol on the body."

NOTES.

(a.) Alcohol is a colourless liquid, produced by the fermentation of grapes or other fruit, of malted grain, or of any saccharine solution.

(b.) It evaporates rapidly, and burns with a bluish flame.

(c.) It is alcohol which makes such liquors as beer, wine, and spirits intoxicating.

(d.) A pint of ordinary ale contains about one ounce of alcohol; a pint of strong wine about four ounces; a pint of whisky about nine ounces.

Send the answers to these questions to the Editor of "White Ribbon" before August 10th, and we will give a prize of 1s 6d for the best set of answers.

QUESTIONS.

1. Why is it unwise for a person driving in the cold to drink alcoholic liquors?

2. Describe alcohol, stating some of its properties. How is it produced?

3. What does Mr Neilson say about intemperance shortening life?

How NATURE GUARDS the Blood Corpuscle & the Germ



- 1- *Hullo! here's a Germ.*
- 2- *Ready to take it in.*
- 3- *Got it!*

**Alcohol makes the Guard Drunk.
It doesn't catch the Germ.**

British Scientific Experts, appointed by the Central Control Board to enquire into the Action of Alcohol on the Human Organism, said (vide Report, page 101):

It "lowers the defences of the body against microbial invasion."

It puts out of action the corpuscles which catch the germs.

—"The Rechabite."

True prayer is an earnest soul's direct converse with its God.