

DIET AND THE PREVENTION OF INFLUENZA.

Sent by Miss May Yates, the World Superintendent of the W.C.T.U. Food Reform Department.)

The Bread and Food Reform League have just published a Memorial signed by eminent members of the medical profession and scientific societies, members of Parliament, clergy, and representative women, asking the Local Government Board, Municipal, and Educational Authorities to direct attention to the following facts.

Recent Scientific Researches show that dietaries lacking in vitamins (essential for the nourishment of the nervous system), found principally in the germ and aleurone cells of cereals, and the anti-scorbutic vitamins, found abundantly in fruits and vegetables, produce deficiency diseased conditions which make people, although apparently in excellent health, physically unfit, and less able to resist epidemic infection, and the Food (War) Committee state that wrong methods of cooking impair the value of anti-scorbutic vitamins.

The following suggestions are made by the League to assist people to "keep fit," so that they may better resist influenza infection, or if attacked by the disease, may make a better recovery from its results.

Careful attention to personal hygiene and ventilation, so as to secure an abundant supply of pure, fresh air. Vegetables should be placed in boiling water, and cooked rapidly for as short a time as possible. Slow methods of cooking vegetables, such as stewing or simmering below boiling point, should be avoided. Soda should on no account be added to the water in which vegetables are cooked or boiled.

A part of the "good food" advised to be taken should consist of finely-ground whole wheat meal, or straight run household flour, deprived of bran, but retaining the germ and aleurone cells, oatmeal or other whole cereals. It is advisable that ripe, uncooked fruit and well-washed vegetable salads should also be taken daily, so as to ensure a supply of the essential vitamins.

Further particulars can be obtained from Miss May Yates, Hon. Secretary Bread and Food Reform League, 37, Essex Street, London, W.C.

TREASURER'S REPORT.

The following payments have been received since the date of last report:

ORGANISING FUND.

Gore, £3 12s; Norsewood, £1; Ormondville, 12s; Onehunga and Sawyer's Bay, each 10s; Total, £6 4s. Total expenditure, £74 4s 5d.

NEW ZEALAND FUND.

Nelson, £3; Greytown, Masterton, North-East Valley, Takapuna, Timaru, and Wellington Central, £1 each; Ngaere, Ormondville, Pahiataua, Wakapuaka, and Woodville, 10s each; Mrs M. Chambers, per Miss Earnshaw, £1 1s. Total, £12 11s.

NELLIE BENDELY,

N.Z. Treasurer.

Auckland, 11th August, 1919.

TWO SORTS.

There are two kinds of people on earth to-day,

Just two kinds of people, no more, I say—

Not the saint and the sinner, for 'tis well understood

The good are half bad, and the bad are half good;

Not the rich and the poor, for to count a man's wealth

You must first know the state of his conscience and health;

Not the humble and proud for in life's little span

Who puts on vain airs is not counted a man;

Not the happy and sad, for the swift-flying years

Bring each man his laughter and each man his tears.

No! the two kinds of people on earth I mean

Are the people who lift and the people who lean

Where'er you go, you will find the world's masses

Are always divided in just these two classes;

And, oddly enough, you will find, too, I ween,

There is only one lifter to twenty who lean.

In which class are you? Are you easing the load

Of overtired lifters who toil down the road?

Or are you a leaner, who lets others bear

Your portion of labour and worry and care?

—Ella Wheeler Wilcox.

Auckland District, 2nd & 4th Wednesday, 2.30 p.m., W.C.T.U. Headquarters, Wellesley Chambers, Wellesley Street (entrance Lorne St.); Pres., Mrs Cook, Point St., Mt. Eden; Cor. Sec., Miss N. Dewar, Pompallier Terr., Ponsonby; Rec. Sec., Mrs J. W. Taylor, Sentinel Rd., Ponsonby; Treas., Mrs Perrett, Market Road, Epsom; "W.R." Agent, Miss Davies, Onslow Rd., Mt. Roskill.

Avondale, 3rd Tuesday, 2 p.m., Brown Street Methodist Church. Pres., Mrs Stevens; Rec. Sec., Miss B. Gittos; Cor. Sec., Mrs Proctor; Treas., Mrs Walker; W.R. Agent, Mrs Morgan.

Auckland, Y's.—Last Monday at 7.45 p.m. in W.C.T.U. Headquarters. Pres., Miss I. Sussor; Vice-Presidents, Misses I. Cook, and O. Scott; Supt., Mrs Perrett, Market Road, Epsom; Rec. Secretary, Miss L. Street; Cor. Secretary, Miss M. Bottrill, 31 Arthur St., Ponsonby; Treas., Miss D. Stubbs, Shoal Bay Rd., Devonport; "W.R." Supt., Miss Budd.

Ashburton, 2nd Tuesday, 2.30 p.m., in Victoria Hall; Pres., Mrs W. T. Lill, Willowby; Cor. Sec., Mrs G. Bowman, Peter St., E; Rec. Sec., Miss Trevurra, 169 Peter St.; Treas., Mrs W. J. Brown, Walnut Av.; "W.R." Supt., Miss Butterick, Wakanui.

Avondale Y's, 3rd Wednesday, 7.45 p.m. in Road Board Room, Blake Street. Pres. Miss Elsie Stevens, Vice-Pres. Misses Ada Adams, Lilla Russel & Rowley; Rec. Sec., Miss G. Wright; Cor. Sec., Miss M. Cottrill, New Wind-or Rd., Avondale; Treas. Miss M. McCarthy, Station Rd.; W.R. Supt. Miss R. Thomas; Y. Supt; Mrs Pirrett, Market Rd., Epsom.

Blenheim District, 1st Tuesday, 8 p.m., Pres Mrs A. J. Litchfield, Livermere; Sec. Mrs H. S. Horn Springlands, Blenheim; Treas., Mrs Hay, Stephenson St.; Mothers' Meeting and Cradle Roll, Messames Brewer and Hancock; W.R." Agent, Mrs W. Parker, Grove Rd.

Cambridge, first Tuesday, in month in Victoria Hall, at 8 p.m., Pres., Mrs A. T. Watson; Sec. Mrs Clark, Methodist Parsonage; Treas., Miss Clark, Hall Street; Cradle Roll, Mrs W. Hogan; W.R. Agent, Mrs A. T. Watson.

Christchurch W.C.T.U. Rooms, 247 Manchester St., opp. His Majesty's Theatre. Second and fourth Wednesday, Prayer Meeting, on the third Wednesday. Pres., Mrs T. E. Taylor, Cashmere Hills; Cor. Sec., Mrs R. Day, Millford St., St. Albans; Rec. Sec., Miss Bishop, 12 Bealey St.; Treas., Miss M. B. Lovell-Smith, Box 114; Assistant-Treas., Miss Gordon, Holly Lea, Manchester St.; "W.R." Supt., Mrs Day, Millford St., St. Albans.

Dannevirke, 2nd Wednesday, Wesleyan Schoolroom, 3 p.m. Pres., Mrs Richards; Rec. Sec., Mrs McPhee, Princes St.; Cor. Sec., Mrs Wiseman, High St.; Treas., Miss Burdett.

Dunedin District, 1st Tuesday, No-license Rooms, Moray Place, 3 p.m., Pres. Mrs Hiett, 72 Heriot Row; Cor. Sec., and Press Cor., Mrs Chisholm; Rec. Sec., Nurse Williamson; Supt. White Robinson, Mrs Anderson, 52, Duke St; Treas., Mrs Young, Bishopscourt Roslyn.

Devonport, Second Thursday, Wesleyan Schoolroom, 2.30 p.m., Pres., Mrs Barr, Victoria Rd., Vice-Presidents, Messames Budd, Elliot, Sheppard, George and Young; Sec., Mrs Burnett, Jubilee Av.; Treas., and Supt. W.R., Miss Le Roy, Waterview Rd., Stanley Bay; Supt. Cradle Roll, Miss Lilliwall.

Feilding, 1st Thursday, 2.30 p.m., St Paul's Hall. Pres., Mrs Barton, "Brabourne," Monmouth St; Cor. Sec., Mrs Clara Neal, 3 Fitzroy St; Rec. Sec., Mrs Cooke, Manchester St. Treas., Miss Svendsen, East St; "W.R." Agent, Miss Jordan, c/o Mr H. Feild, "Cloverdale," North Road; Literature, Mrs F. Bridge and Miss O'Neill.

Gisborne District, last Tuesday, 2.45 p.m., Presbyterian Schoolroom; Pres., Mrs Goffe, Ormond Rd.; Sec., Miss W. J. Rosie, 256 Rount Street; Treas., Mrs F. J. Wilkes, 466 Gladstone Rd.

Greymouth District, last Tuesday at 3 p.m., in Sailor's Rest Hall; Pres., Mrs Gaskin; Sec., Mrs Mason, Cobden; Treas., Mrs Sweetman; White Ribbon Agent, Mrs T. Brown; Cradle Roll and Band of Hope, Mrs Stewart and Mrs Perry.

Hamilton District, first Thursday, Wesley Class Rooms, 2.30 p.m., Pres., Mrs J. T. Horne, Clifton Road; Sec., Mrs W. H. Paul, Clarendons; Treas., Mrs E. J. Davey, London Street; W.R. Agent, Mrs Gaulton, Roastrevor Street.

"It is not so much a woman's duty to bring children into the world as to see what sort of a world she is bringing them into,"—Nellie McClung.