

L.T.L. COLUMN.

FRENCH TRANSLATION.

First prize awarded to Norman Heyes, Brunswick Street, Lower Hut.

Second prize, N. H. Ames, Waimea Street, Nelson.

Translation.—Alcohol is assuredly a liar and a forger. It pretends to strengthen a man, and it weakens him; it pretends to warm him, and it chills him; it pretends to cheer him, and it drives him to despair; it takes the name of water of life, and it gives death. Alcohol is an infamous thief which empties the working man's pockets. Also, it ruins the State by forcing upon it the erection of new hospitals, new lunatic asylums, and new prisons. It costs France more than one thousand millions per annum. Alcohol is an established criminal. There is not a day on which this murderer does not corrupt children, maim women, fell the strongest men, and strike down old men with apoplexy, without taking into account the blows and wounds which it causes incessantly. Thus alcohol prepares the bankruptcy, both material and moral, of the mother country by draining her noble blood and her essential reserves.

PHYSICAL EFFECTS OF INTemperance.

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(I.O.R.).

Dr. Newsholme, Medical Health Officer for Clapham, London, author of "Hygiene," specifies the following effects:—

1. **Stomach.**—(a) When a large dose of alcohol is taken, the stomach may become acutely inflamed. (b) Persistent intemperance causes atrophy (that is, wasting away) of the wall of the stomach.

2. **Liver.**—The liver becomes seriously diseased. In some cases it becomes large and fatty; in others the chronic irritation causes atrophy.

3. **Lungs, etc.**—The tendency to chronic bronchitis is increased.

4. **Blood.**—The blood has its oxidising power diminished. ("Alcohol acts on the blood corpuscles, reducing their power of absorbing oxygen from the air."—Richardson.)

5. **Heart.**—The force and rapidity of the heart's action are increased. Dr.

Parkes found that one ounce of alcohol (say one pint of ale) made the heart beat about 4350 time more in the day; four ounces of alcohol (say about two quarts of ale) made the heart beat 12,960 times more. In some instances the heart's extra beats, owing to the influence of alcohol, have reached 25,000 in 24 hours.

6. **Brain.**—Chronic thickening of the membranes covering the brain and spinal chord often ensues from prolonged alcoholic indulgence.

Dr. Newsholme also mentions intemperance as the principal cause of the following diseases:—

(a) Gout and rigidity of the arteries.

(b) Fatty degeneration of the heart and other degenerative diseases.

(c) Delirium tremens.

(d.) **Insanity.** (Dr. Brown says that 15 out of 100 registered lunatics have lost their reason through the direct influence of alcohol, and probably an equal number through its indirect influence.)

Dr. Youl, the late well-known Coroner of Melbourne, said that one-half of the deaths forming the subjects of inquests held by him were due to intemperance.

Dr. Kerr estimates that in the United Kingdom 120,000 deaths yearly are due directly or indirectly to strong drink.

The celebrated Dr. Richardson says it has been calculated that in ten years, in the United States, drink caused 200,000 women to become widows, and 1,000,000 children orphans.

IN COMPANY DIVINE.

He maketh the storm a calm, so that the waves thereof are still. Then are they glad because they be quiet; so He bringeth them unto their desired haven.—Ps. cvii. 29, 30.

The day is long, and the day is hard,
We are tired of the march and of
keeping guard;
Tired of the sense of a fight to be won,
Of days to live through and of work
to be done;
Tired of ourselves, and of being alone.
And all the while, did we only see,
We walk in the Lord's own company;
We fight, but 'tis He who nerves our
arm;
He turns the arrows which else might
harm,
And out of the storm He brings a
calm.

—J. R. Miller.

ADDRESS ON COMMUNITY KITCHEN.

(Given by Mrs Oag at a meeting of the United Women Voters.)

Just one year ago to-day, February 25th, 1918, Lord Rhondda, as Food Controller of England, authorised the local authorities to establish and maintain National Kitchens. After a year's successful operation, Lord Rhondda has this to say of the experiment: "The National Kitchen movement, instituted as a war measure, is now becoming a part of our social organisation, and results already achieved are manifestly in favour of the well-being of the people."

Lord Rhondda's statement of the advantages of National Kitchens or Community Kitchens is as follows:—

1. Economy of food and fuel.
2. The supply of nutritious and well-cooked food at reasonable prices.
3. The substitution of skilfully prepared and properly-cooked wholesome meals for makeshift meals.
4. And because of the domestic service problem, a big factor in the consideration of Community Kitchens, economy of labour by the collective preparation of food.

These advantages alone are sufficient reasons for the establishment of Community Kitchens in Toronto, where so large a proportion of the population live in rooms, with no cooking conveniences, in bachelor quarters, or work in places where no lunch is obtainable and going out to dinner is a weariness of the flesh, after the day's work.

It has been asserted that "to banish the kitchen is to break up the house."

That is manifestly a "snap" judgment, and reveals lack of sufficient consideration of the pros and cons of the question. It also reveals the standard of life for women, accepted by the persons who use this argument against the institution of a progressive measure, which will not only not break up the home, but will literally and figuratively purify, lighten, and relieve its whole atmosphere. Why should a more or less untidy kitchen, a weary woman, and since all women are not good cooks, an oft-times badly-cooked meal, constitute a home? Why should the meals have to be pre-