

yet given birth to well-nourished babies, as a rule. But for this provision of nature, the race might long since have become extinct. These things being incontestable facts, according to scientists of note, we are compelled to acknowledge if we are at all logical, that to a large extent the sex temptations to which so many human beings are subjected are caused by things which are within our own control if they had the necessary knowledge, and are not the result of blind fate, from which there is no escape.

Dr. Cowan, who wrote "The Science of a New Life," advises abstinence from all passion-stimulating foods, such as meat, eggs, oysters, crabs, condiments, tea, coffee, etc., saying: "These have a direct stimulating influence on the sexual system, and therefore should be carefully avoided by the continent man." The founder of the correspondence school of Gospel and Scientific Eugenics in Chicago says: "In conversation with several young men in an educational institution, I asked three young men separately the question, 'Will you kindly tell me the effect that the plain diet you have in this institution has upon the morals of the young man?' One answered, 'I can tell you my own experience, which is similar to that of many others with whom I have talked upon the subject. Before I came to this school I was to some degree a victim of personal immoral habits. I had not lived on this non-stimulating food three months before I was master of myself and a normal man. Three times I have had occasion to be away from this school for two or three days at a time, and feeling compelled to eat the foods my friends ate. In every instance the old habits and difficulties returned, and each time on my return to the school and to non-stimulating diet I again became master of myself in this respect. This convinced me that a non-stimulating diet is absolutely necessary to personal purity.'"

The founder says: "There are two books, 'Uncooked Foods' and 'Practical Hygienic Preparation of Foods,' which I consider most helpful on this line. While the authors do not make the application of diet to purity, still I do know the results of such a diet will make possible a clean moral life. Rev. De Witt Talmage wrote: 'Many are trying to do by prayer what can only be done by correct diet.' G. H. Brinker, food expert, says in sub-

stance that sexual desires can be controlled by proper, non-stimulating diet, for both single and married. Felix L. Oswald, A.M.M.D., says: "We should recognise that our earth abounds with wholesome and nutritious products of the vegetable kingdom, from the tropics to the polar limits of arborescent vegetation, and that total abstinence from flesh foods would promote the cause of moral as well as physical health." "It is claimed by experts on the diet question that the average individual eats far too much, causing a congested condition of the excretory organs. This seriously affects the sex organs, resulting in some form of sexual indulgence." Mothers have found that much of the quarrelsomeness of their children has been due to the meat diet, and by cutting that out and supplying in its place such things as lentils, peas, and beans, nut or nut meats, etc., not forgetting the almost perfect food found in oatmeal, the children have become quite different. We are what our blood is, and our blood is the product of our food.

RING TRUE.

Say, boys! Can you tell when a counterfeit coin
Is tossed on the counter to you?
Of course you can tell, for you know
every time
That it strikes it doesn't ring true.

And boys! Do you know that counterfeit life
(That's a regular sham through and through)
Is as simply detected in every day
strife
As the coin? For it doesn't ring
true.

Ah, boys! if you want to be manly
men,
To be honoured in all that you do,
Just make up your minds that ten
times out of ten
You will always be found to ring
true.

And, boys! If you knew how our
country respects
A genuine man, then you, too,
Would endeavour to live a life that
reflects
God's image—and always ring true.

Ring true in your contests and games
on the field,
In your home, with a crowd, or a
few;
Though others may try their short-
comings to shield,
Yet, boys, just remember—Ring
true!

—Selected.

THE WORLD LEAGUE AGAINST ALCOHOL.

At the Anti-Saloon League Convention, held in America, and at which Rev John Dawson represented New Zealand, a world league against alcohol was formed. The following extracts from speeches delivered there will no doubt be of interest to temperance workers here.

"All the higher interests of the world—the integration of the world—depend upon the temperance reform. All the nations must go down in degeneracy if this reform fails. Litenen found that parents who drank one glass of wine quadrupled the chances of maternal accidents. Families of alcoholic parents become extinct in the fourth generation. Nature eliminates her degenerates. Greece and Rome began to decline when they began to degenerate. Humanity must take steps through government to stop the stream of poison in the race. The work of education will never be done. After the whole world is dry, we must go on and see to it that all families of the world are instructed as to the drug action of alcohol. The world is very sick. The human race has reached the point where it is slowly killing itself. The human race is rotting. If they go on as they have been, the race will go to extinction. The race is trying to save itself. If we get together now we can save the world."—Capt. R. P. Hobson.

"There is no restriction on the sale of beer in Malaysia, except to coolies. Drunkenness is on the increase. Beer is sold without license."—Rev. H. C. Bowers.

"China brings its best greetings and heartiest congratulations to America over its great dry victory. China has downed the opium traffic; but now it faces a menace from the outlawed American brewers. China appeals to you to keep this monster—beer—from coming to China."—H. C. Chen, President of H. C. Chen, President of Chinese Chinese Students' Association.

"China's multitudes of people are an attraction to the American brewers. There is no police force in China, a condition favourable to the liquor traffic, as is also the fact that the Chinese are habitual night revellers."—Rev. John Hawk, of China.

Rev. John Gailey, of Ireland: "Temperance teaching is compulsory in all the public schools in Ireland.