

ous Union Jack float over "the land of the free and the home of the brave." And only a brave people can remain free. "Eternal vigilance is the price of liberty."

"He's true to God who's true to man; wherever wrong is done,
To the humblest and the weakest,
'neath the all beholding sun,
That wrong is also done to us; and
they are slaves most base,
Whose love of right is for themselves,
and not for all their race."

SUPERINTENDENT'S LETTER.

MAORI WORK.

Since acknowledging receipts in September "White Ribbon," I have received: Wellington, £1; N.E. Valley, £1 18s; Dunedin, £1; Mrs Fairlie, Gisborne, 5s; Invercargill Y's, £2; Papatoetoe, £2 3s; Waipawa, 6s 6d. Total received so far this year, £17 18s 9d. While thanking all those Unions who assist financially, I would like to place before all our members one way in which they could greatly assist this department. As I reported recently, the young lady who had arranged to take up the position of Organiser of Maori work in September last, has been prevented from doing so owing to private reasons. I would be very grateful if any one knowing of a lady willing to undertake this work would communicate with me at once. To a qualified Organiser we would give £3 per week, travelling expenses and hospitality also found. If not fully qualified, we would be willing to pay £1 per week during her training, raising her salary as she becomes proficient at her work. Further particulars can be obtained by communicating with me. In the meantime we are doing all we can to keep the work going by correspondence, distributing literature, etc., but an Organiser is badly needed.

N. F. WALKER.

Address: Mrs Walker, Upper Fox Street, Gisborne.

In the old time children were whipped up. Later they were dragged up. Then they were brought up. Now we are learning to let them grow up. Education by assault and battery is becoming unfashionable.—Bolton Hall.

SOLDIERS, GRATITUDE, AND PROHIBITION.

(Contributed by an experienced Social Worker.)

This is the question in some people's minds: Is it consistent with the gratitude we unceasingly owe our soldiers to try and bring in Prohibition? Many of our soldiers, erstwhile prohibitionists, now believe that the rum ration was beneficial to them, and they also believe that science backs up their belief, or else how would so up-to-date an army as the British have issued the rum ration?

But let us get to the root of the matter, and see if this is the truth. Sir Victor Horsley, F.R.S., F.R.C.S., Hon. M.D., Halle, etc.; Major R.A. M.C.; late Chairman of the Representative Meeting of the British Medical Association; Surgeon to the National Hospital for the Paralysed and Epileptic; Consulting Surgeon to the University College Hospital, and late Professor of Pathology in University College, London, etc., in his book, "Alcohol and the Human Body," makes some statements which prove that the British Army was not following the findings of science when they issued the rum rations to their troops, nor were they following the experience of such military officers as the late Earl Roberts, who said: "13,000 abstainers are equal to 15,000 non-abstainers; also he said: "Give me a teetotal army, and I will lead it anywhere."

Lieut.-General Sir Reginald Hart says: "As an officer, I support temperance, because I know that officers and men who avoid drink are physically and mentally more efficient, their nerves are stronger, they march better, there is far less sickness and crime, their power of resistance is strengthened."

Admiral Sir J. R. Jellicoe, who so recently visited our shores, said: "As regards straight shooting, it is every one's experience that abstinence is necessary for efficiency. By careful and prolonged tests, the shooting efficiency of the men was proved to be 30 per cent. worse after the rum ration than before it." We cannot think he is an antiquated officer who does not know what this war means, however good his experience in other wars and other conditions were. Some may say, "But his fighting was at sea, and he cannot know the needs

of the men in the wet, muddy trenches, even if his experience holds good in regard to the 30 per cent. less efficiency in shooting after the rum rations.

Sir Victor Horsley says: "One of the greatest causes of invaliding during the winter campaign in France, 1914-15, was 'frost-bite,' not the necrotic form so much as severe vascular paralysis, with secondary oedema and neuritis. **No better way of encouraging frost bite could have been imagined** than the issue of the rum ration, since alcohol produces the circulatory changes requisite for the first stage of this painful condition."

The idea that rum makes a man more able to ward off chill is of course dangerously erroneous. All modern physiological researches have shewn that alcohol aggravates the ultimate effect of chilling in two ways—firstly by increasing the loss of heat by radiation from the surface, and secondly by checking the oxidation in the tissues, thus lowering the temperature of the body, diminishing its resistance to cold, and weakening the circulation in the extremities. The folly of taking alcohol in cold weather has been proved up to the hilt by all dwellers, workers, and explorers in cold climates for more than a hundred years."

Sir J. Ross (Voyage to the Arctic Regions, 1829-28) says:—"I was twenty years older than any of the officers or crew, yet I could stand the cold better than any of them, who all made use of tobacco and spirits. I entirely abstained from them. The most irresistible proof of the value of abstinence was when we abandoned our ship, and were obliged to leave behind all our wine and spirits. It was remarkable to observe how much stronger and more able the men were to do their work, when they had nothing but water to drink."

Dr. John Rae (Arctic Explorer) says "The greater the cold the more injurious is the use of alcohol." So we have the testimony of science re the effect of alcohol to keep from chilling, and we have the practical experience from two explorers in the Arctic Regions.

Surely these two sides of the question will have some weight with those who keep an open mind, to the others nothing will appeal. Still I think I hear the one say who who keeps an open mind, "Yes, that sounds conclu-