

sive enough, but there is one's own experience to get over. I know I felt as if I were freezing in the trenches, and after I had taken the rum rations I felt in a beautiful glow. How do you account for that?" It is due to the fact that alcohol causes the dilatation of the thousands of tiny blood vessels in the skin, resulting in much of the blood reaching the surface, and so being rapidly cooled. That means that an excess of blood is called from the internal and important organs which are rapidly cooled, and so the real temperature of the body is lowered. This if excessive, leads to exhaustion and risk to life. So the false sense of warmth is dearly bought and ought to be a warning instead of giving the deceptive impression of comfort and well being. This accounts for so many being found dead after being intoxicated. Their internal temperature is lowered so that they cannot resist the low external temperature. This is not the end of the harm or danger connected with the taking of alcohol. The white blood corpuscles are the policemen of the blood. Their work is to seize and devour any disease germ which has entered the blood, and in so doing prevents the germ from multiplying, and neutralises the poison of the germ. Scientists, under the microscope see that even with moderate doses of alcohol the white blood corpuscles act as drunken men, and are unable to seize and devour the disease germs. Thus each time alcohol is taken, for a certain time, that person is laid open to contract any disease if those germs have entered their blood. With continued drinking the blood corpuscles become degenerate, and instead of defending from disease, they devour the tender cells of the brain. The grey matter of the brain can be seen down in their bodies under the microscope. No wonder persistent drinkers get softening of the brain. If it ended there it would not be so bad, but it is handed on to the children. Professor Saleeby, one of the greatest living authorities on Eugenics, maintains that alcohol is a racial poison. That means that wrapt up in the gift of life there is wrapped up the death warrant to be executed before that life sees the light of day or shortly after. If not, the child has received some handicap in the race of life. Before me is a book on Heredity, by Professor T. W. Shannon, and a picture of

a young man sitting in an invalid chair. He is all drawn up and misshapen, a most pitiable object. He was begotten while his father was drunk. No wonder the Professor has put at the foot, "Results of Personal Liberty." Such personal liberty puts in bondage their children to the end of time. The tremendous degeneracy which is the result of drink and venereal diseases is making the burdens too hard to be borne. There was a time when we talked about the "Myterious dispensation of Providence" when idiots, imbeciles, and weak-minded children were born. But science is dragging into the light of day the causes for these things, and, alas! when the man or woman has repented and forsaken the wrong, the harvest still comes in when least expected. In the "Principles of Eugenics," by B. Eames, an account is given of a notorious drunkard called Max Jukes, in America, from whom there descended in seventy-five years, 200 thieves and murderers, 280 invalids by blindness, idiocy or consumption, 90 prostitutes, and 300 children who died prematurely. The various members of this family cost the State of New York more than a million dollars.

In the "Hill Folk" is another example of the transmittence of evil tendencies through many generations. The progenitors of these people were shiftless, feeble-minded, and alcoholic. The descendants are and have been degenerates of the first magnitude. From 1901 to 1910 1.10 per cent. of all aid given to paupers in the little Massachusetts village where the ancestors first settled was given to members of the Hill families. The Court and prison records during the past 30 years show that at least sixteen of the Hill stock have been sentenced to prison for serious crimes, chiefly against sex, the expense to County and State being at least 10,763 dollars. As public wards they have cost the State, as accurately as can be estimated, 47,719 dollars. The writer goes on to say: "The fact that feeble-mindedness, epilepsy, insanity and other forms of degeneracy are passed on from ancestors to descendants is now well authenticated by careful and systematic investigations. I am one of those who look into the future, and can see what the results of things to-day will produce then. If alcohol were going to give true hap-

piness and comfort, and the best heritage to the children of the future, I would fight as strongly to retain it as I do now to get rid of the curse. Personally, it has never hurt me, but in my rescue work, prison work, and work in the slums of London, I have seen so much poverty and misery caused by it. New Zealand has a bad time before it unless this curse is removed. Drinking is increasing not only among returned men, for whom, if for any one, there is some excuse, but among the youth who have never been away, and among them girls and young women. If the men do not feel that they need protection will they not extend it to the girls who some day may be their wives. Every villain knows that if he can get a pure woman under the influence of alcohol, which switches off that part which distinguishes man from the brute creation—the inhibiting centres of the brain—the power to weed out actions and control impulses—the stuff which stimulates physical desires and removes the guiding controlling rein, then her ruin will be easy. What about your comrade who has become addicted to drink. You would not have failed him in the trenches. Are you going to fail him now? Some of you have lost patience with your comrades who have failed. Is not your comradeship enough to enable you to deny yourself a glass of liquor to help your comrade who is its slave.

"Measure the strength of a man by the strength of the feelings which he subdues, not those which subdue him."

Show your strength by your self-denial in standing by your weaker brother or sister.

A REMINDER.

We kneel, sometimes, and pour it out to God,

The roughness of the way;
The stones and shingle, where our tired feet plod,

There in the twilight grey.
And often, wholly selfish, we forget
The brighter journey hours!
Not all the road with thorny hedge is set:

Life holds so many flowers.
God help us mark with joy each shaft of sun,

Each star about the dome,
With singing lips may His good will be done,

The while we travel home!