

DISTRICT CONVENTION.

The annual Southland District Convention was held in Invercargill on November 3rd, the President (Mrs H. T. Fairbairn) presiding over a large attendance of members and friends. Delegates were present from Eklendale, Bluff, Gore, Mataura, Orepuki, Ryal Bush, Otautau, Winton, Wyndham, and Central, North, South, and "Y" Branches in Invercargill.

Mrs T. E. Taylor, Dominion President, gave inspiring addresses at the afternoon and evening sessions, which were listened to by appreciative audiences.

The principal item of interest in the year's work is the establishment of a handsome rest house for women and children for which the Trustees of the Invercargill Savings Bank have given a cheque for £1000, and the Municipal Council £500, with the promise of a similar amount next year. To these bodies for their generous and handsome donations the warmest gratitude of Unions throughout Southland are due, as all will be partakers of the privileges which the house will afford.

The handsome table cover presented by the District Executive was awarded to the Orepuki Branch for gaining the highest membership during the year, and Mrs Walker, President of Central Branch, was presented with a Star of Honour, she having gained 25 new members this year.

The following remits were considered and carried:—

1. "That remits for Dominion Convention be printed and circulated to each local Union for discussion early in January or February, or in the January and February numbers of 'White Ribbon.'"

2. "That resolutions to N.Z. Convention be introduced by the delegate or representative from the Union or District which sends them."

3. "That a Dominion compulsory superannuation scheme should be inaugurated maximum allowance £300 (married), £150 (single)."

4. "That Organisers' itinerary be prepared and produced for discussion at annual N.Z. Convention."

5. "That motor car drivers, when arrested under the influence of liquor and convicted, have, for the first offence, a prohibition order taken out, and for further offence their licenses cancelled for twelve months."

6. "That a stricter censorship of pictures shown to young people, also of posters exhibited, be exercised."

7. "That women police be appointed."

Statement by Colonel Potter, officer-in-charge of Northern Command: "The idea of giving boys three months in camp at the age of 18 is excellent, not only from the military point of view, but also from a civic one as well. The longer term would fit them both morally and physically for the rest of their lives."

8. Resolution: "That the members of the Southland W.C.T.U. view with alarm the proposal mentioned in the above statement, and strongly protest against our boys, at their most critical age, being compulsorily taken from their homes, and for three months exposed to the spirit of war and to the moral dangers of a military camp."

ANNUAL CONVENTION.

Dear Sisters,—

The time has come round once more for me to write you a preliminary letter in reference to the Annual Convention for 1927. The dates fixed for it are from the 23rd of March, on which day the Executive will meet, to the 31st of March. The place of meeting will be Auckland.

As the Dominion Union is now registered under the Friendly Societies' Incorporation Act, the usual travelling concessions will be available for delegates. Certain preliminaries are, however, necessary, and an early opportunity will be taken to explain these.

The same fact of registration will also affect the representation of Unions. Under the amended Constitution, **it will now no longer be possible for proxies to be appointed.** Each Union will have to be represented by a delegate selected from among the members of its own District Union. If, therefore, none of its own members can attend as delegate, a member of some other Union in the same District must be chosen, otherwise it can take no part in the work of the Convention.

It is hardly necessary to remind you that as early in the New Year as is convenient the names of intending delegates should be forwarded to me, and also to the Hospitality Committee in Auckland.

In the January issue the Agenda will appear, and any further instructions that may be necessary,

With best wishes to each and all for a very Happy Christmas and New Year.

I am, dear sisters,

Yours in W.R. bonds.

KATE M. EVANS, Rec. Sec.
62 Nevay Road, Miramar, Wellington,
December 6th, 1926.

ALCOHOL AS A MEDICINE.

When alcohol is taken it numbs the brain cells and the nerves. Their control of the blood vessels is upset, and the blood vessels all stretch. Thus blood pressure is lessened, the circulation is faulty, and the heart works badly.

Alcohol in some form, generally brandy, is believed by many people to be the best thing that can be given to anyone who has met with an accident. You will soon see that it is, in reality, a very bad thing indeed.

The "rush" of blood caused by alcohol is very dangerous: (1) when the accident has caused bleeding, because it will probably make the bleeding worse; (2) when there has been an injury to some part where the network of capillaries is great. What the injured part needs is rest and "leaving alone," but that is just what the rush of blood does not allow it. When the head has been hurt, for instance, this effect of alcohol is so harmful that it may kill the patient.

After every accident, however small, the person hurt suffers from "shock." He feels cold and weak and dizzy and sick; he may faint. What has happened is that fright, pain and the hurt itself have so upset his brain and nerves that they are working faultily and have allowed the blood-vessels to expand, and in consequence the blood-pressure is spoilt and the circulation bad. So to give alcohol to cure shock is exceedingly foolish, for it is making the shock worse, and making it impossible for the circulation to become normal for some hours.

Moreover, alcohol increases one of the most dangerous effects of shock, that is cold; for alcohol causes us to lose body heat.

When anyone has been hurt, send for the doctor, and use your commonsense to tell you what to do. Keep the patient warm and quiet, and try to help his body to get back to its normal working.

Never give him alcohol, which will make him worse instead of better.—
"The White Ribbin" (British).