

Y. PAGE

*"Standing with reluctant feet
Where the brook and river meet,
Womanhood and childhood sweet."*

*"The Flower of Youth never looks
so lovely as when it bends before
the Sun of Righteousness."*

My Dear Y's Ones,—

The "White Ribbon" hopes you all had a good holiday, and have come back tanned refreshed, reinvigorated, and ready for a good year's work.

Happy New Year. Happiness consists in giving, not in getting. All we have to be used for the good of others.

"For the heart grows rich in giving
All its wealth in living grain;
Seeds which mildew in the garner,
Scattered, fill with gold the plain."

"No use moping if the skies are not
bright;

Keep on hoping, it will soon be light.

No use in grieving over milk you spill;
Keep on believing, the cow will stand
still.

No use in rowing when the crops are
slow;

Keep on ploughing, and they're sure to
grow.

No use! The heaven is above the skies,
Put in the heaven and your bread will
rise."

ALCOHOL AND ATHLETICS.

The athletes from "dry" Finland took second place in the Olympic games. They give their opinion of the influence of alcohol on athletics.

SKIING.

Matti Raivio declared: "I think that alcoholic drinks lower muscular strength when it is a matter of holding out for a considerable time. I believe that on an occasion of this kind alcohol is detrimental even if taken in very small doses."

Anton Collin believes "Alcohol is pernicious in athletics, whatever the effort is that must be made, and its influence is particularly bad for endurance."

Matti Koskenkoeva states: "I began to take part in ski contests when I was

a moderate drinker, but I gave up alcohol after I began to obtain success. I believe that alcohol is neither necessary nor advisable to skiers."

Ranni Roni gives the following opinion: "Being in an athletic environment for twenty years as a participant in contests and as an organiser of events, I have been able to observe facts and hear opinion-conviction that alcoholic liquors, even if weak, have an unfavourable influence, especially in a contest that demands endurance. I know that one company of skiers in particular has failed regularly of success from taking alcoholic liquors even though very moderately, the evening before the meet, or the morning of the start. The other competitors were absolutely convinced of the cause of the failure, because they rather mischievously encouraged this weakness as a means of putting their adversaries at a disadvantage. Besides diminishing muscular strength, the use of alcohol also reduces energy. It begets a desire for comfort. Victory appears less desirable. I have known a number of athletes who had this kind of an experience. Our best skiers do not use alcoholic liquors, except, perhaps, on very rare occasions, when resting after a race."

RUNNING.

Yejo Jokala says: "Alcohol is not good for runners, and that's the reason I have been an abstainer for a long time."

Ville Kyronen, another well-known runner, says: "I have known runners in America who use alcoholic liquors, but their period in the limelight was never very long, at the most a few years. I have always been abstinent. I have never used tobacco, and I have not used coffee for four years, all the time that I have taken part in races. I attribute to this practice the fact that



I have been able to come out victorious over the American champions in five and ten mile races and in the obstacle race. Those who desire to be on the honour roll for a long time must abstain entirely from all exciting substances."

THE CONVENTION CITY.

Auckland, the "Corinth of the South," is to entertain Convention next March. We hope to see a good muster of delegates from all over the Dominion.

Kipling writes of Auckland as "Last loveliest, exquisite, apart," and a young White Ribboner has contributed the following:—

BEAUTIFUL AUCKLAND.

The golden sun, shining down from the vividly blue sky, and reflecting its glory in the sparkling waters of the Waitemata, makes one think that Auckland is well named "Queen of the South."

Looking down on the city from the summit of one of the surrounding hills, one is surprised at her beauty. Houses are partly hidden by green trees and surrounded by hedges. Where there are stone walls, the mossy grey stones peep through masses of climbing roses.