

The blood vessels are dilated in all cases; some say that in small doses the systemic vessels are constricted, but this has not been proved, and in large doses they are certainly dilated.

The body temperature is lowered about 0.5°C by 1 to 3 oz. of alcohol through the exaggerated elimination and the dilatation of the superficial vessels.

On muscle its action is indefinite except in large doses when it causes fatty degeneration. Rivers says that alcohol in 20 cc. doses has no effect on muscular action; while Prof. Dixon says, he has no reason to suppose it has any direct action on striped muscle. But we will consider the effect of alcohol on work later and see its practical value.

To the *Respiratory System* it is an indirect stimulant, small doses increase oxygen absorption by 3.5% and increases the CO_2 by 4.5%. All such organs as the liver and kidneys have their work increased, because the vessels are dilated and the degeneration caused in the liver is so proverbial that I need not dwell upon it, for we all are familiar with beer drinkers' liver and the granular kidney of the alcoholic.

The Central Nervous System.—There are two theories in regard to the action of alcohol on the nerve cell. Binz believes that alcohol first stimulates and then depresses; while Schmiedeberg holds that the nerve cell is always depressed and Professor Dixon, of Cambridge, says that there is now overwhelming evidence that the second theory is right. George W. Crile, M.D., a physiologist of repute, says "that according to their effect upon the brain cells drugs may be divided into three classes; first, those that stimulate the brain cells to increased activity as strychnine; secondly, those that chemically destroy the brain cells such as alcohol and iodoform; thirdly, those that suspend the functions of the cells without damaging them such as ether and morphine."

(To be continued.)

SELF-CONTROL.

By MISS M. E. BUTCHER.

EDUCATION, is it not designed to equip the new-comer for the battle of life? Changing as conditions change? Growing with the growth of our civilisation? We learn by example and from the mistakes of our forbears, the very obvious ones, but alas! changes from one system to another are often made with too little consideration for essentials. Our grand-parents chose repression, governing by force or fear, for their children. Then the pendulum began to swing back and our fathers treated their children with leniency; later came the full swing back, and indulgence from the cradle upwards, children practically ruling the house, and school made as pleasant as possible with little deep thought as to where this would lead. Self-control was not substituted for parental control, and this is the great lack. The subject of this paper is one on which I have the strongest opinions formed from first-hand evidence and personal observation. The lamentable want

of training in self-control bulks so largely as to force itself to the notice of the intelligent observer. From the methods of 100 years ago, the systems of schools satirised by Dickens, and home-life of stern tasks, unnecessary hardships, and unreasoned punishments, the ultimate "survival of the fittest," the recoil has been too great, and now it is time for, and indeed we see the dawning of, more rational up-bringing, but it needs to be worked for all it is worth to ensure success.

Failure is written large in life for the softly brought up, indulged and self-indulgent. Instances are only too common and obtrusive to such of us who come into intimate contact with people *as they are*; the true character shows itself when the restrictions of everyday life are removed, and illness assumes the reins. One knows at once how a sick person has been brought up, how educated, and what exercise of self-control or the absence of it there has been. Affectation may last a wee while, but force of habit soon gains the day. I could give particulars that simply would not be credited, but none the less true, appallingly true, of sin, disease and death; not amongst ignorant and degraded but well-to-do, received in society and so-called well educated; the direct result of lack of self-control, and for which some one, only too likely a fond parent, was responsible;—ignorance is no excuse where knowledge is obtainable:—but these partake of the nature of professional confidences and can only be discussed in general as warnings whence lead "little things" counted of no importance and smiled at as "so funny." Parents themselves lacking in self-control must find it hard to inculcate the virtue in their children. The obvious solution is that, unfortunate as has been their education, they have no right to pass the like on to the little ones, but should depute the duty to others who are qualified for the task and give all honour and appreciation to them, truly recognising in them their superiors.

Few parents will perhaps allow the applicability of this, but let them sit down and consider. Can they at all times and in all places control themselves? their looks? and words? and harder yet, their thoughts? Without high ideals we reach not far. "Wait till he is a little older then I will make him obey,"—how often one hears this or similar sentiments expressed. If a mother cannot make a babe of 2 weeks, 2 months or 2 years do as he should, there is little or no chance of her ever being able to. Believe me, education should begin the day the child is born:—self-control and good habits are not born in a human being, nature and inheritance doubtless go a long way to help, but those must needs be inculcated from the first; the small soft twig can be bent in any direction, but it always tends downwards if left to itself without strengthening support, be it sap or a staff. Put the child on to right lines to develop his best self, make him strong to endure, and grow a character, then at least you have done your part. What are the causes of so many nervous break-downs? So many ultra-sensitive, highly-strung personalities amongst men and women of to-day? Inability to endure fatigue, *ennui* and any roughness in life? Would we have had so many insanities, so many suicides, if the contrast between upbringing and war conditions had not been quite so violent? Would our new army have required quite so long to produce

fitness had the individuals composing it been accustomed to endure? Had they been instructed in the care of their bodies and the training of their minds to control those bodies? There would not be nearly so many crooked up bodies and minds to repair were universal training carried out on the lines of the P. N. E. U. motto "I AM, I CAN, I OUGHT, I WILL."

ON A HOSPITAL SHIP.

By Miss A. M. BURKE.

MOST people enjoy a sea voyage, (except in the monsoon) and if the trip is taken on a hospital ship tending England's heroes the pleasure is redoubled. On the voyage I am going to describe I had taken the place of a sister who was ill. We weighed anchor in the afternoon, when the city was bathed in golden sunlight, bound for Basra. The voyage was a pleasant one with a sea like glass until nearing the Gulf of Oman when it began to blow and the sea to turn choppy, when three of us succumbed to *mal-de-mer*, one being forced to keep her cabin for three days bringing on herself thereby some good-natured chaff. We soon steamed out of the stormy sea to our great relief. Owing to the draught of our vessel we anchored outside the "Bar" some 90 miles off the mainland. There was nothing to relieve the monotony of the open sea but the 'white horses' beating over the bar. Hard by another hospital ship lay at anchor awaiting her complement of sick and wounded. These were brought out to the waiting ships by ferry boats. They were more fortunate than us in having a parlour cinematograph on board, but we received an invitation to the "pictures" and went across in the ship's launch. Max Linder and Wiffles were the heroes of the films and kept us well amused. Fancy going to a picture show a hundred miles from land. What would our forefathers have thought supposing their shades were present at the entertainment, where in their day was only the shimmering water and azure sky by day and the stars and the moon by night. The climate was fairly warm, too warm in fact for us to sleep in our cabins at night, so arrangements were made for us to sleep on deck, a canvas screen being rigged up for us. We much enjoyed the refreshing breezes and as there was a moon her silvery gleam on the water was most fascinating. We heard loud splashes during the night, caused by porpoises or flying fish and from time to time sharks were sighted. At regular intervals the ship's bell rang out the watches while from some sheltered corner came the snores of some lazy watchman.

Everything on board was spick and span. The glasses glittered and the brasses shone like mirrors and the operating theatre was a sight to see. To break the monotony of life we fished, making some large catches. There was great excitement the day we caught a shark, every one came to have a look, and it was an awe-inspiring sight with its ferocious teeth. The P. M. O. gave it its quietus with a wooden mallet. The carpenter's services were requisitioned to extract the hook from its jaws, for which signal service he was presented with the carcass. The teeth were presented to Sister B. whose first shark it was.