## APPENDIX

The above are especially recommended to politicians. Sooner or later, as never yet, knowledge will have to be applied to the drink question as it bears upon the quality of the race. The knowledge exists, and is not difficult to acquire or understand. The references given are quite sufficient to enable any one of mediocre intelligence to frame a bill dealing with alcohol which would be worth all its predecessors put together, and would arouse far less opposition than any one of them.

Reports of the National Conference on Infantile Mortality 1906 and 1908 (P. S. King & Co.). In the 1906 Report note especially Dr. Ballantyne's paper on the unborn infant, and in the 1908 Report, Miss Alice Ravenhill's paper on the education of girls.

It must be repeated that the foregoing names are merely noted as including, perhaps, the greater number of the books with which the serious beginner would do well to make a start. That is all. It would be both unfair and unwise, however, to omit any mention of at least three wonderful little books of John Ruskin's: Unto this Last, Munera r'ulveris and Time and Tide, which add to their great qualities of soul and style some of the most forcible and wisest things that have ever been written on race-culture and its absolutely fundamental relation to morality, patriotism and true economics.

If the reader desires the name of only one book, that is certainly *The Sexual Question* (1908), by Professor AUGUST FOREL. This has no rival anywhere, and cannot be overpraised.

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