



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 2. NO. 4.

TOWER CITY, N. D., MAY, 1900.

Monthly—15 Cts. a Year.

Kindergarten Principles Applied at Home.

[Paper read at a Mother's Meeting of the Pembina W. C. T. U. by one of its members, Mrs. W. G. Lockwood.]

It is to Frederick Froebel that we owe the establishment of the kindergarten, and to me it is one of the greatest blessings the world has ever known. The very word kindergarten, when understood, shows us what his great system of education is. It is taken from the words kinder, meaning children, and garten, meaning garden. What better name could be found than childgarden, a place where the lives and souls of immortal beings are being carefully guided and trained into a beautiful, harmonious and, as nearly as possible, perfect growth toward God our Father in heaven. As the flowers in the garden are cared for, cultivated, watered and given at just the right time the proper attention to make them grow and mature in all their perfection, so are the little ones in the child garden carefully watched and aided that they, like the flowers, may unfold and in their sweetness and purity show forth the image of God.

The ideal kindergarten is simply an ideal home. So we will try to find some of the ways in which our homes may be made better by following some of the kindergarten ideas.

Froebel said, "Come, let us live with our children." Let the little ones have more of our time and thought, and so unfold the entire nature of the children and not only a corner or one side. Let the home be a happy place, so that above everything else the children will love their home and feel that they have a part in it and are a part of it in every sense. Let them be helpful and minister to those who minister to them. Remember that the exercise of homelove is the very best preservative of it. The child who gives to the home and feels responsible for its comfort and happiness is the one who loves it best, not he who is pampered and receives only. Let each child have his own part of work in the home and learn to be held accountable for doing it well and serviceably. Let the children help themselves and each other, and help mother and father in all practicable ways, so they are knit together in a way that neither time nor space can ravel.

Bring all the culture you can into the home-life—pictures, music, to be enjoyed by all together, each one bearing a part and getting from it mental growth and satisfaction.

Joyous aspiration is the atmosphere of a beautiful home and breathes itself eternally into the lives of the children there. Begin the training of heart and soul with the beginning of life. Never think it too soon to appeal to the soul. Teach the child faith in the Heavenly Father; teach him to listen to conscience, to do his duty, to be brave and true, to be docile yet resolute. Never try to break his will; he will need all its native force—but lead him to self-control as well as submission to his rightful guides.

Noble thoughts and actions, high ideals of duty, loving relation with all and sympathy binding all in one, will act as a constant corrective and incentive and will last as long as life.

The precious years of infancy up to the time the child enters school should not be aimlessly thrown away. When we know that the loss of a single grain of sand would upset the laws of the universe, how can we consider anything useless or meaningless, especially the early life of a child, that time when he is most open to

receive knowledge? The child very early desires to find out what he can do and discover. How often a child will pull the hair from the dolly's head to see how it is put on there, or break the beads to see how the eyes are made to open and close, or tear some toy to pieces to see if he can put it together again. Since this desire for investigation endangers many of the treasured possessions in the house, some other source should be found from which the child can draw this knowledge. It was to meet this need that Froebel arranged his "gifts" with the especial purpose of giving the child the true key to the world about him, by giving the type forms, and making the material so simple that the child can readily create innumerable structures from it. We must remember that the child's mind is awake, and unless employed for useful purposes, the restless little hands are very apt to go astray. A child does not wish to be aimlessly entertained, so why not, in giving them playthings, give them something that will teach as well as amuse them.

That a happy child is a good child is not a new saying nor an idle one. When a child is interested it is happy and responds quickly and spontaneously to every new idea. Children like to imitate their elders. So let them work or play along the line of the mother's work. Then they are kept out of mischief and entertained and are receiving valuable lessons all at once. So many valuable lessons in neatness, order, regularity, unselfishness, care for others, kindness and love may be learned in these happy hours of work with mamma, besides learning to do the little things in housekeeping. It matters not so much what the children have to play with—as how they play with it. The fun in the play lies largely in exercising their superior ingenuity to get work out of the dumb materials around them. Their imaginations help them to make the dolly or the toy horse or dog perform wonderful things. And the play to them is as real as life is to us.

We all as older people like to feel that others are interested in any work we are engaged in, and just so do children like to have us interested in their play. How much better the play is to a little one when mother or sister will play with them for a few minutes or by a suggestion or two lead them to find some new way of making something with its toys, or even just a word or two of appreciation or praise when the building is completed.

In giving toys give only those things which will develop some latent power. Give the child something for his hands to do; give him something which will cause him to think; and more important than all else, don't anticipate his imagination and supply it beforehand. His greatest power will come through the healthy exercise of his imagination, and where is there a chance for imagination in toys ready made? Animals and simple dolls are an improvement on machinery, for the child imagines they represent life and the play is not so limited as with the representation of inanimate objects. But even these are not so valuable as the playthings given to us by Froebel. In these he shows us how the whole child may be developed; not only amused, but by thoughtful leading on the part of the mother a character foundation may be laid which will develop to complete happiness, wisdom and power.

One more thought about the toys. Let them be few at a time—too many will bewilder the children and they will receive little real good from any of them. A few things that will help the mother are a little forethought in saving up materials; a little ingenuity in setting the children

to find out what they can get out of the given materials; a little assistance, to see that work begun is on some day finished, so they can see their labor was not lost; a good deal of letting them alone though not leaving them alone while at work. Mix thoroughly with loving sympathy for their childish plays, leaving out all reproof or derision because their plays are childish and simple.

There are two words that are small but very powerful when used in speaking to the children; they are "do" and "don't." Someone has said that "the extensive use of negatives is like going back to the Old Testament teaching of 'Thou Shalt Not,' and abiding by that, forgetting the higher, more positive teaching of Jesus as given in the sermon on the Mount." It is just as easy to say "let us do so and so" as to say "don't do that," and how much better to direct the child's mind to something else by so doing than to leave him with nothing to do. So let us be very careful in the use of these negatives. Keep the entire confidence of the children. Say exactly what you mean and mean exactly what you say or lead them to believe you mean.

Last, but not by any means least, seek the guidance of the Holy Spirit, that you may be able to lead these little ones in the ways of Him who said "Suffer little children to come unto me, and forbid them not, for of such is the kingdom of God."

The Poisonous Cigarette.

MRS. CHAS. S. SHIPPY,
State Supt. Anti-Narcotics.

It has been said that there is no association represented that has touched so many springs of praise and blame, love and hate and become equally distinguished for the friends it has won and the enemies it has made, as the National Woman's Christian Temperance Union.

It has also been said of it, that there is nothing done for the good of the human race but the W. C. T. U. is willing to do its part in helping the good work along; and as a result of this willingness to aid in the alleviation of human suffering, about forty different lines or departments of work have been taken up by the White Ribbon host, each different department endeavoring to do its best to eradicate sin from this world.

At present the department of Anti-Narcotics is making an effort to secure a national interstate commerce law permitting states to forbid the manufacture and importation of cigarettes.

The tobacco trust is a great monopoly and has become rich by ruining our boys. It has been conceded by all who have investigated the matter that the use of tobacco, especially by our boys, is very injurious to the nervous system, hence, the repair and growth of the entire system is retarded.

Cigarette smoking is particularly dangerous because so much smoke is drawn through the air passages and lungs, leaving with every whiff particles of that deadly poison—nicotine. It will dwarf the intellect, impair and weaken the will power and lower the tone of thought and feeling, and in many cases the habit is the cause of mind disease and insanity.

We find cigarettes create a desire for strong drink. Water is insipid, as the nerves of taste are in a half paralyzed condition as a result of smoking and absorbing into the system the five poisons of which cigarettes are composed, viz: Oil in the paper, oil of nicotine, salt pepsin to preserve the tobacco, opium to make it mild, and oil in the flavoring.

One of the flavorings is termed "Havana Flavorings." Thousands of barrels

of it are sold everywhere, as it is extensively used in manufacturing certain kinds of cigarettes. It is made from the tonca bean, which contains a drug called melleo lotus, a deadly poison, seven grains of which will kill a dog.

The wrappings of the cigarette are also very injurious. It is manufactured from the filthy scrapings of the rag pickers and is bought up by the cigarette manufacturers, who turn it into a dingy pulp, after which it passes through a bleaching process, in which lime and other injurious substances are used. These have a very injurious effect upon the nose, mouth and throat.

This paper covering is so cheap that a thousand cigarettes can be wrapped at a cost of 2 cents per thousand. Arsenical preparations, it is said, are also used in bleaching most cigarette paper.

So it is hard to imagine the effect which must result from puffing this vile composition into the tender and delicate linings of the air passages and lungs, hour after hour?

And while the sale of cigarettes has decreased one billion during the past year, do you not think the cause sufficient to urge, not only the members of the W. C. T. U. to action, but all right thinking men and women throughout the length and breadth of our land to concerted action to put the evil to rout? And to train our boys up so they can "Say no! to tobacco, that poisonous weed; Say no! to all evils; they can only lead To shame and to sorrow. O, shun them my boy. For wisdom's fair pathway of peace and of joy."

W. C. T. U. Home.

Dear Bulletin: After the lapse of two months we remember that we owe you a letter.

Last month we experienced (for this place) the very novel pleasure of having two weddings in the family, one of our dear girls having gone to a happy home of her own, the other being the marriage of our beloved matron, who resigned her position in this Home to assume the responsible duties of mistress in the home of the man of her choice. We miss her sadly here, in fact we feel quite orphaned, nevertheless we wish her every happiness.

Miss Biddle of Fargo, has come to us, and we doubt not that her labors here will be blessed of the Master.

Our family now consists of twelve girls and seven babies, all the babies except one being under two months old. At present we are quite pressed with work, having had quite a number of births, and our laundry work in no way diminished, but it is very gratifying to see how each girl shoulders her share of the work, and the cheerfulness and efficiency with which it is performed.

This place of refuge, in time of trouble, we feel does help some poor wanderers to seek for and obtain the true refuge for the soul. Some of our girls have lately professed conversion and the blessing of the Father rests upon us. Yours in love,
MATHON.

Durbin Union—We held a very successful silver medal contest March 30 at Chaffee, 7 speakers taking part, 5 ladies and 2 gentlemen, Mrs. Alice Hill Peart winning the medal. Net proceeds \$18. We are sending Union Signals to 3 ministers this year. From proceeds of contest we sent \$5 to the Home and \$5 to enforcement league. Five of our honoraries have signed the triple pledge and are very faithful in wearing the white ribbon—one, a teacher, wearing the little bow, which may prove an inspiration to some of the little ones.

White Ribbon Bulletin

PUBLISHED MONTHLY.

Mrs. Mattie Van de Bogart,
MANAGING EDITOR.

OFFICIAL ORGAN N. D. W. C. T. U.

Entered in the post office at Tower City, N. D., as second class matter.

OBJECT: To promote the advancement of the W. C. T. U. work of North Dakota in all its departments, and to do all in our power to bring the triumph of Christ's Golden Rule in custom and in law.

STATE MOTTO: I am but one, but I am one; I can not do everything, but I can do something; what I can do, I ought to do, and that I ought to do, by the grace of God I will do.

Subscription price, per annum, 15c
Extra Copies of The Bulletin, 2 Cents Each

All manuscript for publication must be in my hands by the 15th of each month. Send all communications, subscriptions and money, to Mrs. MATTIE VAN DE BOGART, Tower City, N. Dak.

STATE OFFICERS.

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State Organizer—Miss Elizabeth Preston, Secretary Young Woman's Branch—Miss Cora Larimore, Larimore.
Secretary L. T. Branch—Mrs. G. W. Ryan, Acting Secretary.

MAY, 1900.

Our Club Offers.

White Ribbon Bulletin and New Crusade, 75c; Bulletin and Light, 70c; Bulletin and Union Signal, \$1.00. Bulletin and Backbone, 25 cents.

Quite a number of our subscribers are still in arrears. We feel sure you will gladly remit if reminded of this fact. Look at the date on your paper and see if it means you. The amount is small, but means much to our work, when taken in the aggregate.

Mayville sent us a splendid list of fifty-seven names—others can do as well. Try it. Our list of subscribers has now grown to over 1700. Let us strive to make it 2,000 before state convention. Keep in mind the prize offered to union sending the largest list before that time, viz: Miss Willard's picture.

The editor is in receipt of a beautiful life membership certificate, which was voted to be given to us at the state convention last fall by the State W. C. T. U. We feel highly honored to be the recipient of this great kindness at your hands, and to be the first life member of such a grand organization as is the North Dakota W. C. T. U. We extend heartfelt thanks for this loving token.

Many of our unions lack good programs for their meetings because the members have not time to prepare. Would it not be a good idea to establish an essay exchange, as some of our states have done. Essays from those who may have them, to be sent to some one appointed to take charge of the work, and a list of them published in the Bulletin. Unions desiring these essays to send for them by paying postage. Think about it.

The State Prohibition Convention which was held at Grand Forks, March 24th, was a success and the sessions were entirely harmonious. A state fund of \$120 was raised and it was decided that an organizer should be put in the field at once. Following the convention a well attended mass meeting was held in the M. E. church in the evening, National Chairman Stewart making the address.

The Progress of an Important Truth.

During the seventeen years since 1882 the nature and effects of alcoholic drinks and other narcotics as a part of physiology and hygiene has been made a compulsory study for all pupils in all the public schools of the entire country, with the exception of Georgia, Virginia and Utah. Arkansas has passed such a law during the past year. The way is now open for this important truth to go to almost the entire public school population of this country, the population which practically constitutes the men and women of our republic to-morrow.

Nothing could be of greater interest or more fraught with individual and national destiny, than the question as to what shall be taught these millions of children concerning the nature and

(Continued on third page.)

PRESIDENT'S CORNER.

It gives me great pleasure to announce that we have secured the services of Miss Clara Parrish, round-the-world missionary and national Y secretary, for our state convention which will be held at Devils Lake, September 14-16. Miss Parrish will return from her four years' tour abroad next August. As she will be in great demand next fall, we consider ourselves especially fortunate in securing the famous young worker for our state convention.

On account of the illness of her father, Miss Belle Kearney has been obliged to cancel her engagements with us. Mrs. Ada W. Unruh will take her place at Chautauqua and in the institute work. All who have heard Mrs. Unruh will be delighted to hear her again, and those who have not heard her, have a treat in store.

As Dr. Janette Hill Knox goes east for the summer, Mrs. Vail and Mrs. Carr will have charge of the W. C. T. U. institute at Chautauqua. Please take notice that from this time on until state convention, all letters in regard to local, county, or state W. C. T. U. work, should be sent to our corresponding secretary, Mrs. Emma F. Vail, Towanda.

The indications are that a W. C. T. U. institute on the day following the annual convention will be held in every organized county and district in the state. This means much for the advancement of our work and the better equipment of our workers.

On my recent trip nearly all the unions in the northern part of the state were visited. A union was organized at Osabrock, April 8th, with fifteen active and nine honorary members. Mrs. Ruth W. Trotter, president, and Mrs. W. E. DeLong, corresponding secretary. Two days later I organized at Edinburg, with Mrs. Geo. Adams, president, and Mrs. Jennie McNeil, corresponding secretary. We are grieved to learn of the disastrous fire which has recently swept out the business portion of Edinburg, and caused the death of two women. This is doubtless a severe blow to the little union just organized, but we trust it will rally to the great work to which it is called.

Mrs. Anna Prom, president of the Milton union, has recently organized a Y at that place with Mrs. C. T. Mears, president, and Miss Mary Sumarildson, corresponding secretary. If every local president where there is no Y, would follow Mrs. Prom's example and organize and "mother" a Y, what a wonderful impetus would be given to our work! Mrs. Prom takes the place of Mrs. Gertie V. Titus as delegate to the World's Convention at Edinburg.

A new union has been organized at Webster by Mrs. Nacia Buck, but the names of officers have not yet been sent in.

Northwood union has presented the schools of that place with two pictures of Miss Willard.

The Frances E. Willard Y of the Valley City Normal school, has also presented that institution with a picture of our promoted leader. We wish her sweet pictured face might grace every school room in this state. It would certainly be an inspiration to high ideals and noble endeavor.

All of "our folks" will be glad to know that the lay electoral conference of the M. E. church of this state, put itself on record in regard to woman's position in the church, by passing unanimously the following resolution: "Resolved, that as women constitute a large portion of the membership of the church and bear fully their share of its burdens; therefore, we commend as an act of simple justice, that they be admitted to all of its privileges, including membership in the general conference."

The resolutions on temperance passed by the lay and ministerial conferences, recognize the good effect of prohibition in this state, express gratification on account of the recent victories gained for the better enforcement of the law, cordially endorse the work of the W. C. T. U. and State Enforcement League, thank Hon. M. N. Johnson for his work in securing the anti-canteen law, and deplore the action of the President and Attorney General in nullifying that law, and protest against the great extension of the liquor traffic in our foreign possessions.

At our mid-yearly executive meeting a resolution was passed earnestly recommending that local unions employ no speaker who is not endorsed by the State W. C. T. U. Careful attention to this will save the unions from being imposed upon by irresponsible parties, who are traveling about the country and

whose character and work bring the temperance cause into disrepute.

Will all county and district presidents send as early as possible the dates of their conventions to Mrs. Addie L. Carr, Northwood?

The work at the Home is prospering with Miss Cummings and the new assistant matron, Miss Biddle, at the helm. Unions sending boxes to the Home will please note that table linen is greatly needed at the present time. Fargo patrons pronounce the work of the Home laundry very satisfactory. The treasurer reports all bills paid for last month, and money on hand to meet the bills for this month.

Fark River union, which has now one hundred and forty active members, is planning a membership contest and expects to add many more to the white ribbon forces of that wide awake town. I wish every union in the state would plan for a membership contest before August 1st. Don't say it can't be done, but try it! A little effort on the part of every union will add five hundred white ribboners to our ranks this year.

I expect to leave home the second week in May, and hope to look in upon the General Conference and attend the anti-Saloon League Convention in Chicago. We sail from Montreal, May 26th, on the good ship Tunisian of the Allan Line. We will spend the time previous to the World's Convention, in England and Scotland. After the convention we will start with the W. C. T. U. conducted party to Paris, Switzerland, Germany and Italy as far as Rome. We return independently to Antwerp, via Martigny, Chamounix, Geneva and Paris. We will sail from Antwerp on the "Westernland," the latter part of August, reaching home in time for the State Convention, September 14th. Miss S. A. Benedict, a teacher in Parker College, Winnebago City, Minn., who is an old schoolmate and friend of my childhood days, goes with me. I know your hearty co-operation, kindly sympathy and prayers will be given to the general officers who "stay by the stuff" in my absence, as they have always been given to me.

I trust we may come up to our happy "Harvest Home" in September, bringing many sheaves with us. Yours in loving confidence, ELIZABETH PRESTON.

Tower City, N. D., April 28, 1900.

FIELD NOTES.

Church's Ferry, N. D.—Dear Comrades in Temperance Work: Although our little town is unfortunate enough to have no W. C. T. U., yet the workers are here and public sentiment is being strengthened against intemperance. Our town is practically clean and we mean to keep it so. We have an I. O. G. T. lodge of about seventy members. We met once a week during the winter, and have had from twenty-five to forty in attendance at each meeting. Much good work has been done and many have been led to spend a pleasant evening with us who might otherwise have been led into the snares of the tempter. In connection we also have a Juvenile Temple in which nearly sixteen of the little people are being trained up in the way they should go. On the evening of March 23d, the Templars served a supper and at 8 o'clock an excellent program was rendered, the Juveniles assisting. One feature was a Silver Medal Contest, in which there were six contestants. On Temperance Sunday, April 1, the two lodges met at the M. E. church and marched in a body to the Lutheran church where excellent addresses were delivered to a crowded house. Rev. Mr. Vardick and Mrs. S. C. McKinney, Dist. Pres. W. C. T. U. were the speakers. Yours for Temperance, April 6, 1900. MARY I. WEIMER.

Leonard.—The death of Mrs. Celia Sowden-Rose occurred April 1st, 1900, and thus another of our pioneer workers has been promoted. Mrs. Rose was for several years State Supt. of Medal Contest work. Twelve years ago she was elected president of Leonard union. She moved to Fargo for a short time and was a member of the old Woodford union, and on her return to Leonard became vice president. She was always interested in whatever would help young people to become strong men and women mentally and morally. She was Sunday School Supt. at the time of her death. We feel we may well emulate her christian character and virtue.

ELIZABETH HORNE, President.
MARY E. WATTS, Cor. Sec.

Hunter.—We had a beautiful birthday service, February 18th, with decorations of cut flowers and flowering plants, recitations and appropriate singing, and our senior L. T. L. girls came to the platform one by one, repeated a selection from

Miss Willard's writings and placed a cluster of flowers so that when all had spoken, a beautiful wreath surrounded her pictured form, standing on an easel on the platform. Our membership contest was a grand success and added to our union 64 new members, honorary and active. We have not had our jubilee entertainment yet, but look forward to it some time after the spring's work is done. Our last Mother's meeting was the largest and most interesting one we have had, and Mr. Beard's new and commodious house was filled with the fathers and mothers of Hunter and vicinity. Mrs. Helen Porter, of the Amenia union, our County Rec. Sec., was with us and gave two of her beautiful recitations, greatly to the satisfaction of the company. Mrs. Calderwood was with us the 23d of March, and her visit was thoroughly enjoyed and appreciated.

Bethel W. C. T. U.—Under the leadership of Mrs. M. Black, Supt., and her assistants, Mrs. Graham and Miss Freeborn, the Mercy and Help department, has been very active during the winter months. We have clothed a family of seven and gathered money and provisions for others in need. We closed a membership contest, March 15th. Seven new members were added. A reception for honorary members was given; a bountiful supper was served; about forty being present. The members have made and written out programs for meetings for six months, from May to October. The programs are in the form of calendars, made of heavy unruled note paper and tied with white ribbon. The union held a Gospel Temperance meeting, April 23th, and took a collection for the India sufferers. A new union has been organized at Webster with fourteen members. Mrs. Norman Morrison, Devils Lake, Pres.; Miss Mae Brooks, Degra, O. C., Cor. Sec.

Milton.—The Milton W. C. T. U. is as wide awake and active as ever. As a new member, I can say it is the most energetic and helpful union I have known. A number of timely meetings this winter has materially widened its influence. The first of these was a "Children's" meeting held Jan. 1st, at the M. E. church. Sixty children were present. The smallest guests marched in singing, "Saloons Must Go." A short program was given, appropriate songs and recitations by the children, and a paper on "The Influence of Little Things," by Mrs. Hutton. After singing again, each child was given a small paper bag containing nuts, popcorn, fudge and taffy. The children's happy beaming faces proclaimed their enjoyment of the occasion. Another, worthy of mention, was the annual "Honorary meeting," held Jan. 22d, at the home of the Pres., Mrs. Prom. Sixty were present. An excellent program was rendered, the honoraries furnishing the literary portion. A debate on the question: "Resolved, that a moral and educational test should take the place of the present sex restriction in requirements for the suffrage." Captain, Hon. H. T. Helgeson, aff.; L. A. Farnham, Prin. of school, neg. Both sides were ably handled, the judges deciding in favor of the aff. A paper, entitled Advice and Encouragement for the W. C. T. U., was read by Mr. McCollough. A solo by Mrs. Mears, a duet by Messrs. Prom and Helgeson, and a solo by Mr. Prom, was much enjoyed, as was also the delectable collation which followed. The honoraries expressed their appreciation in a graceful vote of thanks. All agreed it had been a most delightful function. No less enjoyable was the reception given the young people at the home of Mrs. H. T. Helgeson—seventy were present. A good program was furnished by the young people. Several excellent papers were read, interspersed with appropriate musical numbers. Some clever characters were presented, then Crokinole absorbed the general attention until cake and ice cream were served. The result of this meeting is a Y. W. C. T. U. of fifteen members, Miss Preston assisting them in organizing, with Mrs. Clarence Mears, (formerly Miss Tina Thompson, of Fargo,) as president. An L. T. L. was organized here Feb. 13th, with Mrs. Hutton as leader, Miss Aslakson, organist, and Mrs. Elliot, teacher. There is a membership of thirty-three enthusiastic children and the promise of some good work to be done. E. C. V. H.

Real Estate Bought and Sold. First Mortgage Loans Negotiated.

Prank Bunch,
Dealer in All Kinds of Farm Machinery
Wagons, and Carriages, Deering Harvesting Machines, John Deere Plows, Agent for A. C. L. L. Carriage Threshing Co.
CASSELTON. NORTH DAK.



Hope, N. D., April 18, 1900.—My dear girls: As our dear generous-hearted Ys. were so kind to us last month in crowding out so much of their valuable material that we might have almost the entire paper for our own, I wish to repay them in part by being as brief as possible now. You little realize how difficult it is for me to use every inch of space that is usually accorded us, for my heart always turns lovingly and longingly to you, and overflows with all sorts of plans and ambitions tending to our mutual uplift and development into larger usefulness.

First, I have good news for you, which will rejoice your hearts as it has mine. There are two new unions to be welcomed into the great white ribbon "family," one organized several weeks ago by that energetic, ambitious president of the Milton W. C. T. U., Mrs. Anna Prom, in her city. How I wish that every W. C. T. U. president who lives in a town without a Y would not rest until she had organized one herself. Mrs. Prom had faith to believe that the girls were willing to be aroused to the importance and need of our work, and set herself to interest them. How splendidly she succeeded we will likely realize more thoroughly in the future, when we see the results of their labors. We can predict for them unusual possibilities with such a leader as the one time president of the Fargo Y, Miss Tina Thompson, now Mrs. Clarence Mears of Milton. Let us welcome them right royally.

A modest band of earnest-hearted young women in Devils Lake, organized by your sec'y last week, makes its initial bow to you here, and I bespeak for them a cordial welcome into the ranks as well as your sisterly good will and words of encouragement and cheer. They will be our younger hostesses when we attend state convention next fall, and I doubt not, are already planning some particularly pleasant feature for their Y sisters.

Had I space I should be glad to give you the particulars of a most helpful, enthusiastic conference of the seven Ys. in Grand Forks county held in Grand Forks April 6 and 7. Your secretary deemed it advisable for the seven local unions to become an organized whole, with a county Y secretary, and for that purpose we met. The public session on Friday evening, with some choice music, addresses from Rev. MacVey and Miss Frye, a personal friend of Miss Willard, and one of Bruce Jacobson's splendid orations, was full of inspiration for all. On Saturday Mrs. Flora Naylor gave us a very tender, beautiful talk, and as county W. C. T. U. president treated of the relation of the Ys. to county work. We formally organized and elected Miss Cora Adams county secretary. She is also the winsome little leader of the Grand Forks Y, and it was due to her untiring efforts and the hearty co-operation of her girls that the conference was such a splendid success. We were entertained with charming hospitality; the church was prettily decorated, and indeed everything was beautiful, as was frequently remarked. The papers read were without exception uncommonly fine, and it is my desire to give you extracts from them in these columns at some future time. The symposiums were an especially interesting feature and proved most helpful. We hope to make them an attraction at county and state Y conferences hereafter. They succeed, as almost nothing else, in drawing out all originality of thought, and encourage us to develop an ease of expression as well.

I have had no returns from our proposed membership crusade of April 14, but it is early to expect it, and in traveling about in this way my mail does not reach me promptly. For our next issue I trust I shall be able to give an extended list as the result of our efforts to secure new members, and thus honor our beloved world's Y secretary, Mrs. Barnes, on her natal day. Let me hear promptly, girlsies, please.

As most of you know, I am now visiting the various Y unions scattered over our state. I am grateful for the privilege of meeting and knowing personally so many of the workers, but of course regret it is not convenient for me to come to all. This is my last opportunity for some time, as I leave in about a month to at-

tend the World's W. C. T. U. convention in Edinburgh, and shall be absent from the work several months. Much as I dislike being deprived of the joy of active service, I have now a very happy, contented feeling in leaving the work in such thoroughly competent hands as those of Miss Cora Adams, whom I have chosen my assistant, being empowered to do so by the state executive. If you could know this consecrated young woman you would love her as much as I do, and I am sure you will welcome her heartily and do all in your power to uphold her hands. She undertakes the work with fear and trembling, for she is new in the service, but in her are combined many of the qualities which are essential to leadership, and mark her particularly fitted to push temperance work in this state to final victory. While I am here we are to share the duties devolving upon your secretary, but in my absence she will have absolute charge, and I beg that you will be as kind and cordial to her as you have been to me, that you will stand shoulder to shoulder, and do all in your might to vanquish the foe, and in our own beloved state hasten the day when righteousness and temperance shall triumph, and victory shall be ours. Yours for that victory,

CORA W. LARIMORE.

L. T. L. CORNER.

STATE MOTTO: For Truth and Right in the King's Name.

Dear Supt's: I give in this issue some questions and answers which may be helpful.

Who should examine the papers after the children have answered the required questions in the diploma course? -

The leader of the legion. She is the judge of the proficiency of the scholars.

I have some boys who are willing to sign the single pledge, but not the triple. Would they be allowed to graduate?

They may take the examinations with the others, but cannot receive the diploma unless they have signed the triple pledge.

How can I get the unions of the county to take hold of L. T. L. work?

First pray over it. Then, if impossible to find some one in each union to assume charge of the legion, see if you cannot find half a dozen devoted women who will each gather a little band of 10 children in her home once a week and teach them L. T. L. lessons. "What mother heart in our unions would decline this? Surely none, unless under most untoward circumstances. This is one solution of the problem.

What are the duties of county L. T. L. supt's or sec's?

To originate plans for their counties, as well as to carry out those of the state sec. To organize new legions, to keep up interest in existing legions by visiting and correspondence, to make each local leader feel that she has in the county supt. a personal friend to whom she may bring her difficulties and victories, with the assurance that she will receive sympathy and help. (Right here we mention again every local and county supt. should subscribe "for Loyal Temperance Legion Worker," published by Alice M. Guernsey, Water Place, East Orange, N. J. Terms 10c per copy. It is brim full of bright, original suggestions.)

"What a comfort that God does not measure us by our successes, but by our honest efforts."

An Exercise in "Political Study"—The members of the legion ought to be interested in politics. Never mind about the democratic, republican, the prohibition or any other party. L. T. L. boys and girls ought to study about the laws as they stand, and the changes that should be made. How these changes may be made is a later question. What we really care about, as they can readily be made to see, is to have such laws as will make this the best country in the world.

Ask each one to find one thing in the political plans, as given in the newspapers, that he thinks would be good for the country, and to report it in the legion, being sure to add his reasons for thinking it would be a good thing. Mrs. G. W. RYAN, State Sec. L. T. L.

We are indebted to New Jersey Helper for most of the above suggestions.

METHODS.

Is each officer doing her part? Study the by-laws and see. This is one of the most important points.

Our state president says that it is quite disastrous to any union to depend upon the president or any one member to look after everything, but each one in her place doing her part means growth and a much less laborious task for the leader. Each superintendent should thorough-

ly understand her work, correspond with state supt. and study the history and growth of that department. Our nat'l cor. sec. is writing articles for Union Signal on the history and growth of the different departments. Would it not be a good plan to file these away for study and reference?

Suggestions for Local Unions.

How can we make our local union meetings interesting?

Begin promptly at the appointed time, both at public meetings and in the local union. Nothing is gained and much is lost by waiting for an audience that is behind time. If meetings open promptly the people will get in the way of being prompt.

Close promptly. When the regular hour for closing arrives, observe it and close. The "linked sweetness long drawn out" meetings characterize many public meetings more the result of habit and lack of system than of necessity. If there is more to be done than can be compressed into the usual time, an extension can easily be arranged, and those that must go will feel at liberty to withdraw. There are some unions that lose the attendance of members because they cannot consistently spend the time that is usually taken unnecessarily or at least unwisely at the opening or closing.

The business of the meeting should be done "decently and in order." This involves a simple knowledge of parliamentary usage. It does not involve all of the intricacies of "Roberts' Rules," but even these can be studied to advantage. There must be more or less business brought before the local unions, but if a stated time is given to it, ordinarily it can be disposed of in ample time for the literary program.

Have the literary program made out if possible for some weeks ahead. This has been found valuable to keep up an interest among the members. It also encourages the study of the subjects that are to be presented.

There are always questions coming before any organized body that may involve differences of opinions. The president has the right to insist that perfect fairness is given to each individual member, and while the majority rules the minority is entitled to the sacredness of their opinions. When differences of opinion prevail, the president is not expected to speak upon either side as a president, but she may call some member to the chair and then state her views as an individual. It is easy for local presidents to get into the habit of talking too much, while in the chair. It is their interest in the work that generally leads to this violation of parliamentary usage.

Always wear the white ribbon. It is an obligation we owe the organization. Who can say what influences may grow out of the little badge of white at inopportune times and places.

Is it not really wonderful that so little friction exists in an organization of such tremendous size and of such individuality as the Woman's Christian Temperance Union? Not at second thought, for it is a Christian organization. In national, state or local unions, it is rare that a time ever comes in which the most heated discussions and the widest differences of opinions may not terminate in singing in the spirit as well as the understanding the suggestive hymn which we might almost call the safety valve of the W. C. T. U. Certain it is that

"Blest be the tie that binds" has become endeared to the temperance women of the world.

Pundita Ramabai attended the national W. C. T. U. when it was held in Nashville, Tenn. It was the first time in her life that she had seen such a body of women working together "For God and Home and Every Land." It was interesting to watch the little woman from India, and when I had the opportunity to talk with her I asked her what she thought of it.

"It is like heaven, or the most like my idea of heaven of anything I have ever seen," she said.

Whatever comes to try our patience, sisters, let us keep that sweet spirit within us that will enable those who are influenced by us to see that we are actuated by the love "that suffereth long and is kind."

There are many other things that would be profitable for us to study, but space prevents further mention at this time. The "Do-Everything-Policy" will bring arrest of thought to those not especially interested in our work. Earnest effort must win. JANETTE HILL KNOX.

SCIENTIFIC TEMPERANCE.

METHODS OF WORK.

Dear Local Supt's: Through the columns of the Bulletin I wish to address a few words of you regarding our work and our duties. Your position as a local supt. is indeed a high calling and a most glorious and worthy one. To advance our cause and mold the sentiments of the future generation. It is to you that we must look for the real work of the county, state and county supt. may help you to plan the work, but it is on you that the real issues and advancement of the dept. depend. It is indeed a most glorious and worthy one. Women are peculiarly fitted for these responsibilities, and she knows no defeat. The first thing a local supt. should do is to get acquainted with state law on scientific temperance and know what it contains. This can be secured of Mrs. Mary H. Hunt, Trull, Boston, or your state supt. This should be carefully studied, that you may know what you have a right to ask for. Next look after the text books and see if they are among the endorsed books. If not compare them with standard for endorsement and see where they are defective. By doing this you can intelligently ask your school boards for a change and be able to give your reasons for it. "Standard for Temperance Text Books" and "List of Endorsed Books" can be used to this end. If you find the books are not the ones you want in your schools, bring the matter before your school board, and discuss it with them. It would then be well to call on the members of your clergy and other prominent persons of your place and present the defects to them, that you may have intelligent friends to assist you to bring the matter before the school board. Sometimes it is only necessary to present them individually; but should it become necessary to appear before the board, summon your friends and respectfully with deference and tact, present the defects to them. Leave a list of endorsed text books with them to select from. This will usually accomplish your object, but never give up. Having secured the right text book, turn your attention to the teachers. See that each one has a subscription to the "School Physiology Journal." This can be secured from Mrs. Hunt for 50c a year—single copies—or less in clubs. If you have not an appropriation from your union to defray the cost, arrange for a parlor or evening meeting and secure the funds. Any of our local supt's are equal to this. Be sure and visit the schools at least once a month to see how the work is getting on, and let the teachers know you are interested in this subject and are ready to co-operate with them in its teaching. Some of our supt's have prizes for the best essays in Scientific Temperance from each grade. Then, taking the best of these essays, arrange for an evening meeting. This has proved very successful. If there are any who do not wish to do this, they could arrange for an evening meeting with recitations, interspersed with music and dramatics. This can be secured in all grades. All these things help to interest teachers and parents in the subject and give us better results. I have seen many of these things will suggest themselves to our willing workers. Do not forget the press. Report through it all you may hear of interest. Many of our supt's have had a very interesting case you some incident which has occurred in the instruction of this subject that would make interesting reading. If you have had one, have been adopted and you fail to have them changed, get just criticism of them in the papers. Napoleon said: "I fear these newspapers have the power to move the world. Let us remember our source of help, and request our unions to set apart a special hour for prayers and thanksgiving that our work may receive the help to plant the seed of temperance deep into the young hearts, that they may grow up a monument of defense against the liquor traffic, that we may have clean water, but God alone giveth the increase." Yours in loving service, DELLA H. MANDIGO, Fargo, April 17, 1900. State Supt.

(Continued from second page.)

effects of alcohol and narcotics on the system.

During the past year an attempt has been made to prove alcohol to be a food! and therefore the endorsed text books inaccurate. From Prof. Atwater's point of view the reason for calling alcohol a food is the claim that it is oxidized in the body liberating heat and energy. The same can be said of some of the other most deadly poisons, if they do liberate heat and energy they are poisonous at the same time, and this is what alcohol does. The real question at issue in all this debate about the accuracy or inaccuracy of the text books, the one that underlies the whole temperance reform, is this: Does truth as revealed by modern investigation and by experiment teach total abstinence or moderate drinking? We reply that no investigation has disproved the multiplied testimony of scientific men and of bitter experience which teaches total abstinence as the only rule of certain safety. Special investigation shows that the great body of God-fearing, child-loving men and women in the teaching profession are with us. One teacher emphatically says: "I declare to you that I believe I can, with a series of endorsed text books, take a grade of a hundred children and so impress them with the danger of tampering with alcohol and tobacco, and so convince them by showing the results, that before three years are gone, nine out of every ten will be redeemed and saved from all these misquies. Any teacher can do it, and we do it, with her children and has their welfare at heart, and who desires that the hideous monster intemperance be subdued."

A prominent journalist of Boston said recently: "You cannot emphasize too

