



VOL. 2. NO. 7.

TOWER CITY, N. D., AUGUST, 1900.

Monthly—15 Cts. a Year.

Nothing To Me.

"It's nothing to me," the mother said;
"I have no fear that my boy will tread
The downward path of sin and shame,
And crush my heart and darken my name."
It was something to her when her only son
From the path of life was early won.

And madly quaffed of the flowing bowl,
Then—a ruined body and shipwrecked soul!

"It's nothing to me," the merchant said,
As over the ledger he bent his head:
"I'm busy to-day with tare and tret;
I have no time to grieve or fret;
It was something to him when over the wire
A message came from a funeral pyre—
A drunken conductor had wrecked the train;
His wife and child were among the slain."

"It's nothing to me," the young man cried;
In his eye was a flash of scorn and pride.
"I heed not the dreadful things you tell;
I can rule myself. I know full well!"
"Was something to him when in prison he
lay."

The victim of drink, life ebbing away,
As he thought of his wretched child and
wife.

And the mournful wreck of his wasted life.
Is it nothing to us who idly sleep,
While the cohorts of death their victims keep,
Alluring the young and thoughtful in
To罪 in this life may a taste of sin?
It is something for us—for us all to stand
And clasp by faith our Saviour's hand;
To learn to labor, live and fight;
On the side of God and changeless right.

—Selected.

The Present Standing of Alcohol in Medicine.

DR. F. B. MINER, GARDNER.

Within the last twenty-five years the progress of temperance sentiment among all classes of people has been truly remarkable. Time has been when it was the common belief that humanity could not long survive without alcoholics; that it helped the poor man do his work; that the mother nurse her babe, the scholar in his investigations; that to the soldier it gave courage, to the orator, eloquence; that it made the liar tell the truth, made all men as brothers, kept men warm in winter, and cool in summer, warded off contagion, rescuing the dying. And without much exaggeration it might have been said to conquer all ills of the world, the flesh and the devil. But all this has changed. While doctors have sometimes seemed to be at the rear of the anti-alcohol procession and often were known to "take a little for the stomach's sake," numbers of them have been in the very van of the temperance host.

The subject of the value of alcohol in medicine has been under discussion among physicians to a limited extent for the past sixty-five or seventy years. As early as the fifties, Dr. H. C. Wood, one of the greatest American therapeutists, gave this emphatic advice: "In accidents during anaesthetics, avoid all drugs except strychnine, digitalis and ammonia, and remember that some, and perhaps many, of the deaths that have been set down as due to chloroform and ether have been produced by the alcohol which has been given for the relief of the patient." But not until recently has any real conclusive, experimental work been done. And to-day, with their conclusions based upon the work done in the physiological laboratories of the world, together with clinical statistics gathered from large numbers of cases treated with and without alcohol, many, indeed most of the eminent physicians and physiologists of the leading medical centres of the world have been drawn into the discussion and have placed themselves upon record regarding the use of spirits in medicine.

This phase of the great alcohol question is being agitated more to this purpose to-day than is any other. The entire armamentarium of our magnificent physiological laboratories has, for some

years, been brought to bear upon the action of this drug upon the animal economy. The deductions drawn from these experiments, together with the more careful and intelligent clinical observations to which they have led, are now revolutionizing the ideas of our profession regarding its therapeutic value.

From time immemorial it has been supposed to be a food. Recently Prof. Atwater, of Wesleyan University, Conn., was appointed by the government to conduct a series of experiments to ascertain its food value. His researches were conducted with the greatest care, and resulted, as all such experiments had previously resulted, in the deduction that a limited amount of alcohol ($1\frac{1}{2}$ to $2\frac{1}{2}$ ounces per day), was oxidized by the average healthy human being, with the resulting production of heat and energy in the body just as sugar or starch would be. He seemed to prove that this amount of alcohol could be substituted for a relative amount of other food stuffs, without any apparent injury to the nutrition of the organism. But these experiments had nothing to do with the other effects of the drug, wherein lies its poisonous action. A man might support life for a time on carrión, but we would not for that reason call carrión a healthy food. One might drink milk loaded with typhoid germs and be fed for a few days. But the time would come surely and speedily, when the poison would show its action and the man would suffer the consequences of his foolishness or his ignorance. Prof. Atwater himself closes his report with the statement that alcohol is a good thing for a healthy man to let alone. And if this is true of a healthy man how much more so for a sick man so far as its food value is concerned.

The great use of the drug in medicine is as a stimulant to the heart and nervous systems. The increased action of the heart and the feeling of warmth and exhilaration which follows its use has always been considered evidence of its medicinal value. The diminution of pain with the buoyancy which follows have been interpreted by both laymen and physicians as stimulation. Yet certain phenomena appeared that were inexplicable. The depressions of vital force, the sudden deaths from heart failure, profound anaemias and other symptoms have been attributed to various causes, principally to the quality and dosage of the alcohol used. These adverse symptoms gave rise to minute studies of its physiological effects and cautions as to when and where it should be used. Elaborate experiments have been made upon the animal organism with varying results and are unsettled to the present time. But in many European laboratories the phenomena have been tested and measured by instruments of precision, and a large mass of facts have been accumulated. The principle ones may be stated in the words of Dr. T. D. Crothers, of Hartford, Conn. "The most common of all symptoms is the increased heart action, which is found to be 400 beats in twenty-four hours, for every ounce of alcohol used (the normal number of beats for the whole twenty-four hours is 103680). This is found to be, not a new force, but the calling into activity of the reserve powers and force of the heart. The heart action normally is the result of arterial pressure and nervous action. The latter is diminished by the narcotic action of the alcohol and the former deranged. The more rapid the heart beats, the weaker it becomes, so that alcohol is first an irritant, then a depressant and a paralyzer. This is also proven by the symptoms of exhaustion which follow and by the muscular

measurements. Destree, of Brussels, concluded, as a result of most elaborate studies, that alcohol has on the heart and muscular power at first a slightly favorable effect, but a very transient one. The heart force begins to decline at once, according to to the amount of spirits used. The muscular power reaches its maximum in 30 to 40 minutes, and after that it is with difficulty kept up." In short, alcohol supplies no new energy to the body, but liberates the stored energy with loss, resulting in greater exhaustion.

The action of alcohol on the senses and mental phenomena has been examined with great exactness and but little difference of opinion prevails. Paralysis of all the special senses follows; the functional activity of the brain is lessened down to complete narcotism. Forel, of Zurich, has been able to note these changes follow the use of five drams.

The conclusion that all authorities agree on is that alcohol is always a depressant and anaesthetic. Chloroform, sulphuric ether, chloral and other well known anaesthetics, all exhibit, in an extreme degree, the physiologic action of alcohol.

The value of this drug has been and is seriously questioned in the minds of many physicians. A number of authorities have enumerated the diseases and conditions in which alcohol is contraindicated. This list has now grown to such a length as practically to include almost every condition of disease and degeneration known.

While laboratory studies have brought out these facts, more careful clinical observation has led in the same direction and also to the conclusion that there are many substitutes equal at least in value to alcohol whose stimulant action is indisputable. Its supposed stimulation is simply irritation and narcotism, adding no new force but making large demands on the reserve force. These facts are accepted as fully established.

The only points of dispute are whether these effects follow doses of all sizes, and whether the best quality of alcohol is used.

To throw light on this phase of the question, diseases in which alcohol is almost universally used have been treated in series, some with and some without spirits.

Dr. Geo. B. Wood, one of our greatest American authorities on therapeutics, as early as 1850, advised alcohol only in the later stage of severe typhoid fever and then only in the form of wine whey.

Working on this plan in the Penn. Hospital his mortality was unprecedentedly low, only 5 per cent. Dr. N. S. Davis, one of Chicago's oldest and best physicians, with his son, Dr. N. S. Davis, Jr., reported a series of 1000 cases of typhoid fever treated in Mercy Hospital without alcohol with the wonderfully low mortality of 5 per cent, while in the large European hospitals, where spirits were used the death rate could not be brought below 16 per cent. to 25 per cent.

Belleview, in a series of 908 cases had a mortality of 16 per cent., Cook county hospital, Chicago, in 161 cases had a death rate of 16 per cent., Cincinnati hospital, 15 per cent. mortality, Garfield Memorial, Washington, D. C., 22 per cent.

In the Pennsylvania hospital during three years the mortality in pneumonia cases treated with alcohol was 34 per cent. 1000 cases from the Mass. general hospital show a mortality 25 per cent, and in Dr. Davis' own cases treated without alcohol in 1888 the death rate was 9 per cent, and for the ten years preceding was only 13 per cent.

Many such statistics have been compiled, and so convincing have they been that such leaders of medical thought as Dr. Meyer, of the University of Göttingen, Dr.

Moelius, of the Medical School of Leipzig, Dr. Frick, of Zurich, Switzerland. Dr. Van Speyer, of the University of Berne, with many others in Europe, have become prominent in the denunciation of alcohol in medicine. Some years ago in Germany a physician was prosecuted for homicide in a case where he did not use alcohol and was acquitted on the testimony of a medical council of five leading German physicians whose report was summarized thus: "The idea that alcohol gives strength is deceptive; while any form of alcohol may produce an apparent form of stimulation, there is always a reaction in a profoundly marked diminution of energy. The special paralyzing action of alcohol on the brain and spinal cord is no longer a theory, but a fact, which can be measured and proven. We are confident that experience will fully sustain our belief that no single human life which would have fallen a prey to death without alcohol has ever been saved by alcohol."

This is an exceedingly strong statement, but I give it as the words of five of the most noted German physicians. And American physicians have not been behind in their denunciation. As long ago as 1835, Dr. Harvey Lindsley, who wrote a prize essay on alcohol, said: "I have no hesitancy in asserting that there is no state of the system, however exhausted or enfeebled: no species of malady, however obstinate or unyielding: no case of disease, however dangerous or appalling, in which substitute, perfectly equal to alcohol in all the exigencies of the case, cannot be found." And many more equally strong statements might be quoted.

In looking over the late medical literature on this subject, I have been surprised to find the universality of the anti-alcoholic position of the writers. Only a few papers, and those weak ones, appear on the other side. Never before have drugs of all kinds been so carefully tested, and the old theories concerning most of them are undergoing revolution. It is not strange that this drug, used and misused so lavishly for so many centuries, which has fastened its demon-like hand in some form on almost every family in our land, should be examined and tested, and that some more innocent substitute should be sought, even if alcohol could do all that has ever been claimed for it.

True, we have other drugs, a number of them, that when used continuously cause slavery of the worst kinds. But there is no doubt that our national curse lies in the direction of the use of alcohol. So even greater care in its legitimate use is only fair to the people. Probably more blame than is their due falls on physicians in the claim that people, anxious to excuse themselves, make that medicine prescribed caused the appetite they now bemoan. It is almost always rather due more largely to inherited appetite or weakness of character. Still, enough of responsibility for increasing the hold that this habit has upon our people, belongs to them to urge them to be most cautious in its use even when their own judgment and eminent authority would indicate its value. In the face, however, of such eminent and successful trial without alcohol, and such positive words as are quoted to show the theoretic fallacy of its frequent use surely there should be a great change among us in prescribing it.

But if alcohol is not a food, but a poison; if it is neither a heart or nerve stimulant, but a depressant and narcotic; if it has no value to either keep up or keep down body heat, what is its use? It has been necessary in extracting the

(Continued on 2d page.)

White Ribbon Bulletin

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Mrs. Mattie Van de Bogart,
Managing Editor.

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OBJECT: To promote the advancement of
the cause of the Union of North Woods 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 do nothing, but I can do something;
what I can do, I ought to do, and
what I ought to do, by the grace of God I
will do.

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AUGUST, 1900.

Seven hundred and thirty-five delegates, representing 38 states were present at the national prohibition convention in Chicago.

We regret that as we go to press we have received no report of the school of methods held at Chautauqua, but have learned that Mrs. Unruh gave some very interesting addresses.

State W. C. T. U. convention will be held in Devils Lake about the middle of September. It is expected that Miss Clara Parrish (national Y secretary) will be present.

Lady Henry Somerset was elected president of the World's W. C. T. U. convention at the recent Edinburgh convention. Mrs. L. M. N. Stevens was made a vice president.

The Young People's Prohibition League was organized in January, 1897, in the city of New York, and has since won a name and fame on the firing line of reform. It was organized because a need was felt for an organization with which the young people could unite without regard to sex or sect for an honest out-and-out fight against the saloon.

The national prohibition party has placed before the country as its candidates for the presidency respectively John G. Woolley and Henry B. Metcalf. The ticket is an admirable one. The platform is a magnificent embodiment of principles which would certainly provide for the common defense, promote the general welfare and secure the blessings of liberty to ourselves and our posterity.

The archbishop of Canterbury delivered an address at the world's temperance congress to patriots and philanthropists of all nations. One of the many good things he said was: "It is terrible to me to think that whilst we have all this overpowering evidence of the mischief done by the present consumption of intoxicating liquors, there are such a large proportion of our fellow creatures who quietly put the question by and assume that it is not their business to have anything to say or do with it."

Dear Sisters: We must double our diligence from this time until state convention if we wish to raise our subscription list to the number of 2,000. Send in your renewals at once and be sure that all names are properly signed on the renewal cards sent. There are 200 of these cards to still hear from. I am sure you want to help the work enough to be prompt in this matter. We have received renewal cards from several who have not yet sent names, as follows: Two from Devils Lake, one from Hillsboro, three from Grand Forks. We will be very grateful if you will notify us who you are.

The Present Standing of Alcohol in Medicine.

(Continued from last page.)
active principles from many drugs. But it seems that even here its days are num-

bered. Dr. Squibbs, perhaps the greatest pharmaceutical chemist in America, is, even now, urging the substitution of acetic acid, the acid of vinegar, for alcohol in this place. He claims that it will do nearly all the work of alcohol in so diluted a form that it will be in no way harmful to the human system and at the same time will lessen the number of drugs that cannot be combined, and the cost of their compound.

So it would appear that Old King Alcohol after his long and tyrannic reign may soon be so disposed that he will find a place only as an external application, where its use as a sedative proves good in theory and practice.

Probably the most surprising point in this whole question is why in face of all these facts, physicians in general make such extensive use of alcohol. There are several reasons. Even so near the twentieth century old customs, old teachings die hard. Extensive laboratory studies and valuable experiments in this line are a comparatively new thing, and their results are put in practice slowly by men who have from their youth considered alcohol THE great stimulant, our sheet anchor in all cases of heart failure and weakening. In my own comparatively recent medical course such was the teaching, and now that more recent researches prove that alcohol is a depressant and not a stimulant there is a certain strangeness in departing from our early teachings. Even those physicians who, on temperance principles, have avoided alcohol in general have gotten strangely mixed and have used it in cases of collapse and heart failure—just the place above all others where it should be avoided.

Another great reason for its use is that people expect it. They, of course, would adopt the new ideas more slowly than physicians, and this is a drug they have been used to and expect in certain cases, and in this day of the necessity, from a business standpoint, of pleasing people, it is not to be wondered at that more alcohol than is necessary is prescribed, just as more medicine is given than is necessary. But however much it may be used, the conclusion seems to be inevitable, that the theories of alcohol as a therapeutic drug must be modified, and its use in medicine will change, and, no doubt, it may and will soon be put aside as worthless and dangerous. Education and agitation among physicians and people will hasten the day of its downfall.

(Read before the Cass County Convention of the W. C. T. U., June 20, 1900.)

Notice.

INKSTER, N. D., July 18, 1900.

Dear White Ribbon Sisters: Will any of you, holding gold medals of any kind, please report to me at once the kind of medal you possess, and also whether you can or will speak at state convention at Devils Lake about the middle of Sept.? I should also like the names and addresses of those who hold grand gold medals in the state. It is time we began to arrange for our convention contest, and I am sure you will want to see it a success; so please be as prompt in reporting as possible. Yours in the work,

MINNIE GOODES COOK,
State Supt. Medals Contests.

Sabbath Observance.

Drayton, July 12, 1900.—Dear Sisters: Please give heed to me while I remind you to send your reports to me by the 15th of August without fail. Report all work done in the line of Sab. Obs., no matter how little. I have sent out over 140 letters and have had thus far replies to 7. This is somewhat discouraging—it is not? Am not going to give up yet, however, for I have faith in our N. D. W. C. T. U. women, and believe you will respond to this appeal. Have attended five conventions in the past few months in the interest of this work, one of them the state S. S. con. in Grand Forks, and in all it was unanimously sustained by resolution and otherwise.

(MRS.) L. M. WYLIE,
State Supt. Sab. Obs.

Methods.

Dear Sisters: I have in mind a few things, some of which apply only to the work of the literature department, some equally applicable to all departments, so I will "write you a few lines."

First, a county or district superintendent of any department of work must not think her work done when she writes once a year to her local unions for reports. A good superintendent gathers in reports, but she must do more. She must work up an interest and secure the appointment of local superintendents.

Visit the local unions if possible; if this can not be done, write them and write again and again, until negligent or busy presidents and secretaries will answer to get rid of her. The Y's and L. T. L.'s, taking up any lines of W. C. T. U. department work, should be under the supervision of the county or district superintendents of those departments, the same as local unions, and report through them. Second, dear, busy, often over-worked W. C. T. U. sisters, please remember when corresponding with superintendents or officers, that their work will be much easier if you will always use one set of initials. Don't be "Mrs. John Smith" one day and "Mrs. Mary Smith" the next day; it is so perplexing. Third, in keeping account of literature distributed, please count number of papers and leaflets and also number of pages. Fourth, I shall soon be calling on the state superintendents of all the departments, and on the state officers for reports of literature used by them in their department work, if they will keep count of the number of official or circular letters, plans of work, etc., sent out by them, and also the number of pages and money expended for the same—that is just the information I want from them. The literature distributed by the local superintendents in any and all departments should be reported through their local literature superintendents. (Of course state superintendents of most of the departments require the amount of literature used in their several departments by the local superintendents reported to them. This is right, and the literature should be reported through both channels.) Fifth, every W. C. T. U. woman who wants to be well informed and a successful worker must have the Union Signal, her state paper and our own literature. Yours for enlightenment, IDA ANDERSON MORRILL, State Supt. Literature.

Wahpeton, N. D., July 16, 1900.

Ransom County W. C. T. U.

The Ransom County W. C. T. U. held its eleventh annual convention June 21 and 22 at Lisbon, N. D.

The first day was devoted to the appointment of the different committees, the reports from the local unions and the reports of the several superintendents. The reports from the local unions showed active work in each, and the reports of the superintendents showed an advancement of our cause in nearly all of the several departments. An excellent bible reading was also conducted by Mrs. Sizer. Mrs. Mott gave a splendid paper on "The Pledge and Principles of the W. C. T. U." A paper was also read by Mrs. Johnston on "Non-Alcoholic Medication."

The evening of the first day was given to the L. T. L., their program consisting of well rendered recitations, music and dialogues.

The forenoon of the second day, after the usual business, we listened to the reading of "The Laws of Our State Relating to Women" by our state cor. sec., Mrs. Vail. This was followed by a short parliamentary drill, conducted by Mrs. McCrory of Sargent county. We then listened to two excellent papers, one on "Purity," by Mrs. Porter, and the other, entitled "God's Commands Concerning Peace," by Mrs. C. W. Harris. We then elected our officers and adjourned.

The afternoon was given to the reading of papers and to discussions. Mrs. Mary Grover read a splendid paper on "Proportionate Giving" and Mrs. Dwire one on "Franchise." The question, "Does the Prosperity of the Church Demand That Temperance Work Shall Have a Prominent Place in Church Activities?" was discussed briefly by Revs. Sizer and Harris of Lisbon, Rev. Olson of Enderlin and Rev. Easterbrook of Elliott.

The program for the last evening consisted of a medal contest, interspersed with music. MRS. ESTELLE TAYLOR.

Pembina County W. C. T. U.

The 13th annual W. C. T. U. convention for Pembina county met in the M. E. church of St. Thomas June 26 and 27, with 48 delegates in attendance. County President Mrs. Ryan, of Pembina, presided in her usual graceful way.

The county president's report showed the work in the county in a flourishing condition.

Drayton stands first among local unions in the amount of active work done.

Cavalier, Drayton, Pembina and St. Thomas Y's are enthusiastic in their work.

Four L. T. L.'s—Drayton, St. Thomas,

Glasson and Pembina—have a member-

ship of 264.

Mrs. Unruh says: No woman can be

an intelligent White Ribboner unless he

takes the Union Signal and White Ribbon Bulletin.

Mayor McMurchie, in an address of welcome, said: "If men were as energetic on the temperance question as women, in two months there would be no liquor sold in Pembina county."

Mrs. Unruh proved that woman suffrage is a decided success in the states where in force. She said the outlook is wonderfully hopeful, and woman suffrage is as sure to come as that the world stands, and men are as willing to accept it as women. She urged women to familiarize themselves with both sides of the question.

On the first evening of the convention the Grafton Symphony club delighted an immense audience by their rendering of the beautiful cantata, Queen Esther.

11,936 pages of literature have been distributed; 50 Union Signals, 95 White Ribbon Bulletins and 73 Young Crusaders taken.

Four medal contests have been held in the year.

No teacher should ever be employed who uses tobacco, and much of the impurity among school children might be prevented if parents co-operated more with teachers—and were willing to believe it possible that their children might do wrong.

Rev. Hall answered the question, "Does the Prosperity of the Church Demand That Temperance Shall Have a Prominent Place in Church Activities?" by an emphatic affirmation. He said the church prospers only among law-abiding well-to-do people, and the saloon makes lawlessness and poverty.

Mrs. Unruh paid a glowing tribute to our State Pres., Miss Preston. She said: When Elizabeth Preston stands to speak in legislative halls she has attention, and her words have weight. Among state presidents she stands second to none.

The second evening of the convention St. Thomas turned out en masse to listen to an address by Mrs. Unruh. For almost two hours she held her audience captivated. Her subject, "That Old Bachelor" resolved itself into an address on Woman's Suffrage, and Mrs. Unruh proved herself to be a speaker wonderfully gifted in language, and with a knowledge born only of deep thought, observation and travel.

MRS. J. MANNING, Rec. Sec.

Steele County Report.

HOPE, N. D., July 22, 1900.

The first annual convention of Steele county W. C. T. U. was held in Hope, July 11-12. The convention proved to be a success, spiritually and educationally. Many interesting papers were read, several of which were followed by discussion. All were pleased by the interest manifested, by both workers and townspeople, as the church was filled at every meeting. The following officers were elected for the ensuing year: Pres. Mrs. Ella M. Shippy, Hope; Vice Pres. Mrs. Lydia M. Northup, Hope; Rec. Sec., Mrs. Cora Cochrane, Finley; Cor. Sec., Lucy B. Major, Hope; Treas., Mrs. Ella G. Boise, Sherbrooke.

We are pleased to note that the Finley union is active again and doing good work. In May the Co. Pres., Mrs. Day, visited Finley and made arrangements for a meeting, to be addressed by Mrs. Shippy. Shortly after, the union met, elected new officers, and the present prospects are very encouraging. Mrs. T. H. Latimer is pres.

Hope union is very wide-awake. Have been holding weekly meetings which have been greatly enjoyed. We have been studying Parliamentary Rules and find it very beneficial. Our membership now numbers forty-four—we hope to increase it to fifty before our state convention. We have prepared printed programs for our union for one year. Have taken up L. T. L. work and feel as if our labor, both in local as well as county work, have been wonderfully blessed.

Sherbrooke Y is much alive and had an excellent report for the year's work. Report on L. T. L., which is creating much interest among the children, and many other good things, which space forbids mentioning.

Riverside never "wearies in well doing," and are accomplishing much good by their labors. Their president, Mrs. Northup, is untiring in her labors and is worthy of much praise for her persistency and untiring efforts. They, too, report an L. T. L. with a goodly membership.

In all, Steele county feels that the coming year presents encouraging prospects, and we only pray that our efforts may be blessed in the future as much as they have in the past.



"HULLO."

W'en you see a man in woe,
Walk right up and say "Hullo!"
Say "Hullo" and say "How'd you do?"
How the world ails you now!
Sing the fellow on his back:
Bring your han' down with a whack;
Waltz right up, and don't go slow;
Grin an' shake, and say "Hullo!"

Is he clothed in rags? O! sho;
Walk right up an' say "Hullo!"
It's but a cotton roll;
Jest for wrappin' up a soul;
An' a soul is a soul;
Just like a party "How'd you do?"
Don't wait for the crowd to go;
Walk right up and say "Hullo!"

When big vessels meet, they say,
They sail so fast and sail away.
Jest the same are you an' me,
Lonesome ship upon a sea;
Each one sailin' his own cog;
For a port is far off;
Let the big steamkin' trumpet blow;
Lift yer horn an' cry "Hullo!"

Say "Hullo" and "How'd you do?"
Other folks are good as you.
W'en you leave your house of clay,
Wanderin' in the far away.
W'en you travel through the strange
Country t'other side of the ocean,
Then the soul you've chores will know.
Who ye be, an' say "Hullo!"—Yankee Blade.

From Miss Adams.

Grand Forks, July 16.—My Dear Comrades: Word has been received from our beloved secretary on the other side of the water to the effect that she was enjoying the convention and it had been her happy privilege to spend a day with our own all round the world missionary, Miss Clara Parrish. While she was enjoying this convention the county convention met at Thompson. This was a most helpful and enthusiastic convention, but I cannot take the space to tell you the particulars, as I wish to give you two papers which were prepared for the Y afternoon, one by the charming little leader of the Reynolds Y, Miss Carrie Topping, the other by the state supt. of medal contests, Mrs. Cooke. I ask you to give them both your prayerful, thoughtful attention. Let me, however, say that all the papers prepared for our Y afternoon were so interesting and helpful that the W's voted to have them copied and placed on file, so that any union that wanted to use them might get them by sending to Miss Mathews for them. We were charminly entertained; the Y's of Thompson also gave a reception to all delegates; the church was very prettily decorated; the music was excellent, furnished by some of the best talent of Thompson, Inkster and Grand Forks. The five-minute addresses given by Mrs. Naylor, Carr, Schell and Cooke, were most interesting and full of helpful suggestions. All who attended this session went away with a more earnest desire to press onward and with the determination to make the words of that old song—"I'll go where you want me to go, dear Lord," the prayer of their hearts. Would it not be a most excellent plan for each Y to make that the rule of their lives? Then we could go on and accomplish more effective ends. Let us try it. Yours in the work, CORA W. ADAMS.

The Importance of the Social Side of Our Work.

Reynolds, June 22.—Sociality as a means to an end has its successes and distresses. As a means in the hands of a world of people it must meet demands of all kinds, must bow and sway subtly, yet ever retain a hold on morality that will keep a bright fire burning to guide onward and upward to the end. True companionship is one of the highest offices of the soul—it is one of the purest and most noble—yet there has crept in a darker element which clouds the purity, an element that grasps with claws and breathes with a breath of poison into the soul—but the purity will cling to itself and with persistent never-ceasing effort keep above the poison. Tho' sometimes a soul passes from this world with the poison apparently predominant—it has that element of purity which is given to us all, but after the poison entered there came no contact with the pure to erase it. Do we always know just when to touch the soul that is poisoned? You may say "any time," and that is true, as the sins of omission are often of more moment than sins committed; an oppor-

tunity of putting a pure thought into a poisoned mind should never be omitted. How to do it? A look, a word, a touch, only that it springs of a pure motive—though its influence be not felt for hundred years—it is not lost. Though through an effort on our part the help was given we are as much the gainers. We can never regret a kindness given—it must needs root as deep into our own souls as in any. Would we plant a garden with weeds that grow rankly and crowd out the choicer flowers? Would we cultivate them to the extinction of the rarer nature gems that yield their beauty and perfume to the comfort of all. The idea is absurd—how carefully are the beautiful flowers guarded and coarser weed torn out and destroyed. That we might liken our minds to a garden, cultivating there only the best thoughts, that will be an inspiration of benefit to ourselves and those with whom we associate. A person is cast onto an island away from all fellow creatures—in solitude he reigns. If he speaks aloud, he alone hears the sound of his voice, be it pleasant or not. He finds something new and rare to look at, there is no one to see with him. There is no one to share his food. Given that he has books, which are in themselves dumb companions, that appeal in as many different ways as written—to us, yet day after day of this solitude would result in insanity. The eyes may be windows of the soul, but the mouth is the door, and the voice that does not find echo in some other soul is morbid, soon closing the door on itself. The story does not tell what would have happened to Robinson Crusoe had he not found a companion, but reason would have had it very different.

It is individual amiability that makes general sociality—therefore how much depends on each one. No use to say, "I am only one;" rather say, "I am one, and as one will put forth every effort to be pleasing and try to make everyone else pleasant." A lady once said of a noted professor, "Prof. —— acknowledges that he tries to be pleasing to people." Shall we excuse her on the plea of great ignorance, or did she mean it was wrong. If we cannot be pleasing and mean it, we can at least be quiet and civil, thereby hurting no one by unkindness. There is an old saying, "where there are no lawyers there is no crime." We can say, "Where there are no thoughts of sin there will be no sin." Is it ever right to tell a person how bad they are? Recall that part of the story of Donovan, where he was told that he was so bad and so wicked, until he thought he must be, and then how he strayed from that effect to the lowest aim of life, groveling through years of vice, and rescued by pure surroundings, which must needs appeal to the strength of character in the soul. And here we can make a point in the importance of sociality, stronger than any other in the curriculum—one through which we Y's can better battle with our social labor, and that is the sociality of the home. There lies the foundation that is to mark the success of bettering the whole world. There is an atom in the social importance—yet a telling one. That home, though humble, whose doors are ever open to those who will come where cheerfulness, light and purity are main factors, will weigh much in the balance with reforms. Sociality demands high motive—as God given creation only—is it given the power and importance it wields in our lives. To what happiness we will credit the gathering of friends for a social time. The laugh, the jest, the interchange of thought, the reflection, all tend to make us better. The world over, though with different customs, it has the same meaning. "Man was not made to live alone," has been truly spoken, and where each lends a kindly thought or deed or pleasant word to their presence among many, sociality will work a great benefit to the world. CARRIE C. TOPPING.

Richland County Report.

The Richland County W. C. T. U. convention has just closed its sixth annual session at Wahpeton, June 28-29. Reports from five unions and one Y were given, as follows: No. pp. literature distributed, 28,235; No. total abstinence pledges secured, 85; No. copies Union Signal taken, 34; No. copies White Ribbon Bulletin, 13; whole amt. of money raised, \$222.70; amt. raised by the Y's, \$50.19; amt. sent to W. C. T. U. home, \$37.05. Reports from ten departments show progress all along their lines of work. Election of officers resulted in the following: President, Dr. J. H. Knox, of Wahpeton; vice president, Mrs. F. L. Dwyer, Hankinson; cor. sec'y., Mrs. M. M. Stebbins, Fairmount; rec. sec'y., Miss Ellen Woolsey, Wahpeton; treas., Mrs. I. A. Morrill, Wahpeton. The

convention then gave expressions of appreciation for the valuable services rendered by its retiring president, Mrs. Ida Sparks Clarke, during her three years of presidency. A gold medal contest was held in the evening, and Miss Nerdie Sleeper, of Wahpeton, won the medal. M. M. STEBBINS, Fairmount, June 30, 1900. Co. Cor. Sec'y.

Report of First District Convention.

The sixth annual convention of the W. C. T. U., First district N. D., convened in the M. E. church, Rolla, June 19, 20 and 21. Three meetings were held daily and were full of interest throughout, the day meetings being replete with reports, papers, discussions, talks, etc. Four of the five district officers responded to roll call and twenty-one voting delegates were present; the following unions being represented: Rolla, Cando, Bethel, Crary, Webster, Preston, Devils Lake and Maza. The first evening addresses of welcome were made and responded to, after which Rev. A. T. Bishop, of Church's Ferry, lectured on "The Present Status of the Temperance Question," and was greatly enjoyed by all who heard him. The second evening a full house listened with interest and pleasure to "Glimpses of National Convention," by Mrs. L. C. McKinney. The last evening was devoted to a gold medal contest, which was very interesting and fully appreciated by the large audience present. Theo. Ingwaldson, of Bethel union, carried off the honors; the other contestants were presented with Willard bookmarks. A beautiful spirit of harmony prevailed throughout the entire convention, which was the most satisfactory one ever held by the district. Strong resolutions were passed, urging devoted work in special departments, such as L. T. L. work, S. T. L., aiding enforcement league and W. C. T. U. Home. Surely the gift of entertaining the stranger within their gates is possessed in no small degree by our Rolla sisters and friends, for never did we meet with more delightful hostesses. We shall long remember all that was done for our comfort and pleasure during our stay with them. Officers elected are as follows: Pres. Mrs. L. C. McKinney, Maza; vice pres., Mrs. Nelia Buck, Cando; rec. sec'y., Mrs. Mary Haig, Devils Lake; cor. sec'y., Mrs. Edna Salmons, Cando; treas., Carrie E. Madison, Cando. C. E. MADISON.

Walsh County Convention.

The 12th annual convention of Walsh Co. W. C. T. U. met in Park River June 6 and 7. Mrs. Gertie V. Titus, of Minto, presided with her usual dignity and grace. The opening consecration service, led by Mrs. Macaulay, of Park River, was very impressive. Reports were heard from superintendents of the following departments of work which are taken up in our county: Evangelistic, Christian Citizenship, Mothers' Meetings, Literature, Scientific Temperance, Juvenile, Mercy and Help, Medal Contests. The dept. of Flower Mission was added this year with Miss Naismith, of Minto, as supt. Particularly encouraging was the report of the supt. of Mercy and Help, who reported about \$700 in money given to charitable purposes, besides quantities of food and clothing. Wednesday afternoon a paper was read by Mrs. J. G. Moore, of Forest River, on "The Relation of Mother to the Teacher for the Best Interests of the Child." A very helpful discussion followed, which showed how thoroughly the mothers were interested in this subject. A symposium followed on the subject "What Can the W. C. T. U. Do For Us?" the leading thoughts of which were that the W. C. T. U. makes us better mothers, better Christians, broadens our sympathies and gives us better knowledge of home and childhood, and a greater desire to fill well the position of mother.

Mrs. Larup, of Park River, then gave us a beautiful address of welcome, which was graciously responded to by Mrs. Titus. In the absence of Mrs. Gray, Mrs. Titus then conducted a drill on the state minutes, in which the whole convention joined. The prize, which was awarded to Mrs. Moore, of Forest River, was a gold monogram stamp.

On Wednesday evening the opera house was well filled to listen to the matron's silver medal contest, the contestants all being Park River ladies. The local union was fortunate in securing the assistance of the gifted Anderson sisters, violinist and pianist, which made the entertainment particularly attractive.

After a very close marking the medal was awarded to Mrs. C. Merriam, to whom it was presented by Mayor Libby in a suitable speech. Mrs. Matteon, of Park

River, sang "Marguerite" very sweetly at the close of the contest.

Thursday morning, after devotional exercises, Miss Etta Stinson delighted the convention with an organ voluntary. Rev. Strahan was introduced and spoke in behalf of the enforcement league, and told of his plans for organizing a county enforcement league. The convention pledged him their support and co-operation. Reports of local unions were very encouraging. The Scandinavian union of Grafton deserves special mention. It is a new union, but reported 71 members. They have done very efficient work, among other things helping to carry on a crusade against druggists who had been violating the prohibition law—and were successful in taking away their permits. Ardoch reported a membership contest which gained them 23 new members. Several unions reported that though its L. T. L. was organized they were unable to carry on this most important branch of work for lack of a superintendent, which caused many regrets recognizing as we do the great importance of this dept. to the success of our work. A paper on press work, written by Mrs. Taintor, was read by Rev. Acheson. Mr. Wyard, editor of the Park River Gazette, was presented to the convention and gave us an excellent paper of "Advice and Encouragement For White Ribboners" which was received with a rising vote of thanks. Mrs. Cora Ross Clark then gave us a comic recitation, entitled "Baby's First Tooth." Mrs. Cliff gave us an exhibition of club swinging, which was much enjoyed, and Miss Bateman favored us with a solo. The officers elected were: Pres. Mrs. G. V. Titus, of Minto; vice pres., Mrs. J. G. Moore, Forest River; cor. sec'y., Mrs. Minnie Halliday, of Minto; rec. sec'y., Mrs. A. Catherwood, of Park River; treas., Mrs. Dora J. Carpenter. Mrs. J. G. MOORE, Reporter.

From State Historian.

Dear Comrades: Through the kindness of Mrs. Alice Beecher Phelps and Miss Adelaide Kinnear, I have now a complete file of state minutes and programs to date, and the generous gifts of Mrs. Lilian Peart, Miss Kinnear and Miss Preston have nearly completed my file of territorial minutes. I still need one copy, the minutes of the convention held at Canton in June, 1882. Can not someone furnish the missing minutes? Not a county or district W. C. T. U. has as yet sent me its history, and but two local unions have responded to my appeal for a full and accurate record,

IDA ANDERSON MORRILL, State Historian. July 16, 1900.

Lisbon holds their regular monthly gospel temperance meetings. Sunday evening, July 8, two interesting papers were read on "Proportionate Giving" and "God's Commands Concerning Peace."

Fairview union held a very interesting meeting on scientific temperance, also one on purity. The county president, Mrs. McIlvain, and cor. sec'y., Mrs. Mott, were present at the purity meeting and greatly encouraged the union.

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DEPARTMENT OF THE E. S. A.

For the remainder of this year, or until our annual state convention, Mrs. J. S. Kemp, of Galesburg, N. D., will have charge of this column. Any communications for this department should be sent her by the 15th of each month; or at least she should know by that time what you expect to send in.

"Efforts, not Results, are our Responsibility."



Hon. Pres.—Dr. Corn Smith Eaton, Minn.;
apoli; President—Mrs. Norton B. Taylor,
Laramore; Vice President—Mrs. G. D. Dawson;
Recording Secretary—Mrs. E. C. Haagenson, Hillsboro; Corresponding Sec-
retary, Mrs. Janette Hill Knox, Wahpeton;
Treasurer—Mrs. Anna Carmody, Hillsboro;

Methods.

We would impress upon all, the importance and value of freshening up in parliamentary law before our N. D. E. S. A.

We hope many have answered the plea for \$1.00 cash and assurances of aid in the Bazaar of our N. D. E. S. A. We have sent and know "it is better to give than to receive."

In a letter from our Cor. Sec. N. A. W. S. A., Rachel Foster Avery, she asks aid for our National Bazaar, which is to be held in Madison St. Garden, N. Y. Dec. 3d to 8th, 1900. There are to be state booths and the articles should reach N. Y. by Nov. 15th. By all means let us do something to aid our National as well as our State Bazaar.

Friends, we should double the total membership of our association. We should be able to distribute free literature all over our state. We should keep up a vigorous press department, with a local press Supt. in every town. We should have a trained organizer often. We should send a memorial to every delegate of the national political conventions to secure recognition on their platforms. These are a few points given in a last letter from our National Pres., Mrs. Carrie Chapman Catt.

Soon is coming our severest battle. The liquor interests of the country, organized, unscrupulous, powerful, are bending every energy to defeat suffrage wherever it comes up. Well, they realize what will become of their breweries, saloons, etc., when women come to vote all over the land. What we want now is a "long pull," a strong pull, and a pull all together.

The efforts made by male students at Syracuse, N. Y., University, to have women students excluded from oratorical contests have failed. Recently a very young Prof. teaching in a co-educational college, remarked to me, he was amazed at the average girl student's standing, over the average boy student's. He attributed it to the prowling around at night of the young men, which the young women did not do. Equality may stop some of this prowling.

"Every step mankind has made in the direction of truth, enlightenment and progress is to be credited to agitators. The prophets of old, were agitators; Christ was one; every pioneer of liberty and civilization was an agitator. Without agitators the world would still be plunged in darkness, and we but little better than the aboriginal savage. Agitation differentiated the true from the false prophets. If we are blundering in

the Orient, agitation will reveal our error. If we be right, agitation will justify us. No righteous cause has ever been hindered by agitation. Every wickedness and tyranny and vice has trembled and fallen before it."

The most entertaining episode of the recent legislative hearing on Woman Suffrage in Mass., was a skirmish between Dr. Lyman Abbott and Mrs. Julia Ward Howe, in which Mrs. Howe decidedly got the better of her clerical opponent. Dr. Abbott insisted that the fact of most women being opposed, or at least indifferent on the suffrage question, was a conclusive argument against the reform. Mrs. Howe said: "May I ask one question? Were the twelve apostles wrong in trying to bring about a better social condition, when almost the whole community was against them?" Dr. Abbott answered rather flippantly: "I suppose that question is asked merely for rhetorical effect." In answer, Mrs. Howe said: "The gentleman has referred to the division of our sex on this question, I must go back to my New Testament; and I do so with an unsophisticated mind, for I have never been taught to regard its precepts as matters of rhetoric. In the parable of the ten virgins, we are told that five of them were wise and five were foolish. Their numbers were quite evenly balanced, but it does not follow that they were equally in the right. When the bridegroom came, those of them who were ready went in with him to the marriage. The bridegroom for whom we are waiting is Heavenly Justice and Civilized Progress. I hope those of us who have the proper oil in our lamps will be allowed to go into the marriage, and that the others will in time obtain that oil and follow us; and I hope Dr. Abbott will not be the only man left without a wedding garment." I think we can all appreciate poor Dr. Abbott's feelings just at this juncture; but the prime thing that fills me with indignation is, that these brave, strong women have gained so many rights and privileges for us and we do nothing to aid them in return. Ah, the help and comforts they have brought to the average woman. Once, a woman had no right to her children. What of it now? It is only a matter of history. Inform yourselves on the question of the status of women fifty years ago and now, and if you honestly and earnestly wish to be among the wise who had their lamps filled with oil, you will become a downright suffragist and immediately send in your name and 25 cents to our Treas. Mrs. John Carmody, Hillsboro, N. D. I would say we make no discrimination as to sex, one is as good as the other if they behave well.

Ransom Co. Druggist's Sales of Intoxicants for June, 1900.

Lisbon—E. C. Lucas, 183 pints.
Lisbon—W. S. Parker, 141 pints.
Sheldon—P. J. Hoff, 58 pints.
Enderlin—Hoff & Shirley, 148 pints.
Enderlin—Mr. Engle, (books not in.)

FIELD NOTES.

Baker & Bartee's saloon, at Enderlin, has been closed by the sheriff. Twenty-five gallons of brandy was found.

A deputy sheriff raided the pool room of Early & Co., at Abercrombie, and found evidence of illicit goods.

Newly elected county presidents: Ransom, Mrs. L. Chamberlin, Elliott; Richland, Mrs. Dr. J. H. Knox, Wahpeton; Barnes, Mrs. L. M. Brown, Cooperstown; Traill, Mrs. H. C. Ruth, Portland; Steele, Mrs. Ella Shippy, Hope.

Dr. J. H. Knox has accepted the nomination of county supt. of schools on the democratic ticket in Richland county, with the understanding that she is never to sacrifice her prohibition principles.

Richland County Gazette.

In an address before the state Baptist association, at Crystal, R. B. Griffith, of Grand Forks, said that when he came to the state in 1881, which was the time of sod shanties, there sprang up little villages and with them the saloon, and through the saloon the villages became scenes of rowdyism. Dakotas became a synonym of rowdyism. In 1887 a local option law was passed and later, through the influence of the W. C. T. U., the saloon was abolished by law. What has prohibition done for North Dakota? It has decreased crime, lessened court expenses, decreased poverty, increased morality and increased the status of living. The people of North Dakota dress better than in Minnesota. It has given us a better standing before our great nation. —From Park River Gazette.

At Carrington six blind piggers were arrested and the liquor was also secured.

All the drug stores at Minot have been closed under injunction, but Judge Morgan has ordered them reopened for a drug business simply until further orders from the court.

Cogswell and Harlem unions held a joint meeting at the home of Mrs. Black, of Harlem. Excellent music and interesting papers combined to make it a very helpful and inspiring meeting.

A very enjoyable and instructive service was held in Sanborn one recent Sunday evening, under the auspices of the W. C. T. U. Mrs. Tucker presided and other ladies of the Sanborn union took part in the exercises. A paper regarding home life, church life and social life was prepared by Mrs. Kerr, of Cooperstown, and read by Miss Barton. A paper on "Equality in Citizenship," by Mrs. Brown, of Cooperstown, was read by Mrs. Smith. Mrs. Bentley read an excellent paper, entitled "Tools of Our Guild." Then came paper prepared by Mrs. Roberts, of Wimbledon, on "Home Training," and was worthy of much attention. —Sanborn Enterprise.

It is a pleasure to remind the dear Bullock family that Park River union is still at the old stand and always up to something. During the county fair here on the 18th and 19th of July, we conducted an attractive dining hall and served hot dinners and suppers, and were so liberally patronized that our treasury was replenished by a handsome sum. It meant hard work, but there were plenty of the faithful who stood loyally by the enterprise, some of them never visiting the fair grounds at all in their zeal for success. Ye press superintendent returned from her summer holiday to find that she had been appointed and declared county superintendent of press work by the recent Walsh county convention. And that is just like the W. C. T. U.—they will make something out of you whether you will or no, even without your knowledge, to say nothing of consent. N. M. T. Lakota—Early last November our president was compelled by severe illness to go away for treatment, and had to be away till last April. The work dropped by her tired hands was taken up by our vice pres., Mrs. Barnum, and so ably and successfully has she carried it on that we all feel grateful to her. We began the last year with 32 active members and 1 honorary. We now have 50 active and 4 honorary. There are now 20 copies of the Union Signal and 24 of the White Ribbon Bulletin taken here, where last year were but 5 of either. During the year we have raised \$205.08. At the meetings held by Mrs. Urnuk the collections amounted to \$18.25, which is not included in that sum. Mrs. Urnuk's coming among us was of much benefit to us all—her wise counsels, timely suggestions and fearless upholding of the right we feel must have been some of the "good seed," which, we trust, has fallen on good ground. We have 4 departmental supts.—Mrs. S. Whitford of Evangelical work, Mrs. C. Petter of Sabbath Observance, Mrs. E. Alexander of Social Purity and Mrs. M. J. Kent of Literature and Press. She has distributed 11,525 pages of literature and 86 leaflets. We had one sermon on Sabbath Observance, held two parlor meetings, two public meetings and one lecture. Our prohibition enforcement case you are doubtless familiar with through the pages of the Bulletin, it being considered an important case by the league. Our main efforts have been in the line of this case and mothers' meetings. In these meetings considerable interest is manifested. Three social purity meetings have been held for mothers. We feel encouraged over the year's work, as more interest is shown in the union now than ever. H. D. P., sec.

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CASSELTON. NORTH DAK.

Social Reform Union.

There are two things of which corrupt
politicians are exceedingly afraid. The
first, and most effective, is direct legisla-
tion; the second, is woman's suffrage.

Without the first, the ballot would be
of little use to women.

There are plenty of good men now who
would vote right on all important issues,
if those could be presented separately
for their consideration. But just so long
as the politicians are permitted to con-
fuse money and military matters; state,
local and national, just so long will every
voter be compelled to endorse a great
many things he does not want for the
sake of getting something he thinks im-
portant, and runs a very small chance of
getting that.

No wonder that so many men will sell
their votes, making sure of getting a
little money, when they see it is a hope-
less case that they may get anything
else. With direct legislation they would
have no excuse, and would want none.

To-day we had in force a constitu-
tional amendment in this state, that per-
mitted ten per cent. of the voters to de-
mand a direct vote on the question of
woman suffrage at our next election its
chance of passing would be much greater
than if a bill were introduced into the
legislature to that effect. At any rate,
those who desired it, would bring influ-
ence to bear on the individual voter,
whose opinion on this point need not be
mixed up with other matters.

South Dakota has direct legislation.
In Oregon, an amendment has passed
the first reading in the legislature, thanks
to the republicans, who are proud of it.
In Ohio, the same party defeated it.

In Utah, the democrats were responsi-
ble for the passage of a similar bill, and
a leading democrat of Michigan suggests
the following for the national platform of
that party:

"The time is at hand when patriots of
all political parties should for a time lay
aside all debatable questions of politics
and economics and for once and for all
time settle the question whether our
government is to remain a government
of the few, in the hands of plutocrats,
bosses, corruptionists, trusts and combines;
and stand for the classes, or whether
henceforth it shall be a government by
the people and stand by the masses."

KATHARINE V. KING.