



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 3. NO. 4.

TOWER CITY, N. D., MAY, 1901.

Monthly—25 Cts. a Year.

Health and Heredity.

Of the many important questions receiving the attention of enlightened people in this marvelous 20th century, none are more vital than these two. The blighting power of ill health is an unquestioned fact. No subject, then, is of greater importance than the maintenance of good health. Without a sound body a sound mind is impossible. Disease of body effects even the morals of men. Bodily illness is often responsible for impatience and irritability in men and women. One noted doctor affirms that "every man is a rascal when he is sick." Without doubt a large percentage of the ills that human "flesh is heir to" is directly chargeable to improper food and over-eating. That large-hearted and clear-brained woman, Mary A. Livermore, says: "There is need of the 'Domestic Science Bulletin.' Let it continue its educational work, and tell us of the 'Science of Nutrition' and of 'Health Foods' and of everything in that line that we ought to know. 'Cry aloud and spare not,' sometime you shall be heard." The movement for a better physique is an unmistakable sign of the times. Physical strength and beauty can only be attained through the observance of the beneficent laws of health, which a gracious God has implanted in the human being. Hygienic living and the various phases of physical culture hold the key to the storehouse of good health. Food bears the same relation to the body, yea even to character, that the materials used bear to the building constructed. Food has its outward sign, just as the other functions of life, such as exercise, dress, occupation and mental habits, have theirs. How inevitably these will tell their story on the whole being. Low associations, careless and dissolute habits never produce high ideals or conditions of life. If the body is improperly nourished upon unwholesome food, we learn from the unerring laws of nature that this sensitive mechanism will partake of these ill conditions and be correspondingly coarse and unlovely.

A charming writer who has most earnestly sounded nature's depths, says: "Without making a fad or fetish of any specific theory of subsisting on this, that, or the other, it is yet true that the lightness and delicacy of foods contribute infinitely more to both bodily and spiritual energy than rich and heavy viands. The connection between mind and body is so close and so intimate that what clogs the body burdens the mind." The prime object upon which all physical culture is based, is to refine the body; thereby rendering it more capable of performing the highest and most intelligent service. So then to produce an athlete is not the aim of the gymnasium or other modes of physical culture, but to render the human body a fit, intelligent and plastic vehicle for the true expression of the spirit within, which is the essential quality of being. The immense importance of the care and culture of the body is not hard to see in the light of these facts. But, although the Woman's Christian Temperance Union has been organized for 27 years, still there are workers who ask the question: "What has health to do with temperance?" Instead of regarding this as one of the most practical departments of our great temperance organization, which it really is, it is too often neglected in the plan of work of our local unions. Those who have authority to speak on this subject assert that in food we have, perhaps, the key to the temperance question. "Without doubt certain foods excite and foster the appetite for alcoholic drinks. Fran-

ces Willard gave her estimate of this department of work when she said: "Diet, sleep, exercise, dress reform, are a blessed quartette of Divine, Heaven-sent allies of the temperance movement." Health and temperance are most vitally related to each other. And the world is recognizing this truth and disseminating it in the numerous Health Protective Associations and Boards of Health, which are rapidly increasing in cities and localities throughout the world. Men and women are learning that it is worth while to employ the gospel of prevention rather than that of cure. Great dailies have opened their columns to these vital subjects and hundreds of local papers have their "Home Department." Literature and periodicals on these twin subjects, Health and Home, are rapidly multiplying which gives proof of the world's keen awakening to the importance of these great themes. Law-makers recognize it. Our late legislative assembly of North Dakota passed a law, being "An Act to Prevent the Adulteration, Misbranding and Selling of Adulterated and Unwholesome Foods and Beverages," prescribing a penalty for the violation, and charging the state attorney with the enforcement thereof. This act takes effect Jan. 1, 1902, and is known as House



MRS. L. M. BROWN,
State Supt. of Health and Heredity and
President of Barnes County.

Bill No. 103, introduced by Representative Thomas. The penalty for violating this law is not less than \$25.00 nor more than \$100.00 and all necessary costs, including the expense of analyzing such adulterated articles. Thus it would seem unnecessary for the people of our commonwealth to be imposed upon by impure foods. The other half of this department is no less important than the first; for in it is contained the moral and physical well being of the generations yet to be. Heredity is the gospel of human conduct. It is the crystallization of habit in a human life. The material and moral conditions operating upon it, are the controlling factors in determining its hereditary legacy. This lays a solemn responsibility upon parentage, which cannot be escaped. This inscrutable law is recognized in Holy Scripture when it declares that the sins of the fathers shall be visited upon the children unto the third and fourth generations of them that hate God, and showing mercy unto thousands of them that love Him and keep His commandments. So then, by an intelligent understanding of, and obedience to, this universal law, an evil

heredity may be greatly mitigated, often removed, and a good heredity may be vastly augmented. Therefore, should we not make this white light of truth the head-light of humanity's redemptive forces? So that an enlightened people may clearly see the possible attainment of the new heredity, which proclaims it to be "the divine right of every child to be well born" and reverently acknowledge the sacred obligations of parenthood.

The direct bearing of this great law of heredity upon the temperance cause is discovered in the fact fully proven that intemperance is a disease that may be and undoubtedly is often transmitted from parent to child. The world does not need scientific proof that there is such a thing as hereditary intemperance. That fact has been open to the most casual observers among men for lo, these many, many years. Alcohol is a brain and nerve poison; it attacks the brain in just 23 seconds after entering the body, so science says. Drunkenness is a brief insanity, and continued drunkenness produces the violent insanity, delirium tremens, often resulting in incurable insanity. And so it does not take science to tell us that insanity is a strong tendency in the offspring of drinkers. It is folly that "idiotcy, epilepsy, insanity and nearly all varieties of weakened intellect are some of the most common entailments from a drinking ancestry." These grave facts are too often lightly dismissed with the saying that they "run in the family." To be sure they do, but somebody is responsible for putting them there. But this is the dark side of heredity. There is a bright and beautiful side as well in the assurance that God delights in shewing mercy unto thousands of them that love Him and keep His commandments. And how graciously He strives to help poor wayward humanity by placing numerous warnings in His word, and friendly guideposts along life's pathway saying "be ware lest thou forget the Lord" and His beneficent laws. And alas, how oft we forget. Why should we so oft forget to apply His laws, which work such wonderful results in the improvement in plant and animal life, to the development and progress of human life? Just as the best surroundings and conditions produce improved manifestations of life in the lower kingdoms, so the choice of the best habits and the best thoughts and ideals will redeem humanity from a bad heredity. Jacob was a striking example of the power of this great truth. He built altars and talked with God and so saved himself from his evil heredity. The choice of the best things in the material and moral spheres is open to every human being in this day and hour. Will humanity use them for the personal betterment which they will afford, and the untold benefit which, under this law of heredity, will result to the future race? While the operation of this law is inevitable in its insistence that like produces like, yet it embodies the brightest hope for a perfected humanity in the possibilities it contains for our improvement. "It is possible so to live, * * that it may go well with us forever."

"Why bowest thou, O soul of mine,
Crushed by ancestral sin?
Thou hast a noble heritage—
That bids thee victory win."
"The talented past may bring forth flowers
As blossomed Aaron's rod,
No legacy of sin annuls
Heredity from God."

I wish to urge upon my co-workers, their careful attention to the literature provided for this department by its national superintendent, Dr. Louise C. Purington, of Dorchester, Mass. Those

A Blue Mark here indicates that your subscription has expired.

who will take the time to examine it will find that these subjects of health and heredity are treated in an impartial and scholarly manner. Mrs. Purington, a member of the faculty of the Shawmut School for Girls, has no element of the health "crank" in her treatment of these allied subjects. Take, for instance, her "Studies in the Problem of Food," a 32 page pamphlet; which is a most thorough and exhaustive treatment of the food problem from a rational and enlightened standpoint. It is not couched in meaningless scientific terms concerning the chemical properties of the various foods, but is most interestingly told. The chapters on "The Problem of Food" and "The Relation of Food to Character" have power to charm the most disinterested reader. I have some of this literature which I will supply to those who will apply to me for it. Dear women of the local unions, will you not take up this department of work? It is eminently practical, and it is vital in its relation to the cause of temperance and a perfected humanity. The materials for its promotion are already within your hands, in all the varied domestic paraphernalia of the home. The one thing lacking in many cases is the necessary knowledge to so use these materials that they will fulfill the highest service intended for them. This knowledge is to be had in the abundant literature prepared for this purpose. Does not duty demand of us that we secure for ourselves and others the largest and best results from these tools and materials entrusted to our care, particularly when we remember that in it is involved not alone physical well being, but what is infinitely greater, the spiritual welfare of the inmates of the home.

[Dr. Purington has prepared a leaflet giving suggestions for "Programs for Health and Heredity Meetings," which will prove valuable aid, and which I will supply to those who wish to make use of it.]

Some one has prophesied that "the new woman will be a new cook, applying the principles of chemistry and physics to the preparation of food," while another authority affirms that "the path of the missionary in America lies through the kitchen." It is certainly true that there is need for reform in the domestic management of many homes, as well as in the larger home circle of our nation, in the interests of good health and good morals. A prominent physician of New York suggests in the columns of one of that city's dailies that a new government department be organized to be called the department of health, with a new cabinet officer over it who shall be called the secretary of health; and argues its equal importance with the department of agriculture, and pertinently remarks that "it is no more important to cultivate hay than to cultivate health, to fight drouth than to combat disease."

L. M. BROWN,
Cooperstown, N. D., April 13, 1901.

Roll of Honor.

The following counties are those that have sent a report for last quarter from each union in county:
Steele county, Mrs. O. G. Major, Sec.
Ransom county, Mrs. Nellie Mott, Sec.
Sargent county, Mrs. Anna McCrory, Sec.
Kidder county.
Other counties and districts have done nearly as well, and we trust to have a much longer roll next quarter.

White Ribbon Bulletin

PUBLISHED MONTHLY.

Elizabeth Preston,

FOR CHIEF,

Mrs. Mattie Van de Bogart,

MANAGING EDITOR.

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

Entered in the postoffice 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 MORO: I am not one, but I am one; I can not do everything, 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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All manuscripts 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.

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MAY, 1901.

Our Club Offers.

White Ribbon Bulletin and Light, 70c.; Bulletin and Union Signal, \$1; Bulletin and Backbone, 30 cents; Bulletin and Dakota Farmer to new subscribers, 75 cts. for one year, for one-half year, 50 cts., and as a premium a map of the two Dakotas with a map of the world on the reverse side. Westland Educator and Bulletin \$1.00.

Please send concise reports of your county conventions, giving all of the important points.

The first number of Contest Journal is at hand and contains many helpful ideas and excellent recitations.

The Westland Educator is an up to date monthly magazine published by W. G. Crocker, of Lisbon, county supt. of Ransom county. Progressive methods of teaching are advanced, so that no teacher can afford to be without it. Notice our club offer.

Our premium offers can still be taken advantage of. For fifteen subscribers either of the books, Almost a Man or Almost a Woman. Twenty subscribers, a picture of Miss Preston, mounted on handsome card board, 8x10. Twenty-five subscribers, the book, What a Young Woman Ought to Know, and to the union sending in the largest list before state convention, a large picture of Frances E. Willard. Can we not raise our subscription list to 2,500 before state convention? Let us try our best.

An effort is being made to prove that the abolition of the canteen is causing riot and disorder outside the camps. Immediately after pay day at Fort Sheridan, seven of the Chicago dailies published long accounts of rioting in the village adjoining the Fort. The New Voice has published evidence which proves that every such report was utterly false, and gives a sworn statement of the president of the village and also of the marshal and others, to the effect that no such riots occurred, etc. The Union Signal says: "The liquor men have undertaken to change public opinion and they have the means at hand in the shape of a venal press, which only in exceptional instances has dared to openly oppose them." Those living in the vicinity of military encampments are urged to acquaint themselves with the facts, and meet lies with truth. Send re-

ports to your papers, and use every means to keep truth to the front. In order to do this you need the New Voice, for whatever you see in the Voice you may be sure is true.

PRESIDENT'S CORNER.

Dear Comrades: My last letter was written from Drayton, where I was entertained in the hospitable home of our superintendent of Sabbath Observance, Mrs. L. M. Wylie. To Mrs. Wylie is due much of the credit for securing the clause in the Pan-American appropriation bill which conditions that appropriation upon Sunday closing.

At Drayton I had the pleasure of meeting our efficient young L. T. L. secretary, Miss Bena Halcrow, and also her sister, Mrs. Barbara Wylie, our former state treasurer. Mrs. Wylie has the sympathy of all White Ribboners in the great bereavement which came to her last winter in the sudden death of her husband, who was called from the "strife land to life land" while sitting by her side at church and without a moment's warning. Mr. George Wylie was one of our honoraries, a practical Christian and a business man of recognized ability and integrity.

At Forest River I was entertained by Mrs. M. S. Ballock, whose home is a haven of rest for weary temperance tramps. My sojourn there was brightened by an exquisite bunch of pink carnations kindly presented by the union. At the close of the afternoon meeting ice cream and coffee were served. As there was a quantity left, a committee was sent out to inform the business men of this fact with the result that a neat little sum was realized for the W. C. T. U. treasury.

I was told that the people of Hamilton always look for a storm of some kind when I am expected to speak there. This time they were not disappointed, as we had one of the most terrific wind storms of the season. However, we had a good attendance at the evening meeting, which was presided over by my genial hostess, Mrs. W. C. Green, who for years has been president of the union.

Glasgow union has lost some of its most valuable members by death and removal. They are bravely keeping up the work and have a promising L. T. L. The president is Mrs. Janette Andrew; corresponding secretary, Mrs. Alice Scholte. At St. Thomas I had the privilege of speaking to an L. T. L. of which any union might justly be proud. The young president presided with grace and dignity. It was an inspiration to look into the faces of those young recruits who are training for active warfare in the temperance army. It is a constant regret to me that so many unions in the state are neglecting this most important branch of our work.

I spent Easter Sunday at Minto, speaking in the morning and giving a short talk to the children in the evening. I was entertained at the home of Walsh county's president, Mrs. Gertrude Titus. Mrs. Titus was one of our delegates to the national convention at Washington. While visiting her mother at Galesburg, Ill., she gave a review of the convention before the temperance societies of the city, and also before the Sorosis club. Upon invitation of the ministers she read a paper on temperance at an all-day Twentieth Century meeting.

At Gratton we had a joint meeting of the American and Scandinavian unions at the home of Mrs. Omie. The members of the Scandinavian union feel that their greatest need is W. C. T. U. literature in their own language. The American union has lost one of its most earnest and active members, Mrs. Wood. Mr. Wood is deputy state superintendent of public instruction, and they have taken up their abode in the capital city.

Arrangements could not be made for a meeting at Milton on account of the serious illness of the president, Mrs. A. Prom. We are glad to learn that Mrs. Prom is rapidly regaining her usual health.

At Langdon I was entertained by Rev. and Mrs. S. F. Beer, who are staunch friends of the temperance cause. A Sunday school institute was being conducted by Mr. Frank Hall, Baptist Sunday school missionary, who very kindly withdrew his lecture for our evening meeting.

I spoke for the Esby union at a school house five miles from Esby station. I had the pleasure of stopping with the energetic president, Mrs. Lizzie Rourke. Mrs. Rourke, like most of our workers, is a woman of many cares. She has seven children, the eldest ten years of age, and the youngest, twin boys, are two years old. It is plain to be seen that her little ones are not neglected. One would

need to travel far to find a healthier or a more beautiful family of children.

I spent Sunday at Park River which is the banner union of the state in point of membership. We had the morning and evening meetings at the M. E. church, Mrs. Florence Towle, the president, presiding. The music at these meetings was especially inspiring. My host and hostess, Mr. and Mrs. Geo. Honey, are active workers in the union. Mr. Honey recently sent for 225 copies of the annual leaflet and put them into every home in Park River. We wish every union had such an honorary member! The "convention baby," Elizabeth, Mrs. Towle's little daughter, who was named by the Grand Forks convention, is growing and flourishing and is a sweet little maiden of whom the W. C. T. U. may well be proud.

My visit to Inkster was saddened by the announcement that the faithful president, who is also our superintendent of medal contests, Mrs. Minnie Goodes Cook, is soon to leave the state. Mrs. Cook is a worker of rare tact, talent and consecration, one whom we can ill afford to lose. Mr. and Mrs. Cook expect to move to Michigan, where he will engage in school work. Mrs. Archer was elected president of the union, and Mrs. J. N. Gallagher, of Inkster, will take the medal contest work.

My visit at Larimore was a brief one. I arrived at 6 p. m. and left the next morning at 4 o'clock. Mrs. Flora Naylor, president of the union and also of Grand Forks county, has had a long siege of illness. She is improving daily and hopes to be able to represent North Dakota at the National Equal Suffrage Association which will be held in Minneapolis June 1st.

Last week I spent several days in Fargo attending the M. E. Conference. We had an informal meeting at the Home, Friday, April 19th. It is earnestly hoped that means will be provided to finish the nursery this summer as it is greatly needed. Miss Cummings tendered her resignation as matron to take effect May 15th. We shall be sorry to lose Miss Cummings, who goes east to visit her parents, and hopes to engage in work nearer home.

Last Sunday I spent at Grandin where the union seems to be doing good work under the leadership of Mrs. J. M. Hotson.

Meetings were held at Caledonia, Monday and Tuesday evenings and Monday afternoon. The new Y which is a very promising organization, decorated the church and furnished the music. The Caledonia union, at present under the leadership of Mrs. A. P. Bayle, has done good work under difficulties. They are twelve miles away from the railroad, and until this spring have not had a speaker for years.

Hillsboro is mourning the loss of their faithful president, Mrs. S. H. Gray. A farewell reception was given to Rev. and Mrs. Gray by the W. C. T. U. and the Congregational church over which he has been pastor for several years. They move to Wibaux, Montana.

An afternoon and evening meeting was held at Reynolds, where I was entertained at the home of Mr. and Mrs. H. K. Dickieson, staunch prohibitionists whose home is a home for temperance workers.

I expect to meet with the Grand Forks unions this afternoon and will speak for the Scandinavian union tomorrow morning and for the American union in the evening.

The county conventions will be held, so far as I have been able to learn, as follows:

- Kidder, at Steele, May 23-24.
- Second District, Leeds, May 29-30.
- First District, Cray, May 30-31.
- Cavalier, Osbrook, June 3-4.
- Walsh, Minto, June 5-6.
- Pembina, Cavalier, June 7-8.
- Barnes, Sanborn, June 11-12.
- Ransom, Enderlin, June 12-13.
- Sargent, Minnor, June 13-15.
- Steele, Hope, June 19-21.

Yours faithfully,
ELIZABETH PRESTON.
Grand Forks, N. D., April 27, 1901.

Cor. Secretary's Letter.

A Twentieth Century praise meeting will be a very pleasant part of our state convention program this fall if we have rendered the service which will warrant it.

The degree of praise is measured by the vision which we receive as the result of our efforts in the Master's service, for God and Home and Native Land. For it is true that the more we do the more we love Him and the more we want to work. And the more we love Him the greater our praise will be. Not quite five months remain before we shall again assemble in state convention.

What shall we bring in our reports that will warrant true praise? Much in every way I hope.

During the winter months many of our unions were unable to do as active work as they would like to have done, but as the spring time is with us again and everything is partaking of new life, it is to us as the forces united for home protection, that nature's lesson can be applied. So may we arise as never before to the privilege afforded us to work for the abolition of the liquor traffic, the education of the young and the triumph of Christ's Golden Rule in custom and in law.

If we can secure 500 new members this year we will have one very great cause for rejoicing; and it would help make a most fitting praise service. For the accession of each new member means somewhat of W. C. T. U. principles and work shall enter another home and that there shall be another center of influence from which shall radiate the pure light of total abstinence and purity teachings. So let us work for the new members and then begin to educate them so we shall have 500 new workers. What a power we would be, and what a bright light would emanate from these homes, if some of our twentieth century literature formed a part of the intimate life of food which will surely give a better understanding of how to be true home makers and home protectors. But remember the counting of new members is conditioned on the amount of dues paid to our state treasurer, so we must not forget that part of it.

Begin now to plan to answer the questions that will be given in July Bulletin on White Ribbon Bulletin, Union Signal, Annual Leaflet, State Minutes and a few questions on the laws of our state relating to morality. Each one who answers 75 per cent of these questions will be given a prize, and the one sending best list of answers will receive a better prize. If all of our women take this work we will have a second great cause for rejoicing, because we know that this study will be of great benefit to yourselves and the work. A prize will also be given to the unions having first, second and third best prepared programs that have been carried out.

The little folder, "Helps for Local Unions," that has been sent out, we hope many are already making use of. Emerald has ordered a number for their mothers.

If you have any women whom you would like to have unite with your union, you think a personal letter from us would help encourage them any, just send their names and we will send them a personal invitation and promise to send a little white bow to each. We will have some on hand awaiting your orders.

We feel much encouraged from the result of last quarter's reports, as we received many more than the first quarter, although there are one county and one district we have not yet heard from. Next quarter we expect to receive many more still, and the last quarter we must hear from every union, and that will be another subject worthy of adding to our praise service. The blanket report blanks, which are soon to be made out and sent to the state supts., county and district presidents, and local unions, will contain blanks for each superintendent's departments, so they will not need to send separate blanks. The method of using these blanks will be explained in next issue of the Bulletin. If thoroughly used we will have very satisfactory reports this fall, and thus greatly rejoice.

And now I am going to ask that every union send, if possible, 25 subscribers to the White Ribbon Bulletin. Some can doubtless send more. If you will do this all expenses of the paper can be met. I am sure you can do this, and then how we would rejoice and render praise for work so well done.

Finally, dear ones, "Deal courageously and the Lord shall be with the good." Is. 19:11. Yours in loving service,
MATTIE VAN DE BOGART.

Dear Bulletin: We are still going forward as best we can. We held a memorial meeting in memory of Frances Willard, on Sunday afternoon, copying as nearly as possible the program in the Union Signal; also a Neal Dow meeting. We tied the white ribbon on the arm of the infant daughter of Mrs. Edith Porter Loomer. We had our county president, Mrs. L. B. Chamberlin, with us at our last meeting and organized an L. T. L. with six members. Miss Nan Brown is superintendent. We feel sure of more members as soon as we hold our first meeting. Our county president always encourages and strengthens us whenever she visits us. The president of the Elliott union also visited us. We gain much by exchanging visits. Mrs. N.W. Porter, Englevale, Press Supt.

Casselton Reporter
CASSELLTON, N. D.
Neat Job Work for W. C. T. U. on Short Notice,
AT REASONABLE PRICES



To Y Girls.

Dear Ones: Do you realize what a privilege lies before you in the work of the Y. W. C. T. U.? I hope you all do and are using your consecrated young womanhood in working to build up the cause of home protection. I wish to send you a loving appeal to work from now until state convention time to add large numbers to your ranks. How it would encourage our dear Miss Larimore, to find her girls had been carrying out her well laid plans and would bring in at least 300 new members as garnered sheaves at convention. Very soon she will be returning to you full of life and enthusiasm and will, I am sure, wish to hear from you all. Will you not be prepared to give her interesting reports of your work?

The Y year book which was sent to each union by Miss Clara Parrish is full of good suggestions, and the unions who follow the outline for their meetings will accomplish something and become greatly interested. The State Cor. Sec. has also sent to you sample copies of a little folder—Helps for Local Unions—which we believe will aid you.

It is our dear young women that we depend upon and shall have to look to very soon to become the leaders of the W. C. T. U. work, and we look to you for a great deal at the present time; therefore be strong and very courageous.

Before we give an article written by Miss Kara G. Smart, Y Sec. of S. D., which is so full of good thoughts we wish to pass it to all the young women of our state, and hope our Y girls will use it as one means of inducing other girls to join your ranks. M. E. V.

A Loving Exhortation.

(Copy of a letter sent out by Miss Kara G. Smart, Y secretary of South Dakota, to five hundred young women outside our ranks.)

My Dear —: Although a stranger to you, I want to talk with you a few moments in regard to a great "inheritance" that has been left to you by one who was called "the best loved woman in America."

She it was who said, "The joy of life is doing good according to a plan." So well did she prove this true that you and I, who may come to know her through her writings, have fallen heir to possessions of untold value. The incentive of her life was, "What I ought to do, I will do," and she bent every energy to the doing of it. With this thought in mind she said, "Everything is not in the temperance reform, but the temperance reform is in everything."

Do you know, my dear girl, that 2,000 men a week, 300 a day, go down to an awful death through drink? And closely following them are their companions, 1,000 girls (your sisters and mine), who give up their lives on the altar of impurity to satisfy the demands of the drink fiend?

Have you ever heard that crime in this country is increasing five times as fast as the population, and that 72 per cent. of it is due to drink, while 65 per cent. of the paupers and 51 per cent. of the insane come from the same source?

Do you wonder that, calling unto the womanhood of this land, Frances Willard said: "The mission of the white-ribbon women is to organize the motherhood and maidenhood of the world for the peace and purity, the protection and exaltation of its homes," and then set them at its accomplishment?

Do you wonder that many, many times she has appealed to us girls and young women, pleading, "Come, and join our band." And why have you not done it? Is it because you are unwilling to do something, even if it is only a mite, to lift this great burden of sin and misery and degradation from the hearts and lives of those less fortunate than yourself? I cannot believe this. It must be because you did not know those things, did not know what others were suffering. I hear yet another voice. It says, "We are the light of the world." "Ye are the salt of the earth." It is the Master's! "He is come and calleth for thee." He says "the fields are white unto the harvest, but the laborers are few."

Will you not answer, "Calleth me!"

Then I will arise and go" to the aid of those so bravely struggling in the warfare against the drink dragon? Dear heart, if you only would answer thus, He would be so pleased. Over 10,000 girls in this land alone have heard the call and have joined our band. They would be glad, so glad, to welcome you as one of their number. Will you not come and at once?

Before me lies a letter just received from a dear girl to whom this call came a few weeks ago. These are her words: "Something has occurred since I came home to make me ready to give my life, if it should be asked of me, for the temperance cause. I had not fully decided whether I wanted to enter that work or not. But now I am determined. Prepare my first lesson for me, ask me to do anything and everything that needs doing and you think me capable of doing and I will do it."

Dear friend, He has called you by joy, by the beautiful things He has sent into your life. Don't beg of you, delay responding to that call until He finds it necessary to call you through anguish and heartache.

In closing may I ask you to read carefully the little leaflets and pledge card which I enclose? Then dear one, "Whatsoever He saith unto you, do it."

Flower Mission.

There is no more beautiful department of work than the Flower Mission, and now that the cold weather is over we can devote more time to this cause. A program and leaflets have been sent to us by the national superintendent and we take pleasure in presenting some of them to you through the Bulletin.—(En.)

PROGRAM FOR A FLOWER MISSION MEETING.

Prepared by Ethel Austin Shrigley, National W. C. T. U. Superintendent Flower Mission Department.

1. Donations of flowers and plants for the Flower Mission.
 2. Hymn, "Psalm XIX," White Ribbon Hymnal, page 46.
 3. Scripture Selection.
 4. Prayer.
 5. Flower Mission Responsive Reading.
 6. Hymn, "There are Lonely Hearts to Cherish," White Ribbon Hymnal, page 133.
 7. Recitation, "Flowers," by Henry W. Longfellow.
 8. Reading, "Increase the Common Joy."
 9. Solo, "If We Had But a Day," White Ribbon Hymnal, page 8.
 10. Recitation, "Spring Flowers," by Phoebe Cary.
 11. Reading, "Frances Willard and the Lamplighter."
 12. Hymn, "Flower Song," Y Song Book, page 21.
 13. Paper, "New Plans for our Flower Mission Work," culled from leaflets.
 14. Discussion.
 15. Distribution of Flower Mission leaflets and display of text cards and other Department supplies.
 16. White Ribbon Benediction.
- Advertise the meeting in advance by notices in churches and newspapers. Also have it well reported in the papers. The leaflets mentioned above and other Flower Mission supplies may be obtained from Miss Ethel Austin Shrigley, Lansdowne, Pa. Programs—price, 30 cents per 100.

Frances Willard and the Lamplighter.

THE MISSION OF A FLOWER.

BY FRANCES HENNETT CALLAWAY.

No one ever spoke to the old lamplighter, and if they had he could not have heard them, for he was as deaf as one of his own lampposts. A lonely old man, the only brightness and cheer in Tom's life were the village street-lamps, which he loved to set aglow in the dusk of evening.

Occasionally Tom had spells of drinking, whereupon some kind neighbor, interested in his welfare, would send him a letter of warning and advice, which Tom read meekly and never answered, being as dumb with his pen as in his speech.

It happened that Frances Willard was spending the winter in Tom's village, seeking quiet and rest, and she noticed the old lamplighter tugging past her cottage door, faithfully lighting the street lamps, which were so few and far between, and yet battled so bravely against the gloom of a stormy evening.

Frances Willard's thoughts were most earnestly engaged in her work at this

time, with every mail bringing her letters from Iceland, Australia, Japan, and the farthest corners of the earth, but she did not forget to have mutton tallow tied up in the little maple tree outside her window to feed some hungry birds. Frances Willard never forgot anything that was lonesome or hungry, and she did not forget Tom, the lamplighter.

She did not think of sending him a lecture on temperance or any words of warning or advice; no, not even a tract. Tom was lighting lamps out in the darkness and night, and she was his sister, also at work lighting lamps in the darkness and storm of night, so she sent him an exquisite white rose. A lovely girl carried it to him, and you should have seen Tom's face, which for days afterward glowed with a radiance like one of his own lamps whenever he met the girl who brought him this rose. At this warm touch of sympathy such a lamp had been lighted in his heart as will not go out through eternity!

For sale by the Flower Mission Department of the National W. C. T. U., price, 20 cents per 100. Address, Miss Ethel Austin Shrigley, Superintendent, Lansdowne, Pa.

L. T. L. CORNER.

"For Truth and Right in the King's Name."

My Dear Friends:—After the pessimistic strain of last month, I know you will be glad to hear something encouraging. Ransom county's president, drove thirteen miles over muddy roads and organized a very promising Legion at Fairview, with Miss Anna Brown as superintendent. Mrs. Chamberlin is making a thorough, intelligent survey of her county, and if her well laid plans are carried out, promises to turn up at state convention without a childless union in her county. The president at Enderlin writes her that they are ready to organize a Legion there as soon as the member who is to take charge of it returns from a trip, and the Lisbon union is trying to find a leader for their Legion and they expect to be successful.

The president of Kidder county, Mrs. M. E. Roberts, writes that she was elected supt. of the Dawson Legion at their reelection of officers Feb. 23. This Legion is very fortunate in having so able and experienced a leader, and we are not surprised to hear that the boys and girls are much interested. Mrs. Roberts expects to have a class for diplomats. She says: "I had been talking to several about it before your letter came, and shall do my best to have the class. Some of our young men will be out of school soon, and I suppose they will be allowed to study these lessons at home and take the examination whenever it is held." Of course they will be. Any one who studies the lessons and passes a satisfactory examination under the charge of the supt. may secure a diploma. After a "rest" the Legion was reorganized at Drayton under very promising circumstances. The boys and girls are enthusiastic and under the able leadership of Miss Mabel Wilkins, we expect great things from this Legion. In October of this W. C. T. U. year at Laketon a Legion was organized with Mrs. R. R. Brownlee as supt. We are very glad to hear of this Legion which makes twenty-one we now have enrolled. I wish all Legions would send me the name of their supt.

Mrs. McKillop, supt. of the Niagara Legion, writes: "The three prospective graduates are about ready for the examination. The Juniors conduct their meeting beautifully. We have no rhetorical exercises by the children at present. Instead, I read a few chapters in a book, "Black Beauty," hope to read the other three books in the Band of Mercy course. When we are through, I shall report all who have been present at every meeting or made up the readings for seals. We have learned the national salute and motto and rallying cry. Please send me the state motto." We were very glad to receive this news letter from Mrs. McKillop and I will say, for the benefit of all, that the state motto is the one that appears at the head of this column each month.

"For Truth and Right in the King's Name."

BENA HALCROW.
Bowesmont, N. D., April 18, 1901.

Hereditary Alcoholism.

BY DR. T. D. CROTHERS.

A careful study of many cases by various observers shows that heredity is the most prominent cause and is present in over eighty per cent. of all inebriates. Another active factor, more apparent

and controllable in the problem of inebriety, is that of marriage. At present the indiscriminate marriages are largely influential in intensifying and continuing the alcoholic stream. Criminals, paupers, inebriates and others notoriously far down on the road to dissolution are permitted to marry and raise children freighted with a truly frightful legacy of degeneration. It is this defective heredity increased and intensified by marriages with equally bad stock that is the great fountain spring from which inebriety comes. Alcohol, of all other drugs, seems to intensify and provoke disease and the most favorable conditions for the destruction of cell and nerve force.

Heredity leaves a feebleness of these centers, with often a strong predisposition for alcohol, which may remain dormant, only to come into great activity upon taking the first glass of spirits. Injury and disease may be followed by the derangement of these higher brain centers, and the narcotic action of alcohol affords a grateful and seductive relief.

The study of alcoholic cases shows that over two-thirds of all inebriates have a history of previous degeneration both of the brain and nervous system before spirits were first used. The largest proportion of these cases come from alcoholic, insane, consumptive and other neurotic ancestors. The remainder have a marked history of disease, injury, brain strains, shocks and states of profound exhaustion from which they have apparently recovered, although followed by the use of spirits.

Persons with such a history show great susceptibility to the action of alcohol. The effects are grateful and as pronounced as opium when it quiets the painful nerve. The first action of alcohol quickening the brain circulation, then slowing it, numbing and paralyzing the sensory centers, gives the impression of comfort and approach to health that the victim is unable to correct. The use of alcohol is quickly followed by a train of degeneration that is always concealed in the early stages and is unrecognized by the victim and often by his friends.

The disease of inebriety is clearly associated with criminality. In both a progressive degeneration of the higher moral centers of the brain goes on with a steady decline of all brain vigor and health. No other drug is known to science which has so prominent an influence over the highest and last formed elements of brain force and structure. No other part of the brain is so quickly damaged and diseased by alcohol and concealed by delusions of the senses.—Hartford, Conn. From Union Signal.

Practical Truths.

Not long ago we listened to the speech of an able lawyer who, in the course of his remarks, said: "To help people to see the necessity of abstaining from drink and to establish prohibition we must teach them the practical side," viz. the laws of heredity. That the sins of the parent will be visited upon the child. The father who drinks has his will power so weakened that the son or daughter comes into the world with just that much less of strength and will power and when temptation comes they fall. This is indeed practical teaching and one that the W. C. T. U. has been endeavoring to show to the world.

Nothing appeals to the parent heart like the results which will befall the child. They may apparently care very little for their own wrecked condition, but they do care for the children, and when once convinced that these facts are sure, a strong point has been gained.

The investigations of the last half century have shown conclusively that children begotten by parents whose blood and tissues are daily impregnated with alcohol are born with so little vitality that one-half of their number die before they attain to 5 years of age and of the remaining half 50 per cent. prove to be affected with epilepsy, feeble-mindedness, idiocy, insanity or physical deformity, leaving less than 25 per cent. of the whole number to arrive at adult age healthy in body and mind.

If the use of fermented and distilled liquor could be discontinued it would increase the average duration of human life more than 33 per cent. during the next two generations.

Crary sends us a fine list of 27 names for Bulletin and thus secures the prize, "What a Young Woman Ought to Know." We believe every union can do as well as Crary. If you would, it would place us on a sound financial basis. Please try it.

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DEPARTMENT OF THE E. S. A.

"Efforts, not Results, are our Responsibilities."



Mrs. Flora Naylor, President, Larimore.
Mrs. Dr. J. H. Knox, Vice Pres., Wahpeton.
Mrs. Anna Carmody, Supt. Press Work and Cor. Sec., Hillsboro.
Mrs. Katherine V. King, Rec. Sec., Inster.
Mrs. Maza Stevens, Northwood, Treasurer.

Appeal to Mothers.

To the Forum: "Dr. Parkhurst says in a published appeal: 'I could wish that for one year all our churches might be closed, all our Sunday schools and missions suspended, if in their place could be substituted, up town and down, a campaign of moral enlightenment sufficient to convince parents—Protestant, Catholic and Hebrew—that, so far as the children are concerned, this city, as now administered, is the foreporch of hell.'

"In particular, why do not New York mothers arouse to the seriousness of the crisis? I once said to a lady in this city: 'Why do you not study into the case and do something?' She commenced studying into the case, but gave it up after a little, saying: 'It is too horrible, I can't.' If the situation is a little too horrible to study into, isn't it a good deal too horrible for young souls to wade into and rot in? Mothers, why not move in the matter, and find out just what the perils are?"

"The women of New York can save New York if from now until November they will combine to proclaim the truth, from City Hall and Mulberry street to Harlem, that New York boys and girls have a right to grow up untainted, and it is not clear that any other means of ransoming our city from Croker and Satan now remains."

Dr. Parkhurst's eloquent appeal to the mothers of the race to help in combating the terrible social evils rampant in this metropolis is as aggravating as pathetic, seeing that woman's influence for good is hopelessly crippled by her political, civil and social disabilities. Reading the strong appeal of the reverend doctor, and appreciating the helpless condition of woman herself, I thought of one of Shakespeare's plays in which rude men seize the king's daughter, cut out her tongue and cut off her hands, and then bid her go call for water and wash her hands.

In order to abolish the evils in a great city by her influence, woman must have a voice in regard to the laws and the officials who administer them. The ballot is a citizen's tongue and hands. Without a ballot, and the dignity and power that that scepter gives, the moral influence of the city mothers is essentially crippled in combating the evils of society. If educated, intelligent and virtuous women had the right of suffrage, our best men would always find in them a reserve moral power to establish a safe and stable government.

If Bishop Potter, Bishop Doane and Dr. Parkhurst would join the Woman Suffrage Association, they would soon arouse women to their duty and thus restore the equilibrium of sex in the moral and material world.

ELIZABETH CADY STANTON.

Franchise.

It grows clearer with every passing day that the principle which this department stands for is not only gaining ground, but the need of its practical application to every day living is daily growing more urgent.

One of the strong pleas made by those who petition to have women restrained from voting is that it would be an added burden, but it would seem from the tenor of the sermon Bishop Huntington preached a short time since to the up-tendom of New York City in which he speaks very plainly and pointedly on the great and rapidly growing evil of gambling, in the homes as well as in public places, if this responsibility were laid on these women and they had their interest in these living issues of the day stimulated by the discussion of these great questions which would almost inevitably follow, they might become so absorbed in these weighty matters that they would lose interest in the excitements of the gaming table in the healthy employment of their time and strength in this direction and might even, in time, be reformed.

Dr. Parkhurst's recent stirring and pathetic appeal to the mothers of New York to give their attention to the demoralizing environment into which their children must plunge as soon as they leave their homes, would seem to an average intellect the strongest possible plea for woman's suffrage, and to read very much like the frantic man's appeal to the kind neighbor who was hurrying with him to the succor of his sick wife, when she stumbled and fell: "For God's sake Mrs. Jones don't stop to get up."

And even here in our own favored state where we have so much to be thankful for we are daily reminded of the need of this strongest of weapons to defend our own firesides from the withering blight of intemperance and immorality. In the restricting of the state our enemies will be strengthened and in the great influx of emigrants from countries and states where prohibition has scarcely been heard of, will make it more imperative that we should add our strength to the strength of our noble brothers, dear sisters, in the protection of our homes. With only a partial suffrage the women of Kansas have carried three-fourths of the towns of that state for temperance this spring, and the press of Wyoming give the women the credit of driving out the gamblers by influencing the legislature.

Let us then be up and doing; let every union hold some sort of franchise entertainment between now and the 30th of May. We hope as many as can will plan to take on the inspiration and rare opportunity of attending a national suffrage convention at St. Paul. Yours lovingly,
LOIS L. MUIR,
Supt. of Franchise.

Miss Whedon's Offer.

The following letter from Miss Whedon I pass on that all may realize the interest our Mary still takes in us. You see she sticks to her suffrage principles like the proverbial hard shell Baptist to his text. We hope many will avail themselves of this generous offer.—[Ed.]

Minneapolis, Minn., 641-2 Andrus Bldg., April 22, 1901.—Dear Mrs. Van de Bogart: When the Bulletin does not come I miss it, and when it comes with no suffrage column in it, I most wish it did not come at all! You told me how hard they found it to keep up the monthly expense of having it in and I know how ill Mrs. Naylor has been during the winter.

Now, the \$3 a month that that department costs means just \$3 a month extra into Mrs. Carr's exchequer—\$36 a year to the state. The incalculable benefit to the sentiment of suffrage; that a good, live column of press work means cannot be computed in dollars and cents. For the good of that state pocketbook of Mrs. Carr's, for the good of women, hence for the good of men and general posterity, that suffrage column ought to be kept up. It would be to the general interest of the unions to help keep it there, and this is what I will do: For every union in the state that will have an entertainment during the summer months (ice cream socials are refreshing during warm weather), I will make up a small box of Flemish Etching Souvenirs on wood and leather, adaptable to the time, place and occasion (little things like badges, bookmarks, pen wipers, needle books, pocket books, frames, trays, etc., etc., ranging in price from 5c to \$1.00, these articles are fastened on cards of a regular size which are laid upon another sometimes allowing \$10 or \$15 worth of things to be packed in a

small box) to be sold on a commission of 20 per cent, said commission to go either direct to state suffrage treasurer or to Mrs. Carr for that column. Of course if there are unions which prefer to turn this commission into the franchise department appropriation of their local or the state W. C. T. U. work, I know there would not be a gladder heart in all N. D. than Mrs. Muir's if the work of her department could be spread and pushed. It is only another road leading to Rome.

If the county conventions and school of methods at Chautauqua want a W. C. T. U. souvenir table on same per cent. for their official pocket book (preferably the franchise department) I will help them out. We want N. D. to make a good showing in advance sentiment at the national suffrage convention to be held here in June.

Yours in the eternal struggle for justice regardless of sex, MARY A. WHEDON.

Literature.

Dear Sisters: A very fine article has been recently published in the Union Signal, entitled "Department Work; How Best Promoted." It is written by Martha M. Allen and is in three chapters, appearing in the Union Signal for March 14th, 21st and 28th. It should be read by every W. C. T. U. woman, especially by every superintendent of any department and by every local president. The instructions therein given are just the thing for superintendents of the Literature Department.

Will the district, county and local superintendents of the Literature Department please read that article again and follow the instructions given? I can give you no better. If you have mislaid your papers, send 15 cents to the Union Signal, The Temple, Chicago, Ill., and ask them to send you these three papers; then take good care of them and study them often.

I will add that the special work of our department is to furnish literature for all the other departments, to urge the use of the "Responsive Readings" and the "Bible Readings" and to secure subscriptions to the Union Signal and The Young Crusader. In some unions the work of securing subscriptions to our state paper is in the hands of the Literature Superintendent, in others the work is done by Press Superintendents, while still others appoint some person for that special work. Our department also seeks to distribute, by all possible means, all kinds of good literature, books, papers, magazines, leaflets, etc., temperance, religious and anything elevating and instructive.

On page 14 of the Union Signal for April 4th is a letter from our national superintendent, Miss Ellen D. Morris, giving suggestions for a program for a "temperance literature" meeting.

Our superintendents need the Union Signal, our state paper, our state minutes, the National Leaflet and the W. T. P. A. Catalogue.

Following is a list of the district and county Literature Superintendents whose names have been reported to me and whom I have heard from within a year:

- First District, Mrs. Maybelle Moore, Crary. (Has left state I suppose; have not been notified of her successor).
- Second District, Mrs. Laura Rautz, New Rockford.
- Third District, Miss Annie Turner, Bottineau.
- Barnes County, Mrs. Sarah M. Flewell, Leal.
- Cass, Mrs. Lillie Weaver Peart, Lynchburg.
- Grand Forks, Mrs. C. M. Hanson, Northwood.
- Kidder, Mrs. Etta Walker, Steele.
- Pembina, Miss Mae Halcrow, Bowsmont.

- Ransom, Mrs. Mett S. Hanson, Englevale.
- Richland, Mrs. Ida A. Morrill, Wahpeton.
- Sargent, Mrs. Smith, Harlem.
- Steele County, Mrs. Lucy B. Major, Hope.
- Walsh, Miss H. Beatrice Honey, Park River.

I could get no reports from Cavalier and Traill counties last year. If there are superintendents in these counties, will they please write me at once?

Will all district and county Literature Superintendents please let me know very soon how many report blanks they need for their conventions this year? I shall be glad to give any information or help within my power to any who will write me concerning the literature work. Yours for intelligent workers and effective work.

MRS. IDA ANDERSON MORRILL,
State Superintendent Literature and Union Signal,
Wahpeton, N. D., April 15, 1901.

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METHODS.

A large per cent. of our unions now have the printed programs, prepared several months in advance, and every union that has reported acknowledges them as helpful to the work. The amount of benefit derived from them, however, depends upon how well they are carried out, and the difficulty seems to be how to be sure they are going to be fulfilled.

Would it not be a good plan to have a committee whose duty it shall be to see that there is no failure in the program? Appoint a committee each quarter, so the task will not be too burdensome upon any one. If they find that those appointed on program can not be present and take their part, let them secure some one else or take the part themselves.

Literature should be secured as helps upon each subject and assigned to the ones on program, so they will have something intelligently work with.

Be sure to have W. T. P. A. Catalogue, which you can secure by paying postage, and from that you will find all necessary helps.

A good program well carried out will insure growth. Be sure to have good music. An organist or committee on music will help to make that part a success also. One advantage too in having as much work as possible done by committees is that the more we can get our members to work and less responsibility resting upon some one individual (usually the president) the better for all members and union in general.

FIELD NOTES.

Glasston, N. Dak.—In the death of Mrs. Cassie E. Joy, which occurred Thursday night, March 21st, at her home in Glasston, our union loses its most efficient and enthusiastic worker. From the time it was organized until a short time before she died she held the office of corresponding secretary. It was chiefly through her efforts that the Glasston L. T. L. was organized. She was appointed supt. the second year, and by her untiring zeal laid a good foundation for future L. T. L. work. She was an earnest Christian woman, abounding in good works, and was never weary of trying to better the condition of the needy. Her husband and little ones have our sincere sympathy in their sad bereavement. Miss Preston's lecture, on Thursday evening, April 4th, was listened to by an appreciative, though not large, audience. Her subject, "Our Encouragements at Home and Abroad," was indeed inspiring to a union where the temperance element is not in the majority. R. B.

Larimore, N. D.—At a recent meeting the Ws and Ys of this city held a memorial service in honor of Miss Willard in the High School room. Five-minute addresses on "Our Chieftain" were given as follows: "As a Child," Mrs. Hannah Patten; "As a Student," Mrs. Geo. Larimore; "As a Teacher," Mrs. V. S. Wisner; "As an Organizer," Mrs. J. D. Van Fleet; "As a Leader," Mrs. Houston. A large colored portrait of Miss Willard, artistically framed, was presented to the school, the presentation speech being made by the W. C. T. U. president, Mrs. Flora Naylor. The Union Signal, the White Ribbon Bulletin and the School Physiology Journal were placed on the library reading table and attention was called to the many merits of these periodicals by Mrs. Blanche Mowris, Y president. Mr. Berg, the principal of the schools, responded to the presentation speeches in a few well chosen remarks. During the program music was rendered by Mrs. Pratt, Mrs. D. E. Richter, Mrs. James Larimore and the pupils of the school.