

Wm. B. B. B. B.



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 3. NO. 8.

TOWER CITY, N. D., SEPTEMBER, 1901.

Monthly—25 Cts. a Year.

Non-Alcoholic Medication.

Written by Dr. Wheeler, Fargo, N. D., and read at the Cass County Convention.

The use of alcohol as a medicine is one of the most formidable hindrances to the advancement of the temperance cause. If the public mind could only be disabused of the old notion that alcohol is beneficial to health and indispensable as medicine, there would be vastly less opposition to laws for the abolition of the liquor traffic. The medical profession is largely responsible for the delusion so persistently held by millions that alcohol is good for man, and that its abuse only is to be condemned. In days long gone by, the alchemists were endeavoring to find a panacea for all the ills to which flesh is heir; when by the process of distillation spirits of wine, or alcohol was produced, it was proclaimed to the world with great joy that the long-sought-for cure-all had been discovered. The medical men of the age introduced it to their patients, and were lavish in their praises of its curative powers. Being a medicine which very rapidly creates a liking for itself, the demand for it became great and as time advanced people began prescribing it for themselves, until its use in various forms became almost general.

If the medical profession is responsible for the wide-spread belief that alcoholics are of service to mankind both as food and medicine it should not be forgotten that it is to members of the same profession the world is indebted for the correction of these errors. All down through the centuries since alcohol was discovered there have been physicians who doubted and opposed its claims to merit. It remained for the medical science of the latter half of the nineteenth century to clearly demonstrate with nicely adjusted chemical apparatus and appliances the wisdom of those doubts.

Ever since the rise of the modern temperance movement there have been people who, for moral reasons, objected to the medical use of alcohol. To such persons it was evident that a considerable share of the devastation wrought by the liquor traffic had its beginning in the liking formed for alcoholics during some season of illness, in childhood, or later on in life. In consequence of this realization of the danger of acquiring an appetite for liquor while using it as medicine, physicians occasionally found total abstaining patients who obstinately refused to swallow brandy, or other alcoholics, even when told that they could not recover without them. That many such did recover, notwithstanding the dire prophecies of their speedy demise, led observing physicians, here and there, to doubt the popular belief in the necessity of alcohol as a remedial agency, and to begin to make careful study of the nature and effects of this drug. The outcome of this study, which has been somewhat extensive, pursued the past decade, in different countries of Europe, and in America, has been a great change in the practice of many physicians, as regards the administration of alcohol. Careful physicians are increasingly cautious in their advocacy of alcoholics, and a large proportion of the profession would, undoubtedly, often prefer to use other agents but for the open preference for liquor shown by multitudes of patients and their friends. The action of alcohol in benumbing sensation makes it delightful to the transgressor of physical laws, for it seems to save him from the penalty of his sin against stomach or other organs. Because of this, people lacking in control of their bodily appetite

will always crave alcohol, or some kindred narcotic, and the scientific objection to their favorite tippie will have no interest for them.

The most careful and elaborate experiments have been made as to the heat-producing qualities of alcohol, its strength-giving properties, and its effects upon the different organs of the body. Shortly after alcohol is swallowed the temperature will increase a degree or more, but soon it will fall again, and keep falling until it will go a degree or more,



Miss Belle Kearney.

PRESS POINTS.

Miss Kearney is the daughter of a cultured father and mother and was born on a plantation near Vernon, Madison county, Miss. Miss Kearney was educated in the state of Mississippi and for several years taught school. In 1889 she entered the lecture and organization work of the Woman's Christian Temperance Union, and since that time has consecrated to it every talent of her heart and brain. If all of the Northland could see and hear the deafening applause that is at these sessions being accorded Miss Belle Kearney every time she comes forward on the platform—they would know that the women of the Southland have found a place as illustrated in this "Slave-holder's Daughter." [National convention of the Woman's Christian Temperance Union held in Washington, D. C., 1900.]—Salem News-Letter, Salem, N. J., Dec. 6th, 1900.

The lecture by Miss Belle Kearney, of Mississippi, last evening, was listened to by an interested audience. Miss Kearney is a clear, rapid and forcible speaker, holding the attention of those who heard her. Miss Kearney is well known throughout the United States as a lecturer and literary woman and the temperance people of St. Augustine are more than glad that their's is the pleasure of greeting her and hearing her message of "Home Protection," so eloquently and earnestly told. Those who had the pleasure of listening to her stirring and eloquent appeal last evening will regret not having another opportunity to hear this "rising star of the South." The Evening Record, March 27th, 1900, St. Augustine, Florida.

Miss Belle Kearney, of Mississippi, lectured in the Methodist church on last Sunday night. There was no preaching in town on account of Miss Kearney's

lecture and the church was crowded with the members of the different denominations. The speaker's reputation on the lecture platform extends from Alaska to Mexico, in America, and she has also lectured in many places in the old world. In Marion she certainly sustained that reputation and swayed the large audience with the power of her eloquence, the force of her argument, and charmed them with her marvelous rhetoric.—The Marion Star, Marion, S. C., Oct. 17th, 1900.

below normal, showing that after the first flush from the drink is over a man is colder than before he took it. Thus was it proved clearly that the old idea that alcohol warms the body is a delusion, and exactly the reverse of the facts in the case. This finding of science is now accepted by all of the medical fraternity who keep up with the age. The strength-giving properties so popularly credited to alcohol were found to be as much of a delusion as the heating. It was shown that muscle becomes flabby, and with some kind of drinks, fat, where it should be strong and tense; the heart is deranged, and every organ of the body suffers in proportion to the amount of alcohol taken into the blood. Prize fighters and men in training for boat races or other feats of endurance have learned by all of the medical athletes agree with medical science that the strength-giving properties of all kinds of alcoholic drinks are a delusion and a lie, and that the effect of alcohol upon the muscles is the exact opposite of the popular delusion.

Dr. Knox Bond, of London, says:—"Alcohol does not provide the force which it causes to be expended in the increased heart action, but uses up for this purpose the reserves of the organism. A vital energy is thus diverted to eliminating the alcohol instead of being concentrated upon [the elimination of the toxic products of the fever."

Why is it so difficult to remove these delusions from the minds of the people in general? Because of the nature of alcohol. It is a narcotic and a nerve deadener. This power to deaden the nerves of sensation accounts largely for the hold this drug has upon the people. For many years there have been physicians, both in Great Britain and America, who have given alcohol no place in their list of remedies. They found that alcohol quieted restlessness, so that symptoms of disease were hidden that should be revealed; they found that it retarded the passage of waste matter from the system, thus holding the germs of disease longer in the body than they would remain were it absent. They found also the patient who utterly refused to take it in any shape made a more speedy and certain recovery than those who used it. Because of these findings they dropped it from their pharmacological outfit, and were henceforth more successful in subduing disease than they ever were while using it. In time they had many followers, until to-day but few reputable physicians prescribe wine, beer, brandy, etc., with any degree of freedom.

Dr. Davis, of Chicago, said in 1887: "I have been constantly engaged in the practice of medicine a little more than fifty years, embracing both public and hospital practice, and have demonstrated by the last forty years of actual experience that no form of alcoholic drink, either fermented or distilled, is necessary or desirable for internal use in either health or in any of the varied forms of disease; but that health can be better

preserved and disease be more successfully treated without the use of any such drinks."

The mothers of the land are quite as responsible as the physician for the wide spread use of alcoholics as medicines. The American Medical Temperance Association has made careful inquiry which shows that about ninety per cent. of homes in this country use alcohol with more or less freedom as medicine. Very few women seem to think of the danger lurking in the various cough mixtures, soothing syrups, and other proprietary medicines containing whisky, opium, cocaine or other powerful drugs. The blind faith in drugs evidenced by multitudes of people is amazing. Powerful drugs which intelligent and conscientious physicians are extremely cautious in using, if they use them at all, many people will prescribe for themselves and their children without a thought of danger. Morphine, quinine, cocaine, alcohol and other dangerous nerve poisons are familiar remedies (?) in numerous families. Every little ache or pain must have its sedative, let the future penalty be what it may. But the wide spread credulity which makes the "patent medicine" business so flourishing is more than amazing; it is appalling.

Dr. A. Emil Hiss, Ph. G., of Chicago, an authority on these preparations, says of the volume of this traffic: "The present annual sales must reach the enormous sum of \$60,000,000. This drain upon the substance of the people attended with the infliction of injury incalculable, presents an economic problem vital to the people in general." Even ministers and temperance lecturers have their pictures appended to advertisements, with glowing testimonials in favor of mixtures of whose nature they are profoundly ignorant. One of the latest examples of this credulity is the warm indorsement of a certain medicine by a noted temperance revivalist as a great tonic to be used by persons trying to recover from the alcohol habit. Repeated analyses reveal that the "tonic" contains nearly twenty-eight per cent. of alcohol, and is, therefore, stronger than most of the alcoholic beverages commonly sold. People who would not knowingly "touch, taste or handle" alcohol or opium are taking these drugs regularly in patent medicines. There are few liquid patent medicines that do not contain large quantities of alcohol, and many contain opium and other dangerous drugs as well. Who ever knew a patent medicine user to be cured of his ills so that he ceased to take nostrums? The habit of "dosing" grows, and one ventured remedy is tried after another until the health is thoroughly undermined and the poor, deluded mortal is a physical wreck, his only comfort being, if he takes it, that he has been useful in helping to build a steam yacht or a palace for the patent medicine manufacturer.

A case is mentioned in a recent number of The Journal of The American Medical Association of a man who used large quantities of a "seaweed tonic" to cure himself of inebriety, when suddenly he was taken with delirium tremens and died. The "tonic," according to the article, contained, unknown to the poor victim, forty per cent. of alcohol. Hood's German Bitters are said to be "free from alcoholic stimulant," yet are 25.5 per cent. alcohol. These bitters are much used among women. Hood's Sarsaparilla contains 13.8 per cent. of alcohol, Aye's Sarsaparilla contains 26 per cent. It is not uncommon to find persons who have used continuously, eight or ten pint bottles of one of these (Continued on 3d page.)

White Ribbon Bulletin

PUBLISHED MONTHLY.

Elizabeth Preston,

Mrs. Mattie Van de Bogart,

MAKING SOUVENIR

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

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

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

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

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

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SEPTEMBER, 1901.

Our Club Offers.

White Ribbon Bulletin and American Mother, \$1; Bulletin and Light, 70c.; Bulletin and Union Signal, 81; 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.

Coming Events.

National W. C. T. U. convention, Ft. Worth, Texas, Nov. 15-20, 1901.
North Dakota State W. C. T. U. convention, Lisbon, N. D., Sept. 13-17.
Red Letter Day—Sept. 28, birthday of Frances E. Willard. Sept. 21-28, Membership Week.

We have the pleasure of presenting to our readers this month the pictures of our convention speakers, Mrs. Nelle Burger and Miss Kearney.

Lord Roberts says that one-third of the British army in India (that are total abstainers) 24,900 out of 75,000, furnish 2,000 more effective troops than the other two-thirds who are not abstainers.

Experiments carried on in the French army show that under all circumstances the French soldier is forty per cent more efficient when subjected to a regime of total abstinence. Officers declare that great advance toward temperance in the French army has been made by controlling the canteens and replacing them with refectories where coffee, tea, cocoa and other beverages are furnished.

The enormous revenue derived from the manufacture of and traffic in alcoholic drinks has so blunted the moral sense of this nation, and the liquor law has so dominated the great political parties that the last few years have witnessed such an alliance of the federal government with the traffic that should arouse the consciousness of the Christian church to the danger of national ruin under the wrath of God.—American Prohibition Year Book.

There was fifty-six times as much liquor exported to Porto Rico in 1890 as in 1886, fifty-eight times as much to the

Casselton Reporter

CASSELTON, N. D.

Neat Job Work for W. C. T. U. on Short Notice, AT REASONABLE PRICES

Philippines and one thousand times as much as the average to the Philippines for the last ten years.—Prohibition Year Book.

Under the first two and one-half years of prohibition the total number of convicts in Iowa ran down from 800 to 532; under the first four years of the mulct law the number ran up from 694 to 1,171.

Gov. Devine in his message to the legislature in Jan., 1901, said: "There is less liquor drinking in North Dakota, less crime the outgrowth of its sale and use, less of suffering resultant from the traffic, and therefore more public and private good. All of this should stimulate its better enforcement."

Cor. Sec'y's Letter.

Dear Comrades: This number of the Bulletin will be the last to greet you before our state convention, consequently will be the last opportunity to bring to your remembrance some important matters that need your consideration.

Each union, and so each individual member, is responsible for the result of our state convention to your work the coming year. First, then, are you now planning to make this convention a lever to your work by being well represented? No union can afford to be crippled by lack of enthusiasm or plans of work which will be received from the delegates who will attend.

Each union is entitled to at least two delegates, the president and one delegate at large. Beside these you have one for every thirty paying members, instead of twenty, as given in the official letter of last Bulletin, a mistake in print. If you have not already elected delegates, do so at once, electing alternates at the same time, so, if the regularly appointed can not attend the union may still be represented by the alternates. Send names of delegates at once to Mrs. Mary Grover, chairman of entertainment committee, Lisbon, N. D. The local union should bear the expense of at least one delegate, and thus be sure of representation. Delegates should bear in mind then their duty in taking back to the union a complete report, which should be given at the first meeting of the union following the convention, or, if that is more than one week after the convention, hold a special meeting and give out all that has been received while the enthusiasm still burns the brightest and the remembrance of it all is still fresh in the memory.

To the counties and districts we would recommend the same necessity of bearing the expense of your presidents to the convention. Surely if your hard working president gives her time and talent to the upbuilding of the work she must attend our harvest home gathering, and is it not justice that at least her expense be borne by the county? I am sure you all see the justice of this, and perhaps have already been thoughtful in anticipating this duty.

Credential cards will soon be sent to each union and state delegates. See that these are properly filled out and be sure to take them with you to the convention and have them ready to hand to the county president when called for. The credentials committee will be saved much labor and embarrassment if these cards are well filled and taken care of.

The different railroad lines have all granted a rate of one and one-third fare on the certificate plan, conditioned on the attendance of seventy-five. Be sure to take a certificate from your agent, or, if you travel over more than one line, get a certificate from each. Pay full fare going, bring your certificate with you to the convention, which will be called for during the first days and signed by the secretary of the convention.

We hope to meet many of the county and local corresponding secretaries, and also the treasurers, for a conference some time during the convention, that we may come closer together than ever before and confer in regard to methods, and try to solve some of the trying problems that hinder our work. We need to have heart to heart talks that shall bring us nearer in the tie that binds.

We can not plan too wisely or work too hard and efficiently during the coming year if we would do all in our power to prevent the overthrow of our prohibitory law. Already the friends of the liquor traffic are planning and rather openly declare for a resumption measure. Their well laid schemes are now in progress. Let us not be outgeneraled, but think, plan, work and pray to do our very best. We need more conferences for this and many other reasons this year, that our work may have the best expansion meth-

ods and spread into the remotest parts of our state.

When the corresponding secretary sent out her circular letter to the superintendents she asked for an expression in regard to organizing the superintendents into a board for the purpose of conferences at the state convention. We have received favorable replies from quite a number, and doubtless those who have not written are thinking about the matter. This idea is not original with us, but has been successfully tried by a number of our states. Our sister states of Minnesota and South Dakota have both tried the plan and find it helpful. Miss Kara G. Smart, corresponding secretary of S. D., says: "We consider the organization of superintendents of benefit to us. They meet at state convention for conference of methods and plans to prevent their departments to local work. The superintendents will not only become more closely associated and interested in each other, but it will broaden their individual plans and increase their success by coming in contact with others who have the same object in view, that of upbuilding our state work." The program for these conferences would be arranged by their committees and officers. A large part of the work and the subject of discussions of these meetings would focus in regard to work of the individual departments, solving the financial problems, formulating department resolutions, etc. We ask the superintendents to still think about this matter and be prepared to vote for or against such a measure at our state convention.

Before this paper reaches you we hope to have received well filled reports from every union, and I am sure that every one who has taken part in filling out the blank blanks can declare that they know something more about our work than they ever did before. Lakota was the first to send the corresponding secretary a report of the year's work, and we felt as proud and happy as a little boy with his first pocket knife. This joy I fully expect will be multiplied one hundredfold by Sept. 1st.

Trusting to meet many of you from all over our state, face to face, at our "Harvest Home," and wishing you abundant success.

What though the day be hard and long,
The rest will be more sweet,
And the sheaves we gather for the Master
A fruition of joy complete.

Yours in joyful service,
MATTIE VAN DE BOGART,
Tower City, Aug. 21, 1901.

From Mrs. Ruth.

(Address by Mrs. H. C. Ruth before Trail county convention—and voted to be printed in Bulletin.)

Beloved Comrades: The most beautiful, most satisfying building it has ever been my privilege to inspect is the magnificent monument to the work of the artists who created, and the royal personages who so richly endowed, the old monastic church of Westminster Abbey. Within its walls lie Edward the Confessor, with twenty other sovereigns of England, together with poets, novelists and reformers; among them all lies the dearest beloved, the devout, self-sacrificing Livingstone.

With our simple American habits and customs, we yet enjoy looking upon the splendors of other nations and rejoice in the simplicity and freedom of our own beloved country. This magnificent structure has ever reminded me of the work of our own organization—the greatest, because the most unselfish of all philanthropic societies.

Our comrades in county and state come from all professions and ranks in life, and the white ribbon is the insignia by which we know they are royally endowed with sympathy and love, not only for humanity in the general sense, but for our very own when sorrow comes into our lives. In no other is the helping hand, the bearing of one another's burdens, so completely verified.

Your vice president, busy with her L. T. L. medal contests, Sabbath schools and societies and other active church work, as we learn from her voluminous press work, when your president was compelled to lay aside the pleasure of serving you in preparation for this annual west home, cheerfully took the work and for the second time has come nobly to the relief of the county work. We wish in this public manner

to express our gratitude and love for our able co-worker, our honorable vice president, Mrs. Kemp. The recording secretary, Mrs. Loitwood, corresponding secretary, Mrs. Deitz, have responded to every call during the year.

The Mayville union acknowledges the propelling power of their corresponding secretary, Mrs. Mayor Schlosser, whose hands are ever upheld by her publicist, Christ-loving husband. Though few in number, this union has ever done true temperance work. In the death of Mrs. Frederick Warren they have lost a much valued member.

The Portland union, since its amicable severance from the Mayville union, does not thrive, and exists only in name. After the fearful tragedy which resulted in the death of one of her citizens in a drunken row, in which one of Steele county's popular commissioners took a leading part, we expect to see an awakening in the dormant temperance sentiment of the town. True, they charge this drunken row, this horrible strangulation, to prohibition, but that charge has created a widely expressed indignation throughout Roseville township, of which Portland is a part. This expression of wrath against the night of wrath and its deadly work we believe will yet bear fruit, as one of our non-temperance citizens remarked: "Our work is not done in a saloon, and some of us are satisfied to have its lessons taught in unfrequented places, and are determined they shall not have its temptations."

Hillsboro and Caledonia seem by some means to hold their own. The former, with its valuable worker, Mrs. Kneeland, at rest and her consecrated successor, Mrs. Gray, removed to other fields, still finds an able leader in Mrs. Loitwood.

Caledonia loses her faithful president by removal, and we have recognized during the past year in Mrs. Deitz a tower of strength in our work. She will be a loss to the county as well as local work.

Cummings, after ten years of almost complete silence on the temperance question, seems ripe at least for the presentation of our principles. I do not know if a union could be established there, but I do know your president had a most cordial welcome.

The work in the unionless portions of the county has been crippled during the past year from the lack of the sinews of war, both in the county treasury and the pocket of your president.

Your Press Superintendent notes quite a large amount of irregular press work throughout the county.

School Savings Banks have prospered at home and abroad, as never before in the history of its introduction into the state. The reason, no doubt, lies in the fact that the people are ripe for economic teaching.

Mrs. Morrill, of Wahpeton, urges that a sup't be appointed to gather historical statistics of the beginning of the work in this county, and forward the same to her, to be duly placed in the archives of the state, for the use of the future historian.

Mrs. L. L. Muir, of the franchise department, urges that we give her department a lift by an enrollment at the county convention. This is a most essential department in the upholding of our prohibitory law, and I recommend her suggestion to your careful consideration.

Beloved co-workers: Every hour my heart goes to you and my prayers and my love are with you in all your deliberations, and may the result in the coming year prove the wisdom of your united counsels. The shadow of the inevitable messenger of death hovers over our household. What must come into my life very soon has come to many of you, and yet we must not forget that probably our lives have yielded the average. With the pain has come much that is the best the world has, and the life beyond we do know is bright and beautiful. Tenderly submitted,
H. C. RUTH,
W. C. T. U. Pres., Trail County.

A Pennsylvania saloon keeper, answering the question as to whether the church should receive money from liquor sellers, says: "Be consistent and take the money which we give you; when you think it a sin to sell whisky, just say so at the polls, in legislatures and courts, and like all other law-abiding citizens, we will cease to be unlawful."

What Smoking Costs—The expense of smoking three five-cent cigars a day, principal and interest for ten years, is \$846.74; for twenty-five years, \$1,110.74; the expense of three ten-cent cigars at the end of ten years is \$1,471.74; for twenty-five years \$3,382.47; at the end of fifty years it is \$51,162.14.



Mrs. Nelle Burger, Nat'l Y Organizer.

"Mrs. Nelle G. Burger, Missouri, is one of the attractive speakers."—Buffalo News, Buffalo, N. Y.

"Mrs. Burger is a fine speaker, and presents the temperance question in a unique manner. Her address was pointed and arguementative yet more persuasive than dogmatic."—Holt County Sentinel.

"Mrs. Nelle G. Burger, of Clark, Mo., gave the address of the convention. For genuine ability as a speaker, practical good sense and capacity to hold her audiences, she has no superior."—Cole Camp Times, Cole Camp, Mo.

"The Indian Territory W. C. T. U. has seldom been so fortunate as to procure the services of so talented a speaker as Mrs. Nelle G. Burger, of Missouri, who pleased and delighted old and young."—The Chieftain, Vinita, I. T.

"Missouri may congratulate herself upon her talented daughter, Mrs. Nelle G. Burger, who was the speaker of the evening. Seldom are wit, humor, pathos and logic so combined in one personality."—Danville, Ky.

"The address upon 'Christian Patriotism,' by Mrs. Nelle G. Burger, before the Inter-State G. A. R. Reunion, captivated the people, and the management promptly engaged her for the following year."—Nevada, Mo.

"The theme, 'When Knighthood is in Flower,' was handled in a charming manner by the speaker, Mrs. Nelle G. Burger. Chivalry was shown to exist today as 'in yore olden times,' but a higher ideal was raised for young men and women, and a pathetic appeal made for but one standard of purity for both."—Alton, Ills.

From Miss Larimore.

Larimore, N. D., August 14, 1901.—My Dear Girls:—Who of you have felt the joy that is now mine, to be once more at home after a long absence? To be reunited with loved ones and friends after a separation of many months? Surely there is no sweeter word in the English language than "home," and there is no sweeter experience in life than to be granted a safe return after having wandered over land and sea thro' dangers seen and unseen, to find those you love best on earth, well once more, having been restored by a merciful Providence from the verge of the grave.

Today as I sit in my own room and at my own desk, after an absence of fourteen months, there is singing in my heart an endless song of praise and thanksgiving, that my precious father and mother have been spared to me, have been raised from beds of suffering and illness, of which had I known at the time would have brought me hurrying across the Atlantic as fast as steam would carry me.

But their parental love and consideration kept me in ignorance, realizing if the worst came I could never reach home in time, and trusting to save me all unnecessary pain and suffering. So by their indulgence I remained in ignorance completing a tour which has been one series of pleasures and delights, crowding my brain and heart with such rich treasures and experiences that not ever time itself can efface.

I wish I might share it all with you, my girls, and who knows but I may some day? There is no joy in the world but is doubled by sharing with another; think, then, what mine will be when I can give a portion to every dear white ribbon girl in North Dakota!

There is much that is grand and beautiful and wonderful in that Old World

across the sea, but as I neared the Home-land, and in sight of our adored ones, standing with her never tiring right arm uplifted, bearing the torch of Liberty aloft, casting its rays far out over the waters, welcoming to our shores all who will come, whether seeking a new home, free from tyrannous oppression or for whatever reason they choose. It seemed to me that surely there never had been a fairer sight and that never were mortal eyes more cheered than mine as I gazed upon her, beaming a "welcome home" when I reached our own dear prairies, and saw again the fields of waving grain, and all the mighty expanse of sky in its ever varying beauty, my heart thrilled and sang another hymn of joy. And now, dear lassies, for two weeks I have been at home on the farm, and my heart has gone out to all my comrades in the North Dakota white ribbon army, and I have longed for an opportunity to see you face to face, that we might talk and confer together.

Miss Adams has been with me a few days, and together we have planned for our Y conferences at State Convention and reviewed the work of the past year.

Already we are looking forward to a new campaign, desiring to push closer and yet closer to the enemy's lines, to "come up at once into the land and possess it; for we are well able to overcome it." Let us "be of good courage and bring of the fruit of the land," and oh! my dear girls, let us not do as those of old who had been sent to spy out the promised land, and brought back false reports and said, "we are not able to go up against the people; for they are stronger than we." Remember, the Lord of hosts is on our side, He is the leader of our army, and if "He is for us, who can be against us?"

All things taken into consideration, I think much has been accomplished during the past twelve months and it has been a grief to me not to be able to take an active part with you against our common enemy, but of course at a distance of many thousand miles it was impossible.

However, I have learned more and more the importance of always wearing our magic knot of "ribbon white," and being true to our colors "in season and out of season," for we never can estimate the might of its silent influence.

And now we are about to come up to our annual feast, our Harvest Home, and I am eagerly looking forward to seeing many of you at Lisbon. I hope many of you will be present at our first session of the Y conferences on Thursday afternoon, the day before the formal opening of the Convention. We know from experience how valuable these conferences are, what fresh zeal and enthusiasm we invariably acquire, and with what new inspiration and courage we return home to take up and push the work of another twelve months.

Trusting that every Y union in the state will be represented at Lisbon, bringing good reports with them of seed sown and sheaves garnered. I am,

Yours faithfully and loyally,
Corra W. Larimore.

How to Kill a Union.

Attend only occasionally. Never make preparation. Never pray for its success. Talk to outsiders of how little it accomplishes. Give as reason for non-attendance, "They do not do enough." Encourage jealously toward the helpful ones. If you cannot manage the whole, refuse to countenance any of its undertakings. Give dues only and not yourself.

HOW TO HELP.

Unless providentially prevented, attend every meeting. Carry the success of each an individual responsibility. Be on the lookout for noted temperance items and newspaper clippings upon the subject for each meeting. If you cannot be present send your mite of help. Speak of your union to outsiders with interest. Give a personal invitation to them to attend. Vary the program. Encourage and aid your superintendents by manifesting an interest in their work. First and last, Plead with God in your own closet for His blessing upon each meeting—your officers, the work and workers. Heed these suggestions, and the union speaks in the W. C. T. U. wheel will gradually do their part in wheeling the organization to the uplifting of humanity for Christ's sake.—Ohio W. C. T. U. Messenger.

The Canteen Question.

At the last session of congress the demoralizing army saloons were abolished by a good majority of both houses, but recently a campaign of misrepresentation has been begun by the advocates of them in the hope of getting them re-established at the next congressional session. The canteens as-

sert that that there is more drunkenness and disorder in the army now than before the canteens were closed, and that there has been an increase in the number of saloons in the neighborhood of the camps and forts. But the various cases cited by them have been investigated and the charges have been proved to be utterly without foundation, as we are prepared to show. The very opposite of what they assert is true.

The army posts and the adjacent towns or villages cited by the canteeners have been visited by journalists, committees of clergymen resident in the districts, leading officers of temperance associations and others, and after full investigation they testify to the beneficial effects of the abolition of the canteen and to the non-increase in the number of outside saloons. At some posts they found that restaurants, where only food and temperance drinks could be obtained, reading rooms, etc., had been substituted, and with the happiest results. Some of the investigators say that there is evidently a conspiracy to reinstate the canteen by persistent misrepresentation. Military commandants at the posts and civil officers in the districts have declared that the statements of the canteeners are mere fabrications.—Union Signal.

The Willard Memorial Statue.

The Commission for Illinois' Memorial Statue of Frances E. Willard to be placed in Statuary Hall in the Capitol at Washington, D. C. has been awarded to Helen F. Mears, of Oshkosh, Wisconsin. The board of commissioners appointed by the governor of Illinois to arrange for this statue, have no hesitancy in inviting Miss Mears to undertake the work; she having submitted a sketch of her subject which proves her power to execute a portrait statue that will satisfactorily interpret in marble the rare spiritual as well as intellectual strength of Frances E. Willard, a woman whose genius and unselfish philanthropy have forever endeared her name not only to this, but to every nation of the earth. The refined womanliness, the nobility of strength, the rare sweetness and simplicity—the intense yearning to help humanity which characterized Frances E. Willard as educator, philanthropist and friend have been marvelously brought out in Miss Mears' sketch, while as a portrait it has exceeded the expectations of the commissioners. Miss Mears has been a pupil of many of the best sculptors, Messrs. St. Gaudens, Lorado, Taft, Puesch, Dempt, Charpentier, Colan and Mercier, but possesses a distinct artistic individuality. Her first large work, "The genius of Wisconsin," was exhibited in the Columbian Exposition. It is from an original design representing a woman life size with one arm about an eagle. This symbolic statue in marble won for her the prize offered by the Milwaukee Woman's Club for the best piece of art exhibited by a Wisconsin woman. In Paris her student career was attended with the same success that had characterized it in America. She carried off medals at the different schools, her instructors pronouncing her strong enough in her work to compete with the men, and in 1897 she exhibited in the Salon. In 1898 she made a delightful tour through Italy and Florence to make a thorough study of the treasures in the different galleries, and on the completion of her third year in Europe, she was requested by her old master to return to Paris and assist him in his studio. Miss Mears returned to America two years ago and has since then occupied a studio at 145 East 23d St., New York City. A marble bust of President G. S. Allen, of the State Normal School of Wisconsin, has been highly praised. Mr. St. Gaudens has said of Miss Mears' work that it is strong as a man's and has in addition a subtle, intangible quality exceedingly rare and spiritual. Miss Mears has now on hand a commission for the eight feet lions to be placed at the entrance of the library in her old home at Oshkosh, and is also at work upon a large wall fountain in relief.

Second District Officers.

Pres., Mrs. M. A. Garry, Knox, N. D.; Vice Pres., Mrs. Mary Drummond; Cor. Sec'y, Mrs. Loa M. Delameter, Knox; Rec. Sec'y, Mrs. A. M. Rager, New Rockford; Treas., Mrs. Lizzie Tomlinson, New Rockford. Supt's—Organizer, and Evan Gariety, Mrs. M. A. Garry, Knox. Mrs. Gariety is also supt. of Legislation and Enforcement Sabbath Observance, Non-Alcoholic Medication, Mrs. Nellie Russell, Knox; Work among Foreigners, Mrs. A. Olson, Knox; Heredity, Hygiene, Purity and Mothers' Meetings, Mrs. Loa M. Delameter, Knox; Scientific Temper-

ance Instruction, Mrs. Lizzie Biggs, New Rockford; Union Signal and Temperance Literature, Mrs. Laura Rautz, New Rockford; Mercy and Help, Miss Anna Treleven, Minnewaukan; Flower Mission, Mrs. J. R. Jones, Leeds, N. D.; Franchise and Christian Citizenship, Mrs. May Kieme, New Rockford.

Mrs. Loa M. DELAMETER,
COR. SEC., KNOX, N. D.

FIELD NOTES.

Hunter:—Our reception, though it had to be postponed for a week, was a great success in interest and influence, though some were prevented from attending by the pressure of harvest work. The reports of the delegates were very interesting and well received, the music excellent and the refreshments dainty and acceptable, but the great treat of the evening and that which will make that day a marked one as long as memory shall last, was Miss Preston's account of her visit to Oberammergau and the presentation of the passion play to us through her eyes. We all listened spell-bound, and though it was harvest time, more than one was heard to declare that they could have listened all night if she could have gone on talking. It had been almost two years since we have had our president and it was a rare treat to all. Sunday evening in the M. E. church she told us of "Encouragements at home and abroad," and Monday at the organizing of our Y, all were delighted who heard her and it was a rare treat to have her with us long enough to have a visit without that guilty feeling that we have when she can only stay a short time and the limit of her strength seemed always so near. That trip abroad was a great blessing to N. D. Long live our good "Queen Bess," was an unspoken prayer in many a heart.

(Continued from 1st page.)

preparations. Paine's Celery Compound, is 21 per cent alcohol; Green's Nervura, 17.2 per cent.; Burdock Blood Bitters, 25.2; Warner's Safe Tonic Bitters, 35.7. Jamaica ginger is a favorite "tipple" also, with unknown total abstainers. It is said by competent authorities to be 90 per cent alcohol. It is worthy of note that the alcohol used in many of these "tonics" and "bitters" is of a cheap quality, very impure, and hence more dangerous than the spirits used as beverages. The main reason why so many people use these mixtures is the popular supposition that drugs cure disease. This is a great error. Drugs never cure disease. Nature alone has power to heal. There are agents which in the hands of a trained and painstaking physician may assist nature, but the physician needs to understand something of the idiosyncrasies of his patient's system, or the use of these agents may do great harm instead of good. Those medical men who have made of these a diligent study of health and disease assert as their deliberate opinion that excessive professional drugging has been decidedly destructive of human life. What then may be thought of the indiscriminate consuming of unprofessional compounds of the cheapest drugs and vilest whisky? Many seem unaware that the ethics of the medical profession restrain reputable physicians from advertising themselves or their remedies, so that these much lauded patent medicines are put upon the market by quacks, never by physicians of good standing. The writer knows one man who before engaging in this business was a barber, another who was a farmer, another a sewing machine agent. It is purely a money making enterprise, without consideration of the health or destruction of the people. It is popularly supposed that physicians decry these things from fear that their sale will injure regular practice. This is another error, as they increase work for the doctor by aggravating existing trouble as well as causing disease where there was only slight disturbance.

When will christian people set aside their senseless prejudices in favor of the greatest destroyer of their homes? God's Word, and advanced medical science, are agreed that "whosoever is deceived" by alcohol, whether a beverage or medicine, "is not wise." There is no longer any excuse for ignorance. When the home medicine chest is purged of all its deceitful and dangerous drugs, and the family physician is requested to not administer alcohol, there will be fewer premature deaths and fewer lost souls to be accounted for in the day of judgment.

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School Suffrage—Its Value and Uses.

LOIS L. MUIR.

School Suffrage puts into the hands of the mothers the power to follow their children with their protecting care and love, a little way over the threshold of home, and by controlling their surroundings and associations at a time when their minds are plastic and easily moulded. And when we consider the daily martyrdom the average mother will endure cheerfully for the good of her children and remember that sevenths of the mothers of North Dakota have had far more experience in educational matters than the fathers have had, we see that the value of school suffrage for our women can hardly be overestimated.

Could the life histories of the mothers be read in their faces, I know we should be thrilled with the revelations as we never have been, by song or story, in our whole lives. The always painful sundering of the ties that bind us so closely to friends of our childhood and the familiar scenes of home—the gnawing pain of home sickness endured, and before undreamed of deprivations and hardships heroically faced—days of strenuous labor and wearing worries, followed by nights of watchful agony that have been lived through that these precious children of our love and hope might be well equipped in mind and body for the emergencies of life—that their power of enjoyment might be greater, their power of influence larger and their ability to work for the good of humanity more potent than our own has been. Surely there is power here in these thoroughly disciplined hearts, when it is aroused to action, to make our school grounds blossom like the rose and the interiors fit temples of learning always presided over by teachers who will be capable leaders to the higher levels of life. Such mothers can surely be brought to take much interest in their children's surroundings and instructors in the style and fit of their clothing.

Every W. C. T. U. mother, at least, knows something of the temptations and pitfalls that lie just outside the fortress of the strongest christian home and the alarming growth, in recent years, of those terrible forms of vice that blast and destroy homes and nations alike—that ruined Rome and ate out the life of so many other nations and mighty kingdoms of the past; and surely we have all learned the lesson that no mother's child is safe in this boastful christian civilization, until the children of all mothers are safe. Let us then, the Christian Temperance mothers, begin here and now to plan a vigorous campaign for the coming year. We have made a good start by electing a woman to the highest place in the most important of our county government, for the last six years, who has proved herself more than the equal of the best man that ever held it, Mrs. Mattie M. Davis. Let us have in every union a committee of our best and most intelligent workers to visit the schools at least once a week, some once a month, not only in regard to the personality, but methods of the teachers as well, then let the union, as a whole, bring all its influence to bear on the board of school directors to the end that any wrong found to be righted, no matter how hard or distasteful the task may be. If we go about it in a truly christian spirit and are persistent and consistent in supporting at the polls the faithful and intelligent officers, men or women, we shall soon have the respect from these officers, for our desires and opinions, as they now show for those of the

active politicians of any political party whatsoever. If this plan was thoroughly and systematically carried out we would soon have a corps of competent conscientious teachers, and school houses and grounds that would be pure and inspiring—halls of learning graduating christian citizens. This course would not only make us worthy and helpful examples to states that have not advanced as far as we have in this direction, but will ultimately bring us the full ballot, which means the spirit and power of mother love applied to all the departments of government.

So I conclude that the value of school suffrage is away beyond the power of words to express, and the use of it is to purify and uplift the nation until it shall become a light bearer to all less fortunate peoples. Will our W. C. T. U. membership see and do its duty in this most vital matter as unto the Lord?

Cass Co. Convention Report.

The thirteenth annual convention of the Cass County W. C. T. U. was held in the 1st Baptist church in Fargo, July 18 and 19.

The opening exercises consisted of singing, scripture reading and prayer, and were conducted by Mrs. Day, of Fargo.

After the devotional service the convention was called to order by the President, Mrs. Meacham. The secretary called the roll of officers—vice presidents and superintendents, several of whom were absent.

After the reading of the minutes of the executive committee meetings, and appointing of special committees, Miss Gertrude Stillman, of Fargo, sang a solo. As a number of the delegates were detained on account of the train being late, it was voted to adjourn until afternoon.

The corresponding secretary's report showed that in most of the unions more interest is being taken in the special departments of work. The next hour was taken up by the Ys. Miss McDonald recited "Trouble in the Amen Corner," and the Fargo Ys gave a wreath drill which so pleased the audience that they were called back to give it a second time. The county Y secretary, Miss Eula Miller, of Fargo, gave the report of Y work. Mrs. Van de Bogart, of Tower City, conducted a prize drill on the Count Minutes. The prize was won by the Grandin union. Mrs. Emma Miller reported the work done at the W. C. T. U. Home, also the needs of the Home, and took pledges amounting to \$23.00 for improvements in the building. The New Life in the Home was given by Miss Anna Pederson, and shows that a great deal of good is being done there.

On Thursday evening Miss Preston, state president, gave an address, entitled "A White Ribboner Abroad," which was very interesting. She gave several experiences which were both instructive and amusing. Several musical selections were given and were very much enjoyed, especially the violin solo by Prof. Stout of Fargo College and the vocal solo by W. Mann.

On Friday morning a praise service was led by Mrs. Horne, of Leonard. The treasurer's report shows a balance of \$104.38 in the treasury. Mrs. Kelly, of the Salvation Army, told of the work which had been done in the jail. Mrs. Kelly visits the jail every Sunday and reads and prays with the prisoners, also takes them literature. The officers were then elected for the coming year: Mrs. Mattie Meacham, of Absaraka, was re-elected president; Mrs. Best, of Fargo, vice president; Mrs. Anna Staples, corresponding secretary; Mrs. Helen Carter, of Garden, recording secretary; Mrs. E. Hawk, of Buffalo, treasurer. Mayor Johnson was then introduced to the convention and made a short address. A paper on "Reports and how to make them" was read by Mrs. Gray, of Page—some excellent points were brought out and good suggestions given. If local unions would only realize the benefit of reports to themselves as well as to the county and state, a great deal of good would be done. A paper on "Alcohol as Medicine," by Dr. Wheeler, of Fargo, was read by Mrs. Day. It was voted to tender Dr. Wheeler a vote of thanks for this most excellent paper, also to have it published in the White Ribbon Bulletin. Miss Minnie Carpenter gave a violin solo and the Misses Hubbell and Van Horne and Mrs. Miller sang a beautiful selection. Miss Preston was then called to the platform and presented with a magazine holder in Flemish work, in token of the appreciation in which she is held by the Co. union. Miss Preston conducted a parliamentary drill, after which the convention adjourned.

JESSIE McFARLANE, Reporter.

First District Convention.

The seventh annual convention of the first district was most hospitably entertained at Crary, N. D., July 31-Aug. 1, Mrs. L. C. McKinney, district president, presiding. Our beloved Miss Preston was also with us through a part of the session, and on the first evening gave her delightful lecture on "A White Ribboner Abroad." On the second evening an impromptu program was given in place of the gold medal contest as planned. A good collection was taken. Number of voting delegates present, 18. Unions represented were Cando, Crary, Devils Lake, Maza, Preston, Rolla, Webster and Webster Y. No. of membership as reported, 251. Two new unions have been organized during the year, New City and Webster Y. The financial standing of the district is good. Reports of local unions were encouraging. Maza, Crary, Bethel and Webster each have an L. T. L. No. pages of literature distributed, 25,523. Five contests were held during the year. Bethel, Cando, Maza and Preston each held a matron's contest. Crary gave a young people's contest. The Bethel union distributed 9,000 pages of literature and sent \$8.00 to the Home. Cando was instrumental in securing a curfew law and closing a "slot machine." Crary takes the largest number of White Ribbon Bulletins, subscribing for 30 copies. Devils Lake gave \$26.30 to the Home. Maza gave a drill on state minutes, a convention quiz and held a parent's meeting. Preston gave a reception for honorary members. Rolla did special work in mercy and help and in winning the young people for White Ribboners. Webster has lately helped to organize a strong Y and L. T. L.

In view of the fact that first district is seen by Mrs. Mary B. Galesburg from her rank of workers, she was presented by the district with a beautiful correspondent case (some of Miss Whedon's work, as a partial recognition for faithful work well done.

Twenty dollars was subscribed by the convention for repairs for the Home. Considering the time of season and the many unavoidable disappointments, our convention was a success, and all went home feeling it was good to have been there; inspired for better work in the coming year. Good papers was as home-makers and as White Ribboners.

The following officers were unanimously elected on the first ballot for the ensuing year: Pres., Mrs. L. C. McKinney; Vice Pres., Mrs. Necia Buck; Cor. Sec'y, Mrs. Edna Salmons; Rec. Sec'y, Mrs. Mary Haig; Treas., Mrs. Carrie Madison. EDNA SALMONS, COD. Reporter.

Trail Co. Convention Report.

Trail county convention was held in Caledonia, July 17 and 18. The sessions were presided over by Mrs. J. S. Kemp, of Galesburg, the President, Mrs. H. C. Ruth, being detained on account of illness in her family. Miss Preston attended the first session and delivered a lecture in the evening, which was well attended.

Among the good papers was one upon "Food, its Effects upon Morals and Temperance," by May Hewitt Tousey; A Consecrated Young Womanhood, by Mrs. Mabel Paulson. Our Reserve Forces. (a) The Ys. (b) The L. T. L's. (c) Ourselves. Mrs. Isabel E. Kemp. "Temperance in N. D.," by Mrs. A. N. Bayle, also an address by Rev. E. P. Laurence: "Does the prosperity of the church demand that temperance work shall have a prominent place in church activities?" Mrs. Evelyn Stiver gave a parliamentary drill. The convention was enjoyed throughout by music from the following musicians: Miss Vie Sargeant, organist; Miss Winifred Seal, violinist; the Caledonia quartette; the Rogulie sisters, and Rev. E. P. Laurence, baritone soloist. Private pledges were taken and the county put on a better financial basis than ever before. The following officers were elected for the coming year: Pres., Mrs. J. S. Kemp, Galesburg; Vice Pres., Mrs. May Hewitt Tousey, Hillsboro; Cor. Sec'y, Mrs. Amanda Sargeant, Caledonia; Rec. Sec'y, Mrs. Schlosser, Mayville; Treas., Mrs. H. C. Ruth, Portland.

Grand Forks Co. Convention.

Grand Forks County W. C. T. U. met in its 14th annual convention at Inkster, July 10-11. Owing to the illness of the president, the inability of the vice president to attend, the removal from the county of the rec. sec., and the absence from the state of the cor. sec., the county treas., Mrs. Carr, presided in a very able and acceptable manner. Although the attendance was very small indeed, yet the usual enthusiasm was manifested

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and the convention was profitable and enjoyable. There were several helpful papers read, some of them by the Ys. The good people of Inkster had done their part to make the convention a success as was apparent on every hand. The M. E. brethren had opened their pretty little church which was very tastefully decorated for the occasion. We enjoyed the freest hospitality in the beautiful homes. The committee on music had prepared a pleasing program and there was plenty of music throughout the convention. A gold medal contest was held in the city hall under the direction of Mrs. Gallagher, who is also state supt. of contest work. The contestants were: Misses Ethel Walker, Lucy Brennick, Alma Gallagher and Pearl Bemis. The recitations were all well given and the contest was very close. The judges awarded the medal to Miss Pearl Bemis, the presentation being made by Rev. Mr. Mack. The musical program for the evening was very good indeed and deserves special mention as it was full of a variety of good things. A full house enjoyed the evening.

Anti-Narcotics.

As our annual convention is approaching, I would be pleased to hear from those unions who have been working along the line of Anti-Narcotics. Let me hear from you, dear sisters, whether your union has a superintendent appointed or not. Please report the work done, no matter how small it may seem to you. Many unions have reported, but from the pages of our beloved Bulletin, I find some unions are doing work which is never reported to me. May I add a few words relative to The Anti-Tobacco Gem? Several months ago I wrote to the publisher asking for the number of subscribers for his paper in North Dakota. I was amazed when I received the reply—"Only two." Since that time I have been doing special work for this paper. Several unions have responded by sending in clubs, but even now I do not think the list will number fifty. This excellent little monthly is published by Chas. Shephard, Melvin Village, N. H., and can be secured for the following terms: Single copies 20 cents, or for 13 cents in clubs of seven. This, I believe, is the only paper published in behalf of this work and is doing great work. At times the financial conditions are such in the history of this paper, that it seems almost impossible to continue its publication. Can we not do something for this work, by raising at least one club in each union? It would be a small thing to bring the matter up before your union, but it is no small matter to know that this "Voice of Warning," against the tobacco evil, is entering, perhaps, seven or fourteen homes in each community where a local union is found. Let us, dear workers, in our fight for "God and Home," not overlook this part of the battle, but strike a blow against the great evil, tobacco, by securing a list of subscribers for the Gem among your friends. Write to the publisher for sample copies. Yours in the work, Mrs. E. M. SHIPPY, State Supt.
Hope, N. D., July 25, 1901.

Fairview Union.

On the 7th of Aug. we held our union meeting with our dear Mrs. Fletcher. Our program consisted of the reading of the "Official Letter" in the Bulletin and planning for another contest. On the 2d of Aug. we held a silver medal contest realizing \$3.02 therefrom. Four boys and two girls took part. The medal was won by Master Earl Porter, age 12. The piece was entitled "The Saloonkeeper's Bar." Our L. T. L. is doing good work. They observed July 21st, the birthday of Anna Gordon. Mrs. MARTHA PORTER, Pres.