



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 5. NO. 3.

FARGO, N. D., APRIL, 1903.

Monthly—25 Cts. a Year.

Thinking.

Beautiful thoughts make beautiful lives:
For every word and deed
Lies in the thought that prompted it.
As the flower lies in the seed.
Back of each action lay the thought
We nourished until it grew
Into a word, or into a deed.
That marked our life work through.
Gracious words and kindly ways.
Deeds that are high and true,
Slanderous words and hasty words
And deeds we bitterly rue.
The Garden of Life, it beareth well,
It will repay our cares:
But the blossom must always and ever be
Like the seed we're planting there.
"Keep thine heart," the Life Guide saith.
"With daily, diligent care,
For out of it are the issues of life."
Be they foul or be they fair,
On things that are pure and of good report
Our hearts must daily dwell;
If we would see life's garden full
Of blossoms that please us well.

Prohibition the Best Method.

Another session of the legislature has passed into history and we still have our prohibition law, although various kinds of measures were introduced to weaken and nullify it. Some of our legislators acknowledged that the sentiment of their constituents kept the votes of about two-thirds of the members for prohibition.

Does it pay then to create sentiment for the right? This question comes with new force to us. How then can we make that sentiment stronger and stronger? An educational campaign, bringing with it facts and statistics to prove that prohibition is the only method of dealing with the liquor traffic that will bring peace and prosperity, is an excellent plan to keep sentiment growing.

The Woman's Christian Temperance Union has a great part in this work because of the well organized force and the splendid literature at our command. We can do wonderful work in the way of destructive criticism, placing in pillars every false statement. We can build a constructive policy with the truths at our command that will stand forever against the powers of evil.

Let us begin by presenting some statistics from our own state. The six states along the Red River contain one-third of the population of the state. In 1880 with 77,930 people there were 1,265 arrests. This was during the last year of the open saloon. In 1900 the population had increased to 110,645 in the six counties cited, an increase of 43 per cent. The number of arrests for all causes in 1900 was 416, a decrease of 68 per cent.

The population of the state practically doubled in the years that intervene between 1880 and 1902, while the increase in the number of convicts in the state penitentiary was only 14.

Take for example the two cities of Grand Forks and East Grand Forks. Our Dakota city of Grand Forks claims a population of nearly 11,000. The school census shows 2,600 children of school age who day by day are free from that blighting presence and stench of the open saloon. East Grand Forks on the Minnesota side with a population of 3,000 has 42 licensed saloons, one for each 17 of its boys and girls.

In 1880 there were arrests in Grand Forks, for drunkenness 113, disorderly conduct 73. In 1900 there were arrests for drunkenness 16, disorderly conduct 11. In the meantime the population increased 53 per cent. Yet in spite of this increase of population, as the figures indicate, the number of arrests had decreased over 87 per cent.

When prohibition went into effect in Grand Forks the saloon men retreated and predicted a "dead town," claiming

a lively town only where the saloon could be tolerated, but those who know of the business of the clean town can testify that it is far from dead. On the contrary it lives and thrives way beyond its near neighbor across the Red. The valuation of property in the saloon town is \$384,000, the bonded indebted-



MRS. CALLIE HOWE,
National W. C. T. U. Lecturer and
Organizer, St. Joseph, Mo.

Our Speakers.

Mrs. Callie Howe, of St. Joseph, Mo., national organizer and lecturer will commence work in our state June 12th. The State Executive have planned the central portion of the state as the territory we desire her to work. She will probably enter the state at Wahpeton and the counties which according to the outline should employ her are Ransom, LaMoore, Cass, Barnes, Griggs, Steele and Traill. Mrs. Howe comes to us recommended as one of the brightest women among the national organizers and we know the unions will appreciate the privilege of employing her. Write Mrs. Hartman, Supt. Lecture Bureau, asking her to save a date for you.

It is none to early to vote on it at your union meetings now and send word. You will thus greatly aid our superintendent.

The task of making appointments is by no means an easy one and I trust you will help in every possible way.

Mrs. Nelle Burger, of Missouri, whom some of you I know have met, will work with us beginning June 4th. She will probably enter the state at Grand Forks and work in the north and east. Mrs. Burger gave great satisfaction when in the state before and no doubt there will be many applications.

ness being 26 per cent of the valuation. In addition to this there are outstanding debts, deficiencies and unpaid warrants to the amount of about \$50,000. The tax levy is 20 per cent higher than that of Grand Forks, N. D., while added to this there is the license of \$500 each for the 42 saloons. Yet with the heavy tax plus the blood money, the city continues to run behind from \$15,000 to \$20,000 each year. There are no efficient improvements, only one-third of a mile of paving and one mile of sewerage. The only municipal utility is an electric light plant valued at \$8,000.

The city of Grand Forks with all the

modern improvements has assessed property valuation of three and one-half millions, the bonded indebtedness being only 8 1/2 per cent. It has ten miles of paved streets, electric light plant, sewer system, water works with a filter costing \$45,000, and all this without license. The advantages of license from a money standpoint, as are so often presented by its friends, are utterly false. Nothing can be claimed for it but degradation, poverty and crime.

Take Illinois for another example. We have here a very striking illustration of the failure of high license. About twenty years ago the "Harper Bill" was placed upon the statute books. It was argued as a temperance measure that every increase of license money was a step toward prohibition. By observation it is found in Cook county and the twelve adjoining counties that the higher the license the greater the violations of law allowed by the local officials, and the more indifferent the public to those violations.

Chicago saloons pay \$500 each or \$3,250,000 per annum. This amount of money paralyzes public conscience, deadens moral feelings and leads thousands of good people to apologize for the traffic.

Not one of the claims made twenty years ago in favor of high license has been made good. The low vile places are not shut up. The Sunday traffic has not been stopped. Men who pay \$500 instead of \$50 have not helped to prosecute violations of the law. It is affirmed by those who have a knowledge of thirty-three years of Chicago saloons that it was never more dangerous than at the present time.

Santa Monica, Cal., closed all her saloons last year. As a result her bank deposits have increased \$46,000 during a period of three months as against the same three months under license, while the arrests for drunkenness have fallen off 80 per cent.

When prohibition went into operation in Kansas that state had a population of 496,616. Out of the population she had 917 convicts. After twenty-one years of prohibition the population is 1,470,493, an increase of nearly 50 per cent, but now she has only 788 prisoners; while the population has increased 50 per cent crime has decreased in proportion to the present population, six-fifths per cent. During the same period the criminal population of license Nebraska has outrun the general growth of the population forty-seven per cent. Five of the 105 counties of Kansas are frequent violators of the prohibition law. These counties with seventeen per cent of the state's population furnish over thirty per cent of its crime.

We might continue to give many comparisons and note fact after fact to prove that prohibition is by far the best method of dealing with the liquor traffic, that the restrictive features of the license or dispensary systems are violated continually far in excess of the violations of the prohibition measures.

We have given figures noting principally the increase of crime and poverty; but what of insanity, prostitution and moral degradation? What of the breaking hearts and blighted lives of the souls led to destruction? In the same proportion all the attendant evils follow on.

Let it be known everywhere that we are our brother's keeper, to a great extent, and have a duty to perform in maintaining our law that protects from the evils of the liquor traffic.

M. V.

The Fatal Dinner.

There is a false impression in regard to the effect of spirituous liquors on the circulation, and many who are ignorant of the actual facts drink alcoholics "to keep out the cold," when the truth has been proven by Arctic explorers, northern lumbermen and workers on the ice that the only safety in extreme cold is to abstain from alcoholic drinks.

The false idea arises from the apparent stimulation and increased action of the heart, producing a temporary warmth, immediately after drinking; but this is soon followed by a corresponding reaction and invariable depression. An infinite number of cases could be given, to illustrate the truth, but we have only space to recount "The Fatal Dinner," a well known historic event, as follows:

In 1786, Prince Potemkin, prime minister of Russia under the empress Catherine, gave the largest state dinner ever given. Over twenty-two thousand persons were feasted in vast halls in St. Petersburg. Brando, the favorite intoxicant at that time, flowed freely as water, and when the half drunken guests departed, the intense cold night air did not sober them, but, as is always the case, locked the senses in a stupidity that ushered in the sleep of death.

Of the guests more than sixteen thousand perished of the cold that night, and those who survived were those who had not drunk so deeply, and were thus able to resist the numbing effect of the extreme cold. The official reports of the death rates in Russia show that a majority of fatal cases in winter are those who use intoxicants.—H. C. Simmons.

NON-ALCOHOLIC MEDICATION.

Dear Comrades:—In my letter to you some time ago I urged the necessity of distributing Non-Alcoholic Medication literature. I wish now to call your attention to a much greater necessity than then existed for so doing. In the passage of the "Sheils Bill" we find our great opportunity along this line of work. Now is the opportune time to send out literature all over the state. You have responded to my requests so graciously that I do not hesitate to ask more of you. Mrs. Allen, the National supt. of this department is much pleased with the work we are doing and compliments us upon it. I hope you all remember that she offers prizes for poems, orations, etc., on this subject.

I have received reports from two unions through the report blanks, Tyner and Azenia, and I gratefully note one meeting held in each on Non-Alcoholic Medication. I have also received an order for literature for distribution from Drayton and Bethel unions. Now what I wish each union to do is send in an order for at least fifty cents or one dollar's worth. You know the kind best adapted to your community. "Safe Remedies" ought to be in the hands of every mother in this state, also "Give No Alcohol to Children," by that famous physician of Austria, Dr. Max Kassowitz, professor of children's diseases in the University of Vienna, and "Alcohol and Nursing Mothers." The two last named cost only thirty cents per hundred.

Trusting that this will arouse you to immediate action and hoping for an order for literature from every union in the state, I am

Yours faithfully,
NELLIE E. MOTT,
State Supt. N.-A. M.
Lisbon, N. D., March 11, 1903.

White Ribbon Bulletin

PUBLISHED MONTHLY.

Mrs. Elizabeth Preston Anderson,
EDITOR IN CHIEF.
Mrs. Mattie Van de Bogart,
MANAGING EDITOR.
Miss Mary Clark, Fargo,
ASSISTANT EDITOR.

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

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

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

STATE MOTTO: I am but one, but I am one; I can do nothing, but I can do something; what I can do, I ought to do, and what I ought to do, by the grace of God I will do.

Subscription price, per annum, 25¢
Extra Copies of The Bulletin, 2 Cents Each

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

STATE OFFICERS.

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Drayton.
Vice President at large—Mrs. Emma F. Vall, Coqswell.
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Corresponding Secretary—Mrs. Mattie Van de Bogart, Fargo.
Grand Forks—Mrs. L. M. Brown, Cooperston.
Organizer—Mrs. Elizabeth Preston Anderson, Drayton.
Secretary Young Women's Branch—Mrs. Mary Grover, Lisbon.
Supt. Lecture Bureau—Mrs. M. A. Hartman, Cooperston.
Secretary L. T. L. Branch—Mrs. C. W. Moses, Drayton.

APRIL, 1903.

Our Club Offers.

White Ribbon Bulletin and American Mother, \$1; Bulletin and Light, 70c.; Bulletin and Union Signal, \$1.60; Bulletin and Physical Education, 35c.; Bulletin and Backbone, 30c.; Bulletin and Dakota Farmer to new subscribers, 75 cts. for 1 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.

P. O. box 123, Minneapolis, Minn.

Has your subscription to the Bulletin expired? Will not every union hold a Bulletin social, as Park River has done, proceeds to pay for subscriptions for every member of the union? This is the only way our paper can be maintained. Shall we keep it free from debt? Your subscriptions we will take as a reply in the affirmative.

Miss Anna B. Thompson, our State Home worker, is meeting with good success in Fargo. She will visit the unions and present the needs of our Home during the coming months. She will be ready to visit other points outside of Fargo very soon. We hope to make our May number a W. C. T. U. Home number with interesting items concerning the work. Send in new subscribers that they may not miss that number.

Miss Emir Best, local president of Fargo Y, has been appointed assistant Y secretary of the state.

Mrs. Harrelquist, of Sherbrooke, has been appointed state supt. of Physical Culture.

There are several vacancies in the list of state superintendents caused by the necessary resignation of the superintendents of Anti-Narcotics, Mercy and Help, and Scientific Temperance Instruction. Where are the women to fill these places? Can anyone suggest?

Casselton Reporter

CASSELTON, N. D.

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

We have two fine baby boys at the Home who are in need of good homes. Is there anyone looking for these?

Mrs. Carrie M. Allen, our recording secretary, was appointed by the executive board, as musical director for the next state convention to be held at Mayville.

Mrs. Addie Carr and Mrs. Ella Boies were made seating committee for the next state convention.

The printing of the prohibition law has been deferred until the recent laws passed by the legislature may be added. They will, however, soon be ready and they may be secured of the corresponding secretary. Single copies 5 cents each. Send for rates for large orders.

The following prizes will be given at the state convention: Any member of a local union who secures twenty-five new members during the year, shall have her name paid to the state convention and be fare paid to that body. Every county introduced to that body a net gain of 100 or district making a part in Benefit Night at shall have a part in Benefit Night at the state convention. Dues must be in the hands of the state treasurer before Aug. 15th. The union sending the largest increase in subscriptions to the Bulletin will receive a picture of Miss Willard. In order to have our public meetings advertised so that we may reach our largest number of people with our principles, a prize of \$3.00 will be given to the person originating the most successful advertising plan. The population of the town and number attending the meeting must accompany the report and this must be in the hands of the state corresponding secretary on or before Sept. 1st.

PRESIDENT'S CORNER.

Dear Comrades:—We have much to be thankful for in that every attack made upon the prohibition law in the late legislature, was successfully repulsed and the law is, we believe, stronger to-day than before. The only change made in that part of the law regulating the sale by druggists. This is covered by the famous "shell" bill, which I explained quite fully in my last letter and which has also received the signature of the Governor and goes into effect July 1st. The effect of this law will undoubtedly be to close a large number of drug stores in the state that are now doing an illegitimate business. It will make it more difficult for druggists to secure permits, especially in the larger towns and cities, and it is believed that the number securing them will be reduced to those druggists who are inclined to do a straight, honest business.

The bill which provides \$50 reward for information which shall produce conviction against violators of the prohibition law, has also received the signature of the Governor. This will assist in the enforcement of the law, and undoubtedly make the way of the transgressor harder than it has been heretofore.

There is urgent need for temperance people to be aroused to greater activity along the line of enforcement. The temperance men in the recent legislature who fought and won our battles declare that unless a greater work is done in the enforcement of the law in the next two years, that in the next legislature we shall have the most desperate fight to make that we have ever had. We hope the Enforcement League will hold a great convention this summer, when all these matters may be thoroughly discussed, and plans made for aggressive work.

The bill raising the age of consent to eighteen years has received the Governor's signature and will go into effect the 1st of July.

At our midyearly executive meeting, a report of which is given elsewhere, Mrs. Marion B. Cleveland, of Devils Lake, was elected delegate to the World's W. C. T. U. Convention at Geneva, Switzerland, June 9-11. We are entitled to two additional delegates, and would be glad to know of any white ribboners in the state who can take this most delightful trip.

Miss Annie A. Robbins made twelve addresses in the state and was everywhere heard with pleasure. Her collections paid her salary and traveling expenses and put \$23.33 into the organizing fund, which previous to this had been overdrawn. It is to be regretted that our organizing fund is not in better condition for the opening of the spring and summer's campaign. If every union will secure one life member, the ten dollars dues which always goes into the

organizing fund, will enable us to vigorously prosecute the campaign of education and organization which we propose to inaugurate.

Arrangements are being made to make the W. C. T. U. Institute at Chautauqua especially attractive this year. We wish all white ribboners, if possible, would plan to take their outing at Chautauqua this summer. It would be difficult to find a more beautiful place with more delightful surroundings. We hope to have Baldwin Cottage open throughout the entire assembly, and as white ribboners should take pride in seeing the place so comfortably furnished. If that is so, districts and counties will each raise an average ten dollars for this purpose, and it can be well furnished. Will I think it can be well furnished. Please the county and district presidents place see to this at once, as the time is short! The furniture bought with the money of each county or district will be marked with the name of that county or district. This will apply to local unions also, when they send enough for the purpose. We need a rug, easy chairs, table, stand, couch, writing desk and table, stant, furniture for the veranda. Pictures, especially pictures of Miss Willard and Mrs. Stevens, cushions, sofa pillows, etc., would brighten the place, and make it a rest room in every sense of the word. These latter articles could easily be furnished by local unions.

A schedule of county conventions was arranged at the mid-yearly executive meeting and a suggestive program for the W. C. T. U. Institute, was held in connection with the conventions, was adopted and recommended to the counties. Mrs. Van de Bogart has sent copies of these to every county and district president, and it is hoped that they will prove to be very helpful. The county convention and institute should be made a great event. Have it well advertised, invitations and programs sent to people whom you wish to reach, especially to editors, teachers and preachers. We have secured the best talent in the national W. C. T. U. to assist this year, and they ought to have a splendid hearing.

The treasurer's report shows a comparatively small number of unions which have sent in their offerings from Willard Memorial meetings. We hope the unions that have not observed Memorial Day, will do so, for the good influences that may go out from such a meeting, and for the help you may thus give to the extension of the great work to which Miss Willard devoted her life.

Drayton union held its Willard Memorial meeting March 20th at the hospitable home of Mr. and Mrs. J. M. Wylie. The program as outlined in the Union Signal was followed out and in addition to this an interesting address was given by Hon. Geo. A. McCrea on the work of the late legislature and on the needs of the temperance work in the state. A collection of eight dollars was taken.

We learn from Richland county that Dr. Janet Hill Knox has resigned as president of that county, and Mrs. Ida Sparks Clark is elected to fill the vacancy. Sickness and death among her loved ones, have kept Dr. Knox in the east. The inspiration of her genial presence will be greatly missed by white ribboners, not only of Richland county, but of the entire state.

Miss Anna Bell Thompson, State Home Worker, seems to be the right woman in the right place. If the unions will co-operate with her and open the way for her in their respective towns, we believe she will be able to accomplish a great work for the Home.

Yours sincerely,
ELIZABETH PRESTON ANDERSON.
Drayton, N. D., March 27, 1903.

Schedule of Institute Dates.

The following program was recommended by the mid-year executive held at Fargo, March 11th, to be used by the counties and districts at their institutes and conventions this summer. It seems quite an advantage to have the same program used by all, as nearly as possible, and an especial advantage to the workers who may go from one county to another. This, however, may be subject to change to meet local conditions. The schedule of dates here given are arranged so the national speakers may be secured that are listed with the dates. If it should be impossible to use these dates, or about this time, no doubt some of the state workers will be secured.

MATTIE VAN DE BOGART.
Schedule of dates for county and district Conventions and Institutes:
Kidder county..... May 7 and 8

MISS A. G. MABEE, PURCHASING AGENT.

704 Lumber Exchange,
MINNEAPOLIS, MINN.
Seven years' experience in filling mail orders. Write me for anything you wish. Every order receives personal attention. No commission charged and satisfaction guaranteed!

First district..... May 21 and 22
Second district..... May 28 and 29
Third district..... May 25 and 27
MISS LILLIAN PHELPS, Speaker.

Grand Forks county..... June 4 and 5
Pembina county..... June 9 and 10
Walsh county..... June 11 and 12
MRS. NELLE BURGER, Speaker.

Ransom-LaMoure county June 16 and 17
Barnes (Griggs) county..... June 18 and 19
Cass county..... June 23 and 24
Steele county..... June 25 and 26
MRS. CALLIE HOWE, Speaker.

Trail county..... June 23 and 24
Richland county..... June 3 and 4
Sargent-Dickey county..... June 10 and 11
Speaker to be selected.

Program for Institute.

Suggested Program for Institute:
9:30 Invocation, Song, Organization of Institute, Welcome Symposium.

a. Organization Work, Necessity of, Prospect for, (by County President), Response by Delegates.

b. To Increase and Improve, Local County and State Reports, (County Sec.)

c. What Must a Vice President Know and do to be Most Helpful, (by V. Pres.)
d. To Improve the Conditions of Department Work, (by Local President.)

e. How to Better the Finances of Local, County and State, (by Treasurer.)
11:30. Evangelistic Hour, Bible Reading—Topic, Christian Citizenship.

1:30. Devotionals, L. T. L. Grade Work, Lesson Manuals given out previously and parts for Study Assigned, (Class Conducted.) Discussion, Music by Children.

2:30. Symposium on Y Work.
a. Co-operation with State Secretary.
b. Co-operation of one Y with the others in the State.

c. Co-operation with Young People's Societies.

3:00. Non-Alcoholic Medication, Patent Medicines, Safe Remedies, Non-Use from a Scientific Standpoint, Discussion.

3:45. Our State Official Organ.
a. How it has Helped the Work.
b. How it May be More Helpful.

4:15. Department Round Table, (Questions Previously Prepared.)

EVENING.

8:00. Short address preceding lecture, or ask speaker to take for her subject: "The Method of Dealing with the Liquor Traffic Dispensary, High License, or Prohibition."

9:30 to 10 m. Regular Convention Work, Reports, etc.

1:30 p. m. Devotionals, Music.
Open Parliament. The following topics suggested to select from, as many as time will permit:

1. Should Women Vote on Equal Terms with Men? Enrollment Plan of Securing Existing Sentiment.

2. The Boy and the Cigarette, Effect on Body, Manners and Morals.

3. What Part Should the Church Take in Moral and Social Reforms?

4. The Public Meeting, Why? How Prepare for it?

5. What Changes Have Been Made in our Prohibition Law?

6. Literature, How to Use it at the Union Meeting, in the Home, with the Public.

7. Drug Store Saloons, How to Deal with Them.

8. Mothers' Meeting, Topic—"How to Preserve the Purity and Innocence of the Child."

EVENING.

8:00. Medal Contest.

Call to Second District Convention
The Tenth Annual Convention of the Second District will be held at Fessenden the latter part of May. The exact date is not yet decided upon.

We earnestly desire that every union in the District be fully represented. Each union will please elect their delegates and send names before May 1st.

Mrs. L. P. Farquar, Fessenden, N. D.
M. A. GARRY, President.
LOA M. DELAMETER, Cor. Sec.



It isn't the thing you do, dear.
It's the thing you have undone.
That gives you a bit of a heart ache
At the setting of the sun.
The tender word forgotten.
The letter you did not write.
The flower you did not send, dear.
Are your haunting ghosts at night,
MARGARET E. SANGSTER.



My Dear Girls:—
As the time for the semi-annual reports has arrived, I had hoped that something might be gleaned from them of what your encouragements and discouragements are and, perhaps, give me a text for my letter, but, alas, the reports have been few and meager, and again I must trust to my own imagination of your conditions and trust to its being adequate to meet your needs. It gives me great pleasure to tell you that we now have an assistant Y secretary, Miss Emir Best, of Fargo, who I am sure will be the right one in the right place. She has for some time been the efficient president of the Fargo Y, and in her new field will undoubtedly be a great help to the Y's of North Dakota.

We are also glad to extend a welcome to the new Y at Mayville, organized by Miss Stewart. I wish the corresponding secretaries would write a letter of greeting, not only to our new assistant secretary, but to the new Y as well. You will find the names of the officers in the last Bulletin. It would be an excellent plan if the different Y's would write to each other, exchange methods, and get acquainted. The columns of the Bulletin are open for these plans, but so many do not consider these messages as personal that it might be better to write directly to the other Y's. This method will not prohibit your sending newswitems to me for the Bulletin. And again let me urge you to do this. Co-operation not only with other Y's, but with other young people's societies should be a mighty factor in our work. See that the quarterly temperance lessons are properly presented, choosing a leader, if possible, from the Y ranks. The Fargo Y's can have only one union meeting each year owing to the many societies meeting, but in smaller towns where there are not so many denominations, no doubt the Y's could have charge of nearly all of the temperance meetings. At least they could see that the leader was one who could properly conduct the meeting and present the subject in an instructive manner.

As I have said before, so I say again, we need instruction along the lines of our own work, and there is no better way to get this than to study up a subject to present to some one else. These union young people's meetings will develop your mental as well as your spiritual faculties if only conducted in the proper manner. The program given by the Fargo Y is suggestive, but you should avoid a sameness. Have variety. "Variety is the spice of life," and there is certainly a great opportunity in our work for variety. Do you know of any organization having a better one? With its multiplicity of departments and its practicability of work, how many meetings we may hold and yet never have said of them, as is often said of other things, "Oh, it was the same old thing."

There are two departments, or rather a department and a theme, that I would especially urge the Y's to study this year—Non-alcoholic Medication and the Dispensary. During the recent legislation we heard a great deal about druggists' permits. They have seemed almost a necessary evil because so many people have yet to learn that alcoholic liquors are not necessary as a medicine. Have meetings with this for your subject. Distribute literature, especially the leaflets containing the lists of "Safe Remedies." "As we have therefore opportunity let us do good unto all men." The "Dispensary" was for the first time

brought before the people of this state in the form of a bill to establish it in this state. The bill was quickly killed but we find that even many of the so-called prohibition men seem to lean toward such a measure, as being preferable to an unenforced prohibition law. It behooves us to study this matter. To pass such a law would be taking a decidedly backward step—in fact would be turning "right about face," for it would be licensing the evil we wish to prohibit. Find out what the dispensary has done for South Carolina. Do not trust to newspaper reports entirely but get authoritative statistics from the most reliable sources. Debate the pros and cons of this subject before the public. The article on the dispensary in the last Bulletin will be of service to you. Keep it for reference.

In reporting so much of the work of the Fargo Y, I am doing only what I would like to do for every Y in the state. It has been a pleasure to me to come in contact with the workers here and wish I might meet every Y girl in the state; but, as that is impossible, it is for this reason that I urge in every letter more correspondence. Please consider these letters personal and reply as courteously as to a letter addressed to you.

If any Y purposes to copy the "Washington Apple Bee" noticed in these columns, let me suggest that you take that opportunity to have a debate, some short talks or essays on the cider question. Our state convention is to be held at Mayville and it has been decided to hold our Y conference Saturday forenoon. This will give teachers and students an opportunity to attend and we hope to make this conference very helpful. With this end in view I would ask that you suggest topics which you would like discussed. If we need more than one half day, no doubt we can have more time but we can accomplish much in half a day if we come prepared. Honorary members, while not eligible as delegates to the Convention, may be delegates to Y Conferences, so we shall hope to see a number of our honoraries present at Mayville at the Y Conference.

We should have a number of interesting reports of the meetings held April 14, in honor of Mrs. Barnes' birthday and for our World's Missionary Fund. Send them in promptly so that they may appear in the next Bulletin if possible.

Yours in our Master's service,
MARY M. GROVER.
Fargo, N. D., March 15.

Fargo Y has been doing some very commendable things which are worthy of imitation. At a Union Young People's meeting the Y's were given charge and presented the Quarterly Temperance lesson. Miss Best, the president, led the meeting and several of the members presented different phases of the question, either by papers or short talks. The subjects were given out before the meeting so that they might be sure of covering the points desired. Some of the subjects were, "Temperance and Foreign Missions," "The Work of the W. C. T. U. in our own state," "News Items," "What the Legislature has done in Temperance Legislation," and "What more can the Young People's Societies do for Temperance."

The Washington Apple Bee given by the Fargo Y on Washington's birthday was reported to be a most enjoyable event. George and Martha Washington were there, in costume, to receive the guests. Slips of paper were given out, numbered and lettered. When those having the same number came together they found the letters to spell the name of an apple about which they were to compose a rhyme. The prizes were a big apple pie for the best, and a little apple pie for the worst.

Another thing which deserves especial mention is the faithfulness of the Press Supt. in announcing and reporting meetings of the Y. Every Y should have a good press superintendent and keep their work before the people.

We are glad to hear encouraging reports from Sargent county Y's. Nicholson has twenty members and interesting meetings. Cogswell honoraries were so interested that they insisted on having their meetings even when their president could not be present. The president's home is in Harlem and she could not get to Cogswell during the winter, so our loyal Mrs. McCrory came to their assistance and the meetings were held, and much valuable instruction is being given.

Niagara Y has raised over \$80 since its organization last September. Surely

they have some plans that are worthy of our notice.

Libison Y will hold another social during the Easter vacation, of which we hope to have a full report for our next Bulletin.

L. T. L. CORNER.

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



Dear Friends:—
It is to be hoped, now when nature is waking in her long sleep, that our boys and girls will renew their energies for "the cause that needs assistance, for the wrong that needs resistance, for the future in the distance, and the good that you may do." There is a wonderful future before our young people of to-day, and the duty of the hour is certainly to make the most of our present opportunities, to make the most of ourselves, that we may be able to fill full the positions of trust or responsibility that await us.

The training received in the Loyal Temperance Legion tends always toward the cultivation for good and intelligent citizenry, and if every boy in our state could receive this scientific instruction, we maintain that our prohibition law in the future would be absolutely safe. The work of the Loyal Temperance Legion is the shortest possible route to the goal toward which all our temperance efforts are bent. Is the W. C. T. U. that does not support an L. T. L. wise?

Mrs. Anderson brought the very welcome news of the reorganization of the L. T. L. at Tower City during a recent visit there of our president. This is one of the first signs of spring thus far but we hope many more of the inactive ones may take on a new lease of life.

I have been asked so often for the letter and division by which legions are designated that perhaps it would be well to quote here, for the sake of others who may be in doubt, from the constitution. In Article I it says, "This organization shall be called Company _____ Division of the North Dakota Loyal Temperance Legion. (For instance, take the first company organized in Cass county, at Tower City, North Dakota, which would be 'Company A, Cass Division of North Dakota Loyal Temperance Legion')." So you see when you want to find out the letter of your company, try to find out the time of the organization of the other legions in your county, the first one organized being known as 'Company A,' the second 'Company B' and so on. The Division is always the name of your county.

Yours for a general awakening,
MRS. C. W. MOSES.
Drayton, March 18, '03.

FIELD NOTES.

Notes from Miss Robbins' report—Miss Anna Robbins has just finished two weeks' work in our state, which we believe was successful. In many places people who do not ordinarily attend a temperance lecture have been interested listeners, because of the Philippine curios which she had with her.... At Durbin and Chaffee she was very much interested in the work of these little country unions. The women there with large families are zealously at work in this great cause. Surely when they can work while so busy and so scattered, it ought to be a lesson to those who have time for everything else but the bettering of humanity.... Mayville is wide-awake and greatly encouraged over their new Y.... At Mint Union services were held in the church both morning and evening.... At Forest River the meetings were well attended though many were sick in bed.... Thompson union was encouraged, having many more out to their meeting than for a long time.... At Fargo many were out who had never been seen at one of the temperance meetings before.... At Tower City large audiences greeted Miss Robbins morning and evening. 13 gave their names to join and a number promised to do so later.... Miss Robbins took in collections enough to pay her salary and expenses while in the state and a balance of \$23.33 to turn into the state treasury.

Maza W. C. T. U. with their friends, numbering about 45 met at the home of Mrs. E. E. Owen on Thursday, March 5th, for a "Willard Memorial Service." The program as given in the Union Sig-

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nal was almost fully carried out, after which refreshments were served and a collection amounting to \$5.85 taken. The general verdict was, "Why does the W. C. T. U. not have social meetings oftener?" The school children of the neighborhood have been writing essays on "The effect of alcohol and tobacco on the human body." Seventeen papers were written which were divided into two classes, those over 12 and those under 12 years of age. These were judged by the county superintendent of schools and prizes awarded to Merton Craig and Maymie Reed. Mrs. M. G. Hughes, Supt. L. T. L.

The new officers of Libison Y are President Miss Anna Brown, Corresponding Secretary Ella Billing, Treasurer Lavina Barton. They have held twelve regular meetings, one public meeting and one basket social. Their last meeting was devoted to the subject of Sabbath Observance, the other meetings during the past six months have been devoted to the subject of temperance in a general way. Mrs. C. W. Sprague is the efficient helper of the Libison Y.

The Bethel W. C. T. U. held a very successful L. T. L. contest March 11th. There were eight contestants, Jennie Graham winning first medal, Edna Davis standing second. Proceeds were \$12.00. A memorial meeting was held Feb. 21st and a parents' meeting is planned for the near future.

One of the indefatigable workers of Steele County is Mrs. Belle Hagen. She has charge of the L. T. L. at Gallatin, or near there, which now numbers 62 with promises of more to join soon. Last November they had a medal contest. Thanksgiving they gave an oyster supper with net profits of about \$5.00. A delegation from the church asked them to assist in the Christmas tree entertainment, which invitation they accepted. The boys and girls all wore their L. T. L. badges and in addition bows of white ribbon, as they feared the badge would not show sufficiently. After the exercises the trustees informed Mrs. Hagen that she could have the church at any time. Feb. 13th they held a memorial social, in honor of Miss Willard, proceeds \$4.50. They have now prepared for another contest. They have about ten dollars in their treasury and as soon as their contest is over they will give it to some branch of the W. C. T. U. work. They have paid state dues for 54 members and take 39 Crusaders out of their L. T. L. money. They have distributed a large number of Loyal Leaflets. Some of the results of this activity: L. T. L. work may already be seen in the woods where used to be beer picnics in there used to be every other Sunday and the president L. T. L. boys used to be there. Last summer there was only one of these and the superintendent with some of the girls made ice cream and gathered up any stray boy that they could find and fed them on ice cream. Last spring a number of boys carried whiskey jugs into the field but since they have taken the pledge they have not done this. The results of such efforts can not all be told. Only eternity will reveal them.

Park River union had a White Ribbon Bulletin program, with clippings from the Bulletin and a social time. The Bulletin was made prominent in many ways. Proceeds are to be applied on subscriptions to the state paper. If every union would do this the financial difficulties would be solved.

The Y's of Niagara are having very interesting meetings. They have a program committee and at a recent meeting some very fine selections were read and guitar and vocal solos interspersed, after which refreshments were served and a social time enjoyed.

Tyner union has sent \$2.00 to the Willard Memorial Fund and paid their pledge to the Home. They also gave a beautiful picture of Miss Willard to the public school, sent four petitions to the legislature and gave \$3.00 to the Finland relief fund.

The ONTARIO STORE

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Physical Education—Its Connection With Temperance.

(To be read at Institutes, Conventions, and Local Unions.)

Physical Education, as a factor in the temperance reform, was among the last, but not the least, thoughts of one of the world's great leaders, and its greatest organizer—Frances E. Willard.

In 1890, at Atlanta, Ga., during the delivery of her annual address, Miss Willard incidentally said, in substance: "The time will soon come when securing laws in the states, making physical education compulsory in all schools under public control, will be a feature of W. C. T. U. effort, as Scientific Temperance is now."

In response to Miss Willard's request, this department was created at the post-executive of the same convention, with Mrs. F. W. Leiter as Supt.

The Woman's Christian Temperance Union has been slow to see the full value of this department. Miss Willard recognized this; but her faith never wavered that the women would, in time, wake up to its importance. Each year since the "Mother," or "Founder," left us, has been grandly and surely verifying her loving, trusting prophecy. The work of this organization has been evolution, in which process the workers have grown in conception and execution, as plans have developed.

All lines of temperance effort, in all stages of progress, and in the various temperance societies, have had, and still have, one end in view: Helping the people to be total abstainers. The open saloon is a serious menace to total abstinence, designed to trip and entrap unwary feet.

After more than a quarter of a century wrestling with this menace, the W. C. T. U. could not fail to advocate the total prohibition of the manufacture and sale of alcoholic beverages. Getting the open saloon out of the way is making it as easy as possible to do right, and as hard as possible to do wrong. We have finally learned, however, that to stake total abstinence wholly upon the ability of the individual to get intoxicated, might not prove permanent security for the individual. So, without lessening one whit our effort for prohibition, we finally saw the necessity for planting the feet of children upon a basis which will help them become total abstainers, not because circumstances beyond their control compel, but because they see in total abstinence a protection to self, in which conscience has vigorous exercise. This explains, and justifies the great effort which has been made for Scientific Temperance.

If the sixteen million children in the public schools are taught the effects of narcotics on the system, they cannot sin against soul and body through ignorance. Temperance education in the home, the Sabbath and day school, and children's societies, will develop many total abstaining citizens whose honest judgment will not, cannot be trammelled at the ballot box.

Another step forward in direct temperance effort was made when it finally dawned upon us that knowing does not always insure doing. Even in the absence of the open saloon, and in the face of scientific knowledge, multitudes may yet sin against total abstinence if the system is impoverished, or ravished by disease. It was this argument which led Miss Willard and should help every W. C. T. U. woman to see that another important step in the work we must build total abstinence upon the most trustworthy foundation. Under the strenuousness of modern life, Americans

are, more and more, becoming an enfeebled people. The prevailing low physical condition is the mortgage which on alcohol and other narcotics hold on coming generations. This is a mortgage which can be lifted in one way only, viz: By raising the people to a higher physical plane, and through the medium of education for citizenship, which is in the hands of the state.

Alcohol is a subtle enemy, casting anchor in man's love for power, gain, man's love for self-gratification; but its strongest, most abiding hold rests in its power to persuade that it possesses the magic touch of healing. A large part of the drinking at the bar, and in private, is because the drinker thinks it helps some physical disability.

Some writers, more ardent than wise, claim that wholesome food and general good health do prevail among Americans. Facts do not sustain any such statement, a few of which are here quoted:

1. The United States has more practicing physicians than any other country. These must, and do live on patronage.
2. If reports are true, there are six hundred thousand patent medicines. While such a supply of marketable goods leads naturally to demand, it is not strictly true that the demand for nostrums has created the enormous supply.
3. As nearly as can be estimated, opium eaters number half a million. This is a very satisfactory assurance of state nerves.
4. Insanity statistics of the country outrank all other nations. A large percent of this insanity is directly traceable to the use of narcotics by ancestors. This shows that the relentless claims of heredity face us.
5. The average American child is a weakling, even in the nursery, and becomes at once the care of the physician. We are told that one-third of all the mortality occurs with children under five years of age—the legitimate outcome of antecedent.
6. The medical world informs us that it is rare instance that man, or woman, dies a natural death, which shows that the laws of nature have long been violated.

All these facts have significance in the temperance question, when we realize the place which narcotics hold in the prevailing practice of medicine, and how largely alcohol and opium enter into the patent nostrums which deluge the country. Any far-seeing, conscientious student of the temperance problem cannot fail to recognize that the last great battle will lie at the door of the physician and druggist. Fretting, crying nerves, impoverished and exhausted, demand sedatives. The average individual, even some temperance advocates, will have relief from suffering at almost any cost, notwithstanding scientific knowledge regarding narcotics, and the danger involved.

The easiest and most satisfactory solution of this phase of the question rests in securing healthier, better disciplined bodies for the citizens of the future.

This department has a direct bearing upon the welfare of individual W. C. T. U. members. We, as workers, are fast sapping our vitality by living upon our capital stock. We are continually paying five dollar demands with six dollar checks, in nerve force. The bulk of our workers who are carrying responsibility, are, much of the time, on the verge of nervous prostration. We persistently urge temperance regarding narcotics, but are physical spendthrifts ourselves. As in no other work, untoward circumstances tend to rasp and drive us into the nerve tension and strain affecting mind and body, which develop poisons in the system that modify, indeed even undermine our efficiency. The average W. C. T. U. woman is too busy to even breathe properly; and she is practically a total stranger to the gospel of physical relaxation which can make one equal to almost any demand, or emergency. Brain effort, particularly worry, is physical wear and tear of the nervous system, the same as muscular exertion. Brain and nerve tissue is matter the same as muscle.

It would be a poor business man indeed who, week in and week out, from year to year, would wholly neglect to balance his accounts to know where he stands financially. For a similar reason, too many of us not only face, but are fast approaching physical bankruptcy, which means failure along the line. If we hope to succeed in any life work, we must daily look after our physical need. The little time required, if systematically

attended to, will be more than made up in our improved ability to work.

Physical education is, primarily, an educational measure, and incidentally a factor in the temperance reform. It is one of the three great departments of education, viz: Physical, mental and moral, which will together equip the individual for efficiency in life. It is the department upon which the mental and moral must build, if success is hoped for. As an element in character building, its peculiar place cannot otherwise be filled. (See "Character Building" in June number of the Physical Education Quarterly.)

This phase of education means more than a few exercises to promote good circulation. It concerns good blood destined for body building, under which laws ordained by God, in which suitable exercise must participate. It means discipline of the body. The masterful mind can never exist save in the masterful body, with masterful will power keyed to the Divine by an active conscience.

This systematic discipline in the schools should be daily in each and every grade. It should be progressive in each grade as the weeks advance. This body discipline, under the tuition of a conscientiously prepared teacher, is her greatest leverage in securing the highest type of school discipline, viz: self-government.

The principles underlying this work are of inestimable value to the teacher herself. (See "Nervous Physical Education" in November Physical Education Quarterly.) For this reason local W. C. T. Unions should aim to place the department in the hands of educators. Parents also need to be better informed before the development and training of the body can have proper place and permanency in the school curriculum.

"Sentiment making" should precede effort to secure legislation. It can progress efficiently, in an initial way, in any state and in any community without compulsory law. It is the privilege of any Board of Education to include Physical training in the school, and the board will do so if the people ask with a purpose. If a supervisor cannot be employed regularly, a specialist secured for a course of progress, the privileges of the school room will materially increase, and the needed funds be forthcoming.

Experience in one or two states, and in some cities where physical education has gained ground, proves that only compulsory law, at this late day, will give this important feature of education the place it must have in the education of the child. Without compulsory law, some freak of economy may abandon this important discipline.

All physicians do not see eye to eye with us on the question of narcotics in medicine, but any broad minded medical man should be a desirable ally in this particular cause. He may know little, and care less, about the school curriculum, but he does know what is all important about the physical welfare of the child in school life. For this reason it will be well to enlist, if possible, physicians.

Do not count too much upon the hearty co-operation of educators, who are so busy crowding mental privileges that physical need is lost sight of. It is time that home-keepers speak, who have right to claim some voice in the welfare of the child, even in educational matters, when the continued strain of school life is telling seriously on the physical condition of school children.

In conclusion we would add, from the temperance standpoint: If we hope to develop total abstinence upon a reliable basis, and only should the knowledge and judgment of the child be prepared, thro' education, to cope with the contingencies which must be met, but every fiber of the child's body must be fortified by development and discipline against possible cravings for sedatives, which are to-day imperiling the lives of American people.

NOTES.
In 1890 Ohio secured the first physical education law. This provides for all cities of 5,000 inhabitants and over. It is without penalty.

Louisiana has added this to the required work, but the law is without provisions for enforcement.

North Dakota law includes "All pupils in all school under public control," but makes no provision for enforcement.

Pennsylvania law includes cities of the first and second class only, but backed by suitable penalty.

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BOOKLETS FOR SOCIAL MEETINGS AND RED LETTER DAYS.

WHY WE BELONG.
"Our Work" and a biographical sketch of Mrs. Lillian M. Stevens.
Price 10 cents each. Send to MRS. MARY D. TOMLINSON, 212 La Grande Ave., Plainfield, N. J.

in house committee because the dominant party had pledged itself against increased taxation. Much active sentiment was gained and physical education has been established in the two Normals recently established by the state.

The department "Budget," containing sample copy of all leaflets and pamphlets bearing upon various phases of the question, should be at the command of each union. Price 75 cents.

Physical Education Quarterly, single subscription 25 cts. In clubs of ten the price is 10 cents.

FRANCES W. LEITER, National Superintendent.

Dear W. C. T. U. Workers:—Many ask "What is the difference between a W. C. T. U. convention and an institute?" At conventions we meet to tell of work accomplished, to hear the reports of organizers, superintendents, and the work of county and district presidents.

A W. C. T. U. institute is the alphabet of the "Do Everything Policy." We meet to teach the principles, methods and object of our work, to devise plans and to interest and enlist the masses in such work.

I earnestly implore each county and district president to hold at least one institute during the year, in order to present more fully the principles of the work of the Woman's Christian Temperance Union. Not only do we expect all white ribboners to attend these Institutes, but we especially invite those outside our ranks to come and learn our ways.

If we cannot have county institutes meet not each local union have such a meeting once in four weeks, or every fourth meeting, have local president as leader, better yet appoint a local supt. At such meetings do not forget to appoint a Secretary and Press Reporter. Have a course of study and make ample preparation so that questions can be answered readily. Then your meeting will not lack for interest. Use State Minutes and Annual Letter. This would be of especial benefit to new unions.

I take it for granted that every local, county and district president will do something along this line of work, remembering that we as Christian workers are here to do, for as Miss Willard used to say "It's God's as does it." Miss Willard's success, or much of it, was her originality and her practical way of doing things.

And then, my dear co-workers, there is our Sabbath Observance department. Do not forget it, for there is not a Sabbath that is not desecrated.

Yours loyally,
MRS. ANNA McCORRY, State Supt. Institutes, Cogswell, N. D., March 1, '03.

The new Union near Burlington held a silver medal contest on the last day of their school. The pledge was presented and nine new members gained.