



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 7. NO. 5.

FARGO, N. D., JUNE, 1905.

Monthly—25 Cts. a Year.

Non-Alcoholic Medication.

Paper by MRS. MARY E. H. BLACK, of Grand Forks.

It has become a fixed law that scientific instruction shall be given in the schools of America, with regard to the physiological effects of intemperance. That law is the result of the work of the Woman's Christian Temperance Union. Another department of this organization, and one which should enlist the earnest thought, prayer and work of every loyal member, is that of Non-Alcoholic Medication. It required much time and work to secure Scientific Temperance Instruction in the schools. It will also require time for mankind to become fully educated as to what place alcohol should occupy in medicine.

Alcohol, a volatile organic body formed during fermentation of vegetable juices, is an extremely useful substance. Its high coefficient of expansion makes it a very sensitive fluid for thermometric purposes; and, next to water, it is the most generally employed as a solvent. It is useful in preserving animal and vegetable structures, and, when acted upon by other chemicals, a great variety of new compounds are produced. Many ethers are obtained by its mixture with certain acids; and treated with a solution of chloride of lime, the well known chloroform is produced. Hence, alcohol is useful and has a legitimate place in the world.

Long, long ago alchemists were seeking a panacea for all ills of the flesh; and when, by the process of distillation, spirit of wine, or alcohol, was produced, they proclaimed to the world with great joy that the long sought cure-all had been discovered. The medical men of the age were loud in their praise of it and introduced it among their patients. As time advanced its use became very general and people, finding it a peculiarly pleasant remedy, began prescribing it for themselves. Down through long centuries there were physicians who doubted and opposed its claims to merit when used in the human system. However it has remained for the medical science of the last half century to clearly demonstrate, with nicely adjusted chemical apparatus and appliances, the wisdom of those doubts.

Leading medical scientists of America, England and continental Europe have for thirty or more years been making a special study of the drug alcohol, and the most elaborate and painstaking experiments have been made as to its physiological effects. This rigid investigation revealed strong scientific objections to its use, and careful physicians became increasingly cautious in advocating the use of alcoholics; and a large proportion of the profession would undoubtedly often have preferred to use other agents, but for the open preference for liquor shown by many patients and their friends.

Mrs. Martha M. Allen, national superintendent of the department of Alcoholic Medication, has made a careful research into the subject, in her writings quoting the highest medical authority, giving hospital reports and showing plans of investigations which are very convincing. She says in her leaflet "Reasons why Alcohol is a Dangerous Medicine." "The expressed preference of patients for alcohol is not always because of a liking for it, but is often the result of lack of knowledge of the reasons actuating the physician in discarding this drug. * * * Hence the work of the Non-Alcoholic Medication department in setting before the people the results of the scientific investigation of

alcohol as a medicine is a great help to physicians who would lay aside alcoholics but for the demand made for them by patients."

She says further, "Alcoholics have been, and still are, in some quarters, quite freely used in many diseases. They have been used as stimulants, as sedatives, as tonics, as foods, anti-spasmodics, and anti-pyretics; in tinctures, and in connection with other drugs. The reason generally assigned now for their prescription in such diseases as fevers, pneumonia and diphtheria is that they are necessary to 'support' or 'strengthen' when solid foods cannot be assimilated. Since it is universally admitted by investigators that alcohol possesses no constituent which can enter into the composition of the tissues of the human body, it is a query how the patient is to be 'supported' or 'strengthened' by it. Foods have to be assimilated before they can give strength. Since athletes in training are warned to shun alcoholics as weakening to the body, it must be that either they are in error as to these drinks or the sick are mistakenly advised. Which seems the more likely?" Mrs. Allen continues, "Non-Alcoholic physicians consider the 'supporting' and 'strengthening' properties of alcohol to be simply delusions, and very dangerous delusions as they often lead to the death of patients who might survive were other methods of treatment tried."

Mrs. Allen gives a number of well grounded objections to the use of alcohol in a run of fever or similar disease, in the first of which she deals with the chemistry of respiration, showing that a full supply of fresh air in the lungs is one of the best defenses of the body in its struggle with disease germs; and therefore the physician should favor the absorption of oxygen by the patient in every possible way in all diseases, especially those with typhoid complications. But the action of alcohol upon the red corpuscles of the blood, whose duty it is to take up oxygen in the lungs and convey it throughout the body, hinders these little messengers in the full performance of their task. They become shriveled and hardened by the fiery liquor and consequently are unable to take in so much oxygen as they could had they not been injured by alcohol. The agent given to "support" the patient really, then, robs him of a portion of the life giving oxygen so necessary in his struggle with disease.

In speaking of the danger of alcoholic prescriptions for expectant mothers a Russian doctor of note is said to have advised the physicians "to oppose with all their power the giving of alcohol to children by their parents under whatever pretext."

Some time ago a good christian mother was advised to give brandy to her delicate boy in his food. One day the brandy bottle was empty and no one was at hand to send for a fresh supply. So the mother prepared the food without the usual flavoring of spirit. To her amazement the babe spat it out with evident lack of relish. With horror she realized that she had already fastened upon her infant child the deadly appetite. Being a woman of quick resolve and of firm determination she said to the little one, "Well, my boy, if you will not take your food without brandy, you can go hungry until you will." How many mothers would have recognized the danger until it was too late!

It often happens that the nursing mother is unable by reason of defective digestive apparatus or imperfect assimilative powers to supply sufficient nour-

ishment for her babe. In such case she is often advised to drink ale or beer. It may be true that these liquors will excite the secretions of the mammary gland, but it is an "increase in quantity, not in quality, for the milk is impoverished by the added water and alcohol taken in the beer." "Probably nothing could be worse than to have the very fabric of the child's tissues laid down from alcoholized blood."

Dr. Edis of England says, "Infant mortality is mainly due to two causes, the substitution of farinaceous food for milk, and the delusion that ale or beer is necessary as an article of diet for nursing mothers."

Prof. Max Hassowitz, of Vienna, Austria says that the teaching which considers alcohol food, because it is burned in the organism, has held its ground in spite of many newer investigations which have shown its indefensibility. But he believes that the assumption ascribing food properties to alcohol based simply on theory is a grave scientific error, which must be removed before the battle against alcoholism can be effectual.

Dr. N. S. Davis, of Chicago, the foremost man in America in medical ethics, was so disatisfied with the results obtained from alcohol that he entirely abandoned its use in his practice, it is said, over forty-five years ago, and he has stated repeatedly that in all his experience he has found no disease which cannot be subdued more readily without alcohol than with it.

Dr. W. Paine of Philadelphia says, "Alcohol is never useful as a medicine, as there are no circumstances or conditions where other agencies are not more useful and free from the poisonous influences of alcohol, even for the preparation of tinctures and to prevent fermentation. Glycerine, salicylic acid, bisulphate of soda, lime, potassium and many other antiseptics and solvents are preferable." Dr. Paine further says that whatever excuse there may have been for its use as a medicine when knowledge was more limited, that there can be none at the present time.

What is a substitute for alcohol? In answer to this question Mrs. Martha M. Allen refers to the statement of Dr. J. J. Ridge of London Temperance Hospital, which is as follows: "In abandoning the use of alcohol it should be clearly understood that we abandon an injurious influence, and escape from a source of disease, as we do when we get into the purer atmosphere. There is not the slightest occasion to do anything to make up for the loss of a strengthening or supporting agent. No loss has been incurred save the loss of disease and death."

Dr. Nathan S. Davis, Sr., of Chicago, said to Mrs. Martha M. Allen, "Tell the women to ask for Safe Remedies, not for substitutes for what is injurious."

The following is from the "Medical Temperance Journal," England: "In the whole history of its unholy alliance with medicine, alcohol has not cured a single disease per se; it is an antidote for nothing, a specific for nothing, a cure for nothing, a preventative of nothing." "One physician writes, 'What makes dyspepsia so hard to cure? This very alcohol taking. The best cure is to refuse all alcoholic drinks, at meals and all other times, and drink nothing but water. Avoid every irritant, as pepper, mustard, horseradish, vinegar and alcohol: live on the blandest food,' etc., etc."

In regard to fainting, Dr. Richardson declares that the human body is a water engine, and that alcohol plays no part in its natural motion. "The idea that when it begins to fail alcohol is needed, springs

merely from habit. If when any of the symptoms of fainting occur the person lies down and drinks a glass of hot water or hot milk and water, all is done that can be done. Faintness often proceeds from indigestion, flatulence inducing pressure on the heart, and," Dr. Richardson says, "in 999 cases out of 1,000, no medicine is necessary."

What can be done if the physician prescribes liquor? The "Indiana Message" of January, 1904, contained an article by Homer J. Hall, M. D., in which is said, "The true physician desires above all things in his profession to cure his patients. Convince him that his patients will recover more rapidly and more certainly without the use of alcohol and he will cease to use it." "But remember," he adds, "a doctor is a hard man to convince. He is not likely to make a change in his practice by taking up new remedies or ceasing the use of old ones without the highest authority or his own proof. The medical profession is the guardian and promoter of that which is most dear to the larger portion of humanity, namely, human life; and be assured the members of this self-sacrificing profession are never so happy as when they have found a better method of restoring and maintaining the health of the people."

Dr. Hall urges that each one of the 300,000 white ribbons shall make such a study of this vital subject as will prepare her, if circumstances require, to meet the question of Non-Alcoholic Medication in an intelligent manner.

Although the medical profession was perhaps responsible for the discovery of alcohol and the spreading of the belief in its service to mankind as food and medicine, yet to members of the same profession is the world indebted today for the correction of the error. To those who, with independence of thought and action and brave heart have stepped out from the mistaken path worn deep by the tread of ages, to those men does the world owe a debt of gratitude. However, the whole medical profession cannot effect a total reform alone. The people must awaken to the true meaning of those words uttered by the great Reformer, "Wine is a mocker, and whoever is deceived thereby is not wise."

The boy of today will be the physician—the man of tomorrow. The mother by her tolerance or intolerance of alcohol as a remedy in the home is sowing seed in the boy's heart either for or against the evil.

Many years ago Charles Sumner said, "Bondage must be destroyed and liberty established." Let men and women today be willing to sacrifice popularity, and ambitions if necessary, and say— "The bondage of intemperance must be destroyed and LIBERTY established."

Mrs. Marcellus of Forman writes: We feel stunned by the loss of our Mrs. Vail, but Mrs. McCrory and Mrs. Zimmerly and others are bravely taking up the cares she left and are trying cheerfully to follow on, serving the same Master. We are to have our county convention at Forman some time in June. Mrs. Hunter and Miss Seymour, our absent members, have returned this spring. Three new members will join at our next meeting. A strong curfew ordinance was adopted lately by the town, and "they" lay it to us. It has been talked of for two years. Our last meeting, subject Non-Alcoholic Medication, in charge of Co. and local agents, aroused considerable interest outside of our union. Next is Evangelistic in charge of local supt.

White Ribbon Bulletin

PUBLISHED MONTHLY.

Mrs. Elizabeth Preston Anderson,
EDITOR IN CHIEF.
Mrs. R. M. Pollock,
MANAGING EDITOR.
Miss Mary Clark, Fargo,
ASSISTANT EDITOR.

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

JUNE, 1905.

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 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.

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. R. M. POLLOCK, Fargo, N. Dak.

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White Ribbon Bulletin and American Mother, 81; Bulletin and Light, 70c.; Bulletin and Backbone, to new subscribers, 30 cents.

Casselton Reporter

CASSELTON, N. D.

Neat Job Work for W. C.

T. U. on Short Notice,

AT REASONABLE PRICES

We do not all as yet know the various ways of those dollar dues. We feel sure that if all could realize how wisely and well that dollar is expended, there would not be one W. C. T. U. woman with unpaid dues, at the first of June. What would it not mean for our cause if every Christian woman in the state could account for one dollar thus: Bulletin 25c. National 15c. State 20c. County 10c. Organization 10c. and Local 20c.

We regret that lack of space made it necessary to cut out a most important testimony in the able article prepared by Mrs. Black on Non-Alcoholic Medication. We hope to publish it in a later issue.

We pass on to other White Ribbon workers the message of Rev. B. S. Hudson, brother of our loved Mrs. Mattie Van de Bogart: "Dear Friend—The arrival of the White Ribbon Bulletin this morning freed my thoughts to those memories which are inspiring, and yet cause the tears to heave with grief; my last trip to Fargo; the breaking up of a home; the gathering of friends at the church and the depot; the lonely ride, these are experiences which time cannot remove from the memory. It is hard to be reconciled to the loss of so noble a one as Mattie. I pray that I may be remembered to her friends, and that you may realize my sympathy in the cause so dear to her."

The Seventeenth Annual Convention of Cass County, W. C. T. U. will be held in the Presbytery church in Hunter the 14th and 15th of June, 1905. Unions are entitled to representation as follows: President, delegate at large, and one delegate for every ten members. Delegates should come prepared to pledge for county work. Send the names of delegates immediately to Mrs. Sophia Erb, if you wish entertainment. Entertainment will be had on the Harvard plan, dinners at the hotel or restaurant.
MATTIE MEACHAM, Co. Pres.
MRS. RUTH GRAY, Rec. Secy.

Readers of the Bulletin—You have heard but little from our N. D. W. C. T. U. Home and spring have been full of activity. Miss Nelson, our efficient martyr, has been faithful in helping to carry out the plans of the board, who recognize and highly appreciate her valuable services. There are at present nine little ones in the Home. Two are waiting for some kind christian heart and home to welcome them. One of these has been rescued, "as by fire," as it was discovered the mother had arranged to give her babe to the wife of a saloon keeper. After considerable reasoning and entreaty she was prevailed upon to leave the little one in the Home and they would find a christian home for it. Will not some White Ribboner open their door to these little ones?

Health and Heredity.

Fourteen reports or blanks came to me on this subject, and they were blanks, too, for no Supt. and no work done was their story. Two were different; Cogswell reported one meeting and 15 pages of literature distributed and Maza about the same. Rolla hopes to do something later. Perhaps this department, so closely allied to that of purity is not understood. It is very helpful to the other lines of W. C. T. U. work also, such as Physical Education and Non-Alcoholic Medication. Helping enforce the Health and Decency law in schools, the Pure Food and Drug laws, the town ordinance of health or agitating for such where needed, and striving, by example and precept, for sensible, comfortable dress, are some of the things that can be done. This last is very important and is especially woman's business. While we may talk to our men about tobacco, let us reform ourselves somewhat, in the way of clothing for ill-dress is a woman's crime against childhood and thus the human race.

BLANCHE L. MARCELLUS, Supt.

Steele Y. Yell.—Who are, who are, who are we? We are the Y's from Steele, N. D. Are we in it? Well, I should smile. We have been in it for quite a while.

PRESIDENT'S CORNER.

Dear Comrades:—North Dakota and Valley City are to be honored by the presence of our National President and Vice President, Mrs. M. N. Stevens and Miss Anna Gordon. They are homeward bound from their Pacific coast trip and will be the guests of your state president Sunday June 4th. The new armory, the largest auditorium in the city has been engaged. Union services of the churches will be held there in the morning and will be addressed by Mrs. Stevens. In the afternoon Miss Gordon will address a mass meeting of the young people at the same place. We confidently expect that their visit will give a great impetus to our work in Valley City. Many White Ribboners are coming from adjoining towns and will be entertained by the local union.

Miss Robbins has been doing a good work in the ninth district, and recently organized a Y at Ashley of twelve members. Miss Emma Linn, president, Miss Hazel Cooper, corresponding secretary and Miss Maud McMillan, treasurer.

Mrs. Richards is making friends for the cause wherever she goes. Her work from the first of June will be in the northern part of the state. We greatly regret that Miss Wintinger's health will not permit her to fill her engagement in this state. Miss Charlotte Barnum, vice president of the Senior L. T. U. of Michigan will fill most of Miss Wintinger's dates. Miss Barnum is a graduate of the Columbian School of Oratory, and is recommended as a fine speaker.

There seems to be a good deal of misunderstanding in regard to sending the blanket reports to the county and district superintendents. When the reports were sent direct from the union to the state superintendent, the county or district superintendents found it almost impossible to secure additional reports from the unions, and the consequence was that they could have no adequate conception of the work that was being done and of its needs. Under the new regime all the reports are to be sent to the county or district superintendents who in turn send them on to the state superintendents, and thus counties, districts and state superintendents will have the same reports and can keep in close touch with the work.

We trust Flower Mission Day, Jennie Casseday's birthday, June 9, will be generally observed by the unions. Flowers are welcome everywhere, and breathe their fragrant messages of peace and love to weary burdened souls. Do not forget the scripture text with each bouquet. Let the flowers be the wings free and breaks every yoke.

We will soon be in the swing of county conventions throughout the state. Every convention ought to be a centre from which to rally new members. A new membership committee should be appointed early in the session and make certain that every woman who visits the convention is cordially invited to join our ranks. Every county or district making a net gain of fifty or more members will have the honor of a place on the program of Jubilee night at the State Convention at Grand Forks. Now is the time to work.

We expect a grand rallying of temperance people at Chautauqua July 5 to 15. See the excellent program in another column and plan to be there.

Yours sincerely,
ELIZABETH PRESTON ANDERSON,
May 27, 1905. Valley City, N. D.

Page, N. D. May 15, 1905.—Our W. C. T. U. was favored with the presence of Mrs. Richards yesterday for two services, in the morning in the Baptist Church and in the evening the Methodist. There were very large audiences at both services and were thoroughly enjoyed by all. It is with heartfelt sympathy that we have to record the death of one our sisters, Miss Nellie Dakin who was called Home, on the evening of May 2nd, 1905. She was for a number of years a constant sufferer, but through all her sufferings, she was always cheerful, faithful in the work of the W. C. T. U. and all Christian work. Measured in years, her life was short; measured in deeds her life was complete and while we mourn, yet enshrined in our hearts, remain the memory of her whom we loved, and in the spirit of humble submission we bow to the will of Him who doth all things well, satisfied that hers is a crown of everlasting life, and a link after link of friendship's chain broken here on earth the golden chain becomes longer in that better land where all tears are wiped away.

W. C. T. U. Institute at Chautauqua, July 5-14.

Conducted by Mrs. B. Laythe Scovell, President Minn. W. C. T. U., and Mrs. E. Preston Anderson, President North Dakota W. C. T. U.

Speakers on Temperance Rally Day:—Mrs. Scovell, one of the most pleasing workers ever at Chautauqua; Mrs. Florence D. Richards, of Ohio, National W. C. T. U. Organizer and Lecturer, who is in great demand from ocean to ocean, and Hon. Oliver W. Stewart, of Chicago, a brilliant orator of international force.

Wednesday, July 5.—Temperance Rally Day. A Grand Rally of the Temperance Forces of the State.

10:00 a. m.—Greetings from representatives of the Enforcement League, Good Templars, Total Abstinence Societies, Prohibitionists, and W. C. T. U. Topic for Discussion, The Next Step in Temperance Work in North Dakota.

2:30 p. m.—Addresses by Mrs. B. Laythe Scovell, Mrs. Florence D. Richards, and Hon. Oliver W. Stewart.

Evening—Address by Hon. Oliver W. Stewart.

Thursday, July 6.—10:30 a. m. The Maine "Enforcement Commission." Is it practicable for North Dakota?

Friday, July 7.—10:30 a. m. Recent Legislation: Needed Legislation. Saturday, July 8.—10:30 a. m. What would be the effect of Equal Suffrage in North Dakota, on the Homes, the Women, the Men, and the State?

Monday, July 10.—10:30 a. m. Evangelistic Work. Its Need and Power in the Local Union.

Tuesday, July 11.—10:30 a. m. Purity. Mothers' Meeting.

Wednesday, July 12.—10:30 a. m. How can Young People in High Schools and Colleges be enlisted in Temperance Work? How can Children help?

Thursday, July 13.—10:30 a. m. Cigarette and Tobacco Laws of the State, and their Violation.

Friday, July 14.—10:30 a. m. How may we make our Scientific Temperance Laws more Effective?

The W. C. T. U. of Harlem has formerly found it difficult and sometimes impossible to hold regular weekly meetings during the winter season, owing to the widely scattered homes of its members and their inability to make long drives in zero weather. The happy means by which this obstacle has been overcome during the past winter may be of interest to other unions situated in like condition. The time for holding the meetings was changed from the afternoon to the evening, and for the husband, brothers, sons and friends of the White Ribboner's invited to attend, resulting in a splendid attendance at every meeting. The subject chosen was always one which would be of especial interest to the masculine portion of the assembly, and whenever possible, one which could be used for discussion, thus making the program on each occasion as attractive as possible. After the meeting was adjourned, light refreshments (usually cake and coffee) were served, and the remainder of the evening given over to games and a social time socially. Besides this, one special social was given which netted a profit of \$12.35. An oratorical silver medal contest and basket social were held which netted about \$11.00. These socials and contests have been reported to, and printed in our local paper. Now that spring has come, instead of having to rally our forces, we find our union in good working order, our debts a thing of the past, a neat little sum in the Treasury, and bright prospects ahead, while probably our greatest accomplishment is the fact that the voters of our vicinity have become interested in our work as never before. Mae Conner Larson, Local Supt. Press Work, Harlem W. C. T. U., Harlem N. D.

"Listen to the Exhortation of the Dawn.
Look to the Day,
For it is Life, the very Life of life.
In its brief course lie all the Verities
And Realities of your Existence,
The bliss of Truth, the glory of Action,
The splendor of Beauty.
For Yesterday is but a dream,
And To-morrow is only a vision,
But To-day,
Well lived, makes every Yesterday
A dream of Happiness
And every To-morrow a vision of Hope.
Look well, therefore, to the Day.
Such is the Salutation of the Dawn."

NORTH DAKOTA

WCY TU

Through Christ We Conquer

EDITED BY MISS EMILY HEST.



My Dear Y Girls:—I am very much pleased with the way most of you at least have responded to my request for letters for this page, and I hope that the unions who have not had their turn will be as prompt.

We are very much interested in Miss Moore, as she is now our assistant secretary, and are glad to hear from her. We wish to thank her as well as Miss Kneeshaw for their letters this month. You will also find the "Steele Y Tell." I think it is a good one and I hope they yell it so as to continually remind the people that they are alive.

I have a letter from Miss Edith Davis, of the Galesburg Y., in which she tells me that it is very difficult for them to have meetings in the summer time, but they continue their parlor meetings nevertheless. During the winter they made their programs of a strong literary character and had several debates which called out great crowds. They closed their winter campaign with a medal contest. This is an idea which some of us can probably use sometime in our own meetings.

And I have still more good news for you, which I have been saving till the last. We have a new Y at Aneta, and we have a letter from them, too. It was not written for publication, but I can't enjoy it all myself, so I will share it with you.

EMILY HEST.
1601, 7th St. So. E., Minneapolis, Minn.

Carrington, N. D., May 7, 1905.
Dear Girls of the Y.—If I could take each and every one of you by the hand today, look deep into your soul and have a talk, a real heart-to-heart talk about this beautiful work, what a pleasure it would be. But alas we will have to yield to circumstances and get acquainted the best we can through the medium of the Bulletin. How it makes one's very pulse throb to know there are so many girls in this "Prairie Queen" state who are willing and anxious to do work for the Master. In the spring time everything is so full of life and gladness. The door of each tiny brown seed house has opened and the little plant stepped out into the great world to look around. Little buds and blades of grass are made glad by the throbbing heart of mother nature. Ah! dear girls this is the best of times to get close to Him who "clothes the lilies" and the knowledge of but a sparrow falls to the ground." Let us rest, so near to Him that His will shall be our will, and let us not wait for opportunity to come to us, but let us create our own opportunity to work for the temperance cause.

Yours for service, I. H. N.
B. IRENE MOORE, Ass't Sec'y.

Aneta, N. D., April 24, 1905.
Dear Mrs. Titus:—We, as a society of young people, have decided to have a Y. We are progressing very nicely and have, altogether, 24 members, including both boys and girls. I will tell you the names of the officers: Miss Alma Helgeland, president; Virginia Berry, sec'y; Miss Cora Olson, treasurer. We put boys in for the rest of the offices: Clarence

Lowan, vice pres.; Frazer McKenzie, cor. sec'y. We are going to take up the medal contest work. Yours truly,
VIRGINIA BERRY.

Address, Aneta, N. D.

Pembina, N. D., May 12, 1905.

Dear Y Workers:—We thought perhaps you would like to hear from this part of the state and about our Y work. We hold monthly meetings for the honorary members at which we conduct our general business, besides we always have a short program, mostly readings and singing. The Y held a borrowed clothes social, each one invited had to come in borrowed clothes, and each one had to guess who the others were. We also celebrated Mrs. Barnes' birthday at one of Y girl's home, at which we took in \$2.48. A Frances Willard memorial service was held in the M. E. church, a short sketch of the life of Frances Willard was read by one of the members of the W. C. T. U., also our pastor gave a short talk on the beautiful work that she has done. An ode to Frances Willard was read by one of the Y girls, the choir also rendered some beautiful selections. The \$2.00 was sent to the Frances Willard Memorial fund. When Mr. Starr was here, we organized an L. T. L. with two divisions. Besides the officers there are three teachers which are chosen every six months. The Y has taken this up as a special work. There are 40 members and they are now preparing for a medal contest. Meetings are held every first and third Fridays in the month. The young people take great interest in the temperance work. As the union, we have subscribed for the L. T. L. Bulletin at our meetings and like to hear from the secretary and the different unions. Floyd Starr lectured for the benefit of the L. T. L. and we expect Miss Wintinger. This is but a small part of the work that we are doing.
Yours in the work,
MAUDE GILL, Cor. Sec'y.

Boys and Cigarettes.

The fact that thousands of boys are today going straight to the saloon via the cigarette and cigarette and cigarette smoking chums, proves the intimate relation of these two evils in our social life. The Cleveland press, Dec. 14, under the above caption, says:

"The effect of cigarette using by young boys would be a startling revelation to many of their mothers if they understood the alarming proportions to which it has grown in this country.

"A magistrate in Harlem court, New York, made the following significant declaration the other day: 'Yesterday I had before me thirty-five boy prisoners. Thirty-three of them were confirmed cigarette smokers. Today, from a reliable source, I have made the gruesome discovery that two of the largest cigarette manufacturers in this country seek their product in a weak solution of opium.'

"The fact that out of thirty-five prisoners thirty-three smoked cigarettes might seem to indicate some direct connection between cigarettes and crime. And when it is announced on authority that most cigarettes are doped with opium, this connection is not hard to understand.

"The cigarette is to young boys very much like whiskey is to grown men. If it does not directly cause crime it at least accompanies it in nine cases out of ten.

"It must be universally admitted that the majority of young boys addicted to cigarettes are generally regarded as bad boys. It is an addiction that does not ally youth with the higher virtues of the nation. It leads to bad associations and bad environment. He must be a strange boy indeed who can derive moral and physical good from cigarettes. "Opium is like whiskey—it creates an increasing appetite that grows with what it feeds upon. Even pure tobacco has the same effect.

"The growing boy who lets tobacco and opium get a hold upon his senses is never long in coming under the domination of whiskey, too.

"Tobacco is the boy's easiest and most direct road to whiskey. When opium is added, the young man's chance of resisting the combined forces and escaping physical, mental and moral harm is slim indeed.

"It is a deadly combination in most cases. There are few, if any, cases in which it is not more or less harmful. Stomach and nerves and will power weakened for life is the common result, even though the habits be finally mastered."—Ohio Messenger.

L. T. L. CORNER.

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

Sherbrooke, N. D., May 16, 1905.

My Dear Co-Workers:—The reports are still coming, and while every one is welcome, I hope that they may be sent soon after you receive them next time or I cannot use them for my annual report and I do not wish to omit one. I wonder how many of the Legionnaires are striving for the song contest that I wrote you about in my first letter to you? I hope some of you will compose the song even though you cannot the music. I have a sample of Senior Enrollment Tablet which I wish might be used among the local unions. Those who sign this tablet may become members at large of state, district or county Legions, or of the nearest local Legion as circumstances permit. One member secured in this way may prove the beginning of a Senior class or Legion and of a goodly number of graduates.

As several of the legions have sent for the examination questions the question arises, what are you doing with your old manuals? If they are in good condition and you wish to have them still do some good, write to Miss K. E. Shaw, 306 Salisbury St., Lafayette, Ind., and she will inform you where they are needed for weak legions.

We are asked to take a collection for the L. T. L. Extension Fund. Many newer and weaker states are constantly appealing to this fund for assistance and there is very little, if anything, to supply the demand.

The time is approaching for picnics and lawn socials and the legions should avail themselves of this opportunity to invite their friends to join with them and thereby add to the membership as well as the treasures.

The Valley City Senior has recently held a medal contest, which proved very successful financially. They are to have the privilege of entertaining Mrs. Lillian M. N. Stevens and Miss Anna Gordon the 4th of June. I wish we all lived in Valley City on that day.

The Sherbrooke junior L. T. L. is to have an ice cream social at the close of the school entertainment June 1st.

I am sure you who have looked forward to Miss Wintinger's coming with so much pleasure, will feel the keenest regret with myself, and sympathy for her, when you know that she has had to cancel her dates with us as she has been ordered to the hospital. In a telegram just received she states that she will write soon, so we will know all about it then. We will all hope and pray that she may recover as soon as possible and while she is thus thrown out of her life's work let each legionier try to make her heart glad and demonstrate our sympathy by enlarging the North Dakota subscription list of the Crusader Monthly. Take sample copies to your picnics and pass them among your friends. Trusting that you will all do the very best possible, I remain lovingly yours,
(Mrs.) ELLA C. BOISE.
May 16, 1905.

About 100 boys and girls of the Fargo Loyal Temperance Legion and a number of friends were given a "May Day Treat" yesterday afternoon, the result of efforts of a number of ladies interested in the work of the Legion. The little ones gathered at the First M. E. Church parlors at 4 o'clock and after a short business session they were marshaled into line, headed by Johnathan Eaton, who was mounted and carried the national colors, and accompanied by Mrs. A. J. Langlie, superintendent of the seniors, Mrs. O. W. Kerr and fifteen seniors, and Mrs. W. A. Hubbard, superintendent of the juniors, forming what was called the "Flower Mission Army." Ninety-five of the girls and boys were under 13 years of age. They marched to an improvised temperance hall where the "May Day Treat" was participated in. There was a formal waving of 140 stars and stripes and later a large basket of beautifully selected roses and carnations was taken to Mrs. W. W. Tousey, president of the W. C. T. U., who is just convalescent after a long illness, and in addition a number of other sick ones were remembered with floral presents. Selections were sung by the children and the superintendent of the L. T. L. read a report of the progress of the earnest work which was being accomplished by the organization and that was followed by the election of the following officers: President, E. J. McKenzie; Vice President, J. P. Eaton; Secretary, Curle Calander; Treasurer,

Clarence Webster. The proceedings closed with the legion yells.

Pembina, N. D., May 3, 1905.

A Loyal Temperance Legion has been organized by Miss Hazel Kneeshaw, at Pembina. "Mary E. Ryan" is the name of our club, and the filly is our flower. We meet twice a month at the homes of the members. We have paid our state and national dues, and have every appearance of a prosperous club.

Yours sincerely,
MARJORIE WARDWELL, Cor. Sec'y.

Valley City, N. D., May 16, 1905.

The Senior L. T. L. of Valley City gave a medal contest in High School Assembly Hall, Friday evening, May 12. Miss Helen Stowel won the silver medal and the class did themselves credit. We were organized by Floyd Starr in Sept. and have regular meetings once a month. We placed the "Young Crusader Monthly" in the Public Library; also celebrated "Frances E. Willard" Memorial day with the W. C. T. U. We are at present looking with pleasure to an afternoon meeting, June 4th, with our leader, Miss Anna Gordon.

Mrs. McLEOD, Supt.

A Call to Duty.

Minnesota has just passed a bill making fathers and mothers joint guardians of their minor children, and Minnesota is the thirteenth state to take such action.

Just think of it a moment; in thirty-three states of this glorious union where all men have so long and so vociferously been declared free and equal, the mothers who have, through untold suffering, brought children into this world of such queer contradictions, are denied the right of equal guardianship over them in their dearest years. Recall the fathers and mothers who have known in the course of your life and see how many mothers there are that you could say were not as fit to have control of children of tender age, or even up to the very threshold of man and womanhood, as the father.

To be sure, in the majority of cases, in happy well regulated homes, the mothers enjoy the privilege of equal, or even superior authority through sufferance from considerate, chivalrous fathers, yet we know that all fathers do not belong to the latter class and that such fathers will no more suffer from this law in Minnesota than honest men suffer from the law that enforces a heavy penalty for stealing.

Fathers of the "Mr. Lux" stripe, we all know are far too common and it is to protect mothers and children from such that we need this law, though it is pitiful beyond expression that such laws should ever be needed.

Now, we mothers of this favored State of North Dakota, enjoy to full right of equal guardianship in educational matters; now what are we going to do about it on this coming day in June when it will be our privilege and duty to go to the polls and vote our earnest, prayerful convictions on this most important question? O, my dear sisters, let us work faithfully this year so that no one can say, truthfully, that we are indifferent to this great opportunity and so are making North Dakota a stumbling block in the progress of the world toward righteous living; for if we have the right to vote at school, for if we have the right to vote at school, it is not to be quoted as proof positive that women take no interest in such matters and should not be given an equal chance with men to crystallize their convictions into laws?

So let us vote when we may, "not early and often," but numerously and right.

L. L. MUIR, Supt. Franchise.
Hunter, N. Dak.

Richland Co. Convention.

The Tenth Annual Convention of the Richland county W. C. T. U. will convene at M. E. church at Fairmount June 15-16. Miss Robbins will give a lecture on Manila the first evening, a Matrons contest the evening of the 16th. Unions are expected to send full delegations. Members from other counties are also invited. Ida Sparks Clarke, Pres. Richland Co. W. C. T. U. May 1st, 1905.

Mrs. Julia Nelson, 1021 1st Ave. South, Fargo, has 20,000 pages of temperance literature in German and Scandinavian languages which she is anxious to distribute in the state. All she asks is the postage. Send to her and help educate our citizens in good citizenship.

TREASURER'S REPORT.

"He Who Pays Quickly Pays Twice."

List of Unions paying dues and pledges.

Absaraka dues and pledges	\$31.90
Larimore dues and pledges 1904	6.40
Sherbrooke Y dues and pledges	17.70
Pembina Y dues and pledges	11.58
Oberon Y dues and pledges	12.60
Kella Y dues and pledges	7.70
Tower City Y Home	10.00
Northwood Y pledges	5.00
Forest River L. T. L. dues	2.30
Amenia L. T. L. dues	2.20
Pembina L. T. L. dues	1.35
Cooperstown L. T. L. dues	1.20
Caledonia L. T. L. dues	1.20
Liabon L. T. L. dues	5.00
Caledonia Jr. L. T. L. dues	2.00
Hope dues and pledges	23.70
Pembina dues and pledges	10.90
Drayton dues	30.40
Willow Lake pledges	10.00
Minnewaukan dues	2.80
Valley City dues	18.40
Maza dues	7.70
Easyb pledges	6.00
Wahpeton dues and pledges	9.20
Grand Forks Co., State	15.00
Sherwood dues	2.10
Webster Home	2.00
Barnes-Griggs Co., State	15.00
Linton dues	6.30
Dwight State	2.00
Forman State	3.00
Carrington Ladies, Home	30.00
Enderlin dues	8.40
Steele Co., State	20.00
Fairview dues and pledges	13.80
Ardoch Home	5.00
Minto pledges	2.00
Bethel dues and pledges	37.10
Tyner dues	4.90
Thompson dues and pledges	23.25
Preston dues	4.90
Caledonia pledges	7.00
Fargo pledges	20.00
Cavalier pledges	3.00
Liabon pledges	2.00
Cleveland dues	1.40
Knox dues and pledges	18.40
Niagara dues and pledges	19.00
Cooperstown dues	2.80
Mayville pledges	10.00
Fairmount dues	4.90
Bolla dues and pledges	30.90
Sanborn dues	11.90
Forest River dues	7.70
Sargent-Dickey Co., pledges	20.00
Leal dues	1.40
Riverside dues	1.80
Caledonia dues and pledges	17.50
Cogswell	28.00
Sando pledges	18.00
Ellendale dues	7.00

ELLA M. SHIPPY, Treas.
May 15, 1905. Hope, N. D.

Mothers' Meetings and Purity.

Dear White Ribbon Women:—From the 132 local unions listed in the State report for last year, I have received 16 reports. From these I learned there are 14 local supts. of Purity work and 18 meetings were held since last fall, with an aggregate attendance of 135. Seven "American Motherhood magazines taken and twelve "Lights," five towns have the curfew, seven unions work along preventive lines, four reformatory and one the legal also. Eight assist teachers in securing purity in schools also; inspect libraries, two have White Ribbon Cradle Rolls, Fairview and Forman, and perhaps Cooperstown also now. One has petitioned against slot machines, one for temperance school books and one for curfew. Sanborn has program of readings quarterly. "The greatest needs for Mothers' meetings and Purity work" is answered as quoted, "Attendance by mothers, interest, meeting, intelligence, education, to help young mothers, help parents train children properly, keep them off the street and influence young girls for good, because of great amount of impurity prevalent."

For these 16 reports we are all glad, though we expected more of course, but we know that W. C. T. U. women are workers at something, and so we will not judge those who did not write for we know not what their burdens are, yet we can pray that all the unions be able to "do better work next year" as one sister adds.

I have written to the purity Supt. of each county or district, also urged presidents of those counties having no Supt. to search for one and I am sure they will be appointed at the summer conventions. I hope that at least the leaflets suggested are sent for by county Supts. for distribution at conventions soon. Much business of that sort can be done at such places and thus save

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White Ribbon Special.

The "White Ribbon Special" will start from Union Passenger Station, Canal and Adams St., Chicago, at 9:30 p. m. (after the arrival of all trains from the East,) on October 18th, thus combining the most liberal allowance for sight-seeing on route with timely arrival in Los Angeles.

RETURN BY ANY AUTHORIZED ROUTE
At the special rate granted, the W. C. T. U. tickets may be routed on the return trip via any direct route from Los Angeles, either through the South, or back through California via the Coast Line and San Francisco and direct routes through the Middle West. Passengers must, of course, decide on the entire route for the round trip when purchasing tickets.

VIA PORTLAND.—The wonders of the Northwest country will doubtless attract many who have taken in the Colorado trip west-bound. At rates \$12.50 higher than the direct-line rates to Los Angeles, tickets can be secured reading via the route of the Special on the going trip, returning via the Coast Line or the Interior Line to San Francisco, thence rail or steamer to Portland, thence any direct route.

The following round-trip rates will apply for W. C. T. U. tickets:
FROM Chicago \$62.50
Peoria 59.25
St. Louis, returning via New Orleans 58.15
St. Louis 57.50

SLEEPING-CAR RATES
The charge for a double berth (upper or lower,) comfortably accommodating two through to Los Angeles, is:
FROM STANDARD TOURIST
Chicago \$17.50 \$9.00
St. Louis 16.50 8.50

This includes occupancy of the cars at Colorado Springs and Salt Lake City during the stops at those points.

EQUIPMENT OF THE SPECIAL.
The equipment of the "White Ribbon Special" will consist of Pullman standard and tourist sleepers, and also dining cars in which meals will be served a la carte. West of Ogden meals will be served at eating stations.

time, postage and patience.

Not knowing last winter of the appropriation for superintendents I did not send for much literature, but sent out considerable that came free from the National Supt. of Promotion of Purity in Literature and Art.

Let us not forget the Cradle Roll. Why not appoint a member of your Y or L. T. L. to secure names for that? The sample outfit, &c., can be had from the W. C. T. U. catalogue now.

We need more subscribers to "The Light" which is a magazine better adopted for general purity work in the west. Remember till Sept. I can get it for 40c a full year single subscription. It is published at La Crosse, Wis. Send for sample. I do want to hear from to whom I have written. Unions, write to me of your needs and what lines this many sided and most necessary department you can best follow and how we can best co-operate.

As our dear Mrs. Vail said in her last letter to me, "I do pray that the work may go on." How can it go on if we all wait for some one else? Let us "Light other lamps while yet thy light is beaming, the time is short."

May, 1905. BLANCHE L. MARCELLUS.

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National Purity Conference.

A large number of our leading Purity workers have pledged their co-operation and support to this Conference. It is the general feeling that the necessity is urgent and the time opportune to take a united stand against the forces which make for impurity—the Social Evil—and to awaken the Christian conscience of our Nation to threatening dangers.

Pamphlets, giving further information concerning speakers, railroad rates, and other details of the Conference, will be sent later in the season free of charge to such persons as desire them. Additional inquiries should be addressed to B. S. Steadwell at La Crosse or to any member of the Committee.

Union Signal

Dear Local Presidents:—We bring you a VERY URGENT REQUEST,—that you appoint a Union Signal representative in your union and send us her full name and postoffice address. We will at once send her material so that she can intelligently look after The Union Signal's interests in your community.

The Union Signal is absolutely indispensable to the well-equipped W. C. T. U. worker, and the local representative plan is the best way yet devised for placing the paper in the hands of as many as possible of our women. Surely there is someone in your union who will be glad to do this vital service for the W. C. T. U.

Please let us hear from EVERY local president. And "do it now." Address, The Union Signal, Evanston, Ill.

Englevalle, N. D. April 4, 1905. Fairview Union:—We held our annual election March 1 and elected the following officers: Pres, Mrs. Mett Hanson; Cor. Sec, Miss Anna Brown; Rec. Sec., Mrs. Ida Zuelka; Treas., Mrs. Cora Ballinger. We have eight departments with a superintendent for each. Our union was honored Mar. 15 with the presence of a Minnesota state delegate to the national convention, she gave us a report of the convention which we all enjoyed. Our union held three silver medal contests during the month of March from which we realized \$18.00. We are still gaining new members which helps to encourage us. Mrs. Ida Zuelka, Press Supt.

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