

"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 8. NO. 7.

FARGO, N. D., AUGUST, 1906.

Monthly—25 Cts. a Year.

### Effect of Alcohol on the Human System.

When a substance is taken into the mouth and swallowed, it is still considered as outside the system. It is not in the system until it has penetrated the stomach wall and thereby entered the circulation. This fact is to be remembered for it harmonizes some apparent contradictions that will follow.

When alcohol is taken into the mouth and swallowed it is a stimulant. And it is a stimulant in just about direct ratio to the percentage of alcohol in the liquor drunk. For example, taken undiluted, brandy is more stimulating than whiskies, whiskey than port wine and port wine than beer. In fact some of the milder wines and beer, though they will intoxicate, produce practically no stimulation, no matter in what quantity they may be taken. The reason of this is that it stimulates by irritating the nerve terminals in the coating of the tongue, mouth and stomach and, clearly, a strong liquor is more irritating than if it be diluted with water. It is not to be thought that this stimulating action is of any service in ordinary life and only on rare occasions, if ever, in the sick room. Nor should we think that alcohol is the only stimulant we have. Others are ammonium, red pepper, ginger and best of all, perhaps, iced water sipped slowly. At present some eminent physicians claim that stimulants, as such, should never be used in the sick room.

The question is sometimes asked, "Does the drinking of liquor preserve the teeth?" And the answer is "No." Drinking intoxicating liquor acts as an antiseptic on the mouth bacteria, but it cannot kill all, and it reduces the vitality of mouth and stomach, thereby rendering them a better breeding ground for the remaining germs. As an illustration of this compare the mouth of a drunkard with your own.

The question is asked, "Does alcohol aid digestion?" The answer is "No." I am aware that in this I am contradicting some of our brightest scientists, hence, perhaps, proof is necessary. Look at the fellow who has about finished sleeping off his carouse, smell his breath. Does it need a philosopher to say his stomach is out of order? But, they say, we have nothing to do with liquor in such quantities. Well then we will deal with it as prescribed to aid digestion, namely, a moderate dose before each meal. Scientists admit that the only way alcohol aids digestion is by stimulation, that otherwise it retards digestion. And that to stimulate much it must be taken strong. Now let one of these scientists drop strong alcohol or ammonium or red pepper into his eye and he will find that in self defense the eye pours out large quantities of tears; but that it has not succeeded in curing the injury done the eye. It is just so in the stomach, and to take a glass of liquor before meals is to cause an injury to the stomach which even a benevolent nature is unable to cure before the next dose. And this, according to these same scientists, if continued causes a very definite chain of symptoms that makes the patient miserable at best, and always materially shortens his life.

Now we will speak of the effects after it leaves the stomach and enters the system. Thus far the effects have been the result of irritation or stimulation. Now they are entirely different; in fact they are just the opposite. Alcohol, after it enters the system, first, last and always paralyzes. It matters not whether one drop or one pint is taken, the action

is identical, differing only in degree and then in direct ratio to the quantity taken.

Is alcohol a food? We must first understand what a food is. In a general way we might say that a food is a substance that is oxidized or burned in the system. And although this is not a scientifically complete definition, yet it covers the question at issue. In the blood alcohol delays the process of oxidation or burning much as water delays the burning fire. This has long been understood and it misleads scientists to think that alcohol is a food. And to prove it they placed a man on limited diet and found that he lost weight, then by adding liquor to his diet he gained weight. Hence thought it must be a food. They forgot that the first fact explained the second, just as when your stove burns three scuttles of coal each day, then you add a little water to the fuel, it diminishes the oxidation or burning process and the coal accumulates in the magazine. Does this prove that water is a fuel? Recently some experiments have been made which suggest that alcohol is a food. But even if we succeed in demonstrating that it is a food, what of it! A tablespoonful of a pure culture of cholera germs contains considerable food, but is this any reason why we should eat cholera germs?

It diminishes the excitability of the muscular system and renders the body unfit to work as well as such. Many of you are doubtless familiar with the experiments that were made by the British army during the Abyssinian campaign in 1868. Then it was demonstrated that alcohol given to soldiers on the march, no matter in what quantity or by what method administered, injured them. They began to lag within an hour, were exhausted by night and next morning were noticeably duller than their temperate companions. Since then it has been proved time and time again in all civilized countries, it renders breathing slow and shallow, thereby cutting off the supply of fresh air furnished to the system. If any of you wish to test the effect of this on yourselves, just tie a handkerchief over your nose, more or less tightly, and try to run a foot race. Of course the person who has taken liquor does not recognize this for he is paralyzed in direct ratio to the amount taken.

A man takes a drink because the day is hot, and next winter he takes another because the day is cold. Now odd as it may seem, taken on a hot day it makes the drinker hotter and on a cold day it makes him colder. But if it does not explain this antithesis, my friends who are indifferent on the liquor question will charge me with prejudice or worse. Alcohol dilates the small blood vessels of the skin and thereby increases the amount of blood that flows through the skin and which is thus exposed to the air. Is it not clear then, if the air be cold, say about zero, that the individual will be rapidly chilled? And also if the day be hot, with a sun temperature above the normal body temperature, will he not absorb heat more rapidly than normal? But my friends say this is a pretty theory, how is it in practice? Let us see. Some years ago a government surveying party were surprised by a blizzard. They all thought it was their last night. Some believed this theory and little took no liquor. Others thought a little would be best. And yet some preferred to die drunk. When the storm cleared the total abstainers were all frostbitten moderate drinkers were all frozen and the drunks were all dead. But why go so far away? Here, when a man freezes while returning from town, the

first question asked is "Where did he get the liquor?" Now as to drinkers suffering more from heat on a hot day, this has been made clear repeatedly with the white troops in India, Egypt and the Philippines. There are even some who live in those hot countries who think that if the whites would only shun liquor, they could colonize the tropics.

The action on the nervous system is remarkable. This system is so complex that it gives rise to an infinite variety of manifestations. To understand it we must remember that after alcohol enters the system it always paralyzes in direct ratio to the amount taken and it paralyzes the nerve or brain centers in the reverse order of their development. Reflex action is thus paralyzed and in this way a drunk does not suffer as much from shock, when injured, as a sober man. He does however meet with many more and more serious accidents. On the other hand a large drink of liquor may kill suddenly from shock. Judgment and the reasoning faculties are the highest functions of the brain and they serve as a balancing wheel to the lower centers. They are the first to be paralyzed by alcohol. Restraint remains the other centers un wild, each retaining prominence according to the degree of its development in the particular individual until the brain might well be likened to a schoolhouse full of children with the teacher absent. The highest centers have yielded first, the middle class go next and the lowest are the last to be overcome by the poison and then all is quiet and our hero is dead drunk.

Is alcohol a brain stimulant? Some persons, while absorbed in thought, stroke the chin or scratch the head or pull their whiskers. In this way they think more acutely. Alcohol while in the mouth and stomach stimulates in a similar way and to a like extent, but this action has no practical application. The mental phenomena are explainable only on the theory that the brain is paralyzed. Mental acuteness is always dulled, the mind acting less rapidly and tiring more quickly. True there is apparent stimulation of some mental processes. But this is not real. It is caused as I have pointed out by the higher centers having lost control. A peculiar circumstance is that when a man is sober he is at his best. Give him a few glasses that he can and perhaps thinks that he is performing wonderful feats of strength or endurance, or it may be thinks that he is capable of great mental accomplishments. Witness the childish attempts at fighting and singing so common among drunks.

An unfortunate circumstance is the fact that the use of liquors permanently weakens the brain and renders it less capable of its best work. In fact a man who drinks regularly is always duller than his formerly less brilliant companion who has never been indulged.

When we think of alcohol from a sociological standpoint we are confronted with an evil of the first magnitude. I will not here give the exact action on the tissues. Suffice it to say that criminologists are now satisfied that if we enforced prohibition their business would almost disappear. As much is being reiterated by the scientists in charge of our insane asylums. A London hospital traced 83 per cent of the cases that entered its accident wards directly to intoxicating liquors. The loss to the commonwealth from increased insanity and the paralyzing of men and women and the activities is incalculable. But this is incomparably smaller and rouses our

sympathies less than the direct mental and physical injury to an innocent posterity.

Man is surely the habit forming animal. Much of his success in life, whether mental, physical, social or commercial, necessarily depends on his habits. Habits are of two sorts, good and bad. In a general way it may be said that good habits are those that it requires an effort to form and bad habits are those it requires an effort to avoid. Of the good we are the maker, of the bad the slave. We should not be condemned for our bad habits. They start unconsciously, they grow insidiously and soon they are our master. Of all habits that of drinking is the most common, the easiest formed and the most damaging. No matter to what degree indulged, it produces an injury to the body from which it never recovers. It saps the vitality and shortens the life of every tissue in the body and enervates the mind.

J. H. DUNCAN, M. D.  
Hunter, N. D.

### Pointers from Other States.

#### Some Things Your Union Can Do.

The Soo Michigan L. T. L. celebrated their anniversary March 11th. One year ago they were organized with ten members and now they have an enrollment of over one hundred. A hundred of the L. T. L. children were present at the social and a large number of W. C. T. U. ladies. A program was rendered by the boys and girls of the L. T. L. and refreshments were served.

Escanaba, Michigan is busy raising funds to maintain their L. T. L. They served a "Yankee Supper" at the home of one of their members. Souvenirs consisting of little cards, with a string, temperance facts written in and a pretty flag pinned on were given to all who partook of supper. Nearly \$30.00 was cleared.

Ashland, Kentucky has procured a proficient secretary for their recently organized L. T. L. and pays her a salary. Mystic, Connecticut held a "dollar social" to raise funds for L. T. L. work at which \$30 were received from members. The evening was spent in listening to the experiences of how the dollar was obtained. This Union gives the L. T. L. an hour at the closing, with an average attendance of fifty children.

At a Vermont County W. C. T. U. Institute it was decided that the W. C. T. U. and the L. T. L. should meet on the same afternoon, the W. C. T. U. dispensing with its business in time for the L. T. L.'s session, thus showing a co-operative spirit.

Jeffersonville, Vermont, W. C. T. U. made no-license votes in their town through a temperance rally the Sunday evening previous to the town meeting. The L. T. L. exercises and song were a part of the program, also a song by the W. C. T. U. There was a splendid crowd out to hear them and a good collection taken.

The L. T. L. will be and is the chief work of the Missouri W. C. T. U. this year. Shortly a plan of work will be sent to each union which will point out how boys and girls educated side by side in citizenship will grow to regard the true principle of equal rights as a part of Christian citizenship to be attained.

"It is not the activity of the bad, but the inactivity of the good that counts for evil in any community."





## FIELD NOTES.

Cooperstown, N. D.—Following is a little report of the program at our last W. C. T. U. meeting, July 12th. At this meeting, Mrs. John Ruttle, Supt. of the L. T. L. in Cooperstown, and also for Barnes and Griggs counties since our last election, had charge of the program and had the L. T. L. present in a body. These young people conducted their meeting before the W's and did it in a very business-like manner. Their program consisted of readings, songs, recitations and special musical numbers. It showed care and pains-taking in preparation on the part of both Supt. and children. Louise Kock presided very nicely, and the other members rose, addressed the chair, were recognized, made and carried motions, in a way that might well serve as an example to many of their elders. Our President, Mrs. Brown, briefly addressed the L. T. L. at the close of their program, and distributed among them, copies of the Crusader Monthly, encouraging them to subscribe for the paper, and commending their work.—Yours and commending Mrs. Charles Gillespie, (formerly Miss Sadie Barton).

The June Union Temperance Meeting of Cooperstown was held in the Baptist church, Sunday evening, June 24th. Rev. H. Styles Harris, pastor of the M. E. church, delivered the address, the theme of which was Heredity. It brought out the vital importance and direct bearing upon the temperance question of this great subject. The speaker also pointed out the responsibility of the "strong" to help "bear the infirmities of the weak." A truth upon which the W. C. T. U. is founded. This is the second address in the series to come under the head of our "Health and Heredity" department.—Reporter.

Steele County W. C. T. U.—The Seventh Annual Convention of Steele County W. C. T. U. was held in Hope, Wednesday and Thursday, June 20-21. The convention proved to be a very instructive and interesting one. The local union had every possible arrangement made for the comfort of the visiting delegates. The church was beautifully decorated with plants and flowers. Mrs. Ella C. Boise presided in her usual cheerful manner. The first session was held Wednesday evening, when Mrs. Mary E. Hopper, gave a very interesting lecture. Despite the rain and mud, a goodly audience greeted her. The following morning was given over largely to routine work and election of officers. The following were elected for the ensuing year: President, Mrs. Ella C. Boise, Sherbrooke; 1st Vice Pres., Mrs. Will Smith, Hope; 2d Vice Pres., Mrs. Fanny E. Paltry, Hope; Cor. Sec., Mrs. Rida E. Hasselquist, Hope; Rec. Sec., Mrs. Ella M. Shippy, Hope; Treas., Miss Isabel Nybo, Hope. Mrs. Fannie Paltry gave an instructive paper on "A Sketch of Mary H. Hunt," which was greatly enjoyed. Dr. J. C. Biggs, of the Good Christian Objection, "How Should Christians Observe the Lord's Day" with no uncertain sound, but urged the necessity of a stricter compliance of the command, "Remember the Sabbath day and keep it holy." Rev. Samuel Hitchcock gave a good talk on needed Legislation, emphasizing particularly, that of the anti cigarette and Temperance Commissioner phase of the question. This also was heartily received. Mrs. Kate Curry spoke encouragingly of "Our Work at Summer Assemblies" and Mrs. Shippy stated, briefly "Our Need of Headquarters." Mrs. Hopper proved herself a ready, willingly and interesting helper throughout the convention and no question will make a mistake in engaging her services. Music was furnished during the afternoon by the Hope L. T. L. under the efficient leadership of Mrs. Julia Katts. Mrs. Harwood and little Gladys Phillip favored the convention with two beautiful solos. The treasurer's books showed the finances in good condition. A silver medal contest was held the second evening, the successful contestant being Miss Grace Curry. The work for the new year starts off encouragingly, and all voice the sentiment to go straight on. We mean to be as good natured as sunshine and as persistent as Fate.—Ella M. Shippy.

The Twelfth annual convention of the Woman's Christian Temperance Union, of the First district met at Rolla, June 19th and 20th, Mrs. Necia Buck, district president, presiding, Miss Anna Robbins, a National lecturer, was present through the convention and gave an address on Tuesday evening. The Unions were well represented there being pres-

ent twenty delegates besides visitors. Reports show the work to be in a prosperous condition. Seven hundred dollars has been raised during the year; 10,000 pages of literature distributed; \$150.00 sent to W. C. T. U. Home and seventeen Medal contests have been held during the year. The eighteenth was at Rolla on the second evening of convention to be followed by another the next evening at Bisbee and a diamond on the 27th at Cando. Proceeds about \$80.00. A speaker has been engaged for three weeks work in the district and has already spoken at Rolette, McCumber, Egeland and Hamden, preparing the way for an organization in the near future. More aggressive work is planned for the coming year along the lines of Suffrage, Sabbath observance and Contest work. The following officers were reelected: President, Mrs. Necia Buck; Vice-Pres., Mrs. Kate A. Ransier; Cor. Sec., Mrs. Edna E. Salmon; Rec. Sec., Mrs. Mary Haig; Treas., Mrs. Carrie Madison. Convention to meet at Cando, in 1907. At the Diamond Medal contest three of our oldest members and Mrs. P. L. Thompson, Miss Barber and Mrs. Valek were made life members by the Cando Union.

DAR BULLETIN:—  
Between June 20th and July 13th, three silver medal contests were conducted by the County Superintendent of Medal Contests. At Antelope, Mrs. Louise Peterson, of Mooreton, won the medal. At Barney, Mrs. Nettie E. Bailey, was the winner, and at Mooreton, Mrs. Ralph Hoiting, of Antelope, was the successful contestant. The proceeds from the last two contests went into the county treasury and largely paid the pledges made at the county convention. After the contest at Mooreton a Union was organized by Mrs. Kate Whitcomb, of Hankinson, the county president. Mrs. Tyson and Mrs. Barnes, of Hankinson, were also present and gave assistance.  
PRESS CORRESPONDENT.  
Dwight, N. D., July 7, 1906.

## What Liquor Men Think

Of the High License—Local Option Law which is Advocated by Resubmissionists.

"My experience has taught me that the public advocacy of high license, together with legislation regulating and restricting the traffic, produces the best results."—Emanuel Furth, attorney for the Pennsylvania State Liquor League.

"High license has not hurt our business; but, on the contrary, has been a great benefit to it as well as to the people generally. \* \* \* I do not think that high license lessens the quantity of liquor used, but it places it in fewer and better hands, with better regularity."—Peter E. Iler, distiller, Omaha, Nebraska.

"We believe that high license is the only remedy for Prohibition."—Harry H. Shufeldt & Co., distillers, Chicago.

"The enemy is strong and to vanquish him requires great work, strong work and work altogether, with your battle cry, 'High License against Prohibition.'"—Bonforth Wine and Spirit Circular.

## In Regard to School Physiology Journal.

DEAR SISTERS:—  
The Memorial Number of The School Physiology Journal contains a fine program for a memorial service of Mrs. Mary H. Hunt, our departed leader of the Scientific Temperance Instruction and I wish to urge upon all Unions in the state to hold this memorial service whether they work the Scientific Temperance department or not as it will be an instruction for good and perhaps interest those who formerly had not given thought to Scientific Temperance.

If the Unions over the state would provide The School Physiology Journal to teachers I believe great good would be accomplished. Some Unions have done this and have made nice reports of the results.

Literature on this subject will be sent to the county superintendent of this department and where there is no county superintendent to the county president for distribution, this does not include the Memorial Number of Journal but Unions can get same by sending to Mrs. Emily Robinson, 23 Trull St., Boston, Mass. The price of S. P. J., is 60c. per year; 50c. in clubs of five and 40c. in clubs of fifty or more.

Hoping all Unions may hold this memorial, I am yours in the work,

Mrs. J. E. McCARTNEY,  
Page, N. D.

## MAIL ORDERS

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Respectfully,  
A. M. KLEIN.

Washburn, N. D., March 13, 1906.

## DRINKING FOUNTAINS

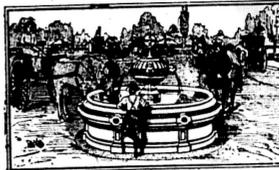
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## Summer Suggestions.

In planning the program for your annual meeting or fall convention, be sure to give a generous place to The Union Signal and The Crusader Monthly. Unions on the Honor List should receive special notice.

Has your state a Union Signal subscription list equal to one-fourth of its membership, as promised by your state president at Los Angeles last fall? Has your Union done its part? If so, it is entitled to be named on the Honor List for September, information for which must be in our hands by August 27th. See previous issues of this paper for full statement of requirements.

When your Union Signal and Crusader Monthly hour at convention is arranged for, send us place and date, and name of the one in charge, that we may send samples and subscription blanks.

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Hunter, N. D., July 12, 1906.—Dear Comrades:—At our meeting held last afternoon I was requested to write a letter for the White Ribbon Bulletin and send to you to have published, to let you all know what we are going to do. Our society has been rather dead for some time, but we have all promised to do better in the future, so if you will have the letter published, you will be helping the Hunter Y.—From a Y Worker.

ROBT M. POLLOCK

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