The New Year.

Within the coming year the nation is beset with many pressing problems and is faced with many knotty issues. What fortune awaits us?

Though the world is in a state of unrest, the New Year is such a time as the world's eyes may be turned in new directions. The New Year is a symbol of new life, new hope, new strength.

For some of our kind hearted folk there is much to be done in the way of doing good work. The New Year will bring a new opportunity for the betterment of our social life. We shall be able to do more than ever in the past year.

For others, the New Year will bring a new opportunity for the betterment of our social life. We shall be able to do more than ever in the past year.

The New Year is a time of promise. It is a time of hope. It is a time of new opportunity. It is a time of new strength.

What are your plans for the New Year?

Science's Exposure of Alcohol's Frauds.

By Matthew Wood, M. D.

Poor old King Alcohol is facing a revolution that threatens the very foundation of his throne. Many a teetotaler in years past has denounced the medical use of alcohol from his, and has not hesitated to admit it to the human body. But the poor old King is not so easily overcome. He is a strong and powerful enemy, and will not be driven away without a fight.

For instance, many a man whom religion affects but little, may take to alcohol in a way that seems almost like a personal duel.

From time immemorial the world has been trying to destroy alcohol. For years, the use of intoxicants, or the definite physiological effects of alcohol, or the definite use of intoxicants, is a present movement, however, based upon careful scientific experiments, which has proceeded along the lines of an experiment, without the definite physiological effects of alcohol, or even the definite use of intoxicants, to be destroyed, and without the definite use of intoxicants, to be destroyed.

The beer and wine fallacy.

It has been generally supposed, notwithstanding the fact that our eminent Benjamin in his own person demonstrated the opposite, that the enemy of the human race is the alcohol, or the mannish animal, or the human being.

Warm water, or better, tea--it safely stirs and may be taken without alcohol. Its effects are all good. At the same time, it is good for the stomach and the intestines, since it is a food, and at the same time, it is not good for the stomach and the intestines, since it is a food. If the properties of black tea are made known, its value is not in doubt.

Therefore, the properties of black tea are not in doubt.

Alcohol is the cause of fever and high temperature. It is a cause of fever and high temperature. It is also a cause of fever and high temperature. It is an excellent cause of fever and high temperature. It is an excellent cause of fever and high temperature. It is an excellent cause of fever and high temperature.

So true is this that it may be seen, through the eyes of an action, that the drinker of alcohol in fainting or extreme exhaustion will have the benefit of a higher temperature, or of a lower temperature.

White water, or better, tea--it safely stirs and may be taken without alcohol. Its effects are all good. At the same time, it is not good for the stomach and the intestines, since it is a food. (Continued on page 3rd, 4th column.)
Mr. E. Buck.

1890. 

STATE OFFICERS.
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Vice-President—Mrs. Anna M. Bixby, Salem, Oregon. 
Treasurer—Mrs. Elizabeth Stevenson, Seattle, Washington. 
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Weekly Lecturers.
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Miss Anna M. Bixby, Salem, Oregon.
Miss Ethel G. Lyman, Providence, Rhode Island.
Miss Ethel H. Albrecht, New York City.
Miss Ada M. L. Wooldridge, San Francisco, California.
Miss Maude Hackett, Boston, Massachusetts.
Miss Margaret A. Bixby, Boston, Massachusetts.
Miss Margaret M. Bixby, Boston, Massachusetts.
Miss Blanche H. Bixby, Boston, Massachusetts.
Miss Florence M. Bixby, Boston, Massachusetts.

LETTER FROM THE SUPERINTENDENT OF SOLDIERS AND SAILORS.

To the Members of the Board of Managers of the White Ribbon Bulletin:

The letther from the Superintendents of Soldiers and Sailors on the subject of the minutes for the year 1889, which was issued in the Bulletin, is as follows:

Dear Sir,

I have the honor to inform you that the minutes for the year 1889 have been printed and are now ready for distribution. I trust that you will find them satisfactory, and I am anxiously looking forward to your favorable report.

Yours truly,

H. M. Bixby.
Letter from Mrs. Mary Grover, Branch Secretary.

Lisbon, Nov. 23, '10.

My Dear Secretary: Had it not been for the confidence we have in the loyalty and ability of our old members, we might not have gone through this church meeting with the same amazement. It is clear that we will be able to make the coming quarter a success. The pledges for our winter campaign are more than ample, and we will have no difficulty in raising the amount desired.

Mrs. R. H. Peters.

March 5th, 1911.

Yesterday was a beautiful day, and I was fortunate enough to be able to go out for a walk in the woods. The air was very fresh, and the scent of the pine trees was delightful. The sun shone brightly, and there was a gentle breeze blowing. I enjoyed the outing very much, and it was a perfect way to spend an afternoon.

Yours truly,

Eliza Thompson.
MEDAL CONTESTS. Letter From Mrs. Maud B. Rice, Superintendent.
I believe that all workers in the W. C. T. U. realize that the Medal Contest Department is one of the most important lines of work undertaken by this organization. It is a work which can be undertaken by many, and all unions, regardless of locality. This past year, 1,250 were held, North Dakota holding 150 of them. North Dakota is not a thickly populated state—its past work is creditable—but I am anxious for an increase over last year, and we can do it.

R. E. McCurdy of the National Advocate, says:
EDUCATING PUBLIC SENTIMENT. Medal contests are valuable in helping to educate public sentiment on the temperance question. Young people will come to a church or a hall to hear young people recite strong temperance selection readings, who would never go to hear a temperance lecture. And many parents will go to hear their own boy or girl speak at these contests, who would not even go to hear some other person's child speak. The demand of people has heard the first temperance lecture at these contests, will continue to do business with one of the W.C.T.U. superintendents in the state, and organize and run the necessary rules governing these contests.

The local union should vote to hold a contest. Contests should be sent for entries as late as L. T. Sunday school, public company prayer for future of state, ideas, methods, and rules. All contests should be as nearly equal in age, and as equal in ability as possible.

Assist a local superintendent, (any one who is interested in the window), send the local superintendent, who is the chief agent, the necessary rules governing these contests.

Appoint a local superintendent, the name to the state superintendent, who will bring to the notice of the general headquarters.

In the W. C. T. U. there are the silver, gold, and grand medals and grand diamond medals. In the Chapter series the same number, and in the Department series the same number, and also in the National series there are the silver and gold medal and medals, silver, gold, and diamond medals. Also special medals such as the Long Service, the Woman's Christian Temperance Union, the Board of Foreign Missions, and the Salvation Army. Contests should be sent for entries as late as L. T. Sunday school, public company prayer for future of state, ideas, methods, and rules. All contests should be as nearly equal in age, and as equal in ability as possible.

The local union should vote to hold a contest. Contests should be sent for entries as late as L. T. Sunday school, public company prayer for future of state, ideas, methods, and rules. All contests should be as nearly equal in age, and as equal in ability as possible.

Miss Rice, Advocate, and Mrs. Joseph Carman, of Dakota, are among the most practical among local public schools (grades and High), in the Sunday school or by any one interested.

The essay shall be read in a public contest and be marked on thought, diction, originality, general effect, etc. Any subject may be chosen that refers in any way to the general topic of temperance reform or that bears upon any department of the W. C. T. U.

Have a contest at Teacher's Association, Chauffeuses, Sunday School, Public School Convention, Clubs, Women's Clubs, and Mother's Meetings.

I wish every union in North Dakota might average one contest per quarter this year. I know you could do it if you desired to do it, and I am sure you would get the best results. I am quite sure you would get the best results. I am quite sure you would get the best results.

Small prizes will be awarded to districts, county and local superintendents in the department.

Any questions pertaining to the work will be cheerfully answered, of course.

I wish to thank our generous editor, Mrs. Pollock, for her kindness and cooperation in this line of work.

Yours, for contests,

May B. Rice. Valley City, Nov. 15, 1909.

Mrs. Maud B. Rice, Supt. of Medal Contest Work, North Dakota W. C. T. U.

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