



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 15. NO. 3.

FARGO, N. D., APRIL, 1911.

Monthly—25 Cts. a Year.

THE TRULY GREAT.

There are hearts that never falter In the battle for the right; There are ranks that never alter, Watching through the darkest night. And the agony of sharing In the fiercest of the strife Only gives a nobler daring, Only makes a grander life.

There are those whose loving mission Is to bind the bleeding heart, And to teach us calm submission 'Neath the pain of sorrow's smart; They are angels to us bearing Love's rich ministry of peace, When the night of death is nearing And life's bitter trials cease.

There are those who beat down slander, Envy, hatred and all wrong, Who would rather die than ponder To the passions of the strong; And no earthly power can crush them, They are conquerors of fate; Neither fear nor favor hush them; These alone are truly great.

TEMPERANCE IN MEDICINE.

Paper read before the Scandinavian W. C. T. U. of Fargo by Dr. H. Amanda Johnson.

The name Alcohol is from the Arabian and means Evil Spirit, a name suggested because of the demonical effect upon those who drink of it. Medical knowledge of it was very limited, but because of the seemingly pleasant effects it was thought to be a great benefit to all mankind. Alcohol was at first looked upon as a cure-all. Medical men prescribed it and people soon began to obtain it and use it themselves. If medical men first advised the use of alcohol, it may also be said that they were the first to study into and condemn its use.

About sixty years ago Dr. Nathan S. Davis, of Chicago, founder of the American Medical Association, began to investigate the effects of Alcohol on the human body. In 1848 he published a series of articles in a medical journal printed in New York City, in which he denied the value of alcoholic drinks as being what was then claimed for them, viz: warming, strengthening and nourishing.

In 1855 Professor Mussey of Vermont read a paper before the A. M. A. on "The Effects of Alcohol in Health and Disease," and made this statement: "So long as alcohol retains its place among sick patients, so long will there be drunkards."

In 1871 the A. M. A. passed a resolution to the effect that "alcohol should be classed with other powerful drugs, and when prescribed medically it should be done with conscientious caution and a sense of great responsibility."

The efforts of the W. C. T. U. of the United States, led by Mrs. Mary H. Hunt, to introduce scientific temperance instruction upon the subject of Alcohol as a Beverage, into the public schools, gave impetus in this country to the study. Of course such a movement met with strong and bitter opposition on the part of many, and the publishers of books which were to be sent to the schools the land requested professors of medical colleges to make minute research into the nature of alcohol. This was done, but again and again the endorsed books were assailed, and finally, in 1897, they were submitted to medical experts, men connected with medical colleges, one of whom was Dr. Davis of Chicago. A

portion of this report is as follows: 1.—"I was asked to point out any errors in these books which need correcting. I find no such errors." 2.—"I find no errors in the teaching of any of them on the subject of alcohol." 3.—Dr. Baer of Berlin, Germany, the foremost European expert on the subject, said, after a rigid examination of these same text books, that he found "no teaching in them not in harmony with the attitude of strict science."

When the W. C. T. U. first began the work they had no thought of opposing the use of alcohol in medicine. However, as the members began to study and investigate the causes of drunkenness, they found that the medical use of alcohol was a very prominent one. They found that many a home had been invaded by liquor because it had been introduced by means of a prescription in some sickness. Along this line of investigation they learned that many a prominent physician in America and in England used little alcohol in their practice, being opposed to it on scientific principles, and they found that a hospital in London was clearly demonstrating by its small death rate that non-alcoholic medication is superior to that in which alcohol is used. These women began demonstrating among themselves and in their own homes that recovery from illness is quite possible without alcohol where before it had been considered a necessity.

In 1876 the national W. C. T. U. sent a memorial, as suggested by Miss Frances E. Willard, to the International Medical Congress which then met in Washington, D. C. In this memorial the Medical Congress was asked to take up the consideration of alcohol as a food and as a medicine. This was done, and the following is an extract from the report:

1. Alcohol is not shown to have a definite food value by any of the usual methods of chemical analysis or physiological investigation. 2.—Its use as a medicine is chiefly that of a heart stimulant and in its place other remedies could be used. 3.—As a medicine it is not well fitted for self-prescription by the people in general, and the medical profession is not responsible for such administration nor the enormous evil arising therefrom.

Much work was done by the W. C. T. U. from time to time, and a department for the special object of bringing the topic of Medical Temperance before the public was instituted. Some of the main features of this department are: 1.—to inform the people of the objections to the medical use of alcoholic drinks. 2.—To show the dangers in the home prescription of alcohol and other powerful drugs. 3.—To expose frauds and dangerous proprietary and patent medicines and liquids, so called "foods," the main ingredients of which are alcohol and morphine. 4.—To use persuasion with publishers of newspapers and magazines against fraudulent medical advertising. Also to seek legislation which shall hinder such advertising. 5.—To endeavor to have alcoholic liquors, and also nurses, to the teachings of great leaders in medicine who have abandoned alcohol in their practice. 6.—To work for legislation which shall correct the evils of the whiskey drug store, the whiskey prescribing doctor, and the dangerous "patent medicine." 7.—To gather the opinion of well known physicians who do not use alcohol and publish these opinions.

The National Pure Food Law requires

the per cent of alcohol in patent medicines to be stated on the label; the prohibition law of Georgia forbids physicians to prescribe alcoholic beverages; Kansas eliminates whiskey drug stores; the Internal Revenue Department has examined a large number of patent medicines and listed them as intoxicating beverages; two state medical societies and some county medical societies in 1908 passed resolutions to discourage the medical use of alcoholic liquors; two societies in 1908 passed resolutions against whiskey drug stores.

Alcohol is a producer of disease. That alcohol is a poison is attested by all chemists and other scientific men. Taken undiluted it destroys the life of the tissues of the body which it reaches just as surely as does creosote or carbolic acid. It is well known that large doses of brandy or whiskey will speedily cause death, especially in those unaccustomed to their use. We often read of the death of children who have had access to whiskey and drank freely of it. Men also have dropped dead suddenly after tossing off several glasses of brandy in a saloon. When alcohol is largely diluted with water and taken into the stomach, it is rapidly imbibed or taken up by the small blood vessels and carried into the venous blood without having been changed in the stomach. Many people cherish the idea that because they drink only in moderation and never become intoxicated, liquor has little or no influence upon them. Others, again, think that they can freely take beer and wines without injury to themselves. Both of these are in error. Those who indulge in wines and beer probably drink more constantly than those who take distilled liquors, and so more constantly have some alcohol in the system. They may not be as often intoxicated, but suffer fully as much from disease and premature death.

While drinking parents, because of a strong constitution, sometimes escape the penalty of their sins, it is not uncommon for the children to suffer from some disease or some nervous disorder, thus fulfilling the biblical verdict, "The sins of the father being visited upon the children."

In examining testimonial after testimonial from the written statements of many very eminent physicians in America and in Europe one can find scarcely but one conclusion, viz: Alcohol is not a preventive of disease; it is not curative; it does not build up in any sense of the word. I might quote from a few of them: Sir Andrew Clark, physician to Queen Victoria, said, "As I looked at the hospital wards today and saw that seven out of every ten died of their disease to alcohol, I could not but lament that the teaching on this question is not more direct and decisive and hence thrusting. When I think of this, I feel thrusting and decisive and hence thrusting on a holy crusade, preaching to all men. 'Beware of the Enemy of the race.'" Sir William Gull, late physician to Her Majesty, said, "I should say from my experience that alcohol is the most destructive agent that we are aware of in this country." Dr. Abernethy uttered these words, "If people will leave off drinking alcohol, live plainly, take very little medicine, many disorders will be relieved by this treatment alone."

At the suggestion of Miss Clara Barton the medical department was commissioned during the Cuban War to treat diseases without alcohol. Dr. Lesser, the executive surgeon at the Red Cross hospital, New York City, received

his medical education in Berlin and Leipzig, and he says, "We have been convinced that alcohol can be entirely eliminated from our medical practice. When stimulants are needed we can use other remedies." Dr. Geo. F. Shradly, consulting physician to Generals Grant and Garfield, says among other things, "Alcohol is a dangerous drug." Dr. Steger, "I don't use alcohol at all in my practice." Dr. Lesser, surgeon general in the Cuban war, said that four out of six of his patients to whom he allowed liquor to be given, because it was thought necessary, died. Later he treated sixty-three absolutely without alcohol and only one died, and he died on the day he was brought to the hospital.

Alcohol has been thought to aid digestion of food in the stomach. Investigation has shown that it does not. It has been demonstrated that digestion stops in the presence of alcohol. One of many experiments is as follows: Dr. Figg of Edinburgh fed two dogs with roast mutton; to one he gave an ounce and a half of spirit. Three hours later he killed both dogs. The dog without liquor had digested the mutton perfectly; the other had not digested his at all. The conclusion of many investigators after many experiments is: Alcohol, even in a diluted form, interferes with the ordinary process of digestion. As long as alcohol remains in the stomach in any degree of concentration, digestion is arrested.

Alcohol makes the heat beat faster, work harder, wears it out and so weakens it. Alcohol is the most frequent cause of fatty heart and fatty liver, which are seldom curable. It is well known that athletes when in training abstain from beer and intoxicating drinks, for they interfere with heart action. When John L. Sullivan suffered defeat at the hands of his rival in a pugilistic encounter, he said, "Liquor did it."

Alcohol as a tonic.—Alcohol does not give tone. In preference use the following: Cold externally, either by a dripping sheet or towel; cold sponging; cold shower bath, according to the needs and tolerance of the patient; regular and regulated meals; exercise in the fresh air; a good amount of rest and sleep. These are the real tonics. Many women as well as men, even clergymen, have become hopeless drunkards by taking alcohol as a tonic.

Alcohol in pharmacy.—When the Temperance Pharmacies were first opened it became a question what to use in place of alcohol, which is used so much in compounding medicines. It has been found that non-alcoholic glyceric acid can be made, in very many cases, to replace those made with alcohol. Glyceric acid can be employed. These make excellent preparations, and in the majority of cases appear to have the same and just as great physiological action. Such drugs as cannot be dissolved in glycerin and acetic acid are given in the form of pills, powder and mixtures. Dr. Jas. R. Nichols, editor of the Boston Journal of Pharmacy, says, among other good things, "It is true that in a chemical laboratory alcohol is an agent very convenient in a thousand ways. But if alcohol were banished, utterly, we would not be deprived of a single one of the indispensable agents which modern civilization demands, and neither would chemical science be retarded by its loss." The sale of liquors in drug stores will be gradually crowded

(Continued on page 4.)

WHITE RIBBON BULLETIN

PUBLISHED MONTHLY.

Official Organ North Dakota W. C. T. U.

Mrs. Neola Buck,
EDITOR IN CHIEF.

Mrs. R. M. Pollock,
MANAGING EDITOR.

Subscription price, per annum.....25c
Extra copies, 2 cents each.

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 not 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.

PLEDGE.—I hereby solemnly promise, God helping me, to abstain from all alcoholic liquors as a beverage, including wine, beer and cider, and to employ all proper means to discourage the use of and traffic in the same.

Send all manuscript for publication to be in my hands by the 15th of each month. Send all communications to
Mrs. R. M. Pollock,
Fargo, N. Dak.

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

APRIL, 1911.

PRESIDENTS' CORNER.

DEAR COMRADES:—There is general rejoicing among the temperance people that the Governor withheld his approval from the Cashel bill. By this exercise of his veto power Governor Burke has rendered an invaluable service to the state, and we owe it to him that the prohibition law was not weakened by the attacks made upon it in the Twelfth Legislative Assembly.

You probably noticed that the initiative and referendum resolutions were carried. The responsibility is thus placed upon the next legislative assembly to decide whether any or all of these shall be submitted to the people. If the initiative and referendum applying to the constitution carries, the first question to be submitted will undoubtedly be the prohibition clause of the constitution. We shall then have to face the greatest battle we had since prohibition carried twenty-one years ago. Maine, after having prohibition sixty years, is in the midst of such a fight today. Prominent brewers have declared that they can afford to spend ten million dollars to defeat prohibition in that state. We must not forget that the liquor traffic has been driven from two-thirds of the territory of the United States, and that it is fighting now as never before with a courage born of desperation. Mrs. Stevens believes that the temperance forces will undoubtedly win in Maine, but it is a tremendous battle and we must be ready to help in every way. Captain Hobson is now speaking there, and has carried Portland and Augusta by storm. Later in the campaign Judge Pollock will give his services to assist in the great fight.

When we consider the desperate effort the liquor men are making to win back prohibition territory, it behooves us to increase the strength of our organization, get our forces and be in line ready for battle.

We hope every town in the state will be represented in a most important convention of the Enforcement League which will be held at Fargo, April 11th. It is the purpose of this meeting to plan for more active, aggressive work than ever before.

In response to repeated requests I give below the final vote on suffrage in both houses.

The following voted for suffrage in the senate: Senators Allen, Baker, Bessesen, Cashel, Davis, Duis,

Garden, Glibbons, Johnson, LaMoire, Pierce, Plain, Putnam, Steele of Stutsman, Steele of Renville, Syvertson, Turner, Wallin, Walton, Welo, Whitcher, Williams and Young.

The following voted against suffrage: Senators Carter, Duncan, Elken, Ellingson, Gilbert, Gronvold, Gunderson, Hookway, Jacobsen, Kennedy, Kretschmar, Linde, Martin, McDonald, McDowell, McLean, Movius, Ovserson, Ruzicka, Simpson, Stevens, Talcott, Thoreson, Trimble and Welch.

In the house the committee on woman suffrage recommended that the bill be indefinitely postponed.

The following voted to adopt the committee report and therefore were NOT in favor of the suffrage bill: Representatives Akeson, Bjornson, Boerner, Bond, Boyd, Carey, Cunningham, De Lance, Dossseth, Edwards, Fox, France, Fritz, Geiger, Hanson, Hoge, Homnes, Hill of Cass, Jorhdahl, Kane, Knox, Kuhl, Kylo, Law, McClellan, Moen of Benson, Moen of Cavalier, Morrison, Moritz, Narum, Nelson of Walsh, Norheim, Olsgard of Nelson, Olsgard of Richland, O'Shea, Paulson, Peart, Ray, Robinson, Sauer, Scott, Scheer, Sorlie, Stern, Stranahan, Tande, Thompson, Tollefson, Tostenson, Tuttle, Ulsaker, Walters, Williams, Hanley.

The following voted against the committee report or in favor of the suffrage bill: Representatives Asheim, Anderson of Griggs, Anderson of Ramsey, Benson, Brusletten, Burnett, Burns, Christensen, Collins, Davidson, Davis, Dean, DeNault, Doyle of McIntosh, Englund, Fasset, Fried, Gardiner, Gorder, Harty, Hawkinson, Heine Meyer, Hersrud, Hill of Bottineau, Hyland, Johns, Johnson, Knutson, Lageson, Lee, Martin, Nelson of Richland, Nestos, O'Connor of Grand Forks, O'Connor of Pembina, Pendray, Price, Putnam, Roquette, Sgutt, Wambem and Whitmer. Absent and not voting, Representatives Andrus, Doyle of Foster, Fraine, Hedalen, Ployhar, Reeve and Streeter.

ELIZABETH PRESTON ANDERSON,
Valley City, N. D., Mch 27, 1911.

FROM MRS. WYLIE.

DEAR COMRADES:—We are all rejoicing together over the veto of Senate Bill No. 306. All honor to Gov. Burke for his noble action in saving our state from the consequences of such vicious legislation. He will have the gratitude and admiration of temperance people everywhere. The state has renewed reason to be proud of her chief executive.

We, as white-ribboners, are also proud of our beloved president, Mrs. Anderson, who did such heroic work in safe-guarding our prohibition law and in securing the passage of many righteous measures. Our grateful appreciation is extended to Mrs. Anderson and to Mrs. Mazie Stevens, who so ably assisted her, in representing our cause in that memorable Legislative Assembly.

Our Supt. of Suffrage, Mrs. Patten, has not stopped long enough to realize any defeat, but with her usual courage and perseverance comes forward with a new plan by which we are to win in 1913. A permanent enrollment of men and women, with names on separate blanks, will be begun, as soon as the forms can be printed, and Mrs. Patten will have something to say to the union securing the largest list. Although this work is to continue two years, we must not put it off, but begin at once and by systematic effort cover the entire state. Friends of the cause may circulate these petitions in towns where we have no organization. Let not the legislators of the next assembly say, "Not enough women want the bal-

lot." More interest is shown in this subject than ever before.

It is very encouraging to note the vigor with which some superintendents are pushing the work of their departments and the success with which they are meeting. While all are of vital importance, the work of Medical Temperance needs to be pushed harder than ever. While liquor is sold for medicine, we never can have the druggist-permit problem settled satisfactorily. We must take the position that alcohol is a dangerous and unnecessary medicine. The best medical authorities have come to this conclusion.

We were grateful to all who responded so promptly with reference to the birthday of our National president, Mrs. L. M. N. Stevens. Mrs. Jennie M. Kemp writes, "North Dakota certainly did herself proud," and Mrs. Stevens personally thanks us all in the following letter, "North Dakota was certainly most generous in its gracious recognition of the Union Signal Red Letter Day. Please accept sincere thanks for the subscriptions you so kindly sent. Your gift and good wishes were gratefully mentioned in the meeting at W. C. T. U. Headquarters on March 1st." In Miss Halcrow's letter, in another column, you will read all about it. The fact remains that we must keep steadily at work, all the year, for Union Signal and Young Crusader, if we would reach the goal.

Miss Jessie McKenzie is now making her home in San Diego, Cal., but has not forgotten our North Dakota Indians. She has interested our National Superintendent, Mrs. Dorcas J. Spencer, to the extent that she is sending them helpful literature. Miss McKenzie is delighted to learn that an order has been issued by the Indian Department making temperance teaching in the Indian schools compulsory.

Miss Esther Thomas, whom we all learned to love, has not entirely regained her health but is teaching school at Middle River, Minn.

Encouraging word comes from Tenth district, comprising the counties of Bowman, Adams and Hettinger. Early in March a meeting was called at Reeder, at which 26 women were present. The following officers were elected for the district: President, Mrs. Laura F. Greenup; Vice Pres., Mrs. Davis; Cor. Sec., Mrs. Frundle; Treas., Mrs. H. B. Walch. One, who was present, writes that they had a delightful time. A district meeting will be held at Hettinger, in June. Fourteenth district (Sargent, Dickey and Richland counties) will hold a similar meeting at Forman tomorrow, when officers will be elected for the new district. We trust that all others, whose territory was changed by the re-districting, will fall in line and get ready for a district convention.

As formerly stated, Mrs. Harriett D. Hall, of Illinois, has been engaged for the western part of the state, except the southwestern part, which will be visited in June by Mrs. Almena Parker McDonald of Chicago. We are in correspondence with Mrs. Lena Hartzell Wallace, State Supt. of Franchise for Kansas, and sister of Bishop Hartzell, of Africa. We expect to secure Mrs. Wallace's services for district meetings and other dates, in the eastern part of the state, beginning about June 1st. As Mrs. Hall begins May 1st those desiring her services should notify Mrs. Buck AT ONCE. Please write me regarding dates for other speakers.

A full schedule of district conventions will be published early next month. Suggestive programs are being sent out to district presidents. It may be of interest to you to know that the State W. C. T. U. has placed in the library of the University at Grand Forks, the following

books: "Alcohol and the Human Body," by Sir Victor Horsley; "A Century of Drink Reform in the U. S.," by A. F. Fehlandt; "Alcohol, How it Affects the Individual, the Community and the Race," by Dr. Henry Williams; "Intoxicating Drinks and Drugs in all Lands and Times," by Dr. and Mrs. Wilbur Crafts; "The Beautiful Life of Frances E. Willard," by Miss Anna A. Gordon; "Glimpses of Fifty Years," by Miss Willard. "Alcohol, a Dangerous and Unnecessary Medicine," by Mrs. M. M. Allen; "The Tobacco Problem," by Meta Lander. We have also placed in the University, and in all our colleges where Y. P. B.'s have been organized, The Union Signal, The Temperance Educational Quarterly, The White Ribbon Bulletin, The Annual Address of Mrs. L. M. N. Stevens and various leaflets on narcotics and kindred subjects. Most of these institutions have expressed their appreciation of these publications.

A very important meeting, under the auspices of the State Enforcement League, will be held at Fargo, April 11th, which all friends of temperance are urgently requested to attend. The evening meeting will be presided over by Gov. Burke and the principal address given by Rev. P. A. Baker, D. D., General Supt. of the Anti-Saloon League of America.

Dear Sisters, we know that the year has brought to most of us financial problems, but have you paid what you pledged at state convention towards the publication of Judge Pollock's Manual of Prohibition? The book is not for sale at any price but if additional copies are wanted, write Judge Pollock, enclosing postage. Kindly clear this matter up, so the balance due may be settled at once.

A drill on State Minutes is a fine exercise for local or district meetings. Every officer and every superintendent of every local union should have a copy. Order from Mrs. Heidel, as soon as possible, before the supply is exhausted.

It has been necessary to make a slight change in dates of State Convention. That important meeting will be at Jamestown Sept. 22-25. Already we are anticipating a delightful time.

Yours, for progress,
B. H. WYLIE.
Drayton, N. D., March 28, 1911.

FIELD NOTES.

HEATON.—A very successful silver medal contest was given in the Congregational church here last Friday evening, in which ten pupils of the 7th and 8th grades and high school took part. The winner was Miss Sarah Falk, who had been early trained in the Loyal Temperance Legion, of which Mrs. H. C. Barber was the organizer, and has been superintendent from the beginning. "Who Killed Joe's Baby" was the title of the prize recitation. Most of the contestants, including the winner, were trained by Mrs. C. G. Smith, and gave evidence of careful preparation. The judges were Rev. R. Eaton of Carrington; Attorney H. W. Dalton and Miss Freddie Anderson of Bowdon. The W. C. T. U. medal was presented by Rev. E. E. Saunders. The exercises were interspersed with musical selections, instrumental solos by Rev. Wm. Theis and Mrs. Chas. I. Turner, a duet by Mesdames Turner and Saunders, a vocal duet by the latter with Mrs. Barber as accompanist and a vocal selection by Mesdames Barber, Prang, Halbert and Thurston, Willie Sheffer, a medal holder, recited "On Which Side," during the absence of the judges. A pleasant reception was given to the Bowdon friends at the parsonage at which light refreshments were served by Mesdames Barber, Hulbert and Saunders. The attendance was large considering the condition of the roads. Miss Ivy D. Abbott, the teacher, will use the proceeds to add books to the school library. Our union observed "Willard Memorial" in the church, with appropriate program, and contributed \$2.00 to memorial fund.—Secretary.

WORK AMONG FOREIGN SPEAKING PEOPLE.

Fargo, N. D., March 15, 1911.
Dear White Ribbon Sisters:
I am very glad that the foreign speaking people of our state are reached with literature in their own language. I hope every union will have a superintendent of this department, who will distribute literature and call on the people in the interest of our work. I hope many will be added to our ranks this year, and can we not win the banner this year, given by the National for the largest number of children of foreign parentage in the L. T. L.

Massachusetts has had this banner for the past two years. With the large foreign population in our state I see no reason why North Dakota cannot secure it this year. Sisters, let us work for this, it is worth while, for there is no work in the W. C. T. U. of more importance than the work with the children. I have some literature on hand that can be had by paying the postage. I think it would be better though for the Union to send direct to the National Superintendent, also send for catalogue, then you can select what you need in the different communities, and my supply is rather limited as I have already sent out some.

Mrs. Mary B. Wilson, 4734 Hazel Ave., Philadelphia, Pa., is our National Superintendent.

Yours for success,
MRS. JULIA D. NELSON, State Supt
1008 1st. Ave., S., Fargo, N. D.

EQUAL SUFFRAGE.

Never in the history of the movement was there such encouraging "Signs of the Times," as now.

Not alone the victories that have been achieved in the different Nations of Europe and States of our Union, but in the general trend of public opinion as indicated in the various magazines and papers, even in the daily press that so recently had only sneers and jeering comments for us, as a rule, have come to treat the subject with a respect that is as inspiring as it is unusual. Even the "Outlook" spoke of the part the women had in the recall of the immoral mayor of Seattle in a way that was almost commendatory and Mr. Roosevelt, in speaking before an audience of 10,000 people in Chicago lately said, "personally I am in favor of giving the franchise to all citizens, irrespective of sex." Col. Roosevelt has always declared himself in favor of woman's suffrage, but has often followed up the assertion with a series of "buts," in this case he indulged in no "buts." Perhaps this was out of regard for Jane Addams or perhaps he had been reading the news from Seattle, says the Chicago Record-Herald. Denmark has a bill before its parliament to give all its women, over 25 years of age, full suffrage, and it has the support of all members save a few conservatives, and when we read that the Prime Minister declares that "only good has come from the limited municipal vote women have enjoyed since 1908, it seems likely to become law.

The Norwegian Cabinet has adopted a resolution providing for the admission of women into all state offices, except those having to do with the Cabinet and the military, diplomatic and consular services and the church. As three-fourths of their women already have municipal and parliamentary suffrage it is evident they have not far to go in this matter.

With Norway, Finland, Australia and New Zealand to set against our five states that have enfranchised their women, and many other countries of Europe who are in advance of us in this great reform, even benighted Russia, should not we women of proud, progressive North Dakota feel a sense of humiliation if we have left undone one thing we might have done to have brought our state into line with our sister states who now have this great question before their voters and will not we of the fifteenth district begin this very day to work with thought, word and deed to prepare most thoroughly for our next opportunity?

We have many things in our favor, indisputable facts that have come to light during the agitation that has been going on everywhere, recently, of which every wise worker will avail herself—besides some happenings that should serve as a warning. One of the strong arguments of the "antia," that women will not vote when they have a chance, has been splendidly refuted—twice in Wash-

ington, in the one city of Seattle, within one month, and the pathetic plea that the "Outlook" has so often used that it would be such a cruel addition to our already overburdened (?) woman is answered by the fact that hardly any of those so actively opposing the right of women to the ballot, ever vote at the school elections where they have that privilege, showing how light this burden of responsibility would be with them.

And does anyone believe for a moment that the prohibition law of dear old Maine would ever have resubmitted, or more properly speaking, submitted to the terrible strength of the wealth and conscienceless machinations of the liquor trusts, rather than to the convictions of the sober citizens of that good old state, and can we doubt that the same ruthless, untrusting power that has hounded Maine for fifty years is even now plotting to rob our own fair state of its strong bulwark against vice and corruption?

So let the women of the fifteenth district resolve ourselves into a committee of the whole to do all that is possible for us to do for this department of our work for the coming two years.

Let us have well managed contests and debates whenever and wherever we can, offer prizes for essays in our schools, and every one of us do all that we can to get literature into the hands of all reading and thinking people and strive always to interest those who are not.

L. L. MCUR,
Supt. of Franchise, Fifteenth Dist.
Hunter, N. D., March 17, 1911.

PROMOTED.

The many friends of Mrs. A. F. Johnson were greatly shocked to hear of her sudden home going, Thursday, Feb. 23, at Portal, N. D.

Mrs. Johnson was one of the pioneer W. C. T. U. workers of the state. She was a charter member of the Casselton union, and when the W. C. T. U. of North Dakota was organized at Yankton in 1889, she was one of the eighteen delegates who assisted in the organization.

For a number of years Mrs. Johnson was president of the Fourth district but was obliged to give up the work on account of failing health. She was president of the Portal union at the time of her death, and with a little band of earnest, consecrated women, had accomplished a wonderful work in that community. She was a strong, fearless leader and inspired confidence among her followers. She stood unflinchingly for righteousness and law enforcement, no matter what it cost, or how unpopular it might be. Her's was a most heroic soul. Her passing away is a great loss not only to the local union but to the work in the state.

She was a faithful, loving wife and mother, and leaves to mourn her loss, beside her husband, two sons and four daughters. Her family have the sincere sympathy of the white ribboners of the state.

The funeral sermon was preached by the Rev. McEwen, pastor of the Presbyterian church of Portal, of which she was an active member. The interment was made in the North Portal cemetery.
E. P. A.

PORTAL W. C. T. U. RESOLUTIONS.

Whereas, God, in His infinite love and mercy, has permitted to be removed from our midst our beloved friend and President, Mrs. Lura Johnson; therefore be it resolved that the W. C. T. U. has sustained an irreparable loss, which has saddened the hearts of every member of our local and state organizations. A bond has been severed which was knit together by the tenderest ties of love, memory and helpfulness; and our hearts go out in love and sympathy toward our beloved friend and co-worker.

To the family and friends of our dearly beloved President we tender our heartfelt sympathy, realizing that it is well for us to bow our heads in submission to the will of Him who doeth all things well.

MARY JOHNSTON,
ALICE KNAPP,
Committee.

ROLLA.—The Rolla Union held a parlor meeting on Frances Willard's birthday, Feb. 17th, at the home of Mrs. Beede. The program in the Union Signal was carried out, after which light refreshments were served. A very pleasant and profitable evening was spent. Our box was sent to the Home last week valued at \$9, also \$2 in cash.

FIELD NOTES.

JESSIE—Lovell Union: How many sisters and fellow-workers are disappointed because we are denied the privilege of voting? In time, I believe that every state in the union will have equal suffrage. It is being agitated all over the world. In some countries the women have the right to vote only on school matters, some on two or three questions, while others have the same suffrage as men. Even in Norway, a year or so ago, a woman was elected representative of the people, and why not? Any fair-minded, earnest and intelligent woman would work as hard as any man for laws that would be for better conditions in the country, state or home. There are a great many more women in favor of prohibition than there are men, and every state would soon be a prohibition state if all women could go to the polls and express their ideas with the ballot. Some men laugh and jeer at what women would have to see and hear at the polling precincts, but I think there would be less coarse language used and cleaner voting places if women were frequenters of the voting precincts, for would they not have a refining influence there as well as any other place. Let us give three cheers to Gov. Burke for vetoing the bill that would have sent half the drug stores back to "selling liquor through prescriptions." It looks to us members of the "little" unions as though we are not accomplishing much, but when we know that our dues help to send such women as our state president to the capitol during the legislative sessions, is not that something, and would we have come so near getting suffrage if it had not been for her? Our "little" unions also create a temperance sentiment that will stay with the younger generation after we are gone, for it is the early impressions of a child's mind that are the lasting impressions. Much as I would like to see suffrage all over the United States, it is more because I want a weapon stronger than "Carrie Nation's hatchet" with which to fight the liquor cause.—Mrs. Wm. LaPlante.

CANDO.—We started in the new year with all state pledges paid. Prizes of \$3 and \$5 have been offered for best essays in eighth grade and high school. A book on Social Purity was purchased with prize money received from the state for best "Year Book." Under the direction of Mrs. E. H. Pile the Y. P. B. is increasing in numbers. They have been given several socials by the "W." one on Frances Willard Memorial evening, at which time they gave a good program. We are very proud of their young program. Mr. Roy Dunbar. Mrs. A. Black is untiring in her work in the Flower Mission department. Petitions have been sent in on Woman's Suffrage bill and against S. B. 105 and 306 relating to doctors' prescriptions. Our W. C. T. U. Cook Book is now on the market, 50c per copy. On Feb. 20th our L. T. L. contest was held, musical and oratorical proceeds \$18.82. A Frances Willard book mark was given to each contestant not winning a medal.

EDGELEY.—The Edgeley W. C. T. U. held their Frances Willard Memorial service Feb. 19 in the M. E. church. We had about 200 present which we thought was a very large crowd for a town of our size. Our program consisted of songs, readings, a paper entitled "Why We Should Wear Our White Ribbon," and speeches. We are having trouble in our town about the re-opening of a pool room, almost everyone responding to a vote to keep it closed, and one of the brethren sent a telegram petition to the judge to that effect the next morning. Our collection was \$8. We are having very good union meetings now with a program after the business meeting, after which a lunch is served. Our next meeting will be a "Mother's Meeting."

HUNTER.—We are having our meetings regularly every other Friday and are trying the experiment this year of having every other meeting a social meeting, at which we have a leader and devotionals; and for roll call we have current events from the papers and magazines, much of it from the W. R. B. and U. S., but latterly we get a good many choice morsels from our city daily, and spend the balance of our time discussing the themes the readings have suggested, after or during which light refreshments are served. Bad walking is a terror to the president, so for some time the meetings have come to her every time, which works well for her. We had a Parents' Meeting at which we

had the great pleasure of entertaining Mrs. M. M. Davis, who gave us good words of wisdom from her large experience with schools and children. We were so fortunate, too, as to have Mrs. Scoville for one meeting, though her trains and other engagements prevented her from speaking in our school, which we greatly regretted. We had a very good and helpful meeting when J. W. Arnold addressed a fair sized audience in the Presbyterian church, interesting and delighting everybody with his songs and story telling—carrying them home with a great many sterling truths. But the Willard Memorial meeting in our M. E. church was a grand success and carried us "old timers" back to the old days when we were carrying on the campaign for state-wide prohibition, and when our high school debated the suffrage question and the right side won.

REEDER.—On March 2nd the Hettinger and Bowman W. C. T. U. met with the Reeder W. C. T. U. for the purpose of organizing a new Tenth district. At 12 M. a "Buffer Luncheon" was served in the basement of the new church. After dinner a business meeting was held at which we elected new officers for our district. In the evening all visiting members were entertained royally by Mrs. Breckenridge, the Reeder life president. A convention is to be held at Hettinger in June, in which a prize winning contest is to be held. We regret that Hayes failed to come but hope to see them next time. The new officers are as follows: President, Mrs. Greenup Hettinger; Vice Pres., Mrs. J. Davis, Reeder; Treasurer, Mrs. Walsh, Reeder; Secretary, Mrs. J. Frundie, Reeder. Frances Willard Memorial Day the ladies of the Reeder W. C. T. U. had charge of the services at the Congregational church with President Mrs. Breckenridge at the head of the meeting. A very able program was rendered. A collection of six dollars and fifty-two cents was sent to the Frances Willard Memorial Fund. The ladies voted to buy a Frances Willard picture for the school room at Reeder.

NORTH DAKOTA'S PART IN UNION SIGNAL RED LETTER DAY.

Dear White Ribbon Sisters:
You will be glad to know that our State had a prominent part in the celebration of our Union Signal Red Letter Day, at National headquarters, Evans-ton, Ill. From North Dakota we sent a "subscription sheet" of good size for the Union Signal and ten dollars in pennies for the Philanthropy Fund. From a letter of recent date received from Mrs. Jennie M. Kemp, our National superintendent of this work, I will quote a few sentences: "I do wish you could have been with us March first and enjoyed with us the pleasures of the day. The handsome box of pennies in its red and white silk bag came through promptly and I asked Miss Dorothy Horning, as granddaughter of one of your former state presidents, to make the presentation, which she did beautifully. The girls sang one verse of your state song with spirit and we all felt that North Dakota was well represented." With our National superintendent I wish to thank you all for your helpfulness at this time in making North Dakota's part in this celebration so successful. Kind words of appreciation have been received from Mrs. Lillian M. N. Stevens. I know that all the unions in our state who helped to celebrate the birthday of our Editor-in-Chief, will be glad to know that their efforts were so highly appreciated and as it is "more blessed to give than to receive" I am sure that much of the enjoyment was ours. Our Red Letter Day has passed but our need is as great as ever to work for renewals and new subscribers. Half of our year has already passed and the six months left to us must be very much improved if we succeed in winning the National prize banner again. I trust every union will keep this work in mind and wherever possible secure a subscription to the Union Signal. Will you kindly assist me in making this year the best in the history of this department. We want more members and more Union Signal subscribers before our name can be placed on the Honor Roll at the Milwaukee convention. Just a little effort on the part of each union would do the desired work. I hope I shall hear of a gain in our Union Signal subscription list each month from now until September. Please do your best.

Yours for moving forward,
MAE HALCROW,
Bowesmont, N. D., March 23, 1911.

TEMPERANCE IN MEDICINE.

(Continued from page 1.)

out because the more respectable drug stores will not countenance it.

Alcohol is not a necessity for boils, carbuncles, catarrh and colds, hay fever, chills, coughs, hoarseness, colic, cholera, consumption or tuberculosis. With regard to tuberculosis I might say that at the Anti-Tuberculosis Congress in Paris in 1905 this resolution was adopted: In view of the close connection between tuberculosis and alcohol, this congress strongly emphasizes the importance of combining the fight against tuberculosis with the struggle against alcoholism. And at the great exhibit of the Anti-Tuberculosis Congress in Washington, D. C., in 1908, many warnings against alcohol were given and many statements were made. Among them: "Alcohol has never cured and never will cure tuberculosis." "Avoid all alcoholic beverages." "Alcohol should never be given to children." Dr. Frank Billings of Chicago says, "It is a recognized fact that habitual alcohol drinking predisposes to tuberculosis."

Everyone knows that the one chief source of so much immorality in the world is alcohol, in any of its forms. Drunkenness and debauchery go hand in hand.

The real remedy in all these situations is: Education of the Public.

Now a word as to Patent Medicines. America has been called the Paradise of Quacks, and with very good reason. For years patent medicine manufacturers had such complete control over the American press, both secular and religious, that it was almost impossible to reach the public with information as to the real nature of these concoctions. Consequently the people not only believed in the wonderful remedies and the miraculous cures they read of, but began to imagine themselves the possessors of many and various diseases and ailments, and many victims have already ruined not only their constitutions, but their finances as well, by allowing themselves to follow whosoever they were led by these patent medicine deceivers. The work done the last few years by publishing the truth in regard to this matter and opening the eyes, to some extent, of the public, has hurt the traffic seriously, but much still remains to be done.

An error in regard to the Pure Food Law is common. People think the government guarantees every drug preparation now sold is safe for use. This is not so. The guaranty means only that the manufacturer guarantees that the preparation is as the guaranty states on the label. The government guarantees nothing beyond this. This guaranty of the manufacturer is not always proven to be truthful, so fraud is still practiced.

The careful compilation of manufacturers' lists announces eighteen hundred and six so-called patent medicines sold to the public, and these contain alcohol, opium or some other poisonous drugs. Six hundred seventy-five of these are stomachics, and contain from 15 to 50 per cent of alcohol; three hundred ninety are for coughs and colds, and nearly all of them contain opium. Others contain cocaine, caffeine, phenacetin, atipyrine, acetanilid, morphine, alcohol, ginger, capsaicin, myrrh. Thirty-eight are for toothache; thirty-six for soothing or teething syrups for children. Many deaths have occurred from headache powders, of which acetanilid is the chief ingredient. The reason the sufferer thinks he is benefited by these remedies is that they produce a numbing sensation, or that pain is stilled.

Mothers wonder why their boys take so easily to cigarettes or their daughters to cocaine, never thinking that the soothing syrups which contain opium, morphine or codeine; or the cough mixtures, given so freely to their children, developed a craving for something stronger later on. Mrs. Winslow's Soothing Syrup contains opium, also Ayer's Cherry Pectoral, Dr. Bull's Cough Syrup, Jayne's Expectorant, Hooker's Cough and Croup Syrup and others too numerous to name.

One authority makes this statement: "I am convinced that nine hundred and ninety nine out of every thousand individuals who become drunkards are made so either before the child is born, in infancy or childhood, by the use of alcoholic concoctions, soothing syrups, opiates, etc., which are used to allay pain and numb sensations." As to cough medicines, nine out of every ten contain opium and though they may lessen the tendency to cough, they do great harm,

because they arrest the normal secretions so that the poisonous waste matter which should be carried off from the kidneys, skin, stomach and bowels and the linings of the upper air passages remain in the system.

The Postoffice and Internal Revenue Departments have made efforts to stop the sale of certain patent medicines unless they pay a certain tax, for the sale of alcoholic beverages. Peruna and Hostetter's Bitters were in this list, but now have added some medicinal agent. Peruna was what government chemists called "a cheap cocktail."

I will give a list of so-called "foods" with their alcoholic strengths: Liquid Peptonoids, 23.03 per cent; during the day a patient would take, if following the directions, less than one ounce of nourishment and three and a half ounces of whiskey. Tonic Beef, 15.5 per cent alcohol; in a day a patient would get one half ounce of nourishment and one ounce of whiskey. Mulford's Prepared Beef, 19.72 per cent; a patient would take one and one-fourth ounces of nutrition and six ounces of whiskey in a day. Some advertised "foods" contain no alcohol but their food value is almost nothing, as compared with the cost. There are the cod liver oil preparations. As an example, Waterbury's Metabolized Cod Liver Oil, and Hager's Cod Liver Oil. Neither contains any oil. Analysis shows they contain glycerine, sugar and alcohol. Vinol, or Wine of Cod Liver Oil, contains 18.9 per cent of alcohol and no oil. Wampole's Tasteless Preparation of Cod Liver Oil contains 20.05 per cent alcohol. Cod liver oil is considerably out of date now because it impairs appetite, and physicians prefer cream, fresh butter and olive oil. Doan's Kidney Backache Pills; the report says of them, "The stuff is the cheapest kind of skin plaster made into pills." Doan's Dinner Pills contain two severe purgatives, podophyllin and aloin, both dangerous drugs. Forty of the kidney pills and four of the dinner pills could be bought for one cent. Munyon's Kidney Cure is composed entirely of sugar. William's Pink Pills are said to be an iron pill, much the same as the ordinary Bland's pill, which costs only one-half or less. Health Grains, a so-called remedy for dyspepsia, indigestion, flatulency, etc., contains 87.5 per cent coarse quartz sand and the rest rock candy and syrup.

Then there are the liquid malt extracts. Twenty-one were examined and found not to be true malt extracts but alcoholic extracts.

The Coca Wines. These contain alcohol plus cocaine, a terrible danger to all using them, setting up, perhaps, the alcohol habit, plus the cocaine habit. Now, if we look simply at the price asked for these articles, what do we find? For instance a bottle of some article retails for \$1.50, which could be put up, bottle and all, for less than fifteen cents. There is a remedy, a cure for catarrh, neuralgia, etc., sold in the form of a ball at \$2.50 a ball. A handsome profit could be made upon it at five cents a ball.

Some of the dangerous drugs are Hoffman Drops, six hundred fifty parts alcohol, three hundred twenty-five parts ether, twenty-five parts ether oil. Laudanum, paregoric, chloroform, chloral, phenacetin, bromide, antefebrian, are all dangerous. Some proprietary medicines are not harmful, but absolutely useless. As examples: "Consumption Cure," composed of water flavored with a little red wine, and two mineral acids, muriatic and sulphuric, just enough to taste. Kaskine, one dollar an ounce, composed of nothing but granulated sugar, without any flavor or medicinal. Another remedy, a wafer, advertised as a cure for coughs, colds, irritation of the uvula and tonsils; influenza, bronchitis, asthma, sore throat, consumption and all diseases of the lungs and chest" was found to consist of only sugar and corn starch. And so I could continue almost indefinitely.

Now the question arises, "How can we put an end to the sale of patent or proprietary medicines?" The only effectual way is to make it illegal to advertise such preparations in the public press. Norway has done this. The great difficulty in America will be that newspapers will strongly object, for they have hitherto reaped a rich and bountiful harvest from this kind of advertising.

The cities of Dublin, Glasgow, Dundee, North Berwick and others have voted unanimously to petition parliament in favor of the woman suffrage bill now pending.

RECEIPTS OF TREASURY, FEB. 15 TO MARCH 15, 1911.

Stirum, dues and mem fund.....	\$1 80
Hettinger, dues, memorial.....	5 50
Mrs. L. E. Chamberlain, college prize money.....	25 00
Calvin, state work and dues.....	14 80
Mrs. L. M. Quiggle, dues Willard Un.....	1 00
Fairmont, dues, mem., minutes.....	3 55
Churches Ferry, state work, dues, mem.....	4 70
Devils Lake, memorial.....	2 00
Englevalle, state pledge, mem.....	7 50
Rolla, dues, mem., F. C. home.....	9 60
Interest on loan.....	84 00
Leal, state pledges and dues.....	21 80
Tower City, state pledge, reports.....	6 80
Hunter, memorial fund.....	3 20
Pemina, dues, pledges.....	20 55
Barnold, dues.....	15 40
Fargo, memorial.....	2 00
Tyler, F. C. hosp., Pollock bk, dues Grand Forks, memorial.....	8 10
Bay Centre Union, memorial.....	2 00
Larimore, pledge to Y. P. B.....	10 00
Mrs. Aaker, Pollock book.....	1 00
Jamestown, dues, Y. P. B., mem.....	9 70
Park River, memorial, Pollock bk.....	3 00
Edgeley, memorial.....	2 00
Enderlin, memorial.....	2 00
Heaton, memorial.....	2 00
Thompson, state pledges, dues.....	41 25
Wyndmere, P. B., min., dues.....	11 00
Cogswell, dues.....	7 70
Mrs. S. Newlove, minutes.....	10 10
S. Elizabeth Taylor, Pollock book 1 00	
Keeder, memorial.....	2 00
Mrs. F. W. HEIDEL, Treas.	

PRIZE MEDAL CONTEST.

The following is a list of prizes that will be awarded the present year for excellency in special lines of Medal Contest Work.

First, the National banner will be given to the state reporting the greatest increase in number and grade of contests over the preceding year.

Second, to the state superintendent who reports the largest number of Frances E. Willard Contests, will be awarded "The Beautiful Life of Miss Willard," written by Anna A. Gordon.

Third, to the local superintendent whose remittance to the National Organizing Fund, from the receipts of a Frances E. Willard Contest, after deducting the one-third each for state and local work, is the largest, \$10.00.

Fourth, to the one awarding the largest number of medals in Essay Contests in the public schools, a gold star.

Fifth, to the one reporting the largest number of W. C. T. U., Y. P. B., or L. T. L. members gained through the Medal Contest Work, a gold star.

Sixth, to the state secretary of the Y. P. B., who reports the largest number of contests held by members of that organization, a cameo pin. This will be given in proportion to state Y. P. B. membership.

Seventh, to the L. T. L. secretary whose state reports the largest number of contests held by the Legioners in proportion to membership, the sum of five dollars.

The object of holding all the year-round Frances E. Willard Contests is two-fold.

First, that the contestants both old and young, and the many who hear them, may become better acquainted with the life and work of this great leader and reformer. This can best be accomplished by the presentation of questions compiled from Miss Willard's addresses and from leaflets.

Second, that the Organization Fund may be augmented. Much good has been accomplished with this fund, and much more could be done, if it were larger. All local unions holding Frances E. Willard Contests, are asked equally to divide the proceeds between the local union, the state W. C. T. U. and the Memorial Organizing Fund of the National W. C. T. U.

We suggest that the proceeds retained by the local union be used to purchase a picture of Miss Willard, to present to the public school.

The Frances E. Willard Medal is silver, price \$1.25, and has a cut of Miss Willard. A contestant who has won one of these medals, is eligible to contest for the next higher in the W. C. T. U. series.

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