



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 15. NO. 12.

FARGO, N. D., JANUARY, 1912.

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THE NEW YEAR.

We are standing on the threshold, we are in the open door,
We are treading on a borderland we have never trod before;
Another year is opening, and another year is gone,
We have passed the darkness of the night, we are in the early morn;
We have left the fields behind us o'er which we scattered seed;
We pass into the future which some of us can read.
The corn among the weeds, the stones, the surface mold,
May yield a partial harvest; we hope for sixty fold.
Then hasten to fresh labor, to thresh and reap and sow,
Then bid the new year welcome, and let the old year go!
Then gather all your vigor, press forward in the fight,
And let this be your motto: "For God and for the Right." —Selected

PERSONAL HYGIENE AND THE CITIZEN.

The science of hygiene and sanitation, which deals primarily with the individual is comparatively new. The graduate physician of a few years ago was not obliged to know much about "preventive medicine and sanitary science," and few books have been written on the subject of Personal Hygiene apart from technical works on Physiology, which are used in our schools.

It is my purpose to present in this short paper a few points for your consideration. I wish to show, let, the importance of the subject of Personal Hygiene, 2nd, the conservators of the public health and who they are; 3rd, a few rules of living and 4th, advanced that gleaned from recent works on hygiene.

The importance of personal hygiene is brought out in a bulletin sent out by Professor Norton, head of the social science department of Yale College, which bears some telling figures. 750,000 persons will die in the United States within twelve months whose lives could be saved by proper effort. Eight million of the people now living will die of tuberculosis. The department of agriculture spends seven million dollars on plant and animal life and health annually, thousands of dollars being expended on the hog alone, while directly for the physical welfare of babies, of whom six million, under two years of age, will die within the decade, the nation spends not one dollar. Not a farthing for eradicating pneumonia, although eight million of the people now living will die of it. Dr. Norton claims the four great wastes of the nation to be preventable death, preventable sickness, preventable conditions of low mental and physical efficiency and preventable ignorance. Estimating wages at one dollar per day he shows us that \$1,444,000,000.00 are lost through illness each year. That America is not alone in this almost criminal neglect can be seen by the following statistics taken from Gulick's Hygiene Series. Dr. Nuyser, a German specialist, examined the backs of 236 girls and found 189 of them suffering from lateral curvature. In another German school he found 18 per cent of the boys and 41 per cent of the girls were in the same condition. In Rugby, England, in a recent examination of one thousand boys between the ages of thirteen and fifteen, 445 had lateral curvature.

Among the conservators of personal

hygiene, the parents are given first place. Discriminating further between the parents, we will place the mothers first on our list of conservators, believing, aside from the influence she may have had during the pre-natal period, she creates very largely the child's environment through to manhood. She is the child's first personal friend and gets closer to him than anyone else can throughout his whole life. She is his sole teacher and example of womanhood for the most impressive period of life, the first seven years. He believes her to be a paragon of wisdom and comes to her for knowledge on every subject as freely as he goes to the faucet for water. To know how and why this knowledge is imprinted upon his mind, we have only to reflect that a man in his dotage will recount such scenes while he forgets the happenings of the hour. If he is taught personal hygiene or as one boy put it, "to be clean inside and out," he will perform the offices due the body, such as care of the hair, teeth, nails, bath, etc., almost mechanically, without much conscious effort and in the right way. Sex hygiene, or the use and abuse of the organs, if taught during this period by the mother, will make an impression which may save untold trouble and make for righteousness in the state. The mother's influence for good or ill may be felt through several generations.

The doctor forms the connection that for health between the citizen and the state and is the authority in matters of personal hygiene. The doctor alone is competent to give advice on the sanitary conditions of the community, imperfect drainage, bad water, impure food, ill-ventilated public buildings and homes together with the isolation of contagious diseases.

The conscientious teacher is also a large factor in the conservation of health. She is in direct control of the child six hours in the day, five days in the week for a period of twelve years—the greater part of their working hours, in the most impressionable period of their lives. Her influence for good or ill will be according to what her training has been. Her first business should be to conserve human life, prevent suffering and increase the efficiency of the individual. She must understand, teach and put in practice the science of health or personal hygiene.

The government spends annually over one million dollars for the prevention of epidemics, quarantine service and the public health. Twenty thousand dollars was spent for sanitary inspection in America, the remainder in Cuba, South America and foreign ports. There is no National Department of Public Health maintained at the nation's capitol. In that important matter we are behind the progressive nations of the world. The public health and Marine Hospital is a substitute for it which is scattered through various departments. The chief official at its head is the Secretary of the Treasury, a financier of necessity, rather than a physician or health specialist. A bill, still pending in Congress, aims to establish distinct National and State Health Departments, working together and having at the head of the national department a minister of the cabinet with fourteen bureaus, each representing a phase of the question such as Infant Hygiene, Education and School Sanitation, Quarantine, Organic Diseases, etc., etc. It is believed that such a department will help in saving 750,000 lives annually and will greatly add to the nation's wealth. The plan is to have the National Health Depart-

ment send out a series of bulletins, popular in character, upon the various preventable diseases, for free distribution throughout the Nation. Many of the states now have a well maintained health department, sending out monthly, bi-monthly or quarterly bulletins to the health departments of the towns, cities and villages upon the various conditions of health, especially communicable diseases. The state of Michigan leads all others in this educational campaign. Each teacher is required by law to give oral and black board instruction relating to all matters of health. Teachers' bulletins and pamphlets were published on communicable diseases and over a quarter of a million of them were distributed over the state. One of these contains an estimate of the money value of health to the state. From statistics compiled before and after the health crusade, the figures show about two thousand lives saved annually. Reckoning an adult worth one thousand dollars and a child at half price the state is one million dollars better off. Vermont led a similar crusade against defective eyesight, spending seven hundred dollars. Fifteen thousand were shown to be suffering from some form of eye trouble. The cost was only five cents per child and yet millions may come of it through the greater efficiency of the citizen.

The period of time in which the state has power to influence the growth and physical development of its citizens is comparatively short. The shape of the body is fixed at 22 years of age. After that no important changes in bone and muscle are made. The truth of this statement may be found by examining the police record in any large city, kept for the purpose of identifying escaped criminals, because measurements taken after this age are more reliable than a photograph of the person would be. No two persons have ever been found to have exactly the same measurements in all the bone measurements taken. The criminals recorded measurements condemn him at once if they agree perfectly.

These facts point to the importance of correct positions for the young. We should remember that their bones are more like cartilage than bone and weight or pressure will easily bend them as is seen by the bow-legged children who have been allowed to bear the weight of the body too soon. School desks too short or too small for the child may deform him for life. Side ways twists or lateral curves are now too familiar to need further mention. Children who are obliged to stop school and go to work are often to be envied for their fine physiques and greater efficiency in the community than the weak hot-house variety sometimes seen graduating from our state high schools and universities.

Educators throughout our state are standing for a medical inspection of our schools. Dr. Grassick, secretary of our State Board of Health, makes this statement in his bulletin for June 1910. "It would seem to be the part of wisdom from educational, economic, humanitarian and patriotic stand points, that these little children whom we compel to live an artificial life for so many years should have careful and competent supervision, and be placed on a plane of the highest attainable efficiency." His report of 110 students examined in one of our state schools shows 80 per cent having defective vision. The system of medical examination has been in force in Grand Forks since 1903 and shows

good results. In 1903 24 per cent had defective sight, in 1909 only 13 per cent were affected. Dr. Grassick reports that every school in the state which has tried the system is enthusiastically in favor of it. He believes it should be as rigidly enforced as attendance. The family dentist, if an honest man, is a benefactor. As the shape of the jaw is fixed at twelve years of age, his visits should be frequent. France, Germany, Tasmania, and other countries are making extensive investigations along this line ascertaining the effects of decayed teeth on the health and progress of school children. New York City took official records of 8,000 school children's teeth. The same results were found in each country, children with perfect teeth were about seven months ahead in physical development, doing the same work in school in six to twelve months less time, the reason is the fact that the child with sensitive teeth will eat less, bolting his food which can not be assimilated, the nourishment is not sufficient, and efficiency is low.

Dr. Elliott believes the sense of smell should have careful training as it is the natural protection against foul air and water as well as for food which is stale.

In making suggestions for rules of living it might be well to compare present with past conditions. Fifty years ago everything was grown and prepared for use at home, this, with the making of material and the manufacturing of clothes, gave plenty of exercise for all the girls of the family, work was physical, meals were simple and all home brewed and baked. Today the reverse of all this is true, food is cheaper and often better prepared away from home. The farmer sells his hogs on foot and buys his pork. Experts are in demand everywhere to carry on the great and complex social machine that grinds out by tons and tons of foods and merchandise for the masses. So much of the expert work and study required today involves no exercise and is done indoors where it is impossible to get oxygen enough, the neurons become poisoned by fatigue and efficiency is low. This condition of things will regulate itself, when a better knowledge of hygiene is gained by the citizens, to this end every child should be taught by his mother the principles of right living. First, that oxygen is the fuel for the body, that if well 3,000 cubic feet of air per hour is necessary, if sick more is necessary, he should know that oxygen alone has the power to make the blood stream flow rapidly, sweeping out the waste matter, that to be clean inside as well as out he must see that oxygen is applied to the inside as water is to the outside. If he understands that full and deep breathing once a day for a short period will keep all the air sacs of the lungs in active operation, help to keep clean the body, and insure to him a larger physique, finer face, etc., he may be willing to give it the time. He should realize that 80 per cent of his food is necessary for the maintenance, growth and keeping up of the repair of the body and that only 20 per cent is left for outside effort, work, study, etc., and that the quantity of food taken into the body is not as important as the way in which it is taken, that no food should be swallowed until all of its flavors are developed in the mouth. Chewing to a liquid state is necessary to the health of the teeth and the digestion of the food, as the ptyalin in the glands of the cheek only comes to make the taste good when the chewing

(Continued on page 3)

WHITE RIBBON BULLETIN

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Mrs. Necla Buck,
EDITOR IN CHIEF.

Mrs. E. M. Pollock,
MANAGING EDITOR.

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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.

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.

All manuscript for publication to be sent in my hands by the 15th of each month. Send all communications to:

Mrs. R. M. POLLOCK,
FARGO, N. Dak.

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"Some time, when all life's lessons have been learned,
And sun and stars for evermore have set,
The things which our weak judgment here has spurned,
The things o'er which we grieved with lashes wet,
Will flash before us out of life's dark night,
As stars shine best in deeper tints of blue,
And we shall know how all God's plans were right,
And that which seemed reproof was love most true."

RESOLUTION FOR CONSTITUTIONAL PROHIBITION.

We are glad to give prominently in this issue the full text of the resolution for national constitutional prohibition introduced by Mr. Hobson on the opening day of Congress. The National W. C. T. U. convention at Milwaukee heartily endorsed the proclamation of the National W. C. T. U. President, issued on September 10, 1911, which calls for concerted and energetic effort to secure national constitutional prohibition within a decade.

The Christian Endeavors of the nation have already declared for a saloonless country by 1920, and this movement for constitutional prohibition should receive the active cooperation of temperance, prohibition, religious and philanthropic bodies, all patriotic, fraternal, civic associations, and all Americans who love their country.

The joint resolution, which was introduced in the House by Congressman Hobson on Dec. 4, 1911, and which was referred to the committee on Alcoholic Liquor Traffic and ordered to be printed, is as follows:

Whereas, Exact scientific research has demonstrated that alcohol is a narcotic poison, destructive and degenerating to the human organism, and that its distribution as a beverage lays a staggering economic burden upon the shoulders of the people, lowers to an appalling degree their average standard of character, thereby undermining the public morals and the foundation of free institutions, inflicts disease and untimely death upon hundreds of thousands of citizens, and brings with degeneracy their children unborn, threatening the future integrity and the very life of the nation: Therefore be it

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, (two thirds of each House concurring) that the following be proposed as an amendment to the Constitution which be valid to all intents and purposes as part of the Constitution when ratified by the Legislatures of three-fourths of the states: 1. The sale, manufacture for sale, and importation for sale of beverages containing alcohol, are forever prohibited in the United States and in all territory under their jurisdiction. 2.—The Congress shall have power to enforce, by appropriate legislation, the provisions of this article.

FIELD NOTES.

Mrs. M. Porteous, Rolla W. C. T. U. president, honored—Hearing that Mrs. M. Porteous had reached her 70th birthday on Wednesday Nov. 8, the ladies of the Rolla W. C. T. U. planned a little surprise party for her. The members assembled at the home of Mrs. E. A. Markell at eight o'clock in the evening and then went in a body to Mrs. Porteous' home. She had received no hint of their coming and the surprise was complete. They had brought refreshments with them and had arranged a short but excellent program. There were readings by Mrs. Sherry, Mrs. Woodward, Mrs. Deede and Miss Ridley, and a song by Mrs. B. Hesketh. And there were some presents, mementos of the happy occasion. Mrs. Porteous is universally beloved and esteemed and the W. C. T. U. honored the organization by paying this signal honor to one of its most earnest and popular members.—Mrs. Brassard, Press Supt., in Rolla Star.

In some sections of China the law against the illegal sale of liquor is severe. The city of Bokahara has been dry "400 years." Nothing but water or milk is used as beverages. The man who breaks the law against sale of liquor is whipped in the market place, and a man's breath is sufficient evidence to convict; a second offense is punishable with death; and yet America boasts of her civilization.

FROM MRS. BUCK.

DEAR COMRADES:—When this issue of the Bulletin reaches you, the holiday season will be but a memory and we will have entered upon the duties of the new year, which bids fair to be one of unusual activity for us.

The first gun for National Prohibition was fired on December 4 when Congressman Richmond P. Hobson introduced in the newly assembled Sixty-second Congress a bill providing for an amendment to the Constitution prohibiting the sale, manufacture for sale or importation for sale of all beverages containing alcohol within or into the United States. Work for the passage of this bill should be begun at once by gaining the interest of all voters and by letters and petitions to our Representatives to support the measure.

On December 15th there convened in Washington a conference "to consider the growing evils of inter-state liquor traffic." The call for this conference was signed by 250 prominent men, including governors of states, presidents of colleges, judges, ministers, doctors, lawyers and laymen. A committee of ten was appointed by the conference to consider the best form of bill to be introduced in Congress to secure adequate inter-state commerce legislation. This committee, after carefully considering three bills now pending before congress, selected the Sheppard bill (H. B. 16214) the text of which follows:

"A bill to prohibit inter-state commerce in intoxicating liquors in certain cases. The shipment or transportation, in any manner or by any means whatsoever, of any spirituous, vinous, malted or fermented, or other intoxicating liquor of any kind, including beer, ale or wine, into any state, territory or district of the United States or place non-contiguous to but subject to the jurisdiction thereof, which said spirituous, vinous, malted, fermented or other intoxicating liquor is intended by any person interested therein directly or indirectly or in any manner connected with the transportation, to be possessed or kept, or in any manner used, either in the original package or otherwise, in violation of any law of such state, * * * enacted in the exercise of the public powers of such state, * * * is hereby prohibited; and any and all contracts pertaining to such transactions are hereby declared to be null and void, and no suit or action shall be maintained in any court of the United States upon any such contract or contracts, or for the enforcement or protection in any manner whatsoever of such prohibitive transactions. Section 2.—That there shall be no property right in or to any such liquor while in possession of any railway company, express company, or any other common carrier in connection with any shipment or transportation thereof in violation of this Act."

Every effort should be put forth to secure the early passage of this bill, discuss the matter freely by awakening interest in it, circulate petitions and above all get voters to write our representatives asking support for the bill.

The resolutions passed by the conference which represented twenty-seven different societies and thirty-nine states, set forth the duty of the federal government in regard to the withdrawal of the aid, protection and encouragement it now gives to the infringement of the law: First—By the enactment of a law denying the use of the federal mails to all liquor advertisements. Second—By ceasing to collect revenue taxes from or to issue revenue tax receipts to persons employed in the sale of intoxicating liquor who are not duly licensed thereto under the laws of the state in which such sales are to be made. Third—By the enactment of legislation withdrawing the character of interstate commerce from inter-state shipment of such liquors into inhibited territory within the several states.

At the National Convention a special committee was appointed to work for an anti-polygamy amendment to the federal constitution. Twenty-three states including our own have passed a resolution declaring for such an amendment. It will be well to keep up interest in this matter by the holding of at least one meeting on the subject and by the distribution of literature.

Congressman Hobson has written a suggestive program for the Christian Endeavor Work, outlining some of the methods to be used in making the United States a "saloonless nation by 1920." I have the pleasure to quote only items 3 and 6 of this very helpful article: 3.—The result can be accomplished only by a nation wide movement of scientific edu-

cation begun at once, on the subject of the effect of alcohol upon the human organism, upon the nation, upon civilization and the race. The work hereafter reach all students and scholars hereafter entering universities, colleges, normal schools, preparatory schools, high schools by lectures and scientific documents read in schools. There should exist at once all scholars in graded and elementary schools, teachers, doctors and as far as possible all directors in transportation, mining, manufacturing, mercantile, financial and other business. 6.—In my judgment success will require the cooperation of the women of the land, not only in present status, but with the franchise, and concerted efforts should be made to this end.

The part that our organization is privileged to play in the consummation of this great enterprise depends largely on the opinions of the individual member, and upon the activity of the local union.

These opening months of the new year should be used to push every line of our work. Study closely the above suggestions and "do with thy might what thy hands find to do." Above all, endeavor to enlist new recruits to our ranks. Who can resist Mrs. Wylie's appeal for new members? Let us each bring in at least one new member into the ranks.

May I suggest that during this session of Congress when so many important measures are to be considered, no white ribbon can afford to be without the Union Signal. Mrs. Margaret Dye Ellis gives each week items of interest in regard to the progress of our work and the doings of congress that in itself is worth the price of the paper. Subscribe at once.

May I also suggest that those unions that have not already done so pay all dues and pledges promptly. The state work will suffer greatly from lack of funds to do the work if the unions do not act promptly in this matter.

At the National Convention plans were made to present a new course of study that can either be taken alone or in W. C. T. U. classes. It consists of twelve lessons or each of the books "Alcohol and the Human Body," by Sir Victor Horsley, the famous London surgeon, and "Alcohol a Dangerous and Unnecessary Medicine," by Martha M. Allen. I would urge that every W. C. T. U. and Y. P. B. take up this course of study which comes under the department of Medical Temperance. Further information in regard to this new departure may be obtained by writing Mrs. Martha M. Allen, Forest Hills Gardens, Elmhurst, Long Island, N. Y.

Will the unions see that copies of this issue, which is devoted to Medical Temperance, are placed in the hands of all physicians.

On her way home from National Convention Miss Chambers did field work from Dec. 6 to 18. She visited Sheldon, Verona, LaMoure, Dickey, Carrington and New Rockford, giving an address at each place and securing 9 new active members, 3 Willard members, 1 honorary, 15 subscriptions to Young Crusader and 2 to Union Signal. At New Rockford Miss Chambers organized a boys' L. T. L. of 12 members with Rev. Frank Rines as president and a girls' L. T. L. of 13 members under direction of the local union. Early in January Miss Chambers will again be at work in Walsh county—17th district.

We are sorry to report the illness of Mr. J. W. Salmmons who has undergone a serious operation. Mrs. Salmmons has the sympathy and prayers of all her white ribbon sisters in this hour of anxiety. Trusting that the New Year may bring us great results in our own beloved cause, I am,

Yours loyally,
NECLA E. BUCK.

The supreme court recently handed down a decision in a test case in the state of Maine establishing the legality of the liquor law of that state. A druggist in order to sell liquor in medical compounds had to obtain a license from the United States. The fact that he had such a license was considered as evidence by the Maine courts that he was selling in violation of the state law. He was arrested, tried and convicted. He appealed to the supreme court on the ground that his arrest and conviction were contrary to law. The supreme court dismissed the case for want of jurisdiction, which has the effect of affirming the decision of the court below.

PERSONAL HYGIENE AND THE CITIZEN.

is properly done. The boy should understand these things and that too much pure water can hardly be taken. 90 per cent of the living tissue is water. This ratio must be maintained. An increased amount of water will increase the amount of waste products eliminated, aid digestion, relax the nerves and cure constipation. Constipation will never occur if food is properly masticated and insalinated and plenty of water taken between meals. Waste matter should be excreted regularly every day as absorption takes place in the colon poisoning the blood and debilitating the whole system. Order and system are necessary in everything relating to personal hygiene, and in this last particular is this especially so. Sleeping for at least nine hours is necessary for growing children. "To bed before ten and up with the wire is all right for the growing child; children should have at least one more hour, preferably before ten. Recreation is an important factor in the attainment of health. Relaxation is not only a body and mind builder, it is also a peacemaker. It is the overtired people who quarrel. They are the victims of fatigue poisoning. Life is too concentrated, too wearing. Personal hygiene and the citizen demand open squares in every town for open air meetings and general recreation. There is more need of practicing the principles which we all know, than of studying to work out others. In the matter of food Ellen H. Richards charges us with the curse of overeating and declares this to be the cause of much sterility in our nation. Too much rich, starchy foods eaten too young lives. We should study food principles and determine what foods give us the elements we require and in what proportions they should be used. A properly proportioned diet of pure, wholesome food, consumed in the right amounts is one of the biggest elements to be considered in a search for health.

Clothing is necessary to keep the body temperature right and to adorn and cover the body. It must not interfere in any way with circulation or nutrition which controls the health of all parts. It should be uniform in weight. For this reason union suits and combination garments are better than the banded variety, equestrian tights are better for cold weather than heavy open skirts. If one garment would be sufficient for heat it would be well to wear it—several ply gives better circulation. For the same reason wool fabric is better than cotton. The curled, elastic wool fibre will hold more air and allow the moisture to pass out making it warmer for winter and cooler for summer. Rain coats on account of being impervious to air should not be worn constantly. The cravenetted sort are superior to the rubber. Color is a feature in clothing. White reflects heat as it does light and dark absorbs and radiates heat. Light colored underclothing is warmer than dark. Bedding should be light in color, of light weight and of fluffy material which will insure circulation of air and not a clammy moist feeling.

It is woman's highest duty to be well. She is as we have seen the first conservator of the public health, being given the first care of the citizen. To be well is to be in perfect control of her own body. Anything which restricts her control of it is weakening to her. Clothing must not, therefore, control any part. This happens when we are forced to breathe through the top of the lungs. The Indian woman breathes exactly like a man, using the diaphragm. It is because of wrong dressing that the civilized woman breathes wrongly. If we would do all for posterity that we can we will protect the growing girls from the evils of dress. The best living authorities on personal hygiene tell us that to wear tight bands or corsets is a positive crime against humanity. The ribs are compressed and grow in that way making proper breathing forever impossible. The waist muscles which should be made strong and supple are undeveloped and grace of movement is interfered with. The abdominal muscles need the support of them in proper position and to keep them in any others can only be strong through usage. When they are taken care of, as the corsetier tells you, by the corset they are made powerless to do their work and displacements are apt to occur. Especially is this true of the pelvic organs. It is all summed up in this: to be well is to be in perfect control of every part of the human ma-

chine. Vital capacity is measured by the development and extent of expansion of the thorax. Let us not forget the slogan—expand, not restrict. To be physically weak is to be mentally happy. Advanced thought regarding Personal Hygiene condemns the long hours spent by little children in the average school room, which is often poorly ventilated and lighted, as well as improperly heated. In his lecture on this subject before our legislators, Prof. Larsen advised that the first three years of school life be given to the study of natural outdoor phenomena. He reasoned that to interest was the prime duty of the teacher; that mechanical work such as learning to read would take care of itself if the mind was developed by observation of things, that environment is that part of the surroundings of which the child takes conscious notice. Prof. Larsen puts personal hygiene first on the list of necessary and important studies. The conservation of man he believes to be the first duty of the state.

Sanitarians on the subject of sunlight and fresh air are agreed: Little children, however anemic they may be, if allowed to expose a great part of the skin to the sun's rays, will show decided improvement in skin and blood. Hospitals use violet rays for the same purpose.

If further proof was necessary for showing personal hygiene or physical development to be a part of state economy this proof is found in the fact that a large percentage of the pupils afflicted are girls on account of greater idleness of the boys to exercise. The trust economy is prevention not cure. A lazy attitude becomes permanent if allowed to be indulged in through school life. The head bent forward, the chin out, chest in, abdomen protrudes and the girl or boy is branded for life. We know that he cannot have lofty ideals except led by head, chest and heart. His energy and self respect are his introduction and are carried in his face. This class of individual or citizen will get the position if there is one to be had and by the same token will be found leading his fellows, whether it be as teacher, artisan or statesman.

The office of physician in any community should be regarded as manifold. He should correct and direct, prevent and cure, more cheerfully than when duty is advised. As the demands of each new phase of society shows itself in some new form of physical disturbance, under present conditions, he must be a Christian and a philanthropist in order to lead in every movement to secure better sanitary conditions, knowing as he does that the more sanitation he teaches, the more crusades he leads against pestilence, disease and uncleanness, the less need the public has for a doctor. He must go right on teaching his patients the principles of right living doing all he can to give the uneducated a working knowledge of disinfection, fumigation, etc. As mothers and first conservators of the state we should consult our physicians as men do their lawyers, paying for advice when given without drugs more cheerfully than when they are necessary, believing that the skilled physician corrects by natural means using drugs only when necessary.

In a paper read by Dr. Luther Gullick to the American School Hygiene Association, Feb. 2nd, 1911, Dr. Chas W. Elliott, President Emeritus of Harvard University, is quoted as having said: "The only alternative for education in Sex Hygiene is the present awful wrongs and woes in the very vitals of civilization." Dr. Elliott believes that in order to prevent disaster to the young, arising from ignorance, instruction should be given in processes of reproduction and consequences that follow violations of the laws of nature. The policy of silence, he argues, has failed every where. If anyone protests that this educational process will abolish innocence, and make matters of common talk, the tenderest and most intimate concerns of human life, let him remember, that virtue, not innocence, is manifestly God's object and humanity. There is one indisputable foundation for the satisfaction of life health, to this end a young man ought to be a clean, wholesome, vigorous animal. We have to build everything in this world of domestic joy and professional success, everything of a useful, honorable career on bodily wholesomeness and vitality. Every state has some restrictions on marriage. North Dakota confines its restrictions to marriage with the blacks. Indiana leads all the states in marriage prohibitions, all persons having transmissible diseases of any sort are prohibited, and provides that confirmed criminals, im-

beciles, idiots, and rapists be surgically unsexed. July 1910 one thousand had been reported sterilized. If statistics tell the truth 40 per cent of all cases of blindness, and 70 per cent of all operations, special to women, are due directly or indirectly to one of these diseases, that the death of thousands of unborn, or newly born infants, and the life long taint of disease upon the children who do live, are due to another of these nameless diseases, should be sufficient excuse for state and national control. In North Dakota we have an estimated population of two thousand epileptics and feeble minded, 165 are cared for at the institute at Grafton, the remaining 1,835 are at large and without restraint from marriage. As the families of such people are twice as large as those of normal individuals, we can readily estimate the danger and expense to the state of such a population. The remedy for this problem in our social pathology as given in our state bulletins, is first, prevention of marriage of defectives; second, custodial care in majority of cases; third, desexualization of selected cases; fourth, a certificate of health from the state to disbar all persons suffering from social diseases from marriage.

As to the effects of alcohol upon personal hygiene and the citizen, I will quote from the last official report made by the Italian premier, Prof. Lizziti, Sept. 6, 1911: "While death in general has fallen off from 828,992 in 1887 to 692,759 in 1908, alcoholic poisoning has doubled in that same period. Insane asylums show the alarming proportion of alcoholic insanity to be from 18 to 37 per cent. The premier declares that the Italian government has no right to remain indifferent, drunkenness he claims is becoming a menace to peace and family life, destroying love of work and promoting crime in all its multiple forms, causing misery, prostitution, insanity, premature death, and swift degeneration of the race. If this is true of Italy, a sober, wine drinking nation, what might be said of other foreign countries in which whiskey is the national drink. The Journal of the American Medical Association for July has table showing the percentage of alcoholic insanity in the different racial groups in the city of New York. In two thousand cases of insanity examined the Irish had the highest percentage, 20, Germans 9, Americans 5, Negroes 4 and Jews 1 per cent. The seriousness of this condition in our national health can only be estimated when we remember that it is only within the last six years that alcoholic insanity was given in statistical tables as a recognized form of mental disorder, today it is preeminently our greatest racial poison.

Dr. Sullivan tells us that alcohol would be a blessing in that it destroyed the degenerates if it did not at the same time make twice as many degenerate as it destroys. It is amply supported by observation and experiment that if a man saturates his body with alcohol, carried by his blood, he injures all the tissue nourished by that blood, including the racial elements of the body. His degenerate children transmit the same vitiated nervous system to their offspring.

Consumption is now considered by the best authorities to be a public house and bed room disease, directly proportional to overcrowding and poor ventilation. When these faulty environments are corrected, alcohol disposed of and our milk supply purified the incidence of tuberculosis will present trivial proportions. The house mother controls the three fatal things together with low bodily resistance induces consumption. Dampness, darkness, dust, sanitation, aesthetics and economy are correlated—sunshine saves fuel and retards clothing. A mother's capital is the sum of her strength, time and money, and her ideals as to sanitation and healthful homes regulates the measure of health in the state more than legislation.

Abnormalities will be quickly detected in the child by the expert who sees him regularly, and education will be suited to the case. The police force of the state will then be taken from the university or college graduates, with special reference to character and adaptability to deal with young offenders, as he will be the confidential legal and public adviser of the families in his district. If criminal tendencies or other serious defect in character is seen the indeterminate sentence is given him and under it his case will be given special study in a progressive training school under experts, his only disadvantage being that his stay is compulsory for two years, and may be for fourteen, ac-

ording to his case. This has been tried already with accused criminals in eight of our states with the result that not more than twenty percent are returned.

The treatment advocated by criminologists for the adult drug habit is life confinement in an asylum with humane treatment. Here we will consider only the American drug—Cocaine. It is the worst of all drugs; five years being sufficient to destroy its victims beyond cure, and costs a fortune to use, its venter getting as high as \$600 per ounce when fully adulterated. No one is immune—rich and poor, young and old; and because it destroys so quickly and effectively all moral sense it is the advance agent of the criminal and white slaver. One million negroes and several millions of whites are said to be in its toils in the United States, and children under eight years of age are among its victims. Police records show hundreds of cases among school children taken without knowledge of the nature of the drug in cocoa kola or other disguised drink or in snuff. Government reports show one hundred and fifty thousand ounces imported, and one hundred and thirty thousand is claimed to be used illegitimately.

In a pure food campaign in Philadelphia it was found that six hundred times as much cocaine was used as could be used legitimately as medicine. In New York a similar condition was found. In this nation there is yet no law to protect us from this destroyer. The raw leaves and nuts may be imported by any one, and manufactured and sold from state to state without molestation from state or federal authority, providing its quality and brand is right. (North Dakota has a very drastic law prohibiting the importation and use of cocaine in any form. Our state is the one exception.—Ed.) We believe, however, that this condition will soon be remedied, as every conservator of the public health, whether it be the physician, the teacher, the state or nation, is studying these problems as never before; and best of all the first conservators of the public well. The parents are alive to the dangers that threaten the home, and are more earnest and self-sacrificing than ever before, to the end that their children be educated and fitted to protect themselves. This intelligent interest has grown in the last twenty-five years so as to show a marked improvement, not only in the whole system of educator, but in the manner of living as well. Today food, ventilation, exercise and amusements of the common sense relaxing variety are all subjects of vital interest in home and school. Statistics show larger and finer specimens of humanity. The height of adults has increased almost an inch and weight ten to twelve pounds more. Harvard students since 1891 have averaged one fourth inch increase in height, chest girth and weight in proportion. The same is true of our soldiers, and the average length of life has increased 30 per cent in this time. Today American school children are taller and of greater chest girth than the children of any foreign country. Ready-made clothes of twenty years ago are from one to two sizes small for girls of a corresponding age. Children of the well-to-do are taught to work, and fewer servants are employed by people of means than ever before. Mothers are in closer contact with their growing children. Household management has become a popular study and has done much to dignify that which was thought menial in home duties. W. C. T. U. organizations and Women's clubs have done much to bring this about, and are taking up with vigor all that tends to greater efficiency of the individual, placing side by side moral, mental and physical training.

Mrs. R. F. MAHON,
Langdon, N. Dak.

THE NEW AGE.

When navies are forgotten
And fleets are useless things,
When the dove shall warm her bosom
Beneath the eagle's wings,
When memory of battles
At last is strange and odd,
When nations have one banner
And creeds have found one fold,
When the Hand that sprinkles midnight
With its powdered drift of suns
Has hushed this tiny tumult
Of sects and swords and guns;
Then Hate's last note of discord
In all God's worlds shall cease,
In the conquest which is service,
In the victory which is peace!

WHITE RIBBON BULLETIN

PUBLISHED MONTHLY.

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Mrs. Necla Buck,
EDITOR IN CHIEF.

Mrs. E. M. Pollock,
MANAGING EDITOR.

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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.

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.

All manuscript for publication to be sent in my hands by the 15th of each month. Send all communications to:

Mrs. R. M. POLLOCK,
FARGO, N. Dak.

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"Some time, when all life's lessons have been learned,
And sun and stars for evermore have set,
The things which our weak judgment here has spurned,
The things of'er which we grieved with lashes wet,
Will flash before us out of life's dark night,
As stars shine best in deeper tints of blue,
And we shall know how all God's plans were right,
And that which seemed reproof was love most true."

RESOLUTION FOR CONSTITUTIONAL PROHIBITION.

We are glad to give prominently in this issue the full text of the resolution for national constitutional prohibition introduced by Mr. Hobson on the opening day of Congress. The National W. C. T. U. Convention at Milwaukee heartily endorsed the proclamation of the National W. C. T. U. President, issued October 10, 1911, which calls for concerted and energetic effort to secure national constitutional prohibition within a decade.

The Christian Endeavors of the nation have already declared for a saloonless country by 1920, and this movement for constitutional prohibition should receive the active cooperation of temperance, prohibition, religious and philanthropic bodies, all patriotic, fraternal, civic associations, and all Americans who love their country.

The joint resolution, which was introduced in the House by Congressman Hobson on Dec. 4, 1911, and which was referred to the committee on Alcoholic Liquor Traffic and ordered to be printed, is as follows:

Whereas, Exact scientific research has demonstrated that alcohol is a narcotic poison, destructive and degenerating to the human organism, and that its distribution as a beverage lays a staggering economic burden upon the shoulders of the people, lowers to an appalling degree their average standard of character, thereby undermining the public morals and the foundation of free institutions, inflicts disease and untimely death upon hundreds of thousands of citizens, and blights with degeneracy their children unborn, threatening the future integrity and the very life of the nation: Therefore be it

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, (two thirds of each House concurring) that the following be proposed as an amendment to the Constitution which be valid to all intents and purposes as part of the Constitution when ratified by the Legislatures of three-fourths of the states: 1. The sale, manufacture for sale, and importation for sale of beverages containing alcohol, are forever prohibited in the United States and in all territory under their jurisdiction. 2.—The Congress shall have power to enforce, by appropriate legislation, the provisions of this article.

FIELD NOTES.

Mrs. M. Porteous, Rolla W. C. T. U. president, honored—Hearing that Mrs. M. Porteous had reached her 70th birthday on Wednesday Nov. 8, the ladies of the Rolla W. C. T. U. planned a little surprise party for her. The members assembled at the home of Mrs. E. A. Markell at eight o'clock in the evening and then went in a body to Mrs. Porteous' home. She had received no hint of their coming and the surprise was complete. They had brought refreshments with them and had arranged a short but excellent program. There were readings by Mrs. Sherry, Mrs. Woodward, Mrs. Beede and Miss Ridley and a song by Mrs. R. Hesketh. And there were some presents, mementos of the happy occasion. Mrs. Porteous is universally beloved and esteemed and the W. C. T. U. honored the organization by paying this signal honor to one of its most earnest and popular members.—Mrs. Brassard, Press Supt., in Rolla Star.

In some sections of China the law against the illegal sale of liquor is severe. The city of Bokahara has been dry "400 years." Nothing but water or milk is used as beverages. The man who breaks the law against sale of liquor is whipped in the market place, and a man's breath is sufficient evidence to convict; a second offense is punishable with death; and yet America boasts of her civilization.

FROM MRS. BUCK.

DEAR COMRADES:—When this issue of the Bulletin reaches you the holiday season will be but a memory and we will have entered upon the duties of the new year, which bids fair to be one of unusual activity for us.

The first gun for National Prohibition was fired on December 4 when Congressman Richmond P. Hobson introduced in the newly assembled Sixty-second Congress a bill providing for an amendment to the Constitution prohibiting the sale, manufacture for sale or importation for sale of all beverages containing alcohol within or into the United States. Work for the passage of this bill should be begun at once by gaining the interest of all voters and by letters and petitions to our Representatives to support the measure.

On December 15th there convened in Washington a conference "to consider the growing evils of inter-state liquor traffic." The call for this conference was signed by 250 prominent men, including governors of states, presidents of colleges, judges, ministers, doctors, lawyers and laymen. A committee of ten was appointed by the conference to consider the best form of bill to be introduced in Congress to secure adequate inter-state commerce legislation. This committee, after carefully considering three bills now pending before congress, selected the Sheppard bill (H. B. 16214) the text of which follows:

"A bill to prohibit inter-state commerce in intoxicating liquors in certain cases: The shipment or transportation, in any manner or by any means whatsoever, of any spirituous, vinous, malted or fermented or other intoxicating liquor of any kind, including beer, ale, wine, into any state, territory or district of the United States or place non-contiguous to but subject to the jurisdiction thereof, which said spirituous, vinous, malted, fermented or other intoxicating liquor is intended by any person interested therein directly or indirectly or in any manner connected with the transportation, to be possessed or kept, or in any manner used, either in the original package or otherwise, in violation of any law of such state, * * enacted in the exercise of the public powers of such state, * * is hereby prohibited; and any and all contracts pertaining to such transactions are hereby declared to be null and void, and no suit or action shall be maintained in any court of the United States upon any such contract or contract for or for the enforcement or protection in any manner whatsoever of such prohibitive transactions. Section 2.—That there shall be no property right in or to any such liquor while in possession of any railway company, express company, or any other common carrier in connection with any shipment or transportation thereof in violation of this Act."

Every effort should be put forth to secure the early passage of this bill, discuss the matter thereby awakening interest in it, circulate petitions and above all get voters to write our representatives asking support for the bill.

The resolutions passed by the conference represented twenty seven different societies and thirty-nine states, set forth the duty of the federal government in regard to the withdrawal of the aid, protection and encouragement it now gives to the infringement of the law: First—By the enactment of a law denying the use of the federal mails to all liquor advertisements. Second—By ceasing to collect revenue taxes from or to issue revenue tax receipts to persons employed in the sale of intoxicating liquor who are not duly licensed thereto under the laws of the state in which such sales are to be made. Third—By the enactment of legislation withdrawing the character of inter-state commerce from inter-state shipment of such liquors into inhibited territory within the several states.

At the National Convention a special committee was appointed to work for an anti-polygamy amendment to the federal constitution. Twelve of the states including our own have passed a resolution declaring for such an amendment. It will be well to keep up interest in this matter by the holding of at least one meeting on the subject and by the distribution of literature.

Congressman Hobson has written a suggestive program for the Christian Endeavor World, outlining some of the methods to be used in making the United States a "saloonless nation by 1920." I have space to quote only items 3 and 6 of this very helpful article: 3.—The result can be accomplished only by a nation wide movement of scientific edu-

cation begun at once, on the subject of the effect of alcohol upon the human organism, upon the nation, upon civilization and the race. The work should reach all students and scholars hereafter entering universities, colleges, normal schools, preparatory schools, high schools by lectures and scientific documents and through the teacher should reach all scholars in graded and elementary schools. It should enlist at once all preachers, teachers, doctors and as far as possible all directors in transportation, mining, manufacturing, mercantile, financial and other business. 6.—In my judgment success will require the cooperation of the women of the land, not only in present status, but with the franchise and concerted efforts should be made to this end.

The part that our organization is privileged to play in the consummation of this great enterprise depends largely on the opinions of the individual member, and upon the activity of the local union.

These opening months of the new year should be used to push every line of our work. Study closely the above suggestions and "do with thy might what thy hand finds to do." Above all, endeavor to enlist new recruits to our ranks. Who can resist Mrs. Wylie's appeal for new members? Let us each bring at least one new member into the ranks.

My suggestion that during this session of Congress when so many important measures are to be considered, no white ribboner can afford to be without the Union Signal. Mrs. Margaret Dye Ellis gives each week items of interest in regard to the progress of our work and the doings of congress that in itself is worth the price of the paper. Subscribe at once.

May I also suggest that those unions that have not already done so pay all dues and pledges promptly. The state work will suffer greatly from lack of funds to carry on the work if the unions do not act promptly in this matter.

At the National Convention plans were made to present a new course of study that can either be taken alone or in W. C. T. U. classes. It consists of twelve lessons on each of the books "Alcohol and the Human Body," by Sir Victor Horsley, the famous London surgeon, and "Alcohol a Dangerous and Unnecessary Medicine," by Martha M. Allen. I would urge that every W. C. T. U. and Y. P. B. take up this course of study which comes under the department of Medical Temperance. Further information in regard to this new departure may be obtained by writing Mrs. Martha M. Allen, Forest Hills Gardens, Elmhurst, Long Island, N. Y.

Will the unions see that copies of this issue, which is devoted to Medical Temperance, are placed in the hands of all physicians.

On her way home from National Convention Miss Chambers did field work from Dec. 6 to 18. She visited Sheldon, Verona, LaMoure, Dickey, Carrington and New Rockford, giving an address at each place and securing 9 new active members, 3 Willard members, 1 honorary, 15 subscriptions to Young Crusader and 2 to Union Signal. At New Rockford Miss Chambers organized a boys' L. T. L. of 12 members with Rev. Frank Rines as president and a girls' L. T. L. of 13 members under direction of the local union. Early in January Miss Chambers will again be at work in Walsh county—17th district.

We are sorry to report the illness of Mr. J. W. Salmons who has undergone a serious operation. Mrs. Salmons has the sympathy and prayers of all her white ribbon sisters in this her hour of anxiety.

Trusting that the New Year may bring us great results in our own beloved cause, I am,

Yours loyally,

NECIA E. BUCK.

The supreme court recently handed down a decision in a test case in the state of Maine establishing the legality of the liquor law of that state. A druggist in order to sell liquor in medical compounds had to obtain a license from the United States. The fact that he had such a license was considered as evidence by the Maine courts that he was selling in violation of the state law. He was arrested, tried and convicted. He appealed to the supreme court on the ground that his arrest and conviction were contrary to law. The supreme court dismissed the case for want of jurisdiction, which has the effect of affirming the decision of the court below.

PERSONAL HYGIENE AND THE CITIZEN.

is properly done. The boy should understand these things and that too much pure water can hardly be taken. 90 per cent of the living tissue is water. This ratio must be maintained. An increased amount of water will increase the amount of waste products eliminated, aid digestion, relax the nerves and cure constipation. Constipation will never occur if food is properly masticated and insalivated and plenty of water taken between meals. Waste matter should be excreted regularly every day as absorption takes place in the colon poisoning the blood and debilitating the whole system. Order and system are necessary in everything relating to personal hygiene, and in this last particular is this especially so. Sleeping for at least nine hours is necessary for growing children. "To bed before ten and up with the wren," is all right for the grownups but children should have at least one more hour, preferably before ten. Recreation is an important factor in the attainment of health. Relaxation is not only a body and mind builder, it is also a peacemaker. It is the overworked people who quarrel. They are the victims of fatigue poisoning. Life is too concentrated, too wearing. Personal Hygiene and the citizen demand open squares in every town for open air meetings and general recreation. There is more need of practicing the principles which we all know, than of studying to work out others. In the matter of food Ellen H. Richards charges us with the curse of overeating and declares this to be the cause of much sterility in our nation—too much rich, starchy foods eaten by young wives. We should study food principles and determine what foods give us the elements we require and in what proportions they should be used. A properly proportioned diet of pure, wholesome food, consumed in the right amounts is one of the biggest elements to be considered in a search for health.

Clothing is necessary to keep the body temperature right and to adorn and cover the body. It must not interfere in any way with circulation or nutrition which controls the health of all parts. It should be uniform in weight. For this reason union suits and combination garments are better than the banded variety, equestrian tights are better for cold weather than heavy open skirts. If one garment would be sufficient for heat it would not be well to wear it so—as several ply gives better circulation. For the same reason wool fabric is better than cotton. The curled, elastic wool fibre will hold more air and allow the moisture to pass out making it warmer for winter and cooler for summer. Rayon is on account of being impervious to air should not be worn constantly. The cravenetted sort are superior to the rubber. Color is a feature in clothing. White reflects heat as it does light and dark absorbs and radiates heat. Light colored underclothing is warmer than dark. Bedding should be light in color, of light weight and of fluffy material which will insure circulation of air and not a clammy moist feeling.

It is woman's highest duty to be well. She is as we have seen the first conservator of the public health, being given the first care of the citizen. To be well is to be in perfect control of her own body. Anything which restricts her control of it is weakening to her. Clothing must not, therefore, control any part. This happens when we are forced to breathe through the top of the lungs. The Indian woman breathes exactly like a man, using the diaphragm. It is because of wrong dressing that the civilized woman breathes wrongly. If we would do all for posterity that we can we will protect the growing girls from the evils of dress. The best living authorities on personal hygiene tell us that to wear tight bands or corsets is a positive crime against humanity. The ribs are compressed and grow in that way making proper breathing forever impossible. The waist muscles which should be made strong and supple are undeveloped and grace of movement is interfered with. The abdominal muscles need the support of the abdominal organs to keep them in proper position and they can only these muscles like any other can only be strong through usage. When they are taken care of, the corsetier tells you, by the corset they are made powerless to do their work and displacements are apt to occur. Especially is this true of the pelvic organs. It is all summed up in this: to be well is to be in perfect control of every part of the human ma-

chine. Vital capacity is measured by the development and extent of expansion of the thorax. Let us not forget the slogan—expand, not restrict. To be physically well is to be mentally happy.

Advanced thought regarding Personal Hygiene condemns the long hours spent by little children in the average school room, which is often poorly ventilated and lighted, as well as improperly heated. Out his lecture on this subject before our legislators, Prof. Larsen advised that the first three years of school life be given to the study of natural outdoor phenomena. He reasoned that the interest was the prime duty of the teacher, that mechanical work such as learning to read would take care of itself if the mind was developed by observation of things, that environment is that part of the surroundings of which the child takes conscious notice. Prof. Larsen puts personal hygiene first on the list of necessary and important studies. The conservation of man he believes to be the first duty of the state.

Saccharians on the subject of sunlight and fresh air are agreed: Little children, however anemic they may be, if allowed to expose a great part of the skin to the sun's rays, will show decided improvement in skin and blood. Hospitals use violet rays for the same purpose.

If further proof was necessary for showing personal hygiene or physical development to be a part of state economy this proof is found in the fact that a larger percentage of the pupils afflicted are girls on account of a greater tendency of the boys to exercise. The truest economy is prevention not cure. A lazy attitude becomes permanent if allowed to be indulged in through school life. The head bent forward, the chin out, the abdomen protruding, the girl or boy is branded for life. We know that he cannot have lofty ideals except led by head, chest and heart. His energy and self respect are his introduction and are carried in his face. This class of individual or citizen will get the position if there is one to be had and by the same token will be found leading his fellows, whether it be as teacher, artisan or statesman.

The office of physician in any community should be regarded as manifold. He should correct and direct, prevent and cure. He should stand ready to study and advise. As the demand of each new phase of society shows itself in some new form of physical disturbance, under present conditions, he must be a Christian and a philanthropist in order to lead in every movement to secure better sanitary conditions. Knowing as he does that the more sanitation he teaches, the more crusades he leads against pestilence, disease and uncleanness, the less need the public has for a doctor. He must go right on teaching his patients the principles of right living doing all he can to give the uneducated a working knowledge of disinfection, fumigation, etc. As mothers and first conservators of the state we should consult our physicians as men do their lawyers, paying for advice when given without drugs more cheerfully than when they are found necessary, believing that the skilled physician corrects by natural means using drugs only when necessary.

In a paper read by Dr. Luther Gullick to the American School Hygiene Association, Feb. 2nd, 1911, Dr. Chas W. Elliott, President Emeritus of Harvard University, is quoted as having said: "The only alternative for education in Sex Hygiene is the present awful wrongs and wails in the very vitals of civilization." Dr. Elliott believes that in order to prevent disaster to the young, arising from ignorance, instruction should be given in processes of reproduction and consequences that follow violations of the laws of nature. The policy of silence, he argues, has failed every where. If anyone protests that this educational process will abolish innocence, and make matters of common talk, the tenderest and most intimate concerns of human life, let him remember, that virtue, not innocence, is manifestly God's object and end of humanity. There is one indisputable foundation for the satisfaction of life health, to this end a young man ought to be a clean, wholesome, vigorous animal. We have to build everything in this world of domestic joy and professional success, every thing of a useful, honorable career on bodily wholesomeness and vitality. Every state has some restrictions on marriage. North Dakota confines its restrictions to marriage with the blacks. Indiana leads all the states in marriage prohibitions, all persons having transmissible diseases of any sort are prohibited, and provides that confirmed criminals, im-

beciles, idiots, and rapists be surgically unsexed. July 1910 one thousand had been reported sterilized. If statistics tell the truth 40 per cent of all cases of blindness, and 70 per cent of all operations, special to women, are due directly or indirectly to one of these diseases, that the death of thousands of unborn, or newly born infants, and the life long taint of disease upon the children who do live, are due to another of these nameless diseases, should be sufficient excuse for state and national control. In North Dakota we have an estimated population of two thousand epileptics and feeble minded, 165 are cared for at the institute at Grafton, the remaining 1,835 are at large and without restraint from marriage. As the families of such people are twice as large as those of normal individuals, we can readily estimate the danger and expense to the state of such a population. The remedy for this problem in our social pathology as given in our state bulletin is the first, proper and custodial care in majority of cases; third, desexualization of selected cases; fourth, a certificate of health from the state to disbar all persons suffering from social diseases from marriage.

As to the effects of alcohol upon personal hygiene and the citizen, I will quote from the last official report made by the Italian premier, Prof. Lizziti, Sept. 6, 1911: "While death in general has fallen off from 828,992 in 1887 to 692,759 in 1908, alcoholic poisoning has doubled in that same period. Insane asylums show the alarming proportion of alcoholic insanity to be from 18 to 37 per cent. The premier declares that the Italian government has no right to remain indifferent, drunkenness he claims is becoming a menace to peace and family life, destroying love of work and promoting crime in all its multiple forms, causing misery, prostitution, insanity, premature death, and swift degeneration of the race. If this is true of Italy, a sober, wine drinking nation, what might be said of other foreign countries in which whiskey is the national drink. The Journal of the American Medical Association for July has a table showing the percentage of alcoholic insanity in the different racial groups in the city of New York. In two thousand cases of insanity examined the Irish had the highest percentage, 20, Germans 9, Americans 5, Negroes 4 and Jews 1 per cent. The seriousness of this condition of our national health can only be estimated when we remember that it is only within the last six years that alcoholic insanity was given in statistical tables as a recognized form of mental disorder, today it is preeminently our greatest racial poison.

Dr. Sullivan tells us that alcohol would be a blessing in that it destroyed the degenerates if it did not at the same time make twice as many degenerate as it destroys. It is definitely supported by observation and experiment that if a man saturates his body with alcohol, carried by his blood, he injures all the tissue nourished by that blood, including the racial elements of the body. His degenerate children transmit the same vitiated nervous system to their offspring.

Consumption is now considered by the best authorities to be a public house and bedroom disease, directly proportional to overcrowding and poor ventilation. When these faulty environments are corrected, alcohol disposed of and our milk supply purified the incidence of tuberculosis will present trivial proportions. The house mother controls the three fates which together with low bodily resistance induces consumption. Dampness, darkness, dust, sanitation, aesthetics and economy are correlated—sunshine saves fuel and refines by cleaning. A mother's capital is the sum of her strength, time and money, and her ideals as to sanitation and healthful homes regulates the measure of health in the state more than legislation.

Abnormalities will be quickly detected in the child by the expert who sees him regularly, and education will be suited to the case. The police force of the state will then be taken from the university or college graduates, with special reference to character and adaptability to deal with young offenders, as he will be the confidential legal and public adviser of the families in his district. If criminal tendencies or other serious defect in character is seen the indeterminate sentence is given him and under it his case will be given special study in a progressive training school under experts, his only disadvantage being that his stay is compulsory for two years, and may be for fourteen, ac-

ording to his case. This has been tried already for advanced criminals in eight of our states with the result that not more than twenty percent are returned.

The treatment advocated by criminologists for the adult drug habit is life confinement in an asylum with humane treatment. Here we will consider only the American drug—Cocaine. It is the worst of all drugs; five years being sufficient to destroy its victims beyond cure, and costs a fortune to use, its venter getting as high as \$60 per ounce when fully adulterated. No one is immune—rich and poor, young and old; and because it destroys so quickly and effectively all moral sense it is the advance agent of the criminal and white slave. One million negroes and several millions of whites are said to be in its toils in the United States, and children under eight years of age are among its victims. Police records show hundreds of cases among school children taken without knowledge of the nature of the drug in cocoa-kola or other disguised drink or in snuff. Government reports show one hundred and fifty thousand ounces imported, and one hundred and thirty thousand is claimed to be used illegitimately.

In a pure food campaign in Philadelphia it was found that six hundred times as much cocaine was used as could be used legitimately as medicine. In New York a similar condition was found. In this nation there is yet no law to protect us from this destroyer. The raw leaves and nuts may be imported by any one, and manufactured and sold from state to state without molestation from state or federal authority, providing its quality and brand is right. (North Dakota has a very drastic law prohibiting the importation and use of cocaine in any form. Our state is the one exception.—Ed.) We believe, however, that this condition will soon be remedied, as every conservator of the public health, whether it be the physician, the teacher, the state or nation, is studying these problems as never before; and best of all, the first conservatives of the public weal. The parents are alive to the dangers that threaten the home, and are more earnest and self-sacrificing than ever before, to the end that their children be produced and fitted to protect themselves. This intelligent interest has grown in the last twenty-five years so as to show a marked improvement, not only in the whole system of education, but in the manner of living as well. Today food, ventilation, exercise and amusements of the common sense relaxing variety are all subjects of vital interest in home and school. Statistics show larger and finer specimens of humanity. The height of adults has increased almost an inch and weight ten to twelve pounds more. Harvard students since 1861 average one and one-fourth inches increase in height, chest girth and weight in proportion. The same is true of our soldiers, and the average length of life has increased 30 per cent in this time. Today American school children are taller and of greater chest girth than the children of a foreign country. Ready-made clothes of twenty years ago are from one to two sizes small for girls of a corresponding age. Children of the well-to-do are taught to work, and fewer servants are employed by people of means than ever before. Mothers are in closer contact with their growing children. Household management has become a popular study and has done much to dignify that which was thought menial in home duties. W. C. T. U. organizations and Women's clubs have done much to bring this about, and are taking up with vigor all that tends to greater efficiency of the individual, placing side by side moral, mental and physical training.

Mrs. R. F. MARON,
Langdon, N. Dak.

THE NEW AGE.

When navies are forgotten
And fleets are useless things,
When the dove shall warm her bosom
Beneath the eagle's wings,
When memory of battles
At last is strange and old,
When nations have one banner
And creeds have found one fold,
When the Hand that sprinkles midnight
With its powdered drift of suns
Has hushed this tiny tumult
Of sects and swords and guns;
Then Hate's last note of discord
In all God's worlds shall cease,
In the conquest which is service,
In the victory which is peace!

DEAR L. T. L'S:

By the time this letter reaches you we shall have entered upon a new year. What the next twelve months have in store for us we know not, but they are plans to improve. Let us begin early to plan and work for our Legion that the close of the year may find us richer and stronger in every respect, no opportunities having been wasted.

You have a wonderful paper, which belongs to you alone. Have you seen it? It is called the Young Crusader and is published monthly at Evanston, Ill., for only 25 cents per year. It is a temperance paper for boys and girls and is charmingly illustrated and excellent in mechanical make-up. It gives 192 pages of worth-while reading matter for 25 cents. It has fascinating stories of character and heroism. It gives Scientific Temperance material for teachers and L. T. L. leaders and articles by the National General Secretary, the L. T. L., as well as the Temperance Sunday School Lesson each quarter, and new songs, recitations, programs, etc.

It contains the Anti-Cigarette Page, by "Joe" Lowell, which is in itself worth the price of the paper. No boy or girl can read it and not be better and hate the cigaret more.

This year let Every Legioner be a Subscriber to the Young Crusader.

Hold Young Crusader contests for receiving subscribers outside the Legion.

Petition the W. C. T. U. of your town to subscribe for the paper for the public school teachers, the Sunday School teachers, Children's Homes and the public library.

In sending in subscriptions be sure to ask that the subscription be credited to your State L. T. L. secretary.

While the payment of dues is not obligatory, we urge each leader to plan this year to have all members pay the annual dues of 10 cents, which is forwarded to the State W. C. T. U., where it is equally divided between the State and National W. C. T. U. Perhaps your Legion could give an entertainment and raise enough money to pay the dues of all.

We have all heard that dear old Maine has kept her prohibitory law, but the boys and girls who are the young campaigners who helped make it possible. They prayed, marched, sang and gave their rally cries until they became so potent a factor that the newspapers began to ridicule them, which was positive proof that they feared them.

The favorite rally cry of Maine's young campaigners was:

"Beefsteak, porksteak, huckleberry pie, Good old Maine forever dry!"

A prize was also offered for the one who should make the most words out of the word prohibition. One young campaigner secured more than 600 words. Let us Legioners see how many words we can find hidden away in that good old word prohibition.

The year is before us; let us resolve to be such LOYAL Temperance Legioners that old King Alcohol and Prince Nicotine shall tremble as never before. Wishing you one and all a very happy New Year, and hoping you will write, if I can be of any service to you,

I am lovingly yours,

GEORGE M. CHAMBERS,

State L. T. L. Sec'y.

Churchs Ferry, N. Dak.

FIELD NOTES

Jamestown, Dec. 14.—The call in the Bulletin for reports from unions hastes what I have intended to do ever since the convention, but the aftermath still lingers, and we have found so much to do. But I want to say right here, if any union wants a revival of temperance just get busy and work for a big job like we did, when we entertained the state convention, for we have fully realized its truly "more blessed to give than receive," in this instance. At the parlor meetings (began when we had much to do in planning for the meeting of Sept. 22) we find far more interest and better attendance than at the church. At one meeting we had Mrs. Graham, and added to the interest she enthused in her department, Temperance Instruction Among Railroad Men. She had lived in Jamestown in the early 80's and was president of this union at one time—only 3 of the 28 present were members at that time. Last Saturday evening we entertained the teachers of the public schools and college—about 70 present. There was a profitable and instructive program, and light refreshments. We sent our beloved president

to the national convention—as many of you know—we feel she rightly earned that title for the faithful work she has done since she had that office, but we feel that our vice president, Mrs. Boise, deserves honorable mention, for, like the prophets of old, she was ever ready to hold up the High Priest's hands. The executive committee met and after paying up all bills find that we are not quite "broke." Miss Florence Boise won the silver medal at the contest under the auspices of the W. C. T. U. held at the Methodist church Monday night. There were ten contestants for the honor and the uniform excellence of the various readings increased the difficulty of the judges in making the award. Arthur Lawrence of Eldridge stood second as announced by the judges, the Misses Kepford and Montgomery, and States Attorney Fred G. Kneeland. The contestants told the story of "Black Rock," written by Ralph Connor, with very much effect, showing the excellence of the training given them by Miss Boe. It is said that none of the contestants with the exception of two had ever before contested for the medal and their presentation of the pathetic, dramatic story, was very good. Arrangements are under way and it is probable that the contestants will present the story in Montpelier at a future date.

Stirum, Dec. 8.—Because we are silent you must not think we are inactive in this little town. We are but few at best and now the W. C. T. U. has several rivals in the field so that our work has to be divided up, for the same people do all the work in whatever organization and with a number of us the church claims first place. Since convention we have had an "Echo" meeting and game supper. Took charge of Sunday service, pastor being away. Sent petition to Pres. Taft protesting against Secretary Wilson's presiding at the Brewers' convention, signed by nearly all our voters. Held a W. C. T. U. Institute inviting a number from nearby towns, with a complimentary dinner to those present. Subscribed for Crusader Monthly for our township teachers. Gave a "Bandana" social. We only meet regularly once a month and always have a good program followed by a social hour and supper.

THE "UNANSWERABLE ARGUMENT"

It is asserted that "the average good American woman's indifference to woman suffrage" is an unanswerable argument against this movement.

If this be true, there is an unanswerable argument against every good work and every reform movement of the present day, or of any past day, for it is a fact that "the average good American woman" and her brother, "the average good American man," are shamefully indifferent to the things that make for the public good.

A knowledge of sanitary science is a good thing. The average American woman living in a town without a drainage system will permit the cook to throw dish-water and kitchen garbage into the back yard, and the average American man, unless deterred by law, does not hesitate to expectorate on the public pavement and the floors of public buildings. Is this indifference to sanitary precautions an unanswerable argument against sanitary science?

The men and women who are working to abolish child labor encounter a vast indifference to this subject on the part of legislators and the people at large. Is this indifference an unanswerable argument in favor of child labor?

Seventy-five years ago women did not go to college. When the agitation for the higher education of woman began, the indifference of the average American citizen arrayed itself against education for women. Was this indifference an unanswerable argument in favor of illiteracy for women?

There was a time when a married woman could not make a will, and a married woman's wages belonged to her husband. So indifferent were the average men and women to this injustice that it was years before married women obtained property rights. Was this indifference an unanswerable argument against granting woman the right to dispose of her own possessions by will, and to collect and spend the wages earned by her own toil?

But why go further in citing parallel cases? There are two classes of people

in the world. In the women of one class, a keen sense, the sense of justice is so undeveloped that women belonging to this do not object to a condition of disfranchisement that reduces them to the political level of the idiot, the lunatic, the felon, the minor and the illiterate negro of the south.

This class of women is well described as "average," and by mere force of numbers these average women may continue for a long while to have things their own way. But human progress means the setting aside of the opinions and wishes of average people, and in the long run the world is governed by the small first class, the men and women who love justice, who know what justice is, and who, by this love and knowledge, are raised above the "average." Eliza Calvert Hall.

OLD FASHIONED IDEAS.

It was lately related of a student in one of our eastern colleges that he wrote home to his parents: "You will have to give up your old fashioned ideas about drinking and smoking." The young student had come under the influence of a college president who not only uses wine and tobacco himself but offers them to the young men under his charge.

It is not surprising, therefore, that in such an atmosphere a boy, not yet well informed in history, should be led to think the moral standards of his parents old fashioned and the "liberal" standard he had encountered in college new. But these facts are just the reverse.

Total abstinence is a newer fashion by many centuries than wine-drinking which antedates history. The preaching of moderation even is as old as written records. But abstinence is the very newest fashion, so new that it had not yet spread from this new country to continental Europe when some of our present college presidents and professors were there as students. And it is old drinking customs of those universities that some of these professors seem to encourage implanting here. Now there are over 40,000 abstainers in Germany, and many more thousands in Sweden, Norway, Switzerland, all following the new fashion which this boy's parents and grandparents helped establish here in America.

Abstinence old fashioned! All the world is rubbing its eyes over the German emperor's recent recommendation of total abstinence to the naval cadets. And there is nothing old fashioned or "mollycoddle" about the reasons he gave for it—the times demand men of iron endurance and clear brains; victory in the next war will be with the side that uses the least alcohol; by training the soldiers to renounce alcohol, the whole nation will be uplifted morally.

Here we have not only a new fashion but its advocacy by an emperor and among its exalted followers are the empress of Germany, the queen of Holland, the crown prince and princess of Sweden and the president of the United States.

When this college boy begins to study the latest phases of political economy, he will learn, if his professors are up-to-date, how England and Germany waked up a few years ago, to find that American industry was seriously rivalling their own, and sent delegations to America to ascertain the reasons. These reported back that the greater sobriety of American workmen was a large factor in the success of the American manufacturer. Since then, German manufacturers have begun to follow our new world fashion of barring alcoholic drinks from the workshop.

We are just beginning to hear of a new force in social evolution, the social conscience. It appears to be an extension of the "New England conscience" from the individual to society. Its aim has broadened from personal to human betterment. This social conscience is beginning to see in beer, wine, and other liquors, a great hindrance to human betterment, and like the kaiser, is beginning to advocate abstinence from these as a means of uplifting the people morally.

The spread of abstinence in Europe is largely the outcome of scientific discoveries which were impossible before the era of precise methods of scientific

investigation, and that period is usually dated from about 1891.

No! young men and women, in Cogswell Union has decided to suspend meetings until spring. (We did like to tell this for it sounds as if from alcohol and other stupefying drugs is the new ideal which will become more and more "fashionable," as men increase in knowledge of their nature, and in appreciation of the standards of physical and mental efficiency and moral responsibility.—E. L. Traisneau in Scientific Temperance Journal.

Death from drinking intoxicants is given different names about as follows. If the unfortunate victim is worth—

\$1,000,000	Nervous chill
500,000	Nervous prostration
200,000	Congestive chill
100,000	Rheumatism
100,000	Stomach complaint
10,000	Inflammation of stomach
Prominent Statesman	Blood poison
Speaker of the House	Overwork
Poor, but respectable	Alcoholism
Poor laborer	Delirium tremens
Tramp	Jimjams

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