

# WHITE RIBBON BULLETIN

"NOT WILLING THAT ANY SHOULD PERISH"

Monthly—25 Cts. a Year.

CASSELTON, N. D., NOVEMBER, 1937

VOL. XLII. N. 10

## A COLLECT FOR THANKSGIVING DAY

I thank Thee Father, for this sky  
Wherein Thy little sparrows fly;  
For unseen hands that build and  
break  
The cloud-pavilions for my sake,—  
This fleeting beauty high and wild,  
Toward which I wonder as a child.

I thank Thee for the strengthening  
hills,  
That give bright spirit to the rills;  
For blue peaks soaring up apart  
To send down music on the heart;  
For tree tops wavering soft and high,  
Writing their peace against the sky;  
For forest farings that have been;  
For this fall rain that shuts me in,  
Giving to my low, little roof  
The sense of home, secure, aloof.

And thanks for morning's stir and  
light,  
And for the folding hush of night;  
For those high deities that spread  
The star-filled chasm overhead;  
For elfin chemistries that yield  
The green fires of the April field;  
For all the foam and surge of bloom;  
For leaves gone glorious to their  
doom,—  
All the wild loveliness that can  
Touch the immortal in a man.

Father of life, I thank Thee too  
For old acquaintance, near and true,—  
For friends who came into my day  
And took the loneliness away;  
For faith that held on to the last;  
For all sweet memories of the past,—  
Dear memories of my head that send  
Long thoughts of life, and of life's  
end,—

That make me know the light con-  
ceals  
A deeper world than it reveals.  
By permission EDWIN MARKHAM

## PRESIDENT'S LETTER

Dear White Ribbon Sisters:  
These are busy days for us all. You will see the new membership plans in this issue and I trust you have already begun to collect dues for all old members that we may each commence our Bridge Building. "The harvest surely is ready" as people are becoming more alarmed over the serious and terrible inroads that the liquor traffic is making, in traffic accidents; with young people and women drinking; in advertising and in increased drinking with all classes.

We urge every union to appoint a committee to visit schools, to confer and cooperate with teachers, seeing at the beginning of the school year that scientific temperance instruction is being stressed. Much free literature is available at our state office and please ask for the Annotated Reference list that you may see the books available and show this list to your teachers.

As you prepare programs for the

(continued on page two)

## MEMBERSHIP CAMPAIGN PLAN—1938

November 1, 1937

May 30, 1938

### Building Bridges

During this campaign we shall endeavor to build bridges of understanding between people on the subject of alcohol and thus bring them into our organization.

Taking our cue from the bridge engineers, we hope to begin by getting down to bed-rock. Each month we shall work on a different part of the structure, and each month in advance there will be sent directions telling you what to do.

The following outline will be used in carrying out what should be one of our greatest membership campaigns:

- November—Sinking the Caissons
- December—Building the Piers
- January—Spinning the Cables
- February—Hoisting the Decks
- March—Erecting the Superstructure
- April—Closing the Cantilever
- May—Placing the Beacons and Safety Net

### Personnel

- Diver—One who secures from one to four new dues-paid members
- Rigger—One who secures five new members
- Bridgeman—One who secures ten new members in the state
- Foreman—The one who secures the largest number of new members
- Forman—The one who secures the largest number of new members in the entire country
- Consulting Engineer—A County or District President whose county shall: (a) Organize at least one new union; (b) Have 10% of its unions with an increase in membership; (c) Who shall have made a personal visit to each organization in her county (Unions, Councils and Legions)

Chief Engineer—State Membership Director

### Bridge Workers

DIVER—In the early stages of bridge building, the diver's work is of supreme importance. To seal the piers of the Bay Bridge to the ridge of rock under the bay, it was necessary for the bridge engineers to send divers down to make periodic inspections. Going sometimes to a depth of 240 feet, the diver walked around under the large caissons directing the cleaning out of the mud to give way to a solid concrete floor.

The risks incurred are better understood when we learn that after each trip the diver is kept in a "decompression chamber" for several hours, under slowly diminishing air pressure to prevent the deadly caisson disease.

Diving operations for the Golden Gate bridge were conducted under the greatest difficulties, as the tidal waters swept in from the Pacific through the Gate like a gigantic mill-race. A great deal of water work by deep sea divers was required here, and it is only at the turn of the four tides each day that there is a brief twenty-minute period when the water settles into a comparative quiet. Think of having only four periods of twenty minutes each in 24 hours, as your entire working time!

The diver's work is of the greatest importance—he gets to bed rock! He risks a deadly disease to do his work.

RIGGER—For the spinning of the



## WATCHING HIM GO

I do not know why I should tremble  
so—  
I always knew that some day he  
must go;  
He never has been very far away,  
But he begins his college life, today.  
I think of times I washed his little  
hands  
When he came in from playing in  
the sands;  
He leaves me with a soul as white  
as then,  
How will it be when he comes home  
again?

I tried to teach him what he needs  
to know,  
To show the path in which he ought  
to go;—  
So many places on each road and  
street  
That wait to trap his confident young  
feet!  
Just now he is so young and clean  
and fine,—  
This fair-faced laughing eldest son of  
mine—  
I want to guard him with a high  
beard fence  
From sin and vice and greed's mal-  
levolence!  
No one can see it, but a fence is there;  
Its posts and planks, a mother's  
ceaseless prayer.

The car moves off, and whirls him  
out of sight.  
Dear lad—my grown-up little boy—  
go right!  
Keep to the road you start upon  
to-day;  
Oh Father God, go with him all the  
way!

—Elizabeth Wilcox Beasley.

proved much safer from the twin hazards of fire and wind than the old style board walks.

The rigger risks life and limb in his perilous position, but he builds for the safety of others, and that they may do important and creative work.

BRIDGEMAN—is one carefully trained for his special job, which is unlike any other type of work in the construction world. For the modern bridgeman who, day after day in winter cold and summer heat, in wind and in rain, stands on a narrow catwalk hundreds of feet above the water, and guides the wheel that spins the cables, seizes the individual wires and clamps them into place to make the strands.

Others design the various parts so they may fit with absolute precision into their proper positions; but it is the bridgeman who actually makes them fit, and to do this he has to manipulate on a swinging scaffold tons of heavy steel, miles of clumsy wire rope, and scores of machines.

The average bridgeman, however, says he prefers the Catwalk to Broadway—as there is not so much traffic.

(continued on page two)

cables, there must be built a catwalk, which is a temporary platform hung hundreds of feet in the air. To build this catwalk, the riggers travel in a cage out from the towers to place the sections of the platform or catwalk. Their job is not a pleasant one, for the cage does not always travel smoothly; sometimes it dashes forward, then stops. Sometimes it swings high, sometimes low—a plaything of the wind. Heretofore it has been customary to build the catwalk of transverse sections of steel covered with a flooring of wood, since wood is less slippery than steel, and in cold climates it is often covered with a coating of ice. In building the San Francisco-Oakland Bay Bridge a new plan was used. Heavy steel-wire chain link fencing was used for the flooring, supported by steel ropes. They were designed thus to offer as little resistance as possible to wind, so that swaying was minimized. They were the first of their kind, but they

## WHITE RIBBON BULLETIN

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Mrs. Fred M. Wanner  
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Barbara H. Wylie  
Managing Editor

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NOVEMBER, 1937

### General Officers

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Social Morality and Motion Pictures—Mrs. J. W. Frisbie, Washburn.

## MEMBERSHIP CAMPAIGN PLAN—1938

(Continued from page one)

It is here that they spin countless miles of wire and bind it into cables. To accomplish this in their perilous position, they must have a cool head and at the same time be cautious and quick-witted in any emergency lest a gust of wind or a slip of the foot send them or their fellow workmen to the destruction always yawning below.

The bridgeman is cautious and quick-witted. He has a cool head, and is equal to any emergency.

### Sinking the Caissons

Just as the most beautiful of all bridges will be only as durable and lasting as the foundation upon which it rests, so will the tenure of an organization depend upon the soundings it has made in the minds and hearts of those whose lives it touches.

The caissons, or floating boxes were, in the case of the bay bridge, sunk and anchored on bed rock at a maximum depth of 250 feet below

low water. The largest one (though not the deepest) was that used in forming the sub-structure of the center anchorage midway between San Francisco and Yerba Buena Island. This caisson was fitted with 55 immense steel tubes each 15 feet in diameter. These tubes were open underneath to the water, but domed above air-tight during the floating period. Concrete was poured into the caisson, around the tubes, causing it to sink to the mud bottom. The domes or covers of the tubes were then burned off by electric torches, the mud dredged out from beneath by means of buckets lowered through the tubes and a seal of concrete poured on the bed-rock beneath until it reached a height of 30 feet, thus binding the concrete pier to the bedrock of the bay!

Bridge builders tell us that their completed structure will be only as durable as lasting, as the foundations upon which it rests. As the engineer flings the graceful outlines of the physical structure over tides terrific and treacherous, he understands the necessity of anchoring his metal roadway on foundations of solid rock-bed-rock, he calls it. And bed-rock is defined as the solid rock underlying superficial foundations.

How often have you heard the expression, "getting down to bed-rock," meaning, of course the laying of foundations? Let's get down to bed-rock in our work for membership this year—1938. Let's determine that we will acquire at least a working knowledge of the Woman's Christian Temperance Union before we set forth to present the privilege of membership to our potential new member.

If in the building of bridges—wholly a commercial venture—no expense is spared; no risk is too great; no hours too long in which to achieve success in the completed structure, may not we who are dealing with human verities; with the future of this nation of ours, take time to prepare ourselves that we may present our cause in all its truth and beauty. We have an organization that has stood the shock of years, faced ridicule and contumely, yet came through unscathed; lived through the depression when many another organization succumbed; stands today amid the exigencies of repeal, undaunted, in the knowledge that the verdict of the ages supports us in our stand for total abstinence from beverage alcohol.

In readiness for "Sinking the Caissons" during the month of November, 1937, ask yourself the following questions:

- (a) Can you quote the pledge verbatim?
- (b) Can you explain the division of the one dollar annual dues which at one and the same time provides membership in local, county, state, national and world's organizations?
- Do you understand the budget system of your state sufficiently well to present it with an appeal instead of an apology?
- Can you tell the fascinating story of Frances Willard in such a way that people will readily understand why we commemorate her Centenary?
- (a) Are you sufficiently familiar with our five point program to present it forwards or backwards as the occasion requires?
- (b) Can you cite five outstanding projects accomplished under it?
- Are you a diligent reader of The Union Signal?

This weekly journal of social welfare furnishes a working knowledge of present-day conditions relating to the beverage liquor traffic. Such a knowledge is responsible for the dif-

ference between the woman who merely "belongs" and the one who is recognized as a "leader" in whatever circle she moves.

If you can qualify on the above five points you will have made a beginning at least in the art of securing new members.

We're spanning the chasms they say are uncrossable,

With bridge-building women so brave and so true;

We're doing the job some think quite impossible,

Believing God will carry us through.

—Mrs. G. E. Norris, Fargo, N. D.

## PRESIDENT'S LETTER

(Continued from page one)

year, plan for institutes, alone or with a nearby union. Study Christian Citizenship, Parliamentary Laws, etc. Prepare an exhibit, according to directions given by the national director, Mrs. Flora Kays Hanson, to be used in the local union, Sunday School and public school. Have a joint missionary and temperance program, thereby encouraging the forming of a Light Line union, following which a candle-lighting service and offering may be held.

Appoint a prayer committee, setting a special time for prayer for our work and the return of prohibition to our state and nation. Make your programs worth while and your meetings will not lack attendance. We must learn to "Put first things first" and to be about our Master's business.

Let me urge you also to continue to stress temperance lessons and pledge-signing in our Sunday Schools. We hope World's Temperance Sunday was well observed October 31.

While speaking the past two weeks to hundreds of children and youth, my heart has gone to them and others all over our state and my prayers arise to the Throne of Grace for strength, tact and wisdom for us all so that not only by our example but by teaching, they may be so well informed that they will be total abstainers and help us in this fight to overthrow King Alcohol. They are so worth while and the hope of our state and nation.

Our National President has written urging us to discover relics of early temperance work in homes or other places, to be gathered for the Temperance Museum now being constructed at Rest Cottage, Evanston. Articles worn or used by early Crusaders will be acceptable and well cared for there. Let us know if you have any such, the gathering of which will be part of our Centenary celebration.

Again we urge you to subscribe for The Union Signal, so full of first hand information, at home and abroad, and rich in material for your programs. Only \$1.00 a year—a bargain surely! If you can't subscribe for it alone, get some one to share the expense and the paper with you. Now is the time also to push the drive for our Temperance Education Fund. Some of you have done such heroic work and because of that we are now placing road signs on our highways, getting radio programs, putting workers in the field and finding a keener interest in our work than for years previous. Let us "Think of these things." There are two things that help make character—what we think and what we do about our thinking. "As a man thinketh in his heart so is he." Some one has said "So live that you naturally recoil from the commitment of evil." Theme songs at the World's convention were: "What the World Needs is Jesus" and "Let the Beauty of Jesus be seen in Me."

May we each be more willing the coming year to be: "Building houses in which to live, Laying foundations true and sound, In every pile and every curve

## "Go, Thou, And Do Likewise"

Grand Forks union keeps a box in the Great Northern depot supplied with good literature and is in charge of the secretary, Miss Frances M. Wagar. Recently Miss Wagar received a message from the state Y. T. C. secretary of East Washington W. C. T. U. saying: "Thank you for The Union Signals I found in the G. N. depot just now. Have spent a profitable time while waiting for my train to Spokane. May the Lord bless you in the work you are doing is my prayer."

## SOMEBODY

Everybody's doing it?

NO! NOT YET!

FOR—I'M SOMEBODY!

Don't forget!

Anyone with courage

To stop and THINK

Is certainly somebody.

I DON'T DRINK.

Many a "somebody"

Who didn't think,

Became a "nobody"

Because of drink.

ANYONE can follow

What crowds do:

But I'M SOMEBODY!

How about you?

## NO NEED FOR ALCOHOL

God never made a normal brain that needed alcohol, so if you examine your brain and decide that it needs alcohol, just set yourself down as a defective by birth or habit; you were born inferior to your fellow man or you have made yourself inferior by your habits.

God never made a man strong enough to commence the use of intoxicating liquor, and be sure that he would not become a victim of the appetite.

—William Jennings Bryan.

## WHAT WE NEED

The most beautiful in life cannot be bought over the counter. We should offer the prayer of the anonymous poet:

GIVE US THIS DAY—

Eyes to see the beauty that is all about us.

Ears to hear the good reports concerning our friends

Hands that are not too full to help lift another's load.

Feet that do not refuse to go out of their way for kindness sake.

Nerves that can stand the shock of other people's peculiarities.

Blood that can stand the fever of enthusiasm.

Tasks worthy of the skill Thou has placed within us.

—H. Spaugh, in Charlotte (N. C.) News

Make all your wishes and all your annoyances into prayers. If a wish is not fit to be prayed about, it is not fit to be cherished. If a care is too small to be made a prayer, it is too small to be made a burden.—Alexander MacLaren.

The happiest man is he who learns from nature the lesson of worship.—Emerson.

Upon the good earth's solid ground."

Building houses where souls may dwell,

Living and growing from day to day; Dear Carpenter Boy, let me work with Thee,

Teach me the art of building, I pray."

With love, and wishing each success in your membership drive and in all your work during this new year,

Mrs. Fred M. Wanner  
Minot, Oct. 20, 1937

## TREASURER'S REPORT

From State Convention to October 15, 1937.

**DUES**—Bismarck 8; Jamestown 12; New Rockford 1; Southam 7; Edgeley 3; Sanborn 9; Stady-Zahl 13; Grand Forks 11; Minot 3; Mandan 3; Sheyenne 1.

**WILLARD MEMBERS**—Mrs. A. E. Field, Mrs. C. E. Fried, Spiritwood; Mrs. Edna Harshman, Eckelson; Mrs. John A. Carlson, Mrs. Ida Oppgaard, Miss Arta James, Dazey.

**BUDGET**—Jamestown \$5.00; Mandan \$3.30.

**NATIONAL TEMPERANCE EDUCATIONAL FUND**—Sheldon \$8.05; Fargo District \$10.00; Southam \$2.00; Grand Forks \$11.00.

**DISTRICT PLEDGE**—Fargo District \$25.00; Minot District \$5.00.

**LIFE MEMBERS**—Mrs. W. G. Dickson, Gilby; Mrs. W. C. Treuman, Grafton.

**MEMORIAL MEMBER**—Mr. W. C. Treuman.

Dear Treasurers:—

You have each received a letter from me recently, and I trust that you are already busy collecting dues and that you are planning to observe Membership Week, November 7-13. I hope to hear from you.

Sincerely yours,

Mrs. R. B. Reed, Treas.  
1341 11th Ave N., Fargo.

## IN MEMORIAM

"Thou art with Christ and Christ with me,

In Him united still are we."

Mrs. Daniel Halfpenny, Ray, a pioneer white ribboner and life member of the state W. C. T. U., gentle and retiring in disposition yet firm in faith and purpose, was called to her heavenly Home from Fargo last month. To her four daughters and other relatives our sympathy is expressed.

Mr. Frederick H. Wilder, a prominent business man of Fargo, an upright character and honorary member of the Fargo W. C. T. U. passed away October 18. To Mrs. Wilder and daughter Elizabeth the sympathy of comrades all over the state will be expressed.

To Mrs. George Muir, several years president at Gilby, whose mother, Mrs. Douglas, passed away suddenly; and to Mrs. J. N. Wallestad, Wheelock, state director medal contests, who cared for her mother through a lingering illness, our loving sympathy is extended.

"I trace the rainbow through the rain  
And feel the promise is not vain  
That morn shall tearless be"

## ALCOHOL EDUCATION

Dear Co-Workers: Greetings to you all, especially to those splendid people we met at the convention and to those whom circumstances prevented attending but whose prayers were with us. The inspiration of the splendid addresses, the fine spirit of fellowship, the earnestness of purpose, the beautiful music and gracious hospitality are all still with us, I feel certain, and will continue to be during the coming year.

It is now our turn to do all we can to carry out our year's plans as far as possible. Permit me to quote from the letter of our national director, Miss Bertha R. Palmer: "These local activities include (1) Learning something; (2) Doing something.—To interest teachers and other adults, and to bring a knowledge of what alcohol is and what it does into the regular school program. Keep the nation-wide program in mind and make all work lead to the objectives at top of page 3.—It is better to put ten persons (teachers) to work than



MRS. R. M. POLLOCK

A life of rare beauty and usefulness reached its earthly close when, in the morning of October 29, Mrs. R. M. Pollock entered into that rest that remains to the people of God. Such lives as hers live on and on, not only in that "Land of fadeless day" but in the many here whom her influence has blessed. Well known and loved by white-ribboners and other friends all over the state, she was held in highest esteem. For seventeen years she walked the lonely way of widowhood yet maintained her various activities while health permitted.

Mrs. Pollock was a life member of the North Dakota Woman's Christian Temperance Union and for twenty-four years the efficient editor of the White Ribbon Bulletin. From pioneer days she was actively interested in every good cause and her hospitable home was ever a haven of rest for weary workers in the field. One was impressed with her keen intellect, her sense of humor, her sincere friendliness. As a member of the Fargo Board of Education and of the Crittenton Home Board, her wise judgment and wide experience made her a valued member.

A life-long member of the Presbyterian church, she was a loyal and faithful worker and held a record for years of service as a Sunday School teacher which was unsurpassed. Her consistent Christian life was an example to old and young. "Her children rise up and call her blessed" and her memory will ever be precious. We think of her still as living and loving, engaged in those activities Over There "that are not succeeded by weariness."

"Servant of God, well done!  
Thy glorious warfare's past,  
The battle fought, the victory won  
And thou art crowned at last"

to do the work of ten persons."

Let us not forget our plans for putting our temperance and other Christian literature in places where it will be most apt to reach the reading public. Let us avail ourselves of every opportunity to bring our alcohol education program before the public by means of poster and essay contests, not forgetting the timely word.

May we not protest at least by letters to the editors of our magazines against the liquor and cigarette ads that constantly confront us? Let us enter into the year's work with a full realization of the desperate need of the youth of our land; and with our hearts and souls lifted to God for strength and wisdom to do the right and wisest thing under all circumstances.

Yours in the work,

Mrs. Flora Day,  
Medina, N. D. State Director.

# COMPARE

The facts regarding alcohol are so new that they have not become folklore. Nowhere does the scientific view of anything clash more abruptly with the popular view.

## Popular View

## Scientific View

"Alcohol is a stimulant"-----	"No, a narcotic."
"It braces me up"-----	"No, it lets you down."
"It speeds me up"-----	"No, it slows you down."
"It warms me"-----	"No, it reduces body temperature."
"It's a medicine"-----	"No, a poison."
"A drink or so is harmless"-----	"No, even a little makes you an unsafe driver."

I judge by experience. Can't I trust my own feelings?----- "No, alcohol dulls your nerves so that your 'feelings' do not indicate true conditions."

The basic fact was established by pharmacology more than fifty years ago. Modern physiology, modern psychology and modern psychiatry united in sustaining and elaborating it. Once grasped, the facts are easily passed on, as you have an attentive—because startled—listener.

—White Ribbon Banner.

## ITEMS OF INTEREST

We welcome as new life members this year Mrs. Geo. Muir, Baby and Mrs. W. C. Treumann, Grafton.

Added to our permanent list of Memorial are the following names: Mrs. Abbie W. H. Best; Mrs. A. L. Moody; Mrs. L. B. Hanna; Col. W. C. Treumann.

Mrs. C. N. Cottingham, formerly of Stanley now of Fairview, Montana, has been elected state director Evangelistic work of our sister state.

Rev. and Mrs. James Anderson, who have spent the summer at their residence, Oak Lodge, Detroit Lakes, left October 13 for Penny Farms, Florida, where they will spend the winter.

Drayton union, through its president and secretary, commended the Mayor and City Council for the able way in which they are managing the affairs of the city with regard to intoxicating liquor and for the restrictions thrown around the same.

Ray comrades requested their city commission to revoke the beer license, and to refuse to grant a hard liquor license, to a proprietor who was causing trouble and selling after hours. Thus may we women make our influence felt. By the state law, minors are forbidden to enter pool rooms or restaurants where liquor is sold.

Mrs. C. E. Soderholm, president New Rockford district, visited her union at Sheyenne, reporting the state convention. Mrs. Beasley, president Northeast district, also reported the convention when she and Mrs. J. S. Fattler visited the union at Park River.

Valley City held a reception for the 15 new members recently gained when convention reports were given and an initiatory service held. Mmes. Nugent, Blume and Miss Dora Large presided over the tea table. On November 12 this neighborhood union will tender a reception to the new union at Sanborn, giving special program.

The Luther League of St. Stephens church east of Fairdale had a fine temperance program on a recent Sunday evening. There were songs and readings by children and older folks. Mrs. Beasley gave a reading and distributed literature. Hon. Albert Lundberg, Milton, states attorney, Walsh county, in a strong address, stated

## YOU CAN'T MAKE PEOPLE GOOD BY LAW

Nobody is "good" merely because he has not had a drink of alcohol . . . When a man does not drink he is not "good," but merely normal. If he is evil normally, he will continue to be so, regardless of the fact that he has not had a drink. When a man has had a drink, he is not normal, and experience teaches us that he is abnormally likely to commit antisocial acts which result in many evil consequences. Such a man, then, may be said to be abnormally evil . . . The liquor traffic is the business of selling men a substance the consumption of which makes men abnormally evil. . . Prohibition, therefore, is a movement against unscrupulous exploitation of the individual for profit or revenue.—Arthur Barnhart.

EVERYBODY'S DOING IT?

NO! NOT YET!

FOR—I'M SOMEbody!

Don't forget!

Any one with vision

TO SEE WHAT'S TRUE  
IS SURE TO BE SOMEbody,  
HOW ABOUT YOU?

—Florence E. Marshall,  
in Young Crusader.

that 75 per cent of all crime with which his office has to deal comes from liquor. "If these young folks will just keep hammering away" writes Mrs. Beasley, "we'll bring North Dakota back."

In her message to the state convention, when detained at home by her mother's illness, Mrs. Wallestad expressed this beautiful thought:

"The soft, sweet summer was warm and glowing,

Bright were the blossoms on every bough;

I trusted Him when the roses were blooming—

I trust Him now.

Small were my faith should it weakly falter

Now that the roses have ceased to blow;

Frail were the trust that now should alter

Doubting His love when storm clouds grow."

During the year just closed we purchased from our National W. C. T. U. Publishing House supplies amounting to \$130.80. We sold about half to the unions and the balance was given free. We are glad to furnish free literature when unions cannot afford to buy but please enclose postage if possible.



At the Helm - in time of need

## RED CROSS PUBLIC HEALTH NURSING

Twenty-five years ago the Red Cross public health nursing service was launched—the first national nursing service created to better health conditions of those who resided in rural areas and were deprived of nursing care by the barrier of distance.

From a few scattered patients in outlying districts during 1912, Red Cross public health nursing has increased the number of its beneficiaries to more than 1,000,000 each year. "During the past 15 years alone, we have brought nursing care and home care of the sick instruction to 19,000,000 persons in the United States," Miss I. Malinde Havey, director of Public Health Nursing for the Red Cross, said.

Prior to 1912, the visiting nursing services were active in many of the larger cities, but this essential care was not available to rural areas. Those stricken in lonely mountain cabin, prairie or remote farm home had to get along as best they could.

Today, there are services active in 509 rural communities, with 694 Red Cross nurses serving through chapters. Schools for training these nurses have been established throughout the country and requirements are rigid. School children receive periodic examinations, and physical defects uncovered are treated. Where before, illness was a lonely, hopeless thing, competent bedside nursing is now available. A considerable part of rural America is no longer penalized for sickness.

The advantages of this group instruction have come to be well recognized and accepted, following a steady gain in popularity. The home hygiene course is used by health departments, public and private schools, club organizations and numerous other agencies. Many groups of blind and hard of hearing students have successfully completed the course and the textbook has been transcribed into Braille.

The public health nursing program of the Red Cross as well as its disaster relief and all other service programs are supported by the annual dues of citizens who join as members during the Roll Call held from Armistice Day to Thanksgiving.

### THE HUMAN TOUCH

An old potter, who was shaping the clay into the desired shape by his hands, was asked by a visitor, "Why don't you have machinery to do that?" The old man replied, "We have tried all kinds of machinery and failed: somehow it needs the human touch."

God has work that can't be done by machinery. Christ needs our help, and the world needs love, warmth and life of a human touch.—Selected.

## FIELD WORK

MRS. WANNER.—For the past two weeks Mrs. Wanner has been working in Minot district where she has done splendid work in the schools, addressing hundreds of children and with her chart and demonstration kit showing what alcohol is and what it does. Mrs. Truax, district president, accompanied Mrs. Wanner much of the time and Mrs. Geo. Moyer, former secretary of young people's work, took Mrs. Wanner in her car part of the time. All the unions have been visited, local and public meetings held and new members gained.

While in Minot, Mrs. Wanner broadcast a helpful message through courtesy of Radio Station KLPm which we appreciate.

The union at Ryder was re-organized with Mrs. T. I. Bergene, president, Miss Margaret Campbell, vice president, Miss Lundahl, secretary and Mrs. Ole Olness, treasurer. At Velva, also re-organized, the president is Mrs. Ray Mills; vice president, Mrs. R. S. Jones; secretary, Mrs. Walter Weidner and treasurer, Mrs. S. M. Jones.

At Sawyer Mrs. Wanner organized a new union with Mrs. Martin Reinholdt, president; Mrs. W. C. McKay, vice president; Mrs. C. S. Bughlie, secretary and Mrs. Robert Larkin, treasurer.

Mrs. Wanner is to speak at Stanley Sunday October 24 and the week following will be spent in Northwest district. A more complete report of her work will be given later.

MRS. LANDGREN.—Following State Convention an organization at Sanborn with Mrs. F. J. Bignall, president; Mrs. B. W. Crandell, vice president; Mrs. Archie Miller, recording secretary; Mrs. A. E. Rhodes, corresponding secretary and Mrs. Ethel Hinscherber, treasurer. Mrs. Elias Porter, president Devils Lake district, writes gratefully and enthusiastically of the fine work Mrs. Landgren has been doing there in stirring up workers and creating new interest. Some new unions are in the offing but at this writing we have not received Mrs. Landgren's report.

MRS. RAYMOND W. MCLEES, Bottineau, acting president Bottineau district, organized the Rugby union with the following officers: president, Mrs. R. J. Washburn; secretary Mrs. H. O. Lynstad; treasurer, Mrs. Elisa Anderson.

MRS. E. S. BORDWELL went to Edgeley recently and organized a promising Loyal Temperance Legion in charge of Mrs. J. W. Murphy, while Mrs. Ida Voigt promised to introduce the work in her rural school.

### WHY BELONG?

Mary Harris Armor

I am amazed at some professing Christians who seem to feel that we are beaten and that they can do nothing but surrender. How wicked! How foolish! Last winter we had a big sleet storm in this part of the country; pipes burst, wires were down and havoc was wrought with the telegraph lines, telephone wires and plumbing. What would you have thought if the linemen and the plumbers had quit? They did not—they got busy and stayed busy till repairs were completed and all was running smoothly again. It is just as foolish for us to say the work is needless and quit the W. C. T. U. now. We are needed as never before; we must reduce our efforts, gird ourselves anew for a great task, and demonstrate to the world our belief that our God is able to do exploits.

It requires the labors of many years for a nation to regain the losses sustained by one year's war; especially in the morals of the people.—George Dillwyn

## THE LITTLE UNION SIGNAL

(With aplogie; to James Whitcomb Riley)

The little Union Signal's come to our town to stay

To brightly clean our ideas up and brush the clouds away

To tell us what we ought to do and how to keep alive—

Why, it's jes' full of good things to make a union thrive.

An' it's the very bestes thing, when you've nothing else to do.

To set down in your easy chair and read it through and through

Folks around the whole world it tells us all about,

And the little Union Signal is the Best Thing Out.

One'n't there was a union that took it not at all—

Said it didn't need it and didn't feel no call

An' it kept-a-gettin' weaker and a-shrinkin' every day

Until it turned up missin' for it jes' shrunk plum away.

They seeked it in the meetin' place an' in the daily press,

They seeked it all around the town, an' everywhere I guess;

But they never found a trace of it, not anywheres about.

It didn't take the Signal, So it Jes' Died Out.

An' one'n't there was a union, they took it every one,

Yes, every single member underneath the shinin' sun.

They didn't only take it, but they read its messages too,

An' that sturdy little union, how it grew and grew and grew,

An' finally got so very big, they had to rent a hall

To 'commodate the people an' make room for one an' all;

An' if you are a wonderin' how it all came about,

Jes' read the Union Signal An' you'll soon find out.

An' what I want to say is when you're feeling mighty blue

An' things all look so very black you don't know what to do,

An' you think the whole world's growin' in worse and worse every day

An' all your little efforts is as good as thrown away,

You'd better read the Signal, an' you'll quickly change your mind.

For this good old earth is busy leavin' Satan way behind,

An' what is sure a-helpin' to bring it all about

Is the little Union Signal, The Best Thing Out.

### BEVERAGE ALCOHOL HELPS NO ONE

Probably no railway engineer was ever discharged because he just couldn't drink liquor, though many a one has been because he just couldn't leave it alone.

Probably no young doctor has ever missed a call to perform a delicate and dangerous operation because he did not have two or three drinks in him, but many a one has because he did.

Probably no stenographer, or clerk, or cashier, or salesman, or school teacher ever was discharged because he or she did not appear for duty with a smell on the breath or a stagger in the gait, but many have not lasted till pay-day because they did.

Probably no college student was ever refused a place on the football squad because he was not on speaking terms with John Gin Barleycorn, though a casual acquaintance with that genial gent has cost many an athlete his chance.

In the strenuous race of life the boozier is a loser. Drink never helped any one to a bigger or better, a finer or freer, a higher or happier life.

## THE EFFECTS OF TOBACCO

Tobacco smoking produces a sort of comfort because of its narcotic or sedative effect upon the nerve cells, especially the cells of the higher cerebral centers which are concerned in thought. The continued use of tobacco, however, as has been pointed out by Tibbles, "causes degeneration of the same cells (brain cells) and thus leads to loss of power of thought, enfeeblement of the attention or power of concentration and deterioration of the memory."

Rivers demonstrated by means of the ergograph that tobacco has a most unfavorable influence upon capacity for muscular work. Lombard, professor of physiology of the university of Michigan, demonstrated the same toxic influence of nicotine upon the muscles. He demonstrated that a single cigar lessened muscular power for many hours.

The tobacco habit leads to serious impairment of the movements and secretions of the stomach and intestines and gives rise to dyspepsia, gastric catarrh and impaired nutrition. Under the influence of this drug, the body cells act with less vigor, metabolism is reduced and all the life processes are slowed.

(Quoted from Dr. Kellogg's book—Dietetics)

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