

WHITE RIBBON BULLETIN

Milnor, North Dakota 58060

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

"NOT WILLING THAT ANY SHOULD PERISH"

Address
Correction
Requested

Mrs. Marian Bartle
Dickey, ND 58431

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PRESIDENT'S LETTER

When you read this we will once again be observing the Lenten season and looking forward to Easter, the resurrection of our Lord, realizing anew that God so loved--He gave His only begotten Son, and that the Son so loved, He went to Calvary that we might live.

It was love of home, husband, children, friends, neighbors and all mankind that motivated the early Crusaders against the insidious evil, (alcohol) invading our nation. Surely it was a great love for humanity that caused Frances Willard to dedicate her life to the work of the Woman's Christian Temperance Union. It is love plus unceasing efforts that has kept this organization functioning for almost a century. This love has saved countless humans from a life of sin and degradation, has taught countless children and youth the pitfalls to avoid, and has led them into a happier, healthier and holier life. It is this love that our North Dakota White Ribbon ladies demonstrate as we carry on the work "For God and Home and Every Lord."

Our centennial year is quickly passing. We must be extremely diligent, letting our communities know of our work, enlisting new members, especially young women under 35 years of age--"Home Builders" they are called. We need more, many more members to put North Dakota over the top as a net gain state. We do want our state to meet National goals. We must also enlist honorary members, YTC's, LTL's, and White Ribbon Recruits, all are needed, all are important.

Refer to the January-February issue of the White Ribbon Bulletin to see the special things you should be doing this Centennial year. Remember the Birthday party and offering for National, may we have a good gift to present at the Ohio Convention.

If possible, make plans to attend this important Centennial Convention-place, Cleveland, Ohio. Date, August 28 to September 4th. This is also the year for World WCTU Convention - Trondheim, Norway, Dates July 22 - 29th.

Trust many of you have been using our new film strips, "Lets Talk About VD" and "It's Time to Stop VD." They are available from Mrs. Ralph Kraft, Box 63, Jamestown, N. Dak. 58401.

I do want to congratulate the Parshall and Edgeley Unions and their respective presidents for attaining a 10 percent increase in membership, thus becoming Centennial Flag Bearer Unions.

Also I congratulate the Max-Benedict YTC for receiving National recognition. We will soon be planning for our District Conventions throughout the state. May they be well planned and well attended. The District conventions are always a time of joy and inspiration to me. I hope each District convention will be well attended, for here we renew our visions and inspirations for the task still ahead. Here we discuss problems, exchange ideas and increase our knowledge of the work. It is also a wonderful time of fellowship and prayer.

Do not be lax in our legislative efforts in writing promptly those letters to congressmen, as the need comes up. Be alert too, on the state level as to the problem of lowering the age for the consumption of alcoholic beverages. As our Mrs. Forthun said, at state convention, "be sure the liquor interests have not given up, and neither must we.

"Sometimes we feel discouraged And think our work's in vain, But then the Holy Spirit revives our soul again."

Remember Joshua 1:9, "Have I not commanded thee? Be strong and of good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee withersoever thou goest". As Joshua claimed this promise, so must we.

Be much in prayer.
Lovingly, Marion Bartle.

PERSONAL MENTION

Not so long ago your managing editor received notice of accidents which two of our members experienced from December on. Mrs. L. O. Grondahl fell while at her grandson's and cut a bad gash in her leg which refused to heal even after a doctor's care and resulted in her having to stay a week or so in the hospital. We hope at this writing that she is fully recovered.

Our second victim is Mrs. Melvin Grangness, who, with her husband were in a car accident and she sustained injuries to some ribs. We surely hope that you too, have completely recovered and are feeling good again.

While we are on this subject I must tell you, that Mr. Huntley is about back to normal after almost three months of intense suffering with injured ribs combined with shingles and a cold. As you know, this grounded your man. Editor.

PLEASE, all members "TAKE CARE" we need you all!

PROMOTION SECRETARY'S LETTER

Dear W.C.T.U. Members,

This is the day the Lord has made. We will rejoice and be glad in it. Psalm 118:24 (Living Bible)

As we look at the new year and wonder, what does it have in store for us, we have the tendency to worry over so many problems. Let us look to God and remember He makes every day and gives us this day to work and pray. As a W.C.T.U. organization let us rejoice and work to win new members and make this year (Our Centennial) accomplish great things for God.

We can increase our Honorary Membership enrollment. We need the men to take a stand for total abstinence from alcohol. This will do much to influence our children and young people. We need our young women and mothers as members. Do your children know where you stand? What are your Principles? Oh! how you influence the children of the world.

This is the last year for the Century Builder Campaign. Some state will have the most unions reaching this goal. Why can't it be North Dakota? Don't forget to use the Century Builder Score sheet. If you misplace yours please let me know and I will send you more. I have a good supply on hand. I would like to urge each union to order a monthly promoter packet of literature from Signal Press. It only cost \$1.00 a year. You get free samples of all new literature and a monthly promoter telling the prices and listing the latest pamphlets on sale. You really get a bargain! This comes at regular times throughout the year.

God has given me a burden for this beloved country of ours with all the problems of alcohol, drugs and evil threatening from all sides. Please pray for this country and its leaders. **God answers prayer.**

God bless you all,
Mrs. Lyle Trapp
State Prom. Sec.

TO THE NORTH DAKOTA WCTU

I thank you for the beautiful gift sent to me at my retirement after 15 years of service as your Recording Secretary. I will never forget the wonderful friends I made as I traveled through the state.

My daily prayers are with the members and the work of the WCTU.

Mrs. Benjamin (Emma) Gorder.

PROFANITY

A card given Bishop Angie Smith by a person he met on a plane while flying overseas from Vietnam, with no name or address on it, is worth quoting.

"PROFANITY IS THE EFFORT OF A FEEBLE MIND TO EXPRESS ITSELF FORCIBLY."

PUBLIC RELATIONS AND PUBLICITY DEPARTMENT

"In all things we are more than conquerors through Him who loved us."

—Rom. 8:39

This department is to develop relations between WCTU members and the public, by using the Press, Radio, TV, WCTU publications and literature. We should keep the public informed of our progress and build good sentiment, by writing letters to the editor and by writing special features of WCTU interest, being sure that it's friendly and accurate. Give notices to photographers and reporters of special affairs and features. Study rules for writing and reporting news. Radio and TV are very important too. Commend good programs of high moral and spiritual emphasis. Protest unfit programs, write postcards and letters to achieve higher ethical standards on radio and TV. The national Director prepares a list of "Quotes Worth Quoting" for Spot announcements and articles for broadcast. Use only authentic material and get permission to use it if it is necessary. Invite Stations to use our films, slides and film strips.

Our publications, The Union Signal and Young Crusader are helpful to use at every meeting for discussion and reading circles, for gifts and awards. Our State paper, the White Ribbon Bulletin, is also very helpful. We have much literature on tobacco and narcotics which can be used in our schools. The last week in April was designated by President Lyndon Johnson, as "Youth Temperance Education Week," to be proclaimed each year by the state Governors. This year ours will be April 23 - 29th. At this time films are shown in schools, literature given out, charts given etc., to help educate the youth on the effects of alcoholic beverages upon the user.

In some of our churches sermons are preached on the effects of drinking beverage alcohol, literature given out or films shown. Some churches have Temperance Sunday every quarter. Some have Daily Vacation Bible School and Sunday School lessons on Total Abstinence.

Public places like laundramats, libraries, youth centers, lounges and waiting rooms are good places to have a literature rack. Fairs have floats and stands with WCTU slogans and literature, it all helps.

Every person is a public relations member, as what we say, read, write and do develops relation with the public. Be sure it is true, helpful, educational, christian and helps encourage others to live for Jesus and live healthy, good lives for Him.

—Mrs. Chester Moln, Director

PEN POINTS

Dear White Ribboners:

I am deeply disturbed by the constant and types of advertising of alcoholic beverages over TV on almost every news cast the sports programs, and to think that the brewers and beverage alcohol dealers are allowed income tax deductions on this advertising. I wonder how many of you wrote to your congressmen about the bill introduced by congressman Brown, California? The bill is H. R. 11106, which would make expenditures for alcohol beverage advertising NO LONGER tax deductible. This bill would tend to lessen so much advertising of this wrecker of lives and homes if it were passed. Ask your congressmen to vote for this bill.

I am so thankful that the legal age for drinking beverage alcohol was not allowed to pass in our state thanks to our governor. He's to be praised for his stand. However the forces of evil are not going to accept this defeat for long. Watch carefully all bills and newscasts coming up in our State Legislature. The liquor interests are going to put up a fight to ensnare the youth of North Dakota for their financial gain. Your son or daughter or grandchild may be one of that group.

Right now, according to the U.S. News and World Report of October 29, 1973, the National Commission on Marijuana and Drug Abuse, says, "that alcoholic beverage is the nations No. 1 Drug Problem. The Commission continues to say that "alcohol dependence is without question, the most serious drug problem in this country today. That 24 percent of youths drink alcoholic beverages and in some cities, alcoholics anonymous is setting up youth groups."

The liquor interests are not content with gaining adults and youth for their victims but are now working on our children by making a drink which looks and acts like the beverage alcohol which their parents and older ones drink so that the children can feel like the rest and drink along with them. This sets the pattern for the children for the future. Like the little boy said, "Daddy, I's walking right in your foot prints".

NOW! are you going to flood your congressmen with mail to do what they can to hinder this evil advertising? Are you going to write them to do all in their power to keep it unlawful for teenagers to drink intoxicating beverages? Every letter helps. We must be alert and work hard.

Your Managing Editor
Hazel Huntley

PROBLEM

To the Editor:

There was no problem to get 10,000 signatures to lower the drinking age in North Dakota.

Now the U. S. Department of Transportation

National Highway Traffic Safety Administration, Washington DC, 20590, sent me this report and anybody can get the same report.

THE PROBLEM:

Last year 54,700 American people died in traffic accidents. About half of those deaths 27,000 were alcohol-related, which simply means that they involved drunk drivers or pedestrians. In the same year, 18,491 American people died from acts of outright homicide. So drunk driving is a bigger problem than murder. The biggest problem of all is the alcoholic or problem drinker. His is less than ten percent of the driving population, but is involved in two-thirds of those 27,000 deaths.

The problem is the problem drinker.

The report says that most of those involved are in the age from 16 to 24. And some people wanted to lower the drinking age and have more blood spattered on highways.

A few years ago I drove into a town in early morning. There had been an accident in the night. I drove near the smashed car. Two teenage couples had been killed in it. Another car drove up and stopped beside me. It was the parents of one of the girls who had been killed in this car. The mother ran over and looked in the car. She tore at her hair and gave a scream that I never want to hear again. She ran back to their car and the father pulled out a little bloody jacket. That was all they had left of their little girl who only a few years ago was their little baby.

The fifth commandment: "Thou shalt not kill."

Now if I help promote something that kills people by the thousands, then I have my hands in it too when I know what it does. I wouldn't want to stand before Christ on judgment day and have Christ tell me to depart from him; you had a hand in the killings on the highways.

To the 18 year old girl that complained because Governor Link did not sign the Liquor bill. If one of those killed was your brother, sister, father or mother and Governor Link had signed the 18 year old bill wouldn't you say I would much rather have my loved one then all the liquor in the world. That vacant chair brings tears to me because of what someone drank. My loved one was worth much more than that to me. Bringing my loved one back to life would be a (PROBLEM).

Walt O. Williams
1101 10½ Street No.
Moorhead, MN 56560

No, I don't smoke. I just don't have time. I spend all my time attending the funerals of my friends who do smoke."

J. Arch Avary, Jr.
Banking Executive
Atlanta, Georgia

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

Editor-in-Chief Mrs. LeRoy Bartle
Box 35, Dickey, North Dakota 58431 Telephone 8-7187
Managing Editor Mrs. E. J. Huntley
428 4th Ave., Enderlin, N. Dak. 58027 Telephone Enderlin 3921
Contributing Editor Mrs. Frank Beasley, Fairdale, N. Dak. 58229

Circulation Manager Mrs. Oscar Johnson
Harwood, N. D. 58042 Telephone 282-3868

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President Mrs. LeRoy Bartle
Box 35, Dickey, North Dakota 58431 Telephone 778-5171
Vice-President Mrs. Paul White
Sturum, North Dakota 58069 Telephone Gwinner 678-2750
Promotion Secretary Mrs. Lyle Trapp
Marion, North Dakota 58466 Telephone Marion 4561
Recording Secretary Mrs. Joe Holt
R. R. 1 E. Williston, North Dakota Telephone 572-3593
Treasurer Mrs. Oscar Johnson
Harwood, North Dakota 58042 Telephone 282-3868
Honorary Presidents Mrs. Bessie M. Darling
Skyline Towers, Apt. 403, 300 E. Collins, Casper, Wyoming
Rev. Eva M. Peet, 6598 Walnut Drive, Galena, Ohio

Editor White Ribbon Bulletin Mrs. E. J. Huntley
428 4th Ave., Enderlin, North Dakota 58027 Telephone Enderlin 3921

VICE-PRESIDENTS

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Southwest District Mrs. Theophil Auch, 44 8th Ave. E.,
Dickinson, N. D. 58601

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Youth Temperance Council Mrs. Melvin Gangness
Harwood, N. D. 58042 Telephone Fargo 282-4026

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Speech Contests Mrs. Fred Kulish
1431 1st St. W. Dickinson, N. D. 58601 Telephone 225-9617
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Music Director Mrs. Vernon Forthun
Sawyer, N. D. 58781 Telephone 624-5486

**MINNESOTA STATE WCTU
PRESIDENT DIES**

We are saddened to read of the death of the State WCTU President of our neighboring state of Minnesota.

Mrs. Wilbur Geary, 68, died in Pipestone, Minnesota, February 6, 1974 after a short illness. She is survived by her husband Wilbur of Pipestone, two daughters and one son.

We extend our sympathy to the family and to the State WCTU in the loss of one who is so needed.

THE UNION SIGNAL

Light Line subscriptions—PLEASE tell us when sending the money, but no names, if we are to supply the names, or if these will be sent later, and we are to hold the payment in credit. This information will be greatly appreciated.

Single subscriptions \$3.00
Light Line subscriptions \$8.80

SUBSCRIBE TODAY!

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60201

THE YOUNG CRUSADER

School subscriptions are still coming into the department. This means that the last issue will arrive at the school after the closing time. In the future, November 1st will be the closing date for school (9 month) subscriptions. Please begin in 1974 sending these subscriptions early, even at the end of the school year, before your union ends its meetings.

1 year subscriptions \$1.00
9 month subscriptions .80

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1730 Chicago Ave., Evanston IL
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TREASURER'S REPORT

Dec. 15-Feb. 15, 1974

DUES: Bismarck 9, Bottineau 1, Cavalier 4, Lisbon 31, Max-Benedict 19, Max-Benedict YTC 8, Minot 5, McKenzie 10, Northwood 3.

HONORARY MEMBER- Bismarck 1, Grand Forks 6, Lisbon 12, Max-Benedict 12, McKenzie 10, Northwood 3.

CENTURY FUND- Helen Gunter, Cavalier \$1.00, Mrs. Harry Jodock, Northwood \$1.00.

MEMORIALS: \$36.00 for Mrs. Annie Porter of Calvin on her 100th birthday Anniversary by her 5 daughters; Mrs. M. F. Bonn, Mrs. Virgil Johnson, Mrs. S. S. Stremick, Mrs. Mary Gursco and Mrs. C. J. Olson, \$5.00 for Mrs. Minnie Volkman by Crosby WCTU, \$5.00 for Mrs. Bessie Darling by Grand Forks WCTU

STATE REPORTS: Bismarck \$2.00, Cavalier \$4.00, Edgeley \$1.00, McKenzie \$2.00, Northwood \$4.00, Prosper \$2.00

WHITE RIBBON BULLETIN FUND: Edgeley \$5.00, Max-Benedict \$3.00, McKenzie \$5.00, Northwood \$5.00

NOONTIDE HOUR OF PRAYER

"It is always noontime somewhere, and across The awakening continents from shore to shore Somewhere our prayers are arising evermore." Lift up a standard for the people." Isa. 62:10

IN MEMORIAM

"Well done thou good and faithful servant:" Matt. 25:21.

"The righteous hath hope in his death." Proverbs 14:32.

Mrs. Ralph J. (Bessie) Darling, 80, of Casper Wyoming, formerly of Grand Forks, North Dakota, passed away Jan. 9, 1974. Bessie Erickson was born in Wisconsin June 7, 1893. She was married to Ralph Darling Nov. 27, 1913, in Anoka, Minnesota. The couple lived in Minneapolis until 1925, when they moved to Grand Forks, North Dakota, where Mr. Darling preceded her in death in 1964.

While in Grand Forks, Mrs. Darling held the office of State President of the North Dakota Woman's Christian Temperance Union, and after leaving that office she became the State director of the Child Welfare department of the N.D. WCTU. This office she held for many years. She was greatly missed by our organization when she moved to Casper Wyoming, where her son Ronald resides.

She leaves one son, Ronald, three grandchildren, one great grandchild and many friends.

THANK YOU!

I want to take this opportunity to express my sincere thanks and appreciation for the beautiful Centennial Demitasse Teaspoon received from North Dakota WCTU. During the ten years I served as state promotion secretary I gained many new friends and it was a joy to work with all of you in the good cause of temperance.

Mrs. Gilbert F. Johnson

Respectfully Submitted,
Mrs. Oscar Johnson, Treasurer

NOTES FROM THE UNIONS

The annual Frances Willard Tea of the Glover-Oakes WCTU was held at the home of Mrs. Carrie Murry on Feb. 11th at 2:30 p.m. Eight Glover-Oakes, 2 Iota Sigma members and 2 visitors were present.

Following the business meeting, a special program was given honoring Frances Willard and her part in the founding of the WCTU. The offering was \$7.00. At the meeting we received a Memorial gift of \$25.00 from a member, Mrs. Carrie Aasen, in memory of Mrs. Carrie Mangnall's brother, Ed. C. Christensen, who passed away recently.

The Enderlin Union recently put 3 scholastic posters and 1 poster, on the effects of drug use, in our school here, along with 12 booklets on drugs and alcohol use, for their library.

RING IN THE NEW!

YTE Week materials April 21-27, 1974.

Achievement Poster (Where Will You Fit)- No. 949, 100 for \$4.30; 50 for \$2.85; 25 for \$1.65; 15 cents singly.

Achievement Church Bulletin Insert No. 1282, 100 for \$1.00; 50 for \$.70; 10 cents singly.

(Welcome back to old favorites):

What is the WCTU? (revised), 100 for \$18.00; 50 for \$10.00; 25 for \$6.00; 25 cents singly.

Mrs. Gray Bunny's Children, 25 cents per copy. Personal Consumer Expenditures No. 269, 100 for \$.75; 50 for \$.45 (just revised).

Suggested Library Lists - sent for postage only (plus postage & handling on all orders 50 cents or more) order from: SIGNAL PRESS, 1730 Chicago Ave., Evanston, ILL. 60201.

QUESTIONS AND ANSWERS ON ALCOHOL

1. Is alcohol a stimulant?
A. No; it is a depressant.
2. Is alcohol a food?
A. Some classify it so because it has calories, but it has no body building elements and no strength may be derived from it.
3. Why do people drink?
A. The four chief reasons are for sociability, relaxation, excitement and escape.
4. What people drink the most?
A. The better educated people in higher income brackets and in the upper status group.
5. What effect does alcohol have on length of life?
A. Insurance companies show that abstainers have a longer life expectancy than moderate drinkers.
6. Does alcohol relieve fatigue?
A. No; it only makes one less aware of the warning signs of fatigue.
7. Can a person do more work if he drinks?
A. Very small amounts of alcohol slow performance, multiply accidents, and reduce efficiency.
8. What part does drinking play in lawlessness?
A. Investigators have concluded that the use of alcohol is a factor in about 50 percent of crime committed.
9. Are large revenues derived from liquor taxes?
A. Yes, but drinking costs society far more than the tax revenues derived from the sale of liquor—such as the cost of hospitals, jails, policing, accidents, and absenteeism from work.
10. Will only a few drinks make it dangerous for one to drive?
A. Experts agree that the driver who has had a few drinks is more dangerous than the one who is drunk.
11. Is the use of beverage alcohol on the increase?
A. Yes, there has been a huge increase in the use of beverage alcohol in the U. S. since the repeal of National Prohibition.
12. Is alcoholism a disease?
A. It is generally so called; but it is different from other diseases in that it is not caught by germs. It may be called a self-inflicted disease resulting from the vice of drinking.
13. How many drinkers become alcoholics?
A. About one drinker in nine is either an alcoholic or a problem drinker.
14. How can I be sure that I will never become an alcoholic?
A. Never take the first drink.
15. What is the best answer when offered a drink?
No, thank you—I'll take tomato juice or a fruit juice. Then stick to it.

—From "The Outlook"

MARCH SPECIAL FOR THE UNION SIGNAL

Any subscriber for THE UNION SIGNAL during the month of March may have it for the following rates: 1 year (NEW) for \$2.75; 2 years (NEW) for \$5.25; and 3 years (NEW) for \$7.00.

ALL correspondence for the subscriptions MUST bear a MARCH post-mark, and sent to: CIRCULATION DEPARTMENT, 1730 Chicago Ave. Evanston, ILL. 60201.

THE YOUNG CRUSADER

The perfect gift for a child at any time of the year. It has good stories and crafts have been added recently, so there are things to make as well. 1 year \$1.00; 9 month school year (September to May) \$.80; and Combination subscription with THE UNION SIGNAL \$3.75.

Send subscriptions to CIRCULATION DEPARTMENT 1730 Chicago Ave., Evanston, ILL. 60201.

THINKING OF CALVARY

Thinking of Calvary one sees the way That Jesus bids us travel for His sake;
Oh Love Divine, may we obey
And our complete surrender make.
We know upon the Cross He died to give Eternal Life, through grace, to you and me;
Now may we seek to speak and live as pilgrims of immortality.

Emily Beach Hogan

THE CHILD

'In the breast of the bulb is the promise of spring
In a little blue egg, there's a bird that will sing;
In the heart of a seed is the hope of the sod
In the soul of a child is the Kingdom of God.'

Wm. L. Stidger

PROTECTIVE LAWS

We have protective laws for pets,
 And also fish and game;
 No firearms in our national parks,
 The public would cry "Shame!"
 If someone traps your dog or cat,
 You justly grow irate;
 Yet liquor traps our boys and girls
 With advertising bait!
 With all of our protective laws,
 It is too much to wish
 That boys and girls could have at least
 The protection given fish!

Florence Marshall Stellwagen in
 White Ribbon Bulletin.

 How important a problem is alcoholism? Here are the facts:

There are 100 million drinkers in the U.S.

There are 9 million alcoholics among them.

About seven out of ten adults drink alcoholic beverages, and one out of twelve is an alcoholic.

Nineteen out of 20 alcoholics are intelligent men and women between the ages of 30 and 55 years.

About one-half of America's alcoholics are employed, but they lose two to three times more work days a year than the average workers and have three times as many off-the-job accidents.

Listen Magazine

The Licensed Beverage Industries Inc. claims that the products of the liquor industry have a 'definite, beneficial place in our society'. While L.B.I. is trying to defend that statement let's ask them to explain how come their product-alcohol-is the No. 1 drug problem in America? How come they call products beneficial which claim 9 million victims (alcoholics) and 9 million problem drinkers in addition?

How come they claim their products are beneficial when over half the highway fatalities on our highways are alcohol related?

How can L.B.I. claim that beverage alcohol is beneficial when one-third of all U. S. suicides and one-half of all U. S. homicides are directly related to alcohol?

How can L.B.I. make 'beneficial' claims for their products which cause a 10-12 year decrease in each alcoholic's life expectancy?

How can L.B.I. claim its alcoholic products are beneficial when it destroys 10,000 tons of grain daily in a world where millions and millions are starving?

How can L.B.I. claim its products are beneficial when government figures show an annual economic drain to industry of 15 billion dollars due

to alcoholism, lost work time, health and welfare costs and property damage?

When you balance the 'beneficial' and 'damaging' sides of the liquor ledger, the latter far outweighs the former in all categories--except profits to the members of L.B.I. In their eyes, the huge profits heavily overbalance the limitless damage of alcohol to the drinker and to society as a whole.

AMERICAN ISSUE

YTC NEWS

Max-Benedict YTC reports action on the home front in the new year. The YTC members have written fifteen letters to senators asking them to vote for the prayer amendment, and seven letters to our governor commending him for his veto of the bill to lower the drinking age. Let us hear from other YTC'ers!

Dickinson began early in the YTC year to earn money for campships. With their enthusiasm I am sure that the candle-selling venture was a success.

Now is the time to prepare for YTE Week, April 21-27, 1974. The new poster from National YTC has a great message. Order your supply at once and also the bulletin inserts. The Posters No. 949 are priced at \$1.65 per 25 and the bulletin inserts No. 1282 are \$1.00 per 100. Then, how about some of the leaflets with catchy messages. Such as "Ten Little Smokers," "Ten Little Drinkers," and "Strike." Catalog numbers and prices are as follows:

No. 360 Ten Little Smokers \$4.25 - 100

No. 120 Ten Little Drinkers \$4.25 - 100

No. 302 Strike \$4.50 - 100

Just a gentle reminder - Have you sent in your dues? Our new WCTU treasurer is Mrs. Oscar Johnson, Harwood, North Dakota 58042. (Fifty cents per member) Stevens Fund and Willard Fund are looking for your support also.

Our Governor, Arthur Link, has been contacted for a proclamation for YTE Week. We trust it will be here in time for publication in this issue of the White Ribbon Bulletin. Use it in your promotion of YTE Week in your community. Let us hear what you are doing as individuals and as a group.

Mrs. Mabel Solum, our faithful teacher and friend of YTC has again given \$100.00 to our camp fund. Thank you, Mabel!

Mrs. Melvin Gangness, Executive Dir.

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One drink of wine and you act like a monkey, two drinks, and you strut like a peacock; three drinks and you roar like a lion; and four drinks—you behave like a pig.

Henry Vollam Morton

The best way to teach character is to have it around the house!

THY WILL

by Oswald Smith

O Lord, I long to do thy will,
To walk with Thee each day,
Yet I have often missed the path
And turned to my own way.

But now I want to follow Thee,
My Saviour, crucified,
And never wander from the Way,
But keep close to Thy side.

Thy way is best, though dark or fair,
And I need never fear;
I'll leave my future in Thy hands,
For Thou art ever near.

Though floods of sorrow overwhelm
my soul from day to day,
Yet will I put my trust in Thee,
And let Thee have Thy way.

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In New York City, a total of 374 Board of Education employees including 103 teachers have been arrested in the last six and a half years for the possession or sale of drugs.

New York Times

THE CLOCK OF LIFE

The clock of life is wound but once
And no one has the power
To tell just when the hands will stop
At late or early hour.

Now is the only time you own,
Live, love, toil with a will.
Place no faith in tomorrow, for
The clock may then be still.

CONTROLS

You can't control the length of your life, but you can control its width and depth.

You can't control the contour of your counterance, but you can control its expression.

You can't control the other fellow's opportunities, but you can grasp your own.

You can't control the weather, but you can control the moral atmosphere which surrounds you.

You can't control the other fellow's annoying faults, but you can see to it that you yourself do not develop or harbor provoking propensities.

Why worry about things you can't control? Get busy controlling the things that depend on you.

(Author unknown)

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While the word is yet unspoken, you are master of it; when once it is spoken, it is master of you.

Arab Proverb.

