MHILE BIBBOU BATTELIU

Litchville, North Dakota 58461
Official Organ of W. C. T. U. of North Dakota
NOT WILLING THAT ANY SHOULD PERISH

Second Class Postage Paid at Litchville, ND 58461 BARTLE, MRS. LEROY DICKEY, N.D. 58431

VOLUME LXXXIII

JULY--AUGUST 1979

NUMBER 4

DIRECTIONS TO CONVENTION

The location is Exit 67 on I-94. South three miles on University Drive which becomes County Hwy. 81. Exit 60 on I-29 - two miles east. The gravel road may be paved by October but cannot be absolutely certain on it.

IMMEDIATELY, TREASURERS AND PRESI-DENTS, CHECK ON THE RESULTS OF YOUR MEMBERSHIP CONTEST. Names and addresses of new members MUST be sent with their dues to Annabelle Johnson (Mrs. Oscar) by August 1st. Any later, and it cannot be counted. Make your work count. do it now.

		***************************************	••••	***************************************
		N		-
				EXIT 87
		1-94		
W Ex1760	1-29	2 Miles	INIVERSITY DRIVE	E
		GRAVEL ROAD		
		s	SOUTH COUNTY BI	SACRED HEART CONVENT

MATRON'S CONTEST

There has been growing interest in the Matron's Contest for several years. This year is no exception. To help you prepare for the State Convention this year, we are giving these pointers. Qualifying speeches must have from 750 to 1,000 words. Age, former achievements, reputation, or applause are disregarded during the judging. No particular style of delivery is required. The speaker is free to select and develop his own style. Judging is on the degree of perfection attained and effectiveness in influencing the audience.

The mechanics of speech must be observed faithfully - poise, quality, and use of voice, effectiveness and ease of gesture (bodily interpretation), emphasis, variety, and perfect enunciation. The contestant should be able to interpret the full meaning of the selection and to carry this interpretation into the minds of the audience. He must be able to hold the interest of the listeners and make them feel the spirit of her selection so keenly that they are inclined to forget that it is part of a contest. While memory work is important, a slight lapse may be overlooked, in consideration of good work along other lines.

APPROVED BIBLE SELECTIONS

Youth and Adults

Youth and Adults					
Belshazzar's Feast	Daniel 5:1-6, 13, 31.				
Cluster of Pearls, A	Luke 18:1-30.				
Confidence in God	Psalms 27 & 46.				
Exhortation, Promise and J	udgmentPsalm 37.				
Exhortation to Faith and Go	odness Hebrews 12.				
Faith	Hebrews 11.				
Faithfulness					
God's Judgment	Isaiah 5.				
Golden Image, The	Daniel 3:1-28.				
Manoah Promised a Son	Judges 13:2-24.				
Moses' Exhortation	Deut. 6.				
Paul's Exhortation to Brothe	erly				
Kindness	Romans 12.				
Paul's Defense before Agrip	pa Acts 26.				
Paul's Exhortation	Phil. 4.				
Pleading and Promise	Isaiah 58.				
Promise of Blessing to God's	People Mal. 3.				
Praise and Confidence	Psalm 34.				
Prophecy and Thanksgiving	Isaiah 11-12.				
Rechabites Drink No Wine	Jeremiah 35.				
Resurrection Story, The	John 20.				
Sermon on the Mount, The					
	21-24 32-42				
Story of Nabel, The	I Samuel 25:2-38.				
Strength of the Spirit, The	Romans 8:1-17, 26-29.				
Temptation of Jesus, The	Luke 4:1-41.				
Test by Fire, The	I Kings 18:1-2, 17-26,				
	29-32, 36-42, 45-46.				
True Vine, The	John 15				
Trust in God					
Woman at the Well, The	John 4:1-30, 39-42.				

May 27, 1979

Dear Mrs. McCleary:

I am taking time from my busy schedule to invite you to attend our National Convention June 18-19 in Birmingham, Alabama. If you need any information on registration, motel reservations, etc., please let me know and I will send them by return mail.

This promises to be one of our best conventions in many years and I hope to see you there. If you cannot attend please pray with me that those who come will have a safe trip and be led by the Lord in all they do at this important meeting.

We need your help financially to make this a great gathering. Some friends cannot attend unless we help them financially. There is also a great expense in putting on such a meeting. Please send your generous gift by return mail.

I will thank you by sending a copy of "Booze, Bucks, Bamboozle and You" for your gift of \$10 or more. We still have a few Neal Dow books left to send to givers of \$100 or more.

Please write today. We are counting on your support.

Gratefully, Earl F. Dodge Executive Secretary

MARION'S MEMOS

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths." Proverbs 3:5-6.

Dear Co-workers.

Faith, mighty faith, the promise is and looks to that alone,

Laughs at impossibilities and cries it shall be done.

Someone said God expects us to do the possibilities and He does the impossibilities. With His power we can do that which we may think is an impossibility. Surely by placing our trust in the Lord and letting Him be our Guide and Director, ladies of the North Dakota Women's Christian Temperance Union, we can accomplish great things in this work.

Remember our membership contest closes August 1st. You MUST have names and addresses of new members enlisted and their dues (or you may call it an enlisting fee as our National Treasurer has suggested) sent to the State Treasurer NO LATER than August 1st, sooner if possible. With God's help how can we fail?

I am so happy for those who have gained new members. Be sure to keep track of who has enlisted them as stated in the November--December issue of the W.R.B., awards will be given at State Convention. There will be awards for the outstanding District, Union for getting the most members, and the lady who has enlisted the most new members.

If you noted our membership of 1978 as given in the May--June issue of that year and compared it to the May--June issue of 1979, you will realize that we could become a net gain state with just that extra last push by each member. Do you have someone who is almost committed? Approach her again.

Those ladies who have gained one or more members, with a little more effort, with a fifth member won, are qualified to win a Sapphire stick pin by National. The ladies who enlist 10 members qualifies for National's award of a Ruby stick pin. If you have gained 5 or 10 members, be sure to notify Vivian Trapp, our Promotion Secretary, immediately, so she may let the Treasurer, Annabelle Johnson, know.

It was a pleasure to attend four District Conventions, only wishing I could have been at every one. It was gratifying to hear the reports of the many things you succeeded in accomplishing inspite of the hard winter season.

The report blanks for Banner Unions and Districts were in the last issue of the W.R.B. Each Union is to check the Union column of the Banner District report and send it to your District President. Also each Union is to fill out the Banner Union report blank and send it to the State Promotion Secretary by September 15th, not the 20th as listed on the form. Thanks for cooperating with us. The earlier State Convention date makes this

necessary. All financial business must be in the hands of the State Treasurer by September 10th. The only exception is the new members enlisted and their dues which must be in by the 1st of August. Lastly, each Union is to have reports for each department sent to the appropriate Department Director by September 15th.

State Department Directors: Your annual report is due to the Vice President, Violet White, no later than September 20th this year. Also please have a copy to give or send to the Recording Secre-

tary, LaVanne Fannik, at Convention.

You have been asked to keep an account of the things you do throughout the year: letters written to state, national, and even local legislators, TV, radio, magazine, newspapers, bureaus in protest, commendation, or support; calls and visits to sick and shut-ins, cards, flowers, gifts of money, food, clothes, volunteer services, etc. You do so many lovely and helpful things. So, keep a record report, and be more specific. Where a number is to be indicated, give it. State and National Directors cannot count - few, many, several, most, all or sometimes.

Report literature given, films and strips shown, essay, poster, and speech contests sponsored, YTE Week, and YTC camp projects, LTL day camps. Ladies, you may think at times that you haven't done much throughout the year, but when accurate count is kept, reporting can be fun and you will be amazed at what you have to report. Your Department Directors MUST have your reports no later than September 10th. This is giving them less than two weeks to have their report ready for the Vice President. Please do everything possible to send all reports as soon after your August meeting as you can. They will appreciate it so much.

Dear White Ribbon Sister, I so appreciate all you do and I'm counting on you all to put us over the top as a Net Gain State for our 90th annual convention. And if all Unions report, we can send in

to National great reports.

As I have read State Reports from other years, I see that North Dakota WCTU ladies have always been faithful to the cause. We have always met requests from National to the best of our ability financially and otherwise.

Ladies, though the membership contest will be over August 1st, don't give up the drive for members. We need to replace the dear ones who

have gone on ahead from year to year.

Above all, ladies, we need to encourage younger ladies to join us in this cause. Mothers of White Ribbon Recruits, LTL and YTC age children should be the most concerned, protecting their homes and families and working for the enactment and enforcement of good laws.

Let us make our meetings interesting, informative, and to the point. We must be so wholeheartedly enthusiastic about our work and its importance that those we contact will feel impelled to join us.

Be not weary in well doing. God bless you, each one, as you labor in love and concern.

Sincerely, Marion

RANSOM - LaMOURE DISTRICT

The 79th District Convention was held May 14th in the United Methodist Church in Dickey. The meeting was opened by singing "Lead On O King Eternal." Devotions were given by Rev. Richard Macha. He used Matthew 14:22-24 emphasizing why we should set aside a special time for prayer. Irene Wiltse responded to the welcome extended by Gelia Stemen. Violet White led the Flag Salutes. The nominating committee was represented by Violet White, Doris Huether, and Gelia Stemen; the auditing committee by Irene Wiltse and Amanda Chappel; and the resolutions committee by Beverly Maack and Helen McCleary.

"The White Ribbon Rally Song" was sung. A gift was designated for use at YTC Camp with Mrs. Gangness to determine the use. All were urged to attend State Convention at the Sacred Heart

Convent October 4th and 5th.

Helen McCleary presented the Memorial Hour honoring Laura Froemke, Anna Melby, and Ralph Humphrey. After Helen read Psalm 8, Jeannette Waldie and Margaret Gackle sang "It Isn't the First Mile." The poem "The Lord Lives" was read.

After the Noontide Prayer was sung, and prayer by Marion Bartle, we partook of a potluck dinner. Marion Bartle opened the afternoon session by reading from the books of Matthew and Mark. After singing "Precious Jewels", the assembly joined Violet White in the White Ribbon Recruit dedication of Clayton Richard Waldie as he was presented by his mother, Mrs. Thomas Waldie.

Jeannette Waldie read a letter of appreciation that the Dickey Union had just received from Ron Harmon, Director of the Pine Ridge Indian Reservation. She described their layette project and told of the fun in the collecting. Perhaps more will

make this a project in the coming years.

Numerous greetings were sent, as well as commendations to Mrs. Don Klingensmith, Governor Arthur Link, and the Secretary of Health, Education, and Welfare, Joseph Califano.

The nominating committee for 1980 will be Jeannette Waldie, Beverly Maack, and Violet White. Jeannette Waldie and Margaret Gackle

favored us in singing "Until Then."

Committee reports were given. In the election which followed, Melissa Dick was elected President; Gelia Stemen, Vice President; June Olson, Secretary; and Beverly Maack, Treasurer. We closed with the singing of "Blest Be the Tie that Binds", and a fruesta.

After 4 years of study and testing, scientists say marijuana effects visual functions.

Berkeley, Calif., A.P.

YOUR ATTENTION PLEASE! Clip and save this directory for your reference. It will be the ONLY complete directory published this year.

WHITE RIBBON BULLETIN Official Organ of the North Dakota Woman's Christian Temperance Union

Single Subscription Price One Dollar (\$1.00) per annum

POSTMASTER -Please send all notices of non-delivery to: Mrs. Oscar Johnson. Harwood, ND 58042

JULY-AUGUST-1979 Published bi-monthly by The Litchville Bulletin Litchville, North Dakota 58461

> Second Class Postage Paid at Litchville, North Dakota 58461

Contributing Editor Mrs. E.J. Huntley, Unit 1, Apt. 101, 1408 Oak Manor Ave. So., Fargo, North Dakota 58102. Circulation Manager Mrs. Oscar Johnson, Box 92, Harwood, North Dakota 58042, 282-3868

All matter for publication must reach the Managing Editor by the fifth day of the months of February, April, June, August, October and December.

BISMARCK DISTRICT

The 79th Annual Bismarck District WCTU Convention was held June 2, 1979 at the Salvation Army Citadel, Bismarck, N. D. with President Elizabeth Lind presiding and Miss Verna Elisworth and Thelma Klingensmith at the registration table. Attendance was very good.

Group singing of hymns followed the early coffee and registration and again after the delicious noon luncheon served buffet style by the Home League

Ladies of the Salvation Army.

Devotional messages by Reverend D. Becker in the forenoon and by Reverend Don Klingensmith in the afternoon, were challenging and heartwarming.

For special music, vocal solos by Rev. Becker in the forenoon, and John S. Lind, afternoon with Elizabeth Lind at the piano, were much enjoyed.

The Flag Salutes, Wecome, Response, Minutes of the 1978 Meeting, Financial Report, and a Memorial Moment for Mrs. C. H. Elder involved the following: Blattner, Lind, Huhncke, Bickle, and DeKrey. Mrs. Elder, a faithful member of many years, passed away.

Our guest speaker, Rev. Grael Gannon, Superintendent of Shiloh Christian School of the Bismarck - Mandan area, gave an inspiring address concerning Christians, churches, Our Common Denominator, and our purpose in life to glorify God and do His will. His emphasis was on how we can work to bring a Christian viewpoint to the institutions of this nation and the world. One approach, he said, would be the creation of more Christian Schools such as the Shiloh Christian School which was founded in 1978 with nine teachers and concerned parents. It opened its doors to 43 students, kindergarten through tenth grade. Before the school year ended, 56 students were enrolled. The 11th and 12th grades will be added in 1981. Its favorable growth looks forward to an ever increasing attendance and a building program.

During the business meeting, Mrs. Klingensmith, Treasurer of the District's special publicity project, gave a report on its financial condition and

activities.

The incumbent officers were re-elected and duly installed: Elizabeth Lind, President; Huhncke, Vice President; Ruth Bickle, Secretary: and Winnie DeKrey, Treasurer.

The meeting closed with prayer after which a fruesta was enjoyed by all.



Bismarck District Officers: Elizabeth Lind, Olga Huhncke, Winnie DeKrey and Ruth Bickle.



Bismarck District Convention: Guest speaker, Rev. Grael Gannon, and Rev. Don Klingensmith.

"Everything is not in the Temperance Reform, but the Temperance Reform is in every thing." Frances E. Willard

TREASURER'S REPORT April 15 to June 5, 1979

DUES:

Women - Crosby 1, Dickey 1. Members-At-Large - 8.

Honorary Men - 5.

STATE REPORTS -- Bismarck \$5.00, Cavalier \$3.00, Fargo \$8.00, Grafton \$5.00.

LIGHT LINE - Crosby.

WHITE RIBBON BULLETIN -- Fargo \$5.00.

DISTRICT PLEDGES - Grand Forks District \$25.00, James Valley District \$40.30, and Minot District \$30.00.

N.D.E.A. BOOTH - Bismarck \$3.00, Fargo \$5.00.

MEMORIALS - In memory of Inga Knutson: \$2.00 by Mrs. Ruth C. Holt, and \$5.00 by Grafton Union; In memory of Josephine Harris: \$5.00 by Fargo Union; and \$10.00 in memory of Mrs. John Warne by Adele Ottinger (A Memorial Member).

Respectfully Submitted, Mrs. Oscar Johnson, Treas.

TOTAL MEMBERSHIP From September 1, 1979 to June 5, 1979: Women 408 and Men 91.

GRAND FORKS DISTRICT

The 69th Annual Convention of the Grand Forks District was held at the Seventh-Day Adventist Church in Grand Forks May 9th. The session was led by Mrs. Henry Evanson on the theme, "To Him, who by means of His power working in us, is able to do so much more than we can ever ask for, or even think of; to God be the glory in the church and in Christ Jesus for all time forever and ever. Amen!" Ephesians 3:20, 21.

Our speaker for the morning was Rev. Alvin Harsch, Chaplain of the Rehabilitation Center in Grand Forks. He said there is no limit to what God can do for us. The question always arises, "What kind of resources do people have to help in a time of crisis?" Your theme verse talks about this resource. Our own resources can never be enough, we must have Jesus Christ in our lives! He gives us

the security we need!

Eight Grand Forks young people took part in a speech contest. We were very proud of these young people who wrote their own essays on the topic of their choice.

A memorial tribute was paid to two members of the Northwood Union: Selma Haroldson and Bertha Ouradnik and one honorary member, Lynn Mutchler.

The following slate of officers were installed by Mendora Bilden: President, Mrs. Henry Evanson; Vice President, Mrs. S. P. Roehl; 2nd Vice President, Isabelle Henry; Promotion Secretary, Mrs. Lynn Mutschler; Recording Secretary, Mrs. Grace Jadock; and Treasurer, Mrs. Abner Jadock.

Three little White Ribbon Recruits were dedicated to a life of abstinence and purity by their

mothers.

The meeting was closed with prayer.

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." Isaiah 62:10

PERSONAL MENTION

We had our regular meeting on June 8th in the Community Room of the Minot Public Library with Mrs. Ruth Luchsinger, our vice president, presiding. There were 21 present. Chester Keith gave a talk on "What the Bible Has to Say About Temperance". Mrs. Chester Keith and Jake Steffen, accompanied by Corey Laib at the piano, favored us with two vocal selections.

Plans are being made to send some young people from this area to the Y.T.C. Camp at Cooperstown. Several reported on their social service projects. On July 17th a picnic will be held at the Fred

Schmidt residence here in Minot.

Refreshments were served by the hostess, Mrs. Jake Steffen. She was assisted by Mrs. Lydia Hoffer.

Mrs. Jake Steffen, Secretary of the Minot Union

IN MEMORIAM

ANNA MELBY, 86, died May 1st from injuries sustained Easter Sunday. Anna was a faithful and capable member of long standing in the Oakes Union. She was born at Oakes in 1893. Anna began working at the Post Office in Oakes in 1915 and became Assistant Postmaster in 1963. She was a member of Grace Lutheran Church.

E. O. LERBERG, 83, died June 20 in a Minot hospital. Mr. Lerberg was born in Minneapolis, Minn. in 1896 and grew to manhood in the Kindred and Moorhead areas. He received his education in Moorhead. Moving to Minot in 1916, Emil became an attorney's secretary. Later the same year, he began his banking career as a bookkeeper in a bank at Makoti. In 1931 he opened the People's Bank and Trust in Parshall in which he was president most of his life.

An Army Veteran of World War I, he was a member of the American Legion, the Parshall School Board, and the United Church of Christ, of which he was treasurer for many years. Emil, an Honorary Member of the Parshall Union, gave his wife strong support in the work.

He is survived by his wife, Gladys, a son, Gary,

and four grandchildren.

God grant that we may be so divinely led that history's verdict upon our work shall be: "By God's blessing they helped make the world wider for women and happier for humanity." Frances Willard

WHAT'S WRONG WITH TOBACCO?

What's so great about smoking? Nothing! It smells bad and it looks terrible, in my opinion anyway. Why do people want to smoke? Even if they like it, they know it is hurting their health and

may be others too.

Why do people smoke? People who smoke, smoke for many different reasons. Here are a few examples: (1) Because their friends do it. This makes them think they're one of the crowd. But this is a question asked a lot. Is it worth it? Doing something that is hurting you just to be one of the crowd. (2) Another reason people use it is something to do. Like if you're waiting for some news or a phone call. (3) This is all in the mind but people say "smoking calms my nerves, it helps me relax." (4) This last one happens mostly to women. They start to smoke because they have a weight problem. They have a cigarette anytime they feel like eating. Before they start smoking they say that they can guit as soon as their weight problem is over. But they get hooked and cannot stop. Now they are endangering their lives.

Teenagers that are in sports at school cannot play or perform their best because of smoking.

Some kids smoke to look cool and grown up.

The Surgeon General has warned that cigarette smoking is dangerous to your health. This warning is on the side of every pack of cigarettes there is. The latest Surgeon General's report says that "smoking can kill you." (1) The proof that they have is overwhelming that cigarette smoking causes heart disease, lung cancer and other ailments.

In 1900 about four billion cigarettes were manufactured. Now there is close to 580 billion manu-

factured annually.

Lately there have been reports that smoke from smokers can hurt the non-smokers around them. This is true in some ways. It has been said that if it is a small area such as a car, the person not smoking inhales just as much or more smoke than the person smoking. The person smoking inhales smoke that has been filtered out so it won't be as harmful.

Smoking is harmful to your health because of the large amount of tar and nicotine that gets into their

lungs.

I think any kind of smoking - cigar smoking, pipes, cigarettes or chewing tobacco is an awful

habit and I wish there was a way to limit it.

I guess it is up to you if you want to smoke; it is your choice, but remember it is hurting you. But if that doesn't bother you, then remember you might be hurting someone else, too. Think about it before you light your next or first cigarette, cigar, or pipe.

(1) Current Events Page 12.

Bibliography

1. "Chart Book on Smoking, Tobacco and Health," Atlanta, Ga., U. S. Department of Health,

Education, and Welfare, 1976.

2. "New Report Says Smoking Is Deadly", Current

Events, vol. 78, Feb. 28, 1979, page 12.

3. "Teenage Self Test Discussion Leader's Guide," Atlanta, Ga., U. S. Department of Health, Education, and Welfare, 1976.

4. "Teenage Self Test Cigarette Smoking," Atlanta, Ga., U.S. Department of Health, Education,

and Welfare, 1975.

By: Wendy Dickson

"WHAT CAN I DO?" A RIGHT - NOW PROGRAM FOR

CITIZENS CONCERNED ABOUT PORNOGRAPHY

1. COOPERATION. Ask theater owners, news dealers, chain store owners directly or by letter for cooperation in making yours a clean community.

Often, this will accomplish much.

2. COMPLAINTS. If you see a film or material in bookstores or on news stands that you feel may be in violation of the law, ask your police or district attorney to investigate. And ask your area FBI office to investigate for possible federal violation.

- 3. LETTERS. Write letters of praise as well as protest. On pornography, write to law enforcement officials. On offensive TV or radio programming, write your local station managers. Your local station is ultimately responsible for what is aired. Send carbon copies to: Mr. Charles Ferris, Chairman, FCC., 1919 M Street, Washington, D.C. 20054.
- 4. ORGANIZATION COMPLAINTS. Have your organizations civic, fraternal, religious pass resolutions on conditions in your area, and send them to law enforcement officials together with complaints on specific theaters or adult bookstores. Complaints coming from groups are effective.

Complaints coming from groups are effective.
5. FORM A MORALITY IN MEDIA CHAPTER.
A chapter is a formal organization, assuring continuous, on-going effort against the problem. Ask us

how.

6. THE HILL-LINK REPORT. This is the Minority Report of the Presidential Commission on Obscenity and Pornography that was mentioned several times in the June 1973 landmark Supreme Court decisions. It is excellent background.

Morality in Media.

Continued from Page 8

wish: to let my life help other lives it touches by the way."

Mrs. Bartle conducted the Installation of Officers: President, Miss Pearl Elofson; Vice President, Mrs. Melvin Gangness; Secretary, Mrs. Elsie Loomis; and Treasurer, Mrs. A. H. Waa.

The Lord's Prayer was followed by "Blest Be the Tie That Binds." The Prosper Union hosted a

coffee hour.

WHAT'S WRONG WITH TOBACCO?

"Ah, come on, just try it."

"No, I don't want to."

"It won't hurt you, come on, just a couple of puffs."

"Well, O.K., I'll try it."

This is how many children in our society start smoking. The eight main ways that children do start to smoke are:

- 1. They think they can smoke now and quit later because they are young and have a lot of time to quit.
- 2. They don't think it will hurt them.3. Their parents do, why can't they?
- 4. The money they spend on cigarettes would probably go to more wasteful things.
- 5. Smoking, they think, will make them look
- more mature.
- 6. They use filters so they don't think it will hurt them.
- 7. It acts as food for dieters so they will lose more weight.
- 8. They don't want to be left out.

Tobacco is very high in value and brings in a lot of money through tax and revenue. "In 1971 the state tax revenue from tobacco products was 4.7 million dollars. In North Dakota the total revenue in 1970 was 121.6 million dollars. Also in North Dakota, the state tax rate in 1971 and 1972 was 11 cents per package of 20 cigarettes." (1) That's a lot of money!

I believe that those people are wasting their money and I think it should be spent on more

worthwhile things.

What's wrong with tobacco? There's a lot wrong with it. Tobacco is a major health hazard. It is also

the main cause of lung cancer.

"The Surgeon General's studies show that the risk of lung cancer is ten times greater in a moderate tobacco user and twenty times greater in a heavy tobacco user." (2).

Usage of tobacco also adds a greater chance of getting some type of heart disease, chronic bronchitis, and emphysema. Death rates are also higher in tobacco smokers than in non-smokers.

Tobacco contains many harmful substances. No one yet has found out the specific substance that causes cancer in tobacco users. Some substances in the smoke of tobacco cause changes in the cells of the throat and bronchia. The chemicals in the smoke slows down the movement of the cilia (hairlike objects). The cilia is located in your throat and it cleans out your throat passages. So the result of the smoke on your cilia is a "dirty" throat.

Fat or unhealthy? THIS IS A QUESTION ASKED BY MANY OVERWEIGHT PEOPLE. In other words, they want to lose weight so they use cigarettes and other tobacco products as food substitutes. Most people in this case chose unhealthy. If you had to make this choice what would

you choose.?

Now that you realize what tobacco can do to you, you can just tell the person who asks you to 'just try it' what I've told you, and remember the best cigarette is the one that has never been lit.

Bibliography

1. "Chart Book on Smoking, Tobacco and Health," U.S. Department of Health, Education, and Welfare, 1976.

2. "New Report Says Smoking Is Deadly," Current

Events, Feb. 28, 1979, page 14.

3. "Reasons Young People Smoke," U.S. Department of Health, Education, and Welfare, 1976, Atlanta, Ga.

t. "Teenage Self Test," U.S. Department of

Health, Education and Welfare, 1976.

5. Tobacco. "World Book Encyclopedia," 1970, volume 18, page 243.

By: Sarah Griesbach

WHAT YOU CAN DO ABOUT TV

The problem of gratuitous sex-violence is a matter of grave concern to parents all over the nation. The networks are turning a deaf ear to the objections of viewers, and continue to beam into our living rooms, programs that they decide we want to see.

Morality in Media suggests viewers take the following steps when they see offensive programs, or when they see offensive programs advertised.

(1). Call and write the station manager of your local network affiliate. Be specific. Tell him what program offended you. Tell him you do not think your community wants this sort of program. You own the airwaves. Your local station is licensed by the Federal Communications Commission which works in your interest. Tell him, too, you will write to the sponsors.

Get as many people as possible to make the same sort of telephone call. Networks will suffer in the cash register if affiliate stations refuse to air

network shows.

(2). Write sponsors of offensive shows. Advertisers may withdraw their sponsorship of particular shows if they know they have offended many viewers. Write directly, or in care of your station. For example: Alka Seltzer, Channel 5.

Note: A directory of sponsors can be obtained for \$2.00 from: National Television Advertisers, 3245

Wisconsin Avenue, Berwyn, Illinois 60402.

A TV Sponsor's Product Cross-Reference Directory can be obtained for \$5.95 from: Televisions Sponsors Directory, Everglades Publishing Co., P.O. Box Q, Everglades, Florida 33929, or from your public library.

It would be helpful if you would send copies of letters to: Mr. Charles Ferris, Chairman, Federal Communications Commission, 1919 M Street,

Washington, D.C. 20054.

Morality in Media

THE UNION SIGNAL

THE UNION SIGNAL is such an important publication for our organization that each officer, and member, should receive a copy for each month. The information is needed to carry on our work, as effectively as possible. Please Note: The next two issues will be the convention preview ones, so if you want extra copies, please let us know immediately. What a marvelous time to subscribe!

1 year subscription	4.50
2 years subscription	
3 years subscription	
(single copies)each	

Send Subscriptions To:

CIRCULATION DEPT., NAT'L. WCTU 1730 Chicago Ave., Evanston, Ill. 60201

(Payment must accompany subscription)

THE YOUNG CRUSADER

THE YOUNG CRUSADER is the finest publication for boys and girls, ages 6 to 12 years, that you can find that is so worthwhile. Many more children should be reading the fine stories in each issue, plus the crafts included in the LTL program. Please, won't you send in the names and addresses of children you know along with the subscription prices. You will be so happy you did! How about that special birthday! ?

1 year subscription	1.50
Single copieseach	.25
Send Subscriptions To:	

CIRCULATION DEPT., NAT'L. WCTU 1730 Chicago Ave., Evanston, Ill. 60201

(Payment must accompany subscription)

FARGO DISTRICT

The 88th Annual Convention of the Fargo District was held May 15th at the Herby Lutheran Church in The Convention theme was "Open Channels." Mrs. Melvin Gangness, Vice President, opened the meeting with the hymn, "Channels Only." Devotions were led by Rev. E. J. Huntley, based on John 1:6-7, urging us to "bear witness of the 'Light of the World'." Be Christian Channels making Christ known in our homes and for the children of the world. Mrs. Hans Langseth gave the welcome which was responded to by Miss Bertha Stedje. The Fargo Union reported 39 members and 2 honorary members. They are both Advance and Light Line Unions. The Prosper Union reported 16 members and 13 honorary members, who were honored at a Christmas luncheon. Prosper, too, is a Light Line and Advance Union. Twenty-nine contestants entered their essay contest, the first place winner going to National. One essay was read at the convention.

A memorial membership was given to the State WCTU in memory of Mrs. John T. Warne, 92, a very active leader of the LTL since the early 1900's and President of the Fargo Union and District for many years. A memorial gift was also given the State WCTU in memory of Mrs. Josephine Harris, 87, Fargo. The Memorial Hour was graciously conducted by Miss Pearl Elofson. The above mentioned members and Mrs. Gladys Prestigaard. Mrs. Ida Nelson, and Mrs. Ray Wolfer were re-

FILL YOUR CARTS!

Program Kit and one calend:	79-80)	\$4.00+
Program Kit and 12 calendar.		4.80 +
Program Kit and 25 calendars		
Program Kit and 50 calendars		7.50 +
Program Kit and 100 calendars		10.15 +
+ Price included postage an	d handling	

Program calendars - 15 cents singly; 12-1.10; 25-2.15; 50-3.65; 100-6.35++

Program Planner Manuals - 50 cents ea; 12-4.75; 25-9.50; 50-16.15; 100-28.50 ++

Please add postage and handling

1980 Essay Contest Rules No. 1720

100-1.10; 50-60 cents

(Please note: Contest now includes 3 packet titles for elementary (new); junior and senior high-grades 4 thru 12)

(Packets will be ready by convention time)

Lillian M.N. Stevens

100-33.00; 50-18.70; 25-11.00; 50 cents singly

--0--What About Beer - 1979 revision (revised extensively) 100-37.00; 12-6.00; 50 cents singly

Total Abstinence 6" rulers (talk of the town) 100-2.25; 500-9.90; 1M-17.00; 5M-79.25; 10M-148.50

(great for fair handouts - red & black ink on white stock)

WCTU Placemats 1 Pkg. of 50-\$3.35; 2 pkgs.-\$6.30

Winners In One Nat'l. WCTU Poster Contest 100-3.45; 50-1.95; 25-1.15

(Plus postage and handling on all orders please) ORDER FROM:

> Signal Press 1730 Chicago Ave., Evanston, Ill. 60201

membered. Mrs. Gordon Langseth sang "I Shall See Him Face to Face", accompanied by Mrs. Gilbert Gangness.

Following the Noontide Prayer, the Prosper Union served a very delicious and attractive

The afternoon session opened with a hymn and devotions led by Miss Bertha Stedje. She challenged us to allow God to make us channels of information for our youth. An instructive report of information from the departments of the WCTU were given by members.

Mrs. LeRoy Bartle, State President, delivered the convention address, 'Highlights of the WCTU.' She reminded us that this year we celebrate the 90th anniversary of the beginnings of the WCTU in Jamestown, N. D. in 1889. Be a Net Gain State and Each One Win One, she urged. She stressed the Year of the Child, crying, "Train me that I may be a blessing to the world!" For Christians every year should be the year of the child. Sixty percent of child abuse in the home is due to alcoholic beverages. As a closing though she said, "My