Dear Co-Workers,

There are a few things that we must be reminded to do the next few months. According to God's word in Ephesians 2:10 — For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them. This is one reason for working for Jesus and we have so many opportunities in the WCTU.

First - The dates April 12-20 are for our National Leadership Training School in Chicago.

Second - WCTU Quiz and Parliamentary Law Quiz can be ordered from me. The members of the local union take the quiz and grade their papers. The names and addresses of those who received a grade of 70 percent and over are sent to the State Promotion Secretary, Mrs. Lyle Trapp.

Next - The reading list: ladies please send a short report to me of the five books you read, one from each category, no later than June 1st.

Last - Vanguard blanks: Please send the Vanguard blanks to me no later than June 1st. Remember, too, that for your report to count it must be on a regular form—not written up on another sheet of paper. Send it early and get your award at National Convention. Read the requirements in your book.

Please remember the earlier dates for reports to be in as the World Convention dates are July 12-19, 1983 at Hamilton Hotel, Itasca, Illinois. A very short National Convention will follow. Time will be allowed for the presentation of awards. The two reports which must be in early to be honored are VANGUARD BLANKS and READING LIST.

Thank you for your faithfulness.

Mrs. Lyle Trapp

WHAT IS THE VALUE YOU PLACE ON A CHILD'S LIFE?

The lives of our youth are being ravaged by Marijuana these days. Their personalities are being devastated as well.

As early as 1976 Dr. Akira Morishimo of Colombia University looked at the white blood cells of 25 apparently healthy young males who had smoked Marijuana at least twice a week for 4 years and found that one-third of their cells contained only 5 to 30 of the normal complement of 46 chromosomes. These are the particles in every cell's nucleus that pass on genetic instructions to the next generation. "In my 20 years of research on human cells," said Morishimo, "I have never found any other drug that came close to the DNA damage done by Marijuana.

Since 1975 some 300 studies of Cannabis's harmful effects on animal and human cells have appeared in scientific journals. Pioneer Marijuana researcher Dr. Gabriel Nahas sums up the central role of Marijuana's effects on human cells. "The many findings of cell damage caused by cannabis explain all the other damaging effects of the drug on the lungs, sex organs, brain, immune system. I call the slow cell damage done by regular pot smoking over the years a SLOW EROSION OF LIFE."

According to latest (1979) U.S. National Survey on Drug Abuse, one out of 6 youngsters in the 12-17 age group was a current (within the past month of survey) pot smoker. In the 18-25 age group, one out of every 3 Americans was a current pot smoker.

Unlike the heavy drinker who generally "becomes himself again" when sober, the underlying personality structure of the chronic pot smoker seems to change. Dr. John Meeks, medical director of the Psychiatric Institute of Montgomery County, Maryland, says "If someone smokes twice a week or more, sobering up - in any total sense - never occurs. Even when not "high", he or she remains in a state of subacute intoxication: in most cases, without recognizing this 'holdover' effect."

According to Dr. Carlton Turner, Senior Policy Advisor on Drug Policy for the White House, most Americans do not realize the pandemic proportions of Marijuana use among our youngsters. Turner warns: "The inescapable fact is that unless our current pot-smoking habits are reversed sharply, Marijuana will have a drastic long-term physical and psychological health effects on our young people and, therefore, on the future of our family and our nation."

Last August, the surgeon general of the United States warned that chronic Marijuana leads to "A broad range of psychological and biological effects, many of which are dangerous and harmful to health." Those effects range from memory and learning impairment to decreased sperm count and interference with ovulation and prenatal development of fetuses. The warning was issued after a 15 month review of existing scientific evidence, much of which resulted from studies funded by the National Institute on Drug Abuse, which effectively controls Marijuana research in the U.S.

Mrs. Ralph Sivola
National Director
MEETING WITH MONA

Dear Co-Workers,

Yet the Lord will Command His loving kindness in the daytime, and in the night His song shall be with thee. Psalms 42:8

When we look about us and see all the problems we are faced with, isn’t it great to know God is there, even in the darkest hour?

How many of you have stopped lately to look at the beauty of God’s creation: the blue sky, the storm clouds, the stars in all their splendor, a tree in full blossom, or a turning of leaves? Only God can do this. If He has the power to change the seasons, to send the rain, to keep His universe in order, how much more can we expect of Him? He can do all things, but we ask so little and we get what we ask for. If we ask for abundant life we will receive it. But as with all things we must be willing to pay the price.

We talk much about the problems we are facing in our work with the WCTU and I am sure we have been asking God’s help but now is the time to pay the price. What price is involvement? We need to be letting our ladies know we feel about these things which cause us concern. How many of you have contacted your representative in the state legislature or congress to let them know your opinions regarding stiffer penalties for DWI’s or the ERA (Yes, ladies, it’s back again) or the move to clean up the TV programming? These are just a few.

Let’s get busy and find out what is happening and do something about it. Prayer is number one but let us put a little action with it and into it. God can only act through people as they are willing to be available. Let Him use YOU this year.

THE SAD TALE OF ANNA SUE BELL

Oh, hark to the sad tale of Anna Sue Bell, Who planned long ago for an LTL.
She had almost enough in her own house, she said, With her small daughter June and the sons Nick and Ned.
She thought she would start right away in September, But she put the time off until ‘twas almost November.
Then election day, Armistice, Thanksgiving, too; And company coming; she had too much to do!
December was no time to start anyway;
It takes all the month working toward Christmas Day.
She would start after New Years, said Anna Sue Bell,
To plan for at least for a home LTL.
Alas! ‘twas too stormy all through January, And too many holidays in February.
And the Bells all had the flu in March, poor Mrs. Bell.
Was too tired by April to think of LTL.
And May - the last month of school - everyone busy With parties, commencement, it made one quite dizzy.
And with all the June weddings, that month soon went by.
And the Bells were vacationing all through July;
And August was too hot to begin;
But come next September she’d really start in;
And so on, and so on from season to season;
For not starting LTL always some reason.
Before she could realize, her little June was grown, married, gone on her honeymoon; The twins were in college. Ah, me, she meant well; But her children would never attend LTL.
If only she had known the best way to begin A new LTL, is to just start in.
You can plan as you go, children grow up so fast; Teach them now. You can’t wait til Their childhood is past.

-OHIO MESSENGER

PERSONAL MENTION

Lisa Schaeffer reports that the Dickinson YTC’ers have had a good year with the activities and meetings that are held every month. Many have requested that the YTC should meet twice a month. That’s a great thought, but for a busy leader that is impossible.

Our December meeting was held at the First Federal Hospitality Room. It began with a pot luck dinner, and then many games were played. Our parents were invited and our WCTU ladies furnished the food.

Foremost in our minds are the happy camp days. Our YTC does a lot of selling and fund raising activities so our camp fees may be met. We have quite a number who plan to attend camp - so we hope good opportunities for earning money will come our way.

Mrs. Jake Steffen reports that the Minot WCTU met January 14th in the Community Room of the Minot Public Library with Mrs. Fred Schmidt serving as hostess. There were 14 present. Rev. Howard Franklin was in charge of devotions, using Joshua 3:1-7 as the basis for his meditation, and followed with prayer. Franklyn Huwe, a former legislator, gave a resume of current bills that he thought our group would be interested in. Mrs. Jake Steffen volunteered to be chairman of the Christian Outreach Department. A Prayer Band was organized at this meeting. Jake Steffen gave the closing prayer and table grace.

A white ribbon bulletin
NEW POINT SYSTEM ADOPTED

A new point system has been adopted for the determination of Banner Unions and Districts. They are printed in the 1982 Annual also so you already have a copy. However you may not have noticed the changes. Check them over now and be clear on them before you are to send in your reports. You will notice several major point increases regarding organization of our work areas - New Unions, YTC’s, and LTL’s. Review the other changes and be familiar with them. So that each member may also have familiarity with them they are being reprinted here. The regular report blank will appear in one of the next several issues.

BANNER UNION

Each Union is to complete and send a copy of this report as printed in the White Ribbon Bulletin to the State Promotion Secretary by September 1st. Unions scoring 100 or more points will receive recognition at State Convention.

<table>
<thead>
<tr>
<th>PROJECT</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Observance of September Roll Call</td>
<td>10</td>
</tr>
<tr>
<td>Dues for membership of all living resident members (Steadfast) paid by November 30th</td>
<td>10</td>
</tr>
<tr>
<td>OR dues paid by March 1st</td>
<td>5</td>
</tr>
<tr>
<td>Maintaining an LTL</td>
<td>25</td>
</tr>
<tr>
<td>Assisting a YTC</td>
<td>25</td>
</tr>
<tr>
<td>Assisting in organizing a NEW Union, LTL, or YTC</td>
<td>Number x 50</td>
</tr>
<tr>
<td>Each member subscribing to The Union Signal</td>
<td>Number x 25</td>
</tr>
<tr>
<td>Each subscription of The Union Signal or The Young Crusader given to family members or friends</td>
<td>Number x 10</td>
</tr>
<tr>
<td>Each Union Signal or Young Crusader subscription given to libraries, ministers, public officials, doctors offices, etc.</td>
<td>Number x 10</td>
</tr>
<tr>
<td>Maintaining a Temperance Shelf in school or public library</td>
<td>Number x 10</td>
</tr>
<tr>
<td>Each public meeting, institute, or special guest meeting</td>
<td>Number x 10</td>
</tr>
<tr>
<td>Each poster, essay, or speech contest</td>
<td>Number x 10</td>
</tr>
<tr>
<td>Maintaining a Prayer Band</td>
<td>10</td>
</tr>
<tr>
<td>Frances E. Willard Memorial Meeting</td>
<td>10</td>
</tr>
<tr>
<td>Each new member gained</td>
<td>Number x 25</td>
</tr>
<tr>
<td>Using National Program Planner Packet</td>
<td>10</td>
</tr>
<tr>
<td>Paying for State Annual</td>
<td>Number x 25</td>
</tr>
<tr>
<td>Using Annual Report in local meetings</td>
<td>10</td>
</tr>
<tr>
<td>Becoming a Light Line Union (Paying $11.90</td>
<td>10</td>
</tr>
<tr>
<td>Each beacon light (Individuals or groups paying $11.90)</td>
<td>Number x 10</td>
</tr>
<tr>
<td>Each member assisting at YTC Camp (or Honorary Member)</td>
<td>Number x 10</td>
</tr>
<tr>
<td>Preparing and sending ALL required reports to State Promotion Secretary two weeks or more before State Convention</td>
<td>10</td>
</tr>
<tr>
<td>Correct alphabetical list of members with COMPLETE address to the State Treasurer by January 1st</td>
<td>10</td>
</tr>
</tbody>
</table>

CHOICE ITEMS FOR THE WEEK

APRIL 24-30, 1983

Thousands of People Are Dying for a Drink NO. 1292

C.B. insert (gorgeous, striking art work in soft green, grey and black inks)

100 for $1.50; 50 for $.85 cents; 25 for .50 cents

Thousands of People Are Dying for a Drink posters NO. 986

100 for $5.00; 50 for $4.50; 25 for $2.70

(also true eye-catching and breath-taking order away for these are now on hand)

Alcohol-America's NO. 1 Drink Problem NO. 103-A

100 for $4.00; 50 for $3.50; 25 for $1.35

(a great deal of new copy-revised and updated)

(order form: Signal Press
1730 Chicago Ave., Evanston, IL 60201-4585 (telephone-312-864-1322- and hours 9-12 and 1-4)
after 6 p.m. call Cara 312-869-9335 no collect calls please)
<table>
<thead>
<tr>
<th>White Ribbon Bulletin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Official Organ of the North Dakota Woman’s Christian Temperance Union</td>
</tr>
</tbody>
</table>

**Single Subscription Price**

One dollar ($1.00) per annum

**Published bi-monthly by The Litchville Bulletin**

Litchville, North Dakota 58461

**Postmaster:**
Please send all notices of non-delivery to:
Mrs. Oscar Johnson, Box 92, Harwood, N. D. 58042

**Second Class Postage Paid At**
Litchville, North Dakota 58461

All matter for publication must reach the Managing Editor by the 5th day of the months of February, April, June, August, October and December.

**General Officers:**

President............. Mrs. Joe Holt, Box 1093, Hettinger, N. D. 58639; 567-4232
Vice President......... Mrs. Paul White, Stirum, N. D. 58069; 678-2750
Promotion Secretary... Mrs. Lyle Trapp, Marion, N. D. 58466; 669-2217
Recording Secretary... Mrs. George Fannik, Box 296, Max, N. D. 58759; 679-2686
Treasurer.............. Mrs. Oscar Johnson, Box 92, Harwood, N. D. 58042; 282-3868

**District Presidents:**

Bismarck................... Mrs. Chester Huhnchke, Steele, N. D. 58482; None
Fargo..................... Mrs. A. D. Ottinger, 1525 N. 3rd, Fargo, N. D. 58102; 235-6392
Grand Forks.............. Mrs. Henry Evanson, Box 69, Northwood, N. D. 58267; 587-5861
James Valley.............. Mrs. Walter Pielh, Marion, N. D. 58466; 669-2245
Minot.................... Mrs. George Fannik, Box 296, Max, N. D. 58759; 679-2686
Northeast............... Mrs. Fred Forbes, Box 499, Cavalier, N. D. 58338; 265-8986
Ransom-LaMoure........... Mrs. Tom Waldie, Rt. 1 Box 92, Marion, N. D. 58466; 669-2320
Southwest............... Mrs. Joe Holt, Box 1093, Hettinger, N. D. 58639; 567-4232

**Executive Directors:**

Loyal Temperance Legion.... Mrs. Leonard Belden, Box 399, Northwood, N. D. 58267; 587-5483
Youth Temperance Council... Mrs. Melvin Gangness, Box 64, Harwood, N. D. 58042; 282-4026

**Department Directors:**

Christian Outreach......... Mrs. Everett Johnson, Rt. 1 Box 123, Max, N. D. 58759; 722-3626
Citizenship-Legislation... Mrs. Gilbert Johnson, Rt. 1 Box 122, Hope, N. D. 58046; 945-2529
Education, Posters, Films... Mrs. Ralph Kraft, Box 63, Jamestown, N. D. 58401; 252-4343
Home Protection........... Mrs. Edward Fannik, Box 296, Max, N. D. 58759; 679-2713
Projection Methods......... Mrs. Elmer Dick, Box 828, Lisbon, N. D. 58054; 683-5532 or 683-4781
Public Relations........... Mrs. Melvin Gangness, Box 64, Harwood, N. D. 58042; 282-4026
Publications............... Mrs. Frank Van Dyke, Ypsilanti, N. D. 58491; 489-3500
Social Service............. Mrs. Tom Waldie, Rt. 1 Box 92, Marion, N. D. 58466; 669-2320
Speech Contest............. Mrs. Fred Kulish, 1431 W. 1st. Dickinson, N. D. 58601; 225-8617
Legislative Representative Mrs. Don Klingensmith, Box 613, Mandan, N. D. 58554; 663-8264
Music Director............. Mrs. Vernon Forthun, 604 S. W. 17, Minot, N. D. 58701; 838-7721
Members-At-Large Secretary Mrs. Jake Steffen, 914 N. E. 1st, Minot, N. D. 58701; 839-2560
Trustees.................. Mrs. Gilbert Johnson, Rt. 1 Box 122, Hope, N. D. 58046; 945-2529
                          Mrs. A. D. Ottinger, 1525 N. 3rd, Fargo, N. D. 58102; 235-6392
Historian.................. Don Klingensmith, Box 613, Mandan, N. D. 58554; 663-8264

“The more a person’s driving skills are dulled by alcohol, the less able he is to realize it. At any blood alcohol level, he thinks he’s ‘doing great.’ This is obviously a dangerous delusion.”
—Dr. Slade Hubbert of UCLA’s Institute of Traffic Engineering

“Problem with a glass of sherry or a shot of whiskey before bedtime is the amount of alcohol required to induce sleep tends to increase within a short period of time.”
—Dr. Thomas Roth, Sleep Research Center
Henry Ford Hospital, Detroit, Michigan
TREASURER'S REPORT
(December 5, 1982 to February 5, 1983)

DUES:
Women- Cavalier 1, Dickinson 5, Jamestown 14, West Lisbon 21.
Members - at - Large -13.
Honorary Men- Jamestown 2, West Lisbon 4, Prosper 12, At Large 8.
Lillian Stevens Fund- Crosby $3.00, Dickinson $3.00, Hettinger $5.00, Jamestown $3.00, West Lisbon $5.00, Prosper $5.00.
Frances Willard Fund- Dickinson $3.00, Hettinger $5.00, Jamestown $3.00, Prosper $5.00.
State Reports- Hettinger (1) $3.00, Jamestown (1) $5.00, West Lisbon (2) $6.00.
Light Line- Hettinger.
White Ribbon Bulletin- Dickinson $5.00, Hettinger $5.00, Jamestown $5.00, West Lisbon $10.00.
Y.T.C.- Hettinger $5.00.
N.D.E.A. Booth- Crosby $5.00, Hettinger $5.00, Jamestown $5.00, West Lisbon $10.00, North Prairie A.L.C.W. $30.00 (Gift).
World 83 (National)- Prosper $16.00 (Christmas Offering).
Memorials- In memory of Julius Morris: $2.00 by Mr. and Mrs. Hans Langseth, $2.00 by Prosper Union.

Respectfully Submitted
Mrs. Oscar Johnson,
Treasurer

Total Membership: (from September 1, 1982 to February 5, 1983) - Women 318, Men 95.

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

MY CROPS AND MY CHILD

I have seed to raise and I plough the field,
And I plant my crops with care,
And I thank the Lord for the rain He sends,
As I watch them growing there.

But I don't sit down with a book by the day,
And let my fields run wild,
For crops won't grow by themselves, I know,-
Is it different with a child?

I've a boy to raise and I want a man,
When his growing days are done,
And a man must work for the crop he seeks-
Is it different with a son?

Will a stranger care for my wheat out there
When weeds grow rank and wild?
No, my crop would shrink if I idle here,
Dare I idle with my child?

Yes, I'll work for him, and I'll pray for him
And I'll do the best I can,
For the dear Lord gave me a son to raise,
And I want to raise a man.

Yes, my eyes are set on the harvest years
When the long hard task is done,
So I'll pull the weeds from his life myself,
For I will not neglect my son.

-Anonymous

THE UNION SIGNAL
MONTH OF MARCH ONLY

<table>
<thead>
<tr>
<th>Subscription Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Year (April 1st on)</td>
<td>$ 5.25</td>
</tr>
<tr>
<td>Two Years</td>
<td>$ 6.00</td>
</tr>
<tr>
<td>Three Years</td>
<td>$11.50</td>
</tr>
<tr>
<td>Five Years</td>
<td>$16.50</td>
</tr>
<tr>
<td>Single Copy</td>
<td>$25.00</td>
</tr>
<tr>
<td>Canada, Single Subscription</td>
<td>$ 6.00</td>
</tr>
<tr>
<td>Other Foreign Subscriptions (1 year)</td>
<td>$ 6.75</td>
</tr>
</tbody>
</table>

Send to: CIRCULATION DEPARTMENT
1730 Chicago Ave.
Evanston, Ill. 60201

THE YOUNG CRUSADER
MONTH OF MARCH ONLY

<table>
<thead>
<tr>
<th>Subscription Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Year (April 1st on)</td>
<td>$ 1.75</td>
</tr>
<tr>
<td>Canada, One Year</td>
<td>$ 2.00</td>
</tr>
<tr>
<td>Other Foreign Subscriptions</td>
<td>$ 2.50</td>
</tr>
<tr>
<td>Single Copy</td>
<td>$ 2.65</td>
</tr>
</tbody>
</table>

Young Crusader Clubs

<table>
<thead>
<tr>
<th>Subscription Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ten Copies, One Address</td>
<td>$18.50</td>
</tr>
<tr>
<td>Fifty Copies, One Address</td>
<td>$90.00</td>
</tr>
<tr>
<td>One Hundred Copies, One address</td>
<td>$165.00</td>
</tr>
</tbody>
</table>

Send to: CIRCULATION DEPARTMENT
1730 Chicago Ave.
Evanston, Ill. 60201

"The drunk-driving problem in this country has reached epidemic proportions" says John Moulden, with the National Highway Traffic Safety Administration. "It's a national outrage that even when thousands of people are being killed each year by drunk drivers, our society continues to accept drinking and driving as a normal part of daily life."

We are shocked about the number killed during the Vietnam war—yet over the last decade, more than 250,000 Americans have died because of drunk drivers—more than four times the number of Americans killed during the years of fighting in Vietnam.
LEGISLATION-CITIZENSHIP DEPARTMENT

Dear Co-Workers:

At the beginning of our WCTU year we noted that the Citizenship and Legislation Departments had been combined. Although there is somewhat of a distinction as to purpose or aim, it has been evident in the past that there is considerable overlapping in these two departments. Let us look at it this way: they go hand in hand.

When it comes to legislation we will keep informed as to bills introduced in Congress as well as on the state level, and encourage passage of good bills which are of special importance to the WCTU and which will benefit society as a whole. On the other hand we will use our influence to defeat those that would prove objectionable. As good citizens we will want to promote the cause of total abstinence and take an active part in local government activities to promote better law enforcement.

Study the Work Sheet given to each union last fall and you will know what the guidelines are and what the projects are for this department. I trust you followed the suggestions given for January and that you contacted your Legislators in Bismarck as to the bills which concerned the family, abortion, etc.

Read the Washington Letter in the Union Signal and note the glossary of bills that have been introduced. Write in and express your opinion. Write to the TV networks to protest violence and obscene programs presented. Write letters to the editor on various issues that arise. Be aware of what is going on in your local community as to plans in regard to issuing liquor licenses as well as other matters.

Keep a record of the things you do as you go along and at the end of the year it will be much easier to make out your annual report, which is due me by September 15, 1983.

A special note of joy and encouragement is the fact that President Reagan has declared 1983 The Year of the Bible.

Best wishes to each one of you in the new year.

Mrs. Gilbert Johnson
State Director

---

F-L-A-S-H

No National Poster Contest will be held in 1983
July 12-19th, 1983 the United States of America will be hosting the WORLDS WOMANS CHRISTIAN TEMPERANCE UNION at the Hamilton Hotel, Itasca, Illinois. The Worlds WCTU will conduct their own POSTER CONTEST.

The USA convention will be the evening of the 19th and the day of the 20th of July, so there will be only business sessions and not a full USA National Convention program. For this reason we will not hold NATIONAL COMPETITION for the Poster contest this year in 1983. But, we urge each state to promote posters in a very real way on the local, county or district, and state levels. Offer nice prizes and make much recognition of the winners in the different categories on each WCTU level.

1984 when the NATIONAL WCTU CONVENTION will be held, probably in Arkansas, we will again have a NATIONAL WCTU POSTER CONTEST COMPETITION and EXHIBIT of the 3 category entrants from each STATE WCTU.

This is by action of the National WCTU Officers at their annual Officers meeting December 2-4, 1982 at the National WCTU Headquarters in Evanston, Illinois.

Thank you for your understanding and cooperation.

Miss Ethel L. Riddle,
National WCTU Director of Education

---

MADD TARGETS WRONG CULPRIT

The organization calling itself MADD, Mothers Against Drunk Driving, has won a lot of favorable publicity because of its highly publicized campaign against drunk drivers. Every thinking person applauds any effort to reduce alcohol's carnage on our highways.

I have been distressed, however, to see that MADD uses every TV appearance to stress that it has no quarrel with the liquor traffic or its products only with its victims who also drive cars. Now, National Committeeman H.A. Miley from Georgia informs me that MADD is accepting money from the liquor traffic. A MADD Winter 1983 issue of its MADD Newsletter lists Anheuser Busch, America's largest brewing firm as a major financial supporter.

Doubtless, many in the MADD movement are sincere people who are disturbed by the loss of life from drinking drivers. Until they learn that the problem is alcohol, not merely its unfortunate victims, more liquor firms will gladly give money in order to buy a measure of respectability from association with this well-meaning but misguided movement.

Mr. Miley informed MADD he could not contribute to such a movement. We urge our readers to take the same stance. A dollar given to the WCTU or the Prohibition Party will do more good than a large sum given to any group which tries to deal with liquor's victims but not with alcohol itself.

Earl F. Dodge
The National Statersman

---

In 400 B.C., Xenophon said "Temperance is the quality of moderation in healthful indulgence and abstinence from things harmful as the use of intoxicating wine."