

**W. C. T. U. Column.**

Through the courtesy of the Registrar this space is granted to the W. C. T. U. It is edited by MARTHA J. FRANCIS, Local Press Superintendent, as reported by the State Organizer, Mrs. L. LaMance.

W. C. T. U. WATCHWORDS: ORGANIZE! EDUCATE! AGITATE!

**W. C. T. U. PRINCIPLES:**

Total Abstinence; Prohibition of the Liquor Traffic; One Standard of Morals for Men and Women; Home Protection; Equal Suffrage; and the Teaching of Scientific Temperance in Public Schools.

**Let Something Good Be Said.**

Over the fireplace in Frances E. Willard's study in Rest Cottage are inscribed these words: "Let Something Good Be Said."

The motto is painted on the bricks and was placed there by an artist friend who offered to decorate the fireplace as Miss Willard might desire. Miss Willard asked that these words should be used, and was wont to say in explanation of their significance, "I wish we might never in this room leave the discussion of a character or a subject, if adverse criticism has seemed necessary, unless something good has been said of that individual or subject."

At the commemorative meetings in which we hope our legionaries will participate, the following paragraphs from an article written by Miss Willard might helpfully be read or spoken:

"When I saw that the tendency to repeat the same act and the greater ease with which this is done the second time than the first, and the third time than the second, is the key to paradise, as well as pandemonium; saw the slow, unerring, unflinching plan of God, by which our habits may become our step-ladder to sainthood, I said to my own heart, what I now whisper to whoever reads: 'No evil habit, however small, shall have dominion over me.' For I am free to say that I have set out for sainthood and nothing less, though only God knows so well as I how long the road and how far off the goal. Let us have sacred emulation in this slow, steady climb after good habits. I take it for granted that the law of repetition has confirmed us immovably already in the habit of chaste and reverent language, so that we should involuntarily stop our ears in presence of vulgar or blasphemous words. One's language is so thoroughly a part of one's own inmost self that in my hearing a young man whom I had befriended and who meant me no disrespect, once crimsoned every sentence with an oath, and when frequently called to account he kept repeating: 'I beg your pardon, I had no idea of swearing—it says itself.' By the same law, I know of men as well as women who would as soon try to grasp an object by turning their fingers backward instead of forward as they would use vile language or profane the name of God. They don't know how it is done. But there are pleasant and witty irreverences "into the habit" of which many good people have fallen. Whose vocabulary would bear the electric light of publicity from one year's end to another? But a Christian ought to stand this test. Let us raise a standard right here. Get your memorandum book and pledge yourself hereby 'with God's help:'

"Resolved, That I will utter no word and convey no thought unworthy of a Christian disciple.

"Coleridge gave us the divine canon of criticism when he said we were to look for the beauties in a picture or a character. Instead of that how often have we heard a long discussion of some famous, and on the whole, benignant character, with not one appreciative word from first to last, and in neighborhood gossip it is the same. Let us, then, listen to ourselves carefully, and see if we have been so churlish or one-sided as to speak only of faults in our analysis, be it only of a child, a household helper, or a dog.

"Every considerate word we utter concerning those about us, every time we give them the benefit of a doubt in our judgment of their motive, every time we take occasion to couple with our demerit from their position some saving clause of appreciation, we are habituating ourselves to that charity which 'suffereth long and is kind,' that heavenly love which alone can make us meet for heavenly company."

"Time doth the impression deeper make as streams their channels deeper wear."

Just as you now play without the music and do not think what notes you strike, though once you picked them out by slow and patient toll, so if you begin of set purpose you will learn the law of kindness in utterance so perfectly that it will be second nature to you, and make more music in your life than all the songs the sweetest voice has ever sung.—*Cruader Monthly.*

**After The Grippe**

"I am much pleased, to be able to write and thank you for what Cardui has done for me," writes Mrs. Sarah J. Gilliland, of Siler City, N. C. "Last February, I had the Grippe, which left me in bad shape. Before that, I had been bothered with female trouble, for ten years, and nothing seemed to cure it. At last, I began to take Cardui. I have taken only three bottles, but it has done me more good than all the doctors or than any other medicine I ever took."

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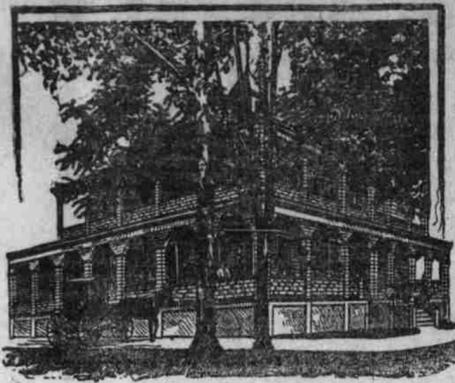
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