

or go back.

A change of habit is beneficial to all. If you feel that you are not quite up to par, examine your daily life and give yourself a let-up where you find the strain is greatest. The same rules will not work for all, and you must study yourself and use your own judgment.

The majority of the people no doubt eat too much, and in most cases a deliberate fast will give the system a chance to recover and renew your vitality. And if you thus attend to the purification of your body, you will no doubt understand more clearly the religious significance of these things, for after all religion is nothing but getting yourself in perfect tune with the Almighty.—THE PATHFINDER.

WINONA SOCIETY SONG

When in the spring hope buds again,
And Winter, banished, southward flies,
When frosts depart and sun and show'rs
Contest for place in April skies,
When Nature's face looks calm and soft
On grassy field and budding tree,
When homeward birds fly swift aloft,
Then, then we love our Society.

No glacier of the Alpine heights,
No gondola in cool lagoon,
No wonder of Italian nights,
No spell of silver tropic moon,
Can compare with Thy bright scenes,
With Chemawa, dear, 'mid evergreens,
She stands supreme, without a peer—
Her halls we love, her name revere.

When youth is spent, and fires burn low,
When dreams employ the aging mind,
When love has lost its passion glow,
And now has left content behind,
Then when we sing our parting song,
When life no more is roaming free,
Our thoughts with memories soft of thee,
Dwell on our dear Society.