

WHAT CHEMAWA OFFERS

An education is of prime importance in this day and age of the world—right education, we mean. An educational institution which trains both the mind and hand is of inestimable importance and value in any country. This is an age of achievement, and the greatness of the United States, as a nation, is largely attributable to the artisans of skill throughout our land. Our skilled workmen are truly capable in every way, and they represent an asset of great value in the progress of the nation.

Teaching which does not instill in the minds of the youths of the land that honest labor is honorable is pernicious to the uttermost degree. We have no patience and little liking for that class which elects itself too good to soil its hands with honest labor. We have no use for those who are advocates of such a course of thought or action. Thank goodness, if we have any such at Chemawa we do not know it. The strength of which Chemawa may boast lies in her ability to instruct along practical lines; lines which employ both the mind and the hands; lines which give scope to industrial and creative ability; self-respect; lines which lead to contentment in old age.

We have an especially fine academic course to offer those who elect to enroll at Chemawa. In this department will be found a corps of teachers who are not only able, but who are willing and anxious to help all who come here and make an honest effort. The school was never better able to guarantee a strong academic course than at present—a full and accredited high-school course. Think of it! To be had for the asking. But we want no drones in the hive—we want toilers and spinners, live people.

Along industrial lines the boys will find competent men at Chemawa teaching tailoring, carpentry, blacksmithing, painting, steam and electrical engineering, machine-shop work, farming and gardening on up-to-date lines, dairying; the bakery, harness shop and printing businesses are also to be found here. In brief, in view of what is open for a live boy it should not be hard for him to decide on something which has a special appeal for him as a life work. There is far more offered the boy here at Chemawa than we have space at this time to mention.

The girls, too, have an opportunity, aside from the regular courses in the academic department, to study dressmaking, domestic science and art—everything in the way of cooking and housekeeping; needle craft; nursing, too, is a course open to girls at Chemawa, and one in which they excel. Experience in laundry work is also to be had. All of those features which tend to fit girls for future usefulness, and which insure home-making qualifications, are to be had here.

All of the things which we have mentioned above

are true—thousands who have at one time been enrolled at Chemawa will testify to the truth of our assertions. Consider well what we have said.

SPRING TONICS

Following are a few hints on health that will undoubtedly prove of value to all who observe them:

In the good old days many persons thought they needed a spring tonic. Mother made sassafras tea or prepared a mixture of sulphur and molasses and the youngsters were forced to take a dose whether they liked it or not. Today we believe that scarcity of green vegetables has something to do with the lowered vitality at springtime.

The best spring tonic is good-tasting, refreshing and health-giving, vegetables and fruits. Vegetables and fruits are important parts of the diet. They supply iron, lime and other mineral elements that enrich the blood, nourish the tissues and provide bone-building material. Vegetables and fruits are especially valuable because of their rich vitamin content.

Vitamines are life-giving substances in the food, without which, no matter how much food one eats, disorders of nutrition occur and protection against disease is lowered or lost. Vitamines are a means of keeping up the health of the individual. They are known as vitamines "A," "B," and "C," and each has a nutritional value.

Spinach contains a lot of vitamin "A," and this vitamin aids in preventing and curing rickets, malnutrition and bad teeth. Cabbage, tomatoes, spinach and beans contain a wealth of vitamin "B;" this vitamin promotes growth and improves the appetite. Lettuce and tomatoes are rich in vitamin "C;" this vitamin aids in the prevention and cure of scurvy. A child who gets all the necessary vitamines in proportion to his needs, is bright, active and happy. His eyes sparkle, his skin is rosy and he has a lively expression. His muscles are firm and his body is well-rounded. At no time does he need to be tortured with sulphur and molasses.

Vegetables are excellent spring tonics and have taken the place of disagreeable home remedies formerly thought necessary to health. Equally important is the wonderful out-of-doors with lots of fresh air. There is nothing just like the exhilaration and thrill of out-of-door life.

Walk for health; it is the best exercise. Eat your tonic with a fork instead of a spoon. This is the new idea for a spring tonic—fresh vegetables and fruit. Green, leafy vegetables and fruit are available the year around. Plenty of oxygen plus a liberal diet of green vegetables will provide the energy and vitality necessary to insure health and happiness.