

SCHOOL DAYS

Once again the academic building is open for business, and the shops too. We cannot recall a season when the opening of school in the fall has seen so large a number of students present as we had this year. Furthermore, we have a larger percentage of new students than ever before. Every class room is full in the academic building and rooms in buildings on the west side of the campus are being utilized for a couple of classes. We have a large force of capable instructors, too.

There are quite a few new academic teachers on hand, but there are practically no changes in the personnel of our vocational instructors. In every way all is well, and we think Supt. McGregor should feel quite encouraged over the prospects for the year's work. No doubt he is.

Everything is here for a school—pupils, teachers and necessary facilities. These are some of the essentials of a school, but something more than just attendance is necessary. A "good" school requires all of the above and a little more. More depends upon the students in order that we shall have a good school than they themselves realize.

The larger the percentage of pupils with a serious purpose we have the greater will be our school. It is well to attend school, but "just attending" will do the pupil little good. It should be borne in mind that there is a vast difference in being a pupil or a student—the supposition is that a student will study, be serious; a pupil may not. Attendance at school for those who have a worth-while purpose is of the greatest benefit and value, as preparation for future achievement is made—a foundation is made for a life of successful accomplishment. Be a student, not merely a pupil, a sort of drone in the hive.

In a life covering quite a number of years, the writer has not found a man or woman of consequence who has expressed regret at the time spent in school. Not one has considered that he or she had too much education. On the other hand, we have met great numbers who regretted that they had not been able to have attended school longer while young, or that while in school they had not put forth greater efforts than they did. To go through life carrying a bundle of regrets is not a desirable state or condition. So let our young readers reflect that schools exist for the express purpose of fitting them to become good citizens, capable of self-support. Both citizenship and self support come hard if handicapped by ignorance.

Let us have a "good" school in every sense of the term. During youth is the time for school—there are not the responsibilities piled on young shoulders that come to older people and the mind is more receptive. Let our young people look upon their school days

sensibly and profit by them. Put intelligent thought into all of your school activities and in the years to come you will be well repaid for your endeavors. Act sensibly, not foolishly, and we shall have in "Old Chemawa" the very greatest of schools—both academically and vocationally.

THE USE AND ABUSE OF SUGAR

The place of sugar in a person's diet depends upon the individual's requirement. Certain it is, that the tendency today is to use sugar in too many kinds of food. Its legitimate use is to make things palatable which otherwise would not be so and to provide a ready or quick form of energy. But the natural flavor of grain and the mild flavor of fruit should not be concealed by the addition of large quantities of sugar.

In estimating the place of any food in the diet, we must consider its contribution toward nourishment. Has it any deficiencies? Will an unlimited or even liberal use of it likely make the diet one-sided or unbalanced in any way? Our body has certain nutritive requirements which can be met only through food. One of these requirements is a supply of energy sufficient to carry on the life processes. Food must furnish energy for growth and energy for work. It also must supply enough tissue-building material of the right sort. Certain vitamins and minerals are necessary, and we require both dilution and bulk or roughage in order to keep our machine running properly. After the period of early infancy, when mother's milk is the natural and best food possible, we find that no one food will meet all the requirements of adequate diet. Hence the importance of understanding the limitations and advantages of the many different kinds of food.

The substance we call sugar, which is the same whether manufactured from sugar cane or from beets, was, until recently, too expensive to be used by large numbers of people. Since the invention of machinery, with its subsequent great increase in sugar production and decrease in cost, there has been most rapid growth in its consumption.

Sugar is a one-sided article of diet. It is simply a fuel food. We must remember, however, that there are many other foods that serve the same purpose. Starches and fats are fuel foods. There are other forms of sugar which occur in combinations of milk, fruit, corn, etc., and most of these contain other useful substances besides sugar.

Whether the eating of an excessive amount of sugar is the direct cause of any disease or not is not yet fully understood. It is well known that a diabetic is unable to use sugar unless he is treated with insulin, but it does not follow that the eating of sugar may produce the disease. However, in the absence of proof on such a point, moderation at least is indicated. The normal individual can handle three to four ounces per day without ill effects. Overweight people should use sugar sparingly as sugar is a fat former. The body can manufacture its own sugar from bread, cereals, fruit and vegetables. We need have no concern whatever about supplying it ourselves.