

SACAJAWEA

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range and Lolo Pass, down the Clearwater river, they pressed forward until they reached the Columbia, and following it they reached the Pacific Ocean.

Here the explorers spent the winter. Sacajawea returned to the Shoshone country in 1806. After this she traveled by horseback to St. Louis.

In 1884 Sacajawea made a longer journey than all of these, and was laid to rest on the Shoshone Indian Reservation. Many monuments have been erected to her memory in many states, one of the most beautiful being in Portland. Sacajawea was one of those searching souls that pressed on and on with eternal hope as her light, and blazed the path that man enjoys today.

KEEPING WELL IN COLD WEATHER

Every year just as regularly as the change of seasons causes people to close their windows, diseases of the air passages such as common cold, bronchitis, tonsillitis and pneumonia, begin to show marked increase. The reason for this is plain. With the windows open we get a circulation of fresh air containing a sufficient amount of moisture or humidity, as it is called. But with the windows closed, unless care is taken to secure proper ventilation, the air of the house soon becomes vitiated and unfit to breathe. Moreover, there are modern methods of heating. The air soon becomes a great deal dryer than the air of the desert. This dry air takes the moisture from the nose and throat and bronchial tubes, irritating these surfaces so that they are not in a condition to repel any disease organism that may be inhaled or taken into the mouth. Then in addition to the difficulty of living under these conditions which make us more susceptible to throat and nose disorders, in cold weather we are much more apt to go into close, unventilated, crowded halls, theaters and street cars, and thus get infected from other people, especially when they cough and sneeze at us.

To avoid these cold weather diseases we should try to approach summer conditions as nearly as possible. First of all, we should ventilate our homes regularly and systematically. One window open a few inches at the bottom to let the fresh air in and another open a few inches at the top to let foul air out will do wonders in keeping the air fresh. If the rooms are not so arranged that this can be done without creating a draft, try opening several windows or a door for several minutes twice a day. Always be sure to sleep with your chamber window open wide at night and thoroughly air your room in the morning.

Probably the greatest fault of modern houses is the

lack of any provision for furnishing humidity or moisture to the air during the time we are using artificial heat. With the old-fashioned coal range or air-tight stove, it was possible to keep a kettle of water steaming most of the time. Today, with steam and hot water heat, the problem is a difficult one, and even with the hot air furnace, the water pot is usually inadequate in size. But moisture in the air you must have if you want to avoid dry, irritated throats. Remember also, that moist air at sixty-eight degrees feels warmer than dry air at seventy-two, so by finding a way to humidify the air of your home, you will not only be advancing your health but lowering your coal bill.

Don't forget to take brisk daily out-door exercise to keep well in cold weather. Only a few of the lower animals such as the bear can successfully hibernate. Keep well in cold weather by breathing fresh, moist air, both asleep and awake, by getting plenty of exercise, and by avoiding, in so far as possible, inhaling or taking into the mouth, nose discharges of others.

THE GENEVA CONFERENCE

There were 115 girls from all parts of the United States at the International Conference of Religious Education, in Geneva Glen, Colorado. The camp lasted from August 4 to August 28, and more work and knowledge could scarcely have been given in that length of time. Four year courses were offered in "Four-fold life" (Head, Hand, Home) and six graduated this year.

Under nationally known instructors in such subjects as Social Teachings of Jesus, Psychology of Leadership, Art of Story Telling, Pageantry, Dramatics, Young Peoples Programs, Recreational Leadership, the girls had closer lectures and examinations. The recreation in the afternoons usually consisted of horse-back riding, hiking in small groups, and group games. The girls were grouped six in a cottage with an adult leader. There were no two girls from the same state in one cottage.

The evenings were taken up with vesper services, inspirational talks, stunt nights, songs and ceremonials.

Each girl was rated on class work, general participation in camp life, number of offices held, and the rating for each state made up from this. A state shield was awarded to the state having the highest rating. The six Oregon girls were proud to bring home the shield for the second time.

The following offices were held by Oregon girls: President, Freshmen Class, Nettie Singleton of Portland; President, Sophomore Class, Anna Peratrovich of Chemawa; Tribe Leaders, Sumi Yamamoto of McMinville and Anna Peratrovich of Chemawa.

One of the best things about the camp is the association with such fine upstanding girls from all over the country.