

DEER'S EARS AND COON'S TAIL

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received their tails. In the case of the beaver, a club was being manufactured to kill Kaanahkeelah; with the raccoon, a sharp wooden spear decorated with burnt rings.

The long, sharp beak of the heron also has its legendary origin in a tomahawk spike that was being shaped for the destruction of the great Kaanahkeelah.

Doubtless in these whimsical legends is a primitive inquiry into the why and wherefore of things. It is not many centuries ago that the attempts of our great civilization to explain the wonders of nature were equally fanciful. The same urge that recently unravelled the "bees knees" was doubtless behind the legendary coon's tail or deer's ears.

INDIAN AGRICULTURE

The following interesting article on "native food supply" was written by Clifford McLeod:

Since Columbus found the Red Men and named them Indians, much has been told and retold of wars and massacres, but little has been said of Indian Agriculture. Humanity owes its thanks to the Indian, more for what he gave to the world in an agricultural way than in any of his other gifts, yet little is said of it.

One of the most important cultivated crops was tobacco. It was one of the luxuries of the Indian, but they did not look upon it as such. They believed they needed it to keep in good health and also used it in their religious ceremonies. The tobacco was cultivated on a select piece of ground and received special attention. It was grown in about the same manner that cabbage is grown today.

Great quantities of squash, and of many varieties, was grown. They were harvested and stored away for winter use. Gourds were grown, but not for eating purposes. The gourd was dried until the rind was hard. The seeds were then removed and dishes, cups and bottles were made.

The crop which was the "mainstay" of the Indian was maize, or corn. From it they made "pone," or bread, and hominy. Cotton was cultivated by the southern Indians, but not by the northern. From it a coarse cloth was woven. The potato was cultivated extensively by the Indian in South America and much farther north, but was first grown in the country now known as Peru.

Wild rye was grown in swampy regions. It was simply sown in the water where it rooted and grew. It was gathered when ripe and stored away. It was ground and made into bread. Indian rice was grown and harvested in the same way. It was one of the main foods of the Indians living around the Great Lakes.

The Indians learned to boil the sap from the maple tree from which they obtained their sugar.

The bean of many varieties was cultivated extensive-

ly and considered quite a dainty. This plant was well taken care of, and ranks with corn and the potato in importance as a food product.

It must be said that few forage plants are natives of America, but there were enough of these to supply the needs of the "First Americans." The Indians did, however, not allow other plants to grow among those he wished to use as forage and with much labor he ridded his fields of other intruding plants. Much elimination of this nature was done in the pineapple fields in which the Portugese and Spanish took a great interest. He allowed no other plants to grow among his wire grass, of which he made crude brooms.

Pumpkins were grown by the Indians in about the same manner as they are grown today, between the rows of corn. This plant received its name from the early colonists because it resembled a European plant called pompion.

The watermelon, though we are not certain that it was a native of this country, was grown and used extensively by all tribes when the climate would permit it to flourish. Most of the evidence points to North America as the home of the watermelon.

Probably the most wanted plants by the early European people were spices. The Indians in the southern part of North America gave them many, and also several kinds of peppers and tomatoes.

Think of all these contributions to the industry of agriculture, as well as the many uncultivated plants that the Indian used, and it must be admitted that the Indian did something besides fight and wander around hopelessly as many are inclined to believe. For these blessings (leaving out the tobacco) we should be thankful to the Native American.

WHAT ALL SHOULD KNOW ABOUT HEALTH

Everyone should know how the human body is built and how it works.

Everyone should know that the maintenance of good health is dependent on good habits of regular and sufficient hours sleep, correct posture, suitable exercises, and proper elimination.

Everyone should know what and how much to eat in order to keep the body in the best condition.

Everyone should know what it means to be healthy minded, and that intelligent cheerfulness is essential to good health.

Everyone should know something about the cause and prevention of diseases, and that even mild infection may lay the foundation for a chronic disease.

Everyone should know how the common communicable diseases are transmitted and how they can protect themselves against these diseases.

Everyone should know that infected foods, polluted water, and bad housing may cause disease.

Everyone should know that the human mechanism requires a periodic examination to disclose defects and to provide for early treatment.

Everyone should know that in order to prescribe intelligently for the special needs of the body advice from one who has made special study of the human body and its ailments is often necessary.

Everyone should know the health problems of the community in which he lives, and be able to discuss them intelligently.