

# The CHEMAWA AMERICAN

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JAS. H. MCGREGOR - - - - Superintendent

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## ATHLETIC NOTES

After the first week of basketball our squad has been cut in half. Twenty-five candidates stood the first test and will be held throughout this week, when the final try-out will be held, and then the practice season will start in earnest.

In the first games Reginald DePoe, veteran center; Dewey Matt, forward; Peter Rassmussen and Roy Peratrovich, guards; showed much of their usual form, and judging from first appearances, there is but little chance of any-one ousting them from their positions. Yet, in the finals they may not look so good, for they are sure to meet keener and more experienced competition. The striking thing about the first week of play is the number of youngsters who will be the making of our varsity in another year or two. Right now they are too young and light, but in another season they will be competing with the best of them on even terms. Leonard Paul, Peter Cemino, Harold Matt and Fred Motschman will be among those who will be the chief source of worry to the regulars.

To find a man to fill a forward position is our chief worry just at present. Forwards are scarce, good or even fair basket-shooters are sometimes hard to find. We play what is known as the five-man defense, and often break into the five-man offense, when every man must be a basket-shooter. So for that reason we place a premium on basket-throwers.

Coquille Thompson is our first casualty. He turned his ankle at practice the other evening which resulted in a broken bone and a severe sprain. While the break is not severe, yet both are bad enough to keep him out of the game for some time and probably he will be lost for the season. "Tommie" was our utility man last year and alternated in all three positions.

The holiday season is near and the class teams are being organized in preparation for the games that are played during that vacation period. These games are always exciting and are looked forward to with a lot of interest.

The shop basketball league that was just beginning to take on a little action has dropped back into its shell on account of the girls taking the four o'clock hour for their gym work.

Manager Bent is busy with the schedule and announces that several good teams are being lined-up to appear here. A series of three games are already arranged for the seventh, eighth and ninth of January with Franklin, Hood River and The Dalles, respectively, which our team will play away. Another trip is being planned with the first game in Portland, then Centralia, Washington, and four or five other games around the Sound country in Washington.

## EATING FRUIT IS BENEFICIAL

The benefits derived from eating fruits are undoubted. Fruits are a natural and healthy stimulant. They act upon the digestive organs somewhat like green vegetables, but they have the additional advantages of containing acids and of appealing to the aesthetic sense. Some people look on fruit as a luxury, but there are very good reasons why we should eat fruit daily. All fruits contain certain salts or organic acids which have a more or less stimulating action on the kidneys, and some of them, such as pears, figs and prunes, have a laxative effect. In addition to this, fruit furnishes a certain indigestible bulk, or roughage, which tends to retain water in the intestines and thus helps to regulate the bowels.

Children's physicians recommend that all babies of the age of six months should be given a small amount of mild fruit juice or tomato juice daily. This is particularly necessary in cases of infants fed on cows' milk or prepared milk foods. Unless some of these juices are given, a disease known as scurvy will develop. The mild form of this disease often stands unrecognized for a time, being noted only in the slowing up of the growth of the child later on.

Fruit is one of the so-called protective foods and it should be used in some form daily. Fresh fruits, because of their large content of water, are always cooling, refreshing, and appetizing. Fruit that is not thoroughly ripe, or is decomposed should not be eaten. Apples are a staple fruit, low in price and easy to prepare. They are the most abundant market fruit. Their many and varied uses are too well known to require comment.

When we chew fibrous food, such as raw fruit, it is said that we exert a pressure of 100 to 150 pounds on the teeth. This insures a good ventilation of the lungs, and in children, particularly, tends to develop better teeth and jaws. Raw fruit, again, leaves the teeth freer from adhering matter than do soft foods. It also stimulates the secretion of a strongly alkaline saliva which coats the teeth and counteracts the action of particles of food which would otherwise remain. It is wise, therefore, to end a meal with raw fruit, since it not only adds to the cleansing of the teeth, but it also helps to preserve them. Fruit juices are invaluable as restoratives to health, since they tax the digestive organs very little and are quickly assimilated.