

The CHEMAWA AMERICAN

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JAS. H. MCGREGOR - - - - Superintendent

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ATHLETIC NOTES

Our basketball season will open with Washington high school of Portland this evening. Eight of our hoopers will journey there to win the game if they can, and incidentally get our team off to a good start, for the first games are vitally important if the making of a good record is at all considered.

If the first games are won the effect is usually inspiring and the players acquire what might be termed "athletic confidence," which enables them to play, at times, over their heads. On the other hand, if they are lost they cause a team that is capable of playing a really better game to play a much inferior one, because they lack confidence, daring qualities, or the take-a-chance spirit. These are all vital and without them a team is hopeless. Altogether they have what is termed the "inferior complex." Once a team arrives at this stage it is likely to remain there for an indefinite period and emerge from it only after a long and bitter struggle. The success of our basketball and baseball teams have been quite regular from year to year, but it is only in recent years that our football team has risen above the "inferior complex." A few years ago it was walloped by any and all comers and considered each defeat as a matter of course. They fought and played hard, of course, but they would be beaten no matter how poorly the other team played. Simply because they were dominated by that inferior frame of mind and entered each game licked and came out with the short end of the score.

Our football teams are not that way now, but it took a long time to fight their way above it. Last season our basketball team stepped into some real class so far as basketball is concerned and entertained the crack Cheney Normal team from Spokane here. The Normals were touring this section of the country, making their usual round of the coast conference teams, and had humbled several while they were about it. Our team, though just a high school team, played them to a standstill and was beaten only in the last minutes of the game. That is what "athletic confidence" will do for a team. It causes them to extend themselves with less effort, they take a chance and succeed where

otherwise they would fail. It puts finish and finesse into their playing which years of experience could not do. That is what Dewey Matt and Eldred George, forwards; Reginald DePoe, captain and center; Roy Peratrovich and Peter Rasmussen, guards; Jack Abraham, Allie Smith and James Spencer, spares, will try and start to build up tonight. They are the eight men to make the trip and will take the floor in our defense.

One man in a hundred is hardly missed, but one man in five out of a basketball team leaves quite a hole and the squad has been working hard to fill the hole left vacant by the absence of a regular. Just how well it will be done shall be seen in this game. All will be interested in the outcome of this game. Much depends on it.

THRIFT IN HEALTH

Eat and drink such an exact quantity as the constitution of thy body allows of, reference to the services of the mind. They that study much ought not to eat as much as those that work hard, their digestion being not so good. The exact quantity and quality being found out, is to be kept to constantly. Excess in all other things whatever, as well as in meat and drink, is also to be avoided.

Youth, age and sick require a different quantity.

The measure of food ought to be (as much as possible may be) exactly proportionable to the quality and condition of the stomach, because the stomach digests it. That quantity is sufficient that the stomach can perfectly concoct and digest, and it sufficeth the due nourishment of the body. A greater quantity of some things may be eaten than of others, some being of lighter digestion than others. The difficulty lies in finding out an exact measure; for lust knows not where necessity ends.

Wouldst thou enjoy a long life, a healthy body, and a vigorous mind, and be acquainted also with the wonderful works of God, labor in the first place to bring thy appetite to reason.—Benjamin Franklin.

The printers started the holiday season last Saturday with a dinner, as it is their custom to do annually. They had as guests: Supt. and Mrs. McGregor and family, District Superintendent O. H. Lipps, Mr. and Mrs. Reginald Downie and Mr. and Mrs. Turney. It was an occasion which we all appreciated very much.

Chemawa's wrestling team has started training with William Johnson as coach. The team made an excellent record last season. The veterans now out and working hard are: William Johnson, Dan Collins, Charles Fagerstrom, Clifford Meachem, Karl Muller, Eli Karabelnikoff, Daniel B. Ann and Charles Morgan.