

HOW THE WEST WIND FOUND HIS POWER

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North Wind to take the best sturgeon of each catch. This they tried, but the grandson lay flat in the canoe and by his power to control the West Wind sent his canoe shooting out of their way and they finally gave up getting the fish on this day.

When the old people landed and got out of the boat, North Wind saw the son. They knew him and that there would be another wrestling match. The match was arranged. It was the spring of the year. The old grandmother looked after the sturgeon oil. She sat on the side of the arena on the day of the match. All the tribe attended and watched with intensesness. The boy was to spit as a sign for the old woman to pour the oil. They wrestled, North Wind poured water on the ice and young West Wind spat, and the grandmother sprinkled the oil. They wrestled again. Water and oil were again poured over the surface. They wrestled and North Winds were thrown down. The second, third, fourth and fifth times they were defeated. They were killed, as was agreed upon in the first of the match, and were buried on Mt. Rainier, Mt. Adams, Mt. Tachoma, Mt. St. Helens, and Mt. Hood. These mountains have had much snow and the wind that comes from them forms ice as North Wind used to do. It is because the dead brothers are buried there that causes the cold on their summits. Old North Wind returned north where he belonged, but was allowed to visit the south twice each year.

West Wind prevails and brings warmth and gladness to his descendants to this day.

CONJECTURE AND PROOF

There are many untold phases of Indian life which are now a closed book to the world. However, we have proof enough of many customs of our Indian ancestors to whet our curiosity and drive us into the realm of conjecture. It is simply amazing when we sum matters up to discover the amount of data which our scientists have unearthed. That which at one period of our civilization was rank conjecture has faded into truth before the proofs submitted by those who labor for the Smithsonian Institution, for instance. Beyond doubt there was at one time considerable doing in the line of commerce between the various tribes of the Pacific coast. More, perhaps, than many would be willing to believe, yet—read a little Smithsonian, as follows:

Further evidence that trade relations existed between the pre-historic Indian groups in America, despite geographical barriers and tribal enmities, has been obtained from archeological objects collected for the Smithsonian institution in the Columbia river valley

in Washington state, were gathered and are now being classified by Herbert W. Kreiger, curator of ethnology at the national museum, an adjunct of the institution.

Catlinite pipes from Minnesota and pipes from southwestern Pueblo region, abalone shell charms from Alaska; haliotis shells from southern California and dentalium beads from the Pacific coast were some of the artifices found by Mr. Kreiger at the ancestral homes deserted by the Columbia river Indians more than a 100 years ago.

The type of subterranean house found was described as identical with that to be found in Alaska, the Aleutians and Siberia, yet the Columbia river tribes had no means of transportation to take them over the mountains and they were close to the river for their food supply. Individuals are believed to have made casual trips for trading and hunting purposes.

That the Columbia river Indians established themselves in the valley "before the time of the domestication of the pig, sheep and horse in Asia, before the invention of the wheel or the cultivation of cereals, seems evident from the reconstruction of their civilization," the statement said.

THE SECRET OF GOOD HEALTH

One of the most essential conditions for developing a healthy body is an abundant supply of fresh outdoor air. For those who are confined by their work in buildings which limit air supply it is important for them to sleep outdoors.

Nearly all rooms are kept at a too high temperature. In addition, there is never enough moisture present and the air is not kept in motion. The four requisites of good ventilation are motion, coolness, proper humidity, and a continuous supply of fresh air. A temperature of 68 or 70 degrees F. gives the best results.

Dust should be prevented from getting into the air as much as possible. This is best accomplished by using a vacuum cleaner, and by using damp, or (better) oiled cloths for dusting. Articles of furniture which permit the collection of large quantities of dust are not sanitary. Rugs are better than carpets since they may be readily taken up and cleaned.

Sunlight should be abundant, as bacteria are soon killed when exposed to it. The best results are obtained when windows are left open, since some of the light rays are rendered ineffective when they come in contact with glass. Dark rooms favor uncleanness, and this condition is usually accompanied by a lack of ventilation.

Moderately dry air is to be preferred to that which is humid; however, humid air is better than inside air, notwithstanding the popular prejudice to the contrary.

The practice of deep breathing should be developed by everyone. For those who are indoors a large part of the time a dozen or more deep breaths of outside air should be taken systematically several times a day. Forced deep breathing is not as effective as slow, deep rhythmic breathing, and sometimes it is harmful. Slow, deep breathing removes some of the residual air in the lungs and replaces it with fresh air. At the same time, the circulation, not only of the lungs but in the abdomen and the blood is more uniformly distributed.