

INTERESTING FACTS

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ship between the religions of the orient and those of the northwest Indians.

An Englishman who was a world traveler was much impressed by some of the Indian relics which he saw in the northwest. When told by Mr. Himes that they had been excavated from the graves of the Columbia river Indians he said that he had seen identical objects used in religious ceremonies by the worshipers of Isis, the goddess of fecundity, in Egypt and India.

Myron Ells, a writer of authority on Indian religion, says:

"When a boy reached manhood he went to the woods and remained from 10 to 14 days without food. When his guardian spirit revealed itself it was in the form of an animal, though the spirit was not the animal and the Indian recognized the fact." This belief may be an offshoot of transmigration as by oriental races.

The pictographs found on the basalt cliffs along the Columbia river may have been used as symbols by the Indians in their worship. M. Julian, an authority on life and customs of Gallo-Roman times, says that these pictographs were used by sorcerers in their incantations.

A recent discovery of writings upon the rocks have been found in the vicinity of Glozle, near Vichy, France. They appear to be similar to those in the gorge of the Columbia. Many of these symbols resemble the signs of the Zodiac, as well as the sun with its radiations.

The Aztecs believed in a supreme deity whom they said was the creator of all things and whose abode was in the sun, which may account for the use of this figure. Whether these pictographs related to religious worship or merely recorded historical happenings, no definite information can be found.

The ancient Greeks and Romans offered human sacrifices to their gods, and this practice has been traced to some of the Indian tribes, notably the Aztecs. There is a possibility that some of the tribes of the northwest may have had this practice.

While there is much information yet to be gathered regarding the religions of the North American Indian, new discoveries are constantly being made.

About a year ago a figure resembling a doll was found at Stevenson, Wash. It was made from clay that had been fired. The features were oriental, eyes oblique, nose thin and pointed and lips delicately curved. Virginia Miller, a venerable Indian woman living at Wind River, Wash., identified the figure as being similar to those on Indian graves.

While a ditch was being dug in the village of Wishram, on the Columbia river, two Indian graves were

opened and many unusual objects were discovered. The figure of a squirrel, carved from stone, as well as that of some four-footed animal not known, were perhaps the most interesting of all the relics.

With the research work that is being done, discoveries may be made which will give still further enlightenment on the redskin's religion and may tie it even closer than it is at the present time with the subtle religions of the Orient.

A DAILY DOZEN

1. Fresh air and sunlight
Live, work, play, rest, sleep in fresh air. Let a lot of sunlight and air in your home.
2. Water
Use water freely. Drink six glasses daily. Bathe often. Keep your home and premises clean.
3. Food
Watch your diet. Drink more milk. Eat greens and fresh fruit. Eat less sweets, meats and eggs. Chew thoroughly.
4. Habits
The system must dispose of its waste matter. Eat proper food and exercise regularly. Don't use "physics."
5. Exercise
Walk, work and play in open air when possible. Sit, stand, walk erect. Exercise is essential to good health.
6. Rest and sleep
Health is the first wealth. Rest is your savings account. Sleep at least 8 hours.
7. Clothes
Dress wisely for weather, work and play.
8. Coughs and colds
Watch that cold. It may be the beginning of a serious illness.
9. Self-doctoring and drugging
Use first aid only, and only when necessary. Don't take chances. Beware of self-treatment.
10. Your family doctor
See your family doctor at least once a year. Give him a fair chance to prevent trouble.
11. Your dentist
Visit your dentist every six months. Brush your teeth daily.
12. Be clean, be careful, be cheerful.

HOME ECONOMICS CLUB

A home economics club has been organized by members of the senior and junior classes. A club of this nature has great possibilities for achievement and we stand squarely behind it and trust that our girls will make the undertaking a worth-while venture.

The officers of the club are: Grace Peterson, president; Ferol Porter, vice-president; Elsie Adams, secretary; Mabel Desautel, treasurer.