

HOW TO ENJOY COLD WEATHER

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months to maintain a high degree of resistance?

The fact that the weather is cold is no excuse for not keeping fit. A wide variety of both indoor and outdoor forms of exercise are always available.

In connection with indoor and outdoor exercise, there are a few "Do" and "Don'ts" which are worth remembering:

1. Be sure to dress for the weather, but in such a way as to maintain as nearly as possible an even, medium temperature.

2. Remove the outdoor garments when exercising and replace them when through.

3. If you get wet be sure to change your clothing as soon as possible. If you become wet and cannot change clothing, exercise.

4. Don't take a hot bath and then go out into the cold. When taking a shower after exercise, start with warm but finish up with cold water.

5. Don't keep your heavy clothing on after going into a warm place.

Keep fit and maintain your resistance particularly during the winter months. Sitting indoors near the fire in winter won't do it. Fresh air, sunlight and exercise will.

THE MAKING OF A NAME FOR HIMSELF

Truly, it is a matter of delight for us to learn of men and women of Indian blood who are making reputations for themselves along worth-while lines of endeavor. Many of the most commonplace tasks can be elevated to the standard of an art if people have the will, the patience, and the vision to do it. It sometimes seems that industry, too, is necessary to success in art lines.

To succeed it is necessary for even a genius to work, to experiment, and to "try again." It has often seemed to the writer that our schools and colleges throughout the land attempt too much, on mass formation, and the result is confusion generally. There is no time allowed a student to find himself, to discover what his "natural bent" is, if he has one. He cannot investigate himself.

We started out with the intention of mentioning an Indian carver, an artist, who is carving his way to fame. He takes almost any bit of wood—stumps appeal to him, it is said—and from this crude and worthless material he carves works of worth and beauty. He is at the same time carving for himself a name and fame. We refer to John Clark of Glacier National Park, Montana. Samples of his skill are on exhibition in various art museums.

We have a lad here at Chemawa whom we think is

an especially gifted carver and whom we wish to see encouraged. Robert Perkins is the Chemawa boy, and he already enjoys more than a local reputation for his "totem pole" carving.

OLD EMPLOYEE DEPARTS

Received too late for last issue: Mrs. Woods was the inspiration for many social events at Chemawa last week. Mr. and Mrs. Sanders and Miss Peters entertained she and Miss White at dinner Sunday noon. Mr. and Mrs. Bent entertained her to dinner on Monday evening. Shortly after the meal Miss Spencer called for Mrs. Woods and took her to the teachers' cottage where nearly all the employes awaited her in an informal gathering. She was presented with a beautiful dresser set, the gift of the employes. Light refreshments were served by Miss Strout and Miss Spencer. Capt. Stacy, at Mrs. Woods' request, thanked the employes for the kindnesses and honors shown her on the eve of her departure. On Tuesday noon Mrs. Woods left for California. The division in school gave her a big and loud farewell. Both children and employes wish God's richest blessings to go with Mrs. Woods. After 26 years of continued service Mrs. Woods retires and goes to live with her daughter in Oakland, California. What a heritage of rich memories must be hers after so useful a life spent in the service of others?

A NEAH BAY LEGEND

Once when all the tribe went to war, everyone was gone but Grandma. She stayed home because she was too old to go.

A coyote came to her and asked, "Why don't you go along with the rest?" She replied that she was too old and couldn't walk and keep up. The coyote said, "I'll carry you." Grandma got on his back and away they started. They traveled for two days without eating. Finally Grandma said she was hungry, so the coyote said he would get her something to eat. When he gave her the food she ate nearly all of it, and gave him very little.

He didn't like the way Grandma treated him and decided to get even with her. They started off again. After they had traveled a little ways she said she was cold. The coyote unloaded the old woman and built a fire to warm her. He placed her very close to it. Then she said that she was too hot. The coyote then turned her back to the fire and again she was too hot. Coyote said that he could not feel the fire. Just then the fire began to burn Grandma's back and she jumped and fell into a brook that was nearby. She turned into a frog. It was the first frog at Neah Bay.—RAN-DOLPH ALLEN.