

WINEMA, THE WOMAN CHIEF OF THE MODOCOS

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Frank began throwing stones at it. The cub raised a cry, much to Frank's encouragement. At that moment he heard the mother bear and began to run. The bear gained, and Frank thought he would not make it, when Winema ran between him and the bear waving her skirts and shouting in Modoc. The bear turned and went back to her cub. Bears never attack women.

At the time of Winema's marriage the tribes in Southern Oregon were at war. Winema had taken up her residence in Yreka, California, the only town of any importance in that part of the country. Winema acted as mediator between her people and the whites. Through her the Indian tribes were induced to meet in a council at Yreka, California, and a treaty of peace was made, which was never broken. She was now universally known as "the woman chief." In the Klamath council in 1865 she again demonstrated her power for good by securing the attendance of Captain Jack, who had refused to come.

The Pitt River Indians were not parties to the treaty at Yreka. They and the Modocs were bitter enemies. The Pitt Rivers made a successful raid on the Modocs. Winema's horse was one of those stolen. A pursuit was formed and Winema was one of them. She led the braves when they would have turned back. The Pitt Rivers fled and the horses were recovered. One of the braves said that the woman chief could whip any man.

In the autumn of 1867 Winema and Frank took up a ranch a few miles from Yreka. A hearty welcome was always given any stranger who might pass. Frank was never known to accept pay for his hospitality.

In the spring Frank met with an accident that disabled him for months. Winema plowed the ground and planted the barley, and with little assistance harvested the crop, sold it, and saved the money. One day a Yankee who called indicated that Frank had been unmanly in the matter. Winema pitched into the man until Frank made her stop, and the man yelled for mercy. She afterward asked him to stay for dinner which he did. He told his friend that his horse had dragged him through the sage brush, which they believed. The man was later one of their best friends.

Winema died a few years ago at Yainax, at an advanced age, surrounded by her children, grandchildren and great-grand-children.

REST AND HEALTH

The Oregon State Board of Health, in a recent circular just sent us, says:

Rest and good food are necessary to maintain the body in good health. Almost all living things require rest in order to perform the ordinary processes of life. Sleep is an essential health habit in which there is the greatest violation today. There never has been a time when so many young people were being deprived of their normal health for lack of sleep. In the search for recreation and entertainment, night has been turned into day. Tuberculosis is still an increasing cause of death in young women. Something must be done to provide some form of recreation that will not deprive the youth of today of the regular hours of sleep.

The capacity for sleep varies with the individual. As a rule individuals who are well-nourished need less sleep. People who are under-nourished need more rest and longer sleeping hours. Some young women have found that cutting out sleep is an easy way to reduce weight.

Sleep cannot be sacrificed without having serious penalties. You cannot continue to enjoy good health by depriving yourself of the necessary hours of rest. The well-nourished normal adult works better and keeps in better health with at least eight hours sleep and three meals a day.

A substantial breakfast before starting to work is just as essential as sufficient sleep. Digestion and nutrition are markedly affected when these essentials are neglected. No person can consistently get along without breakfast.

One who starts to work with a cup of coffee and no breakfast is simply adding another health hazard. If you start to work on an empty stomach you are losing one of your best assets of good digestion. Your digestive powers are best in the morning. If you have no appetite in the morning it is probably due to the fact that you have misused your digestion the night before. To eat a hearty meal when you are most tired is the surest way of having no appetite for breakfast.

In order to grow strong and healthy, it is important that we eat properly and secure sufficient rest.

THE BLACKFEET

Once in the days of long ago the Piegons and Sioux were very bitter enemies. Both tribes were powerful and warlike.

One day as the Piegons were pursuing the Sioux across a wide expanse of prairie, the Sioux, becoming afraid that the Piegons would overtake them, set fire to the tall prairie grass and delayed the Piegons' advance.

The Piegons were proud and particular and did not want their beautiful moccasins to get black, so they took them off and went barefooted across the burnt prairie.

As it was just freshly burned, the Piegons in crossing got their feet and ankles very black. When they overtook the Sioux they exclaimed, "Look at the Blackfeet!" and from that day to this they have gone by the name of Blackfeet, while their real name has almost been forgotten.—SUSIE GROUNDS.