

MY DUTY

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I may get the position; and if I do I must make good. I shall be on probation. This, no doubt, will be very trying for me for business men want their work done quickly and neatly. I shall be watched, and criticised. I shall be expected to be as interested as if I were working for myself. When I am corrected for mistakes I shall be courteous and thankful for the help and not sulk or act peevish.

This will lead me to promotions and promotions will lead to other folks hearing about me and I shall have better positions offered me right along. In that way the references will take care of themselves.

All the while my education will still be going on. There will be new people, new places, new work, new things to learn, and new positions to fill.

This effort in getting an education I owe to my race that I may be an example of what I can do; to society, that it may not have an extra burden; to myself because it would be a crime not to get all I can; to my parents, who have hoped that I'd never do anything that would reflect against the training given me.

"CATCHING COLDS" COSTLY

Colds cost the citizens of Oregon over three millions of dollars annually. The population of Oregon is about eight hundred thousand. Assuming that forty percent of the population are wage earners earning an average of five dollars per day, missing work two days due to colds represents a loss approximately of three million dollars yearly. All this loss is the result of a condition which is to a great extent preventable.

Fifty per cent of all absences from work lasting one day or more is due to colds. In addition to a loss of time, colds cause inefficiency. It is not possible for a person suffering with a cold to concentrate on his duties.

In spite of the different climates, there is a similarity in the occurrence of colds throughout the country.

The common cold is the most frequent of all acute infections. Colds are not usually considered a serious matter. However, the total cost of colds computed in terms of time lost, inefficiency, doctor bills, medicine, is greater than for any other disease. Its complications such as pneumonia, nephritis, heart and other organic diseases, make it a more important infection than tuberculosis or any other infectious disease. Colds are usually infections of the nose, throat, or bronchi. The infection is usually spread by direct infection from persons having colds. Sputum from individuals having colds is cast on the ground or floor and dried, and its contained germs are swept or blown about. Colds, while they are strictly infectious, are brought on by

accessory factors.

These accessory factors are:

1. Over-heated and uneven room temperature.
2. Lack of sufficient humidity.
3. Chilling or wetting of the feet.
4. Fatigue and lack of sleep.
5. Overeating and an improper diet.
6. Defective air passages, diseased tonsils, adenoids, and sinus infections.
7. Faulty elimination.
8. A run-down condition with a special susceptibility to catching cold.
9. Presence of an epidemic of colds that are highly infectious.

THE ANIMAL KINGDOM

At night when the stars start twinkling
And the lustre of the moon rises higher,
One coyote lets forth a yapping,
Then the others join in the choir.
When the owl and the bat swoop silently
To snatch their watchful prey,
At night, the kingdom of animals,
Undisturbed possessed full sway.
The wily coyote prowls about,
Rabbits hop here and there,
Even the smallest, the mice, are out,
While nightbirds flit through the air.
I climb some lonely hilltop,
That towers above the plain,
And I think of the fearful redskins
And how ruthlessly they were slain.
And, as I stand there thinking,
They seem to be back again,
Hunting the wandering buffalo
And roving over the plain.
The vales become dotted with teepees,
The fences and fields melt away,
Two buffaloes stand on a summit,
Challenging each other to fray.
At night the campfires crackle,
The steak froths over the fire,
And it gives you that feeling of freedom
and ease
Which all nature lovers desire.
They wrap up in their deerskin blankets
That withstand the wind and the rain,
They get up and have breakfast at dawn,
And away on the trail again.

—ROSALIA GROUNDS, Chemawa, Student

The mid-winter "exams" held here last week are now past, but for those who experienced "narrow escapes" some good resolutions are in order. At the end of the year the final examinations will come, so it seems the part of wisdom for all of our students to dig in as they never did before. At present the final tests seem a long way off, but in truth the time will prove all too short. A word to the wise should be sufficient.

It is with regret that we note the departure of Mr. A. G. Wilson on Monday for Standing Rock Agency, North Dakota, where he will be assigned work by the Indian office, at least for the present. Mr. Wilson had been at Chemawa as chief clerk for about a year and a-half and his ability and genial manner won for him the respect and friendship of all. We regret the necessity of his departure and we bespeak unlimited good luck and happiness for him wherever fortune may cast him. For the present his family will continue to reside at Chemawa.