

TRIBAL CONSTITUTION

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a non-citizen desired to marry a citizen a license had to be secured and the person had to take the oath of allegiance to the nation. Divorces were given for adultery, for imprisonment for three years or more, for wilful desertion, and for neglect for the term of one year next preceding the filing of the complaint or petition, for extreme cruelty, and for habitual drunkenness one year immediately preceding the filing of the complaint or petition.

The act incorporating the town of Fort Gibson was passed in 1873.

The legal rate of interest was 10 per cent and the contract rate was 15 per cent.

In 1880 an act was passed establishing a paper, half of which was to be published in English and half in Cherokee, and at that time two men were appointed to complete the laws of the nation and have them printed in the national print shop, and it is from a copy of this old book that the above information was taken.

FOOT HEALTH

Do you have trouble with your feet? More than fifty per cent have foot trouble. Most of these people could have had better feet if they had worn better shoes.

Well, what can you do about it? A plan of foot hygiene is simple and short, and if you start now will greatly add to your foot health. A normal and healthy foot behaves itself at all times and a foot which isn't normal can be made so if attention is given to bathing, foot wear, and exercise. Perspiring feet are a great annoyance. They are seldom the cause of ill health. This condition can be avoided by wearing larger and better-fitting shoes. The feet should be washed daily with soap and warm water. Rinse them with cold water. The temperature and moisture within the shoe play an important part in the care of the feet.

Blisters are dangerous not merely because of pain, but because of the possibility of infection. Broken blisters should be dressed with antiseptics. The site of the blister should be protected and relieved from pressure so as to give the skin a chance to become normal and able to withstand the friction of the shoe. As a precaution against infection, the feet should be kept clean.

The correct shoe to wear is one as follows:

- (1) Straight inner edge of sole.
- (2) Narrow shank.
- (3) Broad toe, and
- (4) Broad heel, with heel coming well forward especially on the inner edge of shoe.

Don't allow shoe clerks to induce you into wearing

ornamental shoes for anything but ornamental purposes. The stage shoe with its pointed toe and small size was never intended for every day use.

If your feet tire or swell, devote ten to fifteen minutes a day to foot exercise. After the bath, while sitting on a low chair so that your feet can easily reach the ground, place your feet about eight inches apart, toes straight ahead. Keep the heels still, turn your toes in and curl them under. Hold the position to the count of ten and then replace to starting position. Toes straight.

Walking is good exercise to build strength in the feet, but there is a right way to walk. The weight should be thrown on the outer side of the foot, feet should be parallel in a straight line and not turned out or in and the heel should strike the ground first with the weight, then swing forward to the toe which gives a push for the next step. These simple suggestions faithfully pursued will increase your foot health.

THINGS TO REMEMBER

Phileas Fogg was the hero of Jules Verne's fanciful tale. He circled the globe in eighty days.

A famous desert island story is "Robinson Crusoe," by Daniel Defoe. It is also one of the earliest of English novels.

The Volga river is famous for its sturgeons. Sturgeons are also found in the North Sea and off the North American Coast.

Peter Minuit, a Dutch governor, bought Manhattan Island from the Indians in 1626 for goods valued at about \$24.00.

The Painted Desert, a vast stretch of arid waste and sunscorched hills painted bright with reds and browns and blues, is in Arizona. The intense glare of the sun causes the landscape to swim before the traveler's eyes.

The Dutch were the first European settlers who came to this country in 1609 with Henry Hudson, a young Englishman, in the employ of the Dutch East India Company. They called the state New Netherland.

A calorie is a unit employed in measuring heat and energy producing values or food; also the amount of food required to produce them.

Back in the thirteenth century a native of Hoochow, China, discovered that pearls could be cultivated in river mussels. Small foreign bodies called matrices were inserted in the mussels. The mussels were then put back into the water and left from three months to three years. When the pearl was formed the matrix was removed and white wax substituted. These pearls were often made in the form of Buddhas.

Fine pearls have distinctly different reactions from contact with different people. On certain persons they flourish and become more luminant; on others they die and lose their luster. Science has never been able to classify just what brings this effect about.