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The Man Who Dares.

Here's a health to the Man who
Dares—

To the fellow defiant, strong,
Who presses ahead when the rest have
fled.

Unmoved by the fickle throng;
Who never retreats, but boldly flings
A challenge to dark despair,
And frees Success from her close
duress—

The Man with the Nerve to Dare,
A hero bold is the Man who Dares—
No arrogant, mail-clad knight.
But just a man of to-day who can—
And does by his splendid might,
He asks no odds in the game of life,
Nor lists for the trumpet's blare,
But plays his part with a dauntless
heart—

The Man with the Nerve to Dare.
Though the fight be fierce, the Man
who Dares

Ne'er shrinks from the battle grim;
Though hope be gone, he still fights on
Till at last it comes back to him;
And after the fray we always find
That Victory perches where
He sternly stands on the storm-tossed
sands—

The Man with the Nerve to Dare.
So here's a health to the Man who
Dares!

And here's to his spirit brave;
From South to North let the drums
roll forth,

While his conquering colors wave;
From East to West let men salute

The flag of the victor there,
And shout acclaim to the honored name
Of the Man with the Nerve to Dare!
—[James Barrett Kirk in Profitable Ad-
vertising.

How To Keep Healthy.

Never go to bed with cold or damp feet.
Never lean with the back upon any-
thing that is cold.

Never begin a journey until the break-
fast has been eaten.

Never take warm drinks and then im-
mediately go out into the cold.

Never omit regular bathing, for unless
the skin is in active condition the cold will
close the pores and favor congestion and
other diseases.

After exercise of any kind never ride in
an open carriage or near the window of a
car for a moment, it is dangerous to health,
or even life.

Merely warm the back by the fire, and
never continue keeping the back exposed
to heat after it has become comfortably
warm. To do so is debilitating.

When hoarse speak as little as possible
until the hoarseness is recovered from, else
the voice may be permanently lost or diffi-
culties of the throat be produced.

When going from a warm atmosphere in-
to a cooler one keep the mouth closed, so
that the air may be warmed in its passage
through the nose ere it reaches the lungs.

Never stand still in cold weather, es-
pecially after having taken a slight degree
of exercise, and always avoid standing on
ice or snow, or where the person is exposed
to the cold wind.

Keep the back, especially between the
shoulder-blades, well covered; also the
chest well protected. In sleeping in a cold
room establish a habit of breathing through
the nose, and never with the mouth open.
—[Ex.

Teacher: "Where was the Declaration
of Independence signed?"

Jack: "At the bottom."—[Ex.