

The Chemawa American

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EDWIN L. CHALCRAFT - - Superintendent
Postoffice Address - - Chemawa, Oregon
Telegraphic Address - - Salem, Oregon

PRINTING STAFF

HENRY DARNELL, ROBERT SERVICE, PATSY BARRETT, REGGIE DOWNIE, JAMES EVANS, WM. SERVICE, WILLIE READY, JOHN MURRAY.

CARE FOR YOURSELF.

Life offers you very little unless you keep both mind and body clean and healthy. Too much emphasis cannot be put upon the truth of this assertion. The history of all the peoples of earth at all ages tells the same story. Races and peoples who have maintained a high standard of mental and physical well-being always have stood in the foreground in the great events of the world. The reason for this lies in the fact that they were the fittest.

As it is with peoples so it is with individuals. Individually you must adhere strictly to the laws of health—mental and physical health. If you do not preserve your body you will find that it will be unequal to the task of obeying the dictates of your mind. Physically you will be unfit for the struggles of life. As a wage-earner you will have trouble to secure employment, or to keep it if you find it, for a keen employer will discover at once that you are unfit. You will lack energy and your every action will prove it—you will be unable to hide the fact.

By failure to keep your body strong and healthy you indicate a bad mental condition. As time drags on you will begin to suffer mentally from the knowledge of your physical weaknesses. This knowledge will finally so depress your mind as to render you subject to fits of despondency from which you will find it hard to rally. Eventually you become a moral degenerate.

These are matters of the greatest importance, especially to youth. To be youthful and yet not possess the mental and physical vigor which by rights is the heritage of youth is certainly deplorable, to say the least. Remember, that life offers no greater blessing than a state of perfect condition, mentally and physically.

BREVITIES

Mr. Campbell gave us a good talk last Sunday evening.

Miss Hazel Long of Salem is temporarily assisting with the office work.

Mrs. Reuben Saunders is still in the Salem hospital, but we are pleased to report that she is gradually improving.

Dr. E. N. Hutchinson, of the Bureau of Animal Husbandry, visited the school this week for the purpose of testing our dairy herd.

Mr. Mack Couture of St. Ignatius, Montana, has been here during the week visiting his son, Aibert, who is a pupil of the school.

We regret that owing to lack of space in this issue we were compelled to leave out many academic items, as well as other matter of interest.

Mr. Ralph W. Weddle, who has been the S. P. station agent at Chemawa for some months, is soon to be transferred to Jefferson. Mr. Geo. P. Gatel, of Portland, has arrived at Chemawa and will succeed Mr. Weddle in charge of Southern Pacific affairs here.