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THE PLODDER.

It is not always those who are naturally gifted who make the greatest success in life. Often the knowledge on the part of an individual that he possesses talents out of the ordinary will turn that person's head and prove his undoing. He fancies that so great are his gifts that it is not necessary for him to make an effort to accomplish anything, believing that on account of his genius everything will simply "just happen" when the time comes.

There is far more hope for the plodder who will work than for the gifted fellow who will not exert himself. For the girl or boy who has average intelligence who is willing to be a "plodder" on right lines there is sure to be a bright future. He or she will slowly but surely reach the goal because all the time they will be plodding in the right direction. On the other hand, the other fellow who makes no effort, does no plodding, but relies upon his brilliancy to carry him to the goal when the "time comes," will find that the time never comes.

CARE OF THE EYES.

Never rub the eyes, for this practice causes inflammation of the lids, and however beautiful the expression, if the eyes are red or without lashes they lose their charm.

When a foreign substance gets into the eye, do not irritate it by trying to force it out. Keep the eye closed for a few moments or until the object is moved by the tears that will flow. If the wind has reddened the eyelids, wash them in slightly warm water.

Veils, especially dotted ones, are very injurious to the eyes. They should, therefore, only be used during the winter as a protection against cold.

Late hours and artificial light redden and fatigue the eyes. Lamps should be supplied with shades. It is dangerous to gaze at the sun or an electric light. Gas light, candles, ordinary lights should be shaded by screens.

Reflections of light on white walls, or on long stretches of dusty road or on snow, are very fatiguing to the eyes when not protected by dark glasses.

However strong the eyes may be, give them a little rest after a few hours continuous use. Never force them to gaze at minute objects when they are weak. Neither read, write nor sew when the light is dim. During all continuous work, close the eyes from time to time at intervals.—Ex.

Since our last issue Mrs. Cooper spent several days in Portland.

Miss Earlougher, a former teacher in the Phoenix Indian school and later at Chemawa and Grand Junction, is on a three months' tour of Europe with a party from Arkansas City. Miss Earlougher will reenter the Service this fall at the Albuquerque school.—Native American.