



The Indian School Journal



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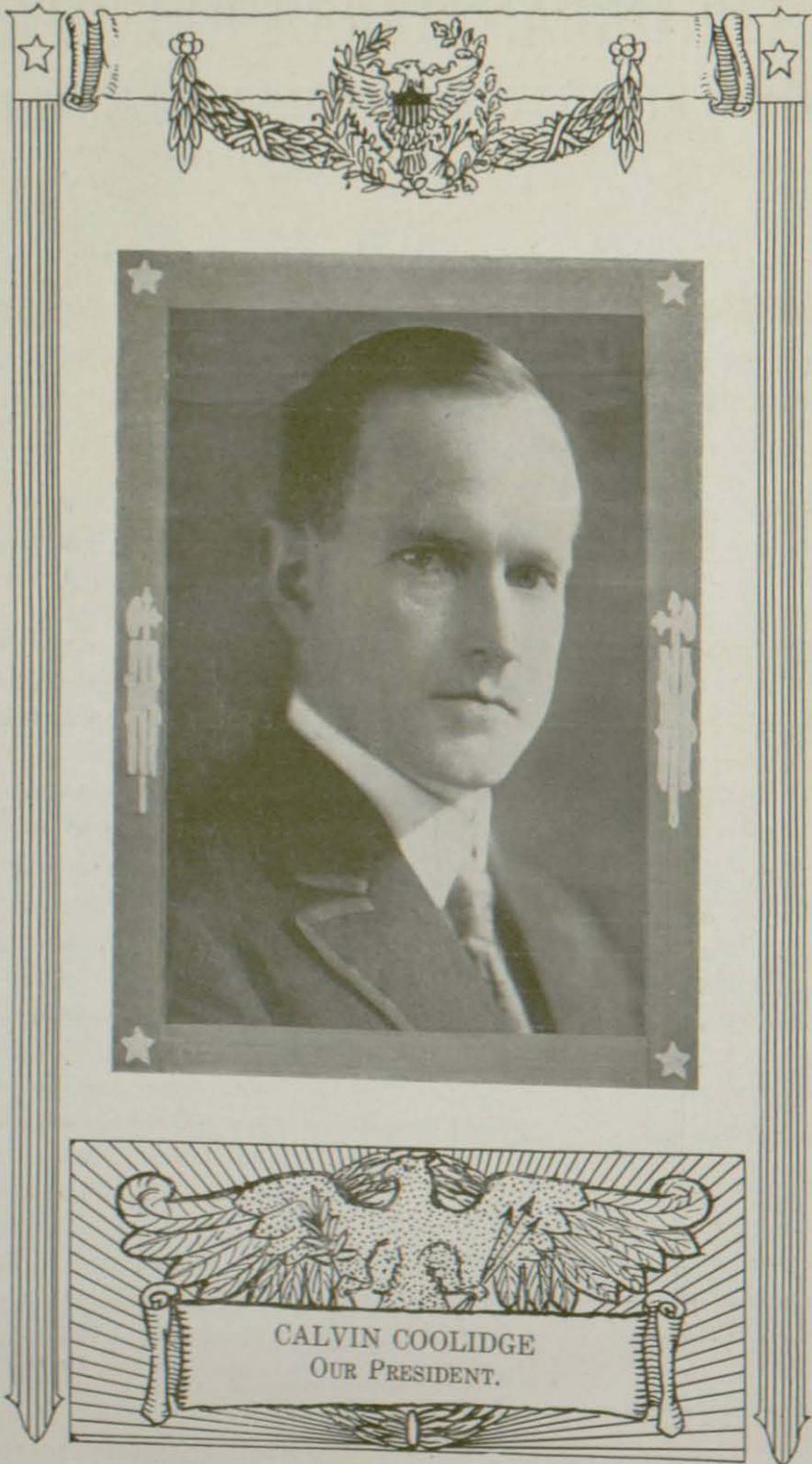
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CALVIN COOLIDGE
OUR PRESIDENT.

THE INDIAN SCHOOL JOURNAL



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Volume 24

FEBRUARY, 1925

Number 22

THE AMERICAN NATIONAL RED CROSS

His Excellency, Calvin Coolidge

President of the United States of America



NO MATTER HOW HIGHLY we may estimate the many other agencies to promote the common good, we realize that the Red Cross is a sort of meeting point for all kinds of effort to relieve distress and advance the general welfare. The Red Cross is devoted to no special program. It indulges no propaganda. It knows no creed, no party, no politics, no classes or groups. It sees humanity as a whole, into all of which may come elements which bring suffering, pestilence, misfortune in any of its myriad forms. Its sole purpose is to relieve these. It does not try to reorganize human relationships so as to banish unhappiness or misfortune. It knows no formula for setting up an Utopia. no program to abolish poverty. It has not tried to prevent earthquakes, or to convince active volcanoes of the errors of their ways. But it has a definite, comprehensive and intensely

practical program of helping those who need help, when they need it, and where they need it. It believes that food is more helpful to hungry people than advice. It has found that hunger affects people very much the same in all countries, and that the best method of coping with it is by feeding its victims. It is about the only organization I have known that does any good by "looking for trouble."

When we consider aiding our fellowman our common sense tells us to look for the right method of liberating our generosity. We want to be sure that our enthusiasm takes a practical form, that we extend the helping hand to all and not merely to some. So we have the Red Cross, to capitalize and direct the finest, the most appealing attribute of our human nature—charity.

Chartered by Congress to relieve and prevent suffering "at home and abroad, in war and in peace," the Red Cross has become part of our nation-

al life. Responding with splendid devotion to relieve the suffering of the greatest of wars, it goes with us now in times of peace, I fervently hope, not to be broken. Its mission now is not so trying, but its scope is broad and will broaden with the years.

The Red Cross idea will develop as mankind develops. The ideals underlying civilization are the ideals of brotherly love, of tolerance, of kindness, of charity. Any departure from these is a reversion to a lower nature, to barbarism and darkness. The beauty of life lies in meeting whatever destiny awaits us, trusting one another, helping one another.

I do not recall what sage it was who said that we keep only what we give. Perhaps it has been said, in different forms, by many. But whoever first enunciated that great truth had thought long and deeply; he knew life. He knew the temporary, transient nature of material things. He knew the longing of man for the light.

A spiritual impulse of this kind is struggling for outlet in every human heart. It needs only some form of practical expression. I can think of no better medium than the Red Cross. For in its many services there never exists the danger of helping the undeserving, or making the weak weaker. It does not pauperize. But it does give prompt and adequate help during the emergency period to those afflicted by circumstances over which the will of the individual has no control.

One of the greatest needs confronting civilization is just this kind of practical idealism, sensitive to duty,

alert and ready to make the sacrifice necessary to relieve suffering and pave the way to a return of normal and happier things.

It is hard to avoid the temptation to speculate on the possible services of our humane and charitable agencies, if they did not have to bear any of the burdens that are imposed by war. In a truly civilized world where the costs of armament, of pensions, of fortifications, were not required to be borne; where neither the spiritual nor the physical suffering which war involves were inflicted; where resources could be used to promote, not to destroy happiness—in such a world what mighty works could be accomplished under the leadership of the Red Cross spirit! Poverty, ignorance, prejudice and all uncharitableness might be completely relieved and remedied.

A very great part of the need for such organizations as the Red Cross would be ended before the world could realize it.

It is toward such an ideal that the race is now yearning and striving. It is making progress. The thought of ridding society of the very institution of war has seized powerfully on the minds of men. We shall not get it done by some magic formula in some inspired moment. But it is going to be done because men and women more and more demand it. We are making more progress in this direction than we yet fully realize.

But meantime the practical works for relief and succor must go on in the old ways. To these the Red Cross is devoted. Its work expands from

year to year. Without the waste of war, it is yet able constantly to broaden its usefulness.

Of the willingness of the American people to stand behind their Red Cross, there can be no longer any doubt. The spirit of sacrifice can never be demobilized. I can think of no other single medium better able to translate into results our deep regard for the interests of humanity.

From its inception the Red Cross

has made history in the fulfillment of humanitarian ideals. Our country is proud of its record. Its realization is one of the ideals of our forefathers. It represents the truly American way of organized efficiency, practical humanity and inspired charity. It is a strong support of the Government, a reliable guarantee of the continuing progress of civilization. It shows the way to a more complete realization of truth and justice through mercy.



HABITS OF HEALTH

Edward F. Menger, M. D.

Physician, Chilocco Indian Agricultural School.



THE BROOKLYN BRIDGE is a great triumph of constructive engineering. Its massive towers and arches command the world's wonder and admiration. They have stood increasing tests and strains for more than a generation. But the great strength of this splendid roadway of steel that spans the East River is made up of many small units.

The same is true as to our health of body and strength of character. As the braiding together of many wires makes the strength of the bridge's cables, so our many separate thoughts, movements, and acts unite to form the strong habits of life and character.

A habit is like a nerve and muscle together. A habit is a path of action which a person becomes accustomed to take, difficult at first; by repeating the step the pathway becomes clearer. The muscles and nerves are the fixed paths for habits. Habits of thought are formed by repeating the same thought; habits of action by repeating acts. To be educated a person must have habits of study.

Youth is the habit-forming period, and the habits which every human being forms then control, either for good or evil, his after life. Therefore it is of the utmost importance to the physical welfare of the boys and girls, swiftly growing to be men and women, that their habits should be habits of health. Growth, education



THE NEW HOSPITAL BUILDING AT CHILOCCO.

The above is the architect's drawing of the new hospital at Chilocco which is now in process of construction. The building is being constructed by the industrial departments, the boys learning the trades doing most of the work. It will have a capacity of 50 beds and have an operating room, sterilizing room, x-ray room, quarters for nurse, doctor's office, dentist's office, dispensary, recreation room dining room and kitchen. It will be a modern hospital in every respect occupying a beautiful location on the east side of the lake facing the campus.

and training mean the formation of habits. As success in business is dependent upon careful habits, so good health is dependent upon adjustment and care in the habits formed.

SIGHT

The eye is very sensitive to lights and colors. Continuous reading tires the ordinary eye; and weak eyes should be limited to very short periods of study, if there be close application. Purples and reds and the glare of pavements tire the eye, whereas the soft brown of the earth or green foliage or the light blue of the sky is soothing. Daylight is usually superior to artificial light, and work which taxes the eyes should be confined to the daytime.

Frequent and continued reading by the fading twilight involves a strain upon the eyes that may be injurious. Avoid looking directly at artificial lights, as the retina is very sensitive to their intensity. In continuous reading or study at night the light should fall upon the page from behind and above the reader. The eye is freshened by frequently turning away from the work or book before one and looking at something at a distance, or resting upon some soft colors and shades. Coming directly out from a dark place into the sunlight is often very trying for the moment, but this should not keep one from choosing light places, wherever possible, in preference to dark ones.

NOSE

The nose warms the air and also filters it of dust by means of moist and hence mouth breathing is to be avoided. Keep the nose free of ob-

structions, and avoid the use of dirty handkerchiefs as they are carriers of disease germs.

Poisonous germs may enter and the irritating dust particles may make openings in the sensitive linings of the nose, throat and lungs and permit germs to get a foothold for producing colds and more serious affections.

The more dust there is, the greater the danger from germs and the greater the interference with the work of the lungs. Generally there is more dust indoors than outside, excepting, of course, on very dusty streets or roads.

Not only does the nose guard against dust and its effects, but by means of the organ of smell it can protect the body from inhalation of impurities in the air and poisonous gases and vapors. Hence, we should regard the nose as a faithful servant to protect against dangerous foes in the air, and obey its warnings by always seeking the purest atmospheres.

EARS

The ears are tried by harsh and continuous and creaking noises, and must be freshened frequently by indulgence in music and singing. Ear-wax is a protection against insects getting in from the outside. Daily washing the *outer* ear should extend no further than the thumb can go.

THE TEETH

Upon the condition of the teeth depends the proper breaking up of food for digestion. Cleansing the teeth of sticky deposits by running a fine thread between them and by the use of a tooth brush and a simple powder or tooth paste prevents such deposits from becoming the starting point for

decay, and this should be done after each meal or at least after breakfast and before retiring. Such a habit is easily formed in childhood and youth, and contributes to health and good looks.

TIMELY CAUTIONS

Thin-soled shoes do not afford sufficient protection to the feet from the cold, wet ground. Dampness and chilling of the feet often lead to colds. Additional protection is needed by the body when tired, for in such a state colds may be taken as easily as when sweating or through wearing wet garments.

Sweaters and heavy coats, rubbers, etc., should not be worn in heated rooms, since the protection which they are meant to afford when outside is lost. Habit is, here, of great value; it will often outbid fashion for the health of the well brought up youth.

BATHING

Cleanliness is very close to Godliness. The skin is continually shedding fine scales of cells and through numerous little glands is pouring out poisonous waste products from the body. Such matter should be removed as it impedes respiration and secretion; moreover, it is liable to hide poisonous germs which may get into a break of the skin and cause inflammation. Frequent baths help to remove this waste and keep the clothing from becoming soiled. The washing of the hands and nails must not be neglected as this is essential to protect against poisonous germs being carried into the mouth on the food taken up by the hands. We should exercise great care to see that no one uses our towel, comb, brush, or soap.

Infection is easily communicated by the free interchange of these articles. A towel may carry germs from one person who has been infected into the eyes of another who uses it and so produce blindness.

SLEEP

The normal youth needs nine or ten hours of sleep. The body rests better sleeping during hours of darkness and early retiring adds to the health. Especial care should be taken to have the room well ventilated during sleep by having windows wide open in moderate weather, approaching as nearly as possible outdoor conditions. Habit is, here, all powerful, for one can form habits of sleep as well as of wakefulness — sleeping at a certain hour and waking at a certain hour.

EATING AND DRINKING

Food furnishes to the body tissue, material and fuel. The union of the fuel with oxygen brought by the lungs is a source of heat and energy which the body requires. Exercise and work require a great expenditure of energy and so the quantity of food demanded by any person is dependent largely upon his physical size and the amount of work he has to do.

A growing child demands relatively more of the tissue building kind of food than a grown person, because the body is being built up. When the full stature is reached the tissue building part of the food is only required to take the place of that worn out each day.

Vegetables, bread, cereals, nuts, fruits and meats furnish the essentials. Sugar and fats have only part of them. Coffee and tea have no food value except for the milk and sugar

added. They tend to check certain normal secretions in the body, and should not be used during growth.

Food when properly masticated and thoroughly moistened with saliva is in a vastly better state for the further processes of digestion. *Hasty* chewing and swallowing the food makes masses which tend to sour and become poison, as they cannot be digested quickly and so become clogs. This often accounts for the belching of gas, sense of burning and pain, and other forms of distress felt after eating.

The retention of waste products

within the body for a long period tends to produce poisonous impurities in the blood, a muddy looking skin, headaches and many other evils. *Have a regular time either morning or evening and obey the call of nature.*

FINAL

Every boy and girl should have an ambition looking to some prize or goal which may be reached sooner or later by faithful application to their tasks. Their efforts acquaint them not only with their weaknesses, but tend to develop their strong traits. A hopeful, helpful purpose is a good governor and pilot through life.



IN THE LAND OF THE PYRAMIDS

DR. KAREL DRIML

They call him Johnny—Johnny Smith.
 He does not like to clean his teeth.
 He hates the toothbrush—tooth-paste too
 Hear, Johnny, what I have for you!
 In Egypt, where there flows the Nile,
 There lives a sacred crocodile,
 Old hundred years. His dreadful jaws
 Are full of teeth as sharp as saws,
 And what he catches on the shore
 Is lost. You see it never more.
 But after meals he likes to rest,
 And in the sun to bask his crest;
 And as he sleeps with open mouth
 There come the birds from East and South.
 And in his jaws they pick and bite
 Until his teeth are clean and white.
 Dear Johnny! See, that even there,
 The crocodiles know dental care.
 They do not make so much ado
 About the toothbrush. WHY SHOULD YOU?
 —Hygeia.

THE INDIAN HEALTH SERVICE

Indian Office Bulletin



AT THE time of the discovery and settlement of America, the many Indian tribes inhabiting the portion of the country now embraced within the limits of the United States were recognized by the various governments under whose authority the settlements were made, as separate, distinct and independent political communities, capable of entering into and maintaining the relationships of peace and war. A similar recognition obtained among the different Indian tribes with respect to their relations with each other.

Under the laws and customs of nations, the several colonizing governments assumed the right to preempt the land from the natives, each such government exercising the exclusive right to extinguish the Indian title to the country claimed and occupied by it, this right abridging the right of the Indian to the extent that he could dispose of his title to the land occupied by him only to that government which had the right of preemption. While the several tribes were recognized as distinct political communities with the right to govern themselves in such manner as they might elect, by virtue of the legal relation existing between them and the colonizing government, they ceased to be independent nations, but were defined as dependent nations or half-sover-

eign states.

It seems to be, and to have been from time immemorial, a settled principle of the law of nations that a weaker power does not necessarily surrender its independence and rights to self-government by associating with a stronger power and receiving its protection. This principle has been recognized by the United States in its Indian policy.

While prolonged controversies were being carried on with regard to the obligations of the colonizing government to its half-subjects, little or nothing was being done for the uplift of the Indian people, and it was not until the channels of trade had been sufficiently opened to permit the launching of a commercial policy that any attention whatever was given to the Indian and his rights as a human being.

On August 7, 1786, the Congress of the Confederation passed an ordinance for the regulation of Indian affairs. A federal constitution which in 1778 superseded the Articles of Confederation, delegated to the central government exclusive control over the Indian question, declaring in section 8 that Congress shall have power to regulate commerce with Indian tribes.

In the ordinance of 1786 to which reference has been made, all matters pertaining to Indians were placed in the Department of War, where they remained until

March 3, 1849, when the Indian Office was transferred to the newly established Department of the Interior.

While Indian affairs were still under the War Department, the act of July 9, 1832, was passed giving the President authority to appoint a Commissioner of Indian Affairs, who should conduct his office under the direction of the Secretary of War, agreeable to such regulations as the President might prescribe from time to time.

During all the while that the administration of Indian affairs was in process of organization, no special provisions had been made for the health of the Indian people, but in carrying out the policy of the War Department, agents and sub-agents had been appointed in the field service, and the practice had gradually developed of stationing civil physicians at remote agencies where military physicians were not available, primarily for the protection of the health of employees, but permitting them to treat Indians, no attempt being made to instruct the people with regard to the purpose of medical science or with respect to the laws of sanitation.

It was not until 1873 that the first organized effort was made for the benefit of the health of the Indians. In that year a division of medicine and education was established in the Bureau of Indian Affairs, and continued until 1877 when it was abolished and not revived until 1909. The health personnel of the United States Indian Service is now made up of:

HEALTH PERSONNEL

1 Chief Medical Supervisor
1 Medical Supervisor
6 Special Physicians (ear, eye, nose and throat specialists)
203 Physicians
105 Nurses
69 Field Matrons
292 Hospital Employees
6 Field Dentists.

HOSPITALS

The first hospital for Indians was established in 1882 at Carlisle, Pennsylvania. The increase in the number of hospitals is shown in the following tabular statement:

Year.	Number.
1882	1
1888	4
1900	5
1911	50
1912	53
1913	48
1914	51
1915	74
1916	81
1917	81
1918	87
1919	87
1920	87
1921	85
1922	78
1923	78

The maximum number was reached in 1918, since which there has been a reduction of nine brought about by high cost of living and the scarcity of funds.

ANALYSIS

Name.	Number.	Capacity.
Sanatorium-Schools	5	500
Sanatoria	6	250
General Hospitals	32	738
School Hospitals	35	850
Asylum for Insane	1	92
	79	2,430

The sanatoria are conducted for the treatment of tuberculosis and tra-

choma, and the sanatorium-schools for the education and rehabilitation of the tuberculous pupils. The term "general hospital" as used in this circular has reference to hospitals in which both school pupils and reservation patients are treated. The word "school" is restrictive in that it signifies that no patients, except pupils, are treated.

Special physicians and special nurses are engaged in treating diseases of the eye, ear, nose, and throat, and travel from one jurisdiction to another in given districts. The field dentists are also districted and render service to pupils of Indian schools, and also to reservation Indians. The duties of field matrons are many. In some respects field matrons are comparable county nurses, but as a rule their work concerns the improvement of the homes and betterment of the education, moral, sanitary, environmental and social conditions of the Indian. On a few of the reservations Red Cross nurses have been substituted for field matrons, with the purpose of gradually elevating the

standard of this activity.

HEALTH APPROPRIATION

The first specific health appropriation was made in 1911 under the title of "Relieving Distress and the Prevention and Suppression of Diseases Among Indians," the sum being \$40,000. The following tabular statement shows the gradual increase that has been voted by Congress in the intervening years between that date and the present.

Year	Appropriation
1911	\$40,000
1912	60,000
1913	90,000
1914	200,000
1915	300,000
1916	300,000
1917	350,000
1918	350,000
1919	375,000
1920	350,000
1921	355,000
1922	375,000
1923	370,000

The appropriation does not cover all that is expended for health purposes, since tribal funds, Indian moneys, and other appropriation are used when available and legally applicable.

TEN HEALTH HABITS

1. Brush your teeth night and morning.
2. Bathe each day.
3. Keep your finger nails clean.
4. Drink milk, but no coffee and tea.
5. Eat only at meal time.
6. Keep your surroundings clean.
7. Sit straight. Walk right.
8. Play out of doors every day.
9. Eat fruit and vegetables every day.
10. Sleep nine hours with the windows open.

—The American Medical Association Journal.

IS YOUR PEDOMETER WORKING?

Rey F. Heagy

NO, A PEDOMETER IS NOT THE name of an organ of the human body. It is not an organ at all. It is just a plain looking instrument resembling somewhat the outside appearance of an ordinary watch.

If I should ask you, "Is your speedometer working?" I imagine the reply would come like this: "Oh, yes, my speedometer's all right. It's working fine. I couldn't very well get along without it."

Well, how about this pedometer? Do you own one? Are you using it? How long have you used it? Do you like it? Have you recommended it to a friend? Does it help you keep fit?

Let's get down to facts. What is a pedometer anyway? Webster says: "A pedometer is an instrument to record distant in walking." There, at last we have it. A pedometer is an instrument to tell you the distance you have walked.

Why not get a pedometer, if you do not all ready own one? Why not try walking? Away back in the elementary grades we were told that walking is the best kind of exercise. Isn't it true that the average person doesn't walk enough? Isn't it true that the average person uses his speedometer too much and his pedometer not enough?

What are the advantages of walking anyway? Many, I should say. It brings us out in the great outdoors, where the air is pure and fresh, where

Mother Nature is at her best. It is a method of exercising many of our muscles. It helps us get an appetite. It improves our observation. It benefits our health in general.

Sixteen years ago, I walked ten miles a day. I felt fine. My muscles were hard. My skin had a healthy color. I slept sound.

A few days ago, my speedometer locked up, I walked to town. Town is seven miles away. I hadn't hiked for several years. I g't to town, but I thought those seven miles were seventy.

My pedometer's on the way. I'm going to use it.

HEALTH NOTES

He that scorneth the teachings of good health shall be of few days and full of bugs.

Good health is rather to be chosen than great riches, and a perpetual smile better than gold or silver.

Health is the normal-disease the abnormal. Encourage the normal by a strict adherence to the principles of right living.

The Public Health Nurse is the aeroplane scout that surverys the field, yet detects the first whiff of smoke which may be the starting point of a devastating fire.

Public Health lies at the very foundation of all human welfare. Unless that is conserved and protected, there is very little use in any other activity for the promotion of public welfare.—*Calvin Coolidge.*

Recently a case was brought to our notice, showing the different attention given by some parents to their children and their stock. This actually happened in our own enlightened Oklahoma and we think it demonstrates very clearly the importance of the campaign of education we are now putting on, to teach the people of the State the necessity of Preventive Medicine.

THE DEPARTMENT OF PUBLIC HEALTH OF OKLAHOMA

Dr. Carl Puckett, M.D.

State Commissioner of Health

THE function of Oklahoma schools is not alone to teach but to equip children with the qualifications necessary to carry on the work of American Citizenship. Is not good health a very important qualification? The child's health must not be neglected during the hours he is compelled to attend school.

The location of the building and drainage of the yard must be considered.

Sunshine and fresh air should reach the building from all sides.

Over-crowding should never be permitted.

The lungs must have air; hence ventilation of the building is important. On chilly days the tendency is to close the windows which should not be done.

Laws in regard to the common towel and drinking cup are often broken. Sometimes the drinking water may not be safe.

The light from windows should be so adjusted as to prevent eye strain. Blackboard of dull black and properly located must be adjusted with regard to proper vision and posture.

Sitting too long at an improperly placed desk may cause curvature of the spine, therefore, the hour of play and work need regulation.

The undernourished and nervous child will need "Rest Periods" at school.

The cloak room must have light and air with conveniences for all wraps. Children often sit in wet garments, consequently, a drying room for wet clothes would be a great asset to health.

Oklahoma laws provide for properly constructed toilets for school buildings but they are not always kept in a sanitary condition.

All school floors should be oiled which not only improves the appearance but allays all dust.

Lastly and perhaps the most important in school hygiene is the protection of school children from communicable disease. Colds, discharging ears, watery granulated lids and

skin eruptions are a source of danger to others; such cases need an examination by a physician.

It is no longer necessary for a child to have diphtheria. Every child should have a Schick test to determine whether or not he is susceptible to the disease, if susceptible, an immunizing serum will protect him just as vaccination prevents smallpox.

WHOOPING COUGH

Whooping cough is an infectious disease, characterized by spells of coughing accompanied by a long drawn inspiration producing the "whoop", whence the disease is named.

Whooping cough attacks children at ages not rendered immune by previous attacks, though it usually occurs between the first and second dentition, nor is it very rare in adults, in whom it may become very serious. Its epidemics are more common in the spring and winter and often precede or follow those of scarlet fever and measles. The disease is generally communicated from one child to another and few escape who are exposed. The delicate and those suffering from bronchial or nasal catarrh are most vulnerable.

Some persons are immune. There is no premonitory symptom separable from the preliminary stage, beginning with a cough which is in no way peculiar, being that of an ordinary cold with slight fever, and without expectoration. This cough may go on for a couple of weeks and if there be nothing in the history of the case to suggest the nature of the disease, may occasion no suspicion. During the end of this period the observing mother will have noticed that the cough is gradually growing worse and occurring "in spells". Then suddenly a "whoop" is noted and the nature of the disease suspected.

The treatment of whooping cough is one of the hard propositions of medicine notwithstanding the claims of many to the contrary, it remains a fact that we possess



Building used as a Hospital at Chilocco for many years, now to be remodeled into housekeeping apartment for employees.

no means of cutting it short. We may palliate the disease, by diminishing both the frequency and severity if it paroxysms.

The remedies to this end are the opiates, chloral, and anti-spasmodics, of the later belladonna is the most efficient the size of the dose must be arrived at by trial.

By the judicious use of paregarcic, the intervals between the paroxysms at night may be prolonged, Parents should be careful to protect their children from undue exposure, because it is this that causes complications, and it is the complications that are dangerous.

VACCINATION

In some few localities there seems to be more or less opposition to vaccination. This seems hard to understand, when we have such indisputable evidence as to the decrease there has been in the mortality from smallpox, since the institution of vaccination and how smart, intelligent, people will allow themselves to be influenced against its use is a mystery.

The prevention of smallpox depends primarily upon vaccination, secondarily, upon isolation and disinfection

Credit of giving vaccination, the only specific prophylactic to the world, is due Edward Jenner, who made his crucial experi-

ment in 1796, when he transferred the vaccine matter, from the hand of a dairy maid, which had been scratched by a thorne and was infected with cowpox from her employer's cows, to the arm of a boy about 8 years old and a typical take followed. In order to ascertain whether the boy, after feeling so slight an affection of the system, of the cowpox virus, was secure from the contagion of smallpox, he was inoculated with various matter, taken immediately from the pustule, afterwards he was again inoculated and no disease followed.

Coincident with the rapid spread of vaccination, was a marked fall in the extent and mortality from smallpox all over the civilized world. As an example, in London the years 1761, 1800, the mortality in the successive decades was respectively, 24234, 20922, 17867, 18477. In the first two decades of the 19th century it was 12543, 7856, and so on down to the present day, it has kept on steadily decreasing.

During the last great war we heard nothing of any smallpox epidemic. Why? Because every soldier was vaccinated. In the late epidemic in Denver, Colorado, among all the deaths, there is no record of a single fatal case, where the patient had been successfully vaccinated within the last five years.

HANDLING FOOD

One of the most phases of public health work is the taking of proper precautions to insure, as much as possible, the purity of food supplied to the public. The task is not an easy one. In fact the general public scarcely realizes the amount of work this Department is doing along this line although there is a growing appreciation of it, which is very encouraging.

There is a crying need of more stringent laws being enacted governing the handling of food. We have heard of several instances throughtout the state of waiters suffering from tuberculosis, syphilis, gonorrhoea and various skin diseases any of which might contaminate the food handed out to innocent and unsuspecting customers.

There should be a State law compelling all handlers of food to pass a physical examination before they are allowed to wait on the public. As it is now our powers are very limited. A few cities in the State have ordinances compelling examination of cooks, waiters and all employees who, in any manner handle food, but a man who is physically unfit may be peddling meat around some country town over whom we have little if any jurisdiction. This is one instance when a State law is badly needed.

Instances have been known of persons peddling apples who had bad sores on their lips, spitting on the apples before polishing them, thereby making it an absolute menace, if eaten without being peeled.

The public must be protected against eating impure and contaminate foods, and any laws that we can get throught the next legislature will be vast benefit to the people of the State.

IMPORTANCE OF ORAL HYGIENE

Dr. William Osler has been credited with saying "If I were asked to say whether more physical deterioration was produced by alcohol or bad mouth, I should unhesitatingly say bad teeth."

The history of the movement for dental inspection of school children, shows that during the past several years educators and hygienists the world over are awakening to a realization of the truth and significance of Dr. Osler's statement.

So far as known the first free dental clinic in the world was held in Rochester, N. Y.,

more than twenty-five years ago.

The importance of oral hygiene, that is the proper care of the mouth and teeth, has now become firmly impressed upon the minds of the medical profession, and to lesser extent upon the general public. If a person has not a clean mouth and sound teeth either natural or artificial, he or she is not in good health, and sooner or later runs the risk of being seriously and perhaps permanently affected. Bad teeth are no longer considered the comparative harmless defect which they were a generation ago. It is recognized that in addition to pain and discomfort from bad teeth they are very likely to cause indigestion and other ailments.

There are thousands of persons who have not owned a tooth brush, and who are still in the land of the living, yet proper care of the teeth would strengthen immeasurably the resources of every person. Cases of prolonged ill health have been relieved in a very short time by proper repair and care of the teeth.

Nearly all juvenile criminals have bad teeth and their restoration to a sound hygienic condition has almost invariably improved the morals, mentality and efficiency of the individual. A neglected or decayed tooth sooner or later becomes abscessed, An abscessed tooth pours poison into the system, and may cause heart trouble, high blood pressure, rheumatism, inflamatian, nervousness, and numerous othe disorders.

In Great Britain, medical inspection of school children shows that over 50 percent of the pupils were suffering from bad teeth. In several other European countries conditions are practically the same. In this country medical inspection of children has not been carried out on a sufficiently extensive scale to show conditions for the entire country, but wherever made, has shown that there is a great need of the careful supervision of the children's teeth.

INFLUENZA

While we do not think there is cause for serious alarm, we have noticed from reading various health bulletins issued by other State Health Department, it is very probable influenza will be more prevalent in this country the coming fall and winter than for several years past. Not withstanding the great amount of study that has been

devoted to influenza since 1918 we are not very much more able to control the disease than we were then. Experience has also shown that the spread of influenza is promoted and its virulence increased by conditions which tend to promote the spread of infections of the respiratory tract generally; as, crowding, artificial heating, soiled handkerchiefs and hands, also, imperfectly cleaned and unsterilized eating and drinking utensils.

A good rule to follow, whether influenza impends or not, is to conserve one's energy at this season of the year. The body is working harder now than in warm weather. The increased heat production means more work for the kidney, heart, and lungs. It seems as if people tire more easily at this time of year. I wish to impress on the people the necessity of taking care of themselves on the first appearance of a cold; consult your physician at once and go to bed, or at least stay in-doors until cured. The greatest danger is the liability of pneumonia following one of these attacks.

The best protection against influenza and pneumonia is.

Plenty of rest, long hours of sleep, with an abundance of fresh air in the bedroom. Careful diet, more vegetables, salads, and whole wheat bread, plenty of water. Warm feet, dry clothes. Keep fingers out of the mouth, wash hands before eating. Avoid getting chilled. A cold may lower a person's resistance, especially of children, so that one is more liable to catch various disease.

TUBERCULOSIS

In writing a short article on the above subject, we are speaking only of Tuberculosis of the Lungs which is caused by a living germ.

The body of a healthy person will resist its own growth and may kill the germs but in a weak body, without proper care, the germs multiply until the lungs are consumed and the person dies.

These germs are found in the sputum of a consumptive in small numbers in the early stage of the disease, in larger numbers later on, and in countless millions in the late stages.

Among the earlier symptoms which can easily be observed and which should lead one to at once consult a physician are; slight

cough, lasting a month or more; loss of weight; slight fever in the afternoon, and bleeding from the lungs.

Many persons who have these early symptoms of tuberculosis lose much valuable time and often their only chance of recovery, by relying on the promises of patent medicine fakirs, and medical quacks.

Don't take patent medicine and don't go to quack doctors who advertise that they cure tuberculosis by some method known only to themselves. If you think you have consumption go at once to a reputable physician, or to a tuberculosis clinic or dispensary. Make sure that your lungs are carefully examined. Remember this cannot be done unless the chest has been entirely uncovered. Therefore have no confidence in a doctor who examines your lungs through your clothing, or worse still, prescribes for your cough without even examining your lungs. If there is any suspicion of tuberculosis your sputum should be examined microscopically. This is done free at the State Laboratory. Your local health officer will help you get the examination made.

Few people are entirely free from tuberculosis germs. It takes a trained physician to detect the trouble and give proper directions that will enable one to overcome the germs and prevent the progress of the disease.

Remember tuberculosis can be cured if treatment is begun in time; also, it is not hereditary. In Oklahoma alone there were reported 1122 deaths from tuberculosis last year; showing the prevalence and deadliness of the disease. Since our death records are about three-fourths complete this would indicate that there are approximately 1500 deaths annually from this disease alone.

MENINGITIS

This disease prevails especially in the fall and winter months. The epidemics are usually localized, country districts are more affected than cities, children and young adults are most susceptible. The immunity produced by one attack is not lasting. One authority on meningitis reports five instances which the same individual had the disease twice.

From our present knowledge preventive measures are clearly indicated though very difficult to carry out. It is estimated that

healthy carriers of this disease are ten times more numerous than recognized case. While the isolation of known cases will prevent a certain number of secondary cases, this measure alone cannot be depended on to control the disease. We must frankly admit that when once cerebro-spinal meningitis has become epidemic it cannot be stamped out by any known means of practical application. This does not mean that we should assume a negligent attitude, for even though the disease cannot be satisfactorily controlled, a certain number of secondary cases can be prevented.

Every case and every suspected case should be at once reported to the health authorities and the patient isolated.

The virus is contained especially in the discharges of the mouth and nose and these should be disinfected. The house should be placarded, visiting prohibited and isolation practised; this will help diminish the number of carriers. Personal prophylaxis consists in avoiding the infection as far as possible and use of antiseptic gargles and nasal douches.

When the disease is epidemic people should keep away from public gatherings, crowded street cars, avoid the use of public drinking cups or the like. They should be advised to use more than usual care as to their personal cleanliness. The closing of schools may, under certain circumstances, be justified.

THE SPRING TONIC

This is the time of the year when old cobwebby bottles are brought out and shaken, and Johnny keeps out of his mother's sight. When the buds appear on the tree and the freckles erupt on Johnny's face, Mother knows its time to give him the old time mixture, a tradition handed down for ages. Whatever may have been the effect on the first children, the practice has come down to this year of our civilization. Makers of patent medicines have capitalized the belief that children should be given medicine to cleanse the blood in the spring. Medicines for this purpose are legion and have one good thing in common, a large percentage of profit for the makers. Their beneficial results to the unfortunate victim are nil, except for the discipline in taking something nasty. Children do need tonics in the spring

they need tonics in the winter, summer and fall as well. The kind of tonics they need are not found in bottles. No medicine dispensed can equal the tonics that nature bestows on man with a lavish hand sunshine fresh air, fruit, fresh vegetables and such foods as milk, eggs and whole wheat bread. No medicine will cleanse the blood like these, none is so cheap, none so effective. The belief that a spring tonic is needed, comes from Johnny's behavior at this time. He is restless and moody, can't keep his mind on his work at school. In some cases the symptoms are worse. Some children who have had little fresh food, only a small amount of out door exercise, and no fresh air in their sleeping rooms are pale and sickly, like a plant deprived of sunshine and moisture. They droop and have no vitality because they have been denied the gifts that nature bestows so freely on her children. By all means give your children spring tonics, but let these be sunshine, fresh air, fresh fruit and vegetables and not the so called tonic mixtures. If your children look as if they needed a tonic, have them examined by a reputable physician. If living conditions are healthful, children should flourish like the young of other animals. If they fail to do so something must be wrong and a competent physician will locate the trouble and remove it, if it is in the power of man it do so.

MEASLES

Many reports of Measles have lately been received at this Office, therefore, I deem it advisable to give a few hints to the public regarding the disease.

Early symptoms of measles are a watery discharge from the nose, sneezing, red water eyes, hacking cough, drowsiness, headache, loss of appetite, fever and sometimes vomiting.

In four or five days a blotchy rash appears over the entire body, the eyes become swollen and congested, and the cough and catarrhal symptoms are aggravated.

A child infected with measles usually shows the first symptoms in about two weeks after exposure but the time may be from seven to eighteen days. A measles patient can infect the air about him by coughing and sneezing, and infection can also be carried to well children by discharges on hand-

kerchiefs, towels, toys, clothing and eating utensils.

The law requires the Health Officer to placard the house and to isolate the sick person in a room. This is done for protection of the family, acquaintances, and the public, and his instructions should be very carefully followed.

The room where a measles patient is isolated may be darkened and should be well ventilated and screened from flies. A patient is less liable to contract a cold or pneumonia in such a room than in an overwarmed, poorly ventilated one. The disease is most infectious as the early symptoms appear, but it is very infectious throughout the course of the disease until ten days after the appearance of the rash. The following five points should be particularly noted and remembered:

(1). That children under five years of age are most seriously affected by measles.

(2) That because measles favors the development of pneumonia, tuberculosis and diseases of the kidneys, eyes and ears, it is to be much feared and avoided.

(3). That looking upon measles as a necessary child ailment, is a grave mistake which has cost many lives.

(4). That a mild case of measles may give perhaps a fatal case to a neighbor's child.

(5). That the early diagnosis, reporting, and proper isolation of a case are necessary to check the spread of measles, and to protect other children.

CARBON—MONOXIDE GAS

The season of the year is fast approaching when we shall all be burning our gas stoves and heaters. Every year some deaths and numerous partial asphyxiation constitute the winter sinister record of gas heaters as reported to this Department. Carbon-monoxide poisoning, according to Lewin, a well known German authority, is now and has been since the use of gas stoves the most wide spread cause of poisoning in connection with human life and activities. We have long been familiar with it in industrial pursuits and more recently in connection with motor cars and gas engines in confined places like garages and basements.

Natural gas does not contain carbon-monoxide or other toxic ingredients, but if

burned incompletely, as most frequently happens from a poor or defective air mixer on a stove, will quickly yield death dealing amounts of this gas.

The increase in the number of mishaps is said to be due to the appearance of the "radiant" type of domestic heating stove, which according to Smithsonian Institute Bulletin 102, is likely to produce carbon-monoxide gas whenever the radiants glow over three-fourths of the distance from the bottom to top. A slight increase in gas pressure, as usually occurs at night, may easily change a stove operating innocently enough in the day time to a carbon-monoxide generator during the night. Another part of the question is the keen competition among makers of gas stoves, which has resulted in constantly cheapened products. Still another is that distributors and retailers are said to, in many instances remove the warning labels attached by manufacturers which labels proclaim danger unless the devices are adequately ventilated when set up.

The gas companies have spent thousands of dollars in educational campaigns on the correct use of the gas cooking stove and point out that burners should be set at least one inch below the top of the grid. My advice to all users of gas stoves is to get busy now and investigate their fireplaces, chimneys, flues, etc., and to provide means for actually ventilating gas heating appliances before the time for using them arrives.

CLEAN UP TIME

"Clean Up" campaigns are beginning to start earnestly throughout the state. During the next few weeks and until hot weather comes is the logical time to do "Spring Cleaning."

Some of the cities and larger towns have planned to spend one whole week "Cleaning Up." Most of the municipalities, however, will center their efforts on one day. Additional men and wagons must be procured to haul away the unusually large amount of tin cans and rubbish that will be piled up in the rear of the lots and alleys.

It is well that the first practical move should come from the municipal authorities. Interest the Women's Clubs, Churches, Boy Scouts, Civic organizations, and similar bodies. They can greatly assist, in fact it will

not amount to much without their hearty cooperation. The newspapers can always be depended on to do their part by giving publicity to any move for the betterment of the community.

After a general 'clean up', if the premises are not kept clean you have accomplished very little. All manure piles, whether around horse barns, cow barns, hog pens or chicken yards, should be removed at least once a week, as these are the principal breeding places of our everlasting pests, the Fly. Lime is cheap, and one of the best disinfectants to scatter around places where manure has been; also around swill barrels and the like. Precautions taken against flies NOW will save endless work and worry later on. No tin cans should be thrown out unless perforated so they will not hold water, and become a breeding place for mosquitoes which we all know are a nuisance and a menace to health.

Take pride in the general appearance of your community, and join with your fellow citizen in making "Clean Up" Week a success. Remember that general cleanliness is an outward indication of sanitary cleanliness. Your community needs no better advertisement.

WHAT WRECKED ANCIENT EGYPTIAN CIVILIZATION

Over in Egypt the other day, they opened the tomb of a King who ruled 3400 years ago and brought to light amazing splendors of a civilization long dead. Such art and culture were supposed to be possible only to modern genius and enterprise. In some respects this art surpasses that of the modern world.

What wrecked this civilization? Along comes a scientist who informs us that the hookworm did the business.

Now, Mr. Hookworm is a special friend of ours in Oklahoma. Rather, he is one of our most insidious and devastating enemies. Only in recent years has Oklahoma made his acquaintance. He does not belong here. Like most of us, he has immigrated to this region.

It is known that he came to the United States from Africa, which helps the scientist to connect him with the wreckage which appears today in Egypt. He goes along with people in the warmer countries who are careless of personal habits and of sanitary conditions around their homes.

The hookworm is a parasite, which burrows into people, weakens their vitality, destroys their powers of initiative, and make them generally worthless.

There are two or three counties of Oklahoma which are already distressingly afflicted with this disease. In one of them, two well-informed doctors estimate that 75 per cent of the children are already infected. In another county, well toward the center of the State, a doctor who knows his business, and recently moved in, finds much evidence of the disease.

It is bound to spread under sanitary neglect. Diseases of this kind have the power to deplete vitality and eventually to wreck the most exalted civilization which the world has ever known or can produce.

What do you say? Is Mr. Hookworm the sort of immigrant we wish to welcome to Oklahoma? Do you fancy what he is sure to do to us? Then, clean up!

NAMELESS INDIAN HERO OF MEDICINE

To some nameless Indian, the world owes the discovery of that great remedy, quinine, used in the treatment of the human body.

Tribute to this forgotten hero is paid in the November Hygeia, popular health magazine, by Dr. Richard E. Stifel of Cleveland.

What genius first discovered that the bark of certain tree in the Andes mountains of South America was a specific cure for malaria, a disease classed next only to tuberculosis in the extent of its distribution and its importance as a killing and disabling disease?

"We do not know the name of this benefactor of mankind," says Dr. Stifel, "but he was one of the native Indians, probably ill with malaria and burning and parched with fever. Too weak to regain his native village he could but crawl to stagnant pool in the forest where he quenched his thirst in water bitter with branches that had fallen from an overhanging cinchona tree.

"Immediately he was relieved of the chills and fever. He showed his fellow Indians the bitter bark that had cured him. The natives gave the information to the Jesuit missionaries, who introduced it to the whites where it soon displaced the worthless remedies then used."—*The Indian's Friend*.

He who has health has hope, and he who has hope has everything.—Arabian Proverb.



Chilocco News in General



HARRY RIMMER

Ray Stinker

Tuesday evening only the boys marched from the dining hall over to the auditorium. Most of them were expecting a long, dry lecture of facts, with no place suitable for a laugh.

Harry Rimmer, former Physical Director of the Pacific fleet and nationally known speaker and boys' worker, soon shortened the long faces and cleared the frowns with a smile instead.

He gave an unusual twist to his speech which was the cause of almost a continual uproar from start to finish.

Mr. Rimmer emphasized in his talk, that the measure of a man is the subject of the story each boy should well remember. They should be able to see the funny side of life as well.

Mr. Rimmer said in part: "A man physically and mentally educated, is only an educated piece of meat. Six feet of brawn and muscles do not really measure a man today. The real man does not have to be large physically, large financially, or large mentally; but he does have to be large spiritually and morally, in order to measure up a real man. Measure yourself by how much knowledge and faith you really have in Christ."

At seven, instead of the usual study hour, both boys and girls, as well as employees, assembled in the auditorium. Mr. Rimmer told the story of the House With The Golden Windows. He told of the house we see with golden windows. How we may want to live there and how we may get ambition in our legs to go. But our own house has golden windows. We cannot see them until we go away and look back.

Our school, Chilocco, has many golden windows that we should appreciate and learn to see the beauty in each one.

"Appreciation is one thing we need most" said Mr. Rimmer. "It is one of the windows we should learn to see through at all times.

"Appreciate what others do for you, especially your teachers. Always remember to say 'Thank You.'

"Every year many hundreds in America become Christians and only one in a thousand is older than high school age."

We would be glad to have Mr. Rimmer with us every day, and we hope it will be possible to hear him again.

ALEXANDER PAUL

A telegram was received by Titus Paul, a member of the Sophomore class, announcing

the death of his brother, Alexander Paul, at Reubens, Idaho, on February 20, 1925. The boy at his death was twelve years old, the second youngest of the family. He leaves beside Titus his father, Jesse Paul, and his brothers, Richard and Reuben, and many friends. Chilocco extends her sympathy to Titus and his people. The members of Class '25 especially extend their sympathy to Titus.

RETIREMENT OF JESSIE W. COOK

We are delighted to be able to print a letter to Mrs. Jessie W. Cook written her at the time of her retirement by the Commissioner of Indian Affairs, the Hon. Charles H. Burke. It is very gratifying to know that such years of service and devotion as Mrs. Cook gave to her many friends, the Indians, should be awarded by a letter of such commendation.

Mrs. Cook's many admirers all over the Indian service will be interested not only in the letter, but in knowing that she has been paying Chilocco a visit, on her way to California, where she will make her home in San Diego. En route Mrs. Cook will visit friends at Phoenix, Arizona.

Since Mrs. Cook's retirement she has made her home at Uplift, 158 Webster St., Lewiston, Maine, with her sisters. Having been in California during the last two years of her work in the Indian Service, and finding the Maine winters too severe, she has chosen San Diego as a permanent home.

DEPARTMENT OF THE INTERIOR

OFFICE OF INDIAN AFFAIRS

WASHINGTON

April 14, 1924.

Mrs. Jessie W. Cook,

Through Supt., Mission Agency.

Dear Mrs. Cook:

In Connection with arrangements under way for your retirement from the Indian Service at the close of June, 1924, I wish to offer a word of cordial appreciation of your efficient work extending over a period of more than thirty years.

It is a special satisfaction and an encouragement to examine the excellent record you have made. Your musical ability and general culture, and your contact at different times with Indian home life and its needs, have, in addition to your splendid classroom qualifications, enabled you to give exceptionally valuable and sympathetic service. It is a real misfortune to part with such influence as your long work has contributed to our activities.

I trust you may enjoy many more years of usefulness from which, wherever possible,

I am sure the Indians will receive their full measure of benefit.

Sincerely yours,
Charles H. Burke
Commissioner

MR. RIMMER ENTERTAINED

Richard Wolfe

On Tuesday, February 17th, at two o'clock Mr. Heagy and Mr. Main drove to Newkirk to bring back Mr. Watson and Mr. Rimmer to spend the evening at Chilocco. Mr. Rimmer had made two addresses Tuesday morning at Newkirk. At five-thirty that same evening these two visiting Hi-Y workers were the honored guests at a dinner given at the Club. Covers were laid for Mr. Rimmer, Mr. Watson, Mr. Blair, Mr. Heagy, Mr. Main, Sergeant Hollisey, of the Oklahoma National Guards, and Mr. Claud Hayman. That same evening Mr. Rimmer made two addresses, one to the boys and men of the campus; and one to the entire school.

SEVENTH GRADE HEALTH PLAY

William Falleaf

On Wednesday of last week Mrs. Crego's seventh grade class of girls put on a health play entitled "School Days," a play of two acts. The first act displayed the home of a mother and three daughters. The children had just come from school with their reports and complaining about their low grades. Then the table was set for their supper which showed the way a child should eat and its attitude while eating, by washing the hands before eating and pleasant disposition while eating.

After supper the mother had the children sit down while she read them a story. While she was reading a knock at the door stopped her and one of the children opened the door and the teacher entered. Then the mother and teacher talked about the children's low grades and how to get them to work in school.

The second act consisted of songs and speeches by the school girls. At the end of the play a poster was shown which was made by one of the seventh grade students. The poster will be sent to the poster contest.

The students found the play very interesting.

MISS EDITH M. DABB SAILS

Ramona Rogers

Miss Edith M. Dabb, Secretary for Indian Schools, representing different church boards together with the Young Women's Christian Association, has been asked to go to the Montevideo Congress in South America, to help plan for a forward movement among the ten million Indian people of South America.

She sails on the Southern Cross from here about noon February 28, so any steamer letters which you write will have to be sent immediately. She is to be gone for about four or five months in countries of Brazil, Peru, Argentina, Uruguay, Chile, Bolivia, and Panama. We hope that she can get out to some of the Indian villages but we are not at all sure that that will be possible.

This fall we are expecting that she can reach some of the schools here to tell all about what she saw and what is being planned in order that the Indian students in the United States may understand the situation in South America, and perhaps look forward to that country as a place where they may work when they are older.

DINNER FOR MRS. COOK

Lee Miller

Miss Krebs, Miss Rogers, and Miss Wallace entertained at dinner Sunday, February 27. Mrs. Jessie W. Cook, who has been a visitor on the campus.

The guests were confined to the most intimate friends of the guest of honor and included Mr. and Mrs. C. M. Blair, Mr. and Mrs. R. F. Heagy, Mr. and Mrs. Francis Chapman, Mr. and Mrs. C. W. Higham, Mrs. Matilda Wind, and Mr. and Mr. Claude Hayman.

The guests were all seated around the large oval table in the Club dining room. The table decoration was a low, black bowl of spring flowers, while the place cards were reminders of Washington's Birthday.

FIFTH GRADE GIRLS IN PLAY

Ted Bailey

Mrs. Heagy's Class of Fifth grade girls gave a health play in Chapel last Wednesday morning. The play was very entertaining and instructive.

The good habits and also the good right things to eat, which are the main factors in keeping good health were stressed briefly and plainly.

The characters played their parts well.

We are anxious for the next health plays to be given, as they are very helpful to us who are forming the habit of working for the best health.

NATIONAL GUARDS RECEIVE INSTRUCTION

John R. Moore

Sergt. Instructor W. R. Hollisey, from Tulsa, Oklahoma, is here to review and instruct the Chilocco Company of National Guards. The time that he is to stay is unsettled but he will be here not less than two weeks.

JUNIORS LOSE TO WINFIELD

Alvin Frazier

The Chilocco Juniors were defeated by the fast Winfield Junior quintet. Score 24-14.

The game was fast from the start to finish. Winfield was unable to run signals against the Indians. The Indians come nearly putting the game on ice in the third quarter by leading the opposition by several points.

Winfield was unable to get in close range of the goal to make their favorite set up shots.

Burgess hit the loop for 8 counts for Chilocco.

This defeat put the Indians out of the race for the championship; Winfield is the only undefeated team in the league.

INDIANS DROP ONE TO ST. JOHNS

Alvin Frazier

The St. Johns College, of Winfield, Kans., won over the Chilocco Indians on the local court last Monday night. Score 24-21.

In one of the best games played on the local court this season, St. Johns emerged victorious. St. Johns were swept off their feet in the first half; the Indians playing dazzling basketball. The work of the Indians was a surprise to the visitors; St. Johns calling time out several times in an attempt to stop the onrush of the Indians to victory.

Captain Bailey, Chilocco forward, booked up a counter from the floor in the first few minutes of play to start the scoring rally for the Indians. Score at half Chilocco, 13; St. Johns, 5.

St. Johns came back stronger in the last half tying up the count and forging ahead for one point. Then Chilocco oraced up, and the game see-sawed until the last two minutes of play, when the score stood 21-20 in favor of Chilocco. St. Johns made one more desperate attempt to turn their defeat into victory, which they did; making two long baskets from the floor which ended the scoring.

Captain Bailey was the high point man of the game. Bailey's goal shooting was the main factor for the Indian's points, he scored eight field baskets. Wilson played a flashy game at forward. North, tip off man gave his best efforts. Miller and Kekahbah played a marvelous game at guard.

Schmidt was the most consistent point getter for St. Johns, tallying four baskets and a free throw. Soepelworth also counted 8 points for his team.

"Red" Brown a nationally known referee, who referees in the national tournaments and one of the best referees in the U.S. today, officiated the game.

A defeat of this kind by a small margin is as good as a win, especially after the 64-14 score which St. Johns handed us early in the season.

HOT DOGS WIN

Ted Bailey

The Chilocco Reserves went into the Oxford boys in good form and won their first game of the season, 24-17.

The Indians were Captained by Bennie Delaware, a flashie youth who goes hard and tosses the cowhide sphere at the nets with a wicked eye. "Bobbie" Herrod, a first team recruit, did most of the scoring for the "Hot Dogs."

The Oxford lads threatened the lead of the Indians in the third quarter. "Cookie" Jefferson, a promising huskie, was rushed in and did well. "Cannon Ball" Kernell and "Speck" Rhodd at guards were cross word puzzles to the Oxford offense.

We hope to see the Reserves get into action again as they possess a lot of fighting stuff, which makes a basketball game interesting.

JUNIORS WIN TWO

The Chilocco Juniors invaded the Ponca City Junior camp; The Indians winning by the small margin of 12-10.

The game was slow. Both teams showed good team work and passing ability at times.

Burgess, plucky little Chilocco forward, was the high point man of the game, making four baskets from the floor. Kekahbah and McGillberry did fine work at guards breaking up shots which would have meant counts for the Poncas. The Juniors won over the Wellington Juniors on the local court by a comfortable score, 19-5.

The Indians got off to a good start, forming a scoring combination at the start.

Wellington couldn't break through the Indians defense. The Indians could work the ball up in the defense territory. They were off form in point getting. Burgess, Catt, and Kekahbah were the main point getters for the Indians.

The clipping, taken from the *Winfield Daily Courier*, pays a pretty tribute to the courtesy our coaches have taught our students is essential to real athletics. We lost the game, but we won something far greater, the respect of the visiting team.

"Unusual courtesy was displayed by the Chilocco students toward the team. A rousing cheer was given the visitors after the game and other signs of particular courtesy were shown throughout the evening."

VARSITY CAPTURES A WIN

Alvin Frazier

The graduates of Chilocco, living here or in Arkansas City, with the assistance of Hinton of Ark. City, tripped over the Chilocco Varsity team on the local court here last Monday night. Score, 41-24.

The Alumni, captained by "Chief" Wilson put up a good fight. Louis Weller, a flashy forward and one of the best to ever

don a Chilocco suit, played a brilliant game. His work on the floor and shooting was the main feature.

The game was fast. Good passing and team work were also features. Both teams missed numerous shots at the netting.

Captain Bailey was the high point man of the game, hurling the cow hide for basket after basket for a count of 22 points. Wilson totaled 13 points for the home team.

Weller hooked up 16 points for his team. Wilson, center for the graduates, hurled the sphere for 6 points. Jones officiated as referee.

The grads' lineup: Weller, Bayhille, Wilson, Bushyhead, Hinton, and Johnson, who substituted for Bushyhead who was forced to retire on account of an injury.

Chilocco's lineup: Bailey, Wilson, North Kekahbah, Miller. Herrod and Rhodd substituted.

CROSSWORD PUZZLERS

Robert Waitscox

Now days if you happen along anywhere you should always be prepared for anything. For instance if you are going down the walk and some one taps you on the shoulder and asks you for a word meaning feline in three letters, be ready. For a-ound Chilocco there are quite a few crossword puzzle fans.

Alvin Frazier, Sophomore, has gone one better than any other fan here, because he seems to like it so well, he purchased a crossword puzzle sweater. If you see one of these fans bending over a dictionary, don't be worried, for it may be only a little word with four letters meaning affection. If you happen to take a liking for these puzzles and can not find a certain word you shall be rewarded by interviewing the following fans: Miss Marian Higham, Miss Underwood, Mrs. Correl, Miss Oberlander, Mrs. Spelman, Miss Wallace, Miss Whitney and Miss Hendrix. Miss Underwood, at present, holds the Campus record.

A NEW VARIETY OF MELONS

Eugene Alford

Melons that mature sooner, yet "whoppers" compared with the ordinary, would be much in demand at Chilocco. Such are the Montreal melons grown by a botanist on the island of Montreal according to a letter received from George E. Pearson who has grown them.

Seeds of the Oka melon with directions for growing were also sent. The Oka melon has been developed by the order of Cistercian monks at Oka across the river from Montreal. The Oka melon is raised the same as the Montreal, but is not so large; is rounder and remarkable for its deep salmon colored flesh of the most delicious flavor. The melon differs from most varieties in that it requires excessive heat

both underground and from the sun. It is rarely raised successfully except on the island of Montreal, for the average grower insists on raising it as he raises other melons. Some seeds of this melon will be planted, under Mr. Kain's direction, in a spot no boy can find.

LOCAL NEWS

Mrs. R. L. Richardson of Arkansas City was the guest of Miss Emma G. Dent, Sunday.

Miss Josie Palmer, of String Town Okla., was here Saturday visiting her cousin, Dorothy Palmer.

Laura Belle Casar was called to her home at Pawnee, last week, because of the illness of her father.

Sallie Spotted Horse was called home Friday. The seventh grade class hope to have her back soon.

Miss Tooker received a letter from Taylor Stand, of Bacone, saying that Miss Jayne was in the hospital.

The farmers are hauling hay in the morning while the ground is frozen and harrowing in the afternoon.

Mr. and Mrs. John D. Tiger were here Friday night for the Sequoyah Literary Society's Open Session.

Mr. and Mrs. Rollin Stevenson, of Anadarko, were here visiting Grace and Cora Stevenson during the week.

The Sophomore girls were all glad to see Zelma Quinton back in class after spending a few days in the hospital.

The Freshman class wish to introduce to their many friends the "Dutch Cleanser Twins," Mary Topetchy and Ada Blackwolfe.

The student body gathered in the Gymnasium Saturday evening for their regular social. The Grand March was lead by Josephine Washburn and Alvin Frazier.

Both the employees and the students are glad to see Mrs. Cook about the campus again. She was a Principal teacher when she left Chilocco two years ago.

Mrs. Richard Birdshead, of Geary, Okla., was here visiting her son, Theodore, and her daughter, Salome. We remember Mrs. Birdshead especially for her assistance in putting up the teepees, for the Pageant last spring.

In the recent Chilocco—St. Johns College basketball game, "Red" Brown of Wichita, was the referee. His decisions were always satisfactory to both the teams and the spectators. Our team feels that it can play a fifty percent better game with a referee of his experience.

A HEALTHY PERSONALITY

HAVE you a healthy personality? You can check yourself up by the eleven standards of mental, emotional, moral and social health given in the recent report of Joint Committee on Health Problems in Education of the National Education Association and the American Medical Association.

Although the evidences of a healthy personality given by the Joint Committee apply to school children, they are equally applicable to adults, allowing for a variety and range of individual differences. They are given as follows:

1. The child possesses intelligence adequate to meet the demands of his life. This includes the whole range of intelligence from very superior to somewhat below average. Some very healthy personalities are found among those whose intelligence is inferior to the average but is nevertheless sufficient to meet the demands of simple lives of manual work.
2. He is able to concentrate his attention on the matter before him and to perceive the important elements of the situation with accuracy and alertness.
3. He is interested in the world about him and curious to understand it.
4. He is generally self-confident; he expects success and achieves it with reasonable frequency.
5. He is active in overcoming difficulties; he does not "day dream" so much that he fails to meet the actual situation.
6. His predominating emotional qualities are happiness, cheerfulness, courageousness. He is not troubled by unnecessary fears, shyness or timidity. His emotional responses are those that are appropriate and useful for the occasion.
7. He does not ordinarily brood or sulk, or indulge in morbid introspection.
8. He has many objective interests; friends, hobbies, games in which he finds adequate self-expression.
9. He is companionable and mingles easily with other children. He adapts himself easily to cooperative enterprises to leadership or to followership.
10. His relationships with children of the opposite sex are wholesome.
11. He has a sense of responsibility for the happiness and well being of his friends, schoolmates and members of his family.

To be well balanced, the report states, it is not necessary to suppress one's individual qualities or to conform to a uniform pattern. Nevertheless, the above are the simplest and most significant evidences of a healthy personality.—*Hygeia*.

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