

# THE ARROW

ART  
INDUSTRY  
SCIENCE

Publication of the United States Indian School, Carlisle, Pa.

Vol. II

FRIDAY, JULY 13, 1906.

No. 46

## SHINE JUST WHERE YOU ARE.

Don't waste your time in longing  
For bright, impossible things;  
Don't sit supinely yearning  
For the swiftness of angel wings;  
Don't spurn to be a rushlight,  
Because you are not a star:  
But brighten some bit of darkness  
By shining just where you are.

There is need of the tiniest candle  
As well as the garish sun;  
The humblest deed is ennobled  
When it is worthily done;  
You may never be called to brighten  
The darkened regions afar;  
So fill, for the day, your mission  
By shining just where you are.

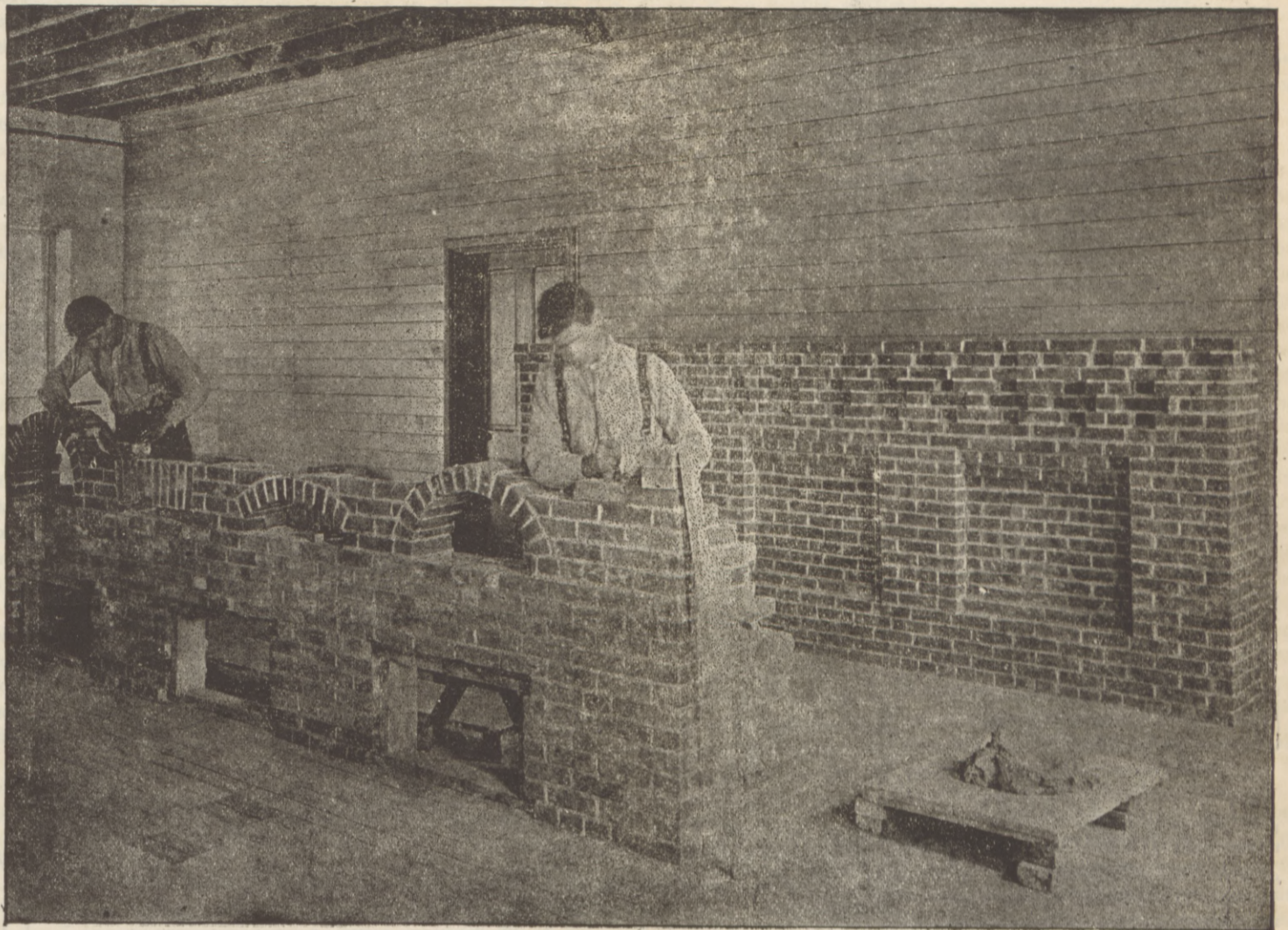
Just where you are, my brother,  
Just where God bids you stand,  
Though down in the deepest shadow,  
Instead of the sunlit land;  
You may carry a brightness with you  
That no gloom of darkness may mar,  
For the light of a Christlike spirit  
Will be shining wherever you are.

## THE MAN AND HIS SHOES.

How much a man is like his shoes!  
For instance, both a soul may lose,  
Both need a mate to be complete  
And both are made to go on feet.  
They both need heeling, oft are sold,  
They both in time will turn to mold.

With shoes the last is first; with men  
The first shall be the last, and when  
The shoes wear out they're mended new;  
When men wear out they're men dead  
too!

They both are trod upon, and both  
Will tread on others, nothing loth.  
Both have their ties, and both incline,  
When polished in the world to shine,  
And both peg out. Now would you  
choose  
To be a man or be his shoes?



LEARNING BRICKLAYING.

## THE PURE FOOD BILL PASSED BY CONGRESS.

Provisions of the Measure Which, with the President's Approval, will take Effect January 1, 1907.

The pure food bill will go into effect January 1, 1907, if it is signed by the President. It makes it a misdemeanor for any person to manufacture, sell or offer for sale any article of food, drugs, medicine or liquor which is adulterated or misbranded or which contains any poisonous or deleterious substance. It declares that any article of food shall be declared to be misbranded if it contains any substance which has been mixed or packed with it so as to reduce lower or injuriously affect its quality or strength; if any substance has been substituted wholly or in part for the article; if any valuable constituent of the article has been wholly or in part abstracted; if it be mixed, colored, powdered, coated or stained in a manner whereby damage or inferiority is concealed, or if it contains any added poisonous or deleterious ingredient which renders it injurious to health. There is a provision however which permits the use of external application of preservatives which may be removed mechanically without injury to the product and which are intended to preserve it for shipment. This clause will permit the use of borax in connection with dried codfish and export meats, from which the borax is washed off before it is used for food.

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It is also forbidden to use in whole or part any filthy, decomposed or putrid animal or vegetable substance, or the product of a diseased animal or one that has died otherwise than by slaughter.

In the case of drugs it provides that when a drug is sold under a name recognized in the United States pharmacopoeia, or national formulary, and it differs from the standard of strength, quality or purity as determined by the test laid down therein it shall be deemed to be adulterated, but if it does differ it shall be plainly stated upon the bottle or box.

Confectionery must not contain terra-alba, barytes, talc, chrome yellow or other mineral substances or poisonous colors or flavors, or other ingredients deleterious to health, or any vinous, malt or spirituous liquors, or compound or narcotic drugs.

The term "food" is construed to include not only food proper, but drink or condiment for man or other animal. Articles of food and drink which do not contain the added poisons or deleterious ingredients are not deemed to be adulterated or misbranded if their labels plainly indicate that they are imitations, compounds or blends. The term blend, however, is construed to mean a mixture of like substances, not including harmless coloring or flavoring ingredients.

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It is not required that manufacturers of proprietary food which contains no harmful ingredients shall disclose their trade formulas. A food is held to be misbranded if it is an imitation or offered for sale under the distinctive name of another article, or if it is branded so as to deceive or mislead the purchaser, or purport to be a foreign product when it is not, or if it fails to bear a statement on its label of the quantity or proportion or any morphine, opium, cocaine or like poisonous substance.

In the case of drugs they are held to be misbranded if the case in which they are put up fails to bear a statement on the label of the quantity of alcohol, morphine, opium, cocaine, chloroform or like poisonous substances, or any derivative or preparation of such substances.

For violation of the term of the bill a fine is to be imposed for each offense not to exceed \$500 or one year's imprisonment, or both, in the discretion of the court, and for each subsequent offense, a fine of not less than \$1,000 and a year's imprisonment.

The conferees eliminated from the bill the House provision for the fixing by the department of agriculture of standards of food.

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## THE INFLUENCE OF PROPER MILKING.

THE earning capacity of a dairy cow is directly dependent on the amount of milk she is capable of producing and a relatively large secretion of milk is one of the main factors in profitable dairying. For this reason the dairymen are always trying to develop strains of cattle with a higher milking capacity. Their efforts have been concentrated largely along two lines—feeding and breeding. The effect of the different food stuffs on the secretion of milk, with respect both to quantity and quality has been thoroughly investigated and differences in their value and influence have been fully recognized. Along breeding lines much more has been accomplished. The dairyman is able, by proper selection and mating, to transmit certain desirable characteristics to the next generation and to avoid transmitting the undesirable with a fair degree of certainty but only through the outlay of considerable time and expense.

Continued on last page.

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**THE ARROW**

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PUBLISHED EVERY FRIDAY

(Excepting the last two weeks in August and Holiday week)

BY THE  
**INDIAN INDUSTRIAL SCHOOL,  
CARLISLE, PA.**

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Address all communications and make all remittances payable to  
**THE ARROW,  
INDIAN SCHOOL, CARLISLE, PA.**

Entered as second-class matter September 2, 1904 at the post-office at Carlisle, Pa., under the Act of Congress.

**PROVERB.**

All should be taught how to earn, save, and enjoy money.

**EXECUTIVE ORDER.**

The National Association for the Study and Prevention of Tuberculosis, recently adopted the following resolution:

"RESOLVED, that in the interest of Preventive Medicine and the cause of Industrial Hygiene this Association respectfully recommends to the Chief Executive of the Nation the desirability of instituting an inquiry through the proper officers of the Government as to the sanitary conditions existing in all Government offices and workshops where a large number of persons are employed, especially with a view of recommending, if necessary, measures for the prevention of tuberculosis therein."

In view of this resolution and in the interest of the Government service, I hereby appoint Surgeon General Robert M. O'Reilly, U. S. A., Surgeon General P. M. Rixey, U. S. N., and Surgeon General Walter Wyman, of the Public Health and Marine Hospital Service, a committee to prepare and submit to the President for approval a plan for carrying out the intent of the above resolution, and the committee is hereby empowered to detail one or more persons from each of the services named for the purpose of assisting in the formation of a plan for investigation and action.

**THEODORE ROOSEVELT.**

THE WHITE HOUSE,

December 7, 1905.

**EXECUTIVE ORDER.**

In accordance with the report and recommendations of the Committee appointed by the Executive Order of December 7, 1905, to prepare a plan for the prevention of tuberculosis in the Government offices and workshops, I hereby promulgate the following order with the object of eliminating and preventing tuberculosis among the employees of the public service:

It shall be the duty of the head of each of the Executive Departments in Washington to cause to be printed and transmitted to all of the Federal buildings under his control, the rules prepared by said Committee to prevent the spread of tuberculosis in the buildings, and to require their display by the custodian in such manner and in such number as is necessary to carry out the intent of the rules.

It is hereby required of each Department to ascertain the names of any persons in service in said Department afflicted with tuberculosis, and to present to them the printed rules prescribed by said Committee for their observance.

The nonobservance of said rules shall, in the discretion of the head of the Department, be considered a just cause for separation from the service.

Whenever there is a doubt with regard to any person in the Government service, as to whether said person is afflicted with pulmonary tuberculosis, an order shall be issued for said person to present himself (or herself) at one of the Government laboratories for examination and to present the Department, from the Director or other authorized officer of the said laboratory, a certificate showing the result of said examination. If a Government laboratory is not accessible, the laboratory investigation shall be made at Government expense.

The Surgeon General of the Army, the Surgeon General of the Navy, and the Surgeon General of the Public Health and Marine Hospital Service, are hereby directed to cause a thorough sanitary inspection of the public buildings and workshops under their respective departments; and they are authorized to detail from their respective medical services, a sanitary board, or boards, for this purpose. The inspection of the public buildings and workshops other than those under the War and Navy Departments shall be conducted under the Surgeon General of the Public Health and Marine Hospital Service. The sanitary board or boards, thus appointed shall report upon:

First. Insanitary conditions immediately remediable;  
Second. Insanitary conditions requiring structural changes.

The said board when entering upon its duties in any Department shall report to the executive head of said building or workshop, who shall, on the request of the board, give such assistance as may be required.

The sanitary board, or boards, will make reports to the Surgeon General of their respective services, who shall bring these reports before the Committee appointed by Executive Order of December 7, 1905, and said Committee shall transmit a full report with recommendations to the President.

These duties to be additional to, and not to take precedence of, the regular duties of the members of the Committee.

**THEODORE ROOSEVELT.**

THE WHITE HOUSE,

February 28, 1906.

**PREVENTION OF TUBERCULOSIS.**

Tuberculosis is the most widely spread and deadly disease that affects humanity. It is infectious, and is communicated from the sick to the well.

The cause of the disease is a living germ, a minute plant called the bacillus of tuberculosis, which enters the body in various ways and there causes change of structure, destruction of tissue, and very often constitutional symptoms of a general bodily infection, with wasting away and ultimate death if not checked at the beginning.

**I.—Nature Of The Disease.**

During the progress of the disease the germs are constantly multiplying in the affected parts of the body and may escape and infect others in several ways.

Germs entering through the skin may cause local tuberculosis without always a resulting general infection.

Germs swallowed may cause tuberculosis of the intestines and other internal organs.

Germs inhaled, thus gaining entrance to the air passages, cause by far the commonest of all forms of tuberculosis—consumption, phthisis, pulmonary tuberculosis, or tuberculosis of the lungs.

Consumption, the "Great White Plague" of mankind, causes in the United States and Europe about one death in every four occurring between the ages of 20 and 50. No age, however, is exempt.

It is a disease that finds most of its victims at the active working age, and it carries off young boys and girls just entering upon the serious work of life, fathers and mothers of families, breadwinners, and citizens at the most useful period of their lives.

Not only is consumption the most common form of tuberculosis, but it is the most infectious, the most dangerous to the public health.

The lungs and air passages affected undergo a destructive process, with the production of myriads of new living germs. By the constant coughing, hawking, and spitting attending consumption the germs are scattered far and wide. Rooms, houses, public vehicles, and even whole inhabited districts, may become so contaminated with the germs that every healthy person breathing the air of such places is subject to constant danger of acquiring the disease.

The germs outside of the body are very long lived and resistant to destruction.

**II.—Danger Of Sputum.**

The disgusting habit of spitting upon the sidewalk, floors of public buildings, hallways, porches, the floors of carriages, cars, boats, etc., when the offender is consumptive distributes day by day millions of disease germs in all directions.

The sputum soon dries, the germs mix with the air and dust of the buildings or vehicles, and are inhaled into the lungs of healthy persons.

The fresh living germs in moist sputum are especially virulent and the greatest care must be exercised not to permit such germs to enter the mouth. Myriads of the germs adhere, for instance, to the drinking glass and may be transferred from the sick to the well by drinking from a glass or cup which has recently been used by a consumptive. In a similar manner the germ of the disease may be conveyed by towels, handkerchiefs, soap and other toilet articles, tableware, and objects of personal use.

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If it were not for the power that very vigorous people, living healthy lives, possess to resist disease in general it is probable that consumption would kill off whole communities, because it hardly seems possible that any single inhabitant of a city, where many have consumption, can for long escape breathing into his lungs some of the germs of the disease.

**III—Conditions Favoring Spread Of Tuberculosis.**

People most liable to be infected are those who live unhygienic lives, or who are compelled, in order to get a livelihood, to work amidst unhealthy surroundings.

Overcrowded, unventilated dwellings, offices, and workshops, sedentary occupation with lack of exercise, trades causing much dust which by irritating the lungs produces favorable conditions for the growing of the germ, poor food and insufficient clothing, uncleanness of person and surroundings are all factors in predisposing persons to consumption; but it must be remembered that nothing can actually cause consumption except the entrance of the germ into the body.

It is commonly said that certain families inherit tuberculosis and it is beyond doubt that a constitution predisposed to consumption may be inherited, but the real reason that generation after generation in some families has died of the disease is generally that the sick members of the family have infected the well.

No matter where the germs are accidentally lodged, whether on floors, sidewalks, vehicles, on clothing or utensils, their vitality is fostered by dirt, dampness, and darkness. On the other hand, sunshine, pure air and cleanliness are most valuable means of resisting and destroying the infection and of curtailing the disease when early recognized.

But the only sure way of preventing infection is to destroy all the sputum of every consumptive, for it is almost always by means of the sputum that a consumptive infects another person.

**IV.—Consumption Is Curable.**

It is now recognized that consumption is undoubtedly curable when intelligent treatment is undertaken early in the disease. Certain climates are known to be very favorable to a cure and annually hundreds of people seek to recover their health by going to Colorado, southern California, or elsewhere.

The only reason that climate cures the disease is that sunshine, equable temperature, and absolutely pure air can be better taken advantage of in some places than in others.

It is possible for recovery to take place in almost any climate if plenty of pure air can be obtained and the body protected against dampness and sudden variations in the weather; and no consumptive, whose case is recognized early, should despair because his poverty and the necessity of providing for his family will not permit treatment in some of the recognized favorable climates.

It is of course advisable that every consumptive should, when possible, live in a favorable climate or be treated in a sanitarium where not only the best prospects of cure are to be had, but where the danger to the health of others is eliminated.

It is to be hoped that before long all communities will understand that, to provide for indigent consumptives in their midst, sanitarium treatment at the public expense is not only a humane measure of the first order but an economical self-protective measure in which every citizen has a vital interest.

To stamp out tuberculosis it is necessary for every one to participate in the recognized sanitary rules for preventing this deadly disease.

Already the work of health officials throughout the country in disseminating plainly written pamphlets on the subject and formulating rules of hygiene in the simplest language has been successful in saving lives.

In order that persons in Government employ may be as far as possible protected during the hours of work in public buildings, certain general rules should be observed by all employees, and special precautions are necessary when any person

working with others is found to have consumption.

As good health is required in appointment to the classified civil service, as those in the service are intelligent people and the conditions under which they work are generally not unhygienic, it is not likely that much tuberculosis will be found among them. Some cases are inevitable, however; perhaps unrecognized as such by the patients and their friends; perhaps known to the sufferers, who are compelled to continue their daily work in order to maintain their families and who even conceal the nature of their complaint for fear of losing their positions.

The rules of prevention are quite simple and in the light of the foregoing remarks can be understood by any one with ordinary intelligence.

It is only in the exact and universal observance of the rules by the public generally and by patients in particular that success is to be hoped for in the great work of preventing the spread of the disease.

It is of vital importance to a community that all cases of pulmonary tuberculosis should be recognized as early as possible. It is also the best interest of the patients that this be done.

The diagnosis can generally be made before the patient has progressed very far in the disease and before he has become a very great danger to others by a careful medical examination and by a laboratory test of the sputum to determine the presence of the bacilli.

If early treatment is instituted, the disease is curable in almost any climate.

The mere presence of a consumptive able to perform work does not constitute a grave danger to others if his sputum is destroyed before it can spread infection.

To be continued in the next issue.

**SAYS MORTAR RUINED 'FRISCO**

Jap Expert Declares Building Mixture was Dishonest

DISHONEST mortar—a corrupt conglomeration of sea sand and lime—was responsible for nearly all of the earthquake damage of San Francisco, says Dr. T. Nakamura, professor of architecture of the Imperial University of Tokyo, dispatched to this city by the Japanese Government to investigate the effects of trembles and fire.

"I find," said Dr. Nakamura yesterday, that much of the damage to San Francisco from the earthquake was due to poor mortar and faulty construction and the greater portion of the damage to the Class A buildings by fire was the misguided use of hollow tiling and so-called fire blocks instead of concrete. It is an easy matter, I have found to design a building that will be not only earthquake proof, but practically fireproof.

There has developed as a result of the earthquake great prejudice against brick buildings. However, they are largely employed in Japan, where earthquakes of greater severity than the one experienced in this city are not uncommon. The secret of their success lies in the fact that good mortar is used. It should either be composed of one part cement to two parts of sand or one part cement, three of lime and five of sand. The bricks should be wet thoroughly before being laid, and when the mortar has set under these conditions the wall becomes practically as one stone.

**J. A. STAMBAUGH**

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**Miscellaneous Items**

→ We need rain.  
 → Warm weather.  
 → Nannie Saunooke went to the country this week.  
 → Mr. Canfield, the boys' outing agent is in for a few days.  
 → Frank Keshena is helping Mr. Hudson in the school bank.  
 → A fine cut of our band appeared in last Sunday's Philadelphia Press.  
 → There are 32 tables occupied in the dining hall. A pretty large family for vacation.  
 → Miss Eckert of the Girls' Quarters is spending a part of her vacation at Pen Mar.  
 → Miss Goyituey and Grace Kieh left Tuesday evening for their homes in New Mexico.  
 → Last Sunday's Philadelphia Press contained a fine cut of our Junior Varsity base ball team.  
 → Noble Thompson, who is at Morrisville, Pa., states through a letter that he is getting along very well.  
 → Miss Nellie V. Robertson has returned from South Dakota where she has been spending her leave.  
 → In a postal to a friend, Patrick Verney writes that the band boys are having a fine time at Long Branch.  
 → The students are enjoying the beans, peas, onions, and turnips received from the gardens of the four upper classes.  
 → Dr. Shoemaker attended the Cumberland County Medical Society meeting at Mt. Holly last Tuesday.  
 → Mr. Henderson led the prayer meeting last Sunday evening. His remarks were full of good advice to the students.  
 → Shelah Guthrie, who has been at Carlisle a long time, left this week for her home at Stroud, Oklahoma.  
 → The Long Branch Daily Record for July 5th shows views of the campus and of our boys at general practice in the gymnasium.  
 → Nelson Bartlette, who has been troubled with sore eyes, left for Bloomsburg last Monday. He will visit his sister and friends for awhile.  
 → Nicodemus Billy left last week for Lake Chautauqua, N. Y. where he will take a course of instruction in Athletics during the summer.  
 → The article in this number on The Proper Milking of Dairy Cows is taken from FARMING, published by Doubleday, Page & Co., New York.  
 → THE INDIAN NEWS for June published at the Genoa School is a very interesting number and is profusely illustrated with views of the school.  
 → Misses Hawk and Yarnell who are spending the summer in "Dixie" write that they are charmed with the country and the the southern people.  
 → Katie Wolfe who went to her home at North Carolina a few weeks ago writes that she arrived there safe and is enjoying herself in the "Land of the Sky."  
 → Miss Newcomer, who went home several months ago to care for her sick father, writes that he is patient and hopeful but does not improve very rapidly.  
 → The third floor of the large boys' quarters has been vacated for the summer. There are now two and three boys in each room of the first and second floors.  
 → Several of the girls spent last Sunday afternoon with Mrs. Corbett and found her bright and hopeful, and anxious to be back at her regular place in the sewing room.  
 → Among the events at the 4th of July celebration was a 100-yd dash for members of our band. It was won by John Harvey; Thos. Eagleman, second; Ruben Sundown, third.  
 → Franklin White, Duffy Smith, Amos Thomas, and Ruben Ridley assisted Miss Beach this week, carrying the books from the library to adjoining rooms to be fumigated.  
 → The sixth annual commencement of Riggs Institute which is located at Flandreau, South Dakota, was held June 20th. An interesting account of the exercises is given in The WEEKLY REVIEW of June 23rd.  
 → A letter from Ambrose Miguel, who is at Tullytown, Pa., states he is having a pleasant summer. He says he recently had a visit from his brother, Joseph, who is working at the Baldwin Locomotive works, Philadelphia.

→ Those who are out from the school often think of their friends here by dropping postals stating how they are getting along. Some are of the comical kind.  
 → Through a letter we learn that Junaluskie Standingdeer, class '04 and an experimenter, is again at his home at Cherokee, North Carolina.  
 → Miss Beach has returned from Washington, D. C. where she spent a few days leave, and has again taken up her duties as librarian.  
 → Because of the great amount of work on hand, the large boys could not be spared to attend the Methodist picnic yesterday. Their disappointment in no way detracted from their work.  
 → A tennis club has been formed by the large boys. The following officers were elected: president, Fritz Hendricks; vice president, Louis Island; secretary, Raymond Hitchcock. A series of games have been arranged and those making the best showing will play for the championship later in the season.

Hogansburg, N. Y.  
 July 3, 1906.

Dear Major:

My daughter is home safe, and I was very glad to see her. I thank you very much for your kindness in having taken care of her so nicely. With best regards,

Truly yours,  
 Frank Jackson

Chamberlain, S. D.

Dear Major:

I have arrived safely at my home and am with my parents who are glad to see me.

Respectfully yours,  
 John Jenese

Peno, S. D.  
 July 1, 1906.

Dear Major:

I arrived at Highmore last Friday evening at 11:23 o'clock, I had no trouble on the way. With best regards to all my Carlisle friends, I am

Yours truly,  
 Olaf Gray.

Wahyah, N. C.  
 July 4, 1906.

Major Mercer:

I thought I would write a few lines to you to let you know that I got home alright. I was glad to get home again to see my folks. My folks are well.

From yours,  
 Elizabeth Sequoyah.

Phoenix, Ariz.  
 July 4, 1906.

Dear Major:

I had a pleasant journey home, but the last day I did not feel well. A lady on the train was very kind and gave me some medicine which made me feel alright. I met a friend, Kintaro Malsuyama, at Washington, D. C. He, too, was on his way home.

Yours truly,  
 Jonah Noble.

Hogansburg, N. Y.  
 July 3, 1906.

Dear Major:

I arrived home safe and am enjoying myself very much in my home with mamma and papa.

From one of your school children.  
 M. P. White

Owyhee, Nev.  
 July 2, 1906.

Dear Major:

I arrived home safely on Monday, and I was lonesome for Carlisle. There is no place like Dear Old Carlisle. I may return to Carlisle in the fall.

Major, I thank you for what you have done for me while at Carlisle.

Yours respectfully,  
 Emma Quinn.

Keeth, Nev.  
 July 4, 1906.

My Dear School Father;

I have arrived safe and sound. Had some difficulty in locating my home. I have a fine job already at Duth, Nev. working on a ranch at \$2 per day. Please send me the Arrow. I hope to see you again this fall if nothing happens. So good bye.

Yours truly,  
 James M. Pabawena.

**Industrial Notes**

→ The plasters are lathing the studio.  
 → Mr. Michael Barron is our temporary florist.  
 → The plasters have finished repairs in small boys' quarters.  
 → Isaac Gould has entered the paintshop, He says he likes it very well.  
 → The laundry turned out last week 7495 pieces. Pretty big wash for vacation!  
 → The painters are blue-washing and painting the Academic building.  
 → Miss Ella Albert is in charge of the laundry during the absence of Miss Hill.  
 → Taquah Sequayah and Stensil Powell who arrived from North Carolina two weeks ago have entered the wood shop, and are making steady progress in their line of work.  
 → Samuel Saunooke, who is working at the Carlisle Body and Gear works, says he hopes to be able to make all the the parts of an automobile body before he leaves there.  
 → Robert Friday has gone to Delmar, Delaware to work in the bakery of Mr. Pape, who was formerly baker at this school. Robert is a good baker, and we congratulate Mr. Driver, our baker, in having turned out such an excellent workman.

**OUR BAND MAKES ITS FIRST APPEARANCE AT LONG BRANCH.**

**Forty Piece Musical Organization Given Great Ovation—Daily Concerts for Rest of Season**

Director Claude M. Stauffer and his Indian Band covered themselves with glory yesterday at the initial concert in Ocean Park. They arrived Tuesday evening and at once went to their headquarters in the third floor of the casino building. They were given a cordial welcome upon their arrival. Chairman Augustus Chandler and members of the Music Committee being on hand to see that they were properly cared for. The members take their meals in a special dining room in the Broadway House. The room was decorated with the Stars and Stripes from the centre to the circumference, and the colors will remain up all summer.

No sooner had the Indians reached Long Branch than they started for the shore. They are a healthy lot of redskins, gentlemanly in appearance and fully able to converse in the best of English. They made hundreds of friends and thousands of admirers during their first day's stay in Long Branch.

The Band's first appearance in Long Branch for play was under adverse surroundings. The committee thought wise to have it on the grand stand along with the chorus and the orator of the day. Leader Stauffer made the best of the situation and favored with three selections. These were:

March—"The President's Choice," Klover.  
 Overture—"Fest," Leutner."  
 Selection—"The Star of India," Brathon.

In the evening, however, the full program was carried out in addition to several encores. The airs were familiar, the music exceedingly good, and even music critics said that "The Indian Band is all right."

The evening program was as follows, beginning at 7:30 instead of 8, so as to start the firework display promptly at nine:

**FOR THE LARGEST STOCK**

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March—"With Flying Colors," Cruger.  
 Overture "Zampa," Herold.  
 Morceau Oriental "The Stars of India" Bratton  
 Selection from "Faust" Gounod  
 Intermission  
 Recollection "War Song" Beyer  
 Excerpts from "Miss Dolly Dollars" Herbert  
 Piccolo Solo "Through the Air" Damn Willard Gansworth  
 Medley Overture "Bits of Remick's Hits No. 3" Lampe.  
 Stars Spangled Banner

The following is a list of the members of the band, together with the instruments they play and the tribe from which they come:

**BRASS SECTION**

Solo cornet	John J. Harvey	Assiniboine
Solo cornet	Arthur Mandan	Mandan
First cornet	Alfred Venne	Chippewa
First cornet	Paul White	Thlinget
Second cornet	Louis Chingwa	Chippewa
Third cornet	Earl Doxtator	Cayuga
First trombone	Chas. Huber	Gros Ventre
Second trombone	Thomas Eagleman	Sioux
Third trombone	Ralph Waterman	Seneca
Fourth trombone	James Johnny	Thlinget
Baritone	Hasting Robertson	Sioux
First horn	Archie Dundas	Metlakhtlan
Second horn	Henry Thomas	Shoshone
Third horn	John Waterman	Seneca
Fourth horn	James Mumblehead	Cherokee
Sousaphone	Louis Bear	Menominee
B flat bass	Jefferson Smith	Gros Ventre
E flat bass	Blaine Hill	Cherokee
E flat bass	William Weeks	Gros Ventre
Snare drum	Fred Scannadore	Onondago
Snare drum	Reuben Sundown	Seneca
Bass drum	Carl Silk	Gros Ventre.
Euphonium		

**REED SECTION**

Solo clarinet	Chas. Mitchell	Assiniboine
Solo clarinet	Eugene Geffe	Thlinget
First clarinet	Freeman Johnson	Seneca
First clarinet	Patrick Verney	Metlakhtlan
Second clarinet	Lonnie Patton	Thlinget
Third clarinet	William Jackson	Thlinget
E flat clarinet	Manus Screamer	Cherokee
Bass clarinet	Oscar Smith	Oneida
Bass clarinet	George Thompson	Pequot
Sopano saxophone	Roger Venne	Chippewa
Alto saxophone	Chas. Kennedy	Seneca
Tenor saxophone	Levi Williams	Seneca
Baritone saxophone	Geo. Gardner	Chippewa
Oboe saxophone	Louis Paul	Thlinget
Bassoon saxophone	Wm. Winnie	Seneca
Solo flute	Willard Gansworth	Seneca.
Piccolo		
Second flute	Joseph Poodry	Seneca.

Director Stauffer and his band will be heard every afternoon from 3 to 5 and evening from 8 to 10 in Ocean Park during July and August.

Prof. Stauffer, the director of the band, has been in charge as such for the past two years. He knows his business from start to finish and is as much beloved by the members of his band. He brought to Long Branch with him his automobile and expects to have several spins over the good roads which radiate in every direction when not engaged at play.

—Long Branch Record.

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Even with a pure-bred dairy herd the problem is how to produce milk with the least possible expense. There are two chief factors necessary to its accomplishment: first, sufficient and proper nourishment, which subject has been well worked out; second, the external influence which makes the function active, which is simply exercise or use, and this subject has been largely neglected. It means perfect milking.

Proper nourishment is, of course, the foundation of organic development, but it has very little to do with specialization of the function. The udder of the dairy cow is the organ whose special development is desired, as it is directly engaged in the secretion of milk, yet how few give any attention to increasing its development. A large number of so-called dairymen milk at irregular intervals and look upon the udder merely as a sort of reservoir to be emptied when filled. They do not consider the operation of milking of any importance in regard to secretion. As a result the period of lactation is shortened, the quantity and quality of milk lowered, and the future capacity lessened. Very few realize to what extent the cow's secretive capacity depends on perfect milking. Milking is as important as breeding, for without milking the food would be distributed in other ways without stimulating the milk flow at all. Food only affects the milk flow as far as it may be converted into milk by the udder.

The possibility of developing the udder by proper milking is as great as of strengthening muscles by systematic exercise, and fully as necessary. Unlike the problems of feeding and breeding there is no guesswork concerning its effect. It insures development with the highest degree of security. The extra expense is represented by the slight additional amount of work required. All the capital necessary is strength and determination.

It is well known that the last of the milking or "strippings" is much richer in fat. Thorough milking will increase the per cent. of fat in most samples and this alone is sufficient reason for the added effort. Regular and thorough milking persistently carried out will prolong lactation and secure an even, high production throughout the period. When properly carried out it will excel any other line of effort in improving the dry herd.

It is easy enough to compose any number of rations that will give satisfactory results. The real secret of success lies in the ability of the feeder to devise a ration from the most convenient materials at the lowest possible cost while still keeping well within the limits of normal quantity and quality, paying proper attention to the question of succulence so important in dairy feeding. Each animal differs in the amount of food she can consume with advantage, and the chief difficulty lies in determining the correct quantity for the individual. Many experiments along this line show widely divergent results and it is impossible to say of any one ration that this has the best effect on milk production. —*Farming*

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**HEALTH IS A MAGNET.**

WHAT a sorry picture is a weak, puny half-developed youth, starting in the race for success! Few, indeed, are his chances, compared with those of the robust youth who radiates vitality from every pore! How unfortunate it is to be thus handicapped on the threshold of active life! A healthy man is a magnetic man; an unhealthy man is often repellent. Thus health is a success-factor which cannot be over-estimated.

A half-developed youth, with his puny muscle, must put forth a strong effort of will and mental energy to overcome his deficiency, that he may do the things which a hardy, robust youth does easily; and it is the thing easily done, not the thing achieved by excessive effort, that attracts the most attention and gives the greatest pleasure.

An appearance of strength gives an impression of ability to achieve things, and is of great help in securing a position. There is a strong, involuntary prejudice against weakness of any kind.

Therefore, at the beginning of the race, it pays any young man to emulate the example of Theodore Roosevelt in developing a strong physical personality, to overcome

any natural or acquired handicap of weakness. We are so constituted that we shrink from abnormalities, deficiencies, and half-developments.

While we sympathize with weak people and invalids, we do not have for them the same admiration as for vigorous, energetic people, unless they are relatives or friends. Therefore, the person lacking health lacks the greatest magnet-making forces which compel success to come at his call and abide with him and his household. —*Success.*

**BARBAROUS THINGS**

- Digging the eyes out of potatoes.
- Pulling the ears of corn.
- Cutting the hearts out of trees
- Eating the heads of cabbages.
- Pulling the beards out of rye.
- Spilling the blood of beets.
- Breaking the necks of squashes.
- Skinning apples. Knifing peaches.
- Squeezing lemons. Quartering oranges.
- Threshing wheat. Plugging watermelons.
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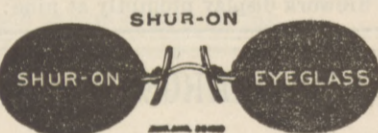
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**NOW DON'T.**

**D**ON'T snub a boy because he wears shabby clothes. When Edison, the inventor of the telephone, first entered Boston, he wore a pair of yellow linen breeches in the depth of winter.

Don't snub a boy because his home is plain and unpretending. Abraham Lincoln's early home was a log cabin.

Don't snub a boy because of the ignorance of his parents. Shakespeare, the world's poet, was the son of a man who was unable to write his own name.

Don't snub a boy because he chooses a humble trade. The author of "Pilgrim's Progress" was a tinker.

Don't snub a boy because of his dullness in lessons. Hogarth, the celebrated painter and engraver, was a stupid boy at his books.

Don't snub anyone; not alone because they may outstrip you in the race of life, but because it is neither kind nor Christian.

—*Great Thought.*

**FENCES ON THE FARM.**

**A**S to which is the best fence to build, that depends upon the purpose it is to serve and the material at hand. In the first place do not build or keep a fence in repair that you can do without. Wherever you find a fence necessary, one should be built and one of the very best of its kind, as poor fences occasionally cause trouble to the owner, and sometimes between neighbors.

For instance, a farmer turns his cows out to pasture on Sunday morning, goes to church, where everything is pleasant and encouraging, and he returns to his home in good spirits; but as he comes within sight of his home he sees his cows over in another field, among the grain or corn as the case may be. Now, where is the man who would not do or say bad things on such an occasion?

Not only should a good fence be built, but it should be kept in good repair as long as it is needed, and then when it has served its purpose, remove the fence entirely. A tumbledown fence is one of the poorest advertisements a farmer can have. On passing by a farm where are unkept fences, people generally conclude that the farmer of that place is just as careless and wreckless about all his farming, and even to the extent of raising a family of boys and girls.

—*The Inglenook*

The engineers of the American Bridge Company are preparing plans for the largest single factory in the world. This factory is to be constructed at Mc Keesport for the National Tube Works, which will cost more than \$2,000,000. The building is to have a floor space on one floor more than 1,000,000 square feet. The structure will be 1,560 feet long and more than 600 feet wide and about 45 feet high. Four fifteen-ton traveling cranes will run the entire length.

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