

# The Carlisle Arrow

A WEEKLY NEWSPAPER EDITED AND PRINTED BY THE STUDENTS OF THE UNITED STATES INDIAN SCHOOL

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## PHYSIOLOGY.

MARY COOKE, Mohawk.

We study physiology to learn the different parts of the body in order to know how to care for them and to keep them in good working order.

Anatomy tells of the structure of the different parts of the body.

Hygiene is the art of preserving the health.

The framework of the body is the bones. A bone is composed of mineral matter and animal matter.

The skeleton is the bone part of the body.

The uses of the bones are to give shape, strength, protection and support to the body. They vary in size as well as in shape. The smallest bone is located in the ear and is less than an inch in length. The one in the leg, from the hip to the knee, is about eighteen inches in length and the largest in the body.

There are several kinds of joints in different parts; the movable and imovable joints in the skull, ball and socket joint in the hip and shoulder, and the hinge joint in the fingers and toes, also in the knees.

The largest bones are hollow with a fatty substance inside called marrow. This hollowness tends to make them stronger and lighter in weight. At the ends of bones are many small openings through which blood vessels and nerves enter to nourish the bones. Therefore it is very necessary that we eat good nourishing food, for it is required by all parts of the body.

In case of a sprain the first thing to do is to keep from using it. It should then be bathed in hot water to draw out the inflammation, and bandaged with whatever the doctor prescribes. Keep the sprained part elevated. In case of a broken part the first thing to be done is to put that part in as near its natural position as possible, and keep it perfectly still until the doctor arrives and puts the parts in position. If moved, there is danger of bursting a blood vessel

and tearing the flesh with the irregular ends of the broken bone. Splints are used in keeping it straight and in place. It takes several months to heal a broken bone.

Things well worth remembering are those that promote health. We should eat good plain nourishing food. Take plenty of exercise and breathe fresh air. The younger a child is the more flexible are the bones, and the older the person is the more brittle are the bones. While the bones are developing care should be taken to keep the weight from the legs, to sit and stand in an erect position, so that the bones may be well formed when fully developed. The bones in old people are easily broken, and require great care.



## MY SUMMER VACATION.

JOHN BASTIAN,

I left Carlisle for my country home June 28, 1909, arriving at the latter place the same day. My country home is situated at a point half-way between Trenton and New Brunswick, New Jersey.

Here in the fertile valley of the Delaware I spent two months, the first of which was devoted to the work of harvesting and the latter was spent digging potatoes, picking fruit and various other duties connected with farm life.

I returned to Carlisle August 28, after spending a very pleasant and profitable vacation.



THE men who have achieved success are the men who have worked, read, thought more than was absolutely necessary; who have not been content with knowledge sufficient for the present need, but who have sought additional knowledge and stored it away for the emergency reserve. It is the superfluous labor that equips a man for everything that counts most in life.—Cushman K. Davis.

## THE CROATAN INDIANS.

FANNIE KEOKUK, Sac and Fox.

Living in the Eastern section of North Carolina, mainly in Robeson county, is a mixed race known as the Croatan Indians. They number about five thousand. For many years they were classed with the free negroes of the south, but they steadily refused such classification. About twenty years ago their claim was recognized, and they were given a separate legal existence, under the title of Croatan Indians, on the theory of descent, from Raleigh's lost colony of Roanoke. They now have separate schools and churches, and are given privileges which are not granted to the negroes.

They are a peculiar people who combine in themselves the blood of native tribes, of the early settlers, the negro, and stray seamen of the Latin races, from coasting vessels from the West Indian and Brazilian coasts.

Across the line in South Carolina is a people known as the Redbones. They are similar to the Croatans. In Eastern Tennessee and Western North Carolina are found the Mulengeous, probably taken from a French word meaning mixed. All these tribes are mixed races with an Indian nucleus.

The complexion and features of the mixed stock incline more to the Indian than to the White or negro.



THERE is one thing worse and more to be dreaded than illiteracy, and that is incompetence, and if there is one form of incompetence more hopeless than all others it is that form which arises from bad schooling. All considerations of public welfare lead to the conclusion that we must have a philosophy of education and a method of procedure that will meet,—not a portion merely,—but all the needs of a highly civilized race.—E. Davenport.

## The Carlisle Arrow

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Second-class matter—so entered at the Post-office at Carlisle, September 2, 1904.

Address all communications to the paper and they will receive prompt attention.

### GENERAL SCHOOL NEWS.

Arline Allen, who went home in the year 1906, has returned to school and entered the Freshman class.

The music in the auditorium last Sunday afternoon was especially good. We all enjoy the choir very much.

Mrs. Smith, mother of Mrs. Friedman, visited the Susans last Friday evening. We hope she will visit us often.

Miss Gaither has charge of the clothing department at Girls' Quarters during the absence of Miss Shultz.

On account of the rain last Saturday the game between Wormleysburg and the Carlisle Reserves was cancelled.

The dressmakers are very busy making the girls' uniforms; they hope to have them all finished by next week.

Margaretta Reed recited "Dig Another Well" at chapel exercises last Monday afternoon. She did it very nicely.

The tailors have organized a football team with Clifford Taylor as captain. With a little more practice they expect to make a good showing.

The school farmers have a great deal of work on hand. On Monday the boys from the different shops went down to the second farm to help husk corn.

After spending a pleasant summer at her home, in Oklahoma, Olive Chisholm has returned to resume her studies. We are all glad to see her smiling face again.

Captain Joe Libby, Sam Bird and Jerome Kennerly have decided that in case the football team does not win from the U. of P. they will come home on a hand car.

After spending a very pleasant vacation at his home, Jonas Homer returned to school Saturday. We all welcome him back again, for he is one of the orchestra boys.

Mr. P. Carter, chief of the pedagogy section of the Washington office, made us a call this week. He spent most of his time with Mr. Whitwell, going over school affairs.

Mr. Shepherd, a noted miner of northern California, is here visiting his son George. He was heartily welcomed on his arrival by the California boys and girls. He will leave for San Francisco this week.

An instructive talk on "Kindness to Animals" was given by Father Brandt to the Catholic pupils on Sunday night. The interest in these meetings seems to be increasing and with the pupils' co-operation they can become very instructive as well as entertaining.

Rev. Diffenderfer led the afternoon service last Sunday. It is always a pleasure to listen to the interesting messages he brings to us. He said that if we do not take the opportunities given us and make the best use of them, we rebel against the light. So let us strive to keep that light in view at all times.

Our generous school florist is hereby tendered our most cordial thanks for the magnificent chrysanthemums he sent to the print shop last Wednesday. He must have known Wednesday is always the ARROW'S busiest and most trying day. The posies certainly did help to brighten up the office and our spirits. Again, many thanks!

The new students who have recently arrived from Cherokee, N. C., are Jesse Taliski, William Welch, Charley Long, James Welch, Steven Youngdeer, John Welch, Maude French and Nancy Colema. We are glad that these boys and girls have taken steps toward obtaining a higher education. We extend to them a hearty welcome.

The employees are arranging to hold a Hallowe'en party in the Gymnasium, next Monday night. The affair will take the form of a masquerade. The following are the chairmen of the committees in charge: Mr. Meyers, general chairman; Mrs. Denny, entertainment; Mrs. Canfield,

refreshments; Mr. Stauffer, music; and Mr. Gardner, decorations.

Last Friday evening the Normal room was the scene of a meeting of the Dicksons and a lively debate over the question: Resolved, "That Grant was a greater general than Lee." John Hardy and Alex. Knox upheld the affirmative side, while Lewis Vilnave and David Redstar argued earnestly for the negative side. The judges decided for the affirmative. A good program, consisting of recitations, essays and an impromptu, was very well given and appreciated by the visitors and members. The visitors were Miss Kaup, Mrs. Lovewell and Miss Bingley.

The Mercers met at the usual time and place last Friday evening. The president called the house to order, after which the roll was called, and each member responded with a sentiment. After miscellaneous business a well prepared program was given as follows: Declamation, Charlotte Welch; impromptu, Gladys McLain; society prophecy, Annie Roulette. The question for the debate was: Resolved, "That men of thought have been more beneficial to the world than men of action." The affirmative speakers were Etta Saracino and Rose Picard; negative, Bertha Hawk and Alice Morris. The affirmative side won. The visitors were Mr. Carter, of Washington, D. C., Professor Whitwell, Mr. and Mrs. Nori, and Messrs. Blackwood, Jacks and Jure.

The officers of the Standard Debating Society were sworn in last Friday evening. The question for debate was: Resolved, "That the ownership of property in the tropics is detrimental to the interests of the United States." On the affirmative side were Aaron Minthorn and Ray Hitchcock; negative, Tony Kenny and Montreville Yuda. The question, though a difficult one, was well handled. After summing up the points the judges found that the affirmative had won by a very small margin. Mr. Carter, Professor Whitwell and Mr. Denny were visitors. Mr. Denny spoke very encouragingly to the members. He said we should put life and spirit into our meetings, and work together with the determination to raise our work to a higher order of excellence.

**GENERAL SCHOOL NEWS.**

All aboard for Philadelphia!

Brace up Carlisle—we must beat Penn!

Lost.—A small key to the post office box. Finder please leave at the office.

The favorite salutation of the moment: "Are you going to the Penn game?"

Miss White's father, who has been visiting her, has returned to his home in Butler, Pa.

Charles McDonald give an interesting recitation at chapel exercises Monday morning. His subject was "A Square Deal."

The football team met its first defeat on last Saturday at Pittsburg. We sincerely hope it will be the only defeat of the season for our boys.

To members of the football squad: Remember how many of us are watching you when you play Penn—every man must do his best to satisfy us.

The Junior Varsity defeated the Scotland Industrial School football team on Saturday by the score 5-0. "Chicken" made a long run, which was worth crowing about.

Coach Warner is of the opinion that the Indians could beat Pittsburg on a dry field. He says Pittsburg is not as strong a team as State. We believe him. Let's beat Penn and show 'em.

The Y. W. C. A. were fortunate in having with them last Sunday evening, Miss Ruth Cowdry. She told of many interesting incidents in the life of Dr. Livingston, while he was in Africa.

Thomas Smith, an ex-student now earning a good salary as a trusted employee at the Cherokee Training School, announces that he is married and enjoying the pleasures of a happy home life.

The girls of the Y. W. C. A. held an ice cream sale Saturday evening at the social. It was quite successful, as the cream, cake and other things were all sold out. Miss Johnston helped the girls, as Miss Wistar was absent.

Better keep your eyes open for tricks. Remember Sunday is the thirtieth, and there may be some frolicsome spirits who believe the

motto "Better the day, better the deed" applies to Hallowe'en tricks even if Hallowe'en does fall between Saturday and Monday this year.

The reception given in the gymnasium last Tuesday night by the Y. W. C. A. and the Y. M. C. A. in honor of the new members of both organizations, was a great success. An attractive and varied program was given, games were played, and refreshments served. Every one had an enjoyable time, and the new members had an opportunity of meeting all the other workers in the two organizations. Miss Wistar was here for the reception and did much toward making it a success.

The Invincibles opened their meeting last Friday evening with a very good representation of its members. The program: Declamation, Louis Webster; essay, Fred Cornelius; extemporaneous speeches, Eben J. Snow and James D. Crane; oration, Moses Friday. The question for the debate read thus: Resolved, "That country life affords more pleasures than city life." The judges were Alfred DeGrass, Arthur S. Coons. The speakers for the affirmative side were Robert Tomahawk and Frank Lonestar; for the negative, Audman Ohmert and Alex. Cadotte. The judges decided in favor of the affirmative. Our Visiting Committee advised us concerning the literary work after which the meeting adjourned.

The Susan Longstreth Literary Society had an unusually interesting meeting last Friday evening. Rose Lyons, Marguerite Burgess, Dora Morris, and Elsie Rabbit were confirmed in the society. A program consisting of the society song, vocal and instrumental solos, pen pictures, recitations and a select reading, was rendered in a manner that did credit to the society. A spirited debate followed. The question: Resolved, "That Cook rather than Peary should have the honor of discovering the North Pole." Affirmative, Margaret Blackwood and Clara Spotted Horse; negative, Stacy Beck and Minnie White. Minnie being absent, Adeline Greenbrier volunteered. The negative side won. There were several visitors. Among them were Mrs. Smith, Miss Mollie Gaiter, and Miss Johnston. After the critic's report and some helpful advice from Miss Johnston, the house adjourned.

**ABOUT CARLISLE ATHLETICS.**

**Advice to Penn in Limerick Style:**

Pete Hauser, full back at Carlisle,  
Has the power Penn's feelings to risle.  
With a stoical grunt,  
He can tackle or punt,  
And they'll never get next to his stytle.

In mud ankle deep, and in the rain, the Indians were outweighed and outplayed last Saturday at Pittsburg by the score of 14-3.

Carlisle's style of game was severely handicapped by the slippery condition of the ball and field, while their opponent's style of game was just suited to the conditions. It is safe to say that upon a dry field the Indians would probably have been able to stave off defeat, although Pittsburg has a very heavy, fast and experienced team. Somehow Carlisle has never been able to play football upon a wet field and there must be some reason outside of the fact that we rely upon an open style of play, because the team has enough heavy line-plunging plays to meet such conditions as prevailed last Saturday.

There seems to be no enthusiasm, spirit or dash to the Indians on a wet day and there must be a psychological reason to account for the fact that as a rule their white brothers have something on them at such times.

Our football boys will have to play better football than they have played at any time this year if they expect to hold their own with Penn tomorrow. The boys themselves realize this and they intend to go into the game with a spirit that knows no defeat.

The reserve team plays the Norris-town high school team at the latter's place tomorrow. The team will be considerably weakened for the reason that some of the regulars are going to Philadelphia with the band, or as rooters at the big show.

The Jr. Varsity will play Waynesboro on our grounds tomorrow at 3:00 P. M., so that the stay-at-homes can see a football game and be in a body to get reports of the big battle at Philadelphia.

The cross country boys are busy these days. If a fair enough team can be developed the school may be entered in the Cross Country Championship meet in New York in November.

GENERAL SCHOOL NEWS.

The carpenters are busy making cabinets, chairs and stools.

The printers are glad to see Samuel Wilson back among them.

The dressmakers are busy making work dresses and uniforms for the new girls.

George H. Thompson, who went home sometime ago, states that he is doing well.

Many of the boys are training for the cross country run to be held on November 13.

The ironing stove in Small Boys' Quarters is to be taken out and a new one installed.

The members of the Y. W. C. A. are glad to welcome so many new members in the association.

Joseph Porter remembers his friends by sending them pretty postals, which are very much appreciated.

Mr. Stauffer recently issued a fine little booklet of football songs. The boys of the printing office force got them out.

The Business Department is indebted to Mr. Friedman for a large, framed picture of the grounds and buildings.

The Juniors have commenced studying Physical Geography from the new books. They find the text very interesting.

John McKinley, a former student, now attending Sherman Institute, wishes to be remembered to his old friends at Carlisle.

Miss Johnston took the girls to the grove to pick walnuts. They came back with a goodly quantity to store away for the winter.

Daisy Mingo, a member of class '11, who left here on account of ill health, writes that she is getting better and wishes to be remembered to her friends.

James Pawnee Leggings, a Sioux boy from Pine Ridge, South Dakota, has entered the printing department. He served two years at the printing trade under Francis Chapman, a former pupil of Mr. Miller, and who now is the printer at Pine Ridge. James gives promise of making a fine workman.

A postal received recently from Elizabeth Webster states that she is attending school in Green Bay, Wisconsin. "Success," is the wish of her many friends.

The friends of Elsie L. Valley will be glad to hear that she is well and enjoying her work in the Indian School at Washunga, Oklahoma. She sends her regards to all her friends.

A letter lately received from Mrs. Louis Chingwa, formerly Miss Nancy Delorimiere, states that she and her husband are well and happy. Both are employed at the Mt. Pleasant Indian School.

Several boys went to the mountains last Saturday just to see if the squirrels had preceded them. They found that the little fellows with the bushy tails are always alert and ready for business.

Bert Miller, an ex-student now living in Gresham, Wisconsin, writes a friend that he is well and trying to live up to the principles learned at Carlisle. He expects to visit in Hershey, Pa., in the near future.

The printers who are on the football squad were very much pleased to see Stephen Glori, one of their old co-workers. He was out to the Indian-Syracuse game and seems to be making a decided success at his trade in New York.

In counting the names of the girls who have joined the Bible classes we found that 105 are on the list. Eight young women from Dickinson are enlisted to be our leaders in the work. This is a fairly good beginning, but we want many more. We extend a cordial invitation for others to join us in the work.

A number of the lady employees have formed a reading and sewing club which meets around at the rooms of the different members on Thursday nights, from 8 to 9 o'clock. Each lady is expected to bring her sewing, and while all the others sew, one reads aloud. The first meeting was held at Mrs. Canfield's, last week at Mrs. Denny's, and this week the club was at Miss Guest's room at the hospital. "The Spinner in the Sun," was selected to be read at the club meetings, and all the members are enjoying the sad, though beautiful story of Miss Evelina.

INDIANS IN EVANGELICAL WORK.

KANSAS CITY STAR.

It has been only a few decades since the selfsame Indians who now are taking an active interest in the religious life of Oklahoma were terrorizing the Southwest. This month the annual Comanche revival will be held west of Cache. Last year fifty converts were taken in.

The Indian, when converted, is deeply religious and enjoys, more than the average white man, the privilege of holding and attending religious meetings. His preference is for camp meetings, as this form more closely resembles the conventions held by the tribes before their conversion to Christianity. It is the custom for the Methodists and Baptists to hold camp meetings for the Indian tribes, among whom they work. The Kiowas and Comanches are especially favorable to these open air gatherings and attend in great numbers each summer.

Edwin Miller, a full-blood Delaware Indian, was recently ordained a minister of the Gospel, following an examination before the Baptist board, though only 29 years old.

The Rev. Sarcoxie has been in the ministry for twenty years. He speaks English, but preaches in Delaware. Miller speaks both English and Delaware.



A WASHINGTON dispatch recently quoted in the Chemawa American comments on the fact that many Indians are not only willing to work but that some show a disposition to co-operate with white men in making local improvements. A noteworthy instance of this is afforded by the Pima Indians on the Gila Crossing Reservation, who have agreed to contribute \$5,000 towards the erection of a public bridge over the Gila river. The bridge is to cost \$50,000, of which the Government will give \$5,000 and the Arizona State and County authorities \$40,000. The Indians will make their contribution in work; they are showing a great willingness to do their share and appreciate that the bridge will be of as much benefit to them proportionally as to the whites. The Pimas are good Indians. It is their boast that they "do not know the smell of the white man's blood."—Indian's Friend.