

The Carlisle Arrow

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

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THE EASY ROAD.

G. S. W. in *The Progress Magazine*.

How many seek the gladness
That love and friendship lend,
Forgetting to be friendly,
While asking for a friend.

How many seek position
And highest tasks to do,
And strive to rule the many
While faithless to the few.

How many fix their vision
On mountains lost in light,
Yet scorn the weary climbing
That leads them to the height.

And, choosing false conditions,
How many then complain,
Because life's laws are changeless
And truth and justice reign.



BOYS WHO ARE IN DEMAND.

There has been an increasing demand during the past few years, on the part of our outing patrons, to secure boys who are musicians, so that these boys may play in the respective town bands, where they are a decided attraction and help. This demand is making it easier to secure situations in the various trades, because better situations are offered boys who have had experience in band work in order to have their services in the local band. In this way the boys get a double experience, for they not only get practical ideas in their various trades, but just such experience in music, too. Robert Bruce and James Sampson were fortunate enough to get into the Bethlehem Steel Company Band during the past season, and both made good. Robert worked at the tailoring business and James at carpentering. Sylvester Long played in the Pennsylvania Railroad Band at Tyrone, and also worked in the railroad printing office, where he got out all the band programs and other work in printing. Simon Needham, Charles Williams, Albert

Lorentz, Gus Lookaround, Frank Peshlakai, and Hugh Wheelock went to Mount Union, where all but Frank and Albert were employed in a large brickworks, while Frank worked at his trade as baker and Albert as a tailor. These boys all played in the Mount Union Band and were a decided addition to that organization.

The great difficulty is to get these good people to give them up when the time comes for them to come back again in the fall. They demonstrate their usefulness not only in their work, but in the bands of which they are members, so that their loss is felt very keenly after they leave. However, school work comes first, while they are students, and while we are glad to get them placed and help out the bands during the vacation period, their work here is more important for the present.



Death of Grace Kie in Alaska.

We learn through her husband, Patrick E. Verney, Carlisle graduate, of the death at their home in Ketchikan, Alaska, of Grace Kie, one of our best beloved students while here. Our hearts go out in sorrow and sympathy to the bereaved husband and parents. May they find comfort in the thought that her sweet young life has only passed out into a fuller understanding of the plans of Him who "chasteneth those whom He loveth, and who taketh unto Himself those who are fitted to enter the Kingdom."



Meets Many Carlisle Ex-Students.

From Caughnawaga, Canada, Martha Phillips writes that her sister Cecelia is living with their parents at White River, South Dakota. Cecelia often meets ex-students of Carlisle; she mentions Gladys McLean and her brother Robert, also Moses Stranger Horse; the latter, she states, was married some time ago, but she does not say to whom.

THORPE A WONDERFUL ATHLETE.

"You, sir, are the most wonderful athlete in the world" were the words with which King Gustave of Sweden expressed himself to James Thorpe when the American Indian stepped forward to receive his trophies at Stockholm as winner of the Pentathlon and Decathlon, the two all-around competitions. The two handsome trophies, one the gift of the King of Sweden and the other the Czar of Russia, were well deserved, and truly the words of King Gustave were fitting and in no sense exaggerated.

Thorpe earned the highest honors of the Olympic games.

To win a Decathlon an athlete must have speed for the dashes and a combination of speed and stamina for the 1,500 meter run; he must have the strength necessary to scale the discus and to put the shot; he must have the skill, ability and power to jump both high and far, and he must have a combination of speed and suppleness to skim the hurdles.

It was a brilliant showing, in competition with the best of all other nations, and Americans far and wide have reason to be proud of the real native son. It may be recalled that Thorpe is a natural athlete, who shines on the football gridiron and the baseball field in the same way he does on the track.—*Columbus Advocate*.



Decides on Farming.

After traveling all over the country looking for something better than farming, Sherman Coulon finally decided that he could farm his own land to good advantage, with the result that he has now a good house and barn, some stock and farming implements, and is altogether in a fair way to lay by something substantial for the proverbial "rainy day." Mr. and Mrs. Coulon have an interesting family, two boys and a baby girl, all of whom are in the best of health.

The Carlisle Arrow

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

INDIAN FAIRS.

THE ARROW has received announcement of the Second Annual Fort Totten Indian Agricultural Fair, which will be held at Fort Totten, N. Dak., October 3, 4, and 5. There will be an exhibit at the agency, including live stock, agricultural products, and school work. Some interesting sports are also announced.

The Third Annual Ft. Peck Indian Fair will be held at Poplar, Mont., October 1, 2, 3, 4, and 5. Announcement is made of the exhibit of products and displays in a new Indian agricultural hall recently completed. There will be special displays of agricultural products, live stock, native Indian handwork, etc. Some valuable prizes and trophies have been offered for the best individual exhibits. Interesting sports and games have also been announced. From the announcements of both of these fairs they will, undoubtedly, be fine attractions and a valuable object lesson to the Indians.



Y. M. C. A. Services.

Amos Komah led the Y. M. C. A. services last Sunday evening. He introduced our president, William Garlow, who has recently returned from Canada. Mr. Garlow said he was fortunate in being again in his home Y. M. C. A. He spoke of his experiences while away, emphasizing the help he received from the various Y. M. C. A.'s.

We appreciate good advice more from one in our own ranks than from a stranger; by the same token we drank in every word of advice he gave, as on "jumping over obstacles." He said, "When a fellow is away from home he is confronted by obstacles in the form of temptations, which he must make up his mind to face, and either yield to or overcome these temptations." Mr. Garlow is

positive that the helpful influence of the Y. M. C. A. is needful to every Indian boy in the school.

Mr. George McMillan, of the Carlisle Deposit Bank, was a very welcome visitor. We are well acquainted with Mr. McMillan, and his talks on several occasions have been most beneficial. He was greatly pleased with the way in which the fellows "took hold" and conducted the meeting and encouraged them to continue as they had begun, prophesying a great future for those who would make a study of speaking before an audience, "Responsibility," he said, "is one great factor in the making of a man." He cited Solomon, who took the responsibility of his father's affairs upon his own shoulders; and he told the boys there was an equal chance for each one to become great, if he would only accept responsibility when it came his way.

Mr. Garlow made a very liberal contribution to the Y. M. C. A. and we extend our hearty thanks for his generous financial aid.



Thorpe to Speak.

The announcement was made at the Catholic meeting that James Thorpe will speak of his trip abroad at their next meeting.



Successfully Competes with White Men.

Mr. and Mrs. Harry West, of Philadelphia, were at the game last Saturday. Harry is one of our ex-students. We were glad to see him and his wife. He is employed as a mechanical draftsman in one of the large machine companies of Philadelphia.



Brings New Students.

Mr. Dady, agent at Bayfield, Wis., arrived with a party of students last Friday. Mr. Dady went from here to Washington, D. C.



The Morning Bugle Call.

Reveille sounds clear and strong across the Campus, telling of another day begun and of duties awaiting each and every one of us.



Making Indian Art Exhibit.

Minnie Rice is making a beautiful bead necklace of Sioux design, which will be placed on exhibition at the Cumberland County Fair this week.

GENERAL SCHOOL NEWS.

Miss Viola Myers, of Paeonian Springs, Va., is visiting her cousin, Miss Hagan.

John Gokey, formerly of Hampton Institute, has enrolled as a student at Carlisle.

Mrs. LaFlesche spent a few days last week in Philadelphia and Atlantic City.

Charles Coons, who went home last spring, will return this week with a party of students.

After a week's visit with her father in Washington, D. C., Mary Bailey has returned to the school.

Our Varsity football team will meet the strong Dickinson team tomorrow afternoon on Biddle Field.

Anna Brokey, who is at her home in Fairfax, Okla., wishes to be remembered to her friends at Carlisle.

The painters have completed the ceiling of the Dining Room. They are now busily occupied in painting the walls.

Through a letter we learn that Wallace Hanks, who went home on account of ill health, is improving rapidly.

An open game for the football boys has been filled by a game with Villanova College at Harrisburg, October 2nd.

At the opening game of the season last Saturday, our football team easily defeated Albright by the score of 51 to 7.

Fred Bruce, a brother of Robert, is our visitor this week. Both played with the well-known Bethlehem Steel Band during the summer.

Last Sunday Marie Paisano and Jennie Ross spent the day in Mechanicsburg, visiting their patrons, Mr. and Mrs. William Hurst.

Evelyn Blackbird has returned to school from her home in Wisconsin, where she spent the summer. She was accompanied by Mary Martin, a new student.

The students who do not dance at the school receptions take great interest in the games that have been introduced by the Misses Cowdry, especially since the acquisition of those attractive little tables upon which the games are played.

Y. M. C. A. NOTES.

BY HARRISON SMITH, *Secretary.*

There have been so many applications for membership in the Association that a special meeting was called last Monday evening by the president, William Garlow. The constitution was read and the following committees were appointed: Work among the Students; Membership; Religious Meetings; Bible Study; Missionary; Inter-collegiate Relationship; Church Relations; Hospital Visiting; Music.

Taylor Hanks and Joseph Shooter were appointed janitors. Their duties are to keep the Y. M. C. A. Hall in order, to make engagements for its use, and to report any abuse of furniture, etc.

ANNOUNCEMENTS.

The Y. M. C. A. wishes to announce that they will have a sale of ice cream and cake on Saturday evening, Oct. 5th, in their hall over the Gymnasium. As this will be their first sale, they hope everyone who can will patronize them.

The coming of Mr. Harrison S. Elliott, of the International Association of the Young Men's Christian Association, of New York, who will hold a Bible Study Rally next Sunday evening, is announced. Those who heard Mr. Elliott two years ago will look forward with more than ordinary interest to his coming. We expect a large attendance of both boys and girls.

An Inspiring Ceremony.

Flag salute at 5:30 p. m. is most impressive. The students stand at attention while the flag is lowered to the notes of the bugle. This ceremony arouses in a high degree the ideals of patriotism and love of native land—

"Breathes there a man with soul so dead,
Who never to himself hath said
This is my own, my native land."

The Y. W. C. A. Meeting.

The Y. W. C. A. meeting was led by Florence Garlow. The lesson was from the ninety-first Psalm. There were three excellent readings: "The King's Lesson to His People," Mamie Mt. Pleasant; "A Home Pupil," Anna Houser; "The Man Who Heard,"

Tamar Dupuis. Mrs. Flower, a visiting patron, then illustrated, in a beautiful way, the meaning, as applied to everyday life, of the ninety-first Psalm.

A number of employees were present. The visitors were Miss Hall Cowdry, Miss Jean Richards, and Mrs. Walker.

Mr. Whitwell Goes West for New Students.

Mr. Whitwell has gone to Pine Ridge, S. Dak., after a large party of students.

At Work Among Her People.

At her home in Winnebago City, Nebraska, Ida Baker is trying to help her people, who, she says, are becoming earnest Christians.

The Catholic Meeting.

At the Catholic meeting Sunday evening the following program was rendered: Piano solo, Mary Pleets; recitation, Eva Williams; cornet solo, with piano accompaniment, Robert Bruce and Marguerite Chilson; piano solo, Gertrude Bresette; vocal duet, Marguerite Chilson and Jane Katchenago; piano solo, Agnes Bartholamew; select reading, Henry Broker; piano solo, Marguerite Chilson.

New Jersey Visitors.

Several weeks ago Superintendent Friedman enjoyed a very pleasant interview and visit with Chancellor Walker, of New Jersey, who came with Gen. Wilbur F. Sadler, Adjutant General of the New Jersey National Guard, and special aide to Governor Woodrow Wilson, of New Jersey. These gentlemen motored over from New Jersey and were much interested in the school.

Interested in the Indian.

Among the visitors to the school last week were Mr. Robert D. Hall, General Secretary of Indian work for the International Committee of the Y. M. C. A., and Mr. Thomas McVeigh, Jr., a member of the editorial staff of The New York World, who spent a day at the school with his two sons. Mr. McVeigh gathered material for a series of articles on the school, which are being featured in The World.

GENERAL SCHOOL NEWS.

Eric Tortillo writes from his country home in Morrisville, Pa., that he is very well satisfied.

Mrs. Wilder, in charge of the Hospital cooking, is putting up fruits and vegetables for winter use.

Mrs. Canfield is giving instructions to her plain-sewing class on the different sewing-machine attachments.

The Susans extend thanks to everyone who so kindly helped to make their ice-cream sale a success.

The new hymn books in the Y. W. C. A. room are very nice and "our very own," as one of the members said.

The Juniors are glad to have with them again Kenneth King, who has just returned from his home in Montana.

William Newashe was up from Harrisburg Saturday to see his former team mates defeat the strong Albright eleven.

Mr. Dickey and Miss Neptune took the girls for a walk to the second farm and around by the County house Sunday afternoon.

We were glad to see Florence Mae Garlow and her friends, Mr. and Mrs. Flower and Miss Jean Richards, at the sociable last Saturday evening.

Hanover Springs, a Hampton ex-student now in the U. S. Navy, visited relatives and friends at Carlisle. His ship is bound for South American ports.

Mr. and Mrs. Paul Trombore and two children, of Reading, Pa., are visiting their mother and sister, Mrs. Harvey Trombore and Miss Gertrude.

The Junior Varsity team of the Small Boys' Quarters began practicing last Monday. They will play with several teams near Carlisle later on.

At the opening exercises Monday, Nelson Simons recited "The Revenge" and Ethel Martell, "The Love of Country." Both are members of the Freshman Class.

Jack Jackson sends word from Knoxville, Tenn., where he is attending to some business for his father, that he is now quite well. He hopes to return to Carlisle to finish the academic course.

HEALTH RULES.

BY DR. GEORGE W. WIMBERLY.

Indians are afflicted with many diseases, the most serious of which are tuberculosis, or consumption, and eye disease.

The Government is trying to stamp out disease among the Indians and make them a strong people.

It is much easier to prevent disease than it is to cure it. By following simple rules you can avoid having consumption; after you once have it there is no medicine that will cure you. It is also easy to keep from having eye diseases, but it is very difficult to cure one who has them. Often it is necessary to operate on the eyes before a cure can be made. Even then the eyes are never as good as they were before they were affected.

TO PREVENT TUBERCULOSIS OR CONSUMPTION.

Be sure you have plenty of fresh air. Do not keep your windows and doors tightly closed. Especially at night open the windows and sleep in the fresh air.

Eat good food and have it well cooked. Eat regularly three times a day and be sure to eat slowly and chew your food well. This will keep you strong and a strong man seldom gets consumption.

Be sure your bowels are acting properly. If they are not, go to see your doctor.

Keep your bodies clean. Take a good bath at least once a week and change all the clothing which has come into contact with your bodies. This keeps the skin healthy and a healthy skin takes a lot of work off the lungs and kidneys.

Keep your houses and beds clean. Do not let the dust accumulate in your houses. Dust is the greatest cause of the spread of disease. Put your bedclothing out in the sun at least once a week and let them have air and sunshine. Do not eat your meals off the floor, but have a table.

Do not spit on the floor or on the ground around your houses or tents.

Do not remain closed up in a room for any length of time with a person who has consumption, and do not sleep with one who has it or in the same room with him.

FOR ONE WHO ALREADY HAS TUBERCULOSIS.

Live outdoors. Put your beds out in a tent, but keep the sides raised.

Do not let anyone sleep with you or remain closed up in a room with you.

Have something to spit in—best get paper cups from the agency doctor. After using these be sure to burn them.

Take no medicine at all except what your doctor gives you. Don't buy patent medicines; they can not do you any good and they are likely to do you harm. Besides, they are expensive, and it is better to save your money to buy milk, butter, and eggs—these are the best medicines for consumption.

Go to the agency doctor for advice and medicines.

TO AVOID EYE DISEASES.

Keep clean. Bathe the face and eyes every morning and dry them with a *clean* towel. Do not use a dirty one.

Do not use a towel which has been used by a person with sore eyes.

Upon the very first sign of eye sickness, go to see the doctor. It may not seem bad at first, but go anyway—it may be the beginning of serious trouble.

Watch your children's eyes. Keep them clean, and if they become the least bit red or inflamed, take them to the doctor.

IF YOU ALREADY HAVE SORE EYES.

Go to the doctor and be treated.

Keep your eyes clean.

Have a separate towel and let *no one* else use it.

Keep your hands clean, especially after touching or caring for your eyes.

GENERAL RULES.

Keep flies out of your houses. Flies carry disease germs and get them into your food; you eat the food and get sick.

Don't have stables and corrals too close to your houses, and keep your corrals clean. Flies breed in stables, and by keeping the stables clean you can avoid having so many flies.

Do not buy patent medicines; *they do you no good.* Nearly all of them contain either alcohol or opium, many contain both, and they are sure to do you harm. If you need medicine, go to the agency. It is free.

When you get sick, either go to the doctor or send for him. You may not be very sick at first, but it may be the beginning of serious trouble.

THE VICTORY AT STOCKHOLM.

THE best all-around athlete in the world is an American Indian, a product of the Carlisle School. Never again let us speak of "Poor Lo."—*San Francisco News.*

PLANS are being made among the Sacs and Foxes to give Thorpe a big demonstration when he returns home from Carlisle and his victories at Stockholm. They understand fully what it means to have one of them the biggest man, from an athletic standpoint, in the world, and he will be a hero among his people.—*Kansas City Star.*

THE Olympic games are over, and America holds the greatest athletic championship of the world. Especially gratifying was the double victory of James Thorpe, the American Indian from the Government School at Carlisle, in events which are more in keeping with the old Greek idea of general athletic prowess, the Pentathlon and the Decathlon, than any others save perhaps the Marathon run. The American Indian, even in this day of his eclipse and threatened extinction, is the exemplar of the Greek ideal of lithe strength and dexterity.—*Washington Times.*

AN American of the old sod—a real, bona fide thoroughbred and registered American, not of imported, but of aboriginal stock—in other words a full-blooded Indian, against competitors representing a dozen nations, was awarded the Olympian prize and laurel wreath as the best all-around athlete in the world as the result of the recent contests at Stockholm, Sweden. His name is James Thorpe, and he received his training at Carlisle, Pa., at the Indian university. We are proud of this Indian.—*St. Joseph Gazette.*

AMERICA is doubly honored in the result of the Olympic races, as the hero of the events is a true American and a lineal descendant of the owners of this vast country when it was an unbroken forest and long before Columbus had discovered it. There is no mixed blood in his veins, and no country abroad can have the slightest claim on his forbears. James Thorpe, who led the American team, is a full-blooded Indian from the Carlisle Indian Training School.—*Toledo Times.*