

# THE INDIAN HELPER

A WEEKLY LETTER  
—FROM THE—  
Indian Industrial School, Carlisle, Pa.

VOL. XI

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NO. 19.

**T**HERE'S a world of men and women,  
With their life's work yet undone,  
Who are sitting, standing, moving,  
Beneath the same great sun,  
Ever eager for the future,  
But not content to snatch  
The present. They are waiting  
For the eggs that never hatch.

—[Leisure Hours.]

## WOULD THE EDUCATED INDIAN LIVE LONG?

The Creator "made man upright."

Round shoulders and bow shaped spines may be avoided by watchfulness during youth, and retained when grown up without an effort.

One mother, whose daughter was getting the habit of stooping, used to have her lie flat on her back, without a pillow, for an hour each day, while she read to her some interesting book. In a little while she was as straight as need be, and a picture of health and straightness.

In some countries the women carry pails, tubs and heavy loads on their backs—this keeps them erect.

Throwing back the arms is another means of keeping straight.

Remember, you may add years to your life by keeping straight; and you may not only have a longer life, but a stronger, broader, deeper, happier and more useful life, if you go about with head erect, chest expanded and lungs developed, with rosy cheeks and fresh complexion, than if you go about bent over, cramped up, stooping, flat-chested, sallow, nervous and miserable. NOTHING is more abominable in a young person than the habit of stooping, and, except when caused by malformation or actual weakness, nothing is more inexcusable. A slouchy laziness, and often stealth and dishonesty, is shown by the bad habit of sitting low backed.

Be patient. Water may be carried in a sieve if you will only wait—till it freezes.

The hole in a doughnut at bedtime is the best part of it.

## CITY LIFE NO SMALL EXPERIENCE TO AN INDIAN GIRL.

Ida Wasee, Kiowa, who is living in a Washington, D. C., home, says by letter:

"I am enjoying good health and a lovely home. City life is no small experience to me for I have never lived in a city before.

You may be sure that I will not let any chances slip by me that I can make use of in learning.

I have no time to study in the day time, but I may study from 7 o'clock to ten at night. Where there is a will there is a way.

I seem to be quite a curiosity to some people, but I try to show them that Indians can be like white people if they only will."

## MARRIED.

Henry E. Phillips of Saxman and Miss Sarah McDonald of Tongas were married yesterday noon at the Presbyterian Mission parsonage by Rev. L. F. Jones. They arrived on the Topeka Thursday evening and left immediately after the ceremony for Sitka, where they will spend Sunday with their friends, returning to Kitchikan on the same steamer. Both are natives of royal blood, the groom being a descendant of the Chatritch family of the Kagwah-ton of Chilkat and foster son of Kahshakes, chief of the Cape Fox tribe, and the bride being a grand niece of Un-dah, chief of the Tongas Indians. Both have received good English education, Henry having been at Carlisle, Pa., and his bride having been many years at school at Port Simpson. Henry worked as a printer here on the Journal in '93, and since then has been employed on the *Alaskan*. At present he is assistant teacher at Saxman. The *Searchlight* wishes them prosperity and happiness.—[*Alaska Searchlight*.]

Those at Carlisle who remember Henry and his sturdy manly worth join heartily in the last wish of the *Searchlight*.

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# THE INDIAN HELPER

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PRINTED EVERY FRIDAY

—AT THE—

Indian Industrial School, Carlisle, Pa.;

BY INDIAN BOYS.

THE INDIAN HELPER is PRINTED by Indian boys, but EDITED by The man-on-the-band-stand, who is NOT an Indian.

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Address INDIAN HELPER, Carlisle, Pa.  
Miss M. Burgess, Manager.

Do not hesitate to take the HELPER from the Post Office for if you have not paid for it some one else has. It is paid for in advance.

We have the Carlisle Indian School March composed by Dennison Wheelock, band leader, arranged by him for piano, on sale at 25 cents; by mail 26 cents. For ten subscriptions and one cent extra for postage we will send the music FREE.

One of the Indian students in his Current Items in class referred rather exultingly to the fact that Rev. Mr. Wile, who preaches to us on Sunday afternoons does not know how to use HIS pronouns, because he said "George Elliot, she."

Our pupils may not know that in these days of science when a young person is stubborn, or cranky, then every one who comes in contact with him is advised to make a psychological study of him. The Man-on-the-band-stand would rather be whipped than to be made a psychological study of. A fellow who is a psychological study is, — well, there is something the matter with him, in his upper story.

"Uncle Sam" the fire engine had an unusual work to perform last week. After the thaw and heavy rain the water from the spring in the meadow backed up and poured into the boiler house. Several times during the day and night it had to be pumped out, which made a sort of picnic for the boys, for didn't they have coffee and bread for refreshments? Mr. Weber knows how to look out for his boys.

There is no better criterion of a person's breeding than table manners. Most people eat too fast. Some people shovel their food to their mouths with their knives. Some hold the fork altogether too straight when used with the knife in cutting. This is very awkward. We cannot expect to move in good society if we have not good manners, and we cannot expect to keep a good position long, either, if we are blunt, coarse, uncouth and indecent in our manners. It pays to study and observe good manners and to follow them as closely as we can.

Of the 40,000 people who will scan the HELPER this week are there not five or six hundred who will send us JUST ONE new subscription each? Not for the sake of giving. If the HELPER has not merit we don't want ONE subscription. But we receive scores of letters daily telling of the pleasure the little paper gives here and there, and the real information that is gleaned from its pages. It is estimated that a publication has three or four times as many readers as subscribers; then the HELPER must have thirty or forty thousand readers each week. Introduce it into some school for supplementary reading and thus increase the subscription list, and help the HELPER help. If all cities were as enterprising as Jamestown, N. Y., where through the Principal of public schools they keep up a subscription list of nearly 200 all the time, there would be some hope of the young of the land being educated into the true knowledge of the Indian. The Jamestown schools have stood ahead of all city schools in keeping up to date on Indian matters, and the occasional bright letter we get from the pupils of that quarter shows that the Wild West Buffalo Bill Indian is fast losing ground there.

We shall certainly have to give a column or two of the *Red Man* for some of the answers to the Conundrum, Why should "i" be the happiest of all the vowels? for which 5 dollars were offered for the best complete answer. Most unique and interesting answers are coming in, the latest being from the Interior Department at Washington. All answers must be received on or before Washington's birthday. There is plenty of time yet. We would be glad to receive two hundred answers before next Thursday. The answers must be accompanied by one new subscription.

February birthdays are numerous hereabouts. Mrs. Stnding starts the month. Miss Carter's comes on the 4th, Mr. Claudy's the 7th, Miss Ely's on the 8th and Mrs. Pratt, to be in good company, celebrates hers the same day of the month on which Abraham Lincoln was born, while Miss Barr's comes within one of being the same as George Washington's. Flowers? Why the Man-on-the-band-stand thought he was in some southern clime, so sweet was the perfume of roses, carnation pinks and violets. The strange part of it is, not one will tell how old.

The Invincible Literary Society desires through the HELPER to thank the Dickinson College Orchestra and Glee Club for their enjoyable entertainment last Friday evening, and the school in general has to thank the Invincible Society for securing the services of such professionals in vocal and instrumental music. The audience was delighted from start to finish, and we trust the same popular organization will soon favor us with another evening, if not under the auspices of the Invincible society let it be at the cordial invitation of the Indian school as a body.

On Tuesday night the 25th, we are to have Rev. Dr. Buckley of the *Christian Advocate* with us, and he will lecture in Assembly Hall before the Literary Societies. Tickets for the lecture will be on sale in due season. It will be one of those rare treats that come seldom.

Valentine's Day.

Sleet and snow again.

Good wheeling last Saturday.

What are to be the class colors of '96?

Professor Kinnear has mastered his wheel.

Exhibition last night came too late for this week's paper.

Mr. Norman and painters are doing up bachelor's hall.

Miss Helen Beatty and friends from a distance called on Friday.

Miss Hill has been quite under the weather, but is getting better rapidly.

A King's Sons Society has been organized which meets in Mrs. Given's room.

Miss Jessie Ackerman spent Monday night at the school a guest of Miss Shaffner.

It is said that many a girl who promises her heart and hand also puts her foot in it.

From present indications there will be a large number of strangers here Commencement week.

It is time for the old saying to go the rounds that winter seems preparing to linger in the lap of spring.

John Schanandore of Oneida, Wis., is here to visit his daughter Nancy, who is ill in the hospital.

Capt. Pratt has been ill for a few days. We are glad to be able to report that he is much better at this writing.

Miss Hulme's brother who has been lying at the point of death in Mt. Holly, N. J., for some time is reported slightly better.

Why don't more of the boys who go to Sunday school in town stay to Church? The Man-on-the-band-stand could not answer.

For THIRTY cents the souvenir worth 25 cents cash, and the HELPER for a year will be sent to any address in the United States and Canada.

Three very serious cases of Pneumonia at the hospital have been brought through by the indefatigable care and attention of Dr. Diven, Miss Barr and her corps of nurses.

On Monday at the opening exercises of school Mr. Hendren gave a little talk upon "How Utah was Admitted," and on Tuesday Mr. Spray gave an account of "Cuba and its Revolution."

Miss Shaffner has returned from her extended trip among the Indian girls in country homes. She visited all their homes and schools, and has much to say of the superior advantages many are enjoying.

When Mr. Standing entered the Assembly Hall last Friday evening and saw the Invincible trimmings of red, white and blue, especially the long curtain poles wound in the national colors like a barber's sign, he said he wondered what sort of a "barberous" entertainment it was going to be anyway, but at the close he was fully convinced that there was nothing barbarous about it, but such a treat was the result of the highest culture and civilization.

Class '96 was photographed by Mr. Andrews on Monday, and it is a good picture. They will be on sale in a few days for thirty cents cash. FREE for fifteen subscriptions for the HELPER.

Miss Sarah Pratt and Master Dick who have been staying at the school for a fortnight, while the family at Steelton were moving into a handsome, new and commodious home have gone back to Steelton. Sarah says: "Yes, it rains at Carlisle, sometimes, but it is not such a bad rain as the rain in Steelton, not near." Sarah likes Carlisle.

The Class '96 essays are just at present passing through the fiery furnace of criticism and examination. It is very easy to see in an essay what has been gobbled by the writer from other writings, and what is truly original, at least what is considered original by the world. All our thoughts are borrowed, but when we take the exact words of another's writing and palm them off as our OWN, that is what? We have heard of no such thing this year.

Miss Ely has moved into a new and handsome desk, and the printing office is the happy recipient of her old desk, which is one of those commodious old affairs built a generation ago, of fine mahogany, and contains all the pigeon holes that the Man-on-the-band-stand can possibly use. Indeed it is large enough for him to get into, these cold nights, and with the rolling top closed down over him he would be as cosy or as "snug as a bug in a rug."

Sleety rails are the hardest for the trolley men to manage, but they are a good natured set of gentlemen—those motor-men and conductors. On last Saturday night on the way to the college to the Kolbe entertainment, the cars laden—indeed overlaid—with Indians went off the track twice, but there was no display of ill-humor and no strong language while repairs under the greatest difficulties were being made. No one was injured save a little shaking up.

The Dickinson Collegé Orchestra and Glee opened up the concert last Friday evening with the College yell behind the scenes. James Wheelock, President of the Invincible Society, in introducing the musicians said in part: "As it is our custom each year to bring before the school something worth hearing the Invincible Literary Society decided this year to bring before you the Dickinson College Orchestra and Glee Club. We do not claim that this is an invincible entertainment, but the evening is given under the auspices of the Society."

The Misses Hensch, of Carlisle, have presented the reference library in the Academic Department with about 46 volumes of the *Century* and *Scribner* ranging from 1875 to 1895, and other valuable magazines. Some unknown friend in New York sent a number of papers and magazines. We need greatly an International Encyclopedia, in fact several hundred dollars worth of books of just the right sort. In two weeks of January, 78 volumes were taken out by pupils and teachers and more than 150 persons have been to use reference books. Pupils doing Literary Society work frequently fail to find the material owing to scarcity of modern reference books.

## LINCOLN.

Abraham Lincoln was born February 12, 1809. As Wednesday of this week was the birthday anniversary of this great man, about whom so much has been said of late in the papers, will ye young Carlisle soon-to-be-graduates with dim visions of the future and great desires for large helps to a professional life, take a glance of what Lincoln had to start with in his profession of law, and how he dressed himself.

He had had four months' schooling.

He had a copy of Blackstone.

He had a copy of the compiled laws of Illinois for 1833.

He had three volumes of session laws.

He had just seven dollars.

Did he wear a fancy watch chain?

No, but on his back was a blue-jean coat, claw-hammer style, short in the sleeves and in the tail.

He wore home-spun linen trousers.

He wore a straw hat and stogy boots.

But what kind of a character did Lincoln possess?

He was HONEST.

What kind of a mind?

He was not specially quick in perception but possessed a vigorous mind and clear comprehension.

He was exact in his judgment, and could state his thoughts clearly.

He had full command of himself.

## CARLISLE BOYS AND GIRLS IN MONTANA.

Through a letter from Richard Sanderville, Blackfeet Agency, Montana, we get the following news of returned students:

Minnie Perrine is now Mrs. LaBreche having married two or three months ago.

Joseph Evans has married a school girl.

Peter Oscar and John G. Ground are working at the Agency.

Joseph Spanish has gone to the Ft. Shaw Indian Industrial School.

James Grant is clerk at Jos. Kipp's store; and others are doing well.

## HEAR THE GOVERNOR OF ARIZONA.

Governor L. C. Hughes of Arizona, in his annual report to the Secretary of the Interior, says that the cost of the liquor traffic to the Territory is so great that prohibition is a necessity, and he prays Congress for such a law. Governor Hughes further says: "During the last thirty years there has not been a single Apache Indian outbreak in Arizona which was not the direct result of intoxicating drinks."

## JUST AS GOOD.

A Wisconsin subscriber gives vent to some pent up feeling in these earnest words:

"I have enjoyed reading the INDIAN HELPER the past year, and have often read selections from it to the High School pupils under my charge.

I sincerely believe the Lord wants education, Christian education to supplant the present condition of affairs with our dark skinned brothers, and that, too, away from the temptations and degrading influences of tribal life on the reservation.

Good Indians are just as good citizens as good white men.

God speed the day when Carlisle's work shall be felt all over the United States."

## INDIAN BREAD VS WHITE BREAD.

A little Indian girl in the country shows her unbounded pleasure at learning to make good bread, in the following words:

"Captain, I wish you could see and taste my bread. They say my bread is elegant. I could not bake the way I now bake before I came here, but I knew well enough how to bake Indian bread, taught by my Indian mother.

I can now see for myself the difference, and oh, such a great difference.

Yet I couldn't say that I despise my Indian bread. If I should ever get a chance to taste it I know I should like it. But if ever I live to own a home of my own I will follow and keep the new method I have learned."

## TRUE GENTILITY.

True gentility is neither in birth, wealth, manner, or fashion, but in the mind. A high sense of honor and a determination never to slight your friends, and politeness towards those you constantly meet are the essential characteristics of a true lady.

## Enigma.

I am made of 7 letters.

The 7, 3, 4 comes on the grass in summer,

Some cups are made of 1, 5, 6.

Lumbermen can 2, 3, 4 a log.

On Tuesday my whole made the inhabitants hereabouts open their eyes sometimes, to see what was coming next.

ANSWER TO LAST WEEK'S ENIGMA: Columbian Exposition.

T 10 10 10  
E Subscriptions  
N and a 2 cent stamp for postage,  
secures

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