

# THE INDIAN HELPER

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

VOL. XI.

—FRIDAY, NOVEMBER 29, 1895.—

NO. 9

## THERE IS A SPIRIT IN MAN.

HERE'S a spirit in man, shall he cringe and bow  
To men of the bold and shameless brow,  
Who have scattered around from sea to sea  
The curse of drink, like a leprosy?  
Shall we look unmoved on the piled-up wealth  
Raised on the ruins of hope and health;  
On the hollowed cheeks of our drink-made slaves,  
On the hearts that be crushed in pauper graves,  
Or make the curse of the traffic known  
In burning words and in thunder tone?

## STRONG DRINK WEAKENS.

### An Interview with Miss Shaffner Concerning Temperance in Iceland.

Did you find those northern people great drinkers, and did you not feel the need of stimulants yourself?

Oh, no! Many people are under the delusion that a journey to the far north requires alcoholic stimulants in order to withstand the extreme cold and keep up the normal temperature of the body, but you are aware that among the men comprising arctic expeditions the ones to succumb first are those whose vitality has been more or less consumed by fire-water, while total abstainers are found to possess superior powers of endurance.

Then the people of Iceland must die young, as some think we could not live long without alcohol for a medicine?

The nations living near the frigid zone use less alcohol than any other people, and yet many of their old folks live to be ninety years of age, and there is no more, if as much, disease among them as is common to others of less temperate habits.

There are some breweries and distilleries in Iceland, are there not?

That sturdy nation has never allowed a gallon of intoxicants to be manufactured within its borders.

Then what is the necessity of a temperance movement there?

Oh, there are quantities of stimulants con-

sured, though less per capita than among other people, but it is sent there by Copenhagen merchants who own business firms in Iceland. As it is about the only article of commerce upon which duty is collected the amount imported is definitely known.

Then you found the temperance question popular, did you?

An exceptionally strong temperance sentiment pervades the whole island. The Independent Order of Good Templars was organized among them in 1886, and it has grown to be a mighty power in educating public opinion in favor of total abstinence for the individual and total prohibition for the State. One-fifth of all the clergymen and about one-third of the members of the national legisla-



A GROUP OF INDIAN GIRLS AT CARLISLE.

tive body are pronounced temperance advocates. Among its members are many leading

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# THE INDIAN HELPER

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PRINTED EVERY FRIDAY

—AT THE—

Indian Industrial School, Carlisle, Pa.,

BY INDIAN BOYS.

OF 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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PRICE:—10 CENTS A YEAR.

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Entered in the P. O. at Carlisle as second class mail matter.

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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.

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

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One of the farm boys writes for the HELPER thus: "I cannot go without the HELPER unless I have no one-tenth of a dollar."

James Perry says by letter: "I regret that I was unable to return this Fall, but I thank you a thousand times for what I have learned under your care."

In no better way can returned students show real gratitude for benefits received than by writing letters of appreciation to their teachers and others who have labored for them in the past.

On Tuesday, Lecturer John R. Clarke entertained the Indian School audience by an address full of wit and humor, pleasing stories and song told and sung in his inimitable way. Mr. Clarke left for Gettysburg the next morning, to lecture.

Mrs. John A. Irvin, of Buchanan Valley, has this to say through a private letter: "We cannot very well do without the INDIAN HELPER. For the last four years the little paper has been a welcome visitor to our household." Mr. and Mrs. Irvin are great friends of the Indians.

Ten subscriptions secure the Souvenir, but two cents extra for postage must accompany the list. The Souvenir will be forwarded for 25 cents cash, post paid. For THIRTY cents, the Souvenir will be sent post paid, with the HELPER for a year, to any address in the United States and Canada.

A charming letter full of the right spirit and vim has been received from Belinda Archibette, class '94, now teaching at Toma, Wisconsin. She enjoys her work very much and particularly enjoys the letters received from the What-so-evers of which circle she was an active member when here.

The smallest paper with the largest circulation on earth is what we are aiming at, and why? Because by circulating CORRECT information, CLEAN information, PROPER information about the new Indian we are HELPING him, and thus fulfilling the mission of THE INDIAN HELPER.

Our former Vista Gray, who is now Mrs. King at her home in Montana speaks encouragingly of herself and others at the agency. Vista has been to school to Fort Shaw since she left us three years ago on account of ill-health. Then she served as seamstress in the school near her present home. Her husband is clerk, and she has a nice little home. She is a happy King's Daughter, she claims. In speaking of some of the returned students she says Belknap Fox is married to a school girl from the mission and is working at the agency as teamster, receiving good wages. Peter Camp and James Perry are on the beef herd. Lucy Enterlodge is working at the school as assistant seamstress. Benjamin Caswell, '92, is a teacher here, and "Regina Creegirl, I am sorry to say, has married an uneducated Indian and has gone back to camp. We tried to help her all we could but she would rather go back to camp."

It was said one day this week that not all the pigs are in the pen. It was remarked when a certain person's uncouth table manners were being discussed, and about a person who ought to be an example. If there is something choice on a dish that is being passed around, and there is plenty for each to have a reasonable share, is it not piggish for one to take two or three pieces when he or she knows that by so doing some one will have to go without? It is not polite to ALWAYS take the best on the plate, either. Go without! It pays to suffer a little for the sake of being a gentleman or lady.

It is the height of selfishness to over work, over play or in any way injure the body. Some people think they are making martyrs of themselves and will get a credit mark in heaven if not on earth by doing more than they should. Others work more hours than they should because they are poor managers of themselves and don't know when to stop. An over worked body gets ill. A body that is ill must be taken care of by someone. Is it not SELFISHNESS, then, not to care enough about ourselves to prevent others from having to take care of us?

If the bicycle riders are very careful not to run over any one and to ride mostly when the walks are freeest from promenaders we may not be ruled off. ONE careless accident may rule us all off. Make it a cast iron rule to turn out on the right, and do not run too close to a person before giving warning. Always ring the bell whether the person in the way sees you or not. Never ride fast when there are others on the side walk, and never go nearer than ten feet from the wheelman in front, then there will be no danger.

Some people are so constituted that they don't know what a draft is and are rarely ever affected by one. Most people however are very susceptible to drafts, and the janitor of Assembly Hall should look out for the needs of the majority, as was advised last Saturday night. A room with drafts is a death trap.

THE HELPER is not a children's paper, specially. It is a LETTER kept letter size, for busy people, who wish to keep posted on the news of our school.



Give thanks!

Thanks for health:

Thanks for a good school;

Thanks for plenty to eat and wear;

Thanks for a chance to get up in the world;

Thanks for the wonderful opportunity we have to do good.

Miss Cochran spent Saturday and Sunday at her home in Millerstown.

If we do not take care of our own health, who is going to take care of it for us?

The Ackerman lecture is worth a dollar but will be given for a dime.

To the bottom of the sea, think of it!

Through India on elephant back and camel back, think of it!

The Library case in the Principal's office is to be a fine and well adapted piece of furniture.

As we keep no running accounts, all clubs must be sent under one cover if the premiums are desired.

John Leslie has gone to New York with his camera to take snap shots of the foot-ball game.

Dr. Montezuma will visit his foster mother Mrs. Baldwin, at Yonkers, while absent in New York.

Enlarge the HELPER? No, no. We want to keep it letter size, for that is all we claim to be—a LETTER.

Spencer Smith has been elected Vice President of the Y. M. C. A. vice Timothy Henry who now is president.

David Abraham is in from his country home for a Thanksgiving visit, looking better than we ever saw him.

The Invincibles and Standards will hold their first meetings in their new room in Society Hall this week.

Robert Hamilton, William Leighton, and John Leslie went to Harrisburg and Steelton and return, on their bicycles last Saturday.

Mr. and Mrs. Thompson entertained the footballers at their house on Saturday evening in honor of the great victory they won at York.

The band concert in Harrisburg last Friday night passed off well. They played before a creditable audience in the Opera House and were well received.

On Monday Miss Weekly spoke before the school on Rice Culture; on Tuesday Mr. Hendren discussed the Use of Clothing and the teachers held a symposium of opinions.

The little pupils from Miss Hamilton's room have been helping the printers this week. Indeed they help every week, and there are no happier busy little people at the school than the little ones from 13 and 14.

One of the little girls in the country who finds Arithmetic rather hard says by letter to her teacher: "I know my tables now. I study when I work, and I sing my tables."

Clarence Whitethunder may be seen peeping around the corners taking snap shots with a camera purchased of John Leslie, the latter having secured a new and larger one.

O, but this is the weather one must watch oneself.

A cold wave is upon us again after a depressing warm one.

Who was that wishing for snow? It will come soon enough.

All subscriptions left at Richards' and Means' book stores will be promptly attended to.

Miss Ackerman has been to New York, and Philadelphia, returning Monday evening.

Remember, a cold is the forerunner of Pneumonia. Pneumonia very often means death.

The Y. M. C. A. young men find their new room commodious and altogether comfortable and pleasant.

"I can turn that corner" says a young lady bicyclist of our school "and there isn't another boy who can do it."

FREE, for ten subscriptions, and two cents extra to pay postage, the Souvenir containing sixty views of the school.

The advance sheets of the HELPER are a day earlier than usual on account of Thanksgiving. Most of the mail leaves at the usual time.

Samuel Miller, Elmer Simon and Edgar Rickard are authorized agents for the HELPER and *Red Man* and will take subscriptions.

The pennies gathered through sales at the King's Daughters sociable and festival on Saturday evening will be used to help Santa Claus in getting Christmas presents for our wee ones.

The ice cream to be served Saturday evening by the King's Daughters will be real strawberry, and made by Mrs. Hartzell, the best maker in town. Mrs. Hartzell will also furnish the cake.

Who stole that turkey from Mr. Kensler's wagon in town Wednesday morning at market? Some hungry soul who wanted a Thanksgiving dinner no doubt. We hope it will not choke him.

The King's Daughters are sparing no pains to make an enjoyable evening on Saturday night. If everything turns out as well as expected there will be something worth describing for next *Red Man*, and HELPER, too.

Our team proved too much for the York Y. M. C. A. team last Thursday, winning by a score of 42 to 0. Four touchdowns and goals were made in the first half and three in the second. The York boys played hard, but never got nearer our goal than the 15 yard line. Mr. Thompson accompanied the team and acted as linesman.

Mr. and Mrs. William G. Thompson, Dr. Montezuma and Mr. Claudy are in attendance upon our greatest and last foot-ball game of the season with the New York City Y. M. C. A. team on Manhattan Field. Mr. Claudy umpires the game. We are sorry not to be able to give results before going to press. The team stops at the Ashland House on Fourth Avenue and will be given a Thanksgiving banquet by the Y. M. C. A. in the evening.

THE LATEST—We stop the press to insert the latest from New York—THE INDIANS WON 16 to 4.

HELLO! HELLEE! WHO ARE WE?  
HELLO! HELLEE! WHO ARE WE?  
HELLO! HELLEE! WHO ARE WE?  
INDIANS! CARLISLE!



(Continued from First Page.)

citizens who use the force of their influence to popularize temperance principles.

What was the result of the visit of Miss Ackerman, yourself and Miss Pratt, last summer?

The organization of a Woman's Christian Temperance Union for Iceland and the Faroe Islands crowned our labors. The people rallied to our assistance with a hearty good will that was scarcely less surprising than delightful.

Did you hold public meetings?

Twenty public meetings were held at different places. Sometimes admission had to be made by ticket to avoid overcrowding.

You spent some time at the Capital, did you not?

One month was spent at Reykjavik, the capital, where many people of prominence, including the Governor's wife, the Speaker of the Lower House, the State Auditor, several professors of the Latin School, a number of the Althing members, some noted writers and clergymen were regular attendants upon all the meetings.

What were the special features of some of the gatherings?

At one great meeting the Temperance educational law was discussed as operated in all but two of the United States and in all of our Territories. The fact that there are in American public schools 16,000,000 children studying the dictum of science—that alcohol is a poison—made a profound impression upon the audience. Some gentlemen of high standing said it was the wisest temperance measure they had ever known, and they began to conjecture whether or not Iceland was ready for similar action.

Did not this information about our country bear immediate fruit?

Yes, at a banquet given shortly afterward by members of the Althing, in honor of the "Three American Ladies," in response to the toast "The World's W. C. T. U.," the same subject was emphasized again. During the social period that followed several leading "Members" discussed the advisability of bringing the matter before the legislative body ere the enthusiasm aroused in its favor had a chance to die. Only a few weeks remained before the Althing would close for the usual period of two years. It was decided to make the venture. One gentleman said he would introduce the bill and the support of ten others was assured.

Was it received with favor?

The measure was carried through both

houses, the Governor signed it and an appropriation was made to provide for the translation of the necessary text books and to secure the enforcement of the law. It is binding upon "all those common, high and children schools which receive a subsidy from the public treasury."

Is that a copy of the law?

Yes, I received the Icelandic flag and two copies of the new law. You see it is beautifully engraved by hand upon paper suitable for framing. One copy and the flag are intended for the headquarters of the World's W. C. T. U. where they will take an honored place among similar ones from other land.

And the other copy?

(The other, let the interviewer intervene, is a gift to Miss Shaffner in token of the part she took in enlisting the people in its favor.)

"THE STAR OF HOPE IN THE TEMPERANCE WORLD HANGS OVER THE SCHOOL HOUSE," says the founder of the system of scientific temperance instruction—MARY H. HUNT, continued Miss Shaffner, and Iceland stands next to America or second in the list of nations, who by legal enactment of their national legislature warns its children against this awful enemy of the human race.

There are many ways of sending a dime in a letter securely. Fasten it in some way to a card. Two-cent stamps are acceptable in small amounts.

#### Temperance Enigma.

I am made of 6 letters.

My 1, 4, 4, 6 is what mothers do when sons get drunk.

My 1, 4, 2, 3 is what the man becomes who drinks.

My 5, 6 is the direction a man goes in the world when he stops drinking.

My whole is a sentence that Capt. Pratt used last Saturday evening when quite in earnest, which startled some of the little folks; and it is what we must ALL do as an American people, if we would stop the terrible drink habit which is ruining our nation.

ANSWER TO LAST WEEK'S ENIGMA: Thanksgiving day.

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

#### THE NEW SOUVENIR

OF THE CARLISLE INDIAN SCHOOL  
Containing Sixty Views of the School and Graduating Classes.

Every family in the U. S. should take THE HELPER. EVERY family should have a SOUVENIR.