

The Voice

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EDITORIALS

The views expressed in these columns are those of the writer and not necessarily a reflection of the policy of The Voice.—Pub.

It's Not Easy to Be An Overweight Child

By Elta Arnold for ANP

A young girl growing up eats the same thing as her brothers. They may all be heavyweights if the food served in the home is of the fat making kind. Or the girls may be heavy and the boys lean, even though they eat the same things. Different people utilize the food eaten in individual ways. Some burn food off in activity, in others it turns to fat.

"Plump" youngsters often outgrow a tendency to fatness. But

unhappily, some plump youngsters only grow plumper as they grow older. A grossly overweight child should be taken to a doctor. Some old fashioned doctors will say that "they'll outgrow it, don't worry." In that case, find another doctor who will give the proper test determining the cause of overweight and prescribe a diet regime which should be followed.

It will be a peck of trouble to help a fat youngster, boy or girl, to take off extra pounds. But to help a too fat youngster get down to a normal size is a job well worth all the trouble it takes.



by **JAMES C. OLSON**, Superintendent
STATE HISTORICAL SOCIETY

So far as is known, the first Christmas spent by white men in Nebraska was in 1812. The record indicates that there wasn't much of a celebration.

The men were Robert Stuart and half a dozen companions, enroute from Astoria, John Jacob Astor's fur-trading post at the mouth of the Columbia river, to St. Louis and New York. Their journey was an epochal one. They probably were the first white men to cross South Pass and traverse the Platte River road that within a generation could become a heavily-traveled highway of western expansion.

On November 1, after having traveled since June 29, the party encamped on the right bank of the North Platte river, near the mouth of Poison Spider creek, not far west of the present city of Casper, Wyoming. The location seemed favorable and the weary travelers

decided to spend the winter there. Winter quarters hardly had been constructed, however, when the men decided they would have to move on because of danger from the Indians. Hence, on December 13 they set out again, determined to move further down the Platte in hope of reaching a safer camping ground.

Christmas day saw them in the vicinity of Scotts Bluff. Stuart wrote in his journal that the hills south of the river were, "Bluffy and possess a few Cedars—Buffaloe (very) few in number and mostly Bulls."

The bitter cold made it impossible for the men to keep warm in camp, so they started early the next morning, pushing about 22 miles down the river, and making camp about five miles from Chimney Rock. Here, as they scanned

the barren, snow-swept horizon to the east, it seemed impossible to go on.

Stuart's journal dramatically describes their decision, reached the morning of the 27th: "The night was cold in the extreme, and getting up with the dawn we took into consideration that having last evening seen at least fifty miles to the Eastward without any indications of Timber, and deprecating the wretchedness of our situation should we be overtaken in these boundless Plains by a snow storm, particularly as we have reason to expect it daily, and the Country before us such an inhospitable waste as even to be deserted by every kind of quadruped,

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