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## THE POSSIBILITIES OF YOURSELF

On the evening of Jan. 11th, in chapel, Supt. Hall delivered the following splendid talk to those assembled:

Students, I believe you realize that I am sincere in my desire to help you grow into good women and men—mental as well as physical—not poor and weak men and women, so, by reason of my relation to you, I feel it a duty at these chapel meetings to try to say something that will help, and will "stick." Saint Paul is quoted in the Bible as saying: "Be ye transformed by the renewing of your minds;" that is, by changing, ennobling, purifying and freshening one's thoughts.

One of the hardest lessons we have to learn in keeping fit is that we build our bodies with our thoughts as much as by our material food. It is a literal fact that man does not live by bread alone. Our bodies are discordant or harmonious, diseased or healthy, in accordance with our habitual thought. There are those who, having learned this lesson, have had their countenances so altered in a single year by persistent right thinking that one would scarcely know them. They have changed faces that were lined with doubt, disfigured with fear and anxiety, and scarred by worry and vice, to a positive reflection of hope, cheer and joy. We are always expressing outwardly what is going on inwardly. Before we move a finger or bat an eye we first think it; whatever we do is prompted through a thought. That is the reason that I am drawing your attention to the need of thinking right, so that you will be moved habitually to do the right thing and move upward in the line of progress.

If you want to be successful, if you desire to be loved, if you wish to be happy, or lucky, or masterful, think on these subjects and hold them as your ideals. "As a man thinketh in his heart, so is he." Hold the ideal of yourself as you long to be, always, everywhere, and in proportion to your vigorous affirmation along these lines will it become realized in your life. But one's ambition and ideals need constant watching, for when you begin to slight your work, to shirk, to give poor service, a rapid decline in your character takes

place. God made us to be honest and any departure from it taints the whole character. Honesty means strict reliability in your work. It means, also, accuracy, carefulness and honesty in your work. It means truth. It means, too, that you must not steal another's money or property, and it does not mean that you can do poor work or blunder through life in a careless, indifferent manner. Nothing can give you the glow of satisfaction, the uplift and thrill, which comes from doing perfect work. It fits our very natures and harmonizes with our being. It is doing things a little better than the other fellow, being a little neater, quicker, more accurate, a little more polite and obliging, more energetic, helpful, than those about you that develops the individual and always helps him for better things.

Your success depends upon following and living up to high ideals and keeping your thoughts clean as well as proving your mettle by your actions. So, students, the main value in your career is in the suggestion that you allow nothing to enter your life that will injure your ideal or lower your standard of quality. Prove your persistence and determination by following an ideal and be satisfied with nothing but the good, and I'll say that you will not fall back to the rear of the procession. It is the constant effort to be first-class in everything that one attempts that conquers.

It is in everybody to be first-class in something if he will. There is no excuse for incompetence on the part of any pupil at this school, for the opportunity to grow into the best manhood and womanhood is right here at Chemawa, and I would that every student shall take advantage of such opportunity.

For the first time in over five years the German flag has been raised on a merchant ship sailing from an American port. The steamer Manchuria of the American line sailed from New York for Hamburg carrying a cargo of 10,000 tons, which consisted principally of cotton, wheat and copper and 15,000 bags of mail for Germany and Austria. This was the first large mail sent direct to Germany since the war. A number of passengers on the ship carried as baggage a large amount of candy, cakes, hams, and other foodstuffs.