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## HAPPINESS

We believe that if questioned upon the subject that practically every millionaire and multi-millionaire in the United States today would state that they are not a bit happier now than when they were in poorer circumstances. So would the vast majority of men and women who have reached the goal of their ambition, whatever it may have been, express themselves.

The whole world is engaged in the quest for happiness, but, judging by appearances, very few succeed in their quest. Some expect to find it in money, some in fame, some in gratification of their ambition, in the attainment of a certain object, but when they get the thing that was going to make them so happy they find happiness just as far away as ever.

With the most of us the trouble is that we are always looking for happiness in the future, expecting to find it in some big thing—a fortune, some grand opportunity, some great stroke of luck, some vague indefinite thing which we are at a loss to describe—and we seem to think that whatever this thing is which is going to make us really happy it is always in the distance, never close at hand. It awaits us somewhere in the shadowy future; it is never in the things we have, but in the things that are far away, or embodied in those things which others possess.

Every-one knows that riches—material things—do not bring happiness. Excitement, fleeting pleasures, pleasures that often leave a bad taste in the mouth when they are past, may be bought with money; but real happiness cannot be bought or sold. Nothing mean or unworthy appeals to it. There is no affinity between it and the merely animal part of our nature. In one short sentence we find in the Bible, where St. Paul has stated the first principle of happiness: "For I have learned in whatever state I am therewith to be content."

How many of us are content with the state we are in? Working in a cheerful, optimistic spirit at our task, whatever it may be; doing our level best to make it a means of growth, a stepping stone to higher things? For this is what St. Paul meant. The contentment of which he speaks has nothing to do with the contentment of stagnation. He always had a glorious goal in view—the uplifting of mankind to a higher plane. In the pursuit of his object he accepted whatever came to him—imprisonment, persecution, torture, hardships of every sort, in the same happy spirit. He found happiness in whatever he was doing; he took it with him wherever he went.

How many of us are doing that? Are not most of us doing the direct opposite—making ourselves miserable by continual grumbling about our environment,

our work, our associates, our condition generally? Almost every person is losing the happiness he is in search of by straining for something he has not. He is living in anticipation, not in reality.

Now, students, readers, success and happiness are for you—for every human being on this beautiful earth where God has placed us. He meant us to be happy and successful, and it is only when we are not in harmony with Him, working contrary to His plan for us, instead of working in unison with Him, that we are unhappy, unsuccessful—miserable failures instead of radiant successes.

What we get out of life depends upon how we look at it, and what we put into it. When we face life the right way, that is, in the right mental attitude—cheerful, hopeful, always expecting the best to come to us because we believe in the fatherhood of God, who gives only good gifts to us, and that we cannot injure our brother man without injuring ourselves—then we have gone a long way toward solving the problem of happiness. Our mental attitude and our acts determine whether we shall be happy or miserable, whether we make of life music or discord. Happiness is the result of right thinking and right acting. It is as impossible for the selfish, greedy, grasping thought, the thought centered wholly upon one's interest, to produce a happy state of mind as it is for thistle seeds to produce wheat. Every thought and every act will produce a harvest like itself. If we sow helpfulness, kindness, unselfishness, we shall reap a harvest of satisfaction, harmony and happiness. If we sow unkindness by thought or act; if our minds are filled much of the time with discordant thoughts, envy, jealousy, hatred, we shall reap a harvest of misery and discord. Our degree of happiness or misery today is merely the result of our thought life—for the act follows the thought. Right thinking means right acting.

No one has a "corner" on happiness. It is not a prerogative of wealth or power. The kingdom of harmony or heaven is within each individual.

Straightforward, honest work, a determined effort to do one's best, whatever his task, whatever his environment, an earnest effort to scatter sunshine, to make other people a little better off, a little happier because of our existence, these are the ingredients that enter into the making of real happiness. If you don't work up to this recipe today, right where you are, you will never find happiness tomorrow in some other job, in some other place. Happiness is a condition of mind.

Jessie Cleveland was in charge of the domestic science during Mrs. Brickell's absence the other day.