

3 MAY 8
COPY 195

The Chemawa American

Printed at Chemawa, Oregon, and Devoted to the Interests of Indian Education

Vol. XXIII

Wednesday, December 22, 1920

No. 12

THE JOYS OF LIFE

Students, readers, this is near the holiday season, and if you are happy it will be because you create happiness out of your present surroundings, your environment, with all its little vexations, cares and conditions. The man or woman, boy or girl, who does not learn to create his happiness as he goes along, out of each day's work, with all its little annoyances and disappointments, has thus far missed the secret of living. It is out of the daily round of duties while at Chemawa and elsewhere that you get the honey of life. It is not enough to extract happiness from ideal conditions—anybody can do that—but it is the person who is master of self who can get happiness out of every kind of condition. Happiness does not depend upon favorable surroundings, but upon the state of the mind. The trouble with all of us is that we expect too much from big things—the unusual happenings—and we overlook the little things from which we might extract comforts and delights.

If we are ever to be happy it will be because we create happiness right where we are. Half of the joy of living is in the little things as they come along. Few people ever see the identity between their lives and time. They seem to think they can waste time in all sorts of foolish ways, and even in dissipation, without wasting life, but the two are inseparable. Remember, that when you throw away an evening, or day, or do infinitely worse than throw it away by indulging in pleasures which demoralize and tend to degenerate your character and to form vicious habits, you are deliberately flinging away a part of your very life. When you grow older you will give anything to redeem the precious time that you have squandered.

Really, there is only one way to live, and that is to start out every morning with a firm resolution to get the most out of that day—to live it to the fullest extent possible. No matter what happens, or does not happen, what comes or does not come, resolve that you will extract from every experience of the day something good, something which will make you wiser and show you how to make fewer mistakes tomorrow. Say to yourself, "This day I begin a new life. I will forget everything in the past that caused me pain, grief or disgrace." Yes, resolve every

morning that you will get the most out of that day, not out of some day in the future when you are better off, when you have outgrown your difficulties, but resolve to enjoy yourself today and not to let the hideous shadows of tomorrow, the forebodings and the things you dread, rob you of what is yours today—your inalienable right to be happy today. Have a little heart-to-heart talk with yourself every morning, and say, "It does not matter what comes or goes today there is one thing of which I am sure, and that is that I am going to get the most possible out of the day. I am not going to allow anything to rob me of my happiness, or of my right to live this day from beginning to end and not merely exist. I shall not allow any annoyance, any happening, any circumstance which may cross my path to rob me of my peace of mind. I will not be unhappy today, no matter what occurs. I am going to live the day completely. Only happy thoughts, joy thoughts, only the friends of my peace, comfort, happiness and success shall find entertainment within me this day."

A clean, optimistic start like this every morning will quickly revolutionize one's outlook on life and will increase one's ability to live tremendously. It is just a question of mastering your thoughts and making a path for a new happiness habit.

Yesterday has gone; tomorrow is but an expectancy; there is no time for us to act but in the living present. There is something wrong with the entire view of life in which joy, gladness, peace and prosperity are not expressed.

CHRISTMAS DINNER MENU

That our students are to enjoy a fine dinner on Christmas day is evidenced by the following menu which has been handed to us:

- | | | | |
|-----------------|--------------|-------------|----------------|
| | Roast Pork | | |
| | Apple Sauce | | |
| | Dressing | Brown Gravy | |
| Mashed Potatoes | | | Sweet Potatoes |
| | String Beans | | |
| Cranberry Sauce | | | Sweet Pickles |
| | Celery | | |
| | Mince Pie | | |
| Bananas | Oranges | Apples | Nuts |
| | Cake | Coffee | |