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THE VALUE OF OPTIMISM

Students and readers, we wish to encourage you to be merry, to laugh aloud. A good, hearty laugh expands the chest and makes the blood course along vigorously. Commend us to a good, hearty laugh—an honest laugh, not a snickering laugh, a forced and coarse laugh, or a laugh in derision, but one that is mirthful and sounds throughout the building. Such a laugh is good for you and really benefits those who hear it. Merriment is catching and spreads, few being able to resist its contagion. A hearty laugh is delightful harmony. Children who are not happy will never amount to much.

It is not work that injures people—it is worry. Work is healthful; it is hard to put more on a person than they can bear. But worry soon rusts a person out. It is not the great sorrows, heavy burdens, that cloud our lives; it is the little vexations, insignificant anxieties and fears which render our lives unhappy and destroy our mental equilibrium, and a good hearty laugh does more to destroy the effect of worry and imaginary woe than any known medicine. Nobody can do their best when fevered by worry. Anxiety mars one's work. Students, try to cultivate a kindly disposition and a cheerful manner, and endeavor to create a pleasant feeling and diffuse good cheer wherever you go. Be kind to your matrons and teachers and quit finding fault. Why not try thinking more about the other fellow? It will pay better and be better. A habit of cheerfulness is a fortune to each one of you. There is nothing but ill-fortune in the habit of complaining, grumbling, which requires no self-denial, no brains, no character.

It requires no brains to grumble and complain. Complaining only makes the complainer unhappy and is the cause very frequently of such an one getting into trouble. Wherever you are detailed fill that place as it never was filled before; make yourself do the work splendidly, cheerfully, efficiently. Show that you are abundantly able and worthy to do better things. None of us ever find the things here just as we would like them. We all have burdens laid upon us and we presume you students do also. But do not shirk or grumble; be cheerful, for the work needs to be done, and ability to do it—also be glad of the honor to be a

member of a body of fine boys and girls who make up the student body, the backbone of great Chemawa.

Those students who fill up the gaps and smooth away the rough spots and perform the various jobs at our school cheerfully, without grumbling, are worth a whole regiment of grumblers, those who get tired, dissatisfied, and want to go home.

Give us the boy or girl who sings while at work. They will do more work in the same time and do it better. One is scarcely sensible of "that tired feeling" when he marches to music. Why, students, the very stars in heaven are said to make harmony as they revolve. Wonderful is the power of cheerfulness. Efforts, therefore, to be permanently useful, must be uniformly joyous—the spirit of sunshine, laughter and good will.

It is a good sign when you can hear a girl sing at her work. We are sure the dishes shine more brightly, and the sweeping and dusting and washing and mending are more satisfactory, because of happiness in the air. Catch the spirit of being a cheerful worker. It is said that a cow will give one-fifth more milk when soothed by a pleasing melody, that sheep fatten better to the sound of music, that a horse will find labor easier when given a little music.

So, students, thus it goes. Some people fill the air with their presence and sweetness. Good humor—cheerfulness—is sunshine to us all. Yes, a sunny temper is conducive to health, and the person with a sunny disposition usually has a good conscience and a cheerful mind.

It is the little disputes, little fault-findings, little insinuations, little reflections, sharp criticisms, fretfulness, impatience, unkindness, slurs, discourtesies and bad tempers that create discord and unhappiness. But if you think of the other fellow—love and be loved—be kind and cheerful, all of these things will be forgotten and you will find that the greatest happiness of existence lies in practicing throwing out sunshine and kindness right here, and now.

So let us all, every-one, endeavor to be cheerful, obedient, willing, with laughter in our hearts and a feeling of kindness toward all. Then the atmosphere of cheerfulness will pervade all Chemawa and the home life here will be ideal.