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The Chemawa American

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

Vol. XXIII

Wednesday, March 2, 1921

No. 21

BOTH VIEWS OF LIFE

Many of us make our daily living miserable by continually grumbling about our environment or surroundings, our work, our lessons, our associates, our condition generally. Now, the trouble is not with our surroundings, our work, or our lessons, or our associates, or with conditions generally. It lies in the fact that we do not hold the right mental attitude toward these things. The trouble lies right within each one of us. Many people are always in discord with their environment and waste an immense amount of time and energy in fretting and useless resistance which could be used in bettering their condition.

If you are a fretter, a worrier, always looking on the dark side of things, you will finally bring much unhappiness and dissatisfaction to yourself. Your associates will naturally dislike you and will show their resentment in all sorts of disagreeable ways.

If you are cheerful, hopeful, and look upon the bright side of things in spite of seemingly hard and inhospitable conditions, success will come to you; your associates will be drawn to you and your character and general view of life will broaden, be stabilized and strengthened. And what a lot of misery would thus be avoided!

No matter in what environment we are compelled to be we should try to get into harmony with it sufficiently to enable us to work smoothly, without that friction which exhausts and tears down. Friction in the human system is like sand in a piece of machinery which grinds and wears out the bearings. No-one can be happy and do good work while holding an antagonistic mental attitude toward any given feature of their daily lives, or toward things in general.

The antagonistic people are nearly always "knockers" and "knockers" are destroyers, not builders. The person who always looks on the bright side of things is the builder—the one who possesses the right spirit, that mental attitude which improves conditions and attracts sympathy and helpfulness from others.

If your work or surroundings are distasteful, begin at once to change the condition by fitting yourself for a better position or a higher sphere. Antagonizing, worrying, fault-finding, will only make matters worse and may be the means of putting you into a poorer or

more uncongenial environment. To go through your school and later life fretting, fuming, knocking your environment, your associates, your school duties, your work, is to drive from you the very things which you desire to attract. The best way to change conditions is to make friends of them. The non-resistance idea helps you to economize your energies. It helps you to do the thing you want to do.

"I am singing my song." This little quotation expresses, it seems to us, the whole difference between those who have soured on their environments, who are always complaining of their lot and look upon their various duties as drudgery, and those who, whatever happens, "sing their song" and look upon life with a cheerful eye and find joy in their work here at Chemawa or wherever it may be.

What you get out of your life at school, or when that period has passed, will depend very largely upon how you look at it. Your mental attitude determines whether you will be happy or miserable, whether you will make of it music or discord. Some students, some people, have a faculty of always touching the wrong key—from a musical instrument they bring forth only discord. With them everything has an unpleasant appearance. All of their songs carry the dissonance of a minor key. There seems to be nothing bright, cheerful or beautiful about them. Their outlook is a gloomy one; everything about them indicates contraction—nothing growing or expanding in their lives.

With others it is just the reverse. They cast no shadow. They radiate sunshine; they never approach you but to cheer you; they never speak to you but to inspire you. They see the best in people and say pleasant and helpful things about them, and apparently put their very soul into their school duties, their work in school and after leaving it, and dignify and render attractive any job or position with which they may be connected. If the heart is right we can make the most trifling thing, the simplest act or duty, beautiful; but if the heart is not right nothing in life will be true, or fine, or uplifting. The person who faces life the right way, who is cheerful and hopeful, always expecting the best to be theirs, will increase their ability tremendously.

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