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THE POWER OF CHEERFULNESS

The test of character is one's ability to remain cheerful, serene, hopeful, under even the most adverse circumstances and conditions. It is easy to be bright and optimistic when things go our way, when we prosper, but it requires a good deal of backbone—heroic qualities—to be so when poor health mock ambition and we are surrounded by all sorts of disheartening conditions.

The ability to radiate sunshine is a greater power than beauty, wealth, or any other thing on earth. If you would do the greatest of which you are capable, keep your mind filled with sunshine, with beauty and truth, with cheerful and uplifting thoughts. Bury everything that makes you unhappy and discordant, everything that cramps your freedom, that worries you, before it buries you.

We want at Chemawa—the want may be universal—cheerful men and women, boys and girls, with lots of hopefulness and laughter. We have too much of long, sour faces; too much of chilling looks and exclusive manners. Cheerfulness is one of the great miracle workers of the world—reinforces the whole individual, doubles and trebles his power and influence, and gives a new meaning to life. No person has failed until he has lost his cheerfulness, his optimistic outlook on life. Oh what riches live in a sunny soul! Take cheerfulness with you, cling to it, no matter where you go or what you do. It prevents the jars, the discord, and shuts out many sorrows of life. What a wonderful thing is a smiling face—to fling out sunshine everywhere one goes—to scatter shadows and lighten sorrowing hearts; to have the power to send cheer into other people through a sunny, radiant disposition!

It is really wicked to go about among people with a face which indicates unhappiness instead of joy. What a pitiable thing it is to see people peddling vinegar, radiating bitterness, finding fault, and seeing only the bitter and the crooked—worrying and fretting. Some people have a propensity to see only the evil, the disagreeable.

We need more people who are sunshine makers, more people who refuse to see the ugly, the crooked, the bitter. We need people who see the man, the woman, boy and girl whom God has made—pure, clean,

sane and healthy—and not the ugly, discordant misfit, the very burlesque of God, which wrong living and sin have made.

Give us the man who believes there is a remedy for every wrong, a satisfaction for every longing soul; the man, the woman, the boy or girl who believes the best of everybody, who sees beauty and loveliness instead of ugliness and discord.

The person who has learned to surround himself with an atmosphere of peace and harmony, no matter what discord and trouble are in his environment, is the person who has learned a great lesson of culture. When we learn this great lesson we can then throw the best of ourselves into the most unfortunate environment or condition; we can fling out the fragrance and beauty, and the wonderful value of a serene, well-balanced life, even in the most discordant surroundings.

Yes, a bit of sunshine, students and readers, scatters the shadows. It takes only a drop of oil to stop a screeching axle or hinge. A cheerful face lightens other faces, gives strength to other lives, and imparts courage to meet difficulties. A happy face is a gift within the bestowal of all, rich or poor, young and old. We are never so busy but we welcome the sunny souls—the ones with sunshine in their faces.

If there is anything we need everywhere it is people who smile always. It costs no more to wear a smile than to go about with a thunder-cloud expression; but what a difference it will make to you and everybody who sees you. A smile in the heart not only changes our expressions, but also changes our nature.

Cheer up, everybody! Refuse to be gloomy. Think gratefully of the good things you have and be cheerful. If you carry about a gloomy face you advertise the fact that hope is dying out in you; that your life is a disappointment, more or less. Do not, young people, commence your lives wretched or miserable—get the habit of rising above petty annoyances which destroy the peace of so many people. Learn to enjoy everybody and everything. Get good out of every experience in life; something helpful out of everybody you meet. People will meet you half way if you will be

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