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THE RIGHT, AND THE WAY, TO BE HAPPY

People were made to be happy. The desire for fun, for amusement, for joys that endure, is very strong in every normal person. If the majority of the people in the world were asked to express their three greatest wishes they would undoubtedly be happiness, health and wealth. If every human being were told to ask for his supreme wish in life the majority would ask for happiness. In fact, every normal human being is really on a perpetual search for happiness. He may not think that he is, but this is the mighty motive with every human being.

We are all striving to better our condition in life, to make life a little more livable. We are all trying to get, little by little, more and more emancipation from drudgery and hard work and exacting conditions. And yet, while the entire human race has been hunting for happiness from the dawn of history, few have ever found it or have much of an idea what it is. That they have not found happiness where they expected to find it has been the experience of every human being who has made a specialty of hunting for it. Happiness is not gained that way.

Real happiness is so simple that most people do not recognize it. It is derived from the simplest, the most quiet, the most unpretentious things in the world. Happiness does not abide with low ideals, with selfishness, idleness, and discord. It is a friend of harmony, of truth, of beauty, of affection, of simplicity. Multitudes of men have made fortunes, but have murdered their capacity for enjoyment in the process. How often we hear the remark, "He has money, but cannot enjoy it."

He who seeks happiness selfishly will never taste the blissful satisfaction which comes from the unqualified approval of an act. Happiness always eludes the selfish seeker. Selfishness and happiness cannot live together. We inwardly despise ourselves for every selfish act. People who are always thinking of themselves, who are always trying to find something which will make them happy, some indulgence which will satisfy their selfish cravings, are always disappointed seekers. Only he who seeks another's good, another's welfare, another's happiness, can find his own.

No man can be happy when he despises his own acts, when he has any consciousness of wrong, whether of motive or act. No person can be happy when harboring thoughts of revenge, jealousy, envy, or hatred. We must have clean hearts and clean consciences or no amount of money, excitement or other things, can make us truly happy. With the sense of having done right we are generally happy amid the most adverse conditions. Without that sense people are, as a rule, most miserable even though every want is supplied.

We may not recognize our motives, but we are all—every one of us—trying to better ourselves, to get a little more comfort, a little easier position, a little more happiness, a little more out of life than we have been getting. But happiness, students, does not come from the gratification of desires or of possession. Real happiness is born of noble endeavor—of a useful life. It is gotten a little here, a little there, from a kind word, a noble deed, a generous act, helpful assistance. We get it from every right thought, from every kind word or deed, and it cannot be found anywhere else. Your happiness can never be found outside of yourself and it must be bounded by your limitations. Your ability to appreciate and enjoy will mark the bounds of your happiness.

Everywhere we see people crowding, jamming the strong, crushing the weak, all trying to get something away from somebody else which they think would add to their happiness, if they could only get hold of it.

The trouble with most of us is that we try to find happiness where it does not exist—in transient, impermanent things; we try to find it in the gratification of desire; we seek it in animal pleasures. Happiness lives in giving, not in getting or in grasping. What we are, not what we have, makes us happy.

Happiness is the reward for worthy service to others, for heroic endeavor in trying to do our part in the world, to perform our duty. There must be the desire to be helpful, to make our little world, wherever we are, a better place in which to live because of our efforts. Little kindnesses, pleasant words, little helps by the way, trifling courtesies, little encouragements, duties faithfully done, unselfish service, work

(Continued on page 4)