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(FROM THE QUIVER OF MARCUS AURELIUS)

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Where it is possible for a man to live, there he can live nobly.

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He who does *not* act, often commits as great a wrong as he who acts.

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To the wise man the dictates of Reason seem the instincts of Nature.

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The wrong that another has done—let alone! Add not to it thine own.

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Write no more, Antonius, about what a good man is or what he ought to do. *Be* a good man.

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Men are created that they may live for each other. Teach them to be better or bear with them as they are.

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My true self—the philosophic mind—hath but one dread; the dread that I do something unworthy of a man.

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This is the law of the indwelling Reason—to be self-content and to abide in peace when what is right and just has been done.

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Forget not that every man's real life is but the present moment—an indivisible point of time—and that all the rest of his life has either passed away or is uncertain.

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To him who hath true insight into the real nature of the Universe, every change in everything therein that is a part thereof seems appropriate and delightful.

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Be not unmindful of the graces of life. Let thy body be stalwart, yet not ungainly either in motion or repose. Let not thy face alone, but thy whole body, make manifest the alertness of thy mind. And yet let all this be without affectation.

HOW TO STUDY

Robert Peratrovich is now a senior in the University of Washington, but for many years he was a student at Chemawa. While here he was recognized everywhere as a good student, and his achievements since leaving here for Seattle are so outstanding as to impel us to point to him as a model for those Chemawa students who are serious-minded and are really here for an education. In fact, we are presenting rules on "How to Study" as written by Robert himself. We regret that we are compelled by lack of space to "prune" the article to a limited extent, but we have eliminated none of the essentials. We shall be happy later to learn that our students have given this article a serious reading and have adopted the plans set forth as their own. The article follows:

1. Learn to concentrate your mind.

In order to study properly you must concentrate upon what you are doing and not allow other thoughts to divide your attention. This is very difficult, as even the best student must constantly fight his greatest enemy—Mind Wandering. He finds no difficulty in concentrating his mind upon a novel, because he is interested in it and it requires no exertion to understand it. But let him take an essay or a treatise and he will find that he will do some thinking to follow the argument. Therefore, at the first snag he strikes his mind will involuntarily run away from the task in hand and wander to all sorts of topics—the weather, football, the dance, latest news, his best friend, and so forth. He will wake up and put forth some effort again, and—allow his mind to wander. Thus it goes, say for three hours, and he deludes himself with the thought that he has "studied for three hours." Concentration is the only thing in such a case. At first it will be hard but after a while periods of sustained attention will grow longer and easier.

2. Form a Study-Time Habit.

There is a real advantage in doing mental work on a schedule, in setting aside given periods for study, and in following this schedule very closely. For one thing, you will not likely get behind in your work, and a tendency appears to be developed in the nervous system of turning to mental work at times ingrained by habit. I find the best time to study is just as soon as I reach home from school, while the assignment and

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