

# Weekly Chemawa American.

CHEWAWA, OREGON,

FRIDAY, APRIL, 11, 1902.

## AGAIN THE SPRING.

Again the Spring! Again the Easter  
Lily!  
Again the soft warm air with odors  
rich!  
Again the tender green on hill and  
valley;  
Again the miracle of risen life!  
Again from the dark mould of their en-  
tombing,  
In all their lovely robes of radiant hue,  
The crocus and the violet are blooming,  
The willow flowers our earliest  
childhood knew.  
Again the birds in joyous flocks are  
winging,  
Chirping their songs of love and  
nesting days;  
Again the sound of happy children  
sing-  
ing.  
Along the lanes and in the woodland  
ways. —[Selected.]

## The Formation of Small Habits.

Every man has from six to a dozen small habits of which he is only vaguely, if at all, aware.

How many men can tell, for example, whether they habitually put on the right shoe or the left shoe first when dressing? Almost all human beings have a regular order of putting on their shoes, and they never depart from that order. If a man who habitually covers his left foot first should pick up his right shoe before he had to put on the left shoe, he would feel it done, unconsciously, and pick up the other. He would either go to some extra expense of energy than ignore his faulting.

A number of these habits into which most persons fall is that of using only one side

of certain streets. Men who walk to and from business every day generally have their favorite side of the street which they traverse. They will know every muddy crossing, every hole, every loose bit of pavement, every excrescence in the sidewalk on the north side or the south, the east side or the west; but the opposite side will be an unknown path to them, and they would feel almost as strange over there as they would feel in the Strand, London, or the Champs Elysees, Paris.

The ordinary well-housed man has many little domestic habits that have become almost as sacred as religious devotions. The sugar bowl must be placed in a certain spot, on a certain shelf in the cupboard or the whole house seems to be out of order. The glasses must be in their right place on the sideboard or there can be no peace in the house. The broom must be in its corner or there will be scolding.

Habits are formed by following the line of least resistance. When a man has once put on his left shoe before he put on his right shoe it is easier, next time, for him to follow the same order. His muscles and nerves seem to have a preference for a procedure with which they have previously become acquainted. When a man has walked a few times from his home in his office on the south side of the street he crosses instinctively to that side whenever he sets out to cross the walk. When a housekeeper has once selected a spot for her sugar bowl, it seems thought if she always places the bowl in the same spot; and thus she forms a habit.

Every habit is a limitation of the easy exercise of free will. Bad habits are chains holding us prisoners. Good habits are like a well-made harness enabling us to do our work in the world without waste of energy. —[San Francisco Bulletin.]