

CHEMAWA AMERICAN.

Borrowed Items.

Learn to say kind things about people. It will help you wonderfully.

You can't be mean and happy any more than an apple can be sour and sweet.

The first thing to do if you have not done it is to fall in love with your work.

Napoleon said that success depends upon three things, energy, astuteness and perseverance.

No success is worthy of the name unless it is won by honest industry and a brave braving of the waves of fortune.

"If one is to-day more patient, more sunny, more loving, more sympathetic than he was yesterday he is truly advancing and his life is successful."

Feeling of worrying, which kills more people than disease, keep a record for a month, and if you do not worry over a great many things that turn out alright.

Do not be downcast at your continual trials and struggles. Rather take them as a matter of course. Regard them as dents on the shield of a soldier who has been fighting all day to maintain his ground.

If we thought more of our real duty to add our quota to the sunshine of life, not only by trying to be happy ourselves, but also by doing our best to make others happy, we would not worry out of our lives, as we would endeavor to throw off a death-dealing disease.

A book is a friend; a good book is a good friend. It will talk to you when you want it to talk and it will keep still when you want it to keep still,—and there are not many friends who know enough for that. A library is a collection of friends.

The thought of the fullness and importance of life, the greatness of the work one has to do,—to train oneself for immortality,—should cause him to blush for the time lost, the energy wasted, in sighing and groaning over pin pricks, or in breaking our strength, like modern Don Quixotes, against windmills.

"There are no times in life when opportunity, the chance to be and to do, gathers more richly about the soul than when it has to suffer," says Phillips Brooks. Yet is it not by triumphing over small things, the petty anxieties, "the cares that rob the day," that one becomes poised, acquires strength, and increases his capacity for enduring with fortitude the greater trials and sorrows which enter into all lives?

Look in a mirror when you worry, and see what a transformation your thought has effected in your whole attitude. Look at the dull eyes, the drooping mouth, the knitted brow, the pained expression, the dimmed hearing, and try to realize what must be the lasting effect of days and weeks and years of such a tenor of thought as has produced the physical changes reflected in the glass before you. Think, too, of the effect your gloomy appearance will have on those associated with you, for sadness and gloom are no less contagious than are joy and sunshine.

"One person may not succeed in dispelling all the mists of the earth," says Gail Hamilton; "but, if he can but clear one little corner of it, if he can but send through the murky air one cool, bearing, healthy gale, he will do much better than to sit under his vine, appalled by the greatness of the evil. Who is more likely to do this than the man or woman whose heart is as big, whose sympathies are as generous, and whose love is as abounding as to refuse to waste the energy that might be used in generating world-sunshine in selfish worrying over fancied personal ill, or anticipating troubles that may never come.