

Make Up Your Mind

5th Ave State St. 12/31/50

Hudson Falls Family Night 1/26/51

Gray Ymca - N.E. Assoc of Depts - Devotional address 3/27/51

Waterford Lions Club - 1/13/53

Powder P. J.A. - 1/27/53

Armenian Students - Dec 10/8/53

Middlebury

Gray H.S. Rutland County School Board 12/14/55

Albany Pottery 10-10-58

976

MAKE UP YOUR MIND

I. Introduction

- A. I want you to take a test
 1. When you go to a rest. do you usually wait to see what others order
 2. Do you frequently return purchases?
 3. Do you get upset by the prospect of change? Do you prefer the same routine in dressing, eating, working. Do people with irregular, unpredictable habits irritate you?
 4. Are you afraid of making mistakes and do you generally prefer to do nothing rather than risk failure or error?
 5. Do you feel that other people give you a raw deal? That you don't get all the respect you deserve?
 6. Are you tired much of the time, even in the morning?

About 100 yrs ago a man who worked in the US Patent Office quit. His letter of resignation said, "everything that can possibly be invented has already been invented."

What world did he live in?

NO ALARM CLOCK

CLUMSY RAZOR
CANDLE

NO MODERN SAFETY MATCH

NO ELECTRIC TOASTERS
NO COFFEE MAKERS

NO RADIO
NO TELEVISION
NO MOVIES.
NO RUBBERS

NO AUTO, BUSS, OR STREET CARS
MAIL TOOK TWO WEEKS TO COME FROM
BOSTON TO WASHINGTON
NO AIRPLANES
NO TYPEWRITERS, FOUNTAIN PENS,
GOOD INK
NO TELEPHONE

B. If you answer "yes" to a majority of these questions Amy Selwyn says that you probably are not as decisive as you should be.

C. Furthermore she states that
1. One of the most widespread and dangerous afflictions of modern times is *Once an indecisiveness old Ruler*
2. That Dr. Lydia Giberson, well-known psychiatrist says 4 out of 5 nervous breakdowns have their roots in worry and indecision.
3. That, heart trouble, high blood pressure, stomach ulcers and allergies, may have indecision and anxiety as an underlying cause.

II What can you do about it?

A. Get a sense of perspective
1. The majority of the decisions we have to make every day are simply not worth

See 1A.

bothering about!

2. Most of these choices do not involve one thing that is right or another that is wrong

- a) what tie?
- b) what hat?
- c) roast beef or veal

3. Analyze your problem and if it is one of these routine choices - make it and forget it!

If you keep your nose to the grindstone, you'll get it.

B. Second, find the resources of routine

- 1. It is a good thing to let habit decide some things for you
- 2. Relieve yourself of the necessity of making some decisions
- 3. Bishop Kelley - When the Bible says don't - I don't!

C. Third, discover a guiding principle for your life.

Don't worry about it. "Pay off 3 leaflet" Don't worry - old pilots did not do so well. I know they did but do so well. I know they did but do so well.

*Moving equilibrium
Learn to ride a bicycle*

*Church & School is so
to provide
guiding principles
techniques*

*When you have made
a decision abide by its
consequences without
regrets.*

*Hermann went to pilot of
Chartered Plane - Howard
we doing - Fine! Fine!
He's lost but we're making
wonderful time!!*

*Armenia's Studio '53
Pavens PTA '55
Waterford Linn '53
Judy Yucca '51
Hudson Falls '51
at Cinc. Ill. 50
Middleburg 10/9/55
Judy - Ross Co. School 12/14/55
1900s*

MAKE UP YOUR MIND

I. Introduction

A. I want you to take a test

1. When you go to a restaurant do you usually wait to see what others order
2. Do you frequently return purchases
3. Do you get upset by the prospect of change? Do you prefer the same routine in dressing, eating, working. Do people with irregular, unpredictable habits irritate you?

Duke Benz

4. Are you afraid of making mistakes and do you generally prefer to do nothing rather than risk failure or error?

5. Do you feel that other people give you a raw deal? That you don't get all the respect you deserve?
6. Are you tired much of the time, even in the morning?

7. If you answer "yes" to a majority of these questions Amy Selwyn says that you probably are not as decisive as you should be.

B. Furthermore she states that

1. One of the most widespread and dangerous afflictions of modern times is indecisiveness
 - a. Taxi Driver in New York -- They hesitate!

- b. There once was sailor my grandfather knew

-2-

c. Ernest Tripp at Grand Canyon
He couldn't make up his mind to snap the picture

2. Dr. Lydia Giberson, well-known psychiatrist says 4 out of 5 nervous breakdowns have their roots in worry and indecision
Heart trouble, high blood pressure, stomach ulcers and allergies, may have indecision and anxiety as an underlying cause.

II. What can you do about it?

A. GET A SENSE OF PERSPECTIVE

1. The majority of the decision we have to make every day are simply not worth bothering about!
2. Most of these choices do not involve one thing that is right or another that is wrong

a. what hat?

b. what dress?

c. roast beef or veal

3. Analyze your problem and if it is one of these routine choices - make it and forget it!

4. We get embarrassed about things that really do not matter

Little girl at Fultonville

Nancy at Watervliet

Little girl at Calvary--"What is the real meaning of Christmas?"
She answered!

-3-

Lemon in my iced coffee

5. Discover the things that really matter

B. Second, FIND THE RESOURCES OF ROUTINE

1. It is a good thing to let habit decide some things for you
2. Relieve yourself of the necessity of making some decisions
3. Bishop Kelley - When the Bible says Don't -- I don't!

C. Third, DISCOVER THERE ARE SOME THINGS WHICH YOU CANNOT DO

1. Emerson once said: Life invests itself with certain inevitable conditions which the unwise seek to dodge.
- 2.

D. Fourth, DISCOVER A GUIDING PRINCIPLE FOR YOUR LIFE

1. Ancient City--25yr pins--2 people neither present--used proxies talked about 20 min--no pins! This presentation of pins they did not have to people who were not there is symbolic
2. Louis Bromfield's novel "Mr. Smith"
"It seems to me that most people never arrive at much achievement or even satisfaction"

-4-

in life because they do not know what they want or because, if they do from time to time have an inkling, the objective constantly changes. And of course there are those who are always looking to get something for nothing and those who will work harder to keep from working than if they simply buckled down and did a job."

3. Psychology of Flight
old pilots did not do so well.
Flying the way they thought they were supposed to fly

4. Albany Station. Southern Clergy blank.

We can't just stand and wait for something to flutter down at our feet

--from "Mr. Smith" by Louis Bromfield

"It seems to me that most people never arrive at much achievement or even satisfaction in life because they do not know what they want or because, if they do from time to time have an inkling, the objective constantly changes. And of course there are those who are always looking to get something for nothing and those who will work harder to keep from working than if they simply buckled down and did a job."

MAKE UP YOUR MIND

I. Introduction

- A. I want you to take a test this afternoon
 1. When you go to a restaurant do you usually wait to see what others order before you make your choice?
 2. Do you frequently return purchases a few days after making them?
 3. Do you get upset by the prospect of change? Do you prefer the same routine every day in dressing, eating and working? Do people with irregular, unpredictable habits irritate you?
 4. Are you afraid of making mistakes and do you generally prefer to do nothing rather than risk failure or error.
 5. Do you feel that other people—your wife, your children, your boss—give you a raw deal? don't give you all the respect you deserve?
 6. Are you tired much of the time, even in the morning?
- B. If you answer "yes" to a majority of these questions the probability is that you are not as decisive as you should be.
- C. One of the most widespread and dangerous afflictions of modern times is indecisiveness
 1. I was talking to a taxi driver in N. Y. Why are there so many accidents? They hesitate! Look at that woman—she can't make up her mind
 2. A.A. Milne—"There was once an old sailor"
 3. There are some authorities who think that nervous breakdowns, heart trouble, hypertension, stomach ulcers and allergies may have indecision and anxiety as an underlying cause.

II. What can you do about it?

- A. First—get a sense of perspective
 1. The majority of the decisions we have to make every day are simply not worth bothering about

If you keep your nose to the grindstone enough.

*People say—
see the way
things are
apart from my
little things*

*How much is
a good
mistake?*

2. Most of these choices do not involve one thing that is right and the other wrong
 - a. Wear the blue suit or the brown?
 - b. Wear the blue tie or the red
 - c. Have this or that to eat
3. Some day just write down the decisions you have made and see how many of them are really important.
4. The trick is to analyze your problem and if it is one of these routine choices — make it and forget it!
 - a. I think part of the trouble is that we have built up such a complex structure that we blow up minor decisions into major ones
 - b. I try to get a retractable cord for my telephone.
 - c. Ernest Tripp at Grand Canyon—little camera—spent all day deciding what picture he was going to take. Hold it up and snap it!
- B. Second, we need find the resources of routine
 1. It is a good thing to let habit decide some things for us.
 2. What a strain would be put upon a bank teller if he had to decide each time he received a deposit whether or not he would be honest!
 3. One of the great boons to mankind is a right habit. It saves our energies so that we have something left when we do have to make a really great decision.
 4. Bishop Kelly—"When the Bible says don't—I don't" Maybe that oversimplifies things but it sure can reduce the blood pressure!
- C. Third, discover a guiding principle for your life.
 1. In Louis Bromfield's novel "Mr. Smith" the leading character says: "IT SEEMS TO ME THAT MOST PEOPLE NEVER ARRIVE AT MUCH ACHIEVEMENT OR EVEN SATISFACTION IN LIFE BECAUSE THEY DO NOT KNOW WHAT THEY WANT OR BECAUSE, IF THEY DO FROM TIME TO TIME HAVE AN INKLING, THE OBJECTIVE CONSTANTLY CHANGES."

-2-

-3-

2. Psychology of Flight: Pilots in transition made poor scores, yet they were competent. It was discovered that these old hands failed to realize that a good job of flying was all that was needed and that it was not necessary to fly the way the young instructor wanted them to fly. "Checkitis" is a condition in which one tries to act as he thinks someone wants him to act, instead of using his real knowledge. He has picked a false goal. He is trying to pass a check ride instead of trying to do a good, capable job of flying.
3. Did you ever have a chameleon? A little lizard like thing that turns the color of whatever he is on. I heard about one that was put on a piece of scot plaid and burst! There are too many chameleon like people who have no real guiding principles.
4. I happen to believe that it is only through religion that you can find such principles. That is why I am in the business!
5. Men on train. Methodist ministers! My God! These men had no guiding principles. They were at the mercy of every vice-president with a Bigelow on the floor.
6. The trouble is that people have come to think of religion as a static thing rather than something that is alive. I like to think of religion as providing us with a "moving equilibrium"
 - a. I learn to ride a bicycle
 - b. This is the equilibrium of a gyroscope
 - c. In a day of rapid change and movement we may find in our faith the guiding principles which can enable us to make the decisions we must make.

*We live a man
his best
week who
couldn't do
real work.*

*This is what our society needs—
not new ideas and inventions,
important as these are, and
not geniuses and supermen,
but persons who can be, that
is, persons who have centers
of strength within themselves.
—Felix May.*

Make Up Your Mind

I. Introduction

A. I want you to take a test this morning.

1. When you go to a restaurant do you usually wait to see what others order before you make a choice?

2. Do you frequently return purchases a few days after making them?

3. Do you get upset by the prospect of change? Do you prefer the same routine every day in dressing, eating and working? Do people with irregular, unpredictable habits irritate you?

4. Are you afraid of making mistakes and do you generally prefer to do nothing rather than risk failure or error?

5. Do you feel that other people — your boss, wife, children — give you a raw deal? Don't you owe yourself the respect you deserve?

6. Are you tired much of the time even in the morning?

B. If you answer "yes" to a majority of these questions Army Surgeon says that you probably are not as decisive as you should be.

C. Furthermore she states that

1. One of the most widespread and dangerous afflictions of modern times is indecision.

2. That, Dr. Lydon Hilman, well known psychiatrist, says sort of 5 nervous breakdowns have their roots in worry and indecision.

3. That, heart trouble, high blood pressure, stomach ulcers and allergies may have indecision and anxiety as an underlying cause.

II. What can you do about it?

A. Get a sense of perspective.

1. The majority of the decisions we have to make everyday are simply not worth bothering about!

2. Most of these choices do not involve one thing that is right and the other wrong.

a) Wear the blue tie or the red?

b) Wear this hat or that?

c) Have roast beef or veal?

3. Analyze your problem and if it is one of these routine choices — shake it and forget it!

B. Second, find the resources of routine.

1. It is a good thing to let habit decide something for you.

2. Believe yourself of the necessity of making some decisions.

3. Perhaps ~~perhaps~~ — When the Bible says don't — I don't!

C. Third, discover a guiding principle for your life.

D. Fourth, discover a technique of guidance — prayer.

III. Will you do it?
Make up your mind!

"And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve ... but as for me and my house, we will serve the Lord." Joshua 24:15.

"Religion too often assumes the same importance as deciding what political organization to join. People want to philosophize about it, but they do not want to consider seriously the gospel's demand for a decision."

No one can choose this guiding principle for you. You must choose it yourself.

Dec 31

Sermons

Make Up Your Mind

The Gospel demands a decision
sermon p. 5

"Power to Persuade" p. 77

"The time limit was this not God?"
He does not command God. Can God
is present when we say yes.

Dec 27-28-29

Make Up Your Mind!

- I. Introduction
9. Contact
3. Article said we are not
a decision as we
should be.
- C. Take a test
 1. Restaurant - do you
want to see it?
 2. frequently returns
purchasers
 3. Do you want to
Prospect of Change?
 4. irregular
unpredictable habits
irritate you?
 5. Are you afraid?
 6. Are you tired?
 7. even - moving?

(over)

What can you do about
it?

- A. Get a sense of perspective
 1. The majority of the
decisions we have to
make are simply not
worth worrying about.
 2. Not a question of right or
wrong
 3. Just a question of
choice
 4. If it is a routine choice
make it and forget it!
- B. Decides the resources of
reasons:
 1. for habit decide some
things for you
 2. Perhaps Kelley - when
the Bible says don't -
don't!
- C. Realize that there are
some things which we
cannot do.

That leads me to say
we must have a guiding
principle for our lives

Will you do it?
make up your mind!

4. 1000 new nervous breakdowns
heart trouble, high blood
pressure, stomach ulcers,
allergies, anxiety,
indecision, anxiety,
9. underlying cause.

MAKE UP YOUR MIND

by Amy Selwyn



SHE WOULDN'T BE FLOORED by so trivial a problem if she'd remember either choice is likely to be okay

Psychologists claim that inability to make decisions can threaten your health and your business, and even bar the way to a happy marriage. Here's what you can do about it



Photograph by Ruth Orkin

If you have trouble making up your mind, scientists are worrying about you. If you think you have no trouble making up your mind, they're still worrying about you, since it's possible to be glaringly indecisive and never suspect it.

Leading doctors, psychologists and industrial engineers all recognize indecisiveness as one of the most widespread and dangerous afflictions of modern times.

How dangerous?

Dr. Lydia Giberson, well-known psychiatrist, says four out of five nervous breakdowns have their roots in worry and indecision.

Medical researchers have found that indecision and the anxiety that usually accompanies it may cause far-reaching physiological changes in your body tissues and muscles, may be underlying causes of serious diseases, including heart trouble, high blood pressure, stomach ulcers and allergies.

And industrial engineers say that indecisiveness can ruin your chances of running a successful business or getting ahead in somebody else's business.

Recently, the president of a toy company was worried about declining profits. He called in a top industrial engineer, asked him to locate the source of the trouble.

Within a week, the engineer was pointing an accusing finger at the president himself. Seems he had inherited the company from his father, an aggressive, imaginative man who had built up the business. The son, far from a chip off the old block, was apparently unable to make sharp decisions or formulate a positive company policy. He never brought out a new line until after he had seen another company do so. His merchandising policy was so wishy-washy that neither salesmen nor buyers knew what to expect from one week to the next.

Industrial consultant Daniel Starch studied several hundred business executives and concluded: "There is one requirement without which no man can be an executive, even a mediocre one. And that one is making decisions."

Leading psychologists agree that indecisiveness is one of the most common — and at the same time least recognized — bars to a happy marriage. Most spinsters and bachelors say they never married because they never found the right mate. More likely they never married because they couldn't make a clear-cut decision and stick by it. And psychologists agree that more marriages are probably blighted by indecisiveness than by "another woman."

The Husband Who Walked Out

One psychologist told me this true story: "The other day a frightened and bewildered young wife came to me for help. Her husband of four months had walked out on her with no explanation. I contacted him at his office and coaxed him to come see me. 'Before we got married,' he told me, 'it seemed natural for me to make decisions for both of us. I guess I was flattered that Jane always wanted me to decide where we'd go for dinner or what we'd eat or where we'd go afterwards. It wasn't till after we married that I discovered that Jane was practically incapable of deciding anything for herself.'

"She'd start every morning the same way: Bill, what should I make for breakfast? And Bill, tell me what to get for dinner. I'd call me six times a day so I could tell her what to do about every little matter that came up. What really broke my back though was the way she kept telling me that I couldn't make decisions!"

Bill calmed down as the psychologist explained: "Many indecisive people honestly believe that everybody else is unable to make decisions. It's a common unconscious device — called projection — which saves them from admitting how timid and insecure they are. Others believe the same result by unconsciously delaying action till the need for a decision has passed. Still others wait for chance or someone else to make the decision for them.

"Trouble is, as long as the indecisive person remains unconscious of his indecisiveness, there's no chance that he'll overcome it, and every chance that it will spread to more and more of his activities. And it will be, of course, increasingly difficult for him to stand on his own feet and live his own life.

"Your Jane now has a chance to become aware of her indecisiveness and do something about it. But most indecisive people never find out."

Do You Hate Change?

How do you tell if you're indecisive? Take a sharp look at yourself, then confirm or deny the following:

1. In a restaurant, you usually wait to see what the others are going to eat before you make a choice.
2. You frequently return purchases a few days after making them.
3. You're set in your ways and get upset by the prospect of change. You prefer following a similar routine day after day, in dressing and eating and working, and can't abide people with irregular, unpredictable habits.
4. You're afraid of making mistakes, and generally prefer to do nothing rather than risk failure or error.
5. You feel that other people — your boss, your wife, your children — don't give you all the respect you deserve and don't reward you sufficiently for what you do for them. Indecisive people often feel they're getting a raw deal.
6. You're tired much of the time, even in the morning.

If your answers are predominantly yes, then you probably are not as decisive as you should be. Your first step in overcoming it is to find out why you're indecisive.

You may think the causes of anybody's indecisiveness are quite obvious: Mr. X. can't decide how to solve a particular problem because he's got too many problems to solve and too little time to solve them in. Or Mr. Y. can't make up his mind what to do because he's faced with two equally tantalizing prospects. He doesn't know which to pick.

The catch is, though, that if you took away all Mr. X.'s problems but one, you'd find that he still wouldn't be able to make up his mind about that one. And if you presented Mr. Y. with just one inviting choice, he'd still hem and haw

Continued on page 48

A Squibb clean mouth has a mint-fresh breath



Pleasant... real mint for taste and breath.

Gentle... contains the finest known polishing ingredients.

Effective... made with antacid magnesium hydroxide.



MAKE UP YOUR MIND

Continued from page sixteen



DR. LUTHER WOODWARD says parents should teach children to make their own decisions

and hunt around for someone to tell him what to do. Here's why:

Your power to make a decision about any situation does not depend on the difficulty or complexity of the situation itself. It depends first of all on your confidence in your ability to make the right choice. Your trouble in choosing between two or more alternatives—whether it's what to order in a restaurant, which side of the street to walk on or whom to marry—begins because you're basically afraid that you won't make good, no matter what you do.

Dr. Edmund Bergin, noted psychiatrist, illustrates the point in a report on a young engineer who applied for a job with a top-notch firm.

His interviewer told him truthfully there were no openings at the moment but that he'd be called as soon as one came up. To the engineer, these words meant that the interviewer didn't consider him good enough for this firm, so he went out and got himself a second-rate job with a second-rate firm.

What If He Needed a Job?

SHORTLY after he started work, firm No. 1 called and told him about an important piece of work they wanted him for, at a handsome salary. The engineer couldn't decide what to do. Should it be right to quit and go to work for firm No. 1?

What if sometime in the future he needed a job badly and applied to firm No. 2; would they give it to him after he had walked out on them? What if he went to work for firm No. 1 and didn't make good?

His indecisiveness, plainly brought on by his lack of confidence in himself, kept hounding him until he had to appeal to a psychiatrist for help.

According to Dr. Luther E. Woodward, field consultant for the National Committee for Mental Hygiene, many indecisive people lack confidence for this reason: when they were children they were never given enough opportunity to make choices for themselves.

Mother, father or teacher fall into the habit of making all decisions for them, thus depriving them of essential practice in sizing up situations and people, and taking constructive action. After a few years of this, they come to feel that they are basically incapable of deciding things for themselves and are very uncomfortable about trying it.

If you want to overcome indecisiveness, Dr. Woodward suggests you "remember that the feeling that you cannot make decisions is an emotional habit largely borrowed from the past and need no longer exist. Many people have more capacity for choice than they think they have."

No Split-Second Decisions

IN OTHER words, to break the habit of indecisiveness, start by telling yourself that you will be able to work out your problems yourself. Start making decisions at the first opportunity, and then the new habit will begin to grow.

Dr. Woodward cautions you, though, not to test your ability to make choices by driving yourself to make split-second decisions on major issues. First, even after much practice, it's wise to take plenty of time to work out crucial

choices, and perhaps to discuss your problem with an authority in the particular field.

Second, start becoming decisive by trying to make choices in small things.

If you're like most indecisive people, you're torn by indecision over several things at once. They may range from whether to get a new job, a wife, or a new place to live, to whether to buy a red tie or a blue one, or whether to get pork or veal for tomorrow's dinner.

Take one of your lesser problems, look closely at your two—or more—alternatives, and pick the first one that comes into your mind.

Relax First

YOU'LL soon find out an important fact about making everyday decisions: there is rarely only one right choice. Most of the time either alternative would be equally good. So just pick one and forget about the other.

When it comes to making important life-or-death decisions, here are suggestions which may help you make sharp, fruitful choices:

1. Write your problem down precisely, like a telegram.
2. Tackle only one problem at a time. Even Einstein can't solve several problems at once.
3. Study your problem to see if it's really worth worrying about. If it isn't, don't waste your energy.
4. When a problem is important, see how much time you have. If there's no rush, talk it over with an authority on that subject.
5. Before you try to do anything about a problem, make sure you get all available facts about the situation. Then make a list of all alternative solutions; consider each one in turn, weighing its pros and cons. Pick the one that seems best, and try to forget the others.
6. Take these steps one at a time, and don't worry about step No. 2 till you've finished step No. 1. When you break down a big problem into small parts, you'll find it isn't such a big problem after all.

The End

I'M IN TOP FORM now I get "Complete Dinner" GRO-PUP RIBBON



Good teeth, bright eyes, too! Give your dog "complete dinner" Gro-Pup—nourishment from beef, fish, milk and cereal products!



SAVE MONEY, TOO!

Costs only 7 to 9¢ a day to give a dachshund this complete dinner.



A few drops of OUTGRO® bring blessed relief from tormenting pain of ingrown nail. OUTGRO® toughens the skin under the nail, allowing the nail to be cut and thus preventing further pain and discomfort. OUTGRO® is available at all drug counters.

TOM SAYS HE'S (SORRY) WHY DON'T YOU (TRY) KLEEREX? (GEORGE) CAN'T GO TO THESE OLD (TRY) KLEEREX? (GEORGE) THE DROM (DIMPLES) (IT HIDES 'EM) (IT)



KLEEREX makes pimples disappear fast by hiding them as it dries them up! Never squeeze pimples—that only makes them worse. Just brush on greaseless KLEEREX and let your mirror prove results at once. Contains four active soothing agents. Relieves itching discomfort and drives redness out.



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Can Office Boys Become President Any More?

Adie Suehsdorf returns from an interesting survey of America's leading corporations, with an encouraging report that—

"THEY'RE MAKING ROOM AT THE TOP"

NEXT WEEK

