

NO MOVIES. NO RUBBERS

rather than risk failure or

5. Do you feel that other people give you a raw deal? That you don't get all the

6. Are you tired much of the

time, even in the morning?

respect you deserve?

error?

NO AUTO, BUSS, OR STREET CARS MAIL TOOK TWO WEEKS TO COME FROM BOSTON TO WASHINGTON

NO AIRPLANES NO TYPEWRITERS, FOUNTAIN PENS, GOOD TNK

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 afflications and dangerous afflications of modern times is One and indecisiveness of Rado 2. That Dr. Lydia Giberson, well-known psychiarist says 4 out of 5 nervous breakdowns have their roots in worry and indecision. 35 That, heart trouble, high blood pressure, stomach ulchers and allergies, may have indecision and anxiety as an underlying cause.

II Mat 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 or another that is wrong a) what tie? b) what hat? c) roast beef or veal 3. Analyze your problem and if if is one of these routine choices - make it and forget 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 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.

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to provide quairy principles

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Hen you have made a desirin abede by its consequences without regrets.

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at Civilis 50
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MAKE UP YOUR MIND

I. Introduction

A. I want you to take a test

1. When you go to a resturant 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 enswer "yes" to a majority of these questions Amy Selwyn says that you probably are not as decisive as you should be.

B. Furthermore she state 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

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

2. Dr. Lydia Giberson, well-known psychiarist 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

 The majority of the decision we have to make every day are simply not worth bothering about!

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 embarassed 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!

Lemon in my iced toffee
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 YOUL CANNOT DO

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

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

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."

This is what our society needs not new ideas and inventions important as thest are, and not ginuse and supernen, hu persone who can be that is, persons who have center of strength within chanselves.

- Pollo may.

MAKE UP YOUR MIND

I. Introduction

- A. I want you to take a test this afternoon
 - 1. When you go to a resturant 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
 - 6. Are you tired much of the time, even in the morning?
- B. If you answer "yes" to a majority of these questic 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 faxi 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 rouble, hyper-tensions, 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 wore to the gundaline rough,

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 decisionsyou have made and see how many of them are really important.

-2-

4. The trick is to analyze your problem and if it is one of these routine choices — make People of -Training -Jee The West 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 decision 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 decideding 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 somethings for us.

2. What a strain would be put upon a bank teller if he had to decided 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 de Bible says don't—I don't" Maybe that oversimplyfies things but it sure can reduce the bloodpressure!

C. Third, discover a guiding principle for your

1. In Louis Bromfield's noveld "Mr. Smith" the Leading character says: "IT SEEMS TO ME THAT MOST PROPER 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 OBJECTIV CONSTANTLY CHANGES," 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. "Checkitias" 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 pied 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.

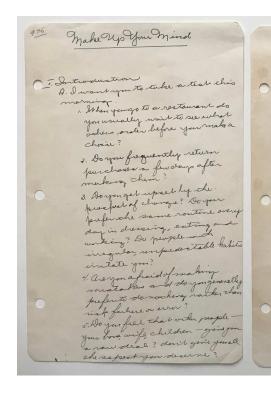
I happen to believe that it is only through religion that you can find such principles.
That is why I am in the business!
Men on train. Methodist ministers! My God!

 Men on vrain. Methodist minister4] My God.
These men had no guiding principles They
were at the mercy of every vice-president
with a Rigleow on the floor.
 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" "moving equilibrium"

a. I learn to ride a bicycle

b. This is the equilibrium of a gyroscope o. 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.

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6. The year tied much of the lime evening also meaning?

B. If your answerings to a majority of these questions majority of these questions as purhably are not as decisions as you should be.

C. Duckeman also states that

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3 That, heart trouble, high blood passure, stonach where and allergies may have medicision and answery as an underlying cause.

Jest campa do about it?

A gara sense of perspective.

A gara sense of perspective.

I she majority of dedeasons
we lune to make everyday
are simply not worth

bottering about?

2. Most of Less chaices do not
involve on thing thatos
involve on thing that or
involve on the other waver

1) Weer this held a fact?

1) Weer this held for neal?

2) Here word buf or neal?

3. Analyse your problem and
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3. Lessely of persons of
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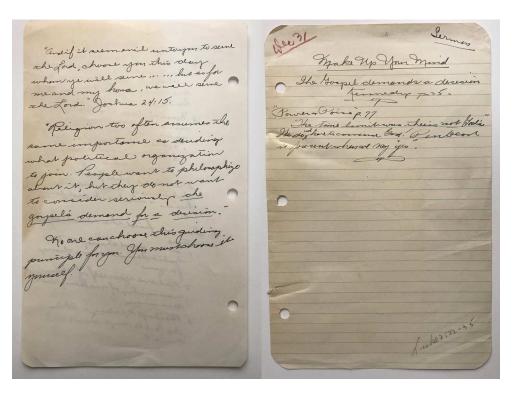
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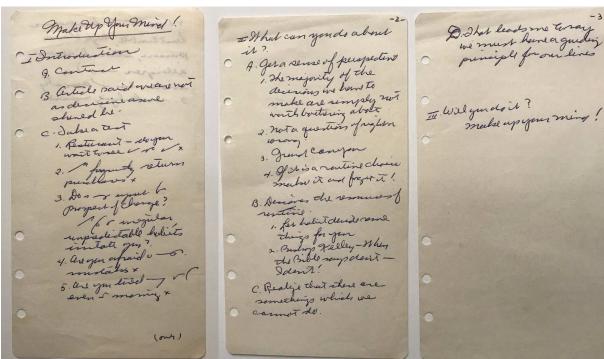
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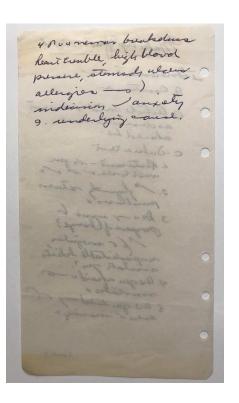
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of quidance - prager.

Mill you do it?

Makeup your meid!









Psychologists claim that inability to make decisions can threat your halth 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

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

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 he 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 im to locate the source of the trouble.

Within a week, the engineer was pointing an accusing finger Within a week, the engineer was pointing an accusing finger at the president himself. Seems he had inherited the company at the president himself. Seems he had inherited the company to make the seems of the following the business. The son, far from a chip off the old block, up the business. The son, far from a chip off the old block up the business. The son far from a chip off the old block was apparently unable to make sharp decisions or formulate a was prompany policy. He never brought out? was apparently unable to make snarp decisions or formulate is positive company policy. He never brought out a new indi-until after he had seen another company do so. His merchan-until after he had seen another company do so. until after he had seen another company do so. His merchan-disting policy was so wishy-washy that neither salesmen nor bisyyers knew what to expect from one week to the next. ivers knew what to expect from one week to the next. Industrial consultant Daniel Starch studied several hun-Industrial consultant Daniel Starch studied several hun-dred business executives and concluded: "There is one redred business executives and concluded: "There is one requirement without which no man can be an executive, even a

quirement without which no man can be an execut mediocre one. And that one is making decisions," nediocre 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—bas to a happy marriage. Most spinsters and bachelors say bars to a nappy marriage, anost spinsters and bachelors say they never married because they never found the right mate, they never married because they never found the right mate.

More likely they never married because they couldn't make More likely they never married because they couldn't make a dear-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 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 Her husband of four months mad wanted out on her with no explanation. I contacted him at his office and coaxed him to explanation. I contact a man a rise onice and coaxed num to come see me. 'Before we got married,' he told me, 'it seemed come see the decision for both of us. I guess I was natural for me to make decisions for both of us. I guess I was natural for the to make decisions for both of us. I guess I was flattered that Jane always wanted me to decide where we'd flattered that Jane always wanted the to decide where we'd go afterwards. go for cinner of what we'd eat of 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. She'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 unbody else is unable to make decisions. It's a common un-conscious device—called projection—which saves them from admitting how timid and insecure they are. Others a later the sum of the prononciously 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 uncon-

ans of his indecisiveness, there's no chance that he'll overcome it, and every chance that it will spread to more and e 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.'

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

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

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