

# YOUR MIND

ATTRACTING USELESS FEAR

By WILLIAM THORPE

In one of my recent columns I mentioned some examples of how a person will let his emotions take charge of his mind and body, and which they will regret later.

I also pointed out how your feelings can be disciplined by your mind and your emotions be kept under control.

I mentioned that because a few people told me it still seems hard for them to keep their emotions well balanced; they also said it seems almost impossible because the least little thing that they see or hear upsets them, and causes them to become nervous.

I told most of them: "any thought or desire which moves your emotions can create conditions and circumstances which will gradually lead toward the realization of what they have pictured."

Here is an example of a simple way a person can bring on a useless fear; By being in the midst of people that carries on weird conversations concerning snakes, ghosts, death and etc., and also looking at exciting and mystern stories on television.

They can almost make your imagination run away with you, and it causes a lot of people to become nervous and depressed if they take things of this nature too seriously. Most disturbances that come

from things like that most likely are developed during early childhood days, because most children take movies more realistic than grown-ups, and weird conversations are nourished and carried over until they reach maturity.

I believe most people that get nervous over simple things that I mention are full of fears, and as long as they let those fears remain in their minds it keeps them tense and depressed, and causes them to worry.

It would be a wise idea for them to talk privately to a psychologist or some person they can trust and are willing to listen to their problems. In that way it can help get rid of their fears and worries. (a good out-let).

There are many things I could mention concerning fears and worry. But there are so many types of fears that it is best to deal with one at a time. I'll bring up one in some of my later columns.

## SUBSTITUTE FOR PHOSPHATE?

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# Yes, We All Talk

By MARCUS H. BOULWAIRE  
SPEAKING AMENITIES

No doubt you have heard speaker's sneeze or cough, and maybe even blew his nose. The speaker need not be embarrassed, but think of it as a useful, human diversion that bring a kind of pause in the flow speech.

The speaker, of course, has to turn his head away, especially from a microphone. He may excuse himself, but no if he blows his nose or takes a sip of water. Some speakers use the drinking water as a way of heightening audience suspense before making some dramatic charge or assertion.

## Concluding A Speech

Never make the conclusion long and drawn out. But one must not close the speech too abruptly. Some speakers close in words similar to this statement: "You have been kind enough to give me this amount of time, we are all anxious to hear what the next speaker has to say, etc."

One may close with a quotation, startling statement, question, challenge or appeal.

## Readers

For my telephone speech pamphlet, sent two 8-cent stamps, and a long self-addressed business envelop to M. H. Boulware, Florida A&M University, Box 193, Tallahassee, Florida -- 32307.

## Raise for Clergy

LONDON — Church of England clergy, more than 6,000 of whom now receive under \$3,750 a year, will get a 3 per cent increase in their stipends next April.

## -Memoriam

Continued from page 4A

gave us an incomparable interpretation of many episodes in the life of our beloved singer. What a mental glimpse when he touched on "Stardust" and "Trees" among songs the singer aided in making immortal. That may yet be floating in the ether perhaps yet to be picked up by growing scientific development. I had the great fortune to accompany the singer in Winston-Salem last spring at a gathering of senior citizens when Theodore sang "Swing Low, Sweet Chariot." How unforgettable was this ushering of Pearly clear tones imbued with tones from on high. The singers sudden departure from this terrestrial planet was to fill or annex to that great galaxy of tenors in the sublimities of heaven. So, hitch your steeds Theodore, then travel from glory to glory and pour forth tones like unto yonder elk to his mate upon hills or the densest forests waiting through endless aeons. We selfishly give you up.

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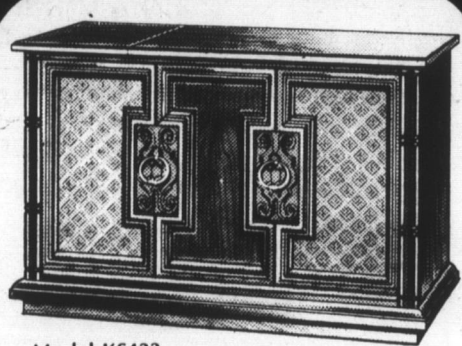
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