

DALE CARNEGIE

AUTHOR OF "HOW TO STOP WORRYING AND START LIVING"

How To Soothe the Brain

HERE IS THE VERY SIMPLE and commonsense method applied by Dr. Hugo Gabriel, Pasadena, California, when his brain is tired.

Whenever he is upset about something, whenever he feels the need for clarifying his thoughts on any particular subject, he sets about performing some duty requiring physical exertion. Such, for instance, as clearing out his files, re-arranging closets and drawers, making them as neat as possible and keeping his mind on what he is doing. He says that he finds the external order achieved is an invaluable help in establishing order and clearing his mind in connection with his problems. Then he takes a walk, gets out in the open and breathes the invigorating fresh air. After that his mind cleared, he tackles his problems with far greater success than he once could have thought possible through such a simple process.

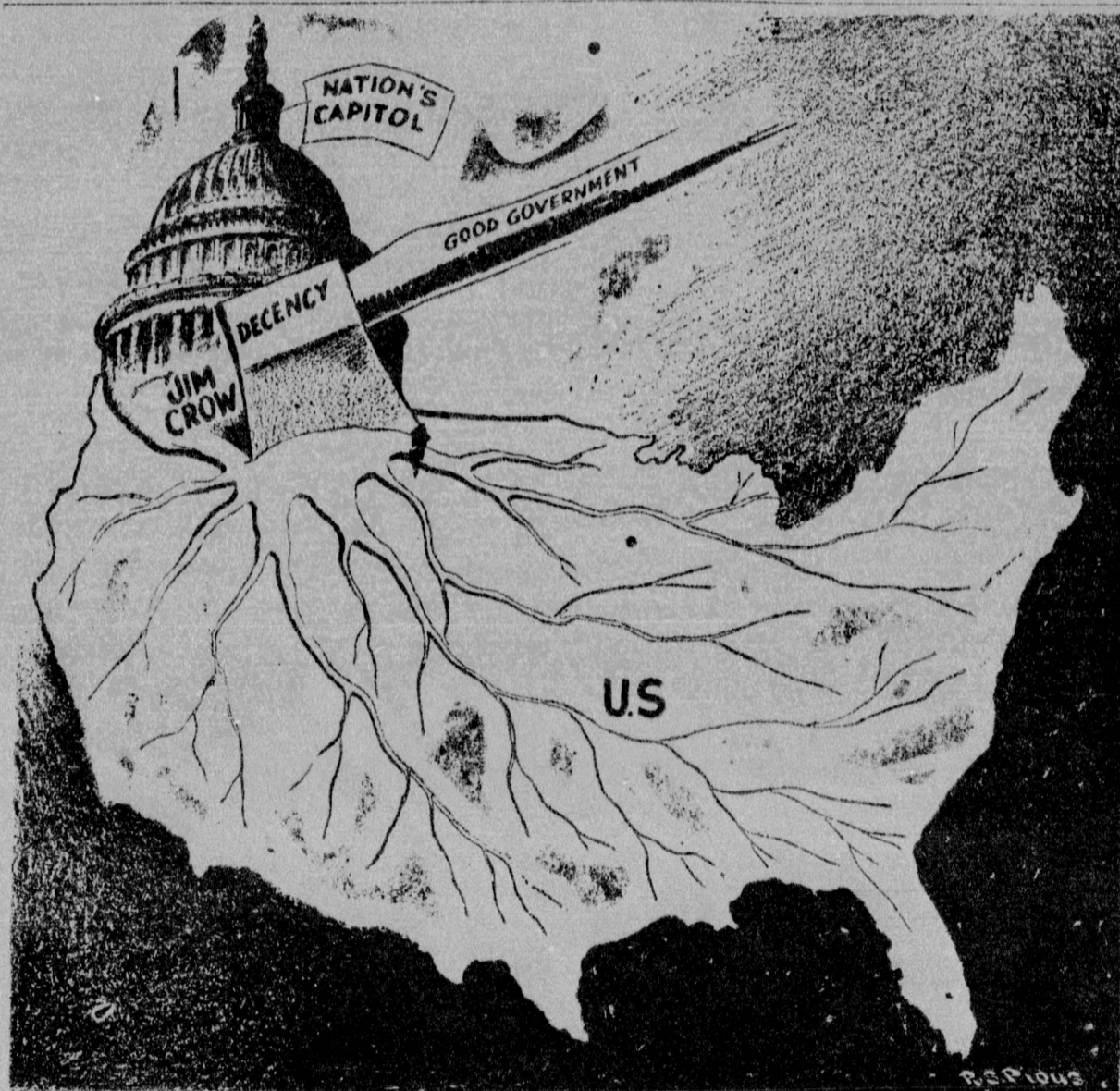


Carnegie

His second principle of overcoming worry and fear over his affairs is to go mountain climbing. Once he considered a mountain too formidable; even a steep, hilly city discouraged him. Then one day he met a woman in a street in San Francisco, that city of steep hills. She appeared desperate as she stood and gazed upward, contemplating reaching the top by no other means than her own two feet.

Dr. Gabriel went to her and suggested that she practice taking just a few steps at a time, then stopping to breathe deeply and rest for a moment or two. She agreed, and they arrived at the top together with no more acceleration of heartbeats than if they had walked on level ground. You see, it was only one step at a time that they had to take. "And," says Dr. Gabriel, "one step at a time enables anyone to climb the steepest mountain without any greater effort than walking on a level road."

OPINIONS -- FEATURES



OBSERVATIONS

R.

Irving
Boone



EARTH'S MIGHTIEST VIRTUES

In a day like ours, when subtle ideologies and false doctrines are rampant in the land and when there is persistent emphasis on the transitory and fleeting things of life, with mankind more and more worshipping the material and trusting in mechanical weapons for ultimate security; when there is world-wide confusion, fear and despair; when leaders in high places are seeking a solution for the baffling problems of a disturbed world; — at such a time as this, it is highly urgent that we remind ourselves of Earth's Mightiest Virtues, on which hinges the Hope of civilization: Faith, Love, Patience, Understanding.

Without these virtues life is empty and drab and is completely void of all that is beautiful, meaningful and grand. Without these our children cannot be taught; marriage becomes a mockery; problems cannot be solved; society cannot maintain itself. Without these the paper could not become self-supporting; the ignorant would remain in darkness; the prodigal would never "come to himself" and retrace his weary steps into a haven of joy. Without these the doctor would let his patients die; the teacher would give up in despair; the lawyer would forfeit his trust. Without these a contract would be more than a scrap of paper and treaties would be impossible. Without these business would lose its integrity; commerce would disappear; schools and colleges would permanently close their doors. Faith, Love, Patience, Understanding are essential not only to religion, but they are also essential to science, to health, to education, to business, to wealth. These are the real underpinnings of our civilization; these the foundation stones of life itself. These matchless virtues and nurtured by the Christian Church. It therefore becomes the duty of every individual to support the church with his presence, his prayers and his monies — and, in so doing, help to permeate that institution which is the custodian of all that we hold sacred and help to keep inviolate those things which we hold dear.

FLOWERS FOR TWO



By Estelle Finnegan

MRS. OTOOLE'S kind old face was beautiful and I remarked upon the fact.

Presently she said "One day I saw a nice young man look in at the window, and at last come sneaking in. I knew what it meant. Every boy who is in love for the first time acts the same way. His voice stuck in his throat for a minute, and then he said he wanted some nice fresh lilies of the valley sent up to —"

"There weren't any lilies in the shop better than the ones I sent up, I wanted the girl to be good to him. She must have been kind to him, for in a few days he came back, not looking so frightened. Soon it was the regular thing for him to drop in every Friday afternoon and have some sent up that evening. Well, one day I saw them walking past on the other side of the street. As they passed they pointed over to my shop, and then they both blushed.

"Well, the boy came in that Friday and the next, but on the one after that he didn't. I worried about it."

"One day — it must have been a couple of months afterwards — I saw him coming across the street. As soon as he came in, I saw that things were not right. Roses were to be sent that night to the Palace Theater. I hated to send them, knowing what the boy was giving up. I didn't send my freshest flowers, but they must have been acceptable, for before long he ordered some more, always buying expensive roses. It was good business for me but it went to my heart to do it. In the middle of my worrying I looked up and there, across

the street, was the little girl, looking so wistful like at the shop. I understood it all. As I sat there, hardly able to keep from crying, it came all of a sudden that it was Friday. I didn't think of what might happen to me, but I put back all of the roses the boy had picked out for the basket and I made up a little bunch of lilies of the valley, just like the ones he used to send her every Friday. I pinned his card to it and sent it up at the regular hour. Somehow, in the bottom of my heart, I felt that I had done the right thing, but I was all in a tremble when I came to the shop next morning. I didn't see the boy that day and I slept better that night. On Monday morning a messenger boy came to the shop with an envelope. It had in it the price of the big basket I didn't send and a slip of paper with a "God bless you" on it, and the boy's name.

"I still would like to know how it all happened. He must have told that actress woman he was going to send something very special, and she was angry when nothing was handed over the footlights to her, and then when the show was over she showed him a side of herself that he hadn't seen before. And then in the morning he received a happy note from the little girl, thanking him for the flowers. Of course he didn't understand about that, but he went to see her that night, and never pretended but that he had sent them as a sort of peace offering, and the two of them made things up together as young folks can.

"It must have been that way because they were married today."

THE AMERICAN WAY



Wrong Spouts Plugged

Puzzle

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66

Puzzle No. 164

ANSWER TO PUZZLE No. 163

R	I	G	H	T	A	P	R	T	E
R	O	V	E	R	R	O	V	E	R
L	E	T	D	O	M	I	N	O	S
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C	A	D	A	R	S	S	T	R	E
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This Week In Washington

CONGRESS continued with its legislative foot-dragging during this past week with little accomplished except debate on the control extension act with some indication that both houses may re-act their action in extending the measure on a 31-day stop-gap basis banning price roll-backs. The indications were in the first days of debate in the house that the Administration might get through a fairly workable defense production measure, with the ban on roll-backs applying only to farm commodities.

In the meantime, if the President cares to make any further comparisons of congressional action, such as he did with the 80th congress, here is the box score as of July 1. By that date, the 80th congress had enacted 147 public bills into law. The 81st congress enacted 134 bills during its first six months, and the present congress has enacted only 58 through June 28, plus five which were awaiting the President's signature at that time.

In cold-shouldering some of Truman's proposals, the 82nd congress has been about the same as its predecessors. Some defenders of the congress point to the intense investigative activity and assert that the exhaustive inquiries into the President's troops-for-Europe policy and his ouster of MacArthur, to cite two examples, plus the crime probe and the present inquiry into narcotics, have been as worthwhile in their way as action on bills would have been. They also declare that the Administration has been slow in rendering up its proposals. However, the first tax message was sent to the congress Feb. 2, and the message asking extension of the whole economic controls program embodied in the defense production act was sent to congress April 26, while the message on the \$8.5 billion foreign aid program was sent up on May 24. All these programs, with exception of the tax bill had expiration dates of June 30.

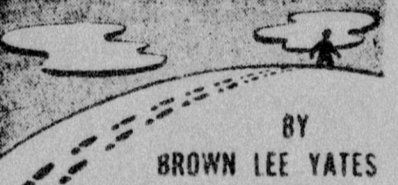
The debate on extension of the defense production act started in earnest July 5 with a statement by Congressman Brent Spence, of Kentucky, chairman of the house banking committee with the warning that the nation faces a "disaster" if economic controls are allowed to lapse. Spence, fearing a letdown in defense mobilization as a result of the peace talks in Korea said: "It takes a Pearl Harbor to arouse a people; it takes very little to lull it to sleep."

While over in the senate, no less a farm champion than Senator George Aiken of Vermont said that an armed truce in Korea "would pretty well wipe out whatever little need there may be now for those (price and wage) controls."

While the House was considering the production act, the senate took up debate on the \$328,900,000 appropriation bill for the Interior Department and restored much of the cut made in that measure by the house. Of this, the senate restored \$3,500,000 struck by the house, for construction funds for the Bonneville Power Administration. On the public power question, the senate restored to a degree, an amendment agreed to by the House which would have prohibited the reclamation bureau from starting construction of duplicating power distribution lines where private utilities have agreements to transmit government-generated power. The senate version would permit the bureau to build these lines for which construction funds already have been appropriated, or for which contracts have been entered into, as where private utilities is "unable or unwilling" to carry out such "wheeling" agreements.

Over objections of Senator Wherry and others, who championed the measure, the Senate deferred further consideration of the now famous freight transportation measure called the "basing points" bill until August 2. The bill approved by the Senate Judiciary committee without hearings is virtually the same as the measure voted by President Truman last year. Senator Russell Long, of Louisiana, in opposing the bill, said it would injure business and do a great amount of harm to our competitive economy.

THIS PETTY PACE



BY BROWN LEE YATES

Senator Balderdash Says:

"I AM ACCUSED of toadying to special interests. I am aghast at this defamation upon my fair name and sense of duty. I pledge utter indifference to such contemptible pressure groups as meat consumers and refuse to listen to wails for lower prices from the public, whose spokesmen are greedy lobbyists, more interested in empty bellies than in this great nation's prosperity."

"You, the beef slaughterers, are the only red-blooded Americans since ever got into power from protein lack. You needn't fear slackening of demand just because every bite of steak upon the public's tongue brings visions of starving white collar workers. You've been exploiting the wrong market in the average-income Americans. Let 'em starve! With the aid of this great democracy and anti-controls senators, direct your pricing toward the millionaire trade."

"NO LONGER can patriotic citizens fill their stomachs with Russian caviar. Let's fill the vacuum with good old hundred percent American roast beef at caviar prices!"

"To my constituents who ask what people can eat when their money no longer will buy food, I reply with all the sarcasm I can muster, LET 'EM SWALLOW THEIR MEASLY PITTANCES AND COUGH UP CHANGE FOR TAXES!"

"Sure cure for many complaints inflation is stiffer taxes upon the impoverished. They whine about the cost of each article they buy. Curtailment of purchasing power by taxation would decrease the number of articles they could buy, thereby decreasing the number of complaints."

"The poor are extravagant in the face of starvation and sounder savings. Let the government drain away savings through taxation and prevent this extravagance."

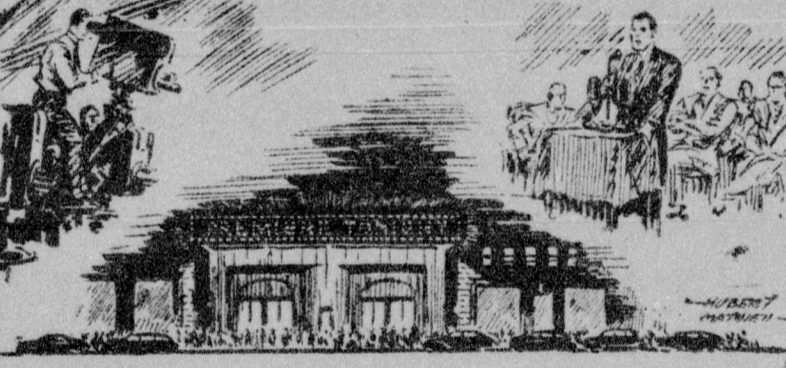
OUR DEMOCRACY — by Mat

ALL IN A LIFETIME

73 YEARS AGO THOMAS A. EDISON PATENTED THE PHONOGRAPH



TODAY THE MECHANICAL AND ELECTRICAL REPRODUCTION OF SOUND — IN RADIO, TELEVISION, MOVIES AND RECORDS — MEANS ENTERTAINMENT AND INFORMATION FOR ALL THE WORLD.



THIS HAS COME ABOUT BECAUSE OUR DEMOCRACY AFFORDED EDISON AND OTHER INVENTORS THE OPPORTUNITY TO WORK OUT THEIR IDEAS, FREE FROM INTERFERENCE AND WITH NO ONE TO SAY THEM NAY... AND GAVE PEOPLE WITH THRIFT AND FORESIGHT THE UNHAMPED CHANCE TO CREATE NEW WEALTH THROUGH INVESTING IN THESE IDEAS.



In God's Good Hands

By Joseph A. Breig

Our teen-age daughter was preparing a school paper. "Daddy," she asked, "if somebody said there are too many people in the world, what would you say?"

"I'd ask him how many are too many," I answered. She thought about that for a moment. Then she said: "He'd say there were too many when there wasn't enough food for everybody."

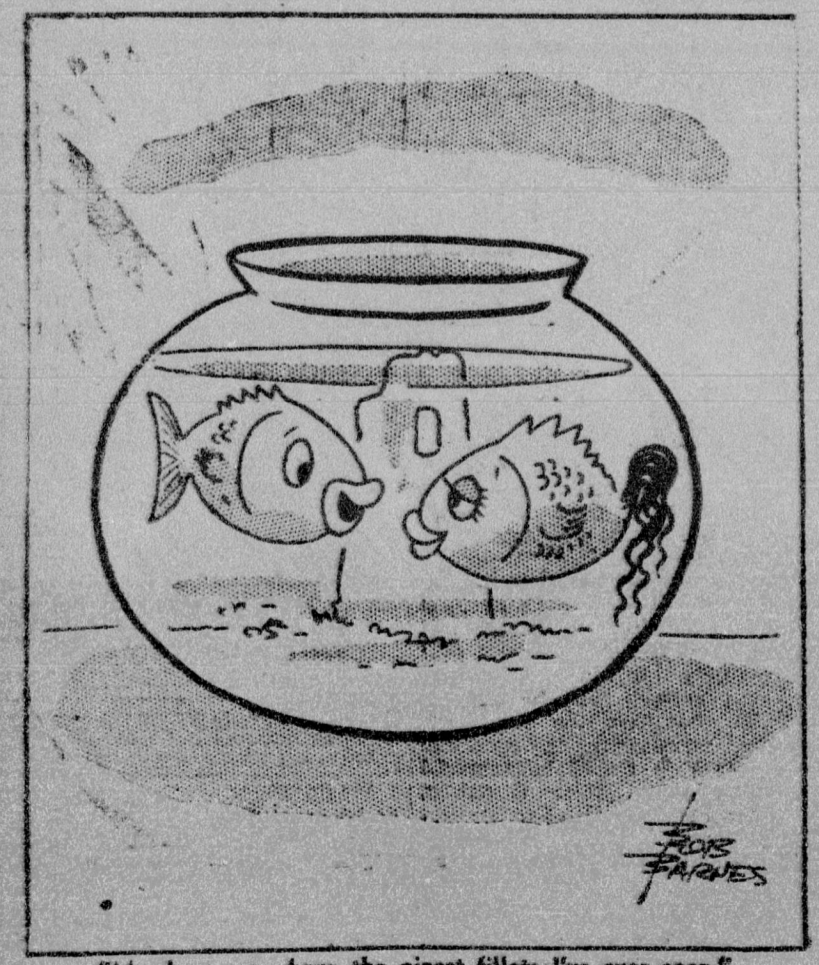
"Then he'd be answering himself," I told her. She wrinkled her brow. "I don't see how."

"If there isn't enough food," I said, "then THAT'S what's wrong. Not too many people, but too little food. The thing to do is to grow more food."

"I know," she said. "But some people say there isn't enough land."

"No Trust in God. I shook my head. "That's an insult to God. That's saying that He brings His children into the world and condemns them to starvation. It's blasphemy. What's wrong is not too little land, but too little love. Too little love of God. Too little love of people. Too much greed. Too much selfishness. You — such

LAFF OF THE WEEK



"My dear—you have the nicest fillets I've ever seen"

All in the Game:

THE NBA REQUIRES a champion to defend his title at least once every six months. . . . During Branch Rickey's career at Ebbets Field, the Brooklyn Dodgers were runners-up twice, and became famous in the baseball world for their supply of talent. . . . When Connie Mack resigned as manager of the A's, he ended the longest managerial reign in history. . . . The White Sox had three managers in 1950. . . . Hank Sauer, Cubs, says he has been sitting on the bench so much the kids are calling him "Judge". . . . Why do fans, working for modest salaries, chip in to buy an automobile for a high-salaried athlete? . . . The minors are getting a lot of bonus babies from the big leagues. . . . The Reds' Woffenbarger throws five different types of pitches. . . . Don Newcombe is the fastest pitcher in the NL. . . . The Cubs' Ransom Jackson is the best looking of the rookie hitters. . . . Baseball manufacturer A. C. Spaulding denies that the balls used today have been "juiced up."

Louisiana State University, Baton Rouge, is crossing Sindhi bulls on Holstein cows. To date there are 19 females and 10 males.

Increased yields from hybrid corn are enough to provide an extra 35 pounds of pork for every man, woman and child in the United States.

Turpentine is a livelihood to 40,000 hood-families in the South.

The Research and Marketing Act of 1946 gives special emphasis to marketing research, service, and education.

Pastures are supplying good to excellent grazing in all but the drier areas of the South. Number of people at work on farms totaled a half-million less May than a year ago, according to USDA reports.

Since soils differ in the amount of lime required to neutralize them, it is wise to send in a soil sample from every field every three to five years in order to keep the acidity of the soil adjusted to crops to be grown in it.