



practice wherein expedite." ur-gent and 'rush' tass are attached to more than one-half the outgo-ing correspondence. As a result of this practice, it is manifestly immargin he scrib-in't over yet." It possible to no further intro-this memoran- ial handl

correspondence. As practice, it is man



There are those who deprecate ne divisions that arise from poli-

the continuance of por psychology is difficult tand in view of the ch



THE DAILY RECORD. DUNA. N. C.

MISTED





Walter

Winchell

In

New

York

THE BROADWAY LIGHTS

d as

I finish the job, red pencil I even tasks as well as m encourages

or a baseball ga or an excursion Lake Michigan boat with

book and pencir at the head of the bed so she can jot down the ideas that filt through her mind relative to the trip.
CHART YOUR WORK.
This difficult to think of every-thing in a crisis. A person with a crisis a couple of hours just signing letters.
This difficult to think of every-thing in a crisis. A person with a crisis a person with a person with a crisis a schere with a crisis a schere with a first a marks or nagenda" or list of duties I wish to perform during the week, I accomplish far more than if I a imlegsly attempt to tackle the problems that catch my lope, plus a dime.

Mary Haworth's Mail

By America's Foremost Personal Affairs Counselor

my belief that this s difficulty has to do with an weening need to feel emotia close to somebody.—a need you expect to fulfill (if ever) in a romantic relationst of this und It is my belief that this special

problem, acquired in a ma family situation, you inv attach inordinate salvatio portance to making a hit Tom, Dick or Harry who portunity to pass snap-jud your lovability.

Any degree of incompatibility in a dating experience, any signs of strain, indifference, lack of con-geniality, etc., in the boy is al-ways construed by you to mean that you are at fault, a flop to that extent. And Phis sense of personal failure matters terriby because you so urgently want to be loved and accepted by a "date." -as a sort of passfer to popular-ity (or to everybody's heart).

## LAW OF AVERAGES WORKS HELPFULLY

Also it is my surmise that you hably do an excessive amount hably do an excessive amount probably do an excessive am of day dreaming along lines sexual fantasy—as wistful you sters are apt to do, when habits starved for affectionate warmit the family circle. Such daydre inc a predonable by-produce

of f

minor tasks as well as major ones-for it encourages me to see many items marked off in red pencil. If I listed only the bigger things, such as writing my week's back of Case Records, then I wouldn't have many tasks scratched off and I would tend to feel that I had wasted much of my time that week. RLAN FOUR VACATION Then when I am vacationing. I like to look back upon a record of accomplishment, though it my pertain solely to recreation. For example, I jot down a list of suggestions, such as a day's fishing trip, or swimming with the boys, or a mercurish boat thin

WEDNESDAY AFTERNOON, JANUARY 30, 1952

The Worry Clinic

By DR. GEORGE W. CHANY

across family.

USE AN AGENDA Yes, that is an excellent sugges-tion. I folow it myself, and Mrs. Crane does likewise. The has a blackboard in the kitchen whereon she writes the things she wants to get done the next day. If we are planning to drive down to the farm for the week and the day a productive down to the farm for the week and that are to be packed. Thus, we will he avague irritation at not hay-that are to be packed. Thus, we will he avague irritation at not hay-larve fewer things behind than otherwise would be the case. In fact, the night before our departure she keeps a litle note-book and pencil at the head relative to the trip. The bed so she can jot down the ideas that filt through her mind relative to the trip.