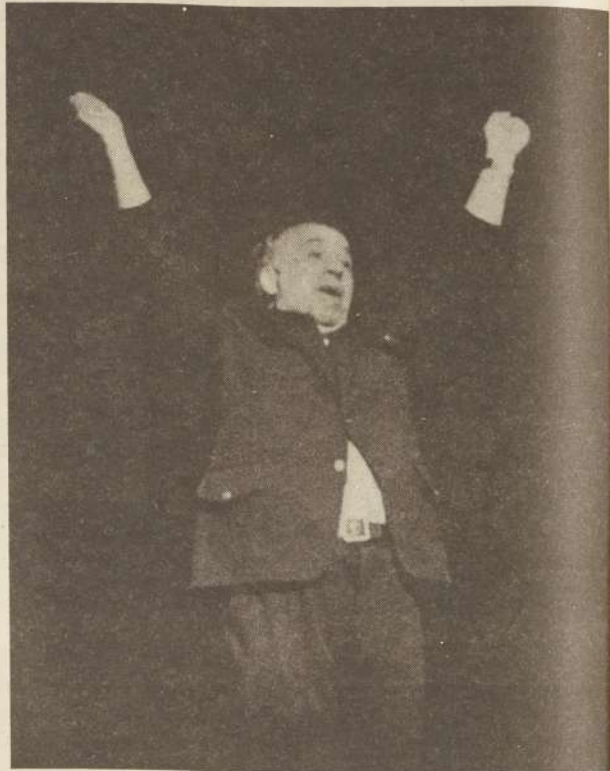


Banks says, "If life gives you lemons, make lemonade."



Laughter. Some say it's the best medicine. But when injected with a unique and refreshing dose of psychology, the results are tremendous.

That's especially true when the message is delivered by noted psychologist Murray Banks, whose naturally comedic frame and delivery, along with a Ph.D., have left his audience inspired and in stitches ever since he branched out from traditional psychologist's couch work to public appearances.

Banks, who visited the College last week for a 15-hour workshop entitled "Sex, Sin and Sanity," and a one-hour presentation, "Just In Case You Think You're Normal," has received considerable applause from all around the globe.

Aside from publishing five books and appearing in Britain, Australia, New Zealand, South Africa and nearly every English-speaking country in the world, he has, more importantly, made his work group-oriented. "I can reach more people this way," he said.

One can observe that his laughter is directed at "more than pure fun, although it helps get the people in," he said. "The laughter has to be directed; aimed at producing some alteration in the person's behavior."

Banks especially enjoys the small, more intimate audiences, like the near-200 students who watched "Just In Case You Think You're Normal" last Friday. "In front of small groups of people, it's marvelous. I feel like I'm really reaching them with what I say, more than in a 10,000-seat auditorium," said Banks.

The small, New York-bred psychologist, who reminds one of a vaudevillian at times, blends "deadly humor" with basic hints on "how to live life more fully."

His monologue was refreshing, but not just because of the laughter Dr. Banks elicits.

"The jokes are of no impor-

tance," said Banks, although one of the nine definitive ingredients he included in the question, "Who is a well ad-

Photos by Ramona Isackson
Story by Kelly Laughlin

justed individual?" was, "The well adjusted person knows how to laugh at life."

Banks mixed puns with philosophy when he said in a later interview, "Angels can fly, but they take themselves lightly."

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ted, aimed at producing some alteration in the person's behavior."

After spending 10 years at work in a mental institution, "were no one laughs," said

Banks, and observing that 90 percent of the world's mental patients are between 12 and 30 years old, Banks concluded, "Someone has failed."

Banks is doing something to right that situation. He obviously loves his work, which he has seen as even more enriching since he began making public appearances. Not only is he reaching a greater audience but, as he stated in last week's presentation, "I like performing, making people feel better, and hearing the applause. It keeps me adjusted, too."

Banks calls it "spreading the Gospel." His description of

psychology is rooted in common sense.

His prescription for the making of a well adjusted person includes: "Setting up new goals; making the most of what you have; being happy with what life offers you. If life gives you lemons, make

lemonade. A day you don't live for today, you will never live. If you don't live today, you will pile up a lot of empty yesterday. The well adjusted person

"A day you don't live for today, you never live."

knows how to live himself. He's never a perfectionist," Banks said.

"You have an educated heart; you will know what happiness is when you can clearly see another person's point of view."

Banks offers wisdom one can live by. A psychology minor, this reporter was astonished that one hour opposite Banks did more "good" for him than year-and-a-half of textbook training in Freud, Fromm and Sartre.

I wouldn't call myself any more "normal" now. But with laughter, psychology never felt so good.

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