

**B**E GLAD you worry! It's a sign of intelligence. The smarter you are, the more worries you have. The feeble-minded and lower animals seldom do much worrying, for their I.Q. is too low.

Worry is the badge of a go-getter; the creator of new products; the spur to invention. Thus, Dr. Jenner worried over the death rate from smallpox and discovered vaccination. Edison fretted about poor kerosene lamps, and he came up with the electric light.

So thank God for worry, but simply learn to avoid some of the medical side effects, such as peptic ulcer, spastic colitis, insomnia, and other neurotic ailments. To do so, you should adopt the following rules:

1. Externalize your worries. Focus on outside problems, and don't turn your attention toward your "innards." Each week approximately 20 million Americans consult doctors. Yet half have no diagnosable physical ailments whatsoever! They are medical "worry warts."

If you are now worrying about cancer or heart attacks, arthritis or abdominal ailments, the chances are 50-50 that you simply need more worries—but of an outside sort. You have too much idle and unharnessed brain power.

So become active in a church. Join a civic club. Enlist in the fine work of the Red Cross, YMCA, or CYO. Harness your excess I.Q. to outside problems. Your life will take on more zest then.

2. Budget your worries. Make a list each night of tomorrow's duties. Include both minor and major chores, such as the breakfast dishes, making beds, ironing, shopping.

Then become a "clock watcher," competing with the minute hand. And as soon as you finish an item, cross it out boldly. I even use a thick red pencil to make my daily accomplishments stand out more vividly. My ego expands each time I scratch out one more task.

This written agenda is very effective; it saves time and indecision when you hit a lull. Otherwise you go around in circles, wondering: "What should I do next?"

3. Farm out special worries. Hire an expert to handle these technical problems.

If you have a lump in your breast, don't fritter away valuable months in futile worry. Instead, go to a doctor at once. Let him handle this medical worry for you.

If the lump turns out to be simply a fatty tumor, as it is most likely to be diagnosed, you will have

# 6 rules for the worrier

*Here — if you must fret! — are some hints from a renowned physician-psychologist on doing it to greater advantage*



By **GEORGE W. CRANE, Ph. D., M. D.**

saved months of needless alarm. If, however, it really is cancer, then early treatment is the best way to cure it.

If you men tend to develop ulcers in the spring as the income-tax deadline looms up, why not hire a lawyer or tax accountant? It is far more efficient to pay his modest fee than to work yourself up into a psychological "stew."

4. Shelve your workaday worries on the Sabbath. My mother taught us children not to labor on Sunday. So I made it a habit never to study after midnight Saturday.

Even if I knew I had to face a heavy schedule or fearsome examination on the following Monday, I simply shrugged and took a "so what" attitude on Sunday.

Meanwhile, most of my classmates would moan and groan on a seven-day basis about school problems. If they took even an hour on Sunday for fun or relaxation, they were hounded by a guilt feeling. But I felt relaxed and virtuous over my no-study habit on Sunday!

Indeed, after many years of specializing in psychiatry, I have come to the firm belief that it wasn't an arbitrary whim that caused God to urge us to quit work one day a week. He realized we humans need this break in our constant worrying over workaday problems.

5. Obtain a scapegoat. We married men often employ our wives as the convenient family scapegoat, and they seem to understand.

We explode at home and thus vent our office or factory tensions. And we pass the buck when our children seek our permission by saying, "Go ask your mother."

You bachelors don't have this wonderful safety valve, which is partly the reason you have far more ulcers, insomnia, and spastic colitis. You can't divide your worries or pass the buck to a scapegoat. Actually, a wife adds several years to her husband's longevity, and married women likewise are less neurotic than single women.

6. Get on God's "team." Follow Abraham Lincoln's motto of trying to "plant roses where thistles grew before."

If you are active in spiritual organizations, such as the church, then you don't need to carry your worries past your bedtime curfew. In case you ever are troubled with insomnia, just lift your right hand high above the covers, as if to place it in the clasp of the Almighty, and whisper:

"Lord, I'm trying to be a good member of Your 'team.' But I have a heavy day's work ahead of me tomorrow, so I need eight hours of sound slumber. Will you please take over the night shift for me?"

Then let your uplifted arm drop limply upon the bedcovers. You'll be surprised at how fast you drift off into deep sleep.

God never refuses to take over the night shift of any worried player on His team!

Victor Hugo realized this when he said: "When you have accomplished your daily task, go to sleep in peace; God is awake."

## COVER:

Alas, as Don Neiser's painting affirms, things are seldom what they seem. We bet the lady also learned a lesson—once in a while it's wise to let your hair down.

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