

Calendars, Telephones,

By the Rev.

JAMMIE BUCKINGHAM

A New York psychiatrist says that civilization's three major killers are not heart disease, cancer, and accidents — but calendars, telephones, and clocks. He entitled his article "The Tyranny of an Accelerated Life."

This has often been called the "aspirin age." An office building in Detroit has been nicknamed

"Ulcer Alley." Man's nervous system has certain load limits, all of which are being tested to the extreme in these modern days. The competitive struggle of financial success. The stress of job insecurity, and the more man worries about his problems the more he unfits himself to handle them.

IT WASN'T TOO LONG ago that it was a downright

shame for a man to admit that his "nerves" were bad — today man stands alongside woman waiting to buy his tranquilizers at the local drug store.

A noted physician said a good percentage of people coming to his office don't need medicine half so much as a good dose of old fashioned conversion. He's saying, of course, that most of man's sickness is moral — and can't be cured with pills.

A buddy of mine doesn't like to talk about death. On several occasions he's turned around and walked away from me when I've brought up the subject. He thinks that by ignoring it he won't have to face it — either in his own life or the life of his loved ones. I have a hunch that his method of dealing with it is one day going to explode in his face.

THE SAME IS TRUE with guilt, remorse over

Clocks Said Big Killers

sins committed, and fear. You don't deal with such problems by running away from them... nor by doctoring them with medication. You've got to get to the root of it.

Perspective

Someplace along the line I've developed a few simple rules that can be applied in such cases. Try them on for size.

First, never accept any present mood as permanent. I realize it's useless to say "don't worry." You're going to do that. But while you're worrying remember, it won't last forever.

SECOND, TELL IT to somebody. There is an old saying, "what the average woman wants is not a doctor but an audience." We all need an audience sometime. So find someone who is wholesome, skilled,

and willing to listen — and talk it out.

Third, get busy with something. There is a definite connection between the head and the hand. Don't challenge yourself with an impossible work load, but get busy with something constructive.

Fourth, help someone else. There is no better medicine in the world than the stimulating tonic of love. To feel needed, to feel appreciated, try giving

yourself away.

FIFTH, TRUST in God. Actually this should be listed first but if it is then no one would read the other four. But this is the one essential ingredient to happiness and peace. When you commit your life to God it is no longer your responsibility.

You might think about this the next time you pull out your check book in the doctor's office or drug store.