

Mental Exercise Relieves Tension

(Continued from Page One) what my friend had tried to convey to me. Like far too many women, these days, you could have put all my confidence in a thimble—and still had room for your thumb.

I was convinced that I had neither talent nor the ability to develop a skill.

At that time, I was a terrible cook, had barely touched the edges of learning to sew, and had no real reason for going to college except that I had a vague idea that it would be good for me.

But I let my teacher's words soak in, and started to discover his meaning.

"Do something." Those are really magic words, and if you are like so many of us, you may reply, "But what can I do?"

The first thing you can do is to realize that you don't have to be a nuclear physicist in order to accomplish something worthwhile. Look to the value that any kind of project will have for you as a person, and decide before beginning how much you expect to realistically receive in terms of satisfaction.

I'll give you a "for instance." Suppose your husband had frequently stated a wish to enjoy a bit of German cookery he had discovered in Berlin during the war. The question here isn't really whether you could cook the dish when you had a translated recipe.

The question is whether you would take enough satisfaction in learning to pre-

pare something your husband liked so much.

To me, this would seem an excellent opportunity to do something very worthwhile, though certainly not world shaking—and I rather imagine the experience would be profitable in many unexpected ways, such as meeting someone who spoke German and could tell stories of the old country, or perhaps getting acquainted with a home economist and finding a wonderful new interest in foreign cookery.

Almost anything you try, whether it be helping out in the local nursery school, volunteering your time to a charitable organization or taking up textile painting, can lead you to unexpected experiences that are apt to be good.

Most of us can remember times in the past when we have found an interest or met a person we might never have known otherwise, had we just stayed at home and avoided trying anything new.

Now that I have learned the formula for erasing boredom, there is never a time when I am tied to my chair with anything more binding than laziness.

Outside of the housework, which requires perhaps two or three hours a day, with the help of two older children, my time is my own to use in inventing and exploring.

We believe in only so much "togetherness," and each of us has something to

do alone.

My husband plays slo-pitch with the other Little League dads or works out in the garage (our second car is practically never running), our boy is presently engaged in building a skate board, our big girl is taking up knitting, and there's always a new recipe to try, a little sewing to do, an article to write or a dozen other things where I'm concerned.

Jellybean? Oh, she plays with her dolls, and occasionally comes to check on us, with some clever remark like, "Fe, fi, fo, fum. Me can't help it you so dumb!"

Seriously, again, for one closing thought, I would like to repeat that pearl of wisdom: "Get off the dime and do something." (Courtesy of Harold R. Wolpert).

You'll have to do battle with that old inertia. But like the rockets that head up that initial thrust, you needn't stop short of the sun. You may have to try many things before you discover your best talent, and it may take some brain juggling to learn how best to profit from it. But several kids aren't an excuse to keep from trying, if at least some of them are in school.

If your health is good, and you can sometimes get the use of a car or have a friend who can, there is a prismatic world of brilliant color in front of you, limited only by the darkness of your glasses.

I started a club, in the hope of meeting a dozen women, and found sixty.

I wrote a couple of arti-

cles for the Press and ended up with my own column and a position as publicity chairman and Director of Public Relations for a non-profit organization.

Why don't you ask yourself seriously what you can do?

I'll bet it's a great deal more than you think.

You can take on just a little or you can become involved up to your ears. But you'll forget about tension and you'll start sleeping like a baby. It's a pretty marvellous experience to get out of your chair and suddenly discover that you have a mind of your own and can really contribute something.

OBITUARIES

Funeral services will be held Thursday at 3 p.m. at the Chapel of the Chimes for Noah Edward Wright of 514 Arvida Street, Torrance, who passed away at a local hospital October 20th at the age of 74. Inglewood Cemetery Mortuary will direct the services. A native of West Virginia, Mr. Wright lived in California for the past 20 years. He was a Security Guard, and worked at this occupation until about 10 years ago.

Surviving are two daughters, Mrs. Violet Hall and Mrs. Nellie Brown, and two sons, Virgil and Lloyd Wright, also eleven grandchildren and eighteen great-grandchildren.

Search for Clues To Cancer Begins

Amassive search for clues to cancer has started in the Centinela Valley-South Bay area.

The American Cancer Society's fourth annual follow-up to its Epidemiology study is now under way according to Mrs. Reed L. Pack of Inglewood, the local Cancer Society's District Epidemiology chairman.

Mrs. Pack explained, "Epidemiology, or life history Study, is a research activity of the American Cancer Society that is accomplished by studying the health and living habits of more than a million Americans, with 45,084 in the Los Angeles County area participating."

Questionnaires are now being distributed to local residents, which upon their return will be fed to electronic computers to correlate the association of cancer with

GENIUS
Doing easily what others find difficult is talent; doing what is impossible for talent is genius.
—Henri-Frederic Amiel

inherited characteristics, racial origins, occupational hazards, medical histories and living habits.

Epidemiology information will also be cross-checked with other laboratory observations, clues gained from previous research, factors in heredity and environment and research being done on other diseases.

Mrs. Pack reported that thousands of local residents are voluntarily contributing their time to the Epidemiology study in hopes of finding more clues to the causes and eventual cure of cancer.

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Lomita Road Project Nears Completion

Improvement of a portion of Lomita Blvd. at Narbonne Avenue under a \$10,000 County road allocation nears completion, Supervisor Burton W. Chace disclosed today.

The projects includes new curbs, gutters, catch basins and installation of corrugated metal drainage pipe serving the intersection area.

Lomita Blvd. and Narbonne Ave. are county master plan highways, each carrying in excess of 23,000 vehicles daily. Supervisor Chace pointed out.

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