

Hoover-- No, I do not, but let's be really more specific regarding the more general fears.

Allen-- All right, Miss Hoover. Suppose we quote Dr. Link when he states "That the more general fears - of insanity, of persecution, of strangers, of inferiority, are usually the result of one's failure to conquer the minor fears by such practice. Sometimes, however, Dr. Link states, "they are due to the fact that a person, for some reason - disappointment in love, the death of a dear relative, financial reverses, loss of a job -- withdraws the individual from his accustomed activities. After a catastrophe, especially, one should not only keep up old activities, but bend his will and energies toward beginning some new and preferably strenuous pursuit." Dr. Link states that at the bottom of most fears, both mild and severe, will be found an overactive mind and an underactive body. Hence, he advises many people, in their quest for happiness, to activate themselves. Fear is nature's warning signal to get busy. Hundreds of thousands of men and women are playing golf today, not because they chose golf as their chief love in sport and games, but because the family doctor advised the business man and school teacher to break away from the worrisome grind. Getting out in God's great out-of-dorrs where they might put their attention on a white, elusive gutta-percha ball, bounding over the greensward, will prevent them from worrying about things that they cannot help and about other things that never happen. These people know full well that the only way to keep their physical machines functioning so that they may earn their daily bread for themselves and their families is to spend hours outdoors recreating body and soul.