

experience," he said, "that the right attitude and one arm will beat the wrong attitude and two arms every time." *The right attitude and one arm will beat the wrong attitude and two arms every time.* Think about that for a while. It holds true not only on the golf course but in every facet of life.

### **Four Things You Can Do to Lick Health Excusitis**

The best vaccine against health excusitis consists of these four doses:

1. Refuse to talk about your health. The more you talk about an ailment, even the common cold, the worse it seems to get. Talking about bad health is like putting fertilizer on weeds. Besides, talking about your health is a bad habit. It bores people. It makes one appear self-centered and old-maidish. Success-minded people defeat the natural tendency to talk about their "bad" health. One may (and let me emphasize the word *may*) get a little sympathy, but one doesn't get respect and loyalty by being a chronic complainer.
2. Refuse to worry about your health. Dr. Walter Alvarez, emeritus consultant to the world-famous Mayo Clinic, wrote recently, "I always beg worriers to exercise some self-control. For instance, when I saw this man (a fellow who was convinced he had a diseased gallbladder although eight separate X-ray examinations showed that the organ was perfectly normal), I begged him to quit getting his gallbladder X-rayed. I have begged hundreds of heart-conscious men to quit getting electrocardiograms made."