



americans becoming hypocondriacs?

By Chaplain J. C. Rittenhouse

Most of us are in little danger of becoming hypocondriacs. Americans are sometimes regarded as being hypothyroid types! You know "Goi! Goi! Goi!" characters who don't have time to feel sorry for themselves because they're so busy extroverting all over the place.

SKIP-PITY EASILY ACQUIRED

But there is a condition that is fairly easy to acquire--self-pity. The theme song, or more properly, dirge, is "Poor Me." How often we feel people really do not appreciate the fine, admirable, lovable person we think we are. How can these people be so stupid not to see how fine I am? Everything is wrong; poor me! Dr. Carl G. Jung, father of one school of psychiatry, made the observation that at least one-third of the people who came to the clinic he had were suffering solely from the devastating effect of being sorry for themselves. Some of us may wonder why people aren't more sympathetic to our problems--we feel so miserable.

PROVEN CURE

A tried and proven method of therapy for sagging spirits and ailing ego is both extremely simple and comes more naturally than you'd imagine. This cure for self-pity works in times of anxiety, boredom, grief--almost any state of mind and it's called 'Do something for somebody else.' The most cynical, disillusioned personality can virtually be turned inside out, from 'what's in it for me' to 'what can I do for you' by cultivating an honest attitude of caring what happens to the next guy and being mature man enough to show your concern. Corny? Old fashioned? Don't knock it. This attitude established the country you live in, the system which educates you. And the preservation of this attitude is about our only hope for some of the sickness in us today.



By JOE D. C. Kanter

During the past month I've heard quite a few remarks about JOE McKown's article on retention but was disappointed by the response to the article. In last month's magazine I mentioned establishing a letters to the editor feature, as of now response has been slim. In fact, there has not been one letter brought, sent or thrown in my direction.

Right after the magazine was distributed the hot line on the ship was the Public Affairs Office, telephone. But what good is a phone call? The way to express your beliefs isn't that easy; you have to put it in print before it will be seen by your shipmates. The offer still will remain open for you to complain or commend in your magazine.

In stumbling through the ship, I have noticed a vast improvement in Third Division's 'head'. This head was once put in quarantine by the ship's Medical Department. Now the head is one of the cleanest on the ship. So to the head keepers of Third Division, Bravo Zulu.

KEM is still looking for disc-jockeys. If you feel you have talent as a radio announcer, you may be the person Steve Heldstab is looking for. Call the Public Affairs Office, extension 037, for an interview and tape cutting session.

Bennington will be hosting a Secretary of the Navy Guest Cruise from June 23 to 27. These guests will be representing several different naval districts, and one just might be from your hometown. Keep an eye peeled on the Plan of the Day, and an ear tuned in to KEM, one of the guests may want to compare notes with you.

Benn's Medical Department has one corpsman who may win an academy award. He's the

Continued on page 8