

28. There are many things in the career of a Foreign Service Officer that can get him wound up good and tight. Some of them are unavoidable and not too much can be done to prevent their occurrence. The best thing to do is to adjust to them as best one can. How many of those occurrences, in retrospect, take on much less importance than they originally appeared to hold.

29. There is no doubt, however, that a properly relaxed approach to any problem will be of considerable help in solving it. There is also no doubt that there are a good many ways of achieving this relaxed approach.

30. The fear of the unknown need not be a strong factor. Acquiring working knowledge as quickly as possible and familiarization with a particular environment is an obvious answer to this point.

31. Getting the work at hand organized and programed is also a great help in providing a more relaxed operational atmosphere. When, as frequently occurs, a crash program presents itself, organized work can mean the difference between taking such a program in stride or running into a crisis.

32. Sayings to illustrate a point have the same shortcomings as making comparisons—very seldom do either fully apply. Despite this reservation, we are tempted to submit the following: "Never do to-morrow what should be done to-day and leave for to-morrow what need not be done to-day!"

33. No set rules need necessarily apply to organization or programing. The main thing is to use a system—a way, if you prefer—which produces the best results under given conditions for you in particular.

34. Finally, making a habit of securing a good night's rest is probably as helpful as anything else in combating tension. Night owling is for the birds as a habit. Late to bed and late to rise, doesn't make anyone healthy or wise!

READING MATTER

35. This has obviously not been a technical paper. Recommended for your reading and consideration are the following:

- Health Hints for the Tropics, published by the American Society of Tropical Medicine and Hygiene.
- Essential Health Precautions for Tropical Travel, by Dr. E.L. Davey, Chief, Civil Service Health Division, Department of National Health and Welfare.
- Health Precautions for Canadians in India, Department of External Affairs.

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