

20. If you are constantly drawing on your reserve energy—and who hasn't done so from time to time—the odds are you'll be flat out of it in an emergency.

In Your Sports Activities:

21. To the man or woman abroad, climatic atmospheric conditions are often different from those he was brought up in. Some adaptation is often required before undertaking to the fullest a familiar sport which might have been so rewarding at home. Tennis at sea level in the tropics is a different thing from tennis in Vancouver. Golf in high altitudes is something else again from golf at The Royal Ottawa.

22. So enjoy yourself but don't beat yourself to death. Condition yourself gradually—you'll get more out of whatever sport you may take up.

RECREATION

23. To our way of thinking, recreation really is a form of occupation which will enable one to get away for a while from the preoccupations of the day, of the week, of the month and return to them with more zest and appetite. Call it purposeful escapism if you will.

24. Thus it is that a variety of forms of recreation are available: a good book, music, painting, a long walk, bird watching, a building project, gardening, golf, fishing, skating, skiing. There is no limit to these occupations. To the Foreign Service Officer and his family, who serve in many different lands, the opportunities are even more varied. Simply getting to know the land and the people can be relaxing recreation.

25. The main point is to choose some form of exercise, be it mental or physical, that appeals to the individual. To get the most out of it, it has to be enjoyed.

26. All this is not said to encourage over-exposure to such occupations: such exposure can only defeat the whole purpose of the exercise. Little good can come out of any recreation that lands the participant flat on his back. Each individual's capacity and physical condition must determine the amount of exercise likely to provide the most recreation.

RELAXATION

27. A top notch career Foreign Service Officer once said "When I lose my sense of humor on the job, I know I'm slipping". This was simply another way of saying that when he wasn't in control of a situation, subconsciously perhaps, he was worried. To him the symptoms of this worry were a temporary loss of his sense of humor.