



Father John Catoir

Trust Him More; Ourselves Less

Dwight Eisenhower, when approaching his golf ball, used to pray: "Lord give me the strength to swing easy." Julius Boros wrote a book on the subject: "Swing easy — Hit Hard." Hands that are too quick cause a wicked slice and ruin your golf score.

The same is true in medicine. A doctor who is too quick in giving a diagnosis can ruin your health. Jane Brody, author and health columnist for The New York Times, says 80 per cent of those who run to the doctor for the slightest ailment would have healed naturally in the amount of time if they had trusted their own body's marvelous recuperative powers and paid more attention to their nutrition.

SOME PEOPLE are also too quick in diagnosing their own state of mind. They see danger everywhere and become overly self-protective, setting themselves up for all kinds of fear-related nervous symptoms, like cold sweats, heart palpitations, anxiety attacks, shortness of breath, etc.

Then a vicious cycle begins and they become frightened of their own bodily reactions; fear begets fear. Dr. Abraham Low,

author of "Mental Health Through Will Training," teaches his patients to control their thoughts. "Nervous symptoms are distressing," he says, "but they are not dangerous."

Jesus once said, "Be not anxious about what tomorrow will bring, sufficient unto the day are this day's troubles." I think He was advising us to slow down a bit, and not be too quick to see danger.

IN OTHER WORDS He wants us to trust Him more and ourselves less. He taught us to pray for "our daily bread." Everything we need spiritually is given here and now. Confidence in God's loving Providence should lead us to thank God in all circumstances. In that spirit, anxiety will decrease and peace of soul will increase.

So there you have it. Control your fears, control your thoughts, control your medication intake and, if you're a golfer, control your down-swing and finish high.

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