THE "CORONARY AND ULCER CLUB" LISTS THE FOLLOWING RULES FOR MEMBERSHIP

1) Your job comes first. Forget everything else.
2) Saturdays, Sundays and holidays are fine times to be working in the office. There'll be nobody else there to bother you.
3) Always have your briefcase with you when not at your desk. This provides an opportunity to review all the troubles and worries of the day.
4) Never say "no" to a request. Always say "yes".
5) Accept all invitations to meetings, banquets, committees, etc.
6) All forms of recreation are a waste of time.
7) Never delegate responsibility to others; carry the entire load yourself.
8) If your work calls for traveling, work all day and travel at night to keep that appointment you made for eight the next morning.
9) No matter how many jobs you already are doing, remember you can always take on one more.

Reprinted from BITS AND PIECES