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

- 1) Your job comes first. Forget everything else.
- Saturdays, Sundays and holidays are fine times to be working in the office. There'll be nobody else there to bother you.
- 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".
- Accept all invitations to meetings, banquets, committees, etc.
- 6) All forms of recreation are a waste of time.
- 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



