

## BOOK REVIEWS

**How You Can Play Better Golf Using Self-Hypnosis.** By Jack Heise. Wilshire Book Co., 8721 Sunset blvd., Hollywood, Calif. Price: \$2.

Considering the success of hypnosis in the maternity ward, a book such as this had to be written. If you've tried everything else without success (referring to your golf game, of course) you could do worse than read Jack Heise's opus.

Quoting a noted New York doctor and longtime practitioner of hypnosis, Heise points out that by lulling yourself into the proper state, the subconscious, you will learn to leave your tensions and fears at the conscious level and proceed to the automatic, grooved swing of the champion. This isn't too hard to do since the



Jack Heise demonstrates the subconscious.

conscious and subconscious are next door neighbors, although there is a wall between them.

Conscious effort is the swing wrecker, says Heise, and subconscious, the par maker. This is illustrated by the practice swing vs. the real thing. You've probably noticed it yourself. When you swing at a blade of grass your execution oftentimes is perfect. But when it comes to 1.62 ounces of golf ball, that is something else. Too often in the latter case you become conscious of perhaps five or six ways in which you can louse up the effort. So you do!

Chapter 5 may be worth the price of the book, particularly if you have insomnia. It tells you how to induce hypnosis by the happy medium of lying in bed and kind of mentally frisking yourself as you

put first your legs, then your arms, trunk and finally the head in a lethargic state. After mastering this you're ready to turn to your golf game. In this, the author suggests that you strive to make the movement of every muscle in the swing automatic without allowing any conscious annoyances to creep in.

In a book of this kind, it doesn't take much effort for a writer to go off half-cocked. Jack Heise doesn't. He emphasizes that you have to learn how to properly swing a club before self-hypnosis can help you. After you've developed a solid swing through practice it becomes a matter of learning how to turn off the conscious and turning on the subconscious.

Mercifully, Heise tells the reader to practice swing hypnosis at home and not try to achieve it on the course. Play is slow enough now without perhaps 100 or more golfers out there on Saturday morning trying to put themselves in a trance at each address.

**Dictionary of American Sports.** Edited and compiled by John S. Salak. Published by Philosophical Library, New York.

In 491 pages and more than 6,000 terms the lexicon of more than 80 sports is assembled by John S. Salak, a former editor of Ring magazine. There is extensive coverage of the technical terms as authoritatively defined by rules of sports. Also, there is considerable sports slang of common enough usage to qualify for generally acceptable definition.

### Stretching the Budget

L. E. (Red) Lambert, supt. Prairie Dunes CC, Hutchinson, Kans., and pres., CCSA, says that one of the smartest ways for a supt. to stretch a small budget and protect a good reputation, is to have the first and 10th tees, the 9th and 18th greens and other areas close to the clubhouse always perfectly groomed. Lambert accents good housekeeping in his course management. He tells his staff that a sure way for one of them to lose his job is to step on a piece of paper on the course and not pick it up.

### CMAA Membership Rule

At its recent national conference the CMAA ruled that applicants for membership must have one year's experience at one club as mgrs. or assistants before their applications will be considered.