

WHINE, WHINE, WHINE! (Yale Whiffenpoof Song by Guy Scull--a Harvard Man!)

I cannot have all of my wishes filled--
Whine, whine, whine!
I cannot have every frustration stilled--
Whine, whine, whine!
Life really owes me the things that I miss,
Fate has to grant me eternal bliss!
And since I must settle for less than this--
Whine, whine, whine!

PERFECT RATIONALITY (Funiculi, Funicula by Luigi Denza)

Some think the world must have a right direction,
And so do I! And so do I!
Some think that, with the slightest imperfection,
They can't get by--and so do I!
For I, I have to prove I'm superhuman,
And better far than people are!
To show I have miraculous acumen--
And always rate among the Great!

Perfect, perfect rationality
Is, of course the only thing for me!
How can I ever think of being
If I must live fallibly?
Rationality must be a perfect thing
for me!

I LOVE YOU UNDULY (I Love You Truly by Carrie Jacobs Bond)

I love you unduly, unduly, dear!
Just like a coolie, I persevere!
When you are lazy and act like a bore,
I am so crazy, I love you more!
I love you truly, truly, dear!
Very unduly and with no cheer!
Though you're unruly and rip up my gut,
I love you truly--for I'm a nut!

MY SWEET LITTLE LOUSY BLUE MOOD
(Alice Blue Gown by Harry Tierney)

Oh, my sweet little lousy blue mood,
Though you shake me and make me unglued,
I just never intend
To relax and unbend--
I refreshion depression
And make it my friend!
I refuse to be able to choose
To stop sighing and crying the blues,
But am gladly withdrawn to
And madly hang on to
My sweet little lousy blue mood!

(OVER)

HOROSCOPE Christopher Renstrom

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- ARIES** (March 20-April 18): You wondered if you had the right credentials, but now that you see your competition up close you know that it's no contest.
- TAURUS** (April 19-May 19): You feel awkward praising someone who doesn't deserve it, but it more problematic if you don't. It's called being polite.
- GEMINI** (May 20-June 19): An associate or friend catches a flaw in the nick of time. This is one of those rare occasions when it pays to have a nitpicker watching your back.
- CANCER** (June 20-July 21): An acquaintance shares a story that sounds familiar. Act like you're hearing it for the first time then confront the friend who betrayed your confidence.
- LEO** (July 22-Aug. 21): It's hard to tell where you stand with others which is why you're better off doing what you think is right. At least you'll know of one person who approves.
- VIRGO** (Aug. 22-Sept. 21): You can see that someone's lying but don't expose him yet. The fact that he knows that you know makes him beholden to you.
- LIBRA** (Sept. 22-Oct. 21): Make a point of fulfilling outstanding obligations now. This frees you to follow more pleasurable pursuits in February.
- SCORPIO** (Oct. 22-Nov. 20): A conversation with a friend of a friend shines light on a puzzling situation. It could provide the missing piece you've been looking for.
- SAGITTARIUS** (Nov. 21-Dec. 20): You're at everyone's beck and call today so be a good sport about it and don't let it get under your skin.
- CAPRICORN** (Dec. 21-Jan. 18): Did you take on more than you can handle? Perhaps. But if you draw on the support and resources at hand you'll find that you're up to the challenge.
- AQUARIUS** (Jan. 19-Feb. 17): Stop obsessing about what you did wrong. People forgave you a long time ago and you should do the same.
- PISCES** (Feb. 18-March 19): Still searching for that elusive item to complete your collection? Check in with your favorite auction site, dealer, or vintage store. They may have what you're looking for.

BEAUTIFUL HANGUP (Beautiful Dreamer by Stephen Foster)

Beautiful hangup, why should we part
When we have shared our whole lives from the start?
We are so used to taking one course,
Oh, what a crime it would be to divorce!
Beautiful hangup, don't go away!
Who will befriend me if you do not stay?
Though you still make me look like a jerk,
Living without you would take so much work!--
Living without you would take too much work!

I'M DEPRESSED, DEPRESSED! (The Band
Played On by Charles B. Ward)

When anything slightly goes wrong with my
life,
I'm depressed, depressed!
Whenever I'm stricken with chickenshit
strife,
I feel most distressed!
When life isn't fated to be consecrated
I can't tolerate it at all!
When anything slightly goes wrong with
my life,
I just bawl, bawl, bawl!

LOVE ME, LOVE ME, ONLY ME! (Yankee
Doodle)

Love me, love me, only me
Or I'll die without you!
Make your love a guarantee,
So I can never doubt you!
Love me, love me totally--really, really
try, dear.

But if you demand love, too,
I'll hate you till I die, dear!

Love me, love me all the time,
Thoroughly and wholly!
Life turns into slushy slime
'Less you love me solely!
Love me with great tenderness,
With no ifs or buts, dear.
If you love me somewhat less,
I'll hate your goddamned guts, dear!

GLORY, GLORY HALLELUJAH! (Battle
Hymn of the Republic)

Mine eyes have seen the glory of rela-
tionships that glow
And then falter by the wayside as love
passions come--and go!
I've heard of great romances where
there is no slightest lull--
But I am skeptical!

Glory, glory hallelujah!
People love ya till they screw ya!
If you'd cushion how they do ya,
Then don't expect they won't!
Glory, glory hallelujah!
People cheer ya--then pooh-pooh ya!
If you'd soften how they screw ya,
Then don't expect they won't!

LET'S LEAVE THE OLD FOLKS AT HOME!
(Old Folks at Home by Stephen Foster)

Let us suppose my goddamned Mother
Filled me with pap.
I listened and I let her smother--
And carry on her crap!
Let us suppose my crazy father
Called me a shit.
I heard it and I let it bother--
And I still do my bit!

Sure my childhood was confining--
Full of lousy strokes.
Now I am still depressed and whining--
Far from my goddamned folks!
Though my past was rather stinking,
I'm now free to roam.
So let me change my nutty thinking--
And leave the old folks at home!

MAYBE I'LL MOVE MY ASS (After the
Ball by Charles K. Harris)

After you make things easy
And you provide the gas;
After you squeeze and please me,
Maybe I'll move my ass!
Make my life nice and breezy,
Fill it with sassafras!
And possibly, if things are easy,
I'll move my ass!

I WISH I WERE NOT CRAZY! (Dixie by
Dan Emmett)

Oh, I wish I were really put together--
Smooth and fine as patent leather!
Oh, how great to be rated innately sedate!
But I'm afraid that I was fated
To be rather aberrated--
Oh, how sad to be mad as my Mom and my Dad!
Oh, I wish I were not crazy! Hooray,
hooray!
I wish my mind were less inclined
To be the kind that's hazy!
I could agree to really be less crazy.
But I, alas, am just too goddamned lazy!

Song lyrics by Albert Ellis copyright 1977-1985 by the Institute for Rational-Emotive Therapy. Some of these songs (plus the music) are included in the songbook, A GARLAND OF RATIONAL SONGS (\$3.50) and on the cassette tape, A GARLAND OF RATIONAL SONGS, sung by Albert Ellis (\$9.95). Both are available from the Institute for Rational-Emotive Therapy, 45 East 65th Street, New York, NY 10021. Enclose \$1.50 for postage and handling.

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1. List whatever jobs you've had. Just what you can remember in the next two minutes.
2. Pick any of these jobs.
Write about you doing that job.

When you are finished writing . . .

3. Read this quote from Malcolm Gladwell in the *Outliers*, a current best-seller:
These three things,
Autonomy,
Complexity and
the Connection between effort and reward
are, most people agree, the three qualities that work has to have
if it is to be satisfying.

What do you think? Jot down your response to this idea.

Look back at your job list. Does this fit with Gladwell's idea?

