

Keep Your Shirt On

In the 1950s, President Harry S. Truman appointed Newbold Morris to investigate allegations of crime and mismanagement in high levels of government. A few months later, Morris was himself in the witness chair in the U.S. Senate hearing room, answering a barrage of questions from a subcommittee about the sale of some ships by his New York company.

The investigation was intense. The subcommittee's questions were becoming increasingly accusatory. Morris's face first recorded pain, then surprise, and finally anger. Amidst a flurry of irate murmurs in the room, he arose, reached into his coat, and produced a sheet of white paper.

Then he shouted: "Wait a minute. I have a note here from my wife. It says, 'Keep your shirt on!'"

Everyone in the room burst into laughter, and the angry situation was temporarily diffused.

How much better it is to control yourself and your anger in any situation. Channel the intense feelings of rage into positive, productive expenditures of energy, and, whenever possible, lighten the moment.

A little humor can usually work wonders.

– Beecher Hunter

