

# The

## How to End the Depression

**T**HE PERSONAL ONE, we mean; for if we end the personal depression there won't be any other kind. Here is the good medicine:

1. The chances were even that you would be born a girl. You won.
2. The chances were against your living to be 21. You won.
3. The chances that you would be born a boy and live to be 21, were 1 in 4. You won.
4. The chances that you would be born somewhere else than in the United States were roughly 15 to 1. You won.
5. The chances that you would be born an American, a boy, and live to be 21, were, therefore, only 1 in 60. You won.
6. Out of the twelve depressions this country has suffered in 75 years, you escaped all but one or two (consult your age).
7. The pain and suffering of this one you have escaped entirely or 90 per cent, we'll say.
8. You learned more lessons in the last two years than you learned in 12 or 16 years at school; and you learned them not too late.
9. Prices in securities, real estate, possessions generally, are down; even John D. Rockefeller is worth half what he was worth in August 1929. Good levels will return, for him and for you.
10. So, having won practically every chance the world gives its children, just conquer the present indisposition by simple diet, sunlight, kindness to other people, and as much mental composure as you can manage.

Out of every depression we ever had, came a boom. —The Paper Salesman.