

# LOVE AND HATE ON THE TENNIS COURT

How hidden emotions affect your game

Stanley H. Cath, M.D.  
Alvin Kahn, M.D.  
Nathan Cobb

Love and Hate

## Entertainment

### Psychology inside the white lines of the tennis court

Tennis players frustrated by uncooperative weather can take comfort in reading about their preferred sport.

After reading *Love and Hate on the Tennis Court*, one wonders if it still is a sport. According to co-authors Stanley H. Cath, Alvin Kahn and Nathan Cobb, what happens between the white lines of a tennis court isn't simply a game any more. It's a reflection of life.

Why are so many of us seeking that reflection? The writers admit that the fitness craze, increased leisure time, status and growing television exposure have

all played a part in the tennis boom. But they insist, it's more than that. It's a manifestation of ritualized play-bonding. We are all seeking the activities that gave us hours of fascination as children.

Tennis is almost unique in the continual confrontation it offers between two individuals. A move on one side induces a reaction from the other. Inevitably, tension results, and people who have taken up tennis as a form of relaxation often find that it makes them tense.

The writers urge tennis nuts to recognize that falling apart in a tennis

game is nothing to be tense about. "Accept a basic fact," they say. "If something in your life is unsettled it may unsettle your tennis game. The trick is to recognize periods of falling apart, and to learn to tolerate them without being too hard on yourself."

The business of men playing with women opens up a rich field for the analysts. The conclusion - after more case histories - seems to be that women should learn that it's okay to be aggressive and men

should learn that it's okay to be beaten.

Doubles is not everybody's game according to *Love and Hate*. Certainly it is risky for married people. "Your emotional state is higher when playing with your mate and you also know exactly how much you can get away with."

Doubles are suggested as ideal for the older player because they are less strenuous. "And psychologically speaking, most older people find comfort in alliances."

*Love and Hate* presents tennis as possibly sensual but not sexual. The reason is obvious. Sexuality on the court produces tensions, and that's bad for the game.

The book closes with ten psychological commandments aimed at the achievement of pleasure

tennis. You won't learn anything in *Love and Hate on the Tennis Court* about improving your backhand or delivering a smashing serve. The book is aimed at establishing an emotional balance, which is essential if you are to play your best.

Be warned. Reading this book is not enough. "Emotional balance is only one side of the tennis pyramid. The structure

simply won't stand without the other two - skill and practice."

You'll need good weather and a partner to perfect the skill and practice sides. *Love and Hate on the Tennis Court* will provide fun reading when you're off the courts.

*Love and Hate on the Tennis Courts*, by Stanley Cath, Alvin Kahn and Nathan Cobb. Scribner's Pub. 178 pages. \$9.50.

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### Movie review

by Terry Dupuis

The latest Airport movie starts this evening at the Midland Drive-In for four nights. Airport 77 is the third film in the popular series. The first film was Airport in 1970 starring Burt Lancaster and Dean Martin. The second film was Airport 75 with Charlton Heston and Karen Black.

Like its predecessors Airport 77 has a big cast, topped by Jack Lemmon as the plane's pilot. Lemmon is best-known for his comedy roles, but he has done drama in the past as well, most notably in *Days of Wine and*

Roses and *Save The Tiger*. Horror movie star Christopher Lee has a change of pace in Airport 77 as an oceanographer.

Also along for the ride this time are Lee Grant as the oceanographer's shrewish wife, Darren McGavin as a jet designer, Brenda Vaccaro as a stewardess, and veteran film stars Olivia De Havilland and Joseph Cotten. Also in the cast, but not on the plane, is another famous oldtimer, James Stewart. He plays a small but important role as a millionaire who is jetting his friends and art treasures from

Washington to Florida for a museum opening.

Airport 77's plot concerns a Boeing 747 which collides with an oil derrick and crashes in the Bermuda Triangle. Like its two predecessors it is exciting and suspenseful and well-cast.

The second feature with Airport 77 at the Drive-In is a new western, *Mustang Country*, starring veteran actor Joel McCrea. Now 70, McCrea came out of retirement to make this film. It is his first movie since *Ride The High Country*, which was made in 1961. Prior to this, McCrea had been one of the screen's most popular stars. Some of his westerns included *Fort*

Massacre, *Union Pacific*, and *Stars In My Crown*.

Beginning tomorrow evening for a three-night engagement at the Pen Theatre is a double bill of Audrey Rose and *The White Buffalo*. Audrey Rose is director Robert Wise's adaptation of the best-selling novel of the same name. The story deals with a couple who must cope with the fact that their 10-year-old daughter may be the reincarnation of another man's daughter who had been killed in a car accident.

Audrey Rose features

some good performances by a trio of newcomers: Anthony Hopkins, John Beck and Marsha Mason. John Beck is particularly likely to become a big star. In addition to Audrey Rose, he is currently making an impression on the public in *The Other Side of Midnight*.

The second feature playing opposite Audrey Rose at the Pen is the latest Charles Bronson action flick, *The White Buffalo*. Also in the cast are Kim Novak, Will Sampson, Stuart Whitman and Jack Warden.

### Museum attracts many international tourists

Midland's Huronia Museum topped the 10,000 visitor mark over the past weekend despite the hot humid weather which drove most people to the beaches. Sunday, in particular, appeared to be family day when the majority of admissions were parents accompanied by children.

Over the past couple of weeks the Museum has continued to display its magnetism for foreign visitors, and the addresses have included many countries from around the world.

Although the number of visitors from Holland continues to be impressive, the top countries during the latter half of August have been Germany and England. Southern Ireland also accounted for a fair number of people. Other countries to be discovered

in the register have included Denmark, Switzerland, Sicily, Italy, Austria, New Zealand, France, Poland, Hong Kong, Ghana, Kenya, Peru, Taiwan, Scotland and Jamaica.

The United States continued to be represented with people from Missouri, Iowa, California, Pennsylvania, Ohio, New York, Minnesota, New Jersey, Michigan and New Mexico. Out of province Canadians came from Quebec and British Columbia.

On numerous occasions during the past couple of weeks visitors have stopped to compliment staff on the Museum. Some have included complimentary remarks when signing the register. An Iowa visitor over the weekend stated he and his wife had visited many

museums throughout the country, but could think of none which would surpass Huronia Museum. He hastened to add that this excluded those museums in large metropolitan areas.

Huronia Museum and Gallery of Historic Huronia located in Little Lake Park, will continue to remain open until Thanksgiving. The hours are from 9:30 to 5:30 except Sunday when the doors do not open until 11 a.m.

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