



IMPORTANT ANNOUNCEMENT is expected from Britain's Princess Margaret and Capt. Peter Townsend about plans, if any, to wed. He returned to England from "exile" in Belgium; she halted vacation presumably to meet him. (International)

As We Live

By ELIZABETH HURLOCK, PH.D.

LONELINESS NEED NOT MAKE ADULTS UNHAPPY

Loneliness is one of the commonest complaints among adults. Having had companionship from birth, they cannot adjust themselves to being alone when something happens to deprive them of that companionship.

Even a child must be alone at times. He cannot always have playmates with him, nor can he expect a busy parent to amuse him.

As years pass and the child reaches maturity, the times when he is alone may increase or decrease, depending upon the circumstances of life. The chances are, however, he will not like loneliness any more than he did when a child, and will seek means of overcoming it.

Being alone can be fun, if it is not for too long at a stretch. A few hours, or even a day when there is no one around can be a blessing for a person whose work makes it necessary to be with people most of the time.

Just getting away from people is a good way to eliminate nervous tension and emotional strain from constant human contacts. People who learn to enjoy being alone are generally far more relaxed than those who want perpetual companionship.

Can Do As He Pleases

When alone, a person can be himself and does not feel it necessary to act and talk as others think he should. He can dress, recline, and do as he pleases. Social pressures are not present to force his behavior into any set pattern.

Most important of all, he can do the things he wants to do, when and how he wants to do them. He does not have to consider other people nor does he have to stop to think if he is inconveniencing or bothering anyone. The ability to be one's self without any restraints makes being alone occasionally more

LETTERS FROM READERS

Opinion of Others: "What makes some people so afraid of public opinion that they wait to see how people feel about everything before doing anything?"—N.M.

(A) Fear of public opinion springs from a feeling of personal inadequacy. When a person has self-confidence and self-assurance, he does not stop to think of how others will react to what he says or does. He says and does the things he thinks are right. On the other hand, the person who feels inadequate and inferior is too afraid of what others might think to take any chances and, as a result, he waits to see what their reactions are before he is willing to move.

Sloppiness at Home: "I feel that a man should be as careful about his appearance at home as he is when at work. My husband is very critical of me if I am not fixed up when he returns from work, but the first thing he does is to take off his coat and tie, and kick off his shoes. He accuses me of 'picking' on him if I say anything about this."—Mrs. T. L.

(A) This is a case of "what is good for the goose is good for the gander." If your husband expects you to be neat and well-groomed when he comes home from work, you have a right to expect the same of him. I am sure he could be comfortable without being sloppy if he had some lounging clothes and comfortable shoes.

Grandchild: "Our son eloped last March and the baby arrived in July. Of course everybody raised eyebrows and we have been very much embarrassed and ashamed. I cannot feel the same way about the baby as I would if the circumstances had been different. Is this unnatural?"

(A) It is perfectly natural for you to feel as you do. However, the baby will have a hard enough time in life without your adding to it. Try to feel as you would, had circumstances been different.

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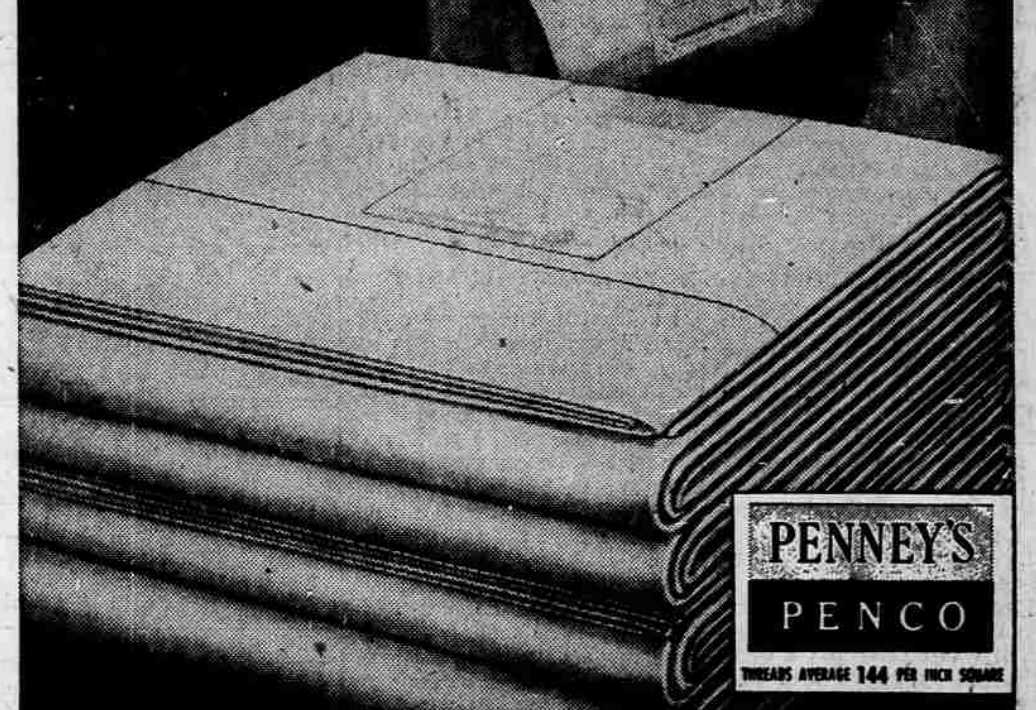
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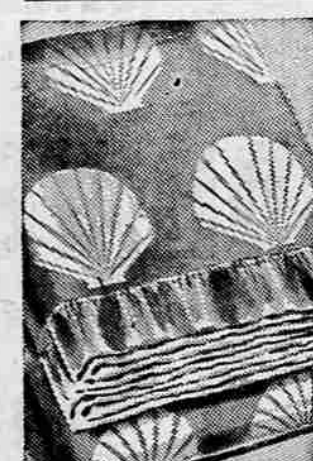
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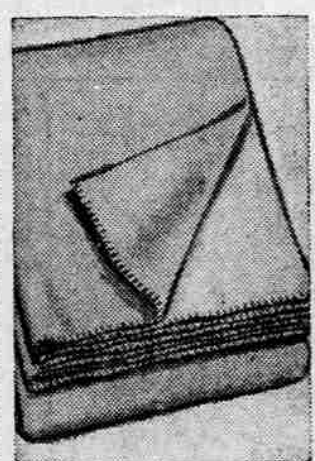
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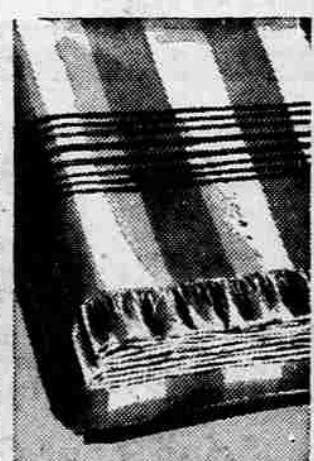
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