

The Family Council

Editor's Note: The Family Council consists of a Judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual case history. The Council reports on problems that have been dealt with by responsible agencies and counselors.

Mrs. E. M.—You can't burn the candle at both ends indefinitely.

Gloria M.—I have superabundance of energy.

Mrs. E. M.—I have a daughter of 21 who can't sit still for a reasonable period of time. She goes out every night of the week except the night she does her hair and even then is constantly on the telephone with her girlfriends.

It's murder to try to wake Gloria in the morning. She goes off to work exhausted and admits that she yawns through the day at her job. How she gets away with it I don't know. Yet the minute she is through with dinner she must be out of the house. Every night it's a date or a visit to a friend.

I feel that she is ruining her

health. You can't burn the candle at both ends indefinitely.

Gloria M.—For years people have been giving me that old business about you can't burn the candle, etc. But I've been doing it and I enjoy better health than a lot of my friends who sleep eight hours a night.

My mother has always nagged me about sleep, but I just don't need it as much as other people. A lot of great men, like Edison, required very little sleep. I have a superabundance of energy. I have to be on the go, among people. I figure there is plenty of time for rest—when I'm dead!

When I'm by myself I feel like jumping out of my skin. I haven't the patience for TV or books. When I play the radio, I have to dance, even by myself.

The Council—Gloria's pride in her ability to burn the candle at both ends isn't borne out by the facts. She has been able to "get away with it" on her job so far, but she obviously is giving a good deal less than her best to her work and we doubt very much whether her social activities are particularly rewarding.

Gloria's engine is running at this time, but there is a strong possibility it will eventually come to a full stop with all the impact of a high-powered engine running into an immovable object.

The pattern for her behavior that Gloria sees in Edison and other great men is strictly phony. Edison got his fuel from an insatiable desire to explore one step further, to pursue his ideas to the outermost limits. Unlike Gloria, he was in the driver's seat, using his energy to the best advantage of his work. Gloria is being driven by forces beyond her control.

What is the fuel that drives Gloria? It could actually be chemical. A physical check-up is definitely in order. It is also likely that there are mental and emotional factors. Psychologists find that individuals driven by this wild, restlessness are afraid to be alone. They are running away in a very specific sense of the word. Usually there is a disturbing problem lurking in the background.

We think it would be a good idea for Gloria to discipline herself a little more to being quiet and alone. It is possible she will suddenly see for herself what the problem is. Once she is able to face it, she may be able to do something about it.

First of all, however, Gloria must accept the fact that her aimless, fierce activity is a weakness, not a strength. When she locates her problem and deals with it, she may feel a new surge of vitality, but this time it will be directed towards a goal. Then she will enjoy periods of being alone.

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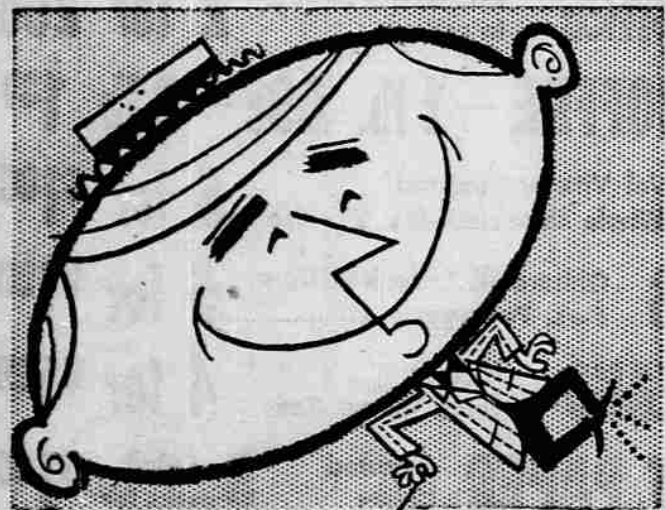
Milkman Sets Two Unwanted Records

West Allis, Wis. — Earl Williams, rural milkman, broke two records recently, but he isn't bragging about it.

Williams' truck collided with another automobile while he was on his route. It was his first accident in 27 years as a milkman. And his injuries forced Williams to go on sick leave.

It was his first time away from his job in 27 years.

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Medford Mail Tribune



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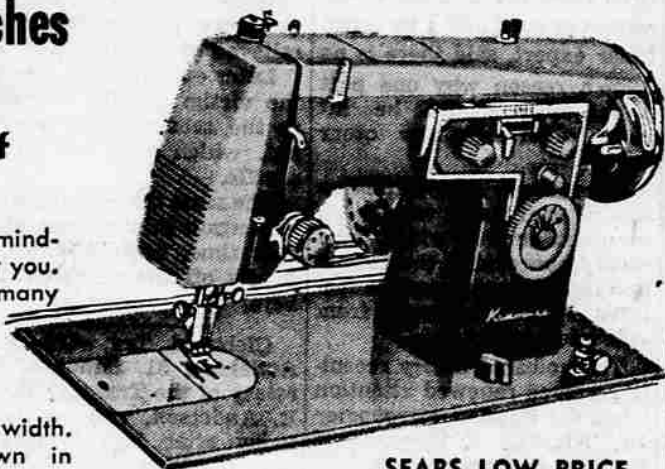
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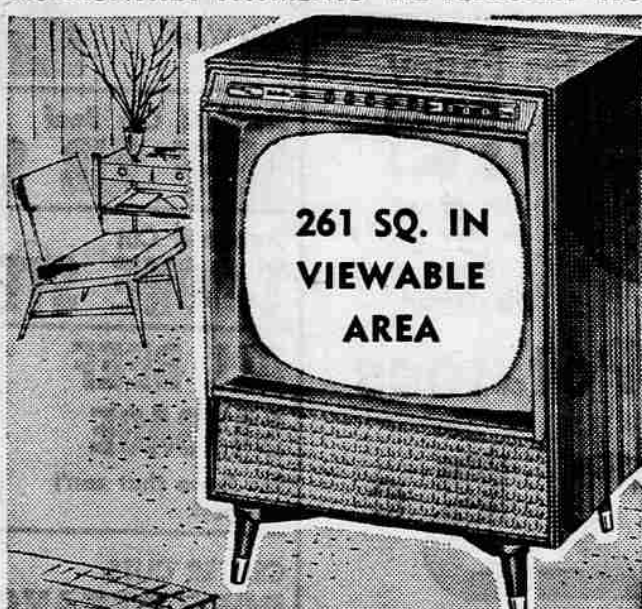
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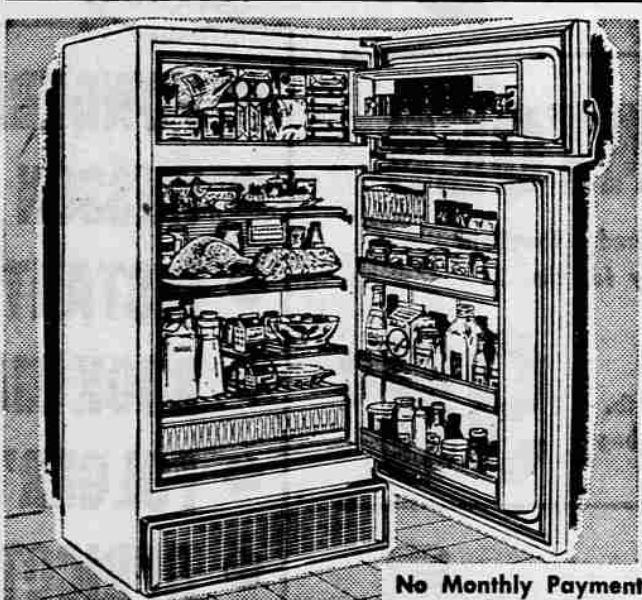
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