



Classic crier was Frenchman who wept when Nazis marched in.

IT ISN'T "SISSY" TO CRY



"Iron Horse" Lou Gehrig, near death, cried before 75,000 fans.



Tough Carmen Basilio cried like a baby on regaining fight title.



Hardboiled soldier, Gen. George Patton, wept at V-E celebration.



Father of hero sobbed as son won Medal of Honor—posthumously.

ELEMENTS of the Allied armies were sweeping into Paris late in August, 1944, filling the vacuum left by the retreating German *Wehrmacht*.

For American officers, the first order of business was a meeting in a quiet suburb with French resistance leaders. Almost to a man, the French greeted the Yanks with tears.

"We expected you to be cheering or laughing," an American officer commented brusquely. "Why tears?"

"For four years we have stored up terror and hate," was the reply. "Who knows? Perhaps tears help us drain them away." Then the spokesman looked at the tense and haggard American officers. "You would do well to do the same."

Americans, though, don't cry. Not the men, anyway. That's "sissy stuff," we say, and keep our emotions locked inside us like a bad genie. Scientists say this is an unhealthy inhibition. If American men learned how to cry, they suggest, emotional tensions

caused by our high-pressure living might be eased.

Crying is supposed to act as a shock absorber when you are grieved, and as a healthy escape valve when you are angry. Great men of the past recognized tears as therapy, not weakness. David, Achilles, Marc Antony, and Napoleon shed tears.

Remember the famous words of World War II—"blood, toil, tears, and sweat"? They were more than just words to Great Britain's prime minister, Sir Winston Churchill. Once when he was touring flaming London after a merciless Nazi air attack, he began to cry quietly.

"You see," said an old woman, "he really cares. He's crying!"

And Churchill, watching undaunted Londoners prepare for another day, replied: "They are tears not of sorrow but of wonder and admiration."

Like most men of history, he knew instinctively what psychiatrists have concluded through observation: that crying is as much a sign of hope as it is a means of expressing anger or sorrow.

Dr. David M. Englehardt, associate director of psychiatry at Kings County Hospital, explains what the average man of today is up against when he wants to "blow off steam":

"In high-pressured business situations, tension builds up and should be relieved. But an executive can't break down and cry like a baby. So he takes out his frustrations on his secretary or his wife.

"This indirect expression of anger or 'crying without tears' is effective unless the amount of tension cannot be expressed by this alternate outlet . . . then there's trouble."

Science once thought people who couldn't cry were candidates for ulcers. Such thinking is no longer in vogue, but repressed emotions do cause some unpleasant bodily reactions.

For example, "weeping eczema" is a skin disorder often caused by emotional strain. It's observed in hospitals where relatives of a seriously ill patient keep a "stiff upper lip" through the hours of crisis—and later break out with the eczema, almost as if their skin were "weeping" for them.

"Grief and depression are both related to loss," says Dr. Albert J. Stunkard of New York Hospital. "The inability to externalize it is symptomatic of something psychologically wrong."

Crying, of course, is no cure-all. Too many tears can indicate a psychological imbalance just as too few tears do. Nevertheless, American men might feel more at ease in this world if they took a tip from the ladies and enjoyed an occasional cry.