

# LIVING

## Coping with Conjugal Quarrels

by Sylvia Saleem

**A**N occasional argument can be a way of enabling your marriage to grow — provided you quarrel about the right things and in the right way.

If you find this a startling statement, consider three facts about marriage.

**Difference of Opinion**  
How reasonable is it to expect two people, however much they love each other, always to want to do the same thing, in the same way, at the same time?

Disagreement stems from the fact that husband and wife are distinctive, different persons; yet marriage is a complete union, a shared life. Unless one is prepared to be dominated by the other, conflict is bound to arise. This is true in all cases — there are no exceptions.

Some couples preserve the illusion that they never disagree, because they conceal their hostile feelings from each other and even from themselves. In business, or in social life, that may make good sense. But not in marriage.

If you suppress strong negative feelings towards your husband, you defeat your whole purpose. You accumulate smouldering resentment beneath the surface.

This builds a wall between yourself and your partner. And if you go on building it, all vital communication between you may in time come to an end. This is far more harmful to the marriage than an occasional explosion, which tends to clear the air and leads to a reconciliation scene and a return — or even an increase — of tender feelings.

**Hostile Feelings**

If you bury your conflicts, they will slowly destroy your happiness. But if you bring your conflicts out into the open, you have to do something about them. And if you care at all for each other, what you will want to do is to find a way to resolve them. It is having the desire to put the situation right that is all-important. A quarrel can sometimes be the first step in the right direction.

It is healthy for a married couple sometimes to feel an intense hostility to each other. When a marriage is in danger there's much more hope of saving it if the couple are quarrelling openly and violently than if they aren't speaking to each other at all.

But quarrelling does not, by itself, solve any problem in marriage. It can end disastrously, and sometimes does. It only helps if you know and obey the rules.

Soak your feet in a bowl of warm water and scrub the toes with a soft nail brush. Dry the toes and feet thoroughly and then use a pumice stone or special rough skin scraper to get rid of any hard skin, which usually develops on the heels and the balls of the feet. There are new liquid hard skin removers on the market that are applied to dry skin and then gently rubbed off, taking the hard skin with it; these are also good for removing dead skin on the top of the feet and around the ankles. Then rinse the feet in clean water and dry them thoroughly.

Push the cuticles back gently



Black and White Always Bring Sophistication

The first rule is that you must, sooner or later, find out what you're really arguing about. Because anger against a spouse is not recognised as a respectable emotion, we become adept at 'displacing' it.

Married couples disagree over trivial issues like where to hang a picture. That appears to be the focus of the argument. Actually, people don't really quarrel about trivialities. What happens is that some irrelevant detail touches off inflammable emotions and there's an explosion.



Sometimes people just don't know, and can't find out, what is stirring up such intense hostility between them.

But very often if you sit down quietly and let the fury ebb away, honest self-examination will soon make clear what really made you so angry.

**What Caused It?**

It may take great courage to admit to your partner what the real bone of contention is; but if you don't, you may have to choose between wasting time and energy on fruitless bickering about irrelevant issues, or slowly drifting apart.

If you know what you're quarrelling about, keep to the subject. Be angry by all means. Let your husband know how

angry you are. But let him know, clearly and specifically, what you're angry about.

Make your point, and don't pull your punches until you are satisfied that he grasps clearly what you're getting at. But remember, too, that conflict is a two-way process. Let your husband make his point, too. In other words, listen to what he is saying.

Not easy, but not impossible. If the man you married is angry with you, be sure he has a reason. He may not be able to express it very clearly. It may be

relatives will take sides — and this will make it worse.

Do not argue while the children are present — but there's no need to go to the other extreme and give them the misleading impression that married couples never disagree!

One of the characteristics of a married couple's quarrel is that there can be any winner. So it is quite an art to bring the quarrel to a close.

**Making Up**  
As the emotional tensions discharge themselves, weariness and general relaxation follow. A point is reached at which one or both would be glad to end the encounter.

One good way of achieving this is by a little bargaining. "All right, so I get on your nerves when I write cheques and leave the counterfoils blank ... If I fill them in from now on, will you really try to understand how I feel when you go out all day every Sunday?"

A minor concession of this kind, offered sincerely, can often open the way to a recovery of deeper communication in the relationship. It may even be a turning-point.

Remember that you are quarrelling only because you are expecting a great deal from marriage.

If you meant nothing to each other you would not argue. You would just shrug your shoulders and walk away.

You quarrel because you love each other, or at least because you want to love each other.

What you're really angry and hurt about is that you want to get closer together, only you can't because when you try you seem to push each other away. Sometimes saying this out loud, in the middle of a fight, can have a dramatic effect.

When the bargaining starts ... don't exploit concessions by stepping up your demands. A concession is hard to make. Accept it with gratitude, and be generous in return. If your husband swallows his pride and agrees to fold his pyjamas, call it a day.

After the bargaining, then comes the time for making up. When it comes to this, do it in the grand manner. This is the time for free and full forgiveness, and for magnanimity. Above all, don't sulk.

There is no sweetness like that of togetherness after any discord, and no relief quite like that which follows reconciliation.

And if, through this experience of difference sharply realised, honestly expressed and triumphantly resolved, you really have come closer together, you have good reason to let your hearts sing.

have an insole put into the other. Be sure and stand up and walk around in the shoes before you buy them. A shoe that is comfortable when you are sitting down is not an indication that it is the correct size.

**Common Foot Problems**

Athlete's foot is a fungal infection which causes scaling, peeling, itchy skin between the toes. Athlete's foot is contagious, and thrives in warm damp areas. Be sure and dry your feet thoroughly after washing, particularly between the toes. Apply an antifungal cream or powder twice a day. If the condition does not clear up, consult your doctor.

Bunions are a deformity of the joint between the big toe and the foot. They are usually due to tight-fitting shoes putting severe pressure on the area around the big toe to bend inward against the other toes. A bunion may become painful, swollen and tender. Wear properly-fitting shoes, and wear a bunion shield on the affected area. If the bunion is very painful, see your doctor who may refer you to a chiropodist. If the bunion is left untreated and becomes severe, surgery may later be required to remove part of the bone.

Calluses are areas of hard skin that build up due to pressure from new or ill-fitting shoes. A pumice stone can be used to remove the callus, and there are also special callus removers. If you cannot treat it at home, a chiropodist will be able to remove it for you.

Similar to callus, corns are localized areas of hard dead skin that build up due to friction and pressure. They can be caused by loose-fitting shoes as well as tight shoes. The skin responds to friction by producing a protective layer of dead cells. These cells then pile up, becoming thick and form a corn. Do not use home treatment to remove corns, as these preparations do not always limit themselves to the area you want treated; this can cause infection.

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## Are You a Good Listener?

by Farida Akhter

**M**OST adults listen at about 25% level of efficiency. Many people think that listening happens when one hears. But hearing is not the same as listening. Hearing is a sensory process in which ears receive auditory sensations and send them to

use listening skills. But many of us are bad listeners as we often do some listening faults such as:

a) Interrupting:

Interruption is a very com-

Some people use to change the topic frequently. It disturbs the normal flow of conversation and sometimes make difficult situation for problem solving.

c) Jumping to conclusions:



the brain while listening is hearing, interpreting and understanding what is heard. Therefore, listening is more than hearing.

Effective communication depends on active participation by the listener. An active listener works to overcome personal listening faults and develop and

mon listening fault that we do with different persons in different occasions. Parents often do it with the children or in presence of them, therefore, children also learn this fault. But everyone has experienced how it feels to be talking to someone who interrupts.

b) Changing the topic:

Without listening properly, some people use to draw conclusions. This is very bad for good and effective communication.

d) Giving advice:

When the speaker says anything, it is very embarrassing to give advice on the said topic,

but often it happens. This is very much chronic in some people that never realize how it hampers communication.

e) Thinking for reply/questions:

There are people who think of their reply on their next question to the speaker while the speaker still speaking. These people usually listen half of the statement and use to face embarrassing situation.

f) Showing inattentive posture:

When a speaker speaks, sometimes listeners disrupt communication by way of different postures and gestures that indicate their inattentiveness. This may happen so consciously or unconsciously.

g) Not paying attention:

When someone speaks and the listener does not pay attention, it seriously creates obstacle for communication. Listener's attention is a prerequisite criteria for any sort of communication.

You can check how good listener you are. Good listening skill is the precondition to develop many other skills which can make you successful in academic, professional, social and family life.

## Managing Stress

• Difficulty in concentrating.  
• A general "burned-out" feeling.  
**The Good News About Stress**

Stress doesn't have to be unhealthy. Stress and change can be harnessed to create a positive force in our lives. Dealing with the physical symp-

careful look at your attitude and responses to your individual stressors is important. It is your choice to react to a situation with positive, constructive energy or negative hostile thinking. You can choose to let something upset you or decide to let it go.

**Exercise regularly:** Exercise



toms of stress is important, but also looking at the "big picture" — our overall lifestyle and the way we think — is important too.

**What You Can Do**

Get to know what bothers you: The first step in positive stress management is to recognize those things that personally cause you stress (stressors). Stressors are unique to each person. What is stressful to one person may not be stressful to another. Once you have identified those situations that cause stress, you will be much better prepared to deal with them when they occur.

Look at how you think: A

uses up the "products" of stress in our bodies and has been shown to be effective in achieving relaxation and better quality sleep.

**Eat a healthy diet:** Eating regularly is necessary to maintain energy levels. Avoiding caffeine, excess salt and sugar in the daily diet is also helpful.

**Sleep, relax, have fun:** Getting adequate sleep on a regular schedule, planning for relaxed time during the day and participating in activities that are fun and enjoyable all play a part in arming yourself to deal with stress.

**Stress management seminars:** Contact your local hospi-

tal or health center for information about education programmes on stress.

**Read books:** Go to your local library or book store to select one or more of the many excellent books available on managing stress.

**Join a support group:** Get involved with a group at your workplace, church or hospital focused on issues related to stress and stress management.

**Build your self-esteem:** Seek and participate in activities that make you feel good about yourself with people who have positive attitudes.

**Talk to friends, family and yourself:** Ask yourself if your current investment of time, energy and resources is where you would like to be.

**Relaxation Techniques**

Sometimes you need to cope with stress head on and recover quickly so you can resume your normal daily routine. During periods of stress, simple relaxation techniques can help. They can be performed anywhere and take only a few minutes of your time.

**• Deep Breathing:** Deep breathing is the simplest technique for relaxation. Inhale slowly and deeply, allowing your lungs to fill with as much air as possible, then exhale very slowly. Repeat this breathing technique for a few minutes until your begin to feel more relaxed.

**• Clearing your mind:** Set aside five minutes in a place where there is little noise and distraction. Sit comfortably and begin breathing slowly and deeply. Mentally focus on a peaceful thought or image such as a sunset or a still body of water. Concentrate on the serenity of the image and the tension will slowly ease.

**• Stretching:** Stretching to loosen the tightened muscles often associated with stress is another good relaxation technique. Common areas tension include the neck, shoulders and back.

**Stress is Here to Stay**  
Stress and change are facts of life. What matters is how we handle our reactions to them. Using a combination of self-care techniques for the physical symptoms and looking carefully at what support mechanisms are available can help you face the day-to-day stressors as well as the profound life changes that are all a part of all of our lives.

Courtesy: Baxter Healthcare

### Scones

2 cup sifted flour  
4 teaspoons baking powder  
1 teaspoon salt  
4 tablespoons shortening  
1 egg  
1 cup milk

Mix and sift flour, baking powder and salt. Cut in shortening with a knife or pastry blender. To well beaten egg add milk and then add to the first mixture to make a soft dough. Turn dough out on to lightly floured board and knead slightly.

Roll  $\frac{1}{2}$  -  $\frac{3}{4}$  inch thick in large rounds. Cut into segments, brush each with milk, sprinkle with sugar and grassed place

## Simple Snacks

on a grassed baking sheet.  
Bake in hot oven (425°-450° F) for 10-15 minutes.  
Nut and date scones. Add  $\frac{1}{3}$  cup chopped dates to scones before adding the liquid ingredients.

### Plain Toffee

2 cups granulated sugar  
1 cup water  
3 tablespoons vinegar  
1 teaspoon salt  
1 teaspoon vanilla  
Combine sugar, water, cream of tartar and salt and boil to the "hard ball" stage (265° F). Add vanilla and pour

on to a buttered platter. When cool enough to handle, pull until white and firm. Cut with scissors in desired sizes.

### Apple Pie

pastry  
 $\frac{2}{3}$  cups sliced fresh hard apples  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  teaspoons lemon juice  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon nutmeg or cinnamon  
1 teaspoon butter (approximately)

Line a pie plate with pastry and fill evenly with sliced apples. Mix together sugar, lemon juice, salt and spices and sprinkles evenly over the apples. Dot with butter, then cover with a top crust. Bake in hot oven (450° F) for the first 10 minutes, then reduce temperature to moderate (375° F) and back for 30-40 minutes or until apples are tender.

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**Corrigendum**  
Due to oversight the word "gluttons" was inadvertently spelt incorrectly in the last issue of the "Living" page.