

Coping with Conjugal Quarrels

by Sylvia Saleem

An occasional argument can be 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 your 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.



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.

Keep your quarrels private as far as you can. Squabbles in public can have repercussions that hurt deeply. There is also the danger that friends and

quite complex. But accept this as a challenge.

As you go over in your mind afterwards, the hard cruel things he said, you can be sure that many of them are not to be taken seriously.

But look for the core of truth.

You will always find that there is a valid reason why he was so angry, mixed up with a lot of apparent reasons that are of no real of basic importance. When you find that valid reason, face it honestly. It may lead to a turning-point in your marriage.

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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 counters 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 suck.

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 forming 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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Beauty Tips

Apply polish to the toenails in the same way you would to the fingernails. Use three strokes, with the first going down the centre, and then one on each side. To avoid smudging it helps to use one of the specially designed sponge pieces to keep the toes separated while the polish is drying. Allow time for the polish to dry, then apply a topcoat or sealer.

If you prefer the natural look, you can buff toenails instead. Buff in one direction, preferably from the base to the tip, and don't rub too hard or the nails will get hot.

Foot Problems

Most foot problems are caused by ill-fitting shoes, and it is important to buy ones that fit properly. When trying on shoes, make sure they do not rub against the big toe or cut into the side or back of the ankle. They should fit snugly across the widest part of the feet without pinching, and should not push the toes into each other. Loose shoes can cause problems as much as tight shoes can, so make sure that yours are the correct size.

When trying on shoes, wear the socks or stockings that you will be wearing with the shoes to ensure a proper fit. Do not try on shoes when you are hot or when you have been walking as your feet may get swollen — shoes you buy at these times often feel too loose the following morning. If you are flat footed, you may need to buy arch supports for extra comfort and support.

It is a good idea to have your feet measured professionally every one in a while. Your feet may change size occasionally, and shoe size vary from one manufacturer to another. Always try on both the left and right shoes, as most people have one foot that is larger than the other. If the difference is great, buy the larger size and

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

with a towel. Apply cuticle remover and leave it on for the required time. Use a hoof stick to push the cuticles back gently and loosen the cuticle from the nail surface. When all this is completed, massage a rich moisturizing cream into the feet, concentrating on the areas where the rough skin builds up.

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