

## Men, Wimmen & the Five-Hour Therapy

THEO-RY

**In** this moddern age wen wimmen ar so bizzy multitasking, & so aware of their new rites rrellativ to men, marryd life has changed. Let's ask agen the old question, wot dus a man hav a rite to expect from his wife?

As I hav thaut about this thare is one thing my husband [rest his soal] expected of me thru the years. And thru the years I lernd to accept it. I call it the Five Hour Therapy, & I think it is just as rellevant today as it was 50 years ago wen we wer first marryd.

It went like this. From 5 o'clock in the eevning until 10, wen we went to bed and to sleep, he wanted me and the children to be in orbit around him. He needed to relax, to rest, to eat, to be obeyd, to be lissend to, to be luvd. If thare was ever an eevning wen he did not get this, he was deffinitly frustrated.

If I, in particcular, needed to go out for an eevning, it required elabrat diplomatic negotiations ahed of time. He needed to brace himself, to lecture himself eeven, concerning my rites & his obligations to me. If I was lucky an eevning away from home cud be mannged for me without an argument. If we wernt, I had to fite for it...to the children's & grandparents' distress.

Perhaps this sounds like an extreem case. But as I struggled to see his point of vew & his need, I decided that the 5 hour Therapy was not limmitd to our fammily. Perhaps Neil was a bit arbitrary & unreasonable. But on the other hand I feel that if I had not givven him the Therapy at least 6 nites out of 7, he wud hav broken down under the strain of his role as husband and provider. He offen sed he cudnt do it without me. Wen our marrage began to disintegrate, he told me that he had to hav a wife, & that if I wud not be a good wife to him he wud find another. I agreed that this was true for him. His life outside our home had the usual amount of professional & personal stress in it, and he needed the releef that home aforded him.

Yet I was always a little fretful at havving to giv that 5 Hour Therapy, with or without the sex wich was a frequent part of it. I was always thinking, "Wy do the men create & run their world with so much stress in it? If Neil had a less compettitiv, less demanding life outside of home, wudnt he be mor willing to forgo the Therapy at least one or 2 nites a week?"

It's true that if the outside world created less stress, wives wud hav sum releef from havving to giv so much therapy to their men. But men may also hav other reasons for needing that predictable peaceful eevning.

In my own case I had plenty of reason to feel Neil needed the Therapy, becaus  
1)he had an artificial rite leg wich gave him almost continnual pain wen he walkd

2)He had a reumatic hart condition wich left him with less ennergy than normal men, that dated bak to befor he lost his leg at the age of 10



3) He was very successful as a hyscool music teacher, wich ment that he was always in conflict with the athletic department; the parents tended to contribbute munny for instruments & for the kids to giv concerts elseware, insted of givving for football uniforms & nite liting for the playing feeld.

If wot yur man demands in the eevning is not justified, if he has plenty of strength so he cud help, but he wont, & if he cud mannage without u - after the kids ar older - for a cupple of eevnings a week, u ar rite in thinking sumthing needs to be dun about it, such as both of u going to a counselor. That's wot my dauter & son-in-law did, with good results. Therapists, pastors & wise frends & rellativs can giv good counsel. But wot can u yurself do? Wot is the modern wife's role?

*In order to decide wether yur man shud or shud not receev the Therapy almost evry nite, we need to consider:*

1) How much ennergy dus he hav in general? Sum hav a lot mor vital force than others. In particcular those who hav been sexually abused as children ar likely to bear a lifelong impeddiment, a nearly paralyzing appathy. The same for those who suffer from depression.

2) Is he in pain? Pain zaps ennergy.

3) Is he under stress at work? Virtually all workers hav sum stress, & sum hav to bear a lot mor than others. Stress requires relaxation for treatment.

4) Is he reasonably polite & apreeciativ of yur contribution to his relaxation & daily recuvvery? My husband was apreeciativ, & offen told me so. "U sure put up with a lotta guff from me...."

5) Dus he make a reasonable effort to take care of his diet & helth, so he wil not be so tired? Neil was very good about that, ate the good food that was set befor him, & used a slantbord evry nite to strech out on, with hips elevated abuv the hed. I used it too, & hyly recomend the practice.

6) Dus he pay attention also to his spiritual condition? Dus he take advantage of the biblical offer by the Father, the Son & the Holy Spirit to liten man's burden & giv him peace, if he wil obey the comandments of the scriptures, including the golden rule? In particcular dus he try to express the virtues emboddyd in the injunction "Wot dus the Lord thy God ask of thee but to do justly, and to luv mercy, and to walk humbly with thy God?" Abuv all evry man needs to heed the admonition of Christ to sho luv. To do this imparts strength, it ads to a person's vital force.

7) Dus he hav reason to beleev that yur eevning excursions ar a thret to the welfare of the fammily? Yur job is to see to it that they arnt.

8) Ar u making allowance for the fact that men hav mor urge to domminate than wimmen do? Lern to play it as a game. Domminance is his game. Unless it is an emergency, play along with it as u wud with a child or an animal shoing off. Let the child in him hav a bit of a romp. Make a face at him, & like a patient mother lern to grin & bair it. A little spoiling of this kind, along with prais for his acomplishments, wil keep him from getting depressd. Yu'r better off with a cocky, sober & coddled husband than a depressd intimidated one, who wil eventually start drinking. That wil be worse.

This is not to say u shud never yel at him. I used to rais a big challenge about evry 3 months, & say wot I had to, & set the reccord strait - & he wud lissen. I workd all the time, hardly ever took enny recreational time off. But I realized it was difrent for me than for him. I can talk about that sum other time.

Luv, Theo

