



egoistic needs and impulses (like sex), and to strive with determination towards personal and communal goals. Looked at in another way, self-discipline is basic to the development of man's noblest virtues, such as temperance, fortitude, and selflessness.

To grow up emotionally is, of course, a basic requirement of adult responsibilities and relationships. This quality is clearly related to self-discipline. Everyone knows that he cannot cope adequately with the demands, frustrations, and conflicts of adult life with childish fears, temper tantrums, self-centeredness, or infantile dependence on others. Since the emotions are a direct cause of most adjustment problems, emotional immaturity is doubly complicating. Attempting to cope with reality with childish or infantile responses is like trying to swim across the ocean with a pair of water wings. In either case disaster is not far off.

Similarly, maturity requires awareness of social demands. This quality is not as serious as emotional maturity, but it is nevertheless necessary for people to grow up socially if they are to function effectively in the world of everyday affairs. The most significant aspect of acting one's age socially is becoming *other-minded*, that is, seeing other people in terms of their needs, characteristics, and idiosyncrasies. This quality is particularly important in marital relationships, because so often the husband fails to see his wife as she actually is, and sees her instead in terms of the image which he has created of the perfect wife.

## MATURITY MATTERS

A psychologist views problems of adjustment

By Alexander A. Schneiters

ACHIEVING HAPPINESS in marriage is essentially a problem of human adjustment. In this process of learning to live together in harmony, maturity is as necessary as the wedding ring or the wedding itself.

In saying this, I do not hold that every marriage will fail in the absence of full-scale maturity. There are very few people who can be pointed out as fully mature. All of us, to some extent, are immature in one or another area of adjustment. But for a marriage to be successful, husband and wife must be continually maturing. There must be a persistent striving toward higher levels of maturity, particularly during the early years of married life. Every married couple should become keenly aware of the signs by which maturity can be recognized.

The five characteristics listed below are essential to the process of maturing, regardless of circumstance or state of life. Since every phase of adjustment requires maturity, these general characteristics have a direct bearing on marital adjustment as they do on all other aspects of adult living.

To accept responsibility freely and without childish reservations is perhaps the most basic characteristic of maturity. In the absence of this attitude there can be neither adequate achievement nor adult relationships. We expect children to accept some responsibility for their behavior, and this demand increases in direct relation to the child's age. In fact, the truly adult person not only accepts responsibility; he actually seeks it; in the sense that he wishes to acquit himself as an adult and accomplish the things that must be done.

Maturity in any form requires self-discipline, since without it one cannot fulfill his responsibilities. Self-discipline is required to set a limit to unreasonable impulses and feelings, to defer the immediate gratification of

his role as husband and father, usually because of an early and strong identification with his own mother, which leads him to abdicate his duties and privileges as the head of the house.

In many instances the marital roles are actually reversed: the woman becomes a dominant and controlling figure; and a man becomes the passive member of the team. This leads the male partner to the point of failing to take an active interest in the home, with the result that the marriage relationship begins to sag. In such a confusion of roles we find wives who think more of their profession than they do of their home and children, and husbands who cannot exercise the authority and discipline necessary to a well-ordered marital existence.

The acceptance of one's natural role is important to another aspect of maturity in marriage—the development of *creative sexual relations*. When the roles of husband and wife are confused or reversed, it is difficult to achieve the sexual compatibility that contributes to marital adjustment. In normal sexual relations it is natural for a man to assume the dominant and aggressive role, and for the woman to be passive, accepting her husband's advances. Obviously, this normal relationship will be disturbed when the roles assumed by husband and wife in other relationships are poorly defined or reversed.

In much the same way that the proper roles of husband and wife must be clearly defined, so each one must understand the other partner's status in the marital relationship. The wife must try to understand the essential characteristics of masculinity, and the husband must above all work toward a fuller understanding of feminine psychology.

For example, it is of primary importance for the husband to recognize the basic need for communication that exists in his wife. He must realize that it is not enough for his partner to communicate with the children or even with the neighbors. Her primary desire is to communicate with her husband and to share with him her needs, feelings, frustrations, and aspirations. Opportunities should be provided day in and day out for such personal, intimate communication. The wife on her part must realize that the husband has two loves: his family and his work; and that maturity requires her to forego feelings of jealousy where the husband's work or professional activities are concerned.

In line with these requirements for maturity, the husband must recognize the *dignity and worth of the wife's role*, both as a mother and as a homemaker, and to scrupulously avoid the impression that her efforts are of secondary importance to the well-being of the family. Both partners need also to recognize that family relationships outside of the home can be of considerable importance. The wife's relationship to her mother and father, and to her brothers and sisters, can be an important sustaining factor in her life. The husband should not interfere with or try to break up such relationships.

Finally, maturity in marriage requires that both parties recognize the *primacy of the husband-wife relationship* over that of the parent-child relationship. Neither one should turn to the children for the gratification of their emotional needs, but should seek such gratification in their relationships with each other.

In all of these secondary characteristics of marital maturity, one can see the interplay of the primary qualities outlined earlier. Any married couple can be sure that if they strive diligently toward the realization of these characteristics, marital happiness cannot be far off.

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## Getting a Degree in Marriage

By Eugene Logsdon

FRIENDS SHOOK THEIR HEADS doubtfully when we told them our plans. Newly married, Carol and I were headed for Indiana University for four years that we hoped would bring me a doctoral degree. Our financial situation was rather public knowledge. No one had much trouble remembering a nice round figure like 500 dollars. Informed people told me that my other asset, a three-year fellowship, would help—they let the remark hang in the air like that. But the overall consensus of opinion seemed to be that we could "get by," if (and this was delivered with a cold, word-to-the-wise stare) we did not have any children for a while.

Three years and two children since then, I find myself in hearty agreement with this opinion. We could have "gotten by," handsomely. But all in all, it probably would have been slightly boring. We would be tucked away in a little apartment, securely saving up theater tickets to show how cultured we are. We would not have found our log cabin in the woods, nor learned how to make dishes that taste as if they have meat in them, nor known the experience of seeing a snake come slithering down the stairs, nor set before a pioneer fireplace cooking a pot of old-fashioned bean soup. Above all we would never have known this particular son and daughter. There may be others, but these precise two would never have existed.

The usual way one stays alive while getting through graduate school is simple. The wife works. Her salary and an assistantship or fellowship are enough to keep two people sheltered, clothed, and fed, if they are sensibly frugal.

In our case, this procedure had to be discarded early. As soon as we saw the hand-



writing on the wall, we began to look for a place to live which was (in order of importance) cheap, clean, large enough for a growing family, private and reasonably close to the university. We soon discovered no such animal existed. Privacy (crying babies disturb other renters and vice versa) and space (two small children almost *have* to be in different bedrooms so one can sleep while the other is screeching) were simply not part of the fringe benefits of the cheaper university apartments. Next I checked at a trailer court, and found that at least here, one bought the trailer and rented the lot. I was told that this worked out satisfactorily because a person could sell the trailer when he left and get back some of his money. Buying a house trailer was one thing; buying that story was another. I decided to keep looking.

Houses and large apartments in town seemed to run \$99.50 a month and up. Mostly beyond the city limits housing was a little cheaper the farther we drove away from the university. But then we had to start figuring transportation costs.

Finally we stumbled upon a log cabin hidden in a seven-acre woods not a mile from school. Though it showed signs of neglect, we liked it immediately. Besides a living room, modern bath and kitchen, there was a short dormitory upstairs and a dining room off the kitchen that could serve as a second bedroom. The only available water was from a cistern, but it looked like a big one. There were cracks between the logs of the walls wide enough to fly a medium sized bumble bee through, but I thought I could fix that. The oil furnace was in good shape, and I was already figuring how much fuel money I could save by keeping a roaring fire in the huge old fireplace.

The owners wanted \$85 a month, and we would pay all utilities. This was still a little high for our budget, but the house had sufficient furniture of sorts and included a TV set and piano. Throw in the privacy, the red-buds and dogwoods, some fifty varieties of birds and flowers, and we figured it was a bargain.

Heating the cabin has been a problem. We chinked the larger holes in the logs with clay we dug out of the hillside. This winter we bought sheets of vinyl plastic on sale and wrapped the north and west sides of the house with it. During the cold winter of '62, we kept a fire burning in the fireplace. The furnace has labored nobly along.

Drinking water we bring in from the gas station. For everything else, the cistern has

usually been sufficient. We've had to buy two truckloads of water at \$5 each. Rain has brought the rest.

We eat better than many married graduate students. Some I know have three meatless days a week and only one real meal a day—sort of a continuous Lent. We believe that saving too much money on food leads to spending it all on doctor bills. Carol regulates her diet by buying according to what is on sale. Once when pork chops were going at 99¢ a pound, she brought home 80 many they wouldn't fit into the freezer compartment. From the standpoint of economy, chicken wings are our favorite meat. We buy eggs from a neighboring farmer. They are cheaper and far fresher. We buy milk by the gallon jug, saving over a nickel a day. The garden provides vegetables through the growing season. From the woods we get mushrooms, hickory nuts, walnuts, raspberries, blackberries, elderberries, persimmons, rabbits and squirrels. A neighbor allows us to fish in his pond and pick up the bruised apples in his orchard. We are also fortunate in having parents who are farmers. When we are home, they lavish all kinds of garden and farm produce on us.

Graduate students with children generally take turns babysitting for each other. However, the last few times we attempted to go out for the evening involved so much trouble getting the children ready for the sitters and the sitters ready for the children that it was hardly worth it. And watching movies on TV does wonders for the pocketbook. We do try to make regular visits home. But our good parents are so generous, this doesn't really cost anything.

Most of Carol's maternity clothes and the baby clothes were borrowed or hand-me-downs. Many other such items have come as gifts. When we absolutely need something, we buy it. It's surprising how little we really need.

According to our cancelled checks, the year looks like this: \$950 for food, clothing, soap; \$1800 for rent and utilities; \$300 for insurance; \$250 car expense. This just about equals the fellowship stipend. Odd jobs and departmental work earned me enough to pay tuition, which is comparatively cheap at a state university. I had to borrow some money, but I'm now coming out about even.

The serious graduate student does not mind the inconvenience of a strict budget. I suppose that this in part has motivated our log-cabin living. After all, look what it did for Lincoln. ◇

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