

## LESSON 5

### THE UNIQUENESS OF WOMEN

#### Introduction

Each life is a complex mixture of needs and values, and these may fluctuate from time to time. Some persons may consider prestige, power, and wealth more important, while others may emphasize pleasure and survival. Fulfilment of needs is central in the development of personality.

Some needs grow out of the unique physiological and psychological natures of man and woman while others emerge as a result of one's social situation. The women's liberation movement in the United States has erred by asserting that basic differences between males and females are minimal and are the result of social and economic discrimination. They claim that such differences as exist are merely the result of differences in education and training and, therefore, are not basically inherent differences. Advocates of this movement fail to recognize the social, psychological, and teleological implications that result from distinctions in anatomy, physiology, and emotions of males and females. Even a child is aware of the differences in the animal kingdom. He can easily distinguish between male and female by observing their organs of reproduction and size, and the older child becomes aware of different roles for males and females. Differences in relation of the male and female to the offspring are very obvious in lower animals which have not learned their roles by education or tradition.

#### Differences in Men and Women

Dr. Paul Popenoe, founder of the American Institute of Family Relations in Los Angeles, notes several differences between men and women:

1. Their cells differ in the chromosome combinations; this fact accounts for the development into maleness or femaleness.
2. Women have greater constitutional vitality and outlive men three or four years.
3. The basal metabolism of women is normally lower than that of men.
4. In skeletal structure, women have shorter heads, broader faces, shorter legs, and longer trunks. Often the first finger of a woman's hand is longer than the third, but this condition is

Men and women differ in a \_\_\_\_\_,  
p \_\_\_\_\_, and e \_\_\_\_\_.

These differences have s \_\_\_\_\_,  
p \_\_\_\_\_, and t \_\_\_\_\_  
implications.

(anatomy, physiology, emotions, social,  
psychological, teleological)

reversed in men. Women have larger stomachs, kidneys, livers, and appendices, but smaller lungs.

5. Unique functions in women which relate to child-bearing, such as menstruation, pregnancy, and lactation, influence behaviour and feelings. Of course, these functions are not found in men. A woman has more hormones than a man does, and the same glands behave differently in the two sexes. A woman's thyroid is larger and more active and enlarges during pregnancy and menstruation. It is more prone to goiter, provides her with greater resistance to cold, and is associated with smooth skin and a thin layer of subcutaneous fat which contributes to greater emotional variation in women; thus, a woman laughs and cries more easily than a man.
6. Women's blood contains more water and less red cells; therefore, less oxygen is available to body cells. This condition results in quicker physical fatigue and greater susceptibility to fainting.
7. Men are fifty per cent above women in brute strength.
8. A woman's heart beat is approximately ten per cent faster than a man's, but her blood pressure is about ten points lower. Women have less tendency to high blood pressure than men.
9. Women can stand higher temperatures better than men, and their metabolism slows down less.<sup>1</sup>

These physical differences contribute significantly to emotional and psychological differences between men and women. Since these differences are not always understood, conflicts often arise between husbands and wives because of ignorance. A recognition of these differences should lead to greater acceptance of wives by husbands, and vice versa, even though the emotions and attitudes at times are somewhat distasteful.

#### The Physiological Distinctives of Women

The physiological functions of women cause emotional, social, and psychological responses which men do not have. A woman's maternal instinct and motherly feelings are associated with the menstrual period. Although eighteen per cent of women will be menstruating at any one time, autopsies reveal that fifty per cent of female suicides occur during the menstrual period. A large majority of women's crimes (63% in an

<sup>1</sup>"Are Women Really Different?" Family Life, February 1971, Vol. XXXI, No. 2.

*When you finish reading Dr. Popenoe's list of differences between men and women, write the ones you can remember. Then refer back to the text for the ones you may have omitted. Write them also.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

*List some examples of the fact that the physiological functions of a woman affect her emotional, social, and psychological responses.*

1. \_\_\_\_\_
2. \_\_\_\_\_

*(Compare your answers with the text.)*

English study and 84% in a French study) occur just previous to this period. Number of accidents, quality of school work, intelligence test scores, and reflex actions are affected by the menstrual cycle.

### Feminine Fatigue

Often husbands are unaware of the amount of energy that a woman expends in being a wife and mother. Upon conception, her body must provide nutrition and minerals not only for her own body but also for the unborn foetus. Both menstruation and childbirth cause loss of tissue and blood which have to be replaced. If children are conceived too frequently, her body does not have opportunity to regain its strength and her health is endangered. The birth of the child does not end the expenditure of energy but often is just the beginning, especially if the child is hyperactive. Her body continues to produce nourishment for the infant, and her tasks are greatly increased in caring for the infant. When the child becomes a toddler, the mother must constantly watch after him, carry him around when he refuses to walk, and discipline him in order to train him properly. Of course, a mother finds much joy in caring for her children, but the joy does not replace the expended energy.

Although the husband may work hard in the field, the factory, or an office all day, he must not conclude that his wife has been idle, and, therefore, should be available to serve his every need. In addition to caring for children, her day has been filled with housecleaning, caring for the clothes for the entire family, and preparing meals. Often her full schedule does not leave time for social contacts with other women, while the husband has had opportunity to socialize while at work.

Fatigue makes a person less able to cope with noisiness of children and other irritations which arise every day. Fatigue causes a person to complain and criticize those whom he or she loves most.

Dr. James F. Dobson suggests that wives' depression, which is the result of busy lives and fatigue, can be reduced significantly if the husband will comprehend and accept three ideas:

1. Human beings tolerate stress and pressures much more easily if at least one person knows they are enduring it. Housewives can manage their domestic and family duties if their husbands understand their situation. Human understanding is essential for proper self-esteem. Everyone needs to be respected for the way he meets his responsibilities. Husbands' emotions are nurtured through job promotions, raises

As you read the first two paragraphs of *Feminine Fatigue*, list some sources of a woman's fatigue.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

(Compare your answers with the text.)

Finish reading Dobson's three suggestions for helping wives in their heavy responsibilities. Then list them briefly in your own words.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

in pay, and the incidental praise during the workday. Wives must depend on their husbands for respect concerning their performance in the home.

2. Most wives can handle the daily household activities if husbands will provide help for the additional periodic tasks of cleaning appliances, waxing floors, and cleaning windows.
3. Families should constantly guard against over-commitment. Women as well as men need some time of their own to do the things that interest them.<sup>2</sup>

### Feminine Emotions

The majority of women experience recurring times of despair, discouragement, disinterest, distress, despondency, and disenchantment with their circumstances. Men become depressed over specific problems which arise in business and in personal and family life, but women experience a cyclical pattern of emotional ups and downs.

The variation between emotional highs and lows will be less in some women than in others. Those who do not get very excited about anything likely will not descend as deeply into depression as those who are excitable. An experience which produces an extreme "high" will also set the stage for a later "low." There is let-down, or mild depression, after the build-up of an emotional experience. Persons who understand this pattern will be able to endure depression more easily. Emotional experiences require more physical energy. An increase in emotions causes the adrenal glands to produce more adrenalin which speeds up the metabolism of the body. This process prepares the body to respond more rapidly and efficiently during fear, excitement, or tension. As long as the emotional response is above normal, the body will be using an abnormal amount of energy. When the emotions return to normal, the body is left exhausted; therefore, periods of emotional excitement are followed by periods of fatigue and depression. The condition is corrected when the body is rested and energy is restored.

### The Feminine Need for Self-Esteem

Inferiority and self-doubt lead to feelings of inadequacy, lack of confidence, thoughts of worthlessness, and despair. A woman sometimes feels alone and wonders if anyone cares. The woman with inferior

<sup>2</sup>What Wives Wish Their Husbands Knew About Women (London: Coverdale House Publishers, Ltd., 1975), pp. 51-54.

Emotional highs cause the a \_\_\_\_\_ glands to speed up m \_\_\_\_\_ and use an abnormal amount of physical energy; therefore, the body becomes exhausted, causing fatigue and d \_\_\_\_\_, or emotional lows.

(adrenal, metabolism, depression)

List some results of feelings of inferiority and self-doubt.

(Compare your answers with the text.)

feelings experiences fear when speaking with her peers and may feel foolish afterwards. Such experiences result in her feeling that the best of life is passing by without her really enjoying it or achieving anything worthwhile. Depression causes one to feel unloved, unlovable, lonely, and sad and to conclude that others have more talent.

Low self-esteem can threaten any member of the family. It causes persons to feel that they are not respected by others. What persons think others think about them affects their emotions significantly. If it is concluded that others think they are dumb, ugly, or lazy, they cannot live with themselves. An eminent physician recently stated that a man who believes he has no further worth or purpose in living will be dead in eighteen months. Rebellious, hostile, teenagers are usually those who are bitterly disappointed with who they are and with what they are becoming.

Low self-esteem afflicts men as well as women, but it has been aggravated among women by the demeaning criticisms of the traditional role of housewife. No serious woman wants to waste her life with insignificant activities. In recent years, traditional responsibilities of raising children and maintaining a home have been attacked with disrespect and ridicule. These attacks have caused more women to become disenchanted with their roles and to question whether they are being used by men to do the lowly and undesirable tasks. They are being told that normal women do not like domestic duties and responsibilities and cannot be happy at home. If the husband likewise communicates the view that the wife's work at home is less important than his, her self-esteem is sure to suffer.

Dobson points out that another cause for decline in self-respect has to do with the physical attractiveness of the woman.<sup>3</sup> If a woman conceives of herself as ugly, she is almost certain to feel inferior to her peers. With society's placing so much emphasis on sex, physical beauty is idolized; therefore, the opposite of the approved—ugliness—is scorned. Advertisers make women aware of the slightest physical flaws in order to sell their products which claim to be remedies. The constant calling attention to certain textures of skin and complexions causes women to feel inferior and inadequate over the least physical imperfections.

Although there is no fundamental difference in the level of intelligence between men and women, men in the business or professional world have been depicted as more intelligent than housewives. Unfortunately in many societies, greater attention is given to the education of boys than girls. Generally, men score higher on tests in mathematics and philosophy, but women excel in verbal skills. Intellectual ability varies greatly within each sex. Usually men gain higher levels of

<sup>3</sup> Ibid, p. 26.

List some feelings and attitudes that result from depression.

\_\_\_\_\_

\_\_\_\_\_

(Compare your answers with the text.)

Low self-esteem causes persons to feel they are not r \_\_\_\_\_ by others.

(respected)

One cause of low self-esteem among women today is the demeaning of the traditional role of the h \_\_\_\_\_.

(housewife)

Another cause of low self-esteem among women has to do with their opinion of their physical a \_\_\_\_\_.

(attractiveness)

Another cause of lack of self-esteem of some women is the low opinion of the intellect of a h \_\_\_\_\_.

(housewife)

education because of the need to develop skills for their occupations. Society pays homage to intelligence. Intellectual pride may cause persons to conclude that those occupying positions which require advanced education are making a greater contribution to life than those that do manual labour or tend to home affairs.

Recent psychologists have concluded that personality, human growth, and happiness centre in relationships and not in a person's accumulation of facts. If mankind is the climax of creation and humanness depends on social relations, then life centres in relationships. The mother whose personality and love largely shape the lives of her children functions in society's most important role.

A person who feels inferior tends to withdraw and refuses to participate where risks are involved. Many persons who have significant contributions to make to a group or to a project refuse to get involved because of their fear of what others might think. Every person has felt ill at ease in the presence of a highly trained professional or a person of wealth. A young preacher probably will feel inferior at times in the presence of a doctor, lawyer, or political leader. The political leader may know no more or not as much, but his position has given to him self-confidence. The traditional role of woman in the home has not provided her with many opportunities to mix with community and state leaders; therefore, she tends to feel insecure and develops a low self-esteem of her abilities. This view of herself produces anxieties when she mixes with others, and her safest recourse is to withdraw and not risk ridicule.

If the husband fails to understand the situation of his wife, he also will likely conclude that she is limited in ability and thus will add to her feelings of inferiority. What she needs is to develop self-esteem and feelings of personal worth. These concepts are strengthened when genuine respect and appreciation are shown her in her role as housewife and mother.

The women's liberation movement has developed as an anger-reaction against inferiority. Women of this movement have concluded that the solution to their feelings of inferiority and inadequacy is to attack the traditional role of women and to deny their inherent characteristics. Militant feminists today are attacking everything about the home, child-rearing, marriage, and sexual morality. Anger and hostility are poor solutions for feelings of inferiority and inadequacy. To deny one's God-given nature will not eliminate feelings of inferiority. Rather, women need to understand that their personal worth is the same as that of men. Those who have self-esteem and a healthy view of personal worth do not feel the need to be equal with men in every aspect of society. In answer to the question of what he would change about women in general if he could, James Dobson wrote the following:

*Another cause of low self-esteem among some women is lack of opportunities to develop confidence in s \_\_\_\_\_ relations.*

*(social)*

- 1. Anger and hostility are poor solutions for feelings of i \_\_\_\_\_ and i \_\_\_\_\_.*
- 2. To deny God-given nature will not eliminate feelings of i \_\_\_\_\_.*
- 3. Those who have self-esteem and a healthy view of personal worth do not feel the need to prove their e \_\_\_\_\_ in every aspect of society.*

*(1. inferiority, inadequacy; 2. inadequacy; 3. equality)*

I would provide each one of them with a healthy dose of self-esteem and personal worth.... If women felt genuinely respected in their role as wives and mothers, they would not need to abandon it for something better. If they felt equal with men in personal worth, they would not need to be equivalent to men in responsibility. If they could only bask in the dignity and status granted them by the Creator, then their femininity would be valued as their greatest asset, rather than scorned as an old garment to be discarded. Without question, the future of a nation depends on how it sees its women, and I hope we will teach our little girls to be glad they were chosen by God for the special pleasures of womanhood.<sup>4</sup>

Women have the instinctive tendency to desire a family and home. Humanistic and materialistic philosophies are ignoring this innate desire of womanhood and are suggesting that higher fulfilment comes in the professional and economic realms. Lasting happiness is impossible until a woman learns to accept herself. When women seriously answer the question of what they want most out of life, they will usually respond, "a home and a family." Frustrated and insecure women may deny this natural longing and substitute lesser desires, but the woman who admits this longing should be unashamed that God has made her this way.

The Need for Love

There is a wide agreement among psychologists that love is a fundamental and basic need of all people. This need is generally stronger in women than men, and they have a tremendous capacity for love, both giving and receiving. The noble quality of mother love is universally acknowledged to the extent that occasional incidents in which mothers do not love their children are difficult to believe.

Tim and Beverly LaHaye have suggested five kinds of love required by a woman.<sup>5</sup>

1. Companionship love. Although numerous men have become hermits and recluses, few women are known to withdraw to a life of solitude. A woman looks upon marriage as perpetual companionship, and the neglect of companionship caused by a man's job which takes him from home for

<sup>4</sup>Quoted by Joyce Landorf in The Fragrance of Beauty (Wheaton, Ill.: Victor Books, 1973).

<sup>5</sup>The Act of Marriage (Grand Rapids, Mich.: Zondervan Corporation, 1976), pp. 37-42.

<p><i>The innate desire of most women is to have a _____ and _____.</i></p> <p><i>(family, home)</i></p>
<p><i>As you read about each kind of love required by a woman, write it.</i></p> <p>1. _____ love</p>

long periods of time may result in marital problems. Since the man is surrounded by people on his job, he often is unaware of the importance of his companionship with his wife. If the wife stays home all day in caring for household matters and children, she desires the husband's attention and companionship when he arrives home. So often the husband has become frustrated on his job or disturbed by relations with co-workers. When he arrives home, he does not provide companionship but often makes his wife and children the objects of his frustrations. The wife, too, is responsible for helping to build companionship love. She must be willing to share in the activities which interest her husband, while the husband gives attention to areas of interest to his wife.

2. Compassionate love. A woman has a natural compassion for her child and husband in times of sickness and injury. She is anxious to do everything possible to relieve suffering or discomfort of her family members. She is likely to wait upon her husband in times of his illness much more efficiently and thoroughly than he responds to her needs during times of sickness. Men should remember that women's displays of compassion mean that they have a need for compassionate love in return.
3. Romantic love. Since women are more sentimental than men, they have an extraordinary need for romance. They dream of romantic occasions and tender moments. Flowers, music, soft lights, and refined entertainment are desired. When a man comes to a special dinner, he is concerned about the quality of food, but the woman is concerned also about exquisite decorations and beautiful surroundings. Unexpected gifts and an occasional night out without the children are especially appreciated by the wife even though she may be very practical in keeping expenses to a minimum in trying to manage the household. Man's need for romance may be practically non-existent, but his wife never loses that need. Although women's liberation movements have attempted to erase the distinctions of emotional needs between man and woman, women continue to respond to expressions of thoughtfulness,

*As you read, continue writing the kinds of love required by a woman.*

2. \_\_\_\_\_ love

3. \_\_\_\_\_ love

such as opening car doors, being permitted to enter a door first, and being seated at the table. Women like to be treated like ladies.

4. Affectionate love. A woman desires embraces and kisses of appreciation. A tender touch and the closeness of one whom she loves is as enjoyable as the more intimate relationship. She appreciates an approving look and words of commendation.
5. Passionate love. Because of man's stronger sexual drive, passionate love is more natural and constant for him than for his wife. A woman's passions are more periodic than man's and are affected more by fatigue and emotional distress. The woman who experiences the other four areas of love and has high self-esteem as a wife will enjoy passionate love. A warm love relationship with her husband both fulfills her needs and those of her husband. Gratification comes to her by the feeling that she is meeting her husband's needs.

#### Acceptance by Others

There may be an occasional person who has such strong self-confidence that he does not need the acceptance of other people, but the majority of people are dependent upon others for emotional sustenance each day. The woman who is deprived of acceptance is forced into perpetual isolation and becomes deeply disturbed emotionally. She develops feelings of worthlessness which lead to despair and depression.

A mother tends to become isolated when she has several young children to care for and to supervise. She does not have time for association with her peers outside the home. It is too much trouble to get the children ready, and they are too disruptive of social engagements. Most mothers are very self-conscious of the activities of their children which may be annoying to others.

Women tend to be critical of one another. They are hesitant to entertain unless the house can be spotless and the food or refreshments exquisitely prepared. Women are much more aware of the quality and condition of clothes worn by others. Upon returning from a social or religious gathering, they can usually describe in detail the dresses worn by other women and the ability of the seamstress who made them. Such acute observation of others results in their suspecting that others are observing their clothing and activities also. This tendency can cause a woman to feel uncomfortable in the presence of those whom she does not know well or among those by whom she does not feel accepted.

*Two additional kinds of love required by a woman are:*

4. \_\_\_\_\_ Love

5. \_\_\_\_\_ Love.

*Give two possible results of deprivation of acceptance.*

1. \_\_\_\_\_

2. \_\_\_\_\_

*(1. isolation, 2. emotional disturbance)*

*List some reasons mothers of small children tend to become isolated.*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*(Compare your answers with the text.)*

*A characteristic of women which hinders their feeling accepted by other women is the tendency to be c \_\_\_\_\_ of one another.*

*(critical)*

There is a competitive tendency among women. When members of a social group take turns in hosting the group, the hostess on successive occasions is careful to match or surpass the entertainment of the previous occasion. Those whose homes are not as elaborate as others are very self-conscious of their more humble dwellings when their turn for hosting the occasion arrives. On the other hand, some women whose husbands make larger salaries feel superior to others and in turn are resented by those who must struggle to pay their bills.

These attitudes tend to isolate a person and lead to loneliness. A woman with self-esteem can control and minimize the isolating tendencies, but one with inferiority feelings often succumbs to them.

Isolation increases inferiority. A woman who has no real friends feels too inferior to make social contacts, and this reluctance makes her feel even more inferior. Although she may be misinterpreted by her peers as being cold, aloof, and self-sufficient, she desperately needs acceptance and meaningful contact with people.

The past roles of men and women have enabled men to be more successful in finding outside interests and activities than their wives. Men are interested in sporting events while women usually are not. Men enjoy carpentry, working in gardens, and boating while women usually are bored with such activities. Women may enjoy sewing and growing house-plants, but their range of activities is usually more limited than that of men. The lack of energy and time for the mother of small children accounts largely for her not being more involved in the outside world.

Every person must have at least one other person to care for and love him or her. Without a relationship to make one feel needed and wanted, a person lacks self-esteem, tends to develop feelings of inferiority, and becomes isolated. Humans are social beings who must depend on each other for emotional fulfilment and stability.

#### Sources of Fulfilment

Both men and women have equal needs for self-esteem and acceptance, but they satisfy those needs differently. Since a man's life is largely job-oriented, he gains a sense of worth primarily from the reputation he establishes in his job. Emotional satisfaction comes from achieving in business or occupation. The farmer can gain much satisfaction by watching the crops grow, while the skilled craftsman looks with delight upon the product he has finished. The housewife and mother must look to her husband and children for a sense of accomplishment. Her achievements centre in preparation of good meals, keeping the house neat and attractive, observing her children develop into mature and worthy adults, and satisfying the needs of her husband. "Men derive self-esteem by being respected; women feel worthy when they are loved."<sup>6</sup>

<sup>6</sup>Dobson, What Wives Wish, p. 64.

*Another characteristic of women which hinders their feeling accepted by other women is*

*c* \_\_\_\_\_.

*(competitiveness)*

*Feelings of inferiority are increased by*

*i* \_\_\_\_\_.

*(Compare your answer with the text.)*

*Why can a husband's indications of accepting his wife help her feel needed and wanted?*

\_\_\_\_\_

\_\_\_\_\_

*(Compare your answer with the text.)*

*List some ways in which wives and mothers look to their husbands and children for fulfilment.*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*(Compare your answers with the text.)*

Since they are more dependent on the right conduct of their children for a feeling of fulfilment, mothers experience greater despair when children are rebellious and fail.

Ridicule and embarrassment by her mate before her friends is destructive. Criticism in public or private destroys self-confidence and dignity.

The Bible admonishes the man to "cheer up his wife which he hath taken" (Deut. 24:5b). This Scripture instructs a man who has taken a new wife not to go to war for a year, nor be charged with any business, but to be free at home in order to cheer up his wife. Few newly-married men can afford such a luxury, and the wife probably would not be disposed to such a plan. The Mosaic law does indicate that the emotional well-being of the wife is the responsibility of her husband. The husband cannot fulfil his responsibility to his wife if he spends long hours at work and the remaining waking hours for his own pleasure and recreation. Most husbands promise during the marriage ceremony to "honour and cherish" their companions, but many renege on this responsibility and give primary attention to their own needs and pleasures. Men are to love their wives as part of themselves since a man and his wife become one (see Eph. 5:28). The husband is to care for his wife as his own body just as Christ cares for His body, the Church. The wife is to respect, obey, praise, and honour her husband.

The woman also must take responsibility for strengthening the relationship with her husband and thus help lay the right foundation for her own fulfilment. No man enjoys coming home to an untidy house, dirty children, and a nagging, over-indulgent wife. The writer of Proverbs concluded that "it is better to dwell in a corner of the housetop [attic], than with a brawling woman in a wide house [a lovely home]" (21:9). Nevertheless, the male is responsible for the initiative in correcting problems.

### Conclusion

Women are neither inferior nor superior to men. They are simply different creations. They think differently, feel differently, and are designed for different roles. Their roles are not inferior to those of man. Happiness in life is not so dependent on material things or money as on acceptance, worth, and love. Women make greater contributions to these areas that bring the most happiness to husbands and children. In a sense, their natures and roles are superior to those of men in bringing real meaning and purpose to life. It is interesting that men are instructed to be the religious leaders in their homes, but women usually provide more spiritual influence.

Women are superior in their special role of being feminine but are misfits in assuming men's roles. Man did not need another man to be a helper but a woman who was fitted to his needs. If Eve provided for Adam's needs, then Adam met the needs of Eve. God did not create a second Adam (man is not by nature a homosexual) but an Eve.

The Mosaic law and the New Testament indicate that the well-being of the wife is the responsibility of the \_\_\_\_\_.

(husband)

The wife also has responsibility to strengthen the relationship with her \_\_\_\_\_.

(husband)

Are these statements true or false?

1. Women are inferior to men. \_\_\_\_\_
2. Men are superior to women. \_\_\_\_\_
3. Men and women are simply different creations. \_\_\_\_\_

(Compare your answers with the text.)

Women make greater contributions to happiness in the areas of a \_\_\_\_\_, w \_\_\_\_\_, and l \_\_\_\_\_ than men do.

(Compare your answers with the text.)

Adam exulted when he beheld Eve: "This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man" (Gen. 2:23). Eve was something special! She was given capacities for sensitivity to another's need, for genuine love, for self-giving, and for understanding. Her daughters bear in nature her inner-likeness. Her body has been given by God special creative power as she bears children. Her capacity to love and to establish relationships with others are replicas of the divine nature: she is created in the image of God. Adam's desire and need for woman were answered in the nature of Eve.

Woman was made with desires to be needed, wanted, and understood. If these desires are unmet, her life is empty and lonely. Her desire to be needed is the basis of her unique love—the giving of herself in meeting the needs of her husband and children. Most women are at their best when crises threaten their husbands or children; they function best when they are needed.

Although the man was designed by God to carry the responsibility of provider and leader of the home, his success (or failure) in these responsibilities depends on the wise counsel and loving support of his companion. If she is an unwilling and incompatible mate, no amount of financial success can bring fulfillment to his life. If she "cops out" when things become difficult, his courage to try again is shattered. Ruth Hampton has said:

The most influential position in the nation today is held by a woman. She enforces law, practices medicine, and teaches—with-out degree, certificate of competence, or required training. She handles the nation's food, administers its drugs, and practices emergency first aid. This for all the spiritual, physical, and mental ills of the American family. A man literally places his life and the lives of his children in the hands of this woman—his wife.<sup>7</sup>

<sup>7</sup>Quoted in The Marriage Affair, ed. by J. Allan Petersen (Wheaton, Ill.: Tyndale House Publishers, 1971), p. 96.

1. A woman's desire to be needed is the basis for her unique \_\_\_\_\_.
2. How is this desire to be needed fulfilled?

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*(Compare your answers with the text.)*

### Home Study Exercise

Basic activity (Levels 1, 2, and 3). Do the following exercise.

1. List nine physical differences between men and women. \_\_\_\_\_

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2. List three evidences of the fact that the physiological functions of a woman affect her emotional, social, and psychological responses. \_\_\_\_\_

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3. List five sources of a woman's fatigue. \_\_\_\_\_

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4. List three ways a husband can help his wife in her heavy responsibilities. \_\_\_\_\_

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5. State why emotional "highs" are followed by emotional "lows." \_\_\_\_\_

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6. What are the effects of inferiority feelings and self-doubt? \_\_\_\_\_

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7. What are a person's feelings when depressed? \_\_\_\_\_

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8. List four causes of low self-esteem among women. \_\_\_\_\_

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9. What natural longing do most women express? \_\_\_\_\_

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10. List five kinds of love required by a wife. \_\_\_\_\_

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11. Give four reasons wives need special indications of acceptance by their husbands. \_\_\_\_\_

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12. What does a housewife depend on for fulfilment of her needs of self-esteem and accomplishment? \_\_\_\_\_

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13. How are women's natures and roles superior to those of men in bringing real meaning and purpose to life? \_\_\_\_\_

Supplementary activity (Levels 2 and 3).

Read pages 93-96, 97-102, and 107-111 in The Marriage Affair, edited by J. Allan Petersen, and answer the following questions.

1. According to Gladys M. Hunt, why are women confused?
2. For what role in life do women's special characteristics prepare them according to Hunt?
3. What advice does Osborne give to women for improving their marriage relations?
4. Who are the two masters that the wife is to obey according to Shirley Rice, and how does submission to one lead to submission to the other?
5. When is it right for a wife not to submit to the husband as head of the home?

Advanced activity (Level 3).

Read pages 103-106, 112-114, 115-118, and 119-120 in The Marriage Affair, edited by J. Allan Petersen, and answer the following questions.

1. What is Ann Landers' advice to employed mothers whose income is not essential to the support of the family?
2. What does Landers define as the real challenge for housewives and mothers?
3. What is Dale Evans Rogers' advice for keeping attractive?
4. According to Ardis Whitman, what are the essential characteristics of "the unforgettable woman"?

Seminar Discussion

1. What physical differences account for psychological differences between man and woman?
2. What are some causes for feminine fatigue?
3. How do men differ emotionally from women?
4. What are the results of self-esteem?
5. What kinds of love are required by a woman?
6. What are the husband's responsibilities in fulfilling the needs of his wife?