... children are more responsible and tolerant adults if they are raised with friendly pets!

Study by Michael Levine, psychologist, Bloomsburg University, reported in Working Mother, 520 Park Ave., New York 10169. Monthly. $11.95/yr.

... you are aerobically fit if it takes you less than 11 minutes and 40 seconds to walk one mile.

New Woman, Box 5252, Boulder, CO 80321. Monthly. $15/yr.

... antismoking restrictions have been implemented by 54% of American companies? Another 21% are planning to add them within a year.

American Lung Association statistics, quoted in USA Today, Box 7856, Washington, DC 20044. Mondays. $11.95/yr.

... married men are less prone to disease than single or divorced men.

Study at Ohio State University College of Medicine, cited in Science News, 1719 N St. NW, Washington, DC 20036. Weekly. $27.50/yr.

... exercise after menopause can help prevent or retard osteoporosis.

Most effective: An exercise program paired with increased calcium intake.

Study at Washington University and the Jewish Hospital in St. Louis.

... teachers view heavy boys as competent but heavy girls as incompetent?


... 44% of Southerners don't drink alcoholic beverages? Also nondrinkers: 30% of Midwesterners, 28% of Northeasters and 27% of Westerners.

American Demographics, Box 68, Itasca, NY 14850. Monthly. $48/yr.

... tomorrow's elderly will be more mobile, healthier, more politically aware and better educated?

Result: A powerful new elderculture.

Wellness and Health Promotion for the Elderly by Ken Dychtwald, Ph.D., Aspen Publishers, 1600 Research Blvd., Rockville, MD 20850. $38.

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**INSIGHT**

**Dr. Peter Salovey, Yale University**

**All About Jealousy**

Although we think of jealousy as a shameful, harmful emotion, it is really a normal human feeling. It doesn't necessarily signify weaknees, moral failure, low self-esteem, psychological problems or any of the other negatives often attributed to it. In fact, it's something we all experience... and in some situations it's a guide to what we should do.

**WHY THE BAD REPUTATION?**

Most people try not to feel jealous because we have strong prejudices against intense emotions, particularly negative ones. We're also not supposed to lose our temper, cry in public, or even look very sad. And, if we do feel jealous, we're admitting vulnerability or weakness by confessing that something out there is making us feel a lack in our own lives. We're saying we may not measure up—and no one wants to admit that, not even to himself.

**Reality:** Jealousy is a perfectly normal emotion as long as it is not so severe or so frequent that it interferes with relationships or work. All it means is that some things in this world are very important to you, that maintaining a relationship or hanging on to successes that you've worked hard for is very important to you. This is just fine.

**JEALOUSY VS. ENVY**

Jealousy is a lot like another uncomfortable emotion—envy. The actual feelings involved—anger, sadness and fear—are quite similar (although they may be more intense in a person who is suffering from jealousy). The main difference between the two emotions is the situations that create them. Possession is the critical difference.

With jealousy, you have something that you don't want anyone to take away from you. You guard it. We usually think of jealousy in terms of relationships, but you can jealousify your time, your money or even your car.

With envy you desire something that someone else is jealous of. Like jealousy, envy is not all bad. In fact, envy can sometimes help you find out what's really important in your life.

**Example:** A journalist envied novelists whose first books got good reviews. This clued her in to realizing that she really wanted to leave journalism and write a novel herself.

**WHEN DOES JEALOUSY OCCUR?**

Although people are not intrinsically jealous, there are specific situations and specific people that can make us feel that way. These people or situations hit us where we live—where our view of ourselves is at stake.

There are certain situations in which almost anyone would feel jealous, such as a lover starting an affair with someone else. But other situations apply on an individual basis.

**Example:** If you're a businessman whose lover starts flirting with someone who is more successful in business than you, you'll probably be even more jealous than if she fell for someone in a different field, such as a professional athlete.

**WHEN JEALOUSY IS A PROBLEM**

A certain amount of jealousy in a relationship is normal and probably healthy. It signals that the person in question is very important to you, or that you need to put more time or effort into working on the relationship.

Sometimes jealousy indicates that something about the way a couple has been communicating or dealing with...
Example: When I first met my wife, she was always touching people at parties—holding their hand or putting her arm around them, men as well as women. I interpreted this as flirting and asked her if she was doing it to make me jealous. She explained that she didn't mean anything by the touching, that she had always been a very physical person. Whatever doubts I had were dispelled when I went to her family reunion and saw that her whole family acts the same way. It's just their style of interacting.

Many people deal with jealousy by focusing on the happier aspects of their relationship and putting the jealousy in perspective.

Jealousy becomes a problem if you avoid getting emotionally involved with others because you're afraid of feeling jealous... if it becomes obsession... or if you exhaust your resources to cope with it. If the jealousy becomes impossible to manage and interferes with daily-to-day life, professional treatment may be wise.

THE BEST TREATMENT

The first and most effective thing to do when you're feeling excessively jealous is to talk. Tell your partner how you feel, and discuss what's causing it.

Excessive jealousy can be a sign of a power imbalance in a relationship. The person in the weaker position becomes desperate and tries to make the dominant partner jealous in order to gain power. Again, the remedy is to talk about the problem.

Although jealousy can usually be explained away or worked through, it's important to remember that it's not always groundless. You should take it seriously, because it may be a sign that something wrong really is going on. If that's so, you must think of the jealousy as part of a learning experience. It may not be something you want to learn... but it will be something you need to know.

common with friends who are childless or whose children are older.

A CHILD'S PERSPECTIVE

Children of older parents really feel wanted. Since their parents are more relaxed and sure of what they are doing and who they are, these children grow up more stable emotionally.

Two of the most important factors in the life of a child are predictability and consistency. Since older parents are less likely to divorce—the relationship is more secure, since both partners have come to terms with what they want and expect from it—the home is calmer.

PROBLEMS THE CHILD WILL FACE

• Feeling different. At one time, children were embarrassed or ashamed that their older mothers and fathers weren't like their friends' and schoolmates' parents. Children worried when inviting a playmate home: "Will my friends think these are my grandparents?" Today, however, older people are healthier, better looking and more energetic than 20 years ago. And as more couples decide to have children late in life, older parents are becoming less of an oddity.

• Getting too much attention. Children of older parents are often only children, with all their parents' attention and interest focused on them. This can make a child feel overly responsible for pleasing his parents.

• Fearing loss of their parents. Most children start to think about death and loss at age 6 or 7—but it becomes more of a preoccupation for children whose parents are older.

• Having a shortened youth. While still in their teens or twenties—years when they are developing outside relationships and careers—children of older parents may find themselves caring for an ailing parent or having to get along without parental support and guidance.

HOW TO HELP YOUR CHILD

□ Make provisions for guardians, and keep your wills up to date. These matters can be discussed with your child. The child's fears about your death or embarrassment about your age should also be aired.

□ Encourage your child to develop a network of friends and peers outside the family (especially if grandparents or aunts and uncles aren't around) for additional support and affection. (pp 141-142)

NEW WORLD

Dr. Pearl-Ellen Gordon

Late-in-Life Babies
Parents’ View
Children’s View

As more career women postpone childbirth until their middle thirties to early forties, the number of older parents continues to increase. Result: New considerations and problems for a generation of parents and children.

WHEN OLDER IS BETTER

There is a lot to be said for older parents. Couples in their thirties or forties are unambivalent about having a child—they really want this baby. They are further along in their careers and usually financially secure. In addition, because most have already gone through the self-searching stage of their lives, they are comfortable with their identity. All of this means that there are fewer distractions competing for their attention... they can focus more on the child.

Although older parents may tire more quickly, or find it harder to adapt to the disruption of sleep patterns caused by a baby, they are usually less involved in the "rat race" than more energetic younger parents—so it balances out.

Added benefit: Older parents find themselves feeling and thinking younger through exposure to their child's friends and interests.

Older fathers have many advantages over young ones. A man in his early forties is more likely to be a caring, nurturing father. He has passed through his "macho" years and is more comfortable expressing feelings and caring for a child.

A consideration: Having a child when you are older may affect social relationships. Parents who are preoccupied with a baby often find they have less time for friends. For a while they will have less in

Bottom Line/Personal interview with Pearl-Ellen Gordon, Ph.D., a child psychologist in private practice, 41A E. 64th St., New York, N.Y.