... childhood crushes are a positive and important part of growing up? Children who develop crushes are testing to see what it is like to care about someone other than their parents—an important step toward developing their own identities. They are a safe way to test new emotions, and begin to understand intimate relationships... from Dr. Pieter Leroux, a clinical psychologist and director of the Family and Marriage Clinic at the University of Rochester Medical Center.

... about one child in five has mental-health problems severe enough to impair his/her life? Real problem: Of those children in the study diagnosed with mental-health problems, only one out of every five had ever been referred for help prior to the study. Trap: Children do not readily divulge their fears or depression to their parents or pediatricians... from a study by Dr. Elizabeth J. Costello at Duke University Medical Center.

... beautiful women often lack self esteem because they think that people only value them for their looks? Other beauty pitfalls: Beautiful women are often the target of jealousy and resentment from other women... they may not be taken seriously at work... their achievements are often seen as something they got by being beautiful, not from hard work or ability. These women may fear aging because they base their self worth so heavily on their looks... according to Dr. Eilana Elovson, California School of Professional Psychology.

... condom use among unmarried women has almost doubled in recent years? It has gained more popularity with this group than the Pill has in the last six years... reports Jacqueline Darrock Forrest, vice president of the Alan Gutmacher Institute, a research group specializing in family planning.

... losing a job temporarily decreases sexual drive in men? It is also a frequent cause of impotence... results of a study by James L. May, director of the Family Wellness Center, Midland, TX.

... the inevitable can be delayed? A study of death certificates of Jewish men found that there was a peak of 25% more deaths due to natural causes the week after Passover than in the week preceding this holiday, which showed a 25% drop in deaths. A look at non-Jewish death certificates did not show any difference. This research supports the view that the human will to live is a powerful force... says Dr. David Phillips of the University of California, who headed the study.

... caring for elderly relatives is another burden more working mothers must add to their long list of responsibilities? Nearly seven million Americans care for older friends and relatives and 75% of these caregivers are women.

E nv and jealousy—two aspects of the same intense emotion—have been classic subjects for writers since Biblical times.

Envy was one of the seven deadly sins described in early Christian theology.

Jealousy drove Shakespeare’s Othello to kill his beloved Desdemona.

Psychologists are just now beginning to study how contemporary adults cope with the powerful and more irrational feelings brought on by envy and jealousy.

HOW ENVY AND JEALOUSY DIFFER

Possession... and ownership distinguish the two emotions. In envy, you want what another person has. You may envy someone else’s wealth, his good looks, his success or his good luck.

In the case of jealousy, you are protective of what you consider to be rightfully yours. You may be jealous of your position, your lover or your talent.

With either envy or jealousy, what you feel is a sudden, strong combination of anger, fear, anxiety and despair.

PROVOCATIVE PREDICAMENT

Romantic involvements, as you might expect, head the list of situations that evoke these powerful feelings. Love affairs also inspire the most intense of these feelings. An example of a provocation would be finding out your lover is having an affair with someone else. Or having an individual you are strongly attracted to at a party ignore you and zero in on your friend instead.

The workplace, too, is a source of attacks of envy or jealousy. Someone else gets the job you wanted. Another employee gets paid more than you for doing the same work. Someone else gets credit for your ideas.

Your family relationships and important friendships can also trigger envy and jealousy.

Less provocative situations: A lover spending time with his/her family instead of you... a girlfriend or a boyfriend asking for more time alone... a sibling getting praise from your parents.

WHAT DO PEOPLE DO?

We draw on three basic techniques for coping with jealousy and envy:

• Self-reliance. The stricken individual refrains from emotional outbursts, avoids direct confrontation with the person evoking the feelings, and continues his/her day-to-day activities. This response to the shock of jealous or envious feelings seems to be the most effective in preventing negative feelings from getting out of hand until the individual is able to assess the situation rationally.

A spurned lover, for example, may want to stage a showdown with his straying partner. Instead, he digs into the project he has at work. When he has calmed down, he decides rationally whether he really wants to fight to win that partner back or whether he should start looking for a new love.

• Selective ignoring. The victim decides that the relationship or the job or the accolade that brought on the jealousy or envy is not, in careful analysis, important enough to get so upset about. This, too, can be an effective way to cope if it involves an honest reassessment and not just a

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May 1, 1989

Privileged Information interviewed Dr. Peter Salovey, assistant professor of psychology at Yale University. Dr. Salovey has carried out a number of studies on jealousy and envy with Dr. Judith Rotin, Phillip R. Allen professor of psychology at Yale.
INVESTMENTPREDICTIC

Mark K. Tavel likes:
- Philip Morris, New York (NYSE:MO).
Philip Morris, the largest tobacco company in the world, has become a major player in the food industry with its acquisition of Kraft last year—and General Foods in 1985. From now on profits will be pouring in from two fronts: The vast overseas market—increasingly the Far East—snatching up its Marlboro cigarettes... and from its very promising combination of Kraft's and General Foods' large domestic and international market share. Its food business should hit revenues of $32 billion in 1989. Philip Morris has been valued by Wall Street very conservatively—like most tobacco companies—because of the constant threat of litigation from cigarette-related health hazards. But Philip Morris' sizable food business will justify a price-earnings multiple that's in line with consumer product companies. Result: A 30% appreciation of the stock in the next two years, enhanced by a 40% gain in earnings. Recent share price: $115.4, Earnings per share: 1989/$10.03... 1989 projected (due to dilution of the Kraft acquisition) $11.35. Revenues: 1988/$31.7 billion... 1989 projected/$45 billion.
Mark K. Tavel is president of Rothschild Asset Management, 1 Rockefeller Plaza, New York 10020. The mutual fund he managed the last 14 years has been on the Forbes Honor Roll the last three years.

Geraldine Weiss likes:
- Schlumberger Ltd., New York (NYSE:SLB). It is the leading provider worldwide of services for finding oil and gas. It also provides oil-field services—well testing and pumping. Even with currently unstable oil prices, companies are supporting exploration and development projects because they need to increase their reserves for the 1990s. Schlumberger's international breadth and sophisticated products and services give it the strength to ride out unstable oil prices... and/or a recession if one occurs. Management has repurchased over 60 million of its own stock at $35 a share. They will now concentrate on enhancing shareholder value and increasing the price of the stock. I see the upside potential of this stock at over 150% in the next three to five years. Recent share price: $37.95, Earnings per share: 1987/$1.02... 1988/$1.60... 1989 projected/$2.50. Revenues: 1987/$4.7 billion... 1988/$4.92 billion... 1989 projected/$5.8 billion.
Geraldine Weiss is publisher of Investment Quality Trends, 7400 Girard Ave., La Jolla, CA 92037. It has been rated in the top 10% of financial advisory newsletters for performance by Hubert Financial Digest since 1986.

repression of true feelings. The salesman who didn't win the three-month incentive contest in his company knows he would have made more sales if he had worked more ends. He chose to spend that time with his family and—looking back on it—he is glad he did.

- Self-bolstering. The sufferer indulges himself/herself with a pep talk about his or her exceptional qualities to take the edge off the pain. Not very helpful in preventing the envy or jealousy, this technique can comfort a bruised ego—but it doesn't really reduce the bitter emotions.

Salvaging bruised self-esteem by taking the time to think about what's really important to you—and then working to make these things happen—seems to be the best way to work out a deep-rooted jealousy or envy. It helps victims reassess themselves and develop new goals.

Healthy individuals tend to use a combination of these three strategies, especially the first two, to handle jealous or envious feelings.

ARE ENVY AND JEALOUSY BAD?

Envy and jealousy are potent and unpleasant emotions that can make us feel irrational and out of control. Allowed free rein, they can be very destructive.

Think of the envious executive trainee—wallowing in resentment over a colleague's early promotion—who lets his own work lapse and never does make it to the top rung. Jealous lovers rarely commit murder, but their suspicions and possessive demands may cause them to kill the very relationships which mean the most to them.

Envy and jealousy can be unpleasant, but they are also normal components of caring about another person or caring about our accomplishments. If we are to feel deeply at all, we must expect to deal with envy and jealousy at some point.

WHAT THEY TEACH US

It is a mistake to think that envy and jealousy are emotions that we should/could avoid completely. They can help us recognize and understand our own priorities.

After the initial flash of emotion, you can analyze the situations that make you envious or jealous. You may learn something you didn't know about yourself. You may be surprised at what triggers these feelings. Ask yourself, "Is this so important to me... or is it just my pride that is hurt?"

If you have a pang of envy over a friend's new job, figure out why. Is it the work or the salary that you really want? Something else? Such an analysis can help you clarify your own goals.

ENVI AND EGO

Being subject to jealousy and envy is not a sign of overall low self-esteem, as many experts once thought. Normal people, according to a recent survey, feel these emotions only when their self-worth is challenged in specific, limited domains... like beauty... or athletic prowess... or leadership ability. Accomplishments and talents in other areas may not be threatened by pangs of jealousy or envy in these limited domains.

MOREMONEYTHINGS

- COLLEGE TUITION increases top inflation once again. Tuition increases around the country will be from 6%-10% for the 1989-1990 school year, even though only 5% inflation is likely. Main reason: Teachers' salaries.

- FIGHTING YOUR BATTLES is Beverly Sklover's specialty. For $30-$45 an hour she will straighten out your dispute with the telephone company, get your refund, lodge your complaint. A trained lawyer, her persuasive and tenacious manner gets positive results. Based in Washington, DC, she solves problems for clients all over the world—all via the phone. Call: 202-293-7111.

- BEWARE: MERRILL LYNCH now pays their brokers bonuses for selling in-house funds. Regular commissions are paid for selling other mutual funds.

- WHISTLE-BLOWERS' first big win: General Electric agreed to pay $3.5 million in four civil suits brought on by those who blew the whistle on overcharging the government.

- HOTEL FACSIMILE TRANSMISSION PRICES EXORBITANT. Reports are coming in of costs up to $10/page.

- ERASABLE AND RECORDABLE CDs will hit the stores in two years or less. CD players with these new capabilities will start at $500 and under—the disks will sell for $5-$10.

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