

Macho misery

'Masculine privilege' may exact high cost

By SHERRY KAHAN

are in the favored position, so many complain of being lonely and unhappy.

A LIVONIAN, Fisk is an educational psychologist for the Livonia school district. He also is a therapist at the Family Human Potential Service in Livonia, and has led men's consciousness-raising groups at Sinai Hospital.

As Fisk sees Mr. Macho, he is not the muscle-flexing he-man who constantly beats his chest and confines the little woman to the kitchen and bedroom. Fisk's Mr. Macho could be Mr. Everyman occupying any position on the nation's table of organization. He presses to move up.

He is the man who also must be dominant in the gym or the bedroom.

Fisk, who earned a Ph.D. degree at Wayne State University in clinical and educational psychology, calls masculinity "a short cut to self-destruction."

In fact, the topic of his speech was "Is masculinity dangerous to health?"

"There is some malaise in men — we are so into success," he told a mixed audience. "We sacrifice everything getting it."

Alcoholism is one of the prices males pay to move ahead. Fisk called it "the broad medication used by men to cope with stress." Under its influence they can show their feelings, even cry. Later they can explain it away as the result of their drinking. They know "big boys don't cry."

"Twice as many men die of heart disease as women," he pointed out in an interview. "Twice as many die of alcohol-related diseases. Men's life expectancy is about 69 years, women's is 77."

HE EXPLAINED THAT men and women died at about the same rate until about 50 years ago, when women began to outlive men.

"We have to question more the way man lives than the way he dies," stressed the psychologist. "He is vulnerable to illness because he has lost the old sources of comfort and support. These would be the extended family, religion and a friendship network."

In their rapid move up the ladder of success, men leave behind their social support system. "Most men complain of not having any friends at all," noted Fisk.

And what has been their reward for knocking themselves out?

From what he has learned from men he has counseled, Fisk can draw a picture of the fate of Mr. Macho.

"He has worked all his life, postponing his own happiness and trying to be a good provider," he said. "Maybe his wife helped him through law school. He went with a good law firm, had a family and worked 40-80 hours a week to

make it. When he was made a partner in the firm, he rushed home to tell his wife."

"I want a divorce," she tells him. "I haven't been touched or cared for by you for ages. The kids don't know you. I'll make my own life."

The man is stunned and then bewildered. "I've done everything I'm sup-

posed to do," he says. "and I feel lousy."

MARITAL BREAKDOWN is the cause of cardiovascular problems in many men, in his opinion. These breakdowns occur because of the attitude of men toward women and sex.

Men have to assume a dominant role with women, Fisk stated.

"Sex is an end in itself, not part of a relationship," he remarked. "It is important to win. The bedroom is another extension of the gym or the Ford Motor Co."

"Unwittingly, women are agents in endorsing this kind of masculinity. Women use men for their own self-approval."

For a man to experience passion, he must be intimate with feelings that make him feel vulnerable. Fisk said it is so difficult for some males to admit their vulnerability and their feelings that "many of them withhold the crucial information from their families that they love them."

Mr. Macho is tough on the outside, yet often scared inside, Fisk said. But it is not impossible for him to admit he is scared and would sometimes like to be hugged.

Fisk has little hope that men's view of their role in life could change in the immediate future.

Here are some concepts men should jettison

Psychologist Wayne Fisk has prepared a list of what he calls the 10 commandments of the male mystique. In his opinion, men should forget all 10. By paying them no more attention, he said, men would be less tense and troubled, more tender. Letting them go

might even mean fewer trips to the doctor to ask for help in overcoming stress.

The 10 "false" commandments are:

- A man does not cry.
- He does not display weakness.

- He has no need for affection, gentleness or warmth.

- He should comfort, but not desire comforting.

- He should be needed but not need.

- He should touch but not be touched.

- He should be steel not flesh.

- He should always protect the image of manhood.

- He should stand alone.

- He should never fail in any endeavor, or, not play second.



DR. WAYNE FISK

WXYZ's psychic in residence

Some good, some not so good predictions for 1980

By LORRAINE MCCLISH

Jacqui Kendall, the resident psychic for WXYZ predicts rising inflation and a recession for the U.S. in the 1980s, and then a war — "but no more than a skirmish."

As for the trouble in Iran, she said, "That's taken as long as it has because both Carter and the Khomeini are Libras. And Libras are always right. Right?"

Other predictions for 1980 are that a lot of values are going to be reassessed. There will be a return to the family unit. People will begin buying quality, rather than cheap, products.

Audible gasps could be heard throughout the Labor Zionist Institute last week when the woman who answers questions by telephone every weekday morning on radio called out predictions and gave character traits to her audience during a fund-raiser staged by Israel Histadrut Campaign.

She told one woman she was a workaholic. She told another she was do-

toring for her eyes. She told another that twins were on the way.

She continued on in this manner for more than an hour, while barely looking up from a stack of cards that had nothing more on them than a birthdate.

MRS. KENDALL, who is currently working on her doctorate, bases her study of astrology on astrological compilations made by the Jews 5,000 years ago.

"These charts were made strictly for character analysis," she said. "They were personality guides. The belief was that each of us had something to learn on this earth. It was meant for each of us to enhance our own personality and to help us to learn about each other."

Using such a belief system, then, "Nobody could cop out," she said. "The Taurus couldn't use his stubbornness as a shield against refusing to listen. The Cancer couldn't use his moodiness as a reason for being cold. Meanwhile, the rest of us were learning patience."

She continued, "The belief was that

there were 12 gates to the Kingdom of Heaven (representing the 12 signs of the Zodiac) and each of us enter one of the gates as we learn our lesson on earth."

She told her audience, "Have your own chart made. You'll be surprised at what you can learn about yourself."

THE CANADIAN-BORN psychic couples that philosophy with Chinese astrology and numerology.

Because 1980 is "The Year of the Monkey," there will be monkey on one's back, or monkey shines. But it also is a Number 9 year, which makes it the best year of all for those who have the Life Number 9. "All problems wind up for Life Number 9s this year," she said.

The Number 9 year is determined by adding the numbers 1980 horizontally to 18, then adding again horizontally to get 9.

Life numbers are determined the same way.

For example, if your birthdate is

Oct. 19, 1924, you add the numbers 10, 19 and 1924, to get 1953. Adding horizontally this makes 18, then horizontally again 9.

Old Life Numbers come in for a time of successful striving, but not necessarily achieving in an odd number year. Even life numbers will struggle and be frustrated through the odd life number year.

"HAVE YOU ever tried to contain air? Contain it long enough and you'll get an explosion," Mrs. Kendall said in referring to the air signs Gemini, Aquarius, and Libra.

"Have you ever been in an argument with Taurus, Virgo or Capricorn? With those earth sign people, getting them to change their minds is as difficult as moving earth," she said.

In answer to a question from the floor concerning compatibility, Mrs. Kendall suggested that the elements representing the 12 signs could be used as a guide.

Those born in the fire signs, Aries, Leo and Sagittarius, for example, could

be easily doused of their fire if they married a strong person born under one of the water signs, Cancer, Scorpio or Pisces.

"You know what earth and water make when put together, don't you?" she asked. "Mud is exactly what you'll get when that combination tries to work together."

She said, "Two fire signs together can be the warmest relationship in the world. Air people are the only ones who pretty much get along with everybody."

BRIEF PREDICTIONS for "Aries, Cancer, Libra and Capricorns who have been struggling though the past year in a restlessness of wanting to find the right answer, may have to wait just a bit longer to find it," she said.

The Leo, Aquarius, Taurus and Scorpio who have led an up and down existence, spinning their wheels, will finally work their way out of the mire in 1980.

The Pisces, Gemini, Virgo and Sagit-

tarius who have spent the last 18 months procrastinating have the go-ahead to work out of the clutter. "If you've done what you should have done, learned what you should have learned, the next 10 years belong to you," she said.

THE FUND-raiser was but one of a string of fund raisers that go on continuously for the 1,500 members of National Committee for Labor Israel — Israel Histadrut Campaign.

"It's our reason for being," said Jean Fredson, spokesman for the group based in Farmington Hills.

The 55-year-old organization has been called "the heart of Israel" by the late Golda Meir.

It provides health care, vocational training, cultural centers, children's villages, retiree communities, playgrounds and synagogues.

It also is active in the absorption of immigrants with cultural, social and economic preparation for newly-arrived Israelis.



Jacqui Kendall mixes astrological compilations made by the Jews 5,000 years ago with modern day astrology, Chinese astrology and numerology to come up with forecasts that can be heard every morning on WXYZ radio. Last week the fast-talking-think-on-her-feet psychic rattled off predictions and discussed personality characteristics of audience members assembled for an Israel Histadrut Campaign fundraiser in Farmington Hills' Labor Zionist Institute. (Staff photos by Randy Borst)