

# Anger, Well-Handled, Dock Strikes Can Help Mom And Dad Are Spreading

Continued From Front Page  
individual parent and child. Whatever is chosen, it will represent a constructive use of the emotional energy rather than a blowing up of the boiler.

What about the child's anger? Children are equipped with that emotion, too, and their expression of it often baffles parents or even frightens them. Yet it is no more healthy for a child to repress anger than it is for a parent. Part of a child's education is learning that anger is a natural emotion and how to employ it constructively. This means that a child must be trained to use his anger in an effective and acceptable manner. He must learn that it will do him no good to rage and stomp when he is angry and that it will only get him into further trouble if he lashes his little brother or sister on the head.

If anger is to be employed constructively, it must serve one's own best interests, whether adult or child. An adult who is angry because a policeman has stopped him on the highway soon learns that calling the policeman names won't help.

Since parents have had more experience with good and bad uses of anger, they are in position to help the child choose good ones. When a father sees the arm of a child who is about to throw a rock at the boy next door, he is indicating to him that this manner of expressing anger is likely to bring bad results. The same is true of a mother who spansks the little girl who has just angrily broken a vase. The idea is not to suppress the emotion but to indicate to the child the difference between using and missing the emotional energies.

It helps children to come to terms with their own emotions if they can observe that their

parents have similar feelings. "Grow-ups do get angry, and children should know that," one psychologist commented. Many counselors in recent years have warned parents not to have disagreements or arguments in their children's presence. This, it was supposed, would severely rock the family boat and might swamp it. But few counselors give such advice today. It is recognized now that rough weather at home, just as rough weather at sea, provides a necessary condition for learning how to navigate.

So to the young mother who came to the Washington family agency so upset about her own anger, the patient counsel was: "No human being is even-tempered all the time. We all react in variations, and children can be mighty irritating at times. A parental outburst once in a while can clear the air. It certainly is better than storing up resentment."

**TOMORROW** — The Lost Art of Fatherhood.

## WEATHER

U. S. DEPT. OF COMMERCE  
NORTH CAROLINA AIRPORT  
SEPT. 13, 1935

**CLOUDS** — Considerable cloudiness and cool this afternoon and tonight, with occasional light rain southeast portion. High temperatures today 74 to 90, lows tonight near 60 extreme north and upper 60s south portion. Wednesday cloudy with showers southeast portion, little change in temperatures with chance of showers southeast portion.

**SOUTH CAROLINA** — Cloudy and mild, scattered showers this afternoon and tonight, mostly over southern portion. Wednesday partly cloudy and mild, possibly showers coastal area.

**TEMPERATURE SUMMARY** — High today 81, low 61. Record high 91, record low 41.

**PRECIPITATION SUMMARY** — Total for 24 hours ending 10 a. m. Sept. 12, 0.00. Normal for month 4.00. Deficiency for month 4.00.

**WIND** — Variable, force 3-7.

**RELATIVE HUMIDITY** — 75 to 85 percent.

**SEA LEVEL PRESSURE** — 30.00.

**TEMPERATURE FORECAST** — Tomorrow 77 to 91.

**PRECIPITATION FORECAST** — Tomorrow 0.00 to 0.25.

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