

Nearly 2 to 1

# Women Treated For Depression Outnumber Men

By Kathy Bartlett  
Special To The Post  
CHAPEL HILL - Women are treated for depression nearly twice as often as men and the number of cases probably will increase, given the social and political climate in the United States today, according to Dr. Elaine (Hilberman) Carman, a psychiatrist at the School of Medicine of the University of North Carolina at Chapel Hill.

Carmen said many of the stresses that bring on depression in women can be attributed to sexual stereotyping and discrimination. The solution, she said, is to end inequality and discrimination based on race and sex. "These are goals which have been important in the past but are receiving less emphasis today," Carmen said. "Dismantling of affirmative action programs, cutbacks in social programs and restrictions on abortions all will have a negative effect on women and their mental health."

Carmen based her remarks on a survey of literature on the subject, which she reported in the October issue of "The American Journal of Psychiatry."

"Psychiatrists often state that depression is the most common problem they encounter," Carmen said. "One of the most consistent findings is that depression is closely associated with being female." Carmen said 20 to 30 percent of all women experience depressive episodes, often of moderate severity, at some point during their lives. "Biological, hormonal and genetic factors, as we understand them today, are not enough to explain why more women than men experience depression," she explained.

"The excess of psychological symptoms in women is not an inevitable part of femaleness," Carmen said, "but is caused by the conditions of subordination that characterize traditional female roles. A person's external environment does help create one's inner life and identity."

Carmen said women are born into a culture where they are considered less important, less competent and less powerful. "If you try to break out of this stereotype, you often don't get a lot of support." Women who are most vulnerable to depression, Carmen said, are married women who have small children and do not work outside the home, and young, poor women who are raising a family alone. "The husband is the person who is linked to the world," she explained. "There is an unequal distribution of power in most families. The husband and kids tend to get their needs met and the wife is the one who meets those needs. Women are socialized only too well to put other people's needs before their own."

Carmen said families are traditionally viewed as the source of emotional support for most women, yet violence is said to occur in 50 percent of American families. "Because of the possibilities of spouse abuse, child abuse, and incest," she said, "the most dangerous place to live may be your own home." Getting a job outside the home helps, but is not always the answer, Carmen

said. "Women who work may find another role that gives them satisfaction but often they wind up in dead-end, low-paying jobs. They continue to be fully responsible for everything that happens at home. They end up with two full-time jobs."

In addition, she said, there is a lot of sexual discrimination and sexual harassment connected with working, which also can be stressful.

"There are estimates that seven out of 10 women will experience sexual harassment on the job," Carmen said, "and many women now are coming forward to talk about both psychological stress and loss of income as they leave jobs because they believe there is no other solution."

One way women deal with being second-class citizens, Carmen said, is to develop a set of psychological characteristics that accommodate and please men.

"Traits such as submissiveness, helplessness, weakness and compliance have been encouraged in women," she said, "but they are survival skills developed by women to cope

with their powerlessness in a man's world, not traits women are born with.

"Processes that mental health professionals consider desirable - for example, a person's direct attempts to use all resources to establish a grounded, self-determined, inner sense of self - are not

encouraged for women," Carmen said. "If women demonstrate these active processes, they are likely to experience negative and

confusing responses during childhood and adult life."

Carmen said even mental health professionals have trouble breaking away from a stereotyped

image of how women should behave and feel. "Adjustment to traditional roles is stressed and anger in women is often labeled as pathological rather than understood as a consequence of a devalued position," she said. "In general our culture and our psychological theories have

viewed women's anger as inappropriate except when it is used in the service of others, as in a lioness defending her cubs.

"Crying can often be an indirect statement of anger which is often misinterpreted as sadness. We just don't recognize the rage that's beneath the tears."



MRS. ARTHUR VERNON STRINGER  
...She was Miss Vanessa Haygood

## Miss Vanessa Haygood

### Weds Arthur Stringer

Vanessa Pearlina Haygood and Arthur Vernon Stringer were united in holy matrimony recently at Grace AME Zion Church.

Rev. Marion Jones officiated.

The bride is the daughter of Mr. and Mrs. William W. Haygood Sr. of 1514 LaSalle Street. The groom's parents are Mrs. Ola Frye Stringer of Durham, N.C., and Mr. Arthur G. Stringer of Dayton, Ohio.

The bride was given in marriage by her father and the music was provided by organist Gloria Roberts and soloist Michael Washington.

The bride wore a beautiful candlelight gown of silk organza. The bodice was embroidered in Alencon lace complemented by a matching organza and lace veil attached to a Juliet cape.

She carried a white Bible covered with an orchid and streamer of white velvet ribbons.

The maid of honor was Tammy B. Haygood, sister of the bride.

She wore a gown of teal blue designed with a blou-

cin bodice, lace inserts and a madrin collar.

Her bouquet was an arrangement of fall flowers dotted with teal blue.

Brother of the groom, Reginald Lyvon Stringer was the best man and ushers included William Haygood Jr., James David Haygood and Donald Dockery.

The bride's mother wore taupe crepe dress bordered in navy accented by a long sleeve pleated jacket and white corsage.

The groom's mother wore a grey polyester shirtwaist dress emphasized in pencil thin shadow stripes and silver. She also wore a white corsage.

The bride is a graduate of Stanford University, Howard Medical School and is currently completing her residency at Duke University Medical Center.

The groom is a graduate of North Carolina State University and is also presently a student at Duke University Medical School.

The couple plans a wedding trip to the mountains.

## Christmas Mailing Tips Offered

With the Christmas mailing season just ahead, Charlotte Postmaster O. B. Sloan is offering tips for customers to assure that their cards and packages arrive on time and in good shape.

In addition to shopping and mailing early, customers are urged to properly address cards and packages with the name, street number and name (Post Office Box number), and the city, state and ZIP Code reserved for the last line.

It is also a good idea to put a slip of paper with the recipient's name and address and your return address inside parcels, and be sure the addressing on the outside of the parcel includes your return address and ZIP Code.

Customers are also reminded to check the size of their envelopes before mailing Christmas and other holiday cards. Letter size standards require that envelopes be at least 3 1/2 inches high and 5 inches long to be accepted for mailing.

The Postal Service is also asking customers to put an ounce of extra care into preparing parcel post and other packages for mailing. Parcels will arrive at their intended destination in good shape if mailers will follow a few simple suggestions:

**CUSHION:** Make sure contents are well-cushioned and there is not empty space in the box. Use crumpled newspaper around the item - including all sides, top and bottom. Commercially available foam sheets or air-pocket padding also make good cushioning materials.

**DO NOT OVERWRAP:** Just use your carton. Brown paper and twine cord are not necessary. Paper can rip, and twine can become entangled with processing equipment.

**SEAL PROPERLY:** Close your parcel with one of the three recommended

types of tape: pressure sensitive, nylon-reinforced kraft paper, or glass-reinforced pressure sensitive.

**AVOID SMUDGES:** Use smudge-proof ink for your addressing.

**LOCATE ADDRESSES PROPERLY:** Put the recipient's address in the lower right portion of the container. Put your return address in the upper left hand corner. Remove all other labels from the box.

**USE ZIP CODES:** Be sure to include the ZIP Code on both the recipient's and your return address.

**TIME IT RIGHT:** Mail early in the month and early in the day. This will help you avoid the rush.

**USE THE RIGHT SERVICE:** Irreplaceable items, cash and other valuables should be sent by registered mail.

**IF YOU RUN OUT OF TIME:** Priority Mail affords First-Class handling for packages weighing over 12 ounces and up to 70 pounds. Priority Mail can be sent from any post office, station or branch or through rural carriers to any address in the U.S. Priority Mail can even be used for foreign mailings.

The service is available with insurance, return receipt, COD, certificates of mailing and special delivery. Customers interested in Priority Mail should contact the post office for details.



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