CRYIN' TIME

As any new parent knows, babies have a very loud method of revealing their emotional state and it is by crying. It is frustrating to hear your baby cry and not be able to figure out why he is crying. You may have fed him, changed his diaper, burped and rocked him, but the little fellow is still crying. Oh, wouldn't it be nice to know what he wants?

Unfortunately, the baby handbook does not offer any details on how to determine what the crying means.

However, in the future we just may be able to tell what our baby wants by a new type of baby monitor the Japanese are working on.

It is a computer program which will be able to sensor baby's cry and determine if your child is crying a cry of hunger, thirst, dirty pants or pain. Wouldn't that be nice?

Of course babies aren't the only people who cry. They say women cry a lot more than men and I have known some ladies who can cry at the drop of a hat. My Mama was a person who cried when she was happy, sad or upset. She could cry tears of joy or tears of sorrow.

Why do we feel that women have more leeway to cry than men? It's not quite fair, but it's true. Women usually release tears much more easily than men because it's accepted that women are criers. Men rarely consider it acceptable for themselves or other men to cry.

Personally, I feel that men should take off their suits of armor and brave facade and cry if they want to. A macho man can cry and sometimes it is really endearing to see a grown man cry.

As far as I am concerned, I cry when I get angry, if I get my feelings hurt, and of course if I get upset. I also am a big cry baby when I get hurt. It is very easy to cry when you fall down, cut yourself or get injured. To me pain can be handled better if I cry.

Crying is a great form of stress relief when you really let it out and the tears stream down your face.

Sometimes you can cry and not make a sound, but tear drops welling up from deep within can make you feel a whole lot better about something.

Does anyone ever make that famous cry of, “boo-hoo?” Never have I heard anyone cry a “boo-hoo.” Most of the crying I hear are a “waaaaa.”

Stop and think how many songs were written about crying. Some of my favorites are “I’m So Lonesome, I Could Cry,” “Crying Time,” “Blue Eyes Crying in the Rain,” “Cry Me a River” and “Crying My Heart Out Over You,” just to name a few.

Crying is a part of birth, death, life and learning. Don’t be afraid to cry or let tears run down your cheeks. Some days and times are very frustrating to get through, so maybe it is time to sit down and have a good cry.

First of all, pick a place where you won’t be disturbed and remember to use a cold compress to control the swelling around your eyes when you get done.

But remember this, “Those who do not know how to weep with their whole heart don’t know how to laugh either” Golda Meier.

When is the last time you cried? Do you think it is proper for a man to cry? Have you ever heard anyone cry, “Boooo hoooo hoo hoo?” Let me know and I’ll give you a Penny for Your Thoughts.