



Hospice Highlights

BIG BOYS DON'T CRY

Have you ever wondered why guys don't cry as much as us gals? I used to think that it was the way they were raised or that they had to put on a tough exterior to be macho. Although societal changes around the acceptance for men showing their feelings is changing, it is still difficult for guys to have a good cry. And this is seen in the way they grieve after the loss of a loved one.

Last night at Book Club we all learned why this is so. The book is called *Swallowed by a Snake* by Thomas R. Golden, and he explains that there are physical differences between men and women that prevents men from shedding tears as often as the ladies. Apparently, men produce far less prolactin, which is a hormone that is instrumental in the production of emotional tears. And not only that, there is also a difference between the sexes in the brain structure. The corpus callosum is thicker in the brains of women than in men and it is this structure that connects the two hemispheres of the brain. It is hypothesized that this difference gives women a greater connection between their verbal capacity and their feelings, which leaves men less able to verbalize their feelings. So maybe men aren't so complicated and unemotional after all. Through the Book Club we all gained knowledge that we may not have ever had the chance to learn otherwise. Thank-you Terrace Hospice Library. Join us for some new insights and lively conversation either in person or via zoom. The next Book Club will be starting soon. Call for more info. 250-635-4811.

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Terrace Hospice Society

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