

"tired" on Friday night, but he goes through the motions of asking his wife, "Want to do anything tonight?" but the plan dies there. Rarely do Milton and his wife entertain, and rarely are they invited out. Milton sleeps late on Saturday morning, and the rest of the day is taken up with chores of one kind or another. Saturday night Milton and his family usually go to a movie or watch TV ("What else is there to do?"). Milton spends most of Sunday morning in bed. Sunday afternoon they drive over to Bill and Mary's or Bill and Mary drive over to see them. (Bill and Mary are the only couple Milton and his wife visit regularly.)

Milton's entire weekend is marked by boredom. By the time Sunday evening rolls around, the whole family is on each other's nerves as a result of "cabin fever." There are no knock-down, drag-out fights, but there are hours of psychological warfare.

Milton's weekend is dull, dreary, boring. Milton gets no psychological sunshine.

Now, what's the effect of these two home environments on John and Milton? Over a period of a week or two there probably is no perceptible effect. But over a period of months and years the effect is tremendous.

John's environmental pattern leaves him refreshed, gives him ideas, tunes up his thinking. He's like an athlete being fed steak.

Milton's environmental pattern leaves him psychologically starved. His thinking mechanism is impaired. He's like an athlete being fed candy and beer.

John and Milton may be on the same level today, but there will gradually be a wide gap between them in the months ahead, with John in the lead position.