

Physical differences

From <http://www.livescience.com/33513-men-vs-women-our-physical-differences-explained.html>

Women have breasts, whereas men have flat chests (but still with nipples on them). Why?

Women are the only primates who are busty all the time, even when they aren't nursing. [Alternative theories](#) exist, but most scientists think breasts are an evolutionary trick for snagging men; though they're actually filled with fat, not milk, they signal a woman's bountiful ability to feed her children.

Men and women both have cartilage surrounding their voice boxes, but because men have bigger boxes (which give them deeper voices), their chunks of cartilage protrude more. This gives them neck lumps called Adam's apples.

But why do men have deeper voices than women? The answer is that [the pitch of a man's voice](#) correlates with the amount of the male sex hormone testosterone he has, and his testosterone level is itself indicative of his genetic quality and sexual fitness. Because women have evolved to seek out men who have all the indicators of fitness and health, studies have shown time and time again that women tend to be more attracted to men with lower-pitched voices. They're looking for a mate with whom to produce healthy offspring.

The more testosterone a man has, the stronger his brow, cheekbones and jaw line. Meanwhile, the more estrogen a woman has, the wider her face, fuller her lips and the higher her eyebrows. In short, sex hormones control the divergence of male and female facial features.

Along with chiseled jaws, higher testosterone has been shown to correlate with muscle strength and aggression in men, as well as with genetic vigor. Perhaps for this reason, studies have shown that women judge men with more angular features as likely to be dominant over men with rounder, more effeminate faces.

They also tend to rate men with masculine features as more attractive, especially when they themselves are ovulating and, thus (at least subconsciously) on the lookout for a male sex partner who'll produce fit offspring. When they're looking for a long-term partner, on the other hand, studies show that [women tend to prefer men with more effeminate features](#), who have less testosterone and are likely to be more loyal partners and caring fathers. [[How Women Pick Mates vs. Flings](#)]

From puberty on, men grow much more hair on their bodies and especially their faces than women. This is because sex hormones called androgens stimulate hair growth, and men have more of those hormones.

Men are, in general, more muscular than women. Women are just over half as strong as men in their upper bodies, and about two-thirds as strong in their lower bodies.

From <http://drjamesdobson.org/Solid-Answers/Answers?a=ff773023-2693-410d-b9e1-662f6985be4e>

A woman has greater constitutional vitality, perhaps because of her unique chromosomal pattern. Normally, she outlives a man by three or four years in the U.S. Females simply have a stronger hold on life than males, even in the uterus. More than 140 male babies are conceived for every 100 females; by the time birth occurs, the ratio is 105 to 100, with the rest of the males dying in spontaneous abortions.¹

Men have a higher incidence of death from almost every disease except three: benign tumors, disorders related to female reproduction, and breast cancer.²

Men have a higher rate of basal metabolism than women.³

The sexes differ in skeletal structure, women having a shorter head, broader face, less protruding chin, shorter legs, and longer trunk. The first finger of a woman's hand is usually longer than the third; with men the reverse is true. Boys' teeth last longer than do those of girls.⁴

Women have a larger stomach, kidneys, liver, and appendix, and smaller lungs than men.⁵

Women have three very important physiological functions totally absent in men--menstruation, pregnancy, and lactation. Each of these mechanisms influences behavior and feelings significantly. Female hormonal patterns are more complex and varied. The glands work differently in the two sexes. For example, a woman's thyroid is larger and more active; it enlarges during menstruation and pregnancy, which makes her more prone to goiter, provides resistance to cold, and is associated with the smooth skin, relatively hairless body, and the thin layer of subcutaneous fat that are important elements in the concept of personal beauty. Women are also more responsive emotionally, laughing and crying more readily.⁶

Women's blood contains more water (20 percent fewer red cells). Since red cells supply oxygen to the body, she tires more easily and is more prone to faint. Her constitutional viability is therefore strictly a long-range matter. When the working day in British factories, under wartime conditions, was increased from ten to twelve hours, accidents among women increased 150 percent; the rate of accidents among men did not increase significantly.⁷

Men are 50 percent stronger than women in brute strength.⁸

Women's hearts beat more rapidly than those of men (80 versus 72 beats per minute). Their blood pressure (ten points lower than men) varies more from minute to minute, but they have much less tendency to high blood pressure--at least until after menopause.⁹

Female lung capacity is about 30 percent less than in males.¹⁰

Women can withstand high temperatures better than men because their metabolism slows down less.¹¹

Men and women differ in every cell of their bodies because they carry a differing chromosomal pattern. The implications of those genetic components range from obvious to extremely subtle. For example, when researchers visited high school and college campuses to study behavior of the sexes, they observed that males and females even transported their books in different ways. The young men tended to carry them at their sides with their arms looped over the top. Women and girls, by contrast, usually cradled their books at their breasts, in much the same way they would a baby.¹²

- See more at: <http://drjamesdobson.org/Solid-Answers/Answers?a=ff773023-2693-410d-b9e1-662f6985be4e#sthash.uCtpQTHA.dpuf>

Physical, physiological and behavioral differences

From <http://drlwilson.com/Articles/WOMEN%20AND%20MEN.HTM>

WOMEN AND MEN, AND THEIR DIFFERENCES

by Lawrence Wilson, MD

March 2010, The Center For Development

Women and men are quite differently designed, in some ways. This is generally denied today in an effort to equalize the rights and opportunities of both sexes. This is helpful in many ways, especially to the women in the **business world**.

However, it is wrecking havoc on women's bodies and their ability to bear healthy children, in particular. This article addresses this important topic so that hopefully the laws, the customs and the general approach to men and women can be changed for the better to help women to be healthier.

THE DIFFERENCES

The main difference is that women are designed for reproduction of the species. This is clear to anyone who looks closely. Only women can bear the children and nurse them. A more subtle difference is that women generally prefer caring for babies, which is a full-time job, at first, and not the most pleasant of jobs in terms of waking up at odd hours to nurse, changing smelly diapers, dealing with crying spells, vomit and other annoying things.

Another difference that is clear to anyone who cares to look is that women are less physically strong. Their muscular development is simply not as good as most men's, even that of men who are not that physically fit. This is important and it occurs for a reason. The female hormones, which determine all the secondary sex characteristics of men and women, tend to build more fat and less muscle in women. As a result, women have more body fat, in general, and less lean muscle mass than men. This is not always true, of course, but it is in general. When it is not at all the case, the woman usually has a hormone imbalance that makes her look more like a man in terms of muscular development and often attitudes as well.

The same hormonal differences make men more aggressive, more sexually oriented in most cases, more active physically, and often not as kind and sweet as most women can be. This is another important set of differences, and no judgment is meant with any of these. It is just a fact. Women are also much more interested in spiritual matters, as a rule, although men often succeed much better at them than women, also due to another difference between them.

Women tend to be more multi-taskers while men tend to be far more focused and one-pointed in their efforts. This makes men less congenial, perhaps, but when they set their mind to a task, such as meditating or doing yoga or doing anything, they are often far more diligent, disciplined and therefore successful at it than the women, in general, of course. **However, this is a real difference in the way men and women are designed and it is not simply a "cultural bias" or some prejudice, as some see it today.**

Men, also, are not as oriented toward babies, in particular. Many men find them sort of odd or strange, helpless little creatures that cry all the time when needing to be fed or the diaper changed, a not totally pleasant task. This is not usually men's favorite activity, and a difference, again, between men and women. Women, in particular some coppery women, actually delight in caring for babies, which they see as extensions of themselves in many ways. They enjoy mothering children, meaning caring for them in special ways that promote the child's development as a human being. This includes teaching them basic skills, basic manners, basic communication skills and so on.

Later on, the men often take more interest in the children as they grow older to about 8 or 9 and their brains are more developed and their bodies are more able to do more physical activities and mental ones as well. This is also a natural order of things that is often denied today.

THE RESULTS

As a result of all the above, women are generally more physically delicate, though this does not mean they are “weaker” or inferior in any way at all. It simply means they are not as capable of physical exertion, nor are they usually quite as interested unless they have hormone imbalances. It also means they are more vulnerable to injury, accidents, physical harm and danger when they insist on acting “just like the boys”.

While both men and women are extremely nutritionally depleted and toxic, women have the added problem that they are often pushing themselves physically far beyond what they are capable of in order to compete and keep up with the men. This is the real problem today.

WHAT IS NEEDED IN MY VIEW

This will sound very politically incorrect. **Women need to know they are different from men, not the same.** They need to know from the time they are born that they are here to raise themselves and bear children if they wish, which is not an option for men.

They need to know they are not weaker, but their muscle structure and bone structure and physical design is not the same as men’s and they need quieter activities. This is the main difference. Men may be less social, generally, but some like the social scene as much as women, as human beings are social animals. The women, however, need not compete, need not excel at sports or even academics.

Women need more relaxation and rest, better nutrition and more attention to their health if they are to bear healthy children and raise them properly. Otherwise, the epidemic of autism, ADD, ADHD, birth defects and worse, will only continue and become worse. This, I see, is the main task in the future for the entire world if we are to raise a generation of children that is healthier, instead of sicker than the one before it.

WOMEN AND MEN IN THE WORKPLACE

Men and women often work differently. This can be an advantage to working together, or a definite disadvantage. This article outlines a few of the differences in perception between men and women that may be used to advantage. Most are obvious, but sometimes helpful to recall in work situations. This can help men and women to work together better, and this is the purpose of this article.

TASK ORIENTATION

Women tend, overall, to be more people-oriented and less task-oriented. Men, in contrast, are often, though not always, ore task-oriented. This means they care a little less about who is involved, and more about what is involved.

Results: Men may stick with a task better than women, though, once again, this is a generalization. Women may stick with a client better than men, though again this is generalization. In some businesses, sticking with the tasks is most critical. In others, sticking with the clients is most critical.

HANDLING PROBLEMS AT WORK

Men are generally more likely to want to solve problems by themselves, alone. Women often prefer doing it together, as a group. Often, women prefer to negotiate, while men just prefer moving ahead at full speed with less negotiating.

Results: Once again, some business issues require teamwork and negotiating. Others require that you send a person out to do the job, and the job gets done by one person working alone. There is no “best way” to work. The idea here is just to point out differences so that a business can make the best use of its personnel, and so that employees and everyone else will be as satisfied, happy and successful as possible.

HANDLING PERSONAL PROBLEMS

Women tend to want to talk about problems, often excessively if they are not sure what to do about it. Men, on the other hand, often keep problems to themselves, often suppressing the desire to speak to others and trust others with personal information.

Results: This is often an issue in the workplace. Some do not want to share personal information at all, while others want to share too much. It can cause significant friction in some cases. Understanding the differences between men and women, generally, may help somewhat.

Sexuality differences

From http://www.vaestoliitto.fi/@Bin/263363/Finsex09_Chapter+12.pdf :

Based on the research, the greatest differences between men and women emerged in the following:

1. Sexual desire in general
2. Desire for first experiences and enjoyment thereof
3. Beginning and frequency of masturbation
4. Enjoyment and use of porn

5. Paying for sex
6. Initiating sex
7. Experiencing orgasms
8. Sexual relationships without commitment

All of the above were more characteristic of men, or else, men engaged in them more actively. In their own way, They reflect the interplay between masculine and feminine sex. Masculine-oriented sex, more often than feminine-oriented sex, focuses on the pursuit of physical pleasure through sex. Men set fewer conditions than women on when this pursuit of pleasure is appropriate or inappropriate. Sexual pleasure for men more often than for women is a value in itself.

See also:

<http://www.psychologytoday.com/blog/handy-psychology-answers/201102/does-sexuality-differ-men-and-women>
<http://www.sexscience.org/PDFs/Gender%20Differences%20and%20Similarities%20in%20Sexuality%20Final.pdf>
<http://edition.cnn.com/2010/OPINION/03/23/brizendine.male.brain/index.html>

[IQ differences](#)

See <http://mluttgens.pagesperso-orange.fr/IQ%20GENDER%20differences.pdf>

Understanding The Difference Between Men And Women

From <http://www.crisiscounseling.org/Relationships/DifferencesMenWomen.htm>

As the goal of equality between men and women now grows closer we are also losing our awareness of important differences. In some circles of society, politically correct thinking is obliterating important discussion as well as our awareness of the similarities and differences between men and women.

By: Michael G. Conner, Psy.D, Clinical, Medical & Family Psychology

[This paper is collection of research conclusions and observations which I have witnessed over the past 10 year that I have attempted to put into a written form that might be helpful, but more importantly stimulate discussions. The real purposes is to increase the awareness between men and women, and to help them set aside issues that are not personal but are merely manifestations of nature. To my way of thinking, it is important to honor and rejoice in both our nature and our individuality.]

For centuries, the differences between men and women were socially defined and distorted through a lens of sexism in which men assumed superiority over women and maintained it through domination. As the goal of equality between men and women now grows closer we are also losing our awareness of important differences. In some circles of society, politically correct thinking is obliterating important discussion as well as our awareness of the similarities and differences between men and women. The vision of equality between the sexes has narrowed the possibilities for discovery of what truly exists within a man and within a woman. The world is less interesting when everything is same.

It is my position that men and women are equal but different. When I say equal, I mean that men and women have a right to equal opportunity and protection under the law. The fact that people in this country are assured these rights does not negate my observation that men and women are at least as different psychologically as they are physically.

None of us would argue the fact that men and women are physically different. The physical differences are rather obvious and most of these can be seen and easily measured. Weight, shape, size and anatomy are not political opinions but rather tangible and easily measured. The physical differences between men and women provide functional advantages and have survival value. Men usually have greater upper body strength, build muscle easily, have thicker skin, bruise less easily and have a lower threshold of awareness of injuries to their extremities. Men are essentially built for physical confrontation and the use of force. Their joints are well suited for throwing objects. A man's skull is almost always thicker and stronger than a women's. The stereotype that men are more "thick-headed" than women is not far fetched. A man's "thick headedness", and other anatomical differences have been associated with a uniquely male attraction to high speed activities and reckless behavior that usually involve collisions with other males or automobiles. Men invented the game "chicken", not women. Men, and a number of other male species of animal seem to charge and crash into each other a great deal in their spare time.

Women on the other hand have four times as many brain cells (neurons) connecting the right and left side of their brain. This latter finding provides physical evidence that supports the observation that men rely easily and more heavily on their left brain to solve one problem one step at a time. Women have more efficient access to both sides of their brain and therefore greater use of their right brain. Women can focus on more than one problem at one time and frequently prefer to solve problems through multiple activities at a time. Nearly every parent has observed how young girls find the conversations of young boys "boring". Young boys express confusion and would rather play sports than participate actively in a conversation between 5 girls who are discussing as many as three subjects at once!

The psychological differences between man and women are less obvious. They can be difficult to describe. Yet these differences can profoundly influence how we form and maintain relationships that can range from work and friendships to marriage and parenting.

Recognizing, understanding, discussing as well as acting skillfully in light of the differences between men and women can be difficult. Our failure to recognize and appreciate these differences can become a life long source of disappointment, frustration, tension and eventually our downfall in a relationship. Not only can these differences destroy a promising relationship, but most people will grudgingly accept or learn to live with the consequences. Eventually they find some compromise or way to cope. Few people ever work past these difficulties. People tend to accept what they don't understand when they feel powerless to change it.

Relationships between men and women are not impossible or necessarily difficult. Problems simply arise when we expect or assume the opposite sex should think, feel or act the way we do. It's not that men and women live in completely different realities. Rather, our lack of knowledge and mutual experience gives rise to our difficulties.

Despite great strides in this country toward equality, modern society hasn't made relationships between men and women any easier. Today's society has taught us and has imposed on us the expectation that men and women should live together continuously, in communion, and in harmony. **These expectations are not only unrealistic but ultimately they leave people feeling unloved, inadequate, cynical, apathetic or ashamed.**

The challenge facing men and women is to become aware of their identities, to accept their differences, and to live their lives fully and as skillfully as possible. To do this we must first understand in what ways we are different. We must avoid trying to change others to suit our needs. The following illustrates some important differences between men and women. These differences are not absolute. They describe how men and women are in most situations most of the time.

Problems

Men and women approach problems with similar goals but with different considerations. While men and women can solve problems equally well, their approach and their process are often quite different. **For most women, sharing and discussing a problem presents an opportunity to explore, deepen or strengthen the relationship with the person they are talking with.** Women are usually more concerned about how problems are solved than merely solving the problem itself. For women, solving a problem can profoundly impact whether they feel closer and less alone or whether they feel distant and less connected. The process of solving a problem can strengthen or weaken a relationship. Most men are less concerned and do not feel the same as women when solving a problem.

Men approach problems in a very different manner than women. For most men, solving a problem presents an opportunity to demonstrate their competence, their strength of resolve, and their commitment to a relationship. How the problem is solved is not nearly as important as solving it effectively and in the best possible manner. Men have a tendency to dominate and to assume authority in a problem solving process. They set aside their feelings provided the dominance hierarchy was agreed upon in advance and respected. They are often distracted and do not attend well to the quality of the relationship while solving problems.

Some of the more important differences can be illustrated by observing groups of young teenage boys and groups of young teenage girls when they attempt to find their way out of a maze. A group of boys generally establish a hierarchy or chain of command with a leader who emerges on his own or through demonstrations of ability and power. Boys explore the maze using scouts while remaining in distant proximity to each other. Groups of girls tend to explore the maze together as a group without establishing a clear or dominant leader. Relationships tends to be co-equal. Girls tend to elicit discussion and employ "collective intelligence" to the task of discovering a way out. Girls tend to work their way through the maze as a group. Boys tend to search and explore using structured links and a chain of command.

Thinking

While men and women can reach similar conclusions and make similar decisions, the process they use can be quite different and in some cases can lead to entirely different outcomes. In general, men and women consider and process information differently.

Women tend to be intuitive global thinkers. They consider multiple sources of information within a process that can be described as simultaneous, global in perspective and will view elements in the task in terms of their interconnectedness. Women come to understand and consider problems all at once. They take a broad or "collective" perspective, and they view elements in a task as interconnected and interdependent. Women are

prone to become overwhelmed with complexities that "exist", or may exist, and may have difficulty separating their personal experience from problems.

Men tend to focus on one problem at a time or a limited number of problems at a time. They have an enhanced ability to separate themselves from problems and minimize the complexity that may exist. Men come to understand and consider problems one piece at a time. They take a linear or sequential perspective, and view elements in a task as less interconnected and more independent. Men are prone to minimize and fail to appreciate subtleties that can be crucial to successful solutions. A male may work through a problem repeatedly, talking about the same thing over and over, rather than trying to address the the problem all at once.

While there are differences in the ways that men and women think, it must be emphasized that they can and do solve problems in a similar manner. There are no absolutes, only tendencies.

Memory

Women have an enhanced ability to recall memories that have strong emotional components. They can also recall events or experiences that have similar emotions in common. Women are very adept at recalling information, events or experiences in which there is a common emotional theme. Men tend to recall events using strategies that rely on reconstructing the experience in terms of elements, tasks or activities that took place. Profound experiences that are associated with competition or physical activities are more easily recalled. There appears to be a structural and chemical basis for observed memory differences. For instance, the hippocampus, the area in the brain primarily responsible for memory, reacts differently to testosterone in men and it reacts differently to changing levels of estrogen and progesterone in women. Women tend to remember or be reminded of different "emotional memories" and content to some extent as part of their menstrual cycle.

Sensitivity

There is evidence to suggest that a great deal of the sensitivity that exists within men and women has a physiological basis. It has been observed that in many cases, women have an enhanced physical alarm response to danger or threat. Their autonomic and sympathetic systems have a lower threshold of arousal and greater reactivity than men. In both men and women, higher levels of testosterone directly affect the aggressive response and behavior centers of the brain. Increasing estrogen and progesterone in men has a "feminizing" effect. Sexually aggressive males become less focused on sexual aggressive behavior and content when they are given female hormones. On the other hand, changing estrogen and progesterone levels in women during menstrual cycles can produce a "flood" of memories as well as strong emotions. Increasing or high levels of testosterone can produce an emotional insensitivity, empathic block and increased indifference to the distress others.

At the heart of sensitivity is our capacity to form, appreciate and maintain relationships that are rewarding. Even here there are important differences. For men, what demonstrates a solid relationship is quite different from that of most women. Men feel closer and validated through shared activities. Such activities include sports, competition, outdoor activities or sexual activities that are decidedly active and physical. While both men and women can appreciate and engage in these activities they often have preferential differences. Women, on the other hand, feel closer and validated through communication, dialogue and intimate sharing of experience, emotional content and personal perspectives. Many men tend to find such sharing and involvement uncomfortable, if not, overwhelming.

Processing Information

In most people, especially those people who are right handed, the processing that takes place in the left side of the brain can be described as literal, logical, linear and linguistic. This means that we use our left brain to understand and express experience in words that are logically organized, in the right order or sequence, and correctly chosen. Men, and mostly those who experience the masculinizing effects of testosterone during their first three months as a fetus, tend to be left brain dominant. As a result, the connective tissue between the right and left side of the brain is less than that it is in woman.

What is very interesting about the differences between men and women is their access to right brain. Women are more connected to their right brain because the connective tissue is greater. Men can access their right brain but they have to "listen" for the messages it provides. It is easy for most men to ignore what the right brain has to offer.

The right brain is focused, for the most part, on information that is not left brain. The right brain "makes sense" of the qualities of voice such as tone, pitch, volume. It also "makes sense" of facial expressions, gestures, body language and the feelings we get. In a sense, our right brain is our emotional radar. It picks up on information that is felt, perceived, heard or seen. This is one reason why women are so much more aware of how children and adults are feeling. This comes in handy to a mother because it allows a mother to "read" and understand an infant based on behaviors and sounds. That's important because children can't speak. It is also why women are usually much more attuned, sensitive and unable to ignore an infant who is upset. Mothers seem to know more for reasons that they cannot explain fully to fathers.

Like most things, there are advantages and disadvantages. Women seem to know "more" than most men but they can't explain why. They are also more easily overwhelmed. Men often don't "get it" and because they are so "dense" emotionally, they can keep their heads on tasks. In a way, men can miss what's going on but they can get more done because they experience problems more simplistically and in a way that allows them to take action. This does not mean men see things more accurately or that they do the right thing.

The Task Of Relationship Facing Men and Women

The task that faces men and women is to learn to accept their differences, avoid taking their differences as personal attempts to frustrate each other, and to compromise whenever possible. The idea that one gender can think and feel like the other if they truly loved each is rather absurd. Sure, a man or women could act in consideration of the other's needs, but this would not necessarily be rewarding and honest. Holding the benefit of another above our own is rewarding. But from time to time, and more often for most of us, it is important to be our self and to be accepted, and not to be the source of distress and disappointment in the lives of people we love.

The Role Of Counseling and Therapy

Counseling and therapy can help a couple understand and appreciate each other, and even benefit from their differences. Understanding these differences intellectually is not enough. A counselor or therapist can help point out these differences, as they surface, and guide a couple to a greater level of relationship. Understanding that differences are not intentional and that misunderstandings are merely the result of expectations that are not realistic can make a huge difference in a relationship. The differences that can be sensed between a man and women can deepen their relationship. More importantly, when men seek to understand and appreciate that which is feminine, they come to a deeper understanding of their self. And when a women seeks to understand that which is masculine in men, they come to appreciate and understand more about their own masculinity.

For A Related Article See, "About Romantic Love"

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Women don't need men or marriage?

From <http://www.foxnews.com/opinion/2013/02/05/to-be-happy-must-admit-women-and-men-arent-equal/>

It began in earnest more than forty years ago, with the modern feminist movement. Feminists assured women their efforts would result in more satisfying marriages, but the result is something else altogether. It looks something like this:

1. Women postpone marriage indefinitely and move in and out of intense romantic relationships, or even live with their boyfriends for years at a time. Eventually, their biological clocks start ticking and many decide they better hurry up and get married to provide a stable home for their yet-to-be-born children. Trouble is, their boyfriend's not willing to commit.
2. Marriage becomes a competitive sport. The complementary nature of marriage—in which two people work together, as equals, toward the same goal but with an appreciation for the qualities each gender brings to the table—has been obliterated. Today, husbands and wives are locked in a battle about whom does more on the home front and how they're going to get everything done. That's not a marriage. That's war.

It's time to say what no one else will: Feminism didn't result in equality between the sexes – it resulted in mass confusion. Today, men and women have no idea who's supposed to do what.

Prior to the 1970s, people viewed gender roles as as equally valuable. Many would argue women had the better end of the deal! It's hard to claim women were oppressed in a nation in which men were expected to stand up when a lady enters the room or to lay down their lives to spare women life. When the Titanic went down in 1912, its sinking took 1,450 lives. Only 103 were women. One-hundred three.

Compare that with last year's wrecked cruise line, the Costa Concordia. It resulted in fewer deaths, but there was another significant difference. "There was no 'women and children first' policy. There were big men, crew members, pushing their way past us to get into the lifeboats. It was disgusting," said passenger Sandra Rogers, 62.

The captain of the ship agrees. In USA Today, Francesco Schettino was asked about his New Year's resolution. He responded, "Bone up on the parts about 'women and children first' and 'the captain goes down with his ship.'"

You see, the problem with equality is that it implies two things are interchangeable – meaning one thing can be substituted for the other with no ramifications. That is what feminists would have us believe, and anyone who contradicts this dogma is branded sexist.

But the truth must be heard. Being equal in worth, or value, is not the same as being identical, interchangeable beings. Men and women may be capable of doing many of the same things, but that doesn't mean they want to. That we don't have more female CEOs or stay-at-home dads proves this in spades.

Unless, of course, you're beholden to feminism. In that case, you'll believe the above is evidence of discrimination. You'll believe what feminists taught you to believe: that gender is a social construct.

Those of us with children know better. We know little girls love their dolls and boys just want to kick that ball. This doesn't mean men can't take care of babies or women can't play sports. It just means each gender has its own energy that flows in a specific direction. For God's sake, let it flow.

The battle of the sexes is over. And guess what? No one won. Why not try something else on for size? Like this: men and women are equal, but different. They've each been blessed with amazing and unique qualities that they bring to the table. Isn't it time we stopped fussing about who brought what and simply enjoy the feast?

Suzanne Venker