

7 Principles of Man Law

Part 4 in a 7 Part Series



By **James Payne**

Several years ago, Miller Lite created a commercial that featured several men sitting around a wood table discussing the philosophies of life. After a brief discussion, someone would make an alleged profound statement. To show their support of the statement, the men would raise their beers and shout, "Man Law!" I believe that there are Seven Principles of "Man Law." If we can come together as a people and show our support of these principles, we may have a stronger community.

As a first principle, we declared that "**Men Must Work.**" See the March/April 2009 edition for further discussion. As a second principle, we suggested that "**Men Must Respect Authority.**" See the May/June 2009 edition. As a third principle, we discussed that "**Men Must Be True to the Women About Who We Really Are.**" See the July/August 2009 Anniversary issue for further discussion. Fourth, "**We**

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Must Learn To Control Our Temper." While we may not know how the R&B sensations Chris Brown and Rihanna's argument got started, we do know that at some point Chris Brown failed to control his temper. Not only did he lose his temper, he lost millions of dollars in entertainment sponsorships and significantly impaired his singing career.

In 2006, neuropsychiatrist L. Brizendire in her book, *The Female Brain*, suggested that women use on average 20,000 spoken words per day, while men only use 7,000. Thus, it is not surprising that women will generally have more to say in most arguments. When men run out of words in an argument, we foolishly assume that the argument is over. While the man may have finished talking, the woman still has plenty of words left in her reserve tank. Unfortunately, when men are backed into a corner and run out of words, some of us resort to violence. The number one killer of Black

women ages 15 to 34 is homicide at the hands of a current or former intimate partner. Obviously, physical violence does not occur in every argument; however, too often, it does occur. While the Brizendire study was later argued to be scientifically unreliable, there is very little controversy that men and women have very different communication styles.

One evening, I went to a bowling alley with a group of upward-moving college men and my two sons. Unfortunately, we came into contact with a very intoxicated young man who was looking for a fight. Given the altered state of mind of the inebriated man and his friends versus the group of guys that I was with – this would not have been much of a fight. Clearly, we would have quickly over-powered him and any of his friends who wanted to join this little party. As "Mr. Loud Mouth" began to shout out unfriendly comments and gestures, I

reminded our guys that we had nothing to gain by beating this guy into a coma; however, we had plenty to

lose. If we had not controlled our tempers, the front pages of our local papers would have reported that "Four Black Men Start Riot," leaving at least one in critical condition. Although everything within me wanted to swing that bowling ball right up the side of his head, we walked away. Six months later, two of the young men with me completed their bachelor degrees, and I still have a law license. My sons watched their father walk away from a fight without losing R-E-S-P-E-C-T.

Men, if you really want to show your power, learn to walk away and restrain your temptation to fight, especially when you run out of words. There are many people looking for a reason to incarcerate us; please don't give them something when we can handle ourselves. Men, "**We Must Learn To Control Our Tempers.**"

Fifth principle to follow. . .