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NO. 4453

UNDERSTANDING SEXUALITY: A GUIDE TO
BETTER FAMILY LIVING

THESIS

Presented to the Graduate Council of the
North Texas State University in Partial
Fulfillment of the Requirements

For the Degree of

MASTER OF SCIENCE

By

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May, 1972

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Grider, Sandra Davis, Understanding Sexuality: A Guide to Better Family Living. Master of Science (Education), May, 1972, 445 pp., 12 illustrations, bibliography, 166 titles.

The problem of this study was to prepare a comprehensive family living textbook for use by high school students. The primary purposes of the study were the following: (1) to provide teenagers with factual information concerning sexuality which will better equip them to make responsible decisions; (2) to prepare young people to become better marriage partners, better parents and ultimately to produce stronger families for the future.

The information in this textbook was taken from research of 166 books, periodicals, unpublished papers, pamphlets, and newspaper articles. The following references have played a predominant role in the shaping of this manuscript: Human Sexuality by James L. McCary, Sex before Twenty by Helen Southard, Understanding Sex: A Young Person's Guide and The Normal Woman by Madeline Gray.

The thesis is divided into two chapters. The introductory chapter presents the purpose of the study, the method of procedure and the significance of the problem. Chapter II presents the preliminary pages and body of the family living textbook. The body of the text includes the following:

(1) a prologue, (2) seventeen chapters, and (3) an epilogue. Each chapter includes a list of vocabulary words, questions, suggested readings, and a list of the references pertinent to the chapter. The prologue and first two chapters include an over-view of the teen years; discussion about the importance of a family living course for teenagers; and a study of some of the problems encountered in dating and courtship. The next three chapters present male and female physiology. Following the chapters on physical maturation are two chapters which deal with the emotional aspects of sexuality. Coping with sexual feelings and a rational, intelligent approach to premarital sex are covered. Three chapters follow which present the facts about unwed pregnancy, venereal disease, and sexual aberrations. The last seven chapters are concerned with the many facets of love, guidelines for choosing a mate, the responsibility of marriage, the wonder and beauty of pregnancy and birth, and the delicate task of being a parent. The final chapter takes a look at the American family today, its enormous significance throughout history, the metamorphosis it has undergone, the changes that future technology may bring to the family, and finally suggestions for rebuilding the rapidly crumbling foundation of the American family. Young people are encouraged to think ahead, to use their sexuality

wisely, to choose carefully their future marriage partners and to be dedicated and loving parents. The epilogue offers a personal challenge to teenagers to develop themselves to their maximum potential which should eventually lead to fuller, happier more productive lives.

As a result of this study, it is recommended that a teacher's manual be devised which could correspond with the information in the family living textbook. The purposes for constructing a teacher's manual would be the following: (1) to furnish the teacher with more extensive information, (2) to provide a list of visual aides, (3) to include a list of teacher resources, and (4) to supply a list of suggested class activities.

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INTRODUCTION

The Purpose

The purpose of this thesis was to provide a comprehensive family living textbook for high school students. The textbook is designed with the long-range objective of strengthening the American family by providing youth with information concerning the entire realm of human sexuality. This information will give them a sound foundation on which to base their decisions about dating, sexual activity, marriage, and parenthood so that they will ultimately be better equipped to produce stronger families of the future.

Method of Procedure

The information in this text was compiled from research of over one hundred and sixty books, periodicals, pamphlets, unpublished papers, and newspaper articles. When direct prose quotations of more than five lines were utilized, special permission from the publishing companies was requested and granted. Personal classroom experience with the high school students in twenty-five courses of family living provided a basis for the choice of subjects, many of the student testimonials, and the general style and content of the text.

Significance of the Problem

During adolescence, young people are confronted with difficult decisions concerning use of their sexuality which will have a profound effect upon their future lives. It is vitally important that they be given factual, realistic information upon which to base these decisions. Therefore, a comprehensive textbook in family life education for high school students is needed. It is true, however, that study guides and textbooks of this nature are presently available for high school students; but a closer examination will indicate that these books have usually been either too limited in scope or too unsophisticated for high school students. This book will provide students with a background text that is appropriate for their age level and covers the total field of human sexuality.

One of the most blatant criticisms of family living courses is that the teacher is not given sufficient preparation nor the resource material for teaching such a delicate subject. This text can be utilized as a resource for teachers or as a guide to the students themselves and will thus help to eliminate the problem of teaching without sufficient background material.

A second criticism of family living courses is that the controversial subject of sex is often presented from a

biological stand point, omitting the emotional overtones which are such a vitally important part of human sexuality. Many parents fear that presentation of facts alone, without an emphasis on sexual values, will be a degenerating force in their young people's lives. This text will present the biological facts but will also include information on the psychological and emotional aspects of sexuality so that young people can gain a deeper understanding of the power of sex and the responsibility that it involves.

The primary reason, however, that this text is necessary is because at this point in history, the foundation of the American family is rapidly decaying. Most family living textbooks deal with dating, reproduction, and sexual problems, but they fail to place an emphasis on the significance of the family. Young people need a textbook which attempts to reconstruct a belief in the American home and family. This text is an effort to put the sanctity of marriage and the family on stronger footing in the minds and hearts of young people. The questions asked and the facts presented herein are designed to challenge today's youth to think ahead about their future lives as marriage partners, parents, and members of American society. In the final analysis, it is hoped that this book will provide young people with a

foundation of knowledge which will enable them to make the decisions today that will lead toward more stable, more fulfilled, more productive lives in the future.

UNDERSTANDING SEXUALITY:

A GUIDE TO BETTER FAMILY LIVING

AN EFFORT TO UNIFY THE FAMILY OF THE FUTURE
BY STRENGTHENING THE TEENAGERS OF TODAY

SANDRA DAVIS GRIDER

UNDERSTANDING SEXUALITY:
A GUIDE TO BETTER FAMILY LIVING

BY

SANDRA DAVIS GRIDER

ACKNOWLEDGEMENTS

I am indeed grateful to the many people whose suggestions and criticisms have contributed to the preparation of this book. I extend my deepest appreciation to the following people: Mrs. Carole Galbreathe, English teacher, Southwest Texas State University, San Marcos, Texas, for spending many painstaking hours proofreading and editing this text; Mrs. Ernestine Miller, doctor's wife and expert in the field of family living, for making the original suggestion to write this book and for providing constant support and inspiration; Dr. Ernest E. Miller, medical doctor, for checking the medical accuracy of this manuscript and for adding his many words of encouragement; Mrs. Ann Cunningham, teacher of health education, McClennan County Junior College, Waco, Texas, for adding general criticisms and suggestions for improvement; Karen Harrell Bearden and Anne Spellman, former students, for reading the book from a young person's point of view and adding many pertinent suggestions; all of my former students in the health classes and family living classes who have taught me that young people are sincerely interested in learning about themselves and about how to improve their future lives.

I wish to extend my gratitude to the approximately one hundred and sixty resources used in this text and to the publishing companies who granted special permission to reprint excerpts from their publications. A reference section follows each chapter so that all authors and publishers can receive full credit for their contributions.

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INTRODUCTION

Teenagers have always been painfully uncertain in what they believe about their sexuality and sexual behavior, but today's youth are crying louder than ever for candid, straight-forward answers to their questions about sex, love, and life. This book will be an honest effort to approach the delicate subject of sex from a factual, realistic standpoint, giving full information about our sexual selves but always tempered with a sensitive understanding of the true meaning of sex in life. Young people need to be given the facts of sex but at the same time they need to understand the power of sexuality and the responsibility that it involves. It is our hope that by achieving a comprehensive understanding of human sexuality, each young person will gain a deeper and healthier respect for the entire realm of sex and will be better able to cope with it in the teen years as well as in the later married years.

Of course there are many people today who feel that family living courses can be destructive to a young person's values. No one can better explain the benefits that can be gained from a course of this nature than the students themselves. The following are unsolicited comments made by

high school students immediately after completing a course in family living (1):

. . . I had the distorted idea that sex was something dirty and wrong. After this course, my idea has changed. I realize still that sex can be dirty if we let it be, but more important I realize that sex, if not abused, is sacred and beautiful. . .

. . . This course should not be necessary but due to the apathy of many parents toward their children, I feel that it is a necessity. I now feel like a person who can face life and know pretty much what to expect. . .

. . . Adults who oppose family living argue that teaching students about sex will tempt them to experiment. I think that revealing the facts discourages students from experimentation . . .

. . . This course enables us to learn about the meaning of sex in a clean, beautiful way, and it helped a lot of my friends stop and think before it was too late. . .

. . . I learned many things about girls which I never knew. I never realized what women have to go through when having a baby. I am sure when one day my wife is having a baby, I will understand more of what is happening and will probably be of more help to her.

. . . I think that from this course I know that when I have children of my own, I will approach their questions on sex in a natural manner. I also feel that if problems arise in marriage, I will be better able to cope with them.

In an effort to generate this deeper understanding of one's sexual nature, this book will discuss such topics as the different qualities of love, the problems encountered in dating, what sex means to a boy, what sex means to a girl, concern for others, respect for life, the sanctity

of marriage and the home, an insight into the physiology of reproduction, the wonder of birth, the delicate task of parenthood, and a rational, intelligent approach to the use of sex in our lives now and in the future. One of the highest aims of family life education is to develop one's fullest capacity for love. Thus, we would hope essentially to expand each person's appreciation for the dignity of human love, for we are not trying to teach young people how to make love--but how to love.

Certainly a family living course is no panacea, no absolute insurance against the misuse of sex and the tragedy which could result. And no one person, no one class, or no one book has all the answers. When dealing with an area as illusive and intangible as life and love and sex there are no pat answers. We can only present the facts and let each individual make his own personal decisions which will be drawn from his own deepest feelings about himself. This book is designed only as an aid to a young person's study, class discussion, and the thinking through of who he is, what he believes and how he wants to live. This is, however, a step in the direction toward building healthier, happier, more integrated personalities which can eventually lead to stronger, more united homes for the future. And this is our ultimate goal. In strengthening individuals of today, we

hope to unify the homes of tomorrow. The basic premise of this book is that the family is the cornerstone of civilization and without the family unit, a nation cannot stand. In order to re-solidify the rapidly crumbling foundation of the American family, we must help our young people learn how to deal with their sexual problems and give them the knowledge which can lead toward fuller, finer family living.

REFERENCE

1. Quoted from students in Family Living course, taught by Sandra D. Grider, Denton High School, Denton, Texas, 1967-68, and A. C. Jones High School, Beeville, Texas, 1968-70.

THE AGE OF DECISION

PROLOGUE: TO THE NOW GENERATION

CHAPTER I. WHY A COURSE OF THIS NATURE?

CHAPTER II. DATING IN A NEW DIMENSION

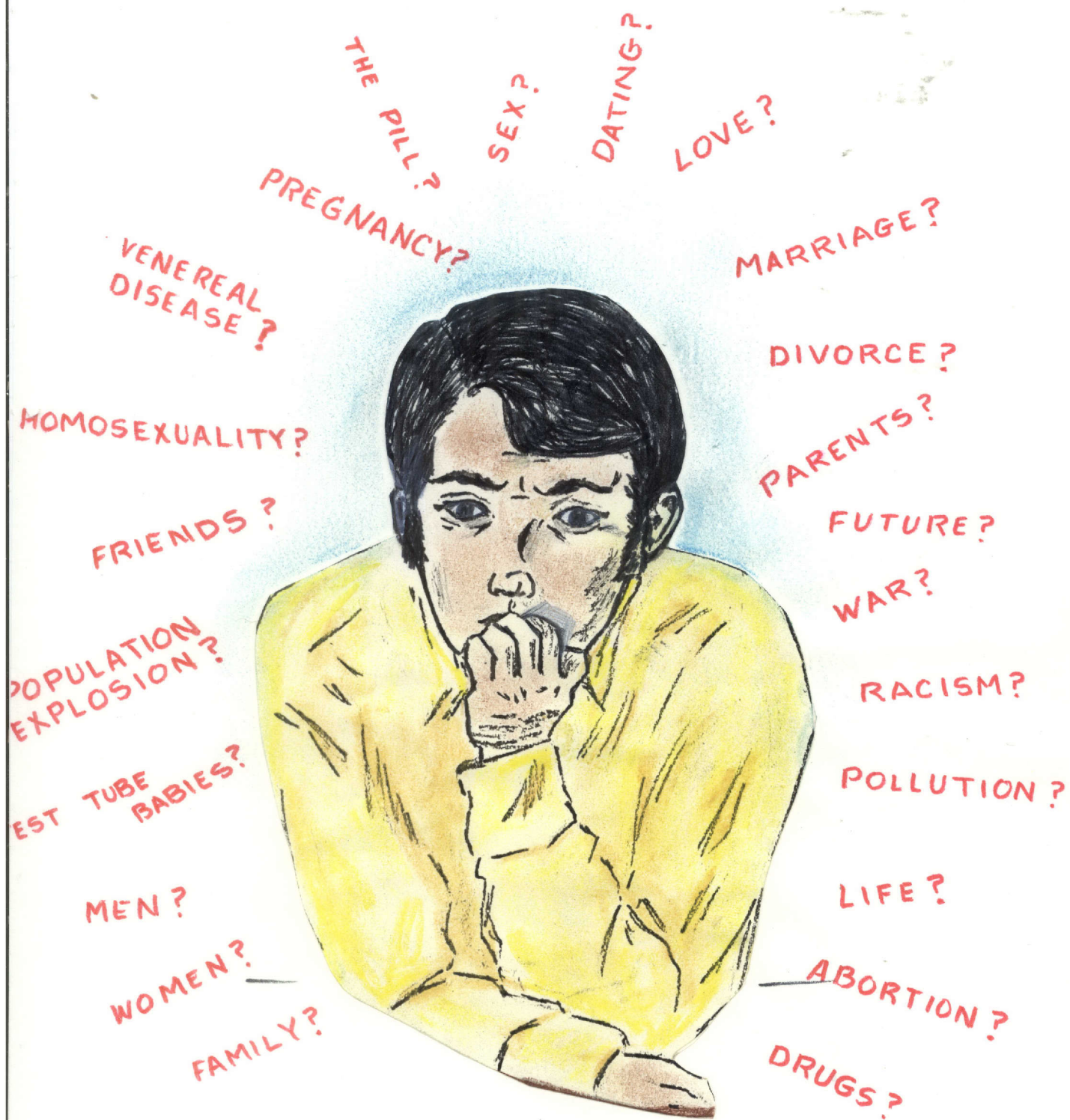


Fig. 1--Being a teenager involves countless decisions

"Though we travel the world over to find the beautiful, we must carry it with us or we find it not."

Ralph Waldo Emerson

PROLOGUE: TO THE NOW GENERATION

There is no doubt that being a teenager is incredibly difficult, for this is the time when one is making the painful transition from childhood to adulthood. Physical changes, intense new urges, explosive interest in the opposite sex, need for acceptance, pressure to conform, desire for independence, questions about "Who am I?" "What is the meaning of life?" "What is right and what is wrong?"--these and other factors combine in an endless stream. But today it is even more difficult to be a teenager, for in the jet-propelled tempo of our ultra-modernized world, the pressures are heavier than ever before. Today there are pressures to smoke dope, drop acid, and shoot smack. There are pressures to take the pill, to play with sex, to rebel against authority and to be different. Teenagers today are faced with perplexing new questions-- questions such as "Why do we believe in peace yet kill our brother?" "Why isn't every man accepted as a man rather than by the color of his skin?" "Why do we spend more money

putting a man on the moon than a man on his feet?"--All of these are problems which young people of the NOW GENERATION are facing.

To add to the difficulty there are many people today who loudly bewail that this is the worst generation of young people that mankind has ever known. They visualize today's teenager as a filthy, mop-headed youngster with a joint of grass hanging from his lip, a pornographic magazine in one hand and a switchblade in the other with which he is proceeding to rob some defenseless little old lady. But people with this attitude about young people are dead wrong. What they need to realize is that mankind has always found fault with his generation of youth. Even the ancient philosopher, Socrates, proclaimed that his generation of teenagers was going to the dogs. For down through the ages it has always been a popular sport to criticize the generation that will soon be succeeding the present one. If the premise that every generation of young people has been so bad is true, then surely the human race would have perished long ago out of moral degradation and sheer lack of responsible leadership!

The truth is that the majority of our youth are not dope heads, do not indulge in sex orgies and do not rob defenseless little old ladies. In reality modern youth

are straight-thinking, intelligent, and sophisticated. They are sensitive, unprejudiced, unhypocritical, and are deeply concerned with the problems in our world such as poverty, pollution, and injustice. The majority of our teenagers today are idealistic, dedicated, and filled with the energy and enthusiasm to play an important role in making a contribution to our world. The only ingredients that most young people lack are knowledge and experience and their thirst for these is unquenchable.

You should each feel a sense of pride to be a part of such a remarkable generation. In this age of guided missiles and often misguided men, your ideals are encouraging and refreshing. Yours is a generation that has been willing to admit that our world has faults and that you would like to do your part to make this a better world. Of course you cannot save the entire world, but you can save a small piece of it by making your own little corner as beautiful as you possibly can.

This book is dedicated to the many deep-thinking teenagers of the NOW GENERATION who care about their lives now and in the future and who want to gain the knowledge that will lead to good living in its fullest and finest sense. When young people take the opportunity to gain a solid background of knowledge, they build a foundation

on which to base the countless decisions that must be made during the teen years--decisions which will ultimately affect the rest of their lives. With added knowledge, teenagers will be better equipped to develop themselves to the maximum of their potential, and thus, they will be better able to make a constructive contribution to our world. The following story illustrates that point:

A little girl walked up to her grandfather one night and asked if he would show her the names of each of the countries on a map of the world which she handed him. The wise old man studied the map for a moment, then took a pair of scissors and cut out each country. "Now," he said, "I want you first to piece each country in the world back together."

In utter bewilderment and frustration the child took the pieces into the next room and started to work. "I don't even know the countries much less how to put them back!" she thought. But soon she came upon a brilliant scheme. She happened to glance on the back of the map and found that there was a picture of a man's face. "Well, I certainly know what a man looks like. I'll just turn all the papers over and piece the face of the man back together! That will fool Grandfather!"

Presently she walked back into the living room and handed the completed map back to the old gentleman. With a thoughtful smile he said, "That's right, put the man together and you will put the world together!"

The little girl couldn't understand the wisdom in his words, but certainly you can realize the message they hold. It is an irrefutable fact of life that when a young person gets his own head together and works to develop himself to the utmost of his God-given potential, he consequently improves his own little corner of the world. For he is not only helping himself, but in his own small way, he is creating a better, happier life for all those whose lives will be touched by his.

"All that is necessary for the triumph of evil is that good men do nothing" (5).

CHAPTER I

WHY A COURSE OF THIS NATURE?

What is sexuality?

One night on the television program Candid Camera, a group of teenagers were asked what new subject they would like to see taught in their school. They overwhelmingly agreed: "SEX!" Much to the interest of the audience, one girl gave a profound reason as to why she would like to have the course taught in her school. "I want to know not just what happens in the bedroom but in all of life!" (4). Her answer was beautiful, for she got right to the point. Sexuality is not something one does--it is something he is. When speaking of sex, one usually thinks of it as relating to that which is below the belt or only to the sex act. Of course the physical side of sex is very important, but "sexuality" means a great deal more than a specific act or organ. Sexuality is a quality of life--a quality that permeates one's being and deals with all that he is as a man or a woman. Sexuality cannot be isolated from

from one's humanness for each person is a sexual human being, and probably no other single factor has such a monumental influence on one's pattern of life as his sex role and the way he chooses to express his sexuality.

Actually a child begins to develop his concepts of sexuality the moment he is born. As his mother holds him closely to her body, he begins to perceive the female qualities of a mother. And later when his father cradles him in his strong arms, he begins to receive his first understandings of the masculine qualities of a father. The tone of his parent's voices, the warmth and gentleness of their touch, the roughness of his father's beard, the softness of his mother's skin--all of these are building his concepts of maleness and femaleness. Even the manner in which his parents talk to each other, their attitude about diaper changing and toilet training, the way they treat him as a male or female child are adding to his sexual education. His capacity to be a warm, loving, responsible individual is being nurtured while still in the cradle and will affect his sexual outlook for the rest of his life. For the information that a child receives in the formative years of life build what he is later to become as a man or a woman, as a sexual human being.

Should young people be given answers to their questions about sex?

Though the foundation of one's sexuality is being formed in a child's early years of life, he will continue to grow and learn and his head will quite naturally be filled with many questions. As a teenager, his interest and curiosity about sex will increase dramatically, but at the same time, as he is exercising his muscles of independence, he often begins relying less on his parents and asking fewer questions. Sometimes parents misinterpret his silence as meaning that he has no curiosity at all. One mother was overheard telling a group of ladies how proud she was that her fourteen-year-old son had never asked her a single question about sex. She proudly proclaimed, "He simply isn't interested in the subject!" Yet at that very moment her son was watching and listening and wondering and feeling--feeling strange new stirrings within.

It is natural for young people to experience these sexual feelings and to be curious about such an important dimension of their lives. The following is an example of some of the very heavy questions that weigh on the minds of young people today; they were asked in all honesty and sincerity by juniors and seniors in a family living class (2):

"We love each other. Why shouldn't we marry now instead of waiting?"

"My girl is pregnant and I know I'm not ready to settle down and be a good husband. What should I do?"

"Is there any 100 per cent effective method of birth control?"

"What are the diseases connected with intercourse and are they really as terrible as people say? Can they be caught some other way than through sexual intercourse?"

"How do you know if you are really in love?"

"I am a junior in high school and I still can't shave like the other guys and my voice hasn't changed very much. Does this mean that I have homosexual tendencies?"

"If a guy doesn't have sex before he marries, will this affect his life later on?"

"I want to save sex for marriage, but everyone says that idea is old fashioned. I'm mixed up. Isn't it sort of hypocritical to be inhibited about your feelings? Are there any good reasons for waiting till marriage or is it just because society and parents say so?"

"If you start to menstruate young, will you go through the change of life earlier? What exactly is the menopause?"

"If I masturbate, does this mean that I may become homosexual or mentally sick like my dad says? Will it affect my sex life in marriage?"

"Is it possible to get pregnant by close love making but not going all the way?"

"Is child birth always as painful as they say?"

"Do most guys want to marry virgins? Can a man tell if a girl is a virgin?"

"My friends say that you have to have intercourse before you marry someone to see if you are both sexually compatible. Is this true?"

"What is the point in getting married? After all, love is more important than a mere piece of paper, the marriage certificate. Why not just live together?"

These and other questions will be discussed in this course of family living. Thus far young people have been receiving only half-truths and misinformation about sex, and it is high time that they receive the answers that they want and deserve. For we have finally come to the realization that we live with our sexual selves and that this side of life must be squarely faced and understood. As one educator expressed, "It doesn't make sense that we encourage young people to acquire knowledge in every area but one--themselves" (1).

Why is a course of this nature necessary?

There are many people who question the relevance of sexual information for young people. They feel that this kind of education only takes up time and space in school and that a young person needs no preparation for something that should be learned naturally. Perhaps they should first consider the following questions:

What are the four most important events in a person's life?--It is generally agreed that they are BIRTH, MARRIAGE, PARENTHOOD and DEATH.--Over which two does one have little or no control?--Birth and death, of course, which leaves

marriage and parenthood as two vitally important events in life which can be controlled. But how much time does one actually spend in preparation for these two events? Would a person dare to drive a car without having any previous preparation? Would a business man hire a secretary who had no background in shorthand or typing? Would one consider entrusting his life to a surgeon who had never held a scalpel or learned how to perform an operation?

Of course there are still those who insist that marriage and parenthood come naturally, study and preparation are not necessary. But think for a moment about the heart-ache and despair growing out of the homes in which people were totally unprepared. We have more broken homes, more child brutality, more infidelity, and less love between husbands and wives and parents and children than ever before. Isn't it true that a great deal of these problems are in some way related to a misunderstanding and misuse of love and sex? Perhaps the trend that marriages are taking could be reversed if young people are given more preparation for these two astronomically important events, that of marriage and parenthood. Each individual spends at least twelve years of his lifetime receiving a scholastic education, yet how much time is actually spent in receiving an education about life? What could be more necessary?

Doesn't the open display of sex in the movies add to the need of family life education?

Today, as never before, youth are blasted from every direction with a flamboyant glamorization of sex through the mass media. Television, movies, magazines--all seem to be capitalizing on young people's vulnerable interest in sex. Flip on the tube--surely anyone can recall what tooth paste has sex appeal, what after-shave lotion can be used to make it necessary to fight off all the women, and what mouth wash has "pucker power." There is even a paint commercial in which a husband comes home from work to become immediately overwhelmed with a mad, passionate desire for his wife. His desire having been provoked by the fact that his wife had just painted the house with a seductive new house paint! Certainly, not to say that sex appeal in movies and television is all "bad," but it is a fact that we live in an age in which profiteers have learned that they can make an extra dollar from the commercial prostitution of sex.

The mass media has always played an enormous role in shaping our attitudes about all aspects of life, and certainly it has an influence when dealing with such a powerful subject as sex. True, sex is a subject that interests everyone, but isn't it a little difficult for

teenagers to keep their cool on dates when they have been sitting through a deeply involved love scene on the screen? And aren't there some things in life that are too beautiful, too personal, and too intimate to be flagrantly flaunted in wide, living color on the public screen? In all too many cases our modern movies, which often deal with perversion and aberration, tend to distort and cheapen the true meaning of love and sexuality.

In the best selling book Future Shock (6) we are warned that our minds and emotions have not been able to keep pace with the changes brought on by technology. The mass media is obviously a product of technology. Thus we must begin now to keep up with the changing times by gaining the knowledge that will keep the influence of movies and television in the right perspective. Perhaps twenty years ago a course in family living was not quite as necessary as it is today, but times have changed. Today it has become necessary to unravel some of the misconceptions that the media has passed on so that we can have a more realistic picture of what love and marriage and sex truly are.

Doesn't sex education belong in the home?

It has already been pointed out that knowledge about sex begins in the home, but there comes a time when a child begins to ask questions, and this is where communication

often breaks down. Some adults seem to feel that the best way to deal with a child's questions about sex is not to deal with them at all. Why do you suppose that so many parents have completely avoided the area of sex with their children?--One reason is because sex was such a "hush-hush" subject in their own homes as they were growing up. Thus parents may not feel adequately prepared to approach such a deeply personal and powerful subject. You know it is those to whom we are the closest and love the most that it is most difficult to discuss such an emotion-packed subject as sex. Parents' deep concern for their children's welfare makes it terribly difficult to express facts and attitudes relating to human sexuality. So please, try to look at their side, and rather than condemning them for abdicating their responsibility, try to understand why they may have avoided sex education with their children and teenagers. However, we hope that with your own children, you will have the knowledge and the confidence to give them a full sexual education. Perhaps if each young person today would do this, education about human sexuality would no longer be necessary in the school, for each child would be taught by his own parents and they in turn would pass on this knowledge to their own children.

Does knowledge about sex lead to experimentation?

There are many people today who fear that if sex is discussed in the classroom, a young person's imagination will be stimulated and this will cause him to experiment. However, a deeper understanding of the true meaning of sex should not lead to experimentation, but should serve to satisfy youthful curiosity and relieve anxieties. These same anxieties and questions left unresolved can only stir the imagination and stimulate a desire to experiment. One high school boy who had completed a family living course commented, "We always hear the complaint that the more we know, the more we will try it out. That's ridiculous! Actually, it works just the other way. Now that we know what's happening, we don't have to experiment to find out" (4). A course in family living should not make young people think any more about sex--they are already doing that. Instead it should teach them how to think about sex and their sexuality.

Is it true that sex education is a communist plot?

Because sex is a controversial subject, courses of this nature have received an avalanche of criticism. These courses have been labeled as communist plots, attempts to demoralize youth and efforts designed to destroy religious beliefs. In reality these are only ill-founded cries

of fear. It doesn't make sense that a course which is designed to strengthen one's foundation of principles could purposely do just the opposite. But people who have negative attitudes about these courses cannot be told they are wrong. The only way we can ever hope to alter their opinion is to show them--to show them as they watch the teenagers who have had courses in family living. Actually whether or not family living and sex education courses remain in our schools, depends entirely on the students who take them.

Why is this called a "family living" course?

By far the number one, most important purpose in providing a course of this nature is to strengthen the home and family, not just your home today but the home you will someday have. To call this a "sex education" course would be to imply that this will be a course in reproduction with a little about dating and going steady thrown in on the side. But a family living course involves much more. It is essentially designed to increase your knowledge, to give you a better understanding of yourself, to deepen relationships with others before and after marriage, to strengthen family ties, and primarily to increase your appreciation and love for the home and family. Our hope is that by

helping to build stronger individuals of today, they will consequently be better equipped to build stronger families for the future.

And so--if there are those who were anticipating that this would be an intercourse-course or a course in sexual techniques and having babies, they are in the wrong class. We already know a great deal about reproduction, but we are only beginning to discover what it means to be a man or a woman. And being a fully developed man or woman means viewing sex for exactly what it is. In the past, many of us have regarded sex in terms of four letter words, as an object of dirty jokes or something to snicker about in the locker room and at parties. If sex has been brought to a level of degradation, it is not because sex itself is dirty, but because man has made it seem dirty. If we can begin to pull sex out of the gutter to the higher level on which it belongs, then perhaps we can view sex more clearly--as a genuinely beautiful quality of life. For though in reality, sex is not a four-letter word, to express its full meaning it does need certain four-letter words--such as care and give and help and need and love (3).

TERMINOLOGY

1. aberration - deviation from normal.

2. child brutality - severe beating or torture of children.
3. infidelity - unfaithfulness in marriage; having sexual relations with someone other than one's husband or wife; same as adultery and extra-marital sex.
4. mass media - a combination of the various means of public communication such as the radio, television, movies, and printed material.
5. seductive - having sex appeal.
6. sexuality - a quality or expression of the human personality that involves all that one is as a male or a female, as a total human being.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. What is meant by the statement that sex is a quality of life as opposed to the idea that sex is an act or a set of organs?
2. What are some topics of concern or interest that you would like to see considered in this course?
3. When does sex education actually begin in each person's life? Explain.
4. Why do you feel that high school students do or do not need a course in family life education? Should it be taught in the lower grades?

5. What are some questions that you would like to add to the list of questions asked by youth on page 11 of this chapter? (If you would prefer, write these questions down anonymously and turn them into your teacher.)
6. What do we mean when we say that sex should be lifted from the "gutter?"
7. Discuss the many reasons that parents do not discuss sex with their children. Should they discuss this subject or is it best to leave things unsaid and unanswered?
8. Do you think that knowledge about sex leads to experimentation?
9. What is meant by the phrase "commercial prostitution of sex?"
10. In what ways does the family of the future depend to a great extent on the decisions of the teen years?

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"People are lonely because they build walls instead of bridges" (5).

CHAPTER II

DATING IN A NEW DIMENSION

If we had to select one word as a prescription for a happy future marriage, it would be, surprisingly enough,--dating. During these special and all too brief dating years you are developing patterns of relating to the opposite sex, you are building your self-confidence and you are being challenged by the countless opportunities to deal with new situations. And of course, during these years, you will be finding out exactly what kind of person with whom you should spend the rest of your life. Hopefully you will choose to use these special years wisely, not rushing into anything for which you are not quite ready, not hiding from the opportunities of reaching out and relating to others, not building walls that will obstruct the development of rich, warm relationships. When considering the entire realm of dating, one key principle to remember is that people are made to be loved, things to be used--too often we get it switched around by loving things and using people.

How can dating be a more worthwhile experience?

"Last Thursday night a boy I've been dating called and asked me out for Saturday night. Since it was so late in the week, my first reaction was to tell him I had other plans--even though I knew I'd be spending the evening alone, listening to records and finishing old crossword puzzles. I wouldn't let him think I was free, so as he was talking I started inventing an excuse . . . " (2).

"Listen, I've dated lots of girls and my idea of a good date is one who puts out in return. If I'm going to spend money on a show and food and gasoline, I expect her to go all the way or the whole date is a waste of time. Sure, I make the girl think I care about her, but she's really stupid if she believes me! And you know . . . she usually does! After all, what is the dating game about if it's not to receive a little satisfaction for the time and money spent?"

What do you think of the comments from these two young people? Here is a girl who has lost sight of the importance of being honest and sincere, and a guy who doesn't think of a girl as a person, but only as an object for his satisfaction. Wouldn't you agree that in a real relationship, it is unnecessary to lie or to "play it cool" to impress another; and doesn't it seem a little selfish to expect sexual payment for a date? The girl in the first paragraph was just beginning to invent an excuse to the boy who was asking her for a date that weekend. But then she stopped and thought:

Why am I lying to this guy I really, really like? What am I going to gain from it? I realized

it had become second nature to me to tell little lies about Saturday nights, it was part of a game. But at this point it also dawned on me that the game was stupid and I was too old to play anymore (2).

This wise eighteen-year-old came to the realization that dishonesty would only build walls that would keep out happiness and that if a relationship is going to develop and grow, there must be complete honesty and trust on both sides. Being plastic and fake, using another person, telling lies, breaking dates, standing someone up--none of these should be a part of the dating experience. For a boy is not a rabbit to be snared and a girl is not an object to be exploited. Each is a real person with human feelings and he or she deserves our best and genuine self. Each person needs to feel that he is interesting to the opposite sex, not because of one's body or the flashy car he drives or how great he is in athletics. A person begins to feel a little lonely when no one seems to care for him as an individual.

But there may be some young people in this class who feel that they are not interesting to the opposite sex, and perhaps they have trouble getting dates. Along with learning to relax and being one's own best and genuine self, it should help if one will make a sincere effort to show that he is truly interested in the other person.

A very homely, plain teenage girl was asked why she was so overwhelmingly popular with everyone in her school. She thought for a while and then replied, "Well, I guess it's because I remember something my grandmother taught me. What she said was, 'Never forget, everybody is a little bit lonesome'" (7). Yes everybody is a little bit lonesome and everybody needs to feel that someone else finds him important. If you want to know how to become a truly interesting person and a fascinating date, try to remember that it is human nature for a person to enjoy talking about himself; thus, if you can get the other person to talk about Number One, he or she will think you are the most fascinating person on earth!

How does one decide whom to date?

There is an old phrase, "date for a mate," that still holds meaning today. It may sound a little corny, but when one thinks about it seriously, it makes good sense. "Date for a mate" doesn't mean that a person should constantly be searching for someone to marry during the teen years. On the contrary, it means that one needs to date people whom he respects and who have the qualities that he would like to have in a future husband or wife. The problem is that as one dates, he never knows exactly when he might fall in love. If he doesn't date really

wonderful people, he might find himself falling for someone with whom he could never be happy if the relationship led to marriage. Love can be blinding and the time to be objective is before one gets too seriously involved. This will not only make parents happier, but most of all it will help prevent future unhappiness and broken homes. Many, many people have suffered the tragedy of divorce because in their youth they dated someone who was not right for them, fell deeply in love and married--only to find that love can't conquer serious differences.

And so dating is not merely a game to be taken lightly. Dating is an art, the art of relating to other people and having them relate to us. These dating years are fleeting, for before you know it you will be married and carry the responsibility of a home and family. It is vitally important that you make the most of your dating years so you can find out exactly the kind of person that is right for you.

Should teenagers consider parent's feelings about their dates?

What do you think of the following description that a girl gives of her parent's "unreasonable" attitude (1):

I feel that my parents are completely stupid and old-fashioned fogies. They blew their tops last weekend and I have about decided to leave home. This is what happened. Dad let my boy friend and me take the family car and we went to a movie. After the show was over, it was such a beautiful night that we decided to go for a drive and before we knew it we were in Deluth (180 miles away). We were both so tired that we didn't feel like driving back home so we went to a hotel and spent the night in separate rooms. We awoke at noon the next day and I phoned my folks and told them where we were. They were furious and said I was extremely inconsiderate. I think they are narrow minded . . .

Who do you think was wrong in this situation? Do you think that parents have a right to care whom their son or daughter dates, where they are going and when they will be home? Most young people begin to think that their parents are a little prehistoric in their ideas about dating, and perhaps they do seem a little rigid at times, but it is simply because they care so very much about their teenager's welfare. They realize how difficult it is to be young, especially young and in love, and still be able to control one's powerful sexual feelings. Though sex can be one of life's most elevating experiences, parents know that it can destroy young lives if misused during the dating years. Hopefully each young person will try to understand his parent's concern and will try to ease the strain by proving to them that he can be trusted. Though one's parents may sometimes seem too strict, if he will

communicate with them, be considerate and respect their wishes, surely he will eventually be given the freedom that he desires.

Should girls help pay their way on dates?

Don't laugh until you have read all of what this eighteen-year-old New York boy has said about the cost of dating(8):

I'm probably committing social suicide, but I think the time has come for girls to start paying their share of a date. As the system now stands, I'm forced to subsist on potato chips during the week just so I can afford a Saturday night movie date. . . .

A boy-girl relationship should not depend on the relative thickness of the boy's wallet, yet the average girl will complain she's "being used" if you choose a free evening of television over a discoteque at a cost of three dollars an hour. This same girl could enjoy a night on the town if she were willing to pay her own way. . . .

These days most girls want to be treated as equals of boys--in school, politics, and jobs. They claim that they're discriminated against by a Victorian double standard that views them as fragile, helpless creatures unable to cope with the problems of a man's world! Personally I'm all for girls having equal rights, but I think equal responsibilities are important too.

Actually, the United States is one of the few countries in which boys bear the burden of dating expenses. Of course, if the practice of girls paying for their share of a date became the vogue among United States teenagers, there would be certain advantages for the girls. If a

girl is paying her half of the tab, she should have a big vote on where they spend the evening, and she wouldn't feel so guilty about spending money on a steak rather than a hamburger. And if she is helping to pay for the date, shouldn't she also be able to sometimes do the asking? Just think--a girl no longer having to wait to be called for a date. Instead, she could call the boy of her dreams and ask him out!

Yes, if dating expenses were shared, this would probably have a tremendous effect on dating trends. However, this topic is not added to our discussion on dating as an attempt to change dating customs. It is added simply to get the girls to think--to think before ordering that steak, before demanding that discoteque and generally to realize that dating can be terrifically expensive. Perhaps after considering a boy's point of view, the girls will try to be a little more thoughtful and a little less demanding. Being thoughtful and considerate of the other person will never be out of date and will always bring big benefits in the end.

What are some of the advantages and disadvantages of going steady?

Going steady means different things to different people in different parts of the country. To most it means

"exclusive dating." Some people use the term "going steadily," meaning going with each other but still being free to date others. And to the ten-year-old girl who brazenly announced that she was going steady with freckled-faced Freddie, it meant something altogether different. When her mother asked what did she mean and where did they go, the little girl proudly replied, "Oh, we don't really go anywhere, Mother. He just hits me during recess!" (3).

The following are some of the advantages and disadvantages of going steady (You can probably add to the list):

Advantages

Gives social security. One can always count on having a date.

Gives the opportunity to really get to know a person. When the steady commitment has been made, one usually relaxes and feels more free to be himself.

It is often cheaper. It isn't necessary to spend a lot of money in order to impress someone. A date can be spent just watching t.v. or listening to records which costs nothing.

Two people may really care for each other. When one cares deeply for another person he often doesn't want to share that person with anyone else.

Disadvantages

Ties a person down. There is no opportunity to date around and get to know many different kinds of people.

May cut one off from friends and worthwhile activities.

A couple may become so dependent on each other that they lose interest in cultivating rich friendships and in wholesome outside activities.

May get too serious and lead to an early marriage.

Breaking up can be very painful. Quite often one of the two people involved begins to lose interest and wants his freedom again. This may cause a broken heart for the one left behind, and it is difficult to get back into circulation.

Wayne Anderson, a college professor and marriage counselor, reports the case of a seventeen-year-old girl who tearfully told the following story (1):

I came to you for help because I do not know where else to turn. I'm supposed to get married the week after next, and everyone in our small town is looking forward to my wedding as the social event of the season. The trouble is, I don't love my fiance, but I am afraid to break our engagement. We started going steady when I was fifteen. After going together for a year, I realized, that I didn't love Jack and I tried to break up. He refused, got drunk, and drove his car off the road in an attempt to kill himself. He was in the hospital for two weeks and I felt it was my fault and that he must have a great love for me, so we started going together again. Now, I feel the same way I did before, that we are not suited to each other, but Jack tells me if I ever withdraw my love from him again that he will do a better job than he did the last time in attempting to commit suicide. Please help me. I'm frightened and do not know what to do.

Dr. Anderson tried to help the girl by pointing out that Jack's behavior was emotionally immature and that he would

probably be a weak and unstable marriage partner. She agreed to postpone the wedding, but a few weeks later a fellow student informed him that the wedding had taken place because she was afraid to back out.

Yes, breaking up can be a painful experience, but it is far better to break up before marriage than after. If a person threatens to kill himself because of a break up, we would have to question what he would do when some of the real hardships of marriage come along. The girl in the situation above paid the price for going steady before she was old enough to know what kind of man she wanted for a husband.

How can going steady be a positive experience?

Whether or not to go steady is entirely an individual decision and we have not meant to be critical of the practice; we have only tried to point out a few facts. Actually going steady can be a beautiful thing if it is handled in the right way at the right time with the right person. Let us make a few suggestions for a more worthwhile steady experience. If you do choose to go steady, try not to let your relationship so engulf your thoughts that your grades drop, but rather let it serve as a source of inspiration so that you will work harder and make even better grades. Rather than letting it lower your standards,

let them be strengthened through honest communication about your personal convictions. Try not to let it consume your time so that it keeps you from friends or causes you to drop out of activities, but let it make you become even more involved in your school and with your friends. It would be wise to date someone who is not too much older than you; and it would be especially smart if you wait to go steady until you have dated other people long enough to know what kind of person is right for you before tying yourself down. If you go steady too early without having lots of dating experience, you may be wasting your very special dating years. (More thoughts to consider on going steady in Chapter XI, "The Many Shades of Love.")

Is there anything wrong with dating someone of another race or culture?

Senator George Aiken has said, "If we were to wake up some morning and find that everyone was the same race, creed, and color, we would find some other cause for prejudice by noon!" (6). However, in spite of a long history of racial prejudice, people are finally beginning to realize that skin color is no more significant than eye color, as the lines of demarcation that separate races, cultures, and religions are gradually being erased. The department of

Health, Education and Welfare is demanding that we integrate our schools, and as we do so, individuals of different races are thrown together in a setting which naturally leads to friendship and sometimes to dating. This can cause problems for many people because society has not yet accepted the mixing of races. For example, look at the situation a white girl, Diane, who had been dating a black boy from Nigeria, had to face. After Kim returned to his country she began dating a white boy and related the following*(9):

I can't believe I'm the same person. When I was dating Kim, people glared at me, would ignore us when we asked questions. No one ever looked at me and smiled . . . But later with the white boy, they beam on me. I hadn't realized until now how strong people's prejudices can be.

It is true that dating someone of a different race is a controversial issue. What do you think about it? Each of you has his own opinion, but one shouldn't condemn those who happen to think differently. This is not to imply, however, that parents don't have a right to their opinion of what their own children do. Whether we realize it or not, the people one dates can eventually affect them. This is not simply because teenagers' actions reflect on their parents, but primarily because dating can lead to marriage which results in children--their grandchildren.

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If a person is thinking about dating one of another race or ethnic group, he should weigh these points heavily in his mind. Dating in general will someday lead to marriage, but when people of different backgrounds join for a lifetime commitment, they are beginning with many strikes against them. It is very difficult to realize how important similar backgrounds are unless one has actually experienced marriage and has become aware of the tremendous influence that his previous environment has on marriage. Backgrounds in conflict can produce a strain on a marriage with which it is difficult to live.

But an even more important point to consider is the effect a mixed marriage may have on the children of the union. One must realize the fact that his children will probably be discriminated against, which may result in a traumatic experience for the innocent child. Young people must decide before they even begin dating if they are willing to risk the possibility of falling in love, marrying, and letting their future children suffer. They must also squarely face the question "Am I doing this out of rebellion, as a slap in the face to my parents or friends or all of society?" If these points have been considered, then one will probably be able to make a wiser, more responsible decision and can move forward to do what he and his family think is best.

What are the problems involved in mixing drugs and alcohol with dating?

One of the primary problems involved in combining any kind of drug, alcohol included, with a date is the effect it can have on one's ability to drive a car. Any young person who occasionally glances at the newspaper or television knows about the tragic auto accidents caused by drivers who have been drinking. In a recent report to Congress, it was revealed that there are at least 25,000 deaths and 800,000 wrecks that occur each year due to consumption of alcohol. And most of these crashes occur on weekends, usually on Saturday night (11). (A very popular night for dates!) People seem to have the mistaken idea that the deaths and wrecks due to alcohol occur only when one has been driving down the road guzzling booze. This is not necessarily true. An accident often happens when a couple has had a few drinks and is on their way home from a party or date. It takes only a few drinks to lift the blood-alcohol level to a point that one would have a difficult time avoiding an accident if something unexpected should happen.

There are other drugs, popular with teenagers today, that can seriously affect one's ability to drive. Amphetamines (uppers and more specifically, speed) cause

hallucinations and paranoia, which is a severe type of mental illness. LSD, better known as acid, can alter the chemistry of the mind to also cause paranoia and hallucinations; sometimes these hallucinations can recur long after the LSD experience, which is known as a flashback. Imagine driving down the road on speed one night when suddenly one hallucinates and the headlights from the oncoming car split into one hundred lights instead of two? It would be almost impossible to avoid an accident. If one is on LSD, not only could he hallucinate, or have a flashback, but he could experience a false sense of invincibility and could, for example, drive his car right into the path of an oncoming car believing that he could not be hurt.

Barbiturates, or the downers, are like liquor. They affect the coordination so that it is as dangerous to drive a car while on them as it would be while drunk. But what about marijuana? Many, many young people say that they can drive a car while stoned on weed and still have excellent control. But think of the millions of drunks or just social drinkers who said the same thing and ended up six feet under. No, marijuana doesn't effect driving in the same way that alcohol does, it is more insidious. The active ingredient in marijuana is tetrahydrocannabinol (THC), and even in small amounts, the THC effects the area of the

brain that controls depth perception (judgement of distances) and slows everything down. Thus a person could be driving 50 M.P.H. through a residential section but feel that he is driving only 30 M.P.H. He could be swerving to easily pass the car in front of him and run right into the rear end! For example, there was the case of a girl who thought she was bringing her car to a halt at a stop light but misjudged the distance and smashed into the truck in front of her (10). Again we must consider the horrible rate of deaths due to alcohol that already exists today. We must ask ourselves if we have the right to jeopardize our own lives and the life of another person by driving under the influence of any drug, alcohol included, while on a date.

Another problem included in mixing drugs and alcohol with dating is the effect on one's will-power. A college girl awoke one morning and after a moment she immediately broke into tears. She told her roommate, "Last night Kevin and I got stoned; the last thing I remember about the date was that we were parking, but I can't remember what happened after that!" That afternoon she asked Kevin what had happened and he laughed and turned away. A few months later she found out that she was pregnant, yet she couldn't remember having ever had sexual relations.

It is difficult enough to be with a person that one cares about without going farther than he knows he should, but when one's ability to reason and self-control is affected, the difficulty increases tremendously. If one is going to take chances with sex, let him at least do so soberly and with full control of his faculties so that he will be more willing to bear the consequences.

At this point some of you may be thinking, "Man, this course is really a bummer! All they're trying to do is point out all the things we should not do which, if we listened to, would take all the fun out of life!" But no, this isn't our purpose at all. It is simply that we care deeply about what happens to each young person and want to see you make your life positive. For dating can be a fantastically positive experience. It isn't necessary to turn on with grass, juice, or acid to be able to relate. Perhaps you use one of these chemicals because you feel a little inadequate and that a drug will help bring you out. Hopefully, you can see that this is not the real you. The real person can only be found as you discover who you are, where you are going, and what you believe. Just loving life and the many people involved in life can produce a natural high which transcends anything brought on by a synthetic drug.

Can sex be a problem in dating?

Consider the following situations*(9):

Mary was a shy but pretty girl who had had very few dates. When Bill dated her three times in a week she was sure that he really loved her deeply and would someday choose her above other girls he knew. Because of her own need to have someone care deeply about her she read many things into what he said and did, and responded warmly to his kisses and lovemaking. It seemed natural to let him fondle her as he wished. When he took her to his home while his family was on a trip, and there was no interruption to their lovemaking, she set no limits to their physical contacts. That was the last time he dated her. The next day he explained that he could not become involved, for he did not want to take advantage of a girl like her. He was sincere and sorry, but she felt used and angry at herself as well as at him. . . . Sex by itself, without a future was an empty experience for her.

Betty and John drifted together because they were both unhappy about their school and family life. Petting and being close to each other seemed to help them forget their problems, and finally their sexual intercourse became a strong tie that developed into a habit. Each seemed to depend upon the other, but they had little in common except problems and sex. Finally they broke up their intimate relationship, each one as unsettled personally as at the beginning of their acquaintance. They really were using sex in an attempt to solve other problems.

Jim always seemed to get what he wanted, and had to have the best. His friends envied his personal possessions. If he wanted a tape recorder he got it. When he wanted his own car, someone in the family saw that his wish was granted. If a girl was good looking and popular he wanted her too, but when he had her for a while he needed once more to prove to

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himself that he could get what he wanted, so he would go after a new conquest. Life became a great search for possessions. He was handsome, sought after and a good date, but he never grew out of the infantile stage of loving himself. When he started dating Nan, they were soon making love. One day he said to his roommate, "If Nan calls, tell her I'm not here. I don't want to see her. I think I got her pregnant." His friend replied, "I never did think you should have been sleeping with her, but how can you duck out on this responsibility now?"

Each one of these young people has had problems dealing with sexuality in life. Rather than enriching their lives, sex has served to hurt them and create conflict. Because it is natural to want to be close to and touch a person we care about, many questions arise such as how far to go, why or why not go all the way, and what makes a man and woman tick. These questions must be answered by you alone, but perhaps some of the cobwebs can be cleared away if we give you knowledge on which to base these decisions. Before sex in the dating years can be truly understood we must first lay the groundwork about the physiology of men and women, the basis of human reproduction, the emotional factors involved in developing mature sexual attitudes, and a fundamental understanding of the role of sex in our lives now and in the future. This is what we will seek to do in the next few chapters.

TERMINOLOGY

1. amphetamines - pep pills or "uppers;" most common type is "speed;" stimulating drugs which increase blood pressure, cause a feeling of nervousness, and increase alertness; used medically to reduce appetite and relieve mild fatigue and depression.
2. barbiturates - "downers;" sedative drugs which are used medically to induce sleep and relieve nervousness; can be physically addicting; an overdose can cause death.
3. ethnic - a basic division of mankind by race, culture, language, etc.
4. environment - a person's surroundings.
5. flashback - the recurrence of an LSD trip without the use of the drug at that time.
6. hallucinations - imaginary visions which one thinks he sees but in reality do not exist.
7. invincibility - inability to be conquered or hurt.
8. insidious - more dangerous than seems evident.
9. integrate - to combine or put together.
10. paranoia - a type of mental illness in which one imagines things, has undue suspicions and thinks that others are trying to harm him.
11. physiology - the study of the functioning of the human body.

12. tetrahydrocannabinol - the active ingredient in marijuana which makes one high.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. What is your opinion of the situation on page 28 in which the girl accuses her parents of being narrow minded for being upset with her. Do you think that parents have a right to a voice in dating matters such as who one dates, how often, and curfews? Would you like to have no curfew at all?
2. What is meant by the phrase "date for a mate?" Can you derive any relevant meaning for your own lives from this phrase?
3. Can you give any suggestions of your own for successful dating to those who have trouble getting dates?
4. What do you think of the suggestion by the New York boy that girls should help pay their way on dates? Would you like to see our dating code changed in this way?
5. What do you think of going steady for you? Can you make any suggestions that will make breaking-up a little easier? Write a paper on how a person can go steady in the best way.
6. It is high time that Americans let down the walls that separate the different races and ethnic groups, but

does this mean that we should mix the races in marriage?

Discuss your opinions.

7. If a boy or girl chooses to be a non-drinker or non-drug user, what is the best way to turn down a drink or drug and still maintain friends?
8. In what way can drugs and alcohol affect one's sexual behavior?
9. Explain how each of the following drugs can affect one's driving:
 - a. alcohol
 - b. LSD
 - c. "speed" or other amphetamines
 - d. barbiturates
 - e. marijuana
10. In the last section on sex and dating there are three examples of young people with problems relating to sex. Discuss each of these situations and decide basically what has caused each person's dilemma and how these problems could have been avoided.

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UNDERSTANDING YOUR SEXUAL DEVELOPMENT

CHAPTER III. A GRADUAL AWAKENING

CHAPTER IV. BECOMING A WOMAN

CHAPTER V. BECOMING A MAN



Fig. 2--Growing into manhood and womanhood

"What I am to be, I am now becoming" (3).

CHAPTER III

A GRADUAL AWAKENING

Is correct vocabulary relating to sex necessary?

Hopefully, each one of you will agree that sex itself is not dirty, but that man has chosen to make it seem dirty by the use of jokes, slang terms and the total misuse of this element of our lives. At this point we ask that you try to make the slang or baby names, which we have all learned, a dead language, for they can only detract from the meaning and beauty of sex. Instead we need to use the correct words that apply to human sexuality. Can you imagine a parent trying to be honest and explaining the facts of life to his child but having to resort to the crude, four-letter words that he once saw written on the restroom walls? It would become a circus and would utterly destroy the purpose of this class if we used anything but the good and correct words. You will eventually find that to use the right terminology will serve to lift the subject of sex out of the gutter to the higher level on which it belongs.

Won't it be a little embarrassing to learn about sex in the classroom?

Some of you may even find in the beginning that the correct words leave you somewhat embarrassed. But don't worry; this is simply because you have been pre-conditioned to believe that sex is something dirty or shameful. You will soon become comfortable with the subject and will find that you will be reading and discussing sex more openly and respectfully than you ever dreamed you would within the walls of a classroom. However, please do not misunderstand, for though we will be very frank and honest in this book and in this class, this does not mean that we should go out and openly flaunt this knowledge to those who have not shared in it. If you do, you will destroy the class before it ever gets off the ground, for surely you are aware of the controversial nature of this subject. But even more important, the knowledge we share here will be very personal to you, for we would never want to rob sex of its intimacy and privacy. The personal knowledge gained in this course should serve to quietly strengthen you and build your confidence about life.

Up to this point, what information have young people received about their changing bodies?

You all remember how you felt when you started physically maturing and reached the stage of puberty. You probably had been well prepared for the onset of this experience and felt a glow of pride. But in your great-grandparents' day it was quite different. A child was not allowed to know or discuss anything about sex or the body, and consequently when the first menstrual period came or the first seminal emission, the young person felt a sense of embarrassment and sometimes even shock or fear. It was understood that your great-grandmother would not learn about the facts of life until marriage at which time her husband would have a lot of teaching to do (5). In those days, very little intelligent material was written for young people about their changing bodies and their sexuality, and though they certainly grew up and developed into fine men and women, they were deeply perplexed by their changing emotions and bodies during the years of adolescence.

[Perhaps the good old days were not so good after all!]

However, young people of the present generation see things differently. They don't merely want vague references to sex; they want to completely understand it. Thus far, you have probably been given a smattering of information

along the way. When the girls were in the fifth or sixth grade, they were probably taken aside and shown a film which explained menstruation and what it means to be a girl. On the other hand, the boys of the same age probably were not shown anything on what a young man goes through, unless perhaps a quickie film on venereal disease to serve as a warning of the bad things sex can cause. This seems rather ridiculous, for certainly young boys have their questions and misgivings. And certainly they should be given the same understanding and feel the same sense of pride that a young lady experiences when she matures.

What is puberty?

When you reached the stage of puberty you each became physically capable of reproducing another life. For the purpose of review, this is how it all came about: Deep within the cavity of the skull at the base of the brain lies a special gland, the pituitary gland, or better known as the body's master gland which is about one-half the size of a tiny thimble. The pituitary gland is primarily responsible for physical growth as it pours out chemicals, known as hormones, directly into the bloodstream. These hormones trigger other body parts to begin maturing so that soon puberty will be on its way.

Before a girl reaches puberty, the pituitary hormones travel directly to the female gonads, the ovaries. The ovaries have two functions. One is to produce the eggs, or female sex cells; the second function is to produce the female hormones. The primary female hormone is estrogen which causes all of the uniquely feminine features of womanhood, known as secondary sexual characteristics, to begin appearing. First there is a growth spurt which causes her to become taller than boys of her same age. She begins noticing hair where it never grew before, under the arms, on the legs, and in the pubic area, which is the triangular area that surrounds the external genitalia; her body begins to round out into a womanly shape; her voice box gets larger and produces a softer, lower, fuller quality of sound; and finally, between the ages of twelve to sixteen, menstruation occurs. When she menstruates for the first time we say she has reached puberty and soon she will be physically capable of bearing children. The first menstrual period is called the menarche. The cycle of menstruation will continue until she reaches the end of her child bearing years, between forty and fifty. This is known as the menopause, the time when the ovaries stop producing eggs and hormones.

As a young lady starts budding into puberty, her interest in boys begins to increase and she may sometimes dream of dating and even of marriage. Yet because she is at first more mature than boys her own age, she thinks they are "too young." Consequently, she is more interested in the older boys, but to them she is probably still too skinny, clumsy, and ugly. Boys don't like her; her parents don't understand her and many of her used-to-be girl friends still have dirty faces, play with their dolls or still climb trees and wrestle in the back yard! Each girl has been maturing at her own rate and some girls painfully seem five years ahead or behind their contemporaries. These differences may cause the early-bloomer to feel odd, awkward, and miserable, and at this age nothing is more agonizing than feeling different. Because of her pain and loneliness, she may lock herself in her room for hours and reject all attempts made by her perplexed and bewildered parents. This is a time when a daughter desperately needs the love and understanding her mother alone can give, and she does appreciate it . . . later! Right now her mother is "old-fashioned," "antiquated" and "simply doesn't understand!"

The approaching of puberty begins for boys when the pituitary sends its hormones to the male gonads, the testicles. The testicles, or testes, are two oval shaped

glands located in a sac, the scrotum, which hangs between the legs. The testicles also have two functions, to produce male hormones and to produce the life-giving male sex cells, the sperm. The primary male hormone is testosterone, which is responsible for the secondary sex characteristics that affect masculinity. His body suddenly shoots upward, his hands and feet seem to grow too big for his body; his shoulders and chest broaden; his sex organs begin to enlarge, his voice box grows larger as his voice begins to change; and masculine hair begins to grow in the pubic area and on his face and legs; but to his great disappointment, chest hair usually comes much later! One would think that a guy would put off the monotonous task of shaving the fuzz on his face as long as possible, but shaving often begins long before it is necessary! It is difficult to measure exactly when puberty begins for a boy, but it is usually determined as the time when seminal fluid is released from the penis, called a seminal emission. At this time the supply of semen, the fluid which carries sperm, begins to build up regularly, causing tension and pressure. He is likely to relieve this pressure in a nocturnal emission, or a "wet dream," or he may find relief by self-stimulation, which we will discuss in later chapters.

For a guy, the initial stages of puberty can be just as shattering and confusing as for the gals. For instance a young boy plans to give a smooth and impressive oration in class, but when the teacher calls on him, all of his cool flies out the window. As he stands up he awkwardly stumbles over his own feet, knocks off a few books, blushes furiously and as he speaks his voice cracks and squeaks with unpredictable tones. Naturally all of this makes a boy tense and self-conscious, but luckily this time of his life doesn't last long. Soon he will become the strong, self-assured, deep-voiced, masculine man that he was meant to be. In the meantime it is tough to be half boy, half man.

This then briefly outlines the story of puberty, the gradual awakening of each young man and woman, which can be defined as that stage of life in which a person develops the secondary sexual characteristics and becomes physically capable of producing another life. It is interesting to note that whereas the average age of puberty for girls was once sixteen-and-a-half, it has now dropped to thirteen-and-a-half. Boys are a little behind the girls, for on the average they reach puberty between the ages of fourteen and fifteen. This, however, is two years earlier than it was fifty years ago. The reason that young people today are maturing at an earlier age is because of higher

standards of nutrition, improved care of mothers during pregnancy and better medical care.

Why is it so difficult to be an adolescent?

The time between puberty and adulthood has been stamped as adolescence. The young adolescent's days may be filled with stormy, emotional conflicts as he often spends hours in the depths of despair or hours on the summit of joy. His body is changing so rapidly that his mind and emotions are unable to keep pace with it, which seems to leave him in a no-man's-land, no longer a child, not yet an adult. The desire for independence is sometimes overwhelming, but learning to stand alone is not so easy. A baby who tries to pull himself up and take a few wobbly steps by himself before he falls, feels more sure of himself if he knows he can grab his mother's skirt when his knees get a little shakey. An adolescent feels that he does not want or need his parent's help, but deep inside he is thankful that they are standing beside him in case of an emergency. Yet there are certain things that he must decide for himself that no other person can decide for him. One element of life with which he must cope all by himself is his developing sexual feelings. Before puberty the opposite sex was just a nuisance that was tolerated if necessary and avoided

if possible. As an adolescent, he has now become very much aware that he lives in a two-sexed world, and the opposite sex becomes an object of intense interest and curiosity. Sex has become almost like a magnet which draws boys and girls, men and women together. They enjoy each other's company and companionship and will do so all the rest of their lives.

Do boys and girls mature sexually at the same rate?

We have pointed out that on the average a girl reaches puberty a few years earlier than a boy; however, this does not mean that she attains sexual maturity at the same time, for boys are far ahead of girls in this one area--the sex drive. During the later teens a boy reaches his peak of sexual maturity while girls do not experience the same degree of sexual feelings until their twenties and sometimes even thirties. Occasionally this causes friction between the sexes for they often do not understand the other. Remember, for example, how it was back in about the seventh or eighth grade? The girls went to a party eagerly anticipating dancing with some special boy; but the guys stood off in a corner and joked and talked and sized up the girls and rarely made the move to dance. Then a few years later, again the girls went to the party looking

forward to dancing, but again, no dancing for now many boys were more interested in luring the girls outside to the parking lot! Of course, this situation is only half-true, but it is true that there is a fundamental difference here that causes two separate outlooks on boy-girl relations during the teen years.

The difference seems to rest in the fact that a young boy is feeling intense physical urges while the girls are feeling emotional urges. His thoughts are more of sex while hers dwell more on love. If he is with a girl he deeply cares for, he experiences a complexity of feeling--that of tenderness, a wish to protect and care for her and an overwhelmingly strong sexual desire. Simply being close to her or lightly making out may cause him to feel an immediate and powerful need for release of his sexual tension as the semen builds up within his body. A girl, however, does not feel the same intensity of sexual arousal and probably will not for quite a few years. A boy often assumes that she feels the same way he does, but usually this is not the case. A girl's thoughts and daydreams are romantic, not necessarily sexual. She dreams of being cared about and held closely and tenderly. Women were created with this deep need for security and commitment, for gentleness and love. Perhaps this is all for a good

purpose, for when we begin to think about it we realize that these qualities are related to the wifely and motherly instinct and are necessary in order to keep a home together. Even her dreams of marriage do not necessarily include the sexual aspect as much as thoughts of love and closeness and having her own home and children.

Being aware of the differences in the sexual nature of men and women can be infinitely helpful in giving one a better understanding of the opposite sex as well as himself. Yet before we can fully understand these differences, we must first review the aspects of male and female physiology as we will do in the next few chapters.

TERMINOLOGY

1. adolescence - the time of life between puberty and adulthood.
2. estrogen - the female hormone, secreted by the ovaries, which controls the development of secondary sex characteristics and all of the uniquely feminine features throughout the life of a woman.
3. Genitalia or genitals - the external sex organs of male and female.
4. gland - an organ of the body that secretes hormones which control body growth and equilibrium.

5. gonads - the male sex glands (testicles) and female sex glands (ovaries).
6. hormones - the chemicals that are secreted from a gland directly into the bloodstream and control physical growth and equilibrium.
7. menarche - the first menstrual period of the girl who has reached puberty.
8. menopause - the time of life, usually between the ages of forty to fifty, in which the ovaries begin to cease producing eggs and hormones.
9. menstrual cycle - the entire cycle from one menstrual period to the beginning of the next.
10. menstruation - the four to six days of the menstrual cycle in which the lining of the uterus (womb) is sloughed off.
11. ovaries - the almond-shaped, female gonads that produce eggs and female hormones.
12. pituitary - the master growth gland which regulates growth and sexual development.
13. puberty - the stage of the young person's growth in which he has developed the secondary sex characteristics and becomes physically capable of producing life.
14. pubic area - the triangular region that surrounds the male and female genitals.

15. scrotum - the sac that hangs between the legs of the male and contains the testicles.
16. secondary sex characteristics - the physical characteristics of masculinity and femininity that develop immediately prior to puberty.
17. seminal emission - the discharge of semen.
18. seminal fluid or semen - the milky, thick fluid that transmits sperm.
19. testes or testicles (plural), testis (singular)- the male gonads or sex glands that produce sperm and the male hormone, testosterone.
21. testosterone - the male hormone that controls the development of secondary sex characteristics and masculine qualities throughout the life of a man.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Why would it not be such a good ideal to freely flaunt the information read in this book and received in this course?
2. In what ways did your parents, school, and church prepare you for the onset of puberty, or was it, as it was for your great-grandparents, a total shock?
3. If girls were taken aside and shown a film on menstruation during the fifth and sixth grades, what did the

guys think of this? Were the boys shown anything which was helpful to them, and isn't it equally important that they understand what is happening to girls as well as themselves?

4. How would you define puberty? What gland is specific to female growth and sexual development? What gland is specific to male growth and sexual development?
5. What factors have contributed to the lowering of the age of puberty?
6. Explain some of the reasons why adolescence may be a difficult time for people.
7. What is implied by the statement that puberty is the time at which one becomes physically capable of reproducing a child?
8. Why is it helpful to understand that teenage boys and girls do not look at sex from the same vantage points?

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Creation of woman from the rib of a man:

"She was not made from his head to top him, nor out of his feet to be trampled by him; but out of his side to be equal with him, under his arm to be protected and near his heart to be loved" (9).

CHAPTER IV

BECOMING A WOMAN

(Female Physiology)

Is this chapter for girls only?

This chapter is designed particularly for girls who are growing into womanhood, for each girl needs to know all that she can about her body, its potentials, the emotions involved and what it means to be a woman. But this chapter is also intended for boys, for it is vitally important that boys know as much as possible about girls. The two sexes have to live together and each needs to understand the opposite sex in order to get along. Most of you will someday marry and your wife may not have had the benefit of this kind of study. You will find this knowledge immensely helpful in your marriage and in all of life as you will better comprehend what makes a female tick! With a full comprehension of one another comes the foundation for responsible choices in love and all human relationships.

That which is mysterious and unknown is always more exciting and tantalizing for a while, but it finally begins to gnaw on our nerves!

What does it mean to be a woman?

The name "woman" supposedly originated from "man." Some experts agree that it was derived from two Anglo-Saxon words, wife and man or wife-man. Others contend that it came from man-with-a-womb or womb-man.

Being a woman certainly involves more than physical qualities such as a pretty figure and the ability to have a baby. It involves complex emotions and feelings that are usually quite different from that which a man experiences. And many of these feminine feelings and emotions are directly related to the functioning of her female reproductive organs. At this point, we will consider purely the physical side of femaleness and toward the end of the chapter, we will see how a woman's physical make-up affects her moods and behavior.

THE FEMALE REPRODUCTIVE SYSTEM (Refer to figure 3.)

The female reproductive system is almost entirely internal. It is far more complex than that of the male, for she must have the miraculous ability of someday bearing a human life. First there are her internal organs,

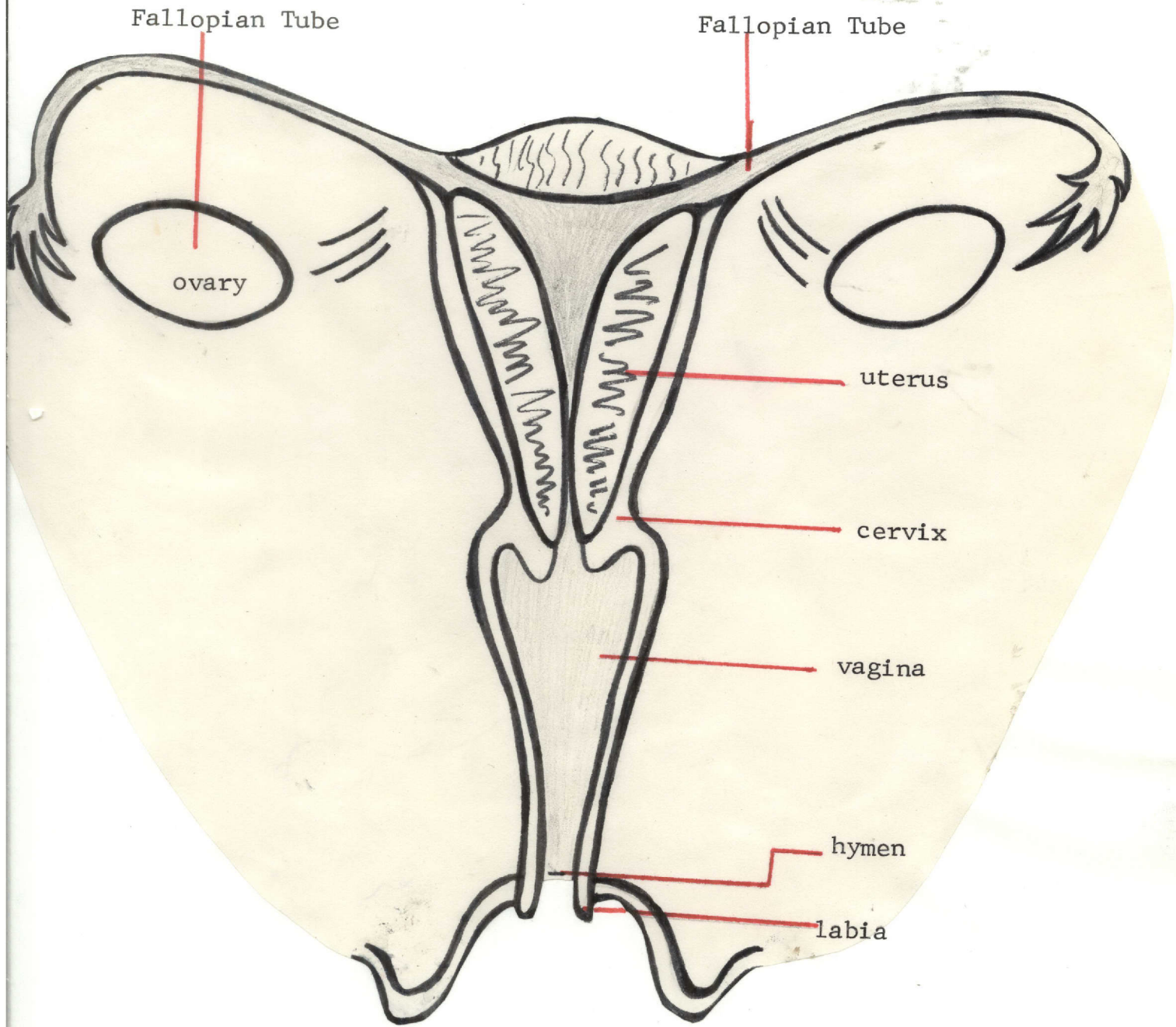


Fig. 3--Female reproductive system

her ovaries, tubes, and womb. Next there are the external organs which helped the doctor determine that she was born a girl, her vagina, hymen, and vulva.

What are the ovaries?

Deep within the abdominal cavity of every girl are two almond shaped ovaries, one located on the left side, the other on the right side near the appendix. From the moment she is born the ovaries are the storehouse of from 200,000 to 400,000 immature eggs or ova. One egg, or the singular for ova, is called an ovum and is about the size of the period which punctuates this sentence. The eggs wait patiently in her ovaries until she finally reaches puberty; at this time an ovum will grow and ripen each month in a follicle which is a pocket in the ovary. Somewhere in the middle of the menstrual cycle one ripened ovum bursts forth from its follicle in either the right or left ovary creating a process known as ovulation.

What is the purpose of the Fallopian tubes and how do they relate to ovulation?

The now mature ovum travels down the nearby tube called the Fallopian tube which leads to the womb. (Note the capitalization of "Fallopian" for these two tubes derive their name from Gabriello Fallopius.) It then travels

down the tube during a journey that lasts about forty-eight hours. If sexual intercourse has taken place during ovulation, sperm will be present and one will probably penetrate the ovum to start a new life. If such a meeting has transpired, the ovum will become fertilized and conception will have occurred. The fertilized egg then travels on to the womb where it will nestle in the uterine lining to grow into a baby. On the other hand, if conception has not taken place, the ovum passes through the tube and is expelled.

What is the uterus and cervix?

The womb, better known as the uterus, is a pear shaped organ about the size of a clenched fist. It is located in the middle of the pelvic cavity and is joined on each side by the two Fallopian tubes. The uterus is capable of tremendous expansion as it can grow from the size of a fist to accommodate even a ten or twelve pound load of baby! The base of the uterus narrows into the neck of the womb or the cervix. During pregnancy the cervix closes with a mucus plug so that no bacteria can get to the baby, thus reducing the possibility of infection.

What is the vagina?

Leading from the cervix is the birth canal or vagina which is a muscular tube and is also capable of great

expansion as the baby will someday pass through it. Girls sometimes worry about a slight mucus discharge from the vagina, which is actually quite normal and nothing to cause alarm. If the discharge becomes unusually heavy or there is any discomfort associated with it, she should see her physician.

What is the hymen?

Covering the external opening of the vagina of most virgins is the maidenhead or hymen. There is of course an opening in the hymen which permits menstrual flow. The hymen is usually deflowered (broken) during the first sexual intercourse; however, it must be pointed out that the hymen of the virgin sometimes becomes broken or stretched by accidents, extreme physical exercise, and occasionally a girl is born without one. Virginitv depends not on whether or not the hymen exists, but on whether or not she has had sexual intercourse. Many young husbands have the misconception that the hymen of their new bride must break, and bleed and if this does not happen they may automatically jump to the conclusion that she is not a virgin. This is quite incorrect and could cause grave misgivings between the young bride and groom. The most important point for him to remember is that it is not actually necessary that

there be such a forceful penetration on the wedding night as to cause discomfort for the bride. A knowledgeable young husband will take his wife gently and gradually and thereby be assured that their first complete union of love will be a pleasant experience for her and that she will maintain a positive attitude toward the sex act in their marriage.

Exemplary of the significance placed on the hymen in our world is the fact that a Japanese gynecologist recently reported having completed over 10,000 surgical operations in which he created an artificial hymen on non-virgins who feared their new husbands' reactions at finding they had lost their virginity to another man (7). Yet many young people sincerely want to know whether or not a man can tell if his bride is a virgin. For though we live in a time in which many a man will say that his wife does not have to be his virgin, you can bet that it will mean the world to him if she is! The answer to the question is yes, he can probably tell. He can tell by the actions and reactions of his young bride, for there are some things which simply cannot be hidden from the one we love. Even the 10,000 Japanese women will not be able to hide long behind the facade their doctor has created.

What is the vulva?

The opening of the vagina is concealed by two fleshy folds known as labia. Just above the labia and the urethra (the tube which carries urine from the bladder) is the highly sensitive structure, the clitoris. The clitoris and labia are collectively called the vulva.

Recently a four-year-old girl was overheard having a conversation with her mother. The child had just taken a bath and the mother asked if she had washed her vulva. The girl quietly remarked that she had. Now you may be somewhat surprised to know that a small child was aware of a term that you probably did not know existed. But think how much easier it was for the mother to teach female hygiene (cleanliness) by using the good and correct word "vulva" rather than resorting to embarrassing slang terms to describe what she wanted to say. Imagine if the mother had stammered, "Did you wash your . . . 'privates' or 'down there,'" etc. Sounds a little ridiculous, wouldn't you say?

Certainly we would all agree that one can tell a child too much too soon and this could be harmful, but it can actually do no harm, only good, to be honest about the obvious parts of the body. The human body is beautiful

but we make it seem filthy and shameful when we teach our children dirty, baby words. By calling a spade a spade, you will be laying a foundation of terminology which will make future sex education much easier. And in the final analysis, you will build a bridge of communication that will be infinitely helpful when your son or daughter reaches his critical teen years and needs someone with whom he can talk. Do you ever find yourself wishing that you could talk with your parents about the vital subject of sex but find it too difficult and embarrassing to bring up because the communication on this topic has not been established? Yet what could be more important to discuss with your own parents than your questions and misgivings about human sexuality?

What causes menstruation? (Pronounced mens-troo-ation)

Hopefully, most of you were thoroughly informed about your impending menstruation before it started so that you were proud when you reached this stage of womanhood. However, not every mother is quite so honest with her daughter.

There was a case reported of a fifteen year old girl who tried to drown herself in the Seine River of France. When she was rescued she explained that she had been attacked by an "unknown disease." It turned out that the so-called disease was simply the quite natural menstrual function of all women (3).

The process of ovulation and menstruation are all a part of an intricate plan which enables the female reproductive system to care for a baby if one should be conceived. As the ovum has been maturing in its follicle of the ovary, and as it later makes its short journey down the Fallopian tube, the uterus has meanwhile been doing its job. The walls of the womb have become thick and rich with a soft, nest-like lining that has been prepared especially to receive and nurture a baby. If conception has not occurred, the lining is not needed and is discharged through the vagina. A doctor explained it eloquently when he said, "Menstruation is a cry of disappointment. The womb is deeply disappointed; all its preparation is for nothing, so it weeps and determines to try again" (4). Actually this discharge has very little blood in it, only a few tablespoons, but the flow is combined with the rest of the uterine lining which gives the appearance of being more than it actually is. Though this tiny loss of blood is inconsequential, it does account for the fact that females usually have a red blood cell count which is about 10 per cent lower than a male's.

In the United States the average age at which a girl starts menstruating is twelve to thirteen years old, though certainly the age may be younger or as old as fifteen

or sixteen. Speaking of ages, a startling case was reported of a three-year-old New England child who began menstruating and developing breasts. Her frantic parents sought medical help but there seemed to be no answer. Finally it was discovered that during her visits to her grandmother's house, she had repeatedly eaten skin cream containing the female hormone, estrogen! This solved the mystery, for as soon as the cream was removed the little girl returned to normal (12). This was certainly an abnormal case, for most girls would not start their periods any sooner than nine. If a girl has not started by age sixteen, it would be wise to check with a physician.

Why do some girls have irregular menstrual flows?

Generally the menstrual flow lasts from three to seven days, and comes about every twenty-eight days. Some girls will menstruate as close as twenty-one days apart, others at thirty-three day intervals. Occasionally menstruation may be irregular or even stop for a time as in the case of sickness or emotional trauma such as fear of pregnancy. Because menstruation is closely connected with the nervous system, fear can easily arrest it. If more than one period is skipped, it would be wise for a girl to check with a doctor.

Exemplary of the influence of emotions on menstruation is the pitiful case of a mother who intentionally used menstruation to frighten her normal tomboy daughter. When her first period started, the mother accused: "That's what you get for being so unladylike as to climb trees. Now you're splitting up the middle as a result!" The daughter was so frightened that she did not menstruate for a year, not to mention the untold psychological damage this rebuke could have in the future (5).

Poor nutrition can also halt menstruation. Teenage girls often go on diets, and even when they don't, their daily diets may consist of only cokes, hot dogs, candy, and pickles! A girl may stop menstruating simply because she is not receiving enough vitamins to maintain good health and keep the body in good working order. Stories are told of women in concentration camps who stopped menstruating because of malnutrition. In Vienna, after World War I the conditions were so deplorable that only 27 per cent of the girls between fourteen and fifteen had started. But when conditions improved a few years later, 76 per cent had started by the same age (5).

Is it better to use sanitary napkins or tampons during menstruation?

Girls often ask if it is safe to use a tampon which is a small internal pad. Medically speaking, tampons are quite safe and should not affect the hymen, for the opening of the average hymen of the virgin is about three-fifths of an inch in diameter. However, if a girl experiences difficulty in inserting the tampon, she should not force it but should first check with her physician. Some people have attempted to accuse the tampon of causing cancer, but this theory has been completely dispelled for no more cervical cancer (cancer of the cervix) has been found in women wearing internal protection than in those wearing the external pad.

The choice of protection, therefore, is entirely up to the preference of the individual. The tampon is preferred by many because it provides more freedom. The only suggestion that should be made is that regardless of the type of protection used, it should be changed often to enhance female cleanliness.

What are the old wives tales associated with menstruation?

Man often could not find the answer to various maladies; thus, for want of a better answer, almost everything bad that ever happened was blamed on a menstruating woman!

If wine spoiled, she had touched it; if a knife became blunt, she had dulled it; if a flower died, she had picked it; if milk curdled, she had been near it! In East Africa, a woman had to eat her meals in a corner by herself and was required to destroy the dishes on which she ate, lest they contaminate the tribe! If a woman complained of menstrual cramps in Egypt, she was hit on the jaw as a remedy. [It may have knocked out the pain and her along with it!] In South Australia a man was defiled if he even came near a menstruating woman. She had to shout out her condition before he crossed her path or he would immediately turn old. And the Australian Blackfellows went so far as to demand that she be immediately put to death by her husband if he accidentally touched her blanket while she was sleeping (4).

You can see why a few of the somewhat less brutal wife's tales have persisted today such as the idea that one cannot take a bath, wash her hair or exercise while menstruating. Certainly there is no more important time of the month for a girl to take a daily bath than during her menstrual period, and if she does not, an odor is almost sure to result. It is quite safe to wash the hair and moderate exercise will help to relieve menstrual cramps. Superstitions from the past have also caused

married couples to feel that they should not have sexual relations during menstruation. There is absolutely no harm in it, but it is entirely up to the discretion of the particular couple.

What causes "cramps" and how can they be relieved?

Many girls suffer some discomfort during menstruation, but severe cramping (called dysmenorrhea) should not be overlooked and should be checked by a physician. One girl suffered intensely every month during each menstrual flow until her doctor finally examined her and found that her appendix needed to be removed (1).

You will probably find, however, that by the age of about twenty, the muscles of the uterus have usually become strong enough so that cramping should lessen. Cramps rarely will persist past the birth of one's child because the uterine muscles become far more efficient after the "work-out" they have been through in child birth.

Physical and emotional tension are the most common cause of dysmenorrhea, hence moderate daily exercise and a warm bath can be helpful in relieving cramps. There is no reason why a girl cannot participate in physical education classes as long as she does not take up a new, strenuous exercise, such as push ups, sit ups, or a mile run. As in most other areas of life, moderation is the key.

THE INFLUENCE OF HORMONES

What is menopause and how does it affect a woman?

The "change of life" or menopause usually comes to a woman between the ages of forty-five to fifty years. At this time her ovaries are ceasing to function and will soon no longer be liberating estrogen or ova. Menopause usually lasts for two or three years, during which she may experience occasional or irregular menstrual periods, hot flashes, headaches, dizziness, inability to sleep, fatigue, excessive need for sleep, and depression. The hot flashes can be quite uncomfortable and may last from a few seconds to a few minutes. They occur because of the dilation of blood vessels that cause blood to flow to the surface of her body. As long as she is still having an occasional menstrual flow, there remains the chance that she could become pregnant if precautions are not taken. In no way does menopause decrease one's sexual interests, as a matter of fact, her erotic feelings may sometimes be heightened. Sexual activity can and should play a vital role in one's marriage in the later years of life.

It is very important that young people understand menopause, not only for themselves (or their wives) but especially for their mothers who will soon be going through

this difficult time of life. This is a time that teenagers should make a special effort to show consideration for their mothers because they may be suffering considerable tension and depression. In a few years she will be through the change and will be back to her wonderful self!

What is a hysterectomy and how does it affect a woman?

Some women may develop "female trouble" at some time in their lives, and it may be necessary to remove the uterus. This operation is called a hysterectomy and will not affect her femininity or sexual desires. But if she must have her ovaries, tubes, and uterus removed, it may be necessary, as with a woman in menopause, for her gynecologist to give hormones to maintain a normal level of estrogen.

Why are girls moody?

Boys and future husbands, pay particular attention to these last paragraphs, for you deal with unpredictable females daily and someday a woman will be your wife! Boys often ask: "Why are girls so moody? Why do they cry so easily?" F. G. Kernan put it this way: "When a woman weeps, it is part of a definite plan to get something out of her system . . . or something out of her man!" Well said, you'll agree, though quite honestly a woman may have

no definite reason in mind when she cries; she may not even know the reason!

A girl's hormones are not as stable as a boy's, and to put it in a few words, fluctuation of hormones are primarily what make a female moody. During adolescence she may not be able to explain why she bursts into tears or flies into a rage . . . she just does! And sadly to say, usually her parents or boyfriend are the object of her frustration. There are two types of hormone changes: that which occurs monthly during the menstrual cycle, and that which occurs at different stages of her life. We shall first consider the monthly fluctuation which begins from the time of her first period at puberty and lasts until the end of her child-bearing years.

The most difficult time of all is usually a few days before her period, as she may suffer mildly from something known as "pre-menstrual tension." At this time the hormones are at their highest level, and she may feel somewhat irritable and nervous and slightly bloated due to the retention of water. Then the menstrual flow starts, the hormone level drops and the bloated feeling subsides. But now her feelings may be of sadness; she may feel blue and miserable and think that no one in all the world cares. Then after a few days, she stops menstruating and now she

feels her best and brightest self! These symptoms are the highs and lows of each month, but there are also larger ups and downs which affect a female throughout the entire scope of her lifetime. These are the stages of adolescence, pregnancy, post-pregnancy (just after childbirth), and menopause. During these times, there is an extreme change in hormone level and a woman may lose her temper at the slightest provocation or sob for hours without knowing why.

How sad it is that more husbands are not blessed with the knowledge and understanding of the hormone change and resulting mood change in the women they love. Could it be that more marriages would have been kept off the rocks if he had only understood her rocky emotions? Many a marriage has had its foundations shaken because he stayed out too late with the boys during her pregnancy, did not offer a compliment on a well-cooked meal when she had not yet recovered from childbirth or he whistled at a pair of legs on television while she was going through the change of life! Situations which, during normal circumstances, could probably have been laughed off, were blown into gigantic proportions because of a traumatic change in her hormone level. A wise and knowing husband will be aware of the constantly swinging pendulum of her emotions and will sense when to duck! This above all times, is a time for tenderness

and a little understanding--two ingredients which will melt the mood of any frantic female!

Girls, we point this out not to give you an excuse for your moody behavior, but rather so that you too will better understand yourselves. You see, all too often menstrual problems are psychological in nature. If you want to feel miserable, you will! Menstruation is too often used as a crutch to get out of doing something one does not want to do. Actually, menstruation is a very normal, healthy function which should not make a girl uncomfortable but should serve to make her proud to be female. Learning to accept menstruation in your stride, without griping and complaining, is a part of the fine art of being a woman, for thanks to the blessing of menstruation a woman can do something that no man can do--carry a new life within her body and know the wonder and warmth of being a mother. After all, if it had not been for a woman, men would not exist. It was a woman who carried a baby boy in her body for nine months, gave birth to him, cared for him as a growing boy, and taught him how to deal with this big world. And it will be another woman who will marry him, give him his children to make him proud and carry on his name, and who will give him care and comfort in the September of his years.

TERMINOLOGY

1. cervix - the neck of the uterus.
2. cervical - of the cervix.
3. clitoris - the sensitive structure just above the urethra on the female.
4. conception - the process in which the egg is fertilized, caused by the sperm penetrating the egg to start a new life.
5. deflower - to break or rupture such as the breaking of the hymen.
6. dysmenorrhea - severe menstrual cramps.
7. erotic - sexual in nature.
8. Fallopian tubes - the tubes which lead from the ovaries to the uterus and through which the ovum travels. Sometimes called the oviducts.
9. fertilization - the process in which the male sperm penetrates the ovum to start a new life.
10. follicle - the pocket which encases each ovum as it matures in the ovary.
11. gynecologist - a doctor who specializes in problems of the female reproductive system.
12. hymen - the maidenhead or membrane that partially covers the outer opening of the vagina.
13. hygiene - the principle of cleanliness.

14. hysterectomy - surgical removal of the uterus.
15. labia - the fleshy covering of the vagina.
16. menstrual cycle - the entire monthly cycle of each girl from the time she reaches menarche to menopause. This includes menstruation, the few weeks afterwards, ovulation, the few weeks afterwards, and finally the cycle begins again with menstruation.
17. menstruation - the shedding of the lining of the uterus.
18. ova - human eggs (plural) that are stored in the ovary of each girl at birth.
19. ovulation - the time during which the egg bursts out of the ovary and travels down the Fallopian tube.
20. ovum - a single human egg cell. Also referred to as the female sex cell, or reproductive cell.
21. pre-menstrual tension - the sometimes intense emotions and bloated sensation which occasionally precedes menstruation.
22. tampon - the small pad used for internal protection during menstruation.
23. urethra - the tube which carries urine from the bladder.
24. vagina - the birth canal leading from the cervix to the vulva.
25. virgin - one who has not had sexual intercourse. This term can also refer to men.

26. vulva - the external area of the female sex organs.
27. womb or uterus - the pear-shaped organ which houses the growing baby until birth.

QUESTIONS FOR THOUGHT OR DISCUSSION

1. From what words does "woman" probably originate?
2. What is ovulation? How long does an ovum remain in the Fallopian tube?
3. What happens to the egg if it is not fertilized? If it is fertilized?
4. If the ovum is fertilized, where does this take place?
5. Describe the entire menstrual cycle and menstruation.
6. What factors can cause irregular menstruation and why?
7. Is a tampon dangerous for the unmarried girl?
8. Can a girl wash her hair, take a bath or exercise during menstruation?
9. Explain the monthly fluctuation of hormones and how these affect the moods of women. Explain the fluctuation of hormones over the entire scope of her life.
10. What is menopause? How can this knowledge help you in your life?
11. Does understanding the changing hormone level and resulting emotional change help you better understand the moody female (or to better understand your own moods)?

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"It is easy to become a father . . . It is much harder to be a man" (9).

CHAPTER V

BECOMING A MAN

(Male Physiology)

Why are so many myths and superstitions about sex passed on to boys?

In the past very little time has been spent in actually educating a young man about himself, for people seem to assume that just because a boy is a boy he naturally inhales information about sex, love, men, and women out of the air! Certainly boys compare notes about sex, but sometimes the information they pass on is not completely accurate. A colossal example of boy-to-boy sex education is related by Art Buchwald. He facetiously comments on his days in Public School #35 at which time he and the other eleven and twelve-year-olds met at the local candy store to absorb the "facts" from their knowledgeable thirteen-year-old contemporaries (1):

I was told as an absolute fact that if a girl necked with you in the rumble seat of a car, she would automatically have a baby. This kept me out of the rumble seat of an automobile for twenty-three years.

There were some other tales of the day including one that the method of kissing a girl on the mouth decided whether or not she would become pregnant. Every time I kissed a girl after that, I sweated for the next nine months. . . .

The sex experts at Sam's Candy Store had an answer for every problem that was raised at the soda fountain. These included warnings that if you did certain things (masturbated) you would go insane. Most of us were prepared to be taken off to the booby hatch at any moment.

Those of us who escaped insanity and shotgun weddings were told we would probably wind up with a horrendous disease (venereal disease) that would be passed on to our children and their children for generations to come. There were twenty-five ways of catching this disease, including shaking hands with someone who had it. . . .

You can imagine the nightmares these talks produced. There seemed to be no escape. You were doomed if you did, and doomed if you didn't. After one of these sessions at the candy store, I seriously contemplated suicide. There didn't seem to be any other way out.

Mr. Buchwald went on to explain that when he reached the magic age of thirteen, he too authoritatively passed on the "facts," as he had learned them, to the eleven and twelve-year-olds at the same candy store!

This story seems a little far-fetched, but the fact is that adults and young people have been passing on similar myths to their children and to their friends for generations. There exists such a multiplicity of wives' tales and superstitions surrounding the field of sex that unless one has lived on a desert island, he is bound to have swallowed a few half-truths along the way. This is why it is necessary that we unravel the fabric of fallacious

information so that every boy will understand the physical and emotional aspects of manhood. Of course this chapter is also for the girls because it is essential that both boys and girls learn all they can about each other.

MALE REPRODUCTIVE SYSTEM (Refer to Figure 4.)

Girls sometimes ask, "Does a boy have anything like menstruation?" This may seem like a silly question but for a girl who knows nothing about boys, and there are plenty of them around, it is not so absurd at all. The answer of course, is a categorical--No. A male's physical make-up is vastly different from that of a girl's with a totally unique function.

A man's sex equipment combine to make up an intricate and complicated system of glands, tubes, and containers, which are designed to produce, store, and deliver the minute but powerful sperm cells. His external organs include the scrotum, which contains the testicles, and the penis. Internally there are the vas deferens, seminal vesicles, prostate gland, and urethra.

What is the purpose and function of the testicles?

As has been pointed out the key to maleness is the pair of testicles which hang in the scrotum at the lower end of the abdomen. These oval-shaped glands are roughly

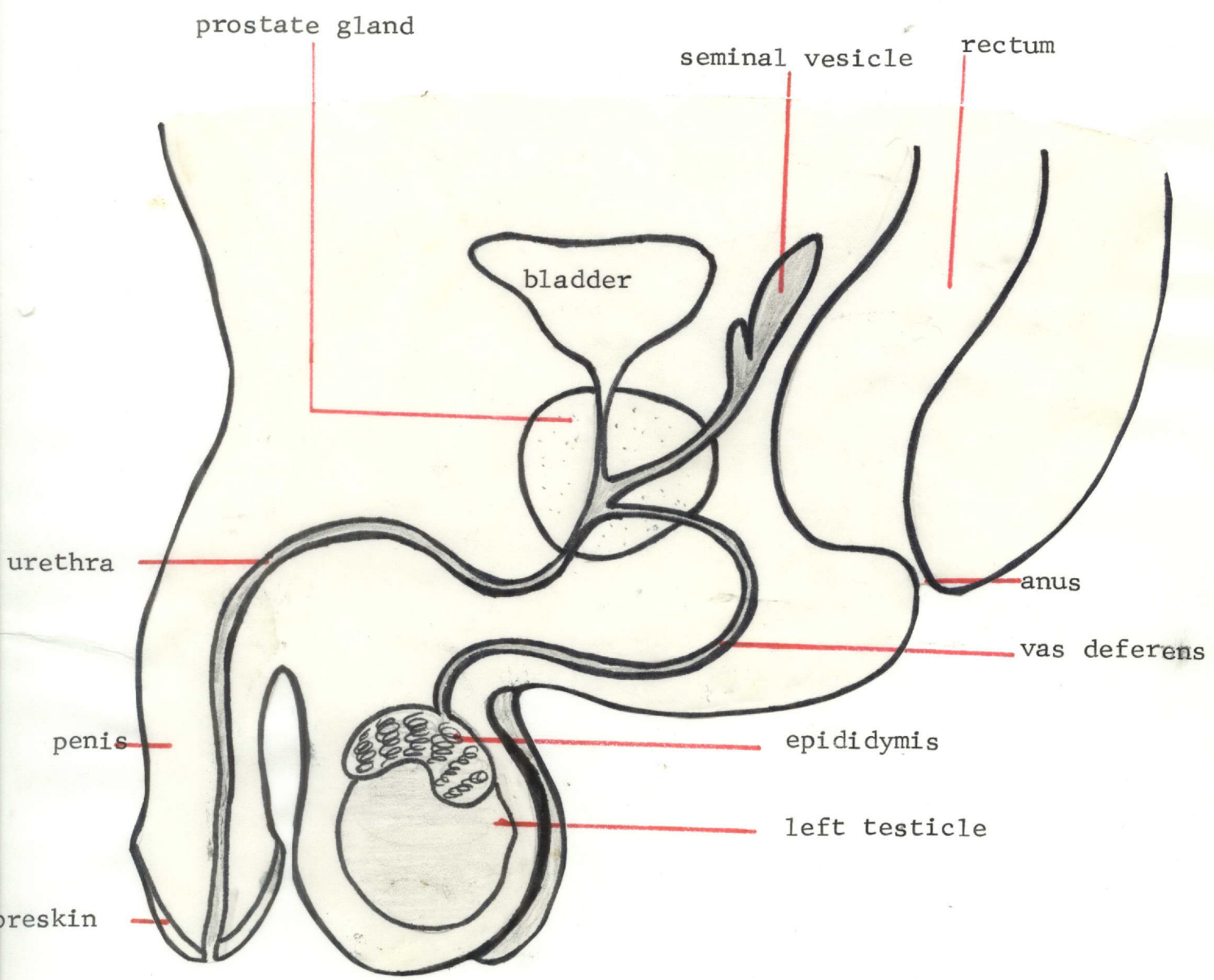


Fig. 4--Male reproductive system

one-and-a-half inches long in the adult male, one being slightly larger than the other. Within the testicles there are almost one mile of tiny tubes in which fifty million sperm cells are manufactured every day. That means that in only two months enough sperm could be produced by one man to have the potential of populating the entire earth! Each sperm cell is 1/500th of an inch long. To get an idea of their size, they are so tiny that it would take 1200 of them to cover the period that punctuates this sentence. Contrast this with the female ovum which is about the total size of this dot.

Though sperm are manufactured in the testicles, they are stored in the epididymis. One epididymis lies behind each testicle and is a twenty-foot long collection of tubes. It is here that sperm mature and lie waiting until their release. By a whip-like motion of their tail, the sperm are able to propel themselves forward traveling at the rate of only seven inches in one hour. Considering that a sperm must travel five hundred times its length to move just one inch, this becomes a Herculean journey that can be roughly compared to a forty mile run by a man. Thus it takes two weeks for them to travel from their place of origin in the testicles to the epididymis for storage.

The second function of the testicles is to produce the male hormone, testosterone. The power of this hormone is appalling when we consider that without it a man would be soft and flabby, beardless and lazy. Surprisingly enough, women also have a tiny amount of this chemical, which is produced by their adrenal glands, circulating in their blood streams. With too much testosterone, a woman would develop masculine features, grow a beard, and develop thick, strong muscles like men, yet without it one could be frigid.

If, as in rare cases, the testicles have been removed (called castration) the male is no longer receiving testosterone and his entire life style is radically affected. Long ago there were certain men known as eunuchs who were castrated so that they could guard the harems of great rulers. Understandably, the rulers felt better about entrusting the safety of their wives to an impotent eunuch rather than a normal, virile man. Castration was also cruelly performed on prisoners of war in early times, for this made them better slaves and more cooperative with their masters (6). If castration is performed before puberty, a boy will never grow manly hair on his face and body, his voice will remain high pitched, and he will never become interested in sex. During the Middle Ages

this operation was performed on some boys before puberty so that they could maintain their soprano voices to sing in the great church choirs of Europe (14). We are more humane today and castration is no longer performed on humans except in the case of cancer of the testicles, which is quite rare.

Ordinarily the testicles descend into the scrotum two to three months before a baby boy is born. Occasionally, however, this does not occur as it should, and if the testicles have not dropped by four or five years old, the boy should be given hormone treatments to initiate their descent. If this does not correct the situation by the age of ten or eleven, surgery is necessary to put the testicles in place. If the condition is not corrected the male will be sterile, for the sperm cannot live in the high temperature of the abdominal cavity. This does not affect his sexual capacity later in life, for testosterone will still be produced; however, he will be incapable of someday fathering a child.

What is the purpose of the scrotum?

The scrotum houses the testicles, but it also has the miraculous responsibility of acting as a thermostat to keep the sperm alive. On a warm day the temperature of

the body is so high that it would destroy living sperm cells. Thus when the temperature rises, the scrotum hangs loosely from the body, keeping the temperature in the testicles two to three degrees lower than the body. On a chilly day, while swimming in ice water, or taking a cold shower, the scrotum contracts and pulls the testicles close to the body so that they can stay warm enough to maintain living sperm. Depending on the temperature of one's environment, the scrotal sac relaxes or contracts to keep the temperature in the testicles at a constant rate--all of this designed so that human life can be perpetuated.

When relating this information about the unique purpose of the scrotum in a family living class, one senior boy said seriously, "Wow! God sure must be smart to think of all that!" And in fact, he was right because it is truly remarkable that the male and female systems are so intricately and perfectly designed with the miraculous potential of creating a new life.

What is the purpose and function of the penis?

The penis is the external male organ which has the purpose of emptying urine from the bladder and transmitting semen, the fluid containing sperm. When a baby boy is born the end of his penis is covered by a sheath of skin called the foreskin. This skin can be pushed back, but

often the doctor, at the parent's request, will surgically remove the foreskin a few days after birth. This minor operation, known as circumcision, is relatively painless for the infant but if attempted on an older boy it would be quite painful. Though circumcision is optional, it does make it easier to keep the penis clean, and although cancer of the penis is extremely rare, there has never been a case of it reported in a man who has been circumcised. Another advantage of circumcision is that women who are married to circumcised men have a much lower rate of cancer of the cervix. Whether or not a man has been circumcised has no effect on his sex life, his virility or his ability to satisfy his wife. It is simply a matter of choice made by the parents at birth.

Running through the center of the penis is a tiny tube, the urethra, which acts as the passageway for urine and semen. When sexual excitation occurs, a myriad of changes begin to take place. A trace amount of an alkaline fluid that precedes the emission of semen is released which neutralizes any possible drops of urine that may remain in the urethra. A valve also closes at the base of the bladder which eliminates the possibility of any more urine going into the urethra. And most important, an incredible change occurs in the penis as blood begins to

flow into the spongy tissue causing it to become firm and erect. Normally the penis is about the length of a finger in its soft, flaccid state, but when an erection occurs in the mature man it increases to an average length of six inches.

An erection is a common occurrence in boys and men and even infant boys have occasional erections. During the early teens it is difficult to control erections and they may sometimes occur at embarrassing moments, but as a man matures he will develop the self-control which will add to his self-assurance. Erections frequently are caused by being close to a girl, viewing pictures of thinly clad women, thoughts and dreams of sex, sometimes even fear, anger, or embarrassment can cause an unexpected erection. And simply an early morning need to urinate has caused many a boy to wake up with an erect penis, for a full bladder places pressure on the nerves of the sex organs.

Most erections end without any release of semen, for when the source of stimulation is removed the blood flow normalizes and the entire system shifts back into neutral. If friction is repeatedly applied to the penis, however, a discharge of semen will probably occur which is called an ejaculation, or known sometimes as the male orgasm.

or climax. Ejaculation is accomplished by an ingenious process. The prostate gland has been constantly manufacturing a milky-white fluid, the semen, and storing it in two reservoirs known as the seminal vesicles. Meanwhile the sperm, which have been maturing in the epididymis, travel up through a tube called the vas deferens toward the seminal vesicles. It is here that sperm and semen combine and are thrust through the urethra and out the end of the penis in a series of quick, short spurts. Only about one teaspoonful of semen is discharged during each ejaculation and yet it is literally teeming with millions of sperm cells.

As the supply of semen regularly builds up within the prostate and seminal vesicles, there is a pressure for release and an ejaculation may result. If a discharge of semen occurs during sleep, this is called a nocturnal emission or sometimes known as a "wet dream." A boy needn't fear these discharges, for a nocturnal emission is simply nature's way of releasing excess semen. A boy may feel somewhat embarrassed if he wakes up in the morning to find that his sheets are wet with semen. He may fear his mother's reaction at discovering the soiled sheets, but an understanding mother will know that this is a very normal reaction in a young, healthy boy.

Is masturbation harmful?

Some boys never have a nocturnal emission, for many of them masturbate to relieve the tension before the night time need arises. Masturbation for boys is the manipulation of the penis, usually with the hands, to result in an erection and, after puberty, an ejaculation of semen. A fantastic amount of folklore has surrounded the subject of masturbation, and sadly enough, some of it still exists today. Truth is, we now know that masturbation does not cause insanity, convulsions, impotence, frigidity, cancer, heart disease, physical weakness or feeble-mindedness. It does not even cause pimples, circles under the eyes, or an odd expression on the face. Because of strange stories like these, there are cases of young people who have committed suicide because they were unable to stop the practice and thought they were too evil to go on living. But today it is widely accepted as a normal, healthy means of relieving sexual tension. Although we certainly do not encourage it, we do ask that it be understood as a natural part of growing up.

There are only two problems related to masturbation. First, one would not want to become so obsessed with the practice that he does it to excess. How is "excess" defined? There is no average rate of masturbation but

it becomes excessive if a boy spends time masturbating when he should be out enjoying living. If it robs one of the opportunity of dating, participating in school activities, studying, etc., then masturbation has become an obsession, and too much of any one thing is unhealthy. The other problem is feeling extreme guilt and shame from masturbating. This guilt could cause serious problems that actually could carry over into one's future sex life. If one must feel guilt about the practice, it would be better to avoid it.

One aspect of masturbation needs to be mentioned in order to help one in his later sex life. A common sexual problem in marriage is premature ejaculation--that is, the husband reaches his climax before his wife and because of this has difficulty helping her reach an orgasm. It usually takes women a longer time to reach a climax than men; therefore, it would be helpful if in his teen years, a boy would learn to delay ejaculation if he masturbates. Thus the habit of delayed ejaculation can be transferred into his married life and build toward a more fulfilling relationship between him and his wife.

Masturbation is a universal practice among boys, but we have not meant to imply that girls do not masturbate. They do, but it is not nearly so common or frequent as in boys, for boys at this age are more easily aroused and

their sexual urges are more powerful. Most girls find absolutely no need for masturbation, but if one does, it is probably wise that a girl not become too dependent on the practice. A possible drawback is that a girl could become too dependent on it, carry the habit into marriage and prefer manual stimulation rather than the full and complete satisfaction of sexual intercourse.

Masturbation then, is a normal part of growing up and a passing phase of a young person's sexual development. It is provided to help teenagers get through the difficult years when they are too young for marriage, yet are experiencing sexual feelings and must have a means of coping with them. Later on in marriage there will be a deeper need for complete sexual union and satisfaction in which each partner will give and share in an exalted experience that will serve to bind the marriage together.

SUPERSTITIONS DISPELLED

As we have mentioned, there are a multitude of superstitions surrounding sex, but let's look at some of the misconceptions specific to men and try to straighten them out.

Does penis size affect one's sexual ability?

There is absolutely no validity to the notion that the size of the penis has anything to do with a man's potency or sexual power. It is a shame that so many boys feel embarrassed or inferior because they think their genitals are not large enough. Scientific studies conclusively prove that the size of the penis has no relationship to sexual satisfaction. Some young men worry that if they are small, they will not be able to fully satisfy their wives, but this is an unfounded worry for a woman's vagina will expand to accomodate the penis of her husband regardless of his size. And there is no truth to the myth that certain races are more potent or have larger sex organs. Each man develops in his own individual way and he should feel no more embarrassment about the size of his genitals than he feels about his height or the size of his feet!

Does premarital sex have anything to do with one's sexual capacity after marriage?

For years men have been told that the loss of semen before marriage can be harmful--that it can lower the body's resistance to disease, decrease his potency, or on the other hand, that the more often semen is discharged, the greater his sexual capacity will be. Many boys ask these two questions:

"If I don't have intercourse while I am young, won't this decrease my sexual ability in later life?" Or just the opposite: "If I do have premarital sex, will I use up my abilities and therefore have a shorter sex life when I am older?"

The answer to both questions is--No. Premarital sexual intercourse will not shorten or lengthen one's future sex life. If a boy chooses not to implant his sperm in a young, unmarried girl, he is simply making a responsible decision; he realizes the power of his sexuality and chooses to use it in the best possible way.

Are there certain substances which increase the sex drive?

Probably everyone has heard that if he eats certain foods, he will become overwhelmed with an insatiable sex drive! You may have heard that oysters, raw eggs, olives, (you name it) can increase one's sexual desires, but of course this is not true. If one did find that he had a more powerful desire after eating one of these notorious foods, it would simply be a product of his imagination. One drug that you have probably heard frequently mentioned as a "true" aphrodisiac (sex stimulant) is Spanish fly. Spanish fly is actually a drug, cantharidin, which is extracted from beetles found in southern France and Spain. Supposedly all one has to do is slip some of this magical love potion into his date's coke and she will become

immediately overwhelmed with an uncontrollable passion.

It is true that Spanish fly is an aphrodisiac--for animals.

It serves to painfully irritate the lining of the urethra which causes farm animals to copulate (mate) for relief.

But in humans? If, for example, a boy decided to place one drop of Spanish fly into his date's drink, this would be enough to kill her and send her boyfriend to jail for murder!

David Reuben (14) tells us that there is one true aphrodisiac, testosterone, which increases sexual desire in both men and women. However, it masculinizes women, which might detract from her partner's desire; and in men who are already producing an adequate amount of the hormone, injections of testosterone would cause their sexual organs to atrophy (shrink) which would be very disheartening and certainly defeat the purpose!

Are there certain substances that depress the sex drive?

If one has ever been in the armed forces, gone to summer camp, a boarding school, or has ever been in prison, he has probably heard stories about saltpeter being secretly slipped into one's food to inhibit his sexual feelings. Saltpeter is actually potassium nitrate, which is the primary constituent in gun powder. Again, one should

not be so gullible as to believe these rumors, for saltpeter has no effect whatever on sexual feelings. It has been found, however, that when massive doses of the female hormone estrogen are given to male prisoners they become less violent; hence this is one chemical which does depress the sex drive in men. Of course it has negative side effects in that massive doses of testosterone also cause feminine qualities to develop.

What causes impotence and how can it be cured?

Boys often hear wild stories about impotence and they have many queries about it. Actually there are two kinds of impotence. One is inability to have an erection, the other is inability to reach a climax. The cause of impotence may be physical such as an illness that a man may not even know exists; but the most common cause of impotence is psychological. Dr. Alan Guttmacher (6) says that he tells his medical students, "Sex has very little to do with what is below the waist; it's all above the neck." In other words, impotence is usually caused by the mind, by fears or anxieties that may affect a man's sexual performance. Dr. Guttmacher relates the case of a young man who was severely reprimanded by his parents for having a nocturnal emission. His father, who was a distinguished minister

with Victorian ethics, must certainly have forgotten his own adolescence, for he told his son that he had sinned and that he would be kicked out of the house if it ever happened again. This terrible experience had a lifelong effect on the boy and later in his marriage he was so unconsciously determined not to have an ejaculation that he was unable to have a normal sex life with his wife. This is an example of the power of the emotions on the body. The only way this young man could ever hope to share a normal sex life with his wife would be to seek psychiatric help in order to dissolve his subconscious fears.

It is not at all uncommon for a man to experience impotence at some time in his life. The important thing is that he meet it face to face, discuss it honestly with his wife and especially that he seek medical help in order to overcome his problem. It would be a sad mistake to avoid professional help because of shame or embarrassment, for certainly these problems exist and need to be ironed out so that life can be lived to its fullest.

These are only a few of the misconceptions that may have been soaked up along the way. There are many more that we will try to untangle in the course of this book, but certainly we cannot pretend to cover them all. The important thing is that you begin reading and studying on

your own to find the scientifically accurate answers to your questions. It would also be wise to seek the counsel of a trusted adult such as a teacher, a minister, and best of all--your parents. Talking things out with someone who understands can help by putting your thoughts into words, by thinking things through, and by getting things off your chest. If you have someone with whom you can share your innermost anxieties and feelings, it will aid in clearing things up and will make the process of growing into manhood a little less baffling.

TERMINOLOGY

1. aphrodisiac - a substance that is sexually stimulating.
2. bladder - the organ which holds urine.
3. castration - the removal of the testicles to produce sterility.
4. circumcision - surgical removal of the foreskin.
5. copulation - a term for sexual intercourse.
6. ejaculation - the climax in the male when semen is released. A seminal emission.
7. epididymis - two sets of coiled tubes which lie behind each testicle with the purpose of storing sperm.
8. erection - the condition of the penis when blood flows into the spongy tissue and causes it to become firm and erect.

9. eunuch - a man who has been castrated.
10. foreskin - the sheath of skin that surrounds the head of the penis.
11. impotence - the inability to have an erection or ejaculation in men.
12. insatiable - unable to be satisfied.
13. masturbation - self-manipulation of the sex organs.
14. nocturnal emission or "wet dream" - a seminal emission that occurs during one's sleep.
15. orgasm - the climax of sexual response in both male and female.
16. penis - the male sex organ which transmits urine from the bladder and semen containing sperm.
17. premature ejaculation - an ejaculation that comes sooner than it should.
18. prostate gland - a small gland in the male that furnishes semen.
19. seminal vesicles - the two tiny glands that store semen.
20. Spanish fly - a drug which is used as an aphrodisiac in animals. It irritates the lining of the urethra to cause them to seek copulation for relief, but it is highly dangerous to use with humans.
21. sterile - inability to conceive children in either men or women.

22. urethra - the tube that carries urine from the bladder.
23. urine - waste fluid which is stored in the bladder.
24. vas deferens - the two tubes that lead from each epididymis and carry sperm to the seminal vesicles.
25. virility - masculinity; having manly strength and vigor.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Where are the sperm produced? Where are they stored?
Through what tube do they travel before combining with seminal fluid? Where is seminal fluid stored? Through what tube do sperm and semen travel to be released?
2. What causes an erection?
3. What is the thermostatic function of the scrotum?
4. What must be done if a boy is born with an undescended testicle? If this condition is not corrected what could happen?
5. What is castration and how would this operation affect a man?
6. What is the purpose and value of circumcision?
7. What happens to keep urine from mixing with semen in the urethra?
8. What is the purpose of nocturnal emissions and masturbation? Should one feel guilt or shame about either one? What are some of the problems related to masturbation?

9. Does the size of the male sex organ have any relationship to his virility, potency, or ability to satisfy his wife?
10. Does the amount of sexual activity before marriage decrease or increase a man's abilities after marriage?
11. How would extra injections of testosterone and estrogen affect normal men and women?
12. Is Spanish fly an effective aphrodisiac in humans?
Is saltpeter an effective sexual depressant? Explain.
13. What is the primary cause of impotence in men? What should a man do about this condition if it ever happens to him?
14. Write a paper explaining this chapter's quotation:
"It is easy to become a father . . . It is much harder to be a man."

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COPING WITH SEX IN THE TEEN YEARS

CHAPTER VI. YOU AND YOUR SEXUAL FEELINGS

CHAPTER VII. SENSIBLE SEX



Fig. 5--Being in love involves decisions about sex

"We can easily forgive a child who is afraid of the dark. The real tragedy of life is when men are afraid of the Light" (9).

CHAPTER VI

YOU AND YOUR SEXUAL FEELINGS

The new morality is with us, and it's great! The new morality is not free love, there is no such thing as love that is free. No, in its truest and finest sense the new morality is a fresh openness and honesty about sex which makes it possible for us to be able to face it, to talk about it, and to seek the truths that exist. This new openness causes young people to question the old valuesystem and to search for more relevant answers relating to their sexuality. For years we have been struggling to educate our youth about sex by using an outmoded fear approach. We have tried to tell them that premarital sex is wrong, immoral, and sinful, but our new generation of enlightened teenagers tune out to these tactics. Today's youth want answers, but they want to know what is a smart, sensible, and rationally intelligent use of sexuality.

With a background of knowledge on male and female physiology, we can now step into the much broader, more

illusive area--that which deals with the psychological and emotional aspects of sexuality. One of the basic problems relating to the psychology of sex is how sex can be used constructively during the years before marriage. In the next two chapters we will squarely face the issue of premarital sex, but we will do so by considering the questions: What is a sensible use of sex in your lives today? How can you cope with your powerful sexual feelings? What information is necessary in order to make more intelligent decisions? What will lead toward your finest development and greatest happiness in the future?

What is the primary purpose of sexual intercourse?

When people speak of sex their minds usually jump to the bedroom--to the act of sexual intercourse. We have learned that our sexuality is all that we are as a man or a woman rather than one specific act. But it is important now to consider the meaning and purpose of the intimate act of intercourse. We know that men and women were created with vastly different bodies, emotions and personalities as part of the divine plan to maintain and perpetuate the human race. Basically men and women were given the ability to unite their bodies in sexual intercourse for two reasons: so that the deeply profound love between a man

and his wife could be expressed in a complete physical, emotional, and spiritual union that gives extreme pleasure and fulfillment and serves to bind the marriage closer together; and so that, because of this union of love, a part of both of them could be combined to create the precious life of their own baby. Please try to give this some serious thought because it should help one to reflect on his sexuality with far more seriousness perhaps, than he has ever done in the past. It is sad but true that there are countless influences trying to pull young people away from the beautiful and exalted purpose of intercourse. But if one thinks about it deeply, he can begin to see through the veneer that has been falsely created and reach a more realistic understanding of the true meaning of sex in life.

What is orgasm?

The highest point of sexual intercourse is the climax or orgasm which is a contraction of the muscles of the internal sexual organs in both male and female that produces an intense feeling of inner pleasure. Orgasm lasts for only a few seconds and is followed by a feeling of complete calm and relaxation. Unless there are problems of impotence, the male almost always has a climax during sexual relations,

but it is important to know, for marriage, that female orgasm will rarely occur with each act of coitus (another word for sexual relations). This in no way implies a lack of love and devotion on her part, but because a woman's sexual responses are so tied up with her emotions, she may not be able to completely forget the marital spat which occurred during the day or the sick baby in the next room. An understanding husband knows that the closeness of the sexual act itself is fulfilling to her even without orgasm, though he does his best to be sure that she is fully satisfied.

When a girl chooses not to make out, to pet, or to have intercourse with a boy before marriage, she may be accused of being frigid. Actually, this has nothing to do with frigidity, for the condition of frigidity is the inability of sexually experienced women to achieve an orgasm over a long period of time. This may be caused by several factors. It may be that her husband is not fully arousing her sexual desires. It could be that she had an unpleasant or shocking sexual experience in her earlier years. Or it could stem from feelings of guilt that surround sexual experiences about which she does not feel completely right. If this condition arises in her married life, it would be wise to honestly discuss it with her

husband so that he can help her overcome it. A psychiatrist or marriage counselor would also be helpful in eliminating the problem.

We bring all of this out to help clear up your curiosity about male and female orgasm, for though you hear about it and see it in movies, this aspect of human sexuality is often omitted from sex education.

How can teenagers cope with their natural sexual desires?

When a boy and girl care deeply about each other, the physical urges quite naturally begin to boil. Chemicals and impulses flow through one's body making one want to be close and to reach out and touch the other. The human body is rich in areas that are sensitive to touch and the feelings that build up inside can be almost overpowering as they cry out for release. It may seem almost as though nature has played a cruel trick by empowering a young person with such powerful sexual feelings long before he is emotionally and financially capable of marriage. In order for sex to become the enriching, fulfilling experience it can be, we must find ways of coping with our sexual feelings during the teen years.

One means of channeling the sex drive is called sublimation. This is a psychological term meaning directing

energy into physically or mentally strenuous activities that will burn it up rather than letting it burn you up! There are countless activities available for teenagers which can be helpful in relieving frustrating tensions. This may not sound like much of an answer for the couple who is in love, but try it; it may give a little help.

We have already discussed the pros and cons of masturbation, but we have saved one aspect of it for this discussion. Girls often ask, "If we don't go all the way, won't this hurt him?" "I don't mean to get him so excited but when he is, I feel like it's my fault and that it is unfair to leave him this way." Because of a boy's powerful sexual nature, it is true that he becomes easily and urgently aroused, but girls should understand that this tension can be relieved by self-stimulation when he gets home. This is a sensitive subject and not meant in any way as a put down to boys, but surely these are facts that every boy would want his sister to know if she were placed in a similar situation.

Because masturbation is perfectly normal, it serves the purpose of relieving the tensions that sexual desire can create. As a noted minister, Charlie Shedd (13), has put it, "Masturbation is God's gift to young people." He states that "It is better to come home hot and bothered

than satisfied and worried," for teenage masturbation is far wiser than teenage intercourse and doesn't hurt another person. Our greatest problem is erasing the guilt and shame attached to this act and realizing that it is a blessing--a blessing provided to help young people cope with their sexual feelings during the teenage years.

How does a person decide how far to go when "making out?"

Falling in and out of love is a natural part of growing up, and each time you do you will probably think, "This is it! I will love him (or her) forever!" Someday you will be right, but there will probably be many times that you will be wrong before you are finally right. The fact that the arrangement may not be permanent, though it seems to be at the time, is a serious point to consider when deciding how emotionally and physically involved a couple will become. And it is a smart idea to try to set the limits in your mind before you go out on a date so that you won't be swept along by the emotion of the moment and do something that you might later regret or that could cause unfortunate consequences.

Because being in love also involves a strong physical attraction, young people are often pulled into a close physical relationship which may eventually draw them into

necking and petting. There are various degrees of petting from lightly making out to petting to mutual orgasm.

Psychologists agree that petting to orgasm is far more responsible than teenage intercourse (12), but it involves certain risks which we will point out later. The decision to pet should be weighed seriously, for it can involve tremendous emotional and physical pressures. It might be wise to ask yourself the following questions (1):

1. Is your petting a physical or spiritual experience? Is it a mutual expression of sincere love?
2. What are your thoughts as you look back on the experience? Do you feel happy or ashamed?
3. Are you being honest with each other or is one of you pretending?
4. Is your petting habit-forming? Are you afraid to be alone with each other because you cannot control your sexual desires?
5. Can you stop short of sexual intercourse which might lead to pregnancy and other problems?
6. Are you doing this to become more popular?
7. Is petting preventing you from really getting to know each other?

Each young person has to decide for himself what his own personal sexual standards will be, but one universal ethic should prevail: We must respect the wishes of the other person. Each person has his own code of sexual ethics, and it is not our right to try to break down

another person's standards regardless of our own desires. True love is born out of respect and probably the best attitude we can have toward dating is one in which the boy and girl can talk frankly about the problems of controlling their sexual feelings and cooperate to help keep their relationship on a level of respect for each other.

What are the problems of intimate petting?

As mentioned above, psychologists seem to agree that for the couple who is deeply in love and cannot control their sexual feelings, petting to orgasm is far wiser and more responsible than teenage intercourse. Technically, she remains a virgin and there is far less chance of harming a future marriage or causing a baby, the innocent victim, to be conceived. However, there are certain factors that must be pointed out. The main difficulty is stopping before going all the way. The glands cry out for release and it is overwhelmingly tempting to go a little farther. Petting to orgasm is an extremely intimate expression and far too dangerous if a couple cannot control it.

The following letter relates the story of a girl and boy who did not have intercourse, but because they were extremely involved, they got into a situation they could not handle nor understand (16):

How I wish I had some sex education in school. Not one word was spoken about "sex" in our house. My mother was a minister's daughter and my father was a minister! My husband and I were shocked to learn that we had to get married. (He was 22 and I was 20!) Believe it or not I was a virgin, but we went in for some very heavy petting although we never went "all the way" technically. But I got pregnant anyway, and the "virginal" membrane was broken by the doctor before the birth of my baby. (If this sounds impossible, ask a doctor. . .)

What this young man and woman did not know was that after the male has an erection, but before he has an ejaculation, a tiny but potent drop of fluid is often secreted at the end of the penis. This drop of fluid may contain as many as 50,000 sperm. If a boy has merely touched the outside of a girl's vulva with his penis, it only takes one tiny sperm to work its way into the vagina and impregnate her. Knowing this fact is of paramount importance, for far too many young people do not realize that it is possible for a girl to become pregnant without going all the way. This is not mentioned to frighten anyone, for the fear approach is not our chosen method. Yet certain facts must be established in order to allow you to make rational decisions.

An even sadder sexual mistake is when the male actually penetrates the vagina but removes the penis before he ejaculates. Of course this constitutes intercourse, and even though he doesn't ejaculate inside of her, it

carries all the obvious risks of pregnancy as mentioned above.

There is one final thought on intimate petting that young people need to understand. Once you have crossed one line of sexual behavior with someone, it is difficult, almost completely impossible, not to repeat the same thing with the same person in the future. You may think, "This is the only time we will go this far." But it is almost impossible to go backwards, and this you must realize before you take the step. The night before a couple leaves for a long separation, summer vacation, or off to college is often a time when young men and women go farther than they had intended, thinking that this would be the only time. A sexual progression does not reverse itself, so be prepared to face these problems before they arise.

What about the problem of promiscuity?

Occasionally sexual problems arise which are caused by factors that are totally unrelated to sex. For example, abnormal behavior such as homosexuality and sadism are usually caused by factors in one's early childhood. (These problems and other types of sexual deviations will be discussed in Chapter X.) Another sexual problem which must be understood is promiscuity. Promiscuity is having sexual relations with a long list of sex partners. Promiscuous sex

is devoid of love and concern for the other person and is usually a meaningless experience. Both boys and girls can be promiscuous. Promiscuity is ordinarily the symptom of a deep emotional problem; thus if one finds that he has developed this sexual hang-up, it should help if he will take a look at his life and try to straighten out the underlying problem.

An example of the kind of deep-seated problem to which we are referring is the fast or promiscuous girl who uses sex as a means of rebelling against unreasonably strict parents. She may have been taught that sex is horrible and dirty, and as soon as she escapes their clutches, she tests it out for herself. Her actions are a protest against overly rigid parents, but she is the one who suffers most. Another reason that a girl may become promiscuous is that she is fatherless or even worse, has felt rejected by her father since the early years of her life. She is usually hoping, though it may be subconscious, that sex will bring her the security and love which are missing in her life. She longs to experience the love of a man and becomes an easy mark for any boy who will take advantage of her mental confusion. If she is unable to face her problem and work it out, professional help from her doctor or a psychiatrist should help her get sex back into the right perspective in her life.

If a couple plans to be married, should they test to see if they will be sexually compatible?

Young people have often heard that a marriage depends on what happens in the bedroom, but this is not entirely true. Sexual incompatibility is more the symptom than the cause of bad marriages. If communication is poor, if the relationship is suffering, then a couple's sex life will also suffer. Sex is a vital part of a marriage, but it isn't everything and it won't hold a faltering marriage together.

Because teenagers hear how important sex is in marriage, and it is important, they sometimes believe that they must test themselves to see if they are sexually compatible. Some even put it crudely but bluntly, "We have to see if it fits." This is the "try-before-you-buy" philosophy which holds that just as one would not buy a pair of shoes without trying them on, one should not take a chance on anything as important as sexual compatibility in marriage without first testing it. Obviously, those who believe this theory do not need sex, they need information! First of all, a foot stays about the same size, but the vagina has an amazing ability to expand to accomodate any size male organ as well as the birth of a baby. There need be no fear that size has anything to do with satisfaction. Secondly, it is

virtually impossible to test compatibility before marriage. There have been countless couples who seemed to be marvelously compatible before marriage yet after marriage their sex lives were dead. On the other hand, there have been couples who seemed to be incompatible before marriage, yet after gradually building their sex lives together they were able to reach a magnificent level of fulfillment.

If a young person puts his faith in the idea that sexual experience before marriage can provide an index to what it will be like after marriage, he may be in for a shattering disappointment. Imagine for a moment that you decided you would put your compatibility to the test. What if you should fail? Would you break-up? If so, you would leave each other very hurt and probably feeling like a sexual failure forever. You could be passing up one of the finest persons you will ever know and love in all your life, a person who could make you a fantastic husband or wife. But you thought that you would be incompatible, so you broke-up. And the chances are very high that you would fail the first test, or at least that she would, for let's face it, first, second, third intercourse is not usually as great as it is built up to be, especially for women.

Philip was very much in love with Debby, but he told her that he couldn't marry her until they tried sex to see if they would have a compatible relationship. Debby went along with him because she was

afraid of losing him if she didn't. After having intercourse, they were both deeply disappointed because it wasn't quite what they had expected. Debby felt hurt and feared that he would reject her. Phillip was disillusioned but felt obligated to go ahead and marry her, though he had great fears that they would be incompatible.

After they had been married for a few months, Phillip told his best friend, "I was wrong to be so hung-up about sex. I thought that we would have a terrible sex life, but now that we have been able to build a sexual relationship, it is more beautiful than anything I could have imagined. The point is that now Debby is able to relax, and now I realize that a good sex life is something that has to be gradually built--it doesn't just happen!"(4).

Though coitus is usually described as a glorious, heavenly experience, as it can be, young people must understand that it takes time to gradually build a fulfilling sex life together. The hurried, worried experience in the back seat of a car is uncomfortable and creates feelings of fear, awkwardness and disappointment. The emotional make-up of a girl makes it so that she must feel secure and free of guilt in order to reach the full and total release of orgasm. It is not so difficult for a boy to be satisfied under the same awkward circumstances, but it is quite difficult for a girl. Many girls report that their pre-marital experiences were painful, disillusioning, and left them with a feeling of disgust for themselves and the boy (8). If more boys could be made aware of the delicate sexual nature of girls, there would be much less hassle for young people to endure.

But young men have been left in the dark about the nature of a female's responses. In fact, many of them have been completely fooled. It is astounding but true that many promiscuous girls and prostitutes pretend to have an orgasm when they actually do not. They do so because they know that many men feel sexually inadequate if they cannot satisfy their partner. They are not totally committed to the man and thus they are unable to respond fully to his love making. We point this out to emphasize the fact that a woman's sexual nature is quite different from a man's and in order for her to reach the satisfaction of orgasm, she needs time, patience, and the gradual building of a life together based on complete commitment and love. Perhaps if boys understand this about girls, and girls understand this about themselves, they will be more likely to save the total expression of their love for the time when it can mean the most to them as a complete and mutually satisfying experience.

Can a relationship survive without sexual relations?

Many girls fear that they will lose the boy they care about if they try to "hold out" on him. He may feel that she is rejecting him and say, "If you love me, you will." But if she truly respects herself and her personal dignity,

she will have the courage to turn it around and say, "If you really love me you'll understand." Perhaps now it will be difficult for him to understand but later on he probably will. If the relationship is real, if they truly love each other, their love will be able to stand up under the test of time and the pressures of sexual desires. If not, consummation, or completing the sex act, will soon cause the flames of love to flicker and die and nothing will be left but a hollow feeling of hurt and resentment. If love cannot survive without sexual intercourse, then it is not love at all. If it seems that coitus is necessary to hold the relationship together, they should ask themselves if what they feel for each other is physical attraction alone. A physical relationship is a very important part of marriage, but if a couple has not developed a rich emotional relationship, the marriage cannot survive. This is why it is so terribly important that young people in love really get to know each other as people and that they avoid letting their physical love become a blinding force.

Why should a drive as natural as the sex drive be controlled?

Each of you is a unique individual with a mind and a body and a soul that place you far above the animal level

of existence, but because of this you are subject to all of the human emotions and drives that are sometimes difficult to control and more difficult to understand. According to the noted behavioral scientist, Maslow (7), we are each endowed with certain fundamental physiological drives, the hunger, thirst, sleep, self-preservation, relief of pain, and the sex drive. The sex drive is a natural, good, and wholesome drive but it is like any other great power: it must be understood and controlled in order to be used constructively. Consider for example atomic power, which if it is not harnessed, can lose all its creative force and become a devastating menace that destroys human lives. In the same sense the sex drive must be intelligently managed lest it destroy human personalities, wreck homes, and cause myriads of unhappiness.

Perhaps you are wondering: Does there seem to be a contradiction between the idea that sex is good and beautiful and wholesome and the idea that it should be controlled? There should be no confusion because sex becomes beautiful and good only when it is used with wisdom. In order to reach full human development, a certain amount of control of our basic physiological drives is always necessary. You control your need for sleep in order to study for a test. You restrain your desire for food in

order to maintain your weight and remain healthy. You control your instinct of self-preservation to be brave and avoid being a coward. It is also necessary to control your sexual impulses in order to have freedom among others and to reach your full role as a sexual person.

You want to be free to marry when you choose and whom you choose. You do not want to be forced into anything as monumentally important as your marriage. But your freedom of choice is directly controlled by your choices about sex. Sexual control does not inhibit a person, it frees him. If you have the insight and foresight to feel a responsibility about the life ahead of you, you will make the choices that will keep you free.

Being a sexual person means having the capacity for sexual fulfillment, but being a smart sexual person means using that capacity responsibly and with consideration for others. At times we are all a little lonely, but using sex to bolster our ego or to obtain love can never give us what we really need. Our greatest emotional need is not the desire for sex but the desire for closeness to another person. When young people communicate only with their bodies, they never get to know each other. As one girl said, "Sex can ruin a beautiful relationship," for it is

easy to be blinded or overwhelmed by the sexual feelings that often play a part in a relationship. Though the sexual urges are powerful during this time when one is not yet ready for marriage, he is provided with means of coping with tensions if he chooses to use them. If we can rationally accept the higher purpose for which sexual intercourse was intended, we will then be free to become more fully acquainted with the total personality of another person and to appreciate each other as individuals who are striving to live a life of dignity and worth.

TERMINOLOGY

1. coitus - sexual intercourse.
2. consummation - completion; usually referring to the completion of the sex act.
3. frigidity - inability to have an orgasm in women.
4. promiscuous - one who has sexual intercourse with many different partners. Can apply to both men and women.
5. promiscuity - the state of being promiscuous.
6. sublimation - a psychological term meaning channeling energy into different avenues.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. What are the basic physiological drives of man? Explain why control of these drives is sometimes necessary.

2. What is the actual purpose of sexual intercourse?
3. What are some of the means of coping with sexual feelings provided for young people?
4. Do you agree or disagree with the basic human value that we should respect the standards of another person without trying to tear them down?
5. Can a girl show that she loves a boy without going all the way?
6. Why are some girls promiscuous? Discuss reasons other than those mentioned in the text.
7. Is it necessary to test sexual compatibility before marriage? Explain.
8. How can sex ruin a good relationship with another person?
9. How can sexual control actually give one a greater freedom?

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"To love is to place our happiness in the happiness of another" (10).

CHAPTER VII

SENSIBLE SEX

Parents sometimes take two extremes with their dating teenagers on the subject of sex. A mother may warn her daughter not to let a boy start kissing her because boys are out for one thing and she will wind up in trouble. One mother even went so far as to tell her twelve-year-old daughter that sex is rape--it is when a man attacks you to seek his own selfish, sexual pleasure. Can you imagine the effect this could have on the mind of the growing, impressionable young girl? These negative connotations of sex can create fears and anxieties that will prevail not only through the dating years but into the married life of the individual. Hopefully, the daughter will tune out, but the subconscious damage has probably been done. The message has been conveyed that all men are animals to be feared and repulsed, rather than people to be loved and understood.

On the other hand some parents may take the opposite extreme with their sons by handing them a package of birth

control devices and saying, "Here, go out and have a good time, but don't get anyone pregnant!" Thus implying to them that girls are "made to be made," that they have no feelings themselves and that they are objects to be used for pleasure and sexual gratification rather than teaching them the worth and value of another person. This is not making love, it is making sex! This is teaching a boy the ever-present, highly publicized, anti-human philosophy that sex is pure fun, nothing else. But this is a shallow and superficial idea, for to put sex in the category of playing golf or baseball, which are fun, is to make a mockery of the finest, most stirring experience a man will ever know. Sex in its highest form cannot be subtracted from the whole human concept of love and caring and lasting devotion to another person.

Because young people are sometimes given incorrect information about the opposite sex, it is crucial that they receive a total and untarnished understanding of the feelings and emotions of the opposite sex. If a young man can understand what sex means to a woman, and if young women can have a clear understanding of a man's outlook on sex, each will be better equipped to get along in a two-sexed world. A more realistic attitude about the opposite sex should lead one into many years of happy dating experiences that will probably culminate eventually in a beautiful marriage.

THE DIFFERENT SEXUAL NATURES OF MEN AND WOMEN

What do men need to know about women?

To a woman sex means something very deep and significant. When a woman gives sexually it is a complete physical and emotional commitment of her entire being. Without this commitment satisfaction is difficult to achieve and the experience becomes a hollow and disappointing one. Granted, there are promiscuous girls who, because of their deep-seated emotional conflicts, give freely without a feeling of total involvement. But to the normal, healthy girl, sex and her heart work together. Once she has given of herself in the ultimate expression of her mind and body, she has completely entrusted herself to this man and usually hopes for a permanent relationship eventually leading to marriage. But does he feel the same depth of commitment? In the heat of the moment a guy may think and speak of marriage, but when the physical passion subsides, most guys are smart enough to know that they are not yet ready to be planning this far ahead. Though he may sincerely love her today, he must ask himself if he is sure that this is the girl with whom he wants to spend the rest of his days, the girl he will want to be the mother of his children. If the answer is negative or a little wobbly, then he is risking

the possibility of leaving her painfully crushed. He must ask himself if he is willing to carry this responsibility, for surely deeply entrenched in each young person's code of ethics, is the basic human value that we should do nothing that would hurt another person. One boy told the following story which relates the insight he finally gained about women (6):

I met a girl and started making love to her. She fell in love with me. (At least she thought she loved me and that, I think, amounts to the same thing. In other words, she could be badly hurt.) One day we were alone in my father's home and we decided to make love. This we accomplished in a bedroom on the second floor. After we finished, she wanted to be kissed and to hear that I love her-- anything at all that would justify the act. What she did not know was that I felt nothing but a physical attraction for her and wanted no part of her after we were finished . . . for the first time I realized the damage I had done.

Understanding the fundamental feelings and psychological responses of women should help a young man in deciding how far he is willing to take the girl for whom he cares. Being a mature and developed man means possessing an awareness of the nature of a woman and treating her not as an object for exploiting but as a human being who needs and deserves to be respected, cherished, and handled with tenderness. It involves understanding that the act of love is such a profound commitment for her that before leading her into it, he must be sure that he is willing to bear such a

heavy responsibility. Before a guy decides whether or not he believes in "free love," he must first ask himself if he believes in it for his little sister or the daughter he will probably someday have.

This is certainly not to imply that sexual relations do not deeply involve a boy, but it is usually the girl who becomes more emotionally involved once a couple has established intercourse. Though she does not foresee her reactions ahead of time, she may become too demanding and possessive and may cause him to eventually want his freedom. The following story illustrates what can happen (4):

John and I had been going steady for quite a while. We loved each other so desperately that I couldn't see how sexual intercourse could do anything but draw us closer together. He seemed to want it so badly, but once we did he wanted it all the time. Now he just expects to take me out and immediately make love. I long for the days when we could walk hand and hand on the beach, sit in the living room and make-out, and talk for hours about the things that were important to us. I am becoming more and more frustrated all the time. He says that I have started nagging and expecting too much from him. But I can't help it. I am so completely in love with this boy that the thought of our breaking-up absolutely tears me apart. I want him to tell me when we will get married but he is evasive and won't talk about it anymore. It's obvious that he is getting tired of me and that we are growing apart rather than closer together as I had hoped.

This is one of the primary reasons that so many couples who are devoted to each other often break-up after they

have had coitus. Certainly tensions arise when people who love each other do not share everything, but the friction which arises from premarital intercourse can be far greater and more devastating. It has been scientifically reported that there are more engagements broken by couples who had premarital intercourse than those who refrained (2), for apparently many men's desire for marriage begins to wane once they have slept with their girl friend. Yet sadly enough, just the opposite is true for most girls.

What do women need to know about men?

A girl, too, must understand the sexual nature of a man. She must not make the tragic mistake of judging a boy's feelings by her own. A young man's feelings are localized and intensely immediate. The urgency of his drive may cause him to say things which he means sincerely at the moment but later regrets having said. A boy becomes sexually excited quickly and easily and when he has an erection he is in a state of readiness for release. One step follows another as petting becomes more and more involved and it is difficult for him to stop short of complete release. This a girl must understand about a boy. It is cruel and heartless for a girl to be a tease and to try to get a boy excited just for the fun of it.

The art of being a woman involves being sensitively aware of a boy's feelings. It means understanding that he has intense physical urges which can be controlled if she will not try to lead him on and if she will be perfectly honest with him. She can be warm and affectionate without making him feel rejected. She should understand that a boy may make attempts which do not necessarily mean that he loves her nor are they meant as an insult. For whether we agree with it or not, a guy is usually as good as she makes him be. She can help him understand how she feels about sex by honestly explaining what it means for her so that he will not expect more than she is willing to give. By being candid and open about her feelings, she can help to relieve his anxieties and deepen his respect for her.

One of the most difficult things for girls to understand is why boys often talk about their sexual adventures. Girls ask, "Why do boys tell so much?" The sad truth is that the girl who gives herself freely to different boys is usually talked about and laughed at behind her back. She may feel that she gains a sort of popularity with boys if she has this kind of reputation, but the popularity is more like notoriety and is usually short-lived. Of course, one reason that guys talk is because the amount of conquests

that a boy has seems to be a status symbol in our sexually mixed up society. It bolsters a boy's ego to brag about "getting some;" but probably a more basic reason for his talking is because he no longer respects her. He figures if she doesn't think highly of herself, why should he? And that is just the point--she doesn't think highly of herself, for even more important than her reputation is what she thinks of herself. Without self-respect, we cannot expect another to have respect for us. Real love is built on respect, and if we truly want to be loved by another, we must first have personal dignity and self-respect.

Girls should understand that often a boy will make sexual advances without honestly expecting to succeed. In fact, he might be relieved if he doesn't and is able to find that she really is a nice girl. If sex is all that he wanted, he won't stay with her anyway. But if there is a chance that his feelings may grow into a real love, the fact that she gently turns him down can only spark his interest. There is something beautiful and exciting about the chase--the yearning and wanting and wishing and the sense of mystery that an undiscovered girl possesses. If she gives in, he may not only be disappointed in her but even in himself. A man develops strength not by always

getting what he wants, but by having to take a few set-backs as well. The truly happy man is a strong man and perhaps a girl could help him develop that strength by not giving him everything that he desires. You want the man you marry to be the best that he possible can be, and in the struggle of the dating years you can help him to become this.

Being a full and developed woman means being warmly aware of a boy's sexual nature, yet understanding that sex may not mean quite the same to him as it does to her. The sensible woman knows enough about herself to know what the ultimate expression of her sexuality can mean to her. She knows that for her, complete sexual satisfaction comes only in an atmosphere of mutual trust, total involvement, and a confident love that is free of the fears of pregnancy, discovery, and the loss of his love. She knows that sex on its highest level involves a commitment of one's physical, emotional and psychological being. It means giving up what we want today for something of greater value in the future.

When you think about it, you begin to see that it is actually a blessing that men and women were created with such vastly different sexual natures. Without the aggressive male sex drive, marriage would be dull and childless.

Without his powerful protective instinct and the need to take care of the ones he loves, the family could never be quite so secure. Without his more logical, practical mind, his masculine strength, and decisiveness, the home would have little direction. And yet if women were not so emotionally involved in the sex act which makes the experience very special and sacred to her, she would not possess the deep need for security and commitment that hold a home and family together. Without her warm and tender nature, her love for children, and her devotion to husband and home, the family would lose its cohesive force. Man and woman as two unique individuals come together to compliment each other as they create a complete unit, cementing the foundation of the family and insuring the emotional stability of their children. Without these intricately designed differences between a male and female's sexual nature, life would not be nearly so interesting. Reverend Charlie Shedd has said that when a couple unites in marriage, "He will teach her how to love with her body. She will teach him how to love with his soul" (12).

Is virginity still relevant?

Men and women today are beginning to contest the virtue of virginity, stating that one millimeter of tissue

should not make that much difference. We have already discussed the fact that the hymen may or may not exist in the virgin; thus, the issue is not the existence of the hymen, rather it is the fact of sexual intercourse and what this means in the minds and hearts of those it involves. A man today probably would not reject a girl he loved if she had lost her virginity to another man, but if she has waited, if she has saved herself for him alone, it will have enormous meaning to him if she comes to marriage as his virgin. His faith and trust in her will be deepened, she will have no regret or guilt that shadows their marriage, and they will be able to forge ahead to build a beautiful, untarnished sex life together.

Bob and Carol were college juniors and had been dating for six months. They had started making love after they had dated for three months. He was the first one and she was sure that he would be the last, that they would eventually marry. But when he came back to school after spring vacation, he announced to her that they would have to stop dating because he would soon be getting married to the girl back home. Carol was shocked and outraged and accused him of getting the girl pregnant. But the biggest hurt of all came when he quietly answered, "No, I've never even touched her" (4).

This girl did not realize that sex would not hold a man. She did not understand that there are values transcending sex, which build toward a finer, more beautiful relationship. For when a man chooses a woman to be his help-mate through

life and to be the mother of his children, he looks for higher qualities than just good sex. He knows that good sex can be gradually built in the warm and loving atmosphere of a home and that a good sexual relationship before marriage is no index for what it will be like later on. Whether virginity seems to be relevant today or not, the fact remains that it will mean a great deal to her husband and to her marriage if she waits for him. Of course holding out until marriage should never be used as a trap to pull a man into wedlock, but rather it is saving for the man she loves the finest gift she has to offer--herself.

But what about those who have already gone the limit?

And yet there may be many reading these pages who have to say, "But it's too late for me." No--it isn't. We all make mistakes, especially in youth. Yesterday is not what matters. It is what you do with your todays and tomorrows that really count. The emotional and spiritual qualities are even more important than the physical, and if you can start right now to rebuild your life, it can never be too late. You were probably left in the dark about sex in the past, unaware of the meaning of a man and woman's sexuality. But hopefully you are beginning to learn far more about yourself and about the opposite sex. The only way to

inner-peace and self-respect is self-understanding, certainly not self-condemnation.

You may remember the infamous quiz show scandal of the early sixties. Charles Van Doren, the winner of hundreds of thousands of dollars, was exposed as a fraud and his reputation was broken to bits. But when the air began to clear, he sat down and wrote these courageous words (8):

We tend to forget that we are moral agents, uniquely and individually responsible for what we do. To say, for example, to one who has erred, that most people would also have erred in the circumstances is no real consolation . . . He is not all those other people; he is himself.

This courageous man refused to indulge in excuses for his behavior and essentially this proved the stature of the man. He would not relegate himself to the rationalization that others would do the same thing or that what he did was only "natural." He faced up to the situation, bore the responsibility for his actions and came out of it a stronger individual. This too can apply to one who has to say, "But it's too late for me."

THE RISK OF PREGNANCY

Up to this point we have said very little about the risk of pregnancy, for we wanted you to see that "fear" of pregnancy is not the only thing to consider when making decisions about your sexual standards.

What added facts do young people need to know about conception?

Young people need to be aware of certain facts concerning pregnancy and reproduction which may help them in making their decisions. Because teenage girls are young and healthy their chances of conceiving are extremely high. As a matter of fact, women of all child-bearing ages are more fertile today because of higher standards of living and better nutrition. To depend upon the fact that there are certain "safe" times during the month in which a girl can have sexual intercourse without becoming pregnant is far too great a risk. Some women ovulate irregularly during their cycles, which would make it almost impossible to guess the time of ovulation without expert medical guidance. Some women even ovulate more than once a month, which certainly increases their chances of becoming pregnant. There are even some women who are reflex ovulators, responding to intercourse by releasing an egg.

Sperm usually live within the uterus for two days, yet surprisingly enough, some sperm have been known to live as long as six to fourteen days (9). This fact adds to the difficulty in judging a safe time for sexual intercourse. Some women feel that the safest time would be during their menstrual periods, but it is still a strong possibility that

sperm could remain alive in the uterus long enough to cause impregnation even during this time of the month.

There are many people, even married couples, who believe that if a woman does not have a climax, she cannot become pregnant. But this is a serious misconception, for female orgasm is not necessary for the sperm to do their work! Another misconception, which too often prevails, is the belief that conception cannot occur during first intercourse. This, of course, is not true for there are many, many teenage girls who became pregnant after the very first act of coitus (13).

Again, we do not point these facts out to frighten anyone, but to give you a firm foundation of knowledge on which to base your decisions. We must face the possibility of pregnancy with open eyes and a clear mind for it deals with human lives, it is a very crucial matter. Somehow, we must learn to comprehend the power of sex, part of which is this: Intercourse causes babies. That may seem like a superfluous statement but not when we consider that so many people are taking chances without even thinking of the baby that could be conceived. Yet we must think of that baby, and the reason we must is because we now know that the kind of care a baby gets in the early months and years of his

life, the amount of love, attention, and mature guidance that he receives from his parents will indelibly mark his entire physical, emotional and social development. He needs both a mother and a father who are mature and ready to accept the responsibility of child rearing. He needs two parents who are lovingly devoted to each other and are thrilled that this child, conceived in love, has come into their lives. When people do not heavily consider the possibility of pregnancy, they are selfishly playing with the life of an innocent human being. We hear countless arguments in favor of pre-marital sex, even "religious" reasons, but this question must be asked: If the Creator had intended for sexual intercourse to be used before marriage, why would He have allowed it to be the sole means of creating life?

If a couple is going to have intercourse, should they use contraception?

We have been attempting to point out the many factors involved in making your sexual decisions, so that you can hopefully choose the course that will bring you the happiest life possible. But we must add that if a young person does decide to have sexual relations before marriage, he must face the fact of what he is doing and take practical precautions. If a couple is having sexual intercourse, the

least they can do is to take responsibility for the life that could be conceived by using birth control. It may seem a bit unromantic to take precautions, but we must realize that premarital pregnancy can be much more unromantic. Books which explain the various birth control devices will be starred (*) and will be listed at the end of this chapter in the suggested readings.

What does it mean to have a baby?

Having a baby should be one of the most marvelous experiences in a person's life. How beautiful it is when a man and his wife can make love and say, "Oh, we hope this will bring our baby." And yet how sad it is when an unmarried couple furtively make love and say or think, "How we hope this does not bring a baby!" Waiting out the long months of pregnancy can be a glorious experience of anticipation and sharing with the one you love. Yet it can be a terribly lonely and isolated experience for the unmarried girl. The thrill of sharing birth with family and friends is immeasurable, especially the beautiful moment when a husband and wife first see their infant together and share the ineffable joy that comes with this precious gift of life. How we hope that each of you will be able to know the happiness that comes from bringing a life into the world when you are fully ready

to take responsibility for that life, the time when you are ready to know the thrill of birth as you offer to the man or woman you love the wondrous gift of a baby.

WHAT SEX IN MARRIAGE CAN MEAN

Thus far we have been discussing the impact that sex can have on the individual, on the relationship of a couple and upon the unborn baby. We have not tried to didactically insist that sex before marriage is wrong; rather we have been asking you to consider what premarital sex involves. The most important concept we can gain is not that sex is so wrong but that it is so right--too right to be misused.

How can responsible use of sex build stronger families?

It is true that marriages are eroding at their foundations, but one of the primary reasons is because people have not truly understood the meaning and purpose of their sexuality. They have not let sex play the vital role that it was meant to be in marriage. So many wives are "too tired" to make love. So many husbands are bored with their mates and starved for affection. But one of the greatest fallacies that men and women have fallen victim to is that they stress sex too much before marriage and not enough after. If the total commitment of mind and body is saved

as the final prize for the time that a couple becomes man and wife, they will start with a clean slate on which to write their own personal love story. They will have a lifetime ahead to discover each other in the most intimate means available to a man and woman. As the married partners build their life together, the act of coitus serves to strengthen their relationship and reaffirm their belonging to one another. Their marriage grows richer and their commitment deeper as their physical union becomes a spiritual union as well. Thus a man and a woman as two unique individuals give themselves to each other, and though they become as one, they each become a stronger individual because of the other.

The point is simply this: we must learn to emphasize sex before marriage a little less, with a greater and more meaningful emphasis on sex after marriage, so that the family can finally become a stronger unit. It won't be easy to wait, but somehow we must learn to place the sanctity of marriage on a higher level so that our world can be glued back together. Happy marriages don't just happen--people have to work at them to make them strong, but if sex is placed in its proper perspective in our lives, we are on the road toward building happier marriages in the future.

It is not easy to be young, especially young and in love. Love involves pain and it involves some heavy decisions about sex. But being in love also involves valuing another person so highly that you would not want to do anything that could cause hurt or regret for that person. We have a responsibility to ourselves, to our parents, to the one we love, to the person we will someday marry and to our future children to use our sexual capacities responsibly.

The story is told of a seventeen-year-old girl who was sharing herself freely with the young men of her town.

One night her father caught her in bed with a boy, and after kicking him out of the house, he screamed at his daughter, "How could you do this? You're only seventeen--not even married!" The girl smiled and replied, "Daddy, how can you look me in the eye and say that? You know that you and Mother were doing the same thing when you were my age!" The father meekly hung his head and slowly walked out of her room, completely defeated (4).

Many of you may read this story and say, "It serves him right!" But the deeper point to the story is that she is perpetuating exactly the same problem. Someday she will have a daughter and she will care so much about her that she will not want her to do anything that could ruin her life. But how can she look her daughter in the eye and help her deal with her sexual problems if she was making the same or a worse mistake when she was her age?

Can responsible use of sex strengthen a relationship?

Millions of Americans lead empty, impoverished lives because they were never given a rational understanding of sex. They did what came naturally and had to accept the consequences. But the truly wise young person of today wants something more. He knows that going all the way before marriage is not going all the way. He understands ahead of time the terrific responsibility that sex involves. He knows that though it won't be easy, he must give up what he wants right now for something he values more--an even finer and deeper relationship in the future. He realizes that the road to a beautiful life is rough and rocky, but he knows that nothing of real worth and value ever comes the easy way. If he chooses to save the final and complete expression of love for marriage, he does so not because sex is so bad, but because it is so good! Used unwisely it can cause severe heartache and unhappiness--yet when the ultimate intimacy is preserved for the ultimate commitment it can only warm and enrich our lives.

A father bought his six-year-old son a precious little beagle puppy. The little boy loved the puppy so much that every day when he came in after school he ran straight for the dog and started holding it and loving it and smothering it with affection. One day when the boy came home, the puppy saw him coming and rushed to hide under the bed. The broken-hearted little boy ran to his daddy and tearfully told him

what had happened. The wise father smiled and calmly said, "Son, the things you value, you must hold with an open hand."

And it is true that we often lose what we want most by possessing it and smothering it until it dies or just fades away. Real love holds with an open hand, never with a clenched fist. And by doing so, love becomes deeper, freer, and longer lasting.

What you do with your sexual feelings is up to you. You must express yourself in whatever way seems best to you. But be sure you give it much thought, intelligent thought, and that you do not enter into anything for which you are not ready. Be sure that you have looked ahead and that you know what is right for you.

TERMINOLOGY

1. contraception - prevention; often referring to a method of birth control.
2. fertile - able to produce abundantly.
3. "free love" - sexual relations without consequences.
4. impregnation - making pregnant; fertilization.
5. new morality - new sexual freedom which allows open discussion of sex. It is sometimes twisted to imply acceptance of free love.
6. rational - sensible; based on reason.
7. sanctity - sacredness; a binding force.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. What is your opinion of the so-called new morality?
Is there anything good about it?
2. Does preaching to young people that premarital sex is wrong, immoral, or sinful have much influence on young people today?
3. If you are a male, write a paper on what sex means to a girl. Then discuss how this understanding can help you in your own dating life.
4. If you are a female, write a paper on what sex means to a boy. Then discuss how this understanding can help you in your own dating life.
5. Why do girls sometimes become too possessive and demanding if they have shared everything with a boy?
6. Why do boys sometimes talk about their sexual conquests?
7. Explain how the differences in the sexual natures of men and women serve to make a marriage more complete.
8. Explain some of the reasons that pregnancy is such a high possibility for young people who engage in sexual relations.
9. Discuss the question on page 165: "If the Creator had intended for sexual intercourse to be used before marriage, why would he have allowed it to be the sole means of creating life?"

10. Do you believe that saving sexual intercourse for marriage can enrich and strengthen a relationship and a marriage? Explain why or why not.

SUGGESTED READINGS

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THREE CRUCIAL PROBLEMS

CHAPTER VIII. PROBLEM I: UNWED PREGNANCY

CHAPTER IX. PROBLEM II: VENEREAL DISEASE

CHAPTER X. PROBLEM III : SEXUAL ABERRATIONS

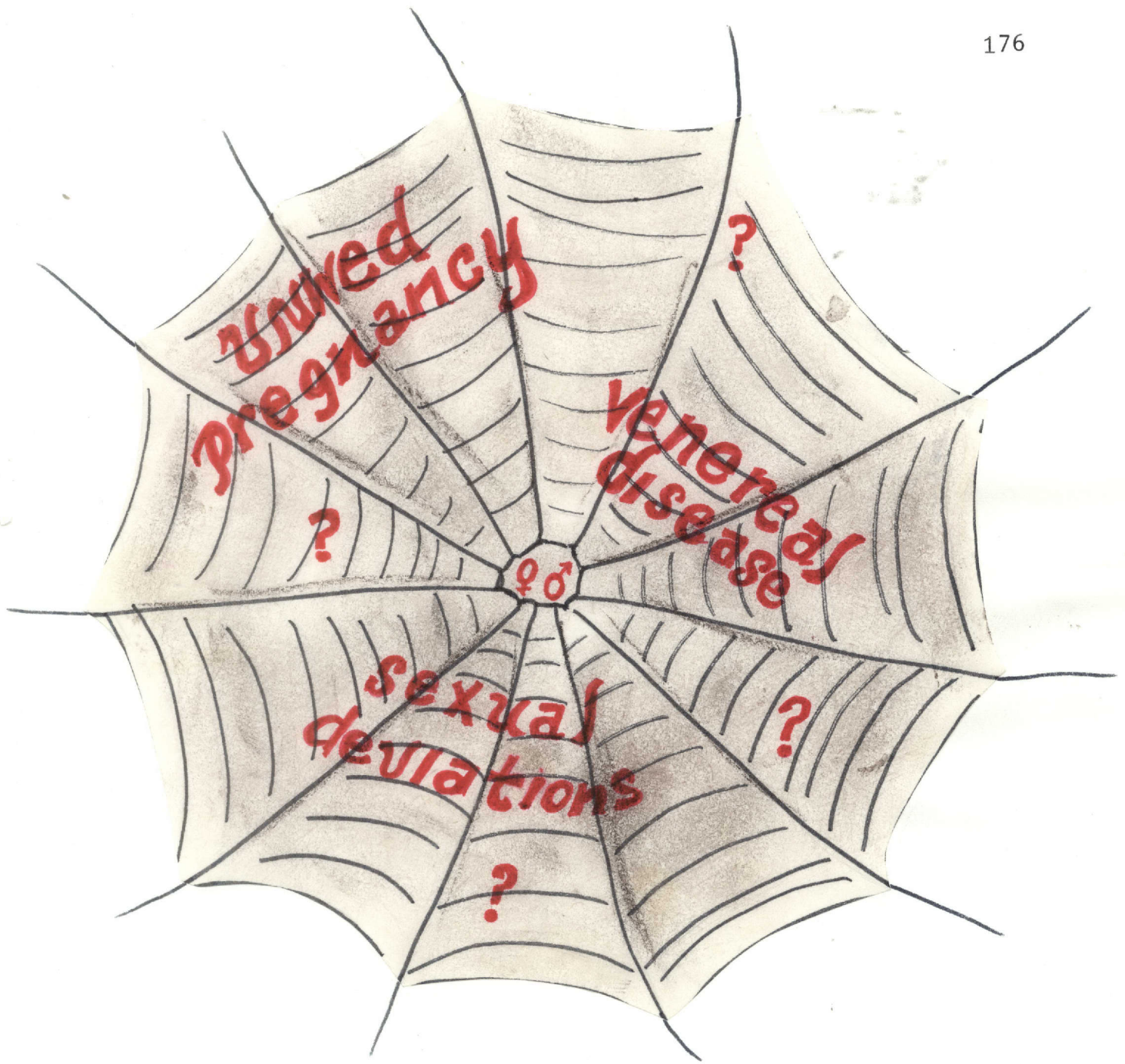


Fig. 6--Misuse of sex may cause serious problems

"From the errors of others a wise man corrects his own" (9).

CHAPTER VIII

PROBLEM I: UNWED PREGNANCY

Throughout the entire scope of this book we have been placing stress on the point that sex is good and clean and beautiful. However, when sex is mishandled it can also bring up some unpleasant situations. In the next three chapters we will discuss three sexual problems, that of unwed pregnancy, venereal disease and sexual deviations. Though these are certainly ugly subjects that we might rather avoid, it is necessary that we include them in our study in order to gain a deeper understanding of the entire realm of sex and the unfortunate consequences which occasionally occur.

In the last two chapters we discussed the reasons why saving the ultimate expression of our sexual powers for marriage seems to be the wisest, safest and happiest course. Thus, setting all moral issues aside, we will look at the problem of premarital pregnancy purely from a practical standpoint. We will consider what it involves for the unwed mother, the unwed father, and the alternatives one has when placed in this painful situation.

How does an unwed mother feel?

Being pregnant and unmarried can be an incredibly lonely experience for a teenage girl. Though her closest friends may stick by her, they will probably whisper behind her back and she may be ostracized from the activities that were once so a part of her carefree, happy life. Hopefully, her parents will stand behind her, but the grief they will inevitably feel will be almost unendurable. A college girl from Chicago described her reaction to the discovery that she was pregnant in this way: "Outwardly, I was calm--I went to my doctor and had a pregnancy test, and I told my boyfriend and my roommate and made lots of jokes about it. Inside I was sick. I felt I had lost everything I had ever wanted" (5).

One of the saddest outcomes of all is that a couple, who once felt that they were very much in love, may suddenly find their feelings growing cold when faced with the stark reality and responsibility of a baby. And very often when a boy finds out that his girl is pregnant, he realizes that his love for her is not great enough to allow her to destroy his life. If he drops her, she is left to bear the burden alone. The following case, describes the pain one girl experienced when the boy, who once loved her, deserted her (10):

Barbara was president of her senior class in high school and president of her youth group at the "Y." She had won the scholarship that her high school awards to the outstanding member of the graduating class, and was doing excellent work in her freshman year at college. She is now in New York, pregnant, waiting out her last lonely months in a shelter for unwed mothers. She has no idea where the baby's father may be. "He was the only man I ever loved, and I thought he loved me, too. In fact, I thought we were going to be married when we finished college. Now I feel like some cheap, 'fallen woman.' I can't help but wonder," she added, "why there isn't some expression to suggest a 'fallen man.'" Barbara's face was pained when she asked, "Is it always the woman's fault?" (10).

No it is not always the girl's fault, it is just as much a boy's, for he is the one who brought life to the egg cell. And unwed fathers usually suffer more than we realize.

How does an unwed father feel?

It may seem that the boy gets out lightly, but unless he is totally insensitive, this usually is not the case. Imagine how a boy would feel if his own flesh and blood were soon to be born. The following is part of what an unmarried father had to endure (4):

During these painful months, Kenneth learned, as in no other way, the full, bitter implications of illicit love. From the questions he asked about Joan and the baby, he showed his growing realization of how heavy a price premarital sex can exact. He would repeat: "It's not worth it." When the baby was born, Kenneth, at his own request, visited the hospital to see his healthy, chubby daughter. He stared at her silently for a long time. Then he put his hands to his face as though he was going to cry. He managed to control himself.

"All those babies will be going home," he said in a barely audible, shakey voice, "My God, what have I done?"

Yes, fathering a baby out of wedlock can be a painful experience for a boy, and one which he will probably never forget. Even if he faces his responsibility and marries the mother, his life will be forever affected by his mistake.

WHAT ARE THE ALTERNATIVES?

When a girl suspects that she is pregnant there are two things that she should first do. She should tell her parents and she should visit her doctor. Her parents will be hurt but they will eventually find out anyway, and she needs the guidance they can give her. The doctor will run a pregnancy test to see if her fears are real. If they are and she is pregnant, she will need medical supervision during the months of waiting. He will provide her with prenatal vitamins and will take all of the necessary precautions to insure the health of the baby and the mother. Without a doctor's guidance through pregnancy, a baby could be born severely retarded or handicapped. Though the baby of an unwed mother is brought into the world under dramatically unfortunate conditions, he at least deserves to have the best possible start in life.

Should the couple marry?

The first thought a girl usually has when she finds that she is pregnant is the hope that the boy will marry her. But is this always best? It takes many factors to make a marriage work and one of the most important factors it takes is two people who want to get married! The term "shot-gun" wedding refers to the girl's father standing over the boy with a gun forcing him to marry her. But if a man and woman feel forced into something for which they are not ready, this can have a devastating effect on the marriage and consequently the life of the tender, impressionable baby. The young wife may feel that he took advantage of her sexually and may harbor these resentments. She may painfully regret the changing of diapers, making of formula, sterilizing of bottles, house cleaning, cooking of meals, and the general routine of being a wife and mother. He may resent the fact that he was pulled into the marriage, even if he made the choice to marry her. He may miss the freedom of being with the boys; the responsibility of supporting a wife and baby may be a painful burden and he may feel that his future is somewhat stifled because he was unable to gain the education he could have had.

A marriage is difficult enough in the first year but the added strain of a baby can be just enough to tip the

balance and cause a separation or divorce. Certainly there are many forced marriages that do work, but their survival rate is low. Fifty per cent of them end in divorce, not to mention the unhappy couples who stay together but remain miserable the rest of their lives. It is one thing for adults to create unhappy lives for themselves but when they create unhappiness for their children, this is inexcusably selfish. It is estimated that over thirteen million children a year are products of a broken home. Most of this heartache caused by the misuse and misunderstanding of sex.

No one can explain what a forced, teenage marriage is like better than one who has actually experienced it. This is a letter written by a girl who tells what it's like to be married at seventeen (11):

Jimmy and I couldn't wait so now we are married.
Big deal!

Let me tell you what it is like to be married at 17. It is like living in this dump on the third floor up and your only window looks out on somebody else's third floor dump.

It is like coming home at night so tired you feel like you're dead from standing all day at your checker's job. But you don't dare sit down because you might never get up again and there are so many things to do like cooking and washing and dusting and ironing. So you go through the motions and you hate your job and you ask yourself, "Why don't I quit?" and you already know why. It's because there are grocery bills and drug bills and rent bills and doctor bills, and Jimmy's crummy little check from the lumberyard won't cover them, that's why!

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Then you try to play with the baby until Jimmy comes home. Only sometimes you don't feel like playing with her. But even if you do, you get this awful feeling that you are only doing it because you feel guilty. She is so beautiful, and you know it isn't fair to her to be in that old lady's nursery all day long. Then you wash diapers and mix formula and you hate it, and you wonder how long it will be till she can tell how you feel, and wouldn't it be awful if she could tell already?

Then Jimmy doesn't come home, and you know it's because he is out with the boys doing the things he didn't get to do because you had to get married. So, finally you go to bed and cry yourself to sleep telling yourself that it really is better when he doesn't come because sometimes he says the cruelest things. Then you ask yourself "Why does he hate me so?" And you know it is because he feels trapped, and he doesn't love you anymore, like he said he would.

Then he comes home and he wakes you up, and he starts saying all the nice things he said before you got married. But you know it is only because he wants something, and yet you want to believe that maybe it is the old Jimmy again. So you give in, only when he gets what he wants, he turns away and you know he was only using you once more. So you try to sleep but you can't. This time, you cry silently because you don't want to admit that you care.

You lie there and think. You think about your parents and your brothers and the way they teased you. You think about your backyard and the swing and the tree house and all the things you had when you were little. You think about the good meals your mother cooked and how she tried to talk to you, but you were so sure she had forgotten what it was like to be in love.

Then you think about your girl friends and the fun they must be having at the prom. You think about the college you planned to go to, and you wonder who will get the scholarship they promised you. You wonder who you would have dated in college and who you might have married and what kind of a job would he have?

Suddenly you want to talk, so you reach over and touch Jimmy. But he is far away and he pushes you aside, so now you can cry yourself to sleep for real.

If you ever meet any girls like me who think they are just too smart to listen to anyone, I hope you'll tell them that this is what it is like to be married at seventeen!

If a girl is pregnant, one of the advantages in getting married is that it gives the baby a name. If the mother were to keep the baby herself without getting married or giving it up for adoption, he would be stamped as illegitimate. Yet when a couple does choose marriage as the alternative, they are running the risk of ruining three lives--the man's, the woman's and the baby's as well as others who touch their lives. There is no simple solution, but if marriage does seem to be the best choice, the couple should seriously consider the step they are taking and be absolutely determined to make the best of their situation. If mutual love does not exist, it is not worth the risk. If the couple is deeply in love and are determined to make their marriage work, then marrying and providing a home for the baby would probably be the best alternative.

If a girl doesn't marry should she keep the baby?

If marriage is out of the question, she may choose to give birth to the baby and keep it. Certainly the baby is hers and she has the right to keep it, but she must understand that he will be labeled as "illegitimate," and this mark will follow him throughout life. She must ask herself

if this is really fair to the baby. The following words are from one who had to suffer through life marked in this way (7):

. . . I am a child who was kept by an unmarried mother and am therefore in a position to know what it's like from the child's point of view. My life was hell. When I was six years old I knew what "bastard" meant. I was left out of things and told to "go home." I was blackballed from a club when I was 15 because they couldn't have a member whose mother was a "Miss."

My mother kept saying, "Those people are ignorant. Don't pay any attention to them." And of course she was right, but an adolescent feels more than he reasons, and I suffered in ways that no child should have to suffer. The emotional damage of being raised by an unmarried mother was enormous. I know she meant well, but I would not do to a child what she did to me. My mother's "love" was, . . ." selfishness turned inside out.

Should she give the baby up for adoption?

If marriage is not the best alternative, another possibility is to give the baby up for adoption to a family in which she can be assured that the baby will be cared for and loved in the way it needs. If she decides on adoption, it is probably best to set it up through an agency. There are unwed mother's homes where a girl can go to get out of town and away from hometown ridicule. In this type of home she can be with other girls who are in the same predicament. The home will assist in setting up an adoption if she so chooses. Because there are countless couples who are unable

to have children, they desperately want the baby she can give them. She can change her mind and decide to keep the baby right up to the last minute. But if she chooses to go through with it, she will probably not see her baby after he is born and will have no right to him after he is adopted. This is a painfully difficult step to take, but if she can do it, the baby will be given the home life he deserves and she can perhaps go back to rebuild her life.

Is an abortion too dangerous to consider?

The word abortion refers to the termination of pregnancy before the fetus has developed the capacity to live outside the womb. There are three kinds of abortion: a miscarriage which is a spontaneous abortion; a therapeutic abortion which is a safe, legal, hospital abortion; and a criminal abortion which is performed illegally by a quack or hack and is extremely dangerous.

You probably realize that a criminal abortion is far too dangerous to be considered as an alternative to unwed pregnancy. These operations are unduly expensive and are performed by medical butchers and hacks with little or no obstetrical training. The following two examples will be extremely difficult to read because they tell the complete truth about criminal abortion; we include them here not to frighten you but to make you aware of how deadly abortion can be (1):

Mary O., age 25, arrived at the emergency entrance of Kings County Hospital in Brooklyn, accompanied by her husband. The obstetrical resident in charge of admission saw at once that she was in shock. He helped her to a chair, got her quavery signature on an admittance form and took her history. The mother of four children, ranging in age from eight months to six years, Mary O. told him she believed she was about two months pregnant. She said that the day before she had slipped and fallen in the bathroom, and she had begun to bleed profusely. Thirty hours later, Mary O. was dead.

While the doctors were struggling to save Mrs. O.'s life, another tragedy was unfolding some 3000 miles away. At 3:00 A.M., 17-year-old Anita M. was admitted to a Los Angeles hospital. She was hemorrhaging. Her temperature had soared to 105 degrees. In the emergency, surgeons removed her reproductive organs. Anita M. is alive today--but she can never be a mother.

Both Mary O. and Anita M. were victims of what has been called "the deadly favor." Mrs. O. had not fallen in her bathroom. Rather an amateur abortionist had killed her by injecting a caustic solution into her womb. Young Anita had fallen into the hands of a "friend" who had offered to help her with the deadly favor. When she was examined, the doctors found a knitting needle; it had punctured her uterus and ripped the abdominal cavity.

It is estimated that one million criminal abortions are committed each year, but there is no way of knowing how many women die or are maimed for life because of this costly, caustic experience. Instruments used may be coat hangers, knitting needles, or old unsterilized medical equipment. No anesthetic can be given to relieve pain because if anything went wrong and the investigator found evidence of anesthesia, the abortionist could be traced more easily.

Believe it or not, some women even attempt abortions on themselves. They may inject chemicals or instruments

up the vagina which could cause mental or physical retardation of the baby and death of the mother. Regardless of the wives' tales you may hear about abortion, at this point there is nothing a woman can use to kill the baby that could not also kill her.

Should the abortion laws be liberalized?

Since the subject of abortion has arisen, let's go ahead and consider the pros and cons of liberalizing the abortion laws. There are many women married and unmarried who do not want the baby that is growing in their womb, and perhaps they should have the freedom to choose whether or not they will give birth to the baby. In the past the law allowed that a therapeutic abortion could be given if the life of the mother was endangered. But today the state laws are becoming more lenient so that many states are offering abortions to women if they are recommended by a board of physicians who deem it necessary. Abortions, in states that have liberalized their laws, are allowed under the following conditions: in the case of rape or German measles during the first three months of pregnancy; or the possibility of emotional or physical damage to the mother.

Even if therapeutic abortions for the above reasons are someday completely legal in all states, there are certain

moral and ethical questions which the individual must answer for himself. Because many experts agree that life begins at conception, would an abortion constitute murder? And yet, is it right to bring a child into the world who is unwanted and unloved? Would this not constitute psychological murder as compared to physical murder? Should an unmarried girl be given the freedom to have a legal abortion or should she have to bear the responsibility by giving birth to the baby? But does she have the right to give birth to a baby whom she had no right to conceive in the first place? Will legal abortions to unmarried girls increase promiscuity? What will be the effect on the mental and emotional health of the women who have had abortions?

These questions and many others must be answered before one decides where he stands on the issue of liberalizing the abortion laws. Many people feel however, that these questions should be left to the conscience of the individual rather than to a group of male lawmakers who have never experienced pregnancy and childbirth for themselves. Perhaps if therapeutic abortions are made available to more women, the criminal abortionist will be put out of business, for certainly the possibility of an illegal abortion should never be considered as an alternative to the girl who finds herself in trouble.

In the final analysis the decision of what to do in the case of premarital pregnancy is a difficult one indeed, for the reality of pregnancy before marriage can be crushingly tragic for everyone involved. It is easy to sit back and say, "That could never happen to me." But the truth is that if one is having intercourse, it not only could happen but probably will happen. Hopefully, each young person will be realistic and far sighted enough to fully consider the possibility of pregnancy before it arises. Then perhaps he won't let it arise.

TERMINOLOGY

1. abortion - the termination of pregnancy before the baby can live.
2. adoption - taking a child legally into a family to be a member of it.
3. criminal abortion - a dangerous, illegal abortion that can kill or damage a woman for life.
4. incest - sexual relations with a close relative which, if conception occurs, could result in a malformed baby.
5. miscarriage - a spontaneous abortion.
6. obstetrical - dealing with the branch of medicine concerned with the care and treatment of women in pregnancy and childbirth.

7. prenatal - before birth.
8. shot-gun wedding - a forced marriage because of pregnancy.
9. therapeutic abortion - a legal, hospital abortion.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. What would be your attitude toward a friend who became pregnant?
2. Is unwed pregnancy a trivial matter to the unwed father? What does he go through? Should he feel obligated to marry the girl?
3. What are the alternatives that an unwed mother can take? What do you personally think would be the best course for the unwed mother to follow?
4. What are the three kinds of abortion?
5. What do you think about abortion? Should the laws be liberalized? In your opinion do you think there are certain cases in which it would be morally acceptable to have a legal abortion?
6. Reread the letter from the girl who tells what it is like to be married at seventeen. She mentions her baby daughter and wonders if the little girl can tell how she feels. Do you think the little girl can? Explain why or why not.

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"When you flee temptation, be sure you don't leave a forwarding address" (Irish Digest).

CHAPTER IX

PROBLEM II: VENEREAL DISEASE

What would you think if you knew that the number one communicable disease in this country has increased one thousand per cent in the last five years, hitting over three thousand people a day, or about two every minute? What if you knew it attacks five thousand children under fifteen and over three thousand babies annually, causing a total of two million new cases each year? And worst of all, what if you knew this disease could cause blindness, sterility, and death?

We have such a disease. This nation's worst public health menace, one which is rarely discussed and more rarely understood, is venereal disease. We have chosen not to discuss the topic of VD until we had completed an entire study of sexuality. We did this for two reasons: first, the subject of venereal disease tends to paint the area of sex a little black; second, we have chosen not to use the fear approach in this text. We wanted to discuss

sexuality from the perspective of sexual responsibility rather than sexual fear. The idea, "Don't do bad things or you'll be punished with bad diseases," doesn't hit deeply enough to mean much to young people today. Yet to be complacent about it and pretend it does not exist would be a catastrophic mistake.

What do you know about venereal disease?

In order to test your basic knowledge about venereal disease, ask yourself the following true-false questions:

1. Syphilis can be spread through kissing.
2. Venereal disease can lead to mental illness.
3. Venereal disease can cause arthritis.
4. Venereal disease can cause heart disease.
5. Venereal disease can cause crippling.
6. Once you have been cured of VD, you can catch it again.
7. One can have syphilis and gonorrhea at the same time.
8. One can be born with syphilis.
9. One cannot be born with gonorrhea.
10. A premarital blood test is specifically to test for syphilis.
11. The sore which is usually the first sign of syphilis is painless.
12. VD is common among homosexuals.
13. VD cannot be caught by eating food which an infected person has handled.
14. The symptoms of VD often appear to be like many other diseases.
15. VD is caused by germs.

The answer to each of the above questions is true.

What is the background of venereal disease?

Strangely enough the term "venereal" comes from Venus, the goddess of love. The term is used because the germs

of venereal diseases enter the body by intimate sexual contact. Though it is named for the goddess of love, you certainly would not love someone for giving it to you, so the name seems to be a misnomer! There are actually five venereal diseases, chancroid, granuloma inguinale, Lymphogranuloma Venereum, gonorrhoea and syphilis. Syphilis and gonorrhoea are the primary venereal diseases found in the United States. They are two entirely different diseases. Fortunately the germs of these diseases cannot live any longer than a few seconds outside the body; therefore, it is virtually impossible to contract VD from a toilet seat, drinking glass, or food. These are convenient alibis but nobody falls for them!

Syphilis and gonorrhoea raked Europe about five centuries ago killing an estimated ten million people in only fifteen years. Everything imaginable was used as a cure from deer manure to arsenic to mercury. But these treatments killed about as many patients as they cured. As a matter of fact, there were swindlers and quacks who sold a miraculous ointment which made the symptoms disappear. The sad thing was that these symptoms always went away anyway, but the disease remained to destroy body organs. The ointment was simply a bottle of worthless grease to be dabbed on the sore

with the guarantee to make it disappear within sixty days. The sore went away but the disease did not, and the gullible customers went on their merry way to become sicker and sicker as well as to infect thousands of unwary partners!

In the 1940's penicillin came on the scene and turned out to be a wonder drug that completely cured anyone with either syphilis or gonorrhoea. An all out drive to eradicate venereal disease began, until soon the rate of cases began to drop dramatically. Yet because a cure had been found, people became apathetic. They no longer worried about catching the disease; they failed to learn the facts about it; the subject was closed out of the schools; and the government slashed its appropriations to combat the disease.

What do you think happened? The rate of VD began to sky rocket until today, because of lack of foresight, the government now spends \$218 million to support the syphilitic blind and insane. And to make matters worse, because of our present drug dependent society, people are beginning to develop a tolerance to penicillin so that it takes larger and larger doses to cure its victims. Immunity to penicillin, public apathy and ignorance have all combined to make VD our number one health menace today.

What are the symptoms and treatment of syphilis?

Syphilis is known as the "great imposter" because its symptoms appear to be like many other diseases. It is more deadly than gonorrhoea though there are not quite as many cases of it. The first sign that one has contracted the disease is a small sore or chancre (pronounced shanker) which appears wherever contact was first made, usually the genital area. The chancre shows up about three to eight weeks after sexual contact and usually goes unnoticed because it is painless and disappears in a few weeks. But the disease is not gone. The tiny syphilitic germs, known as spirochetes, have burrowed into the blood stream to take their toll.

After the initial chancre goes away, a few weeks or months will pass and finally new outward signs may erupt. Chancres or tiny sores may appear on the genital organs, the lips or inside the mouth. Patches of hair may fall out, a non-itching rash may show up on the body that looks something like measles, or a sore throat may develop. The sores and rashes are loaded with spirochetes and if one makes contact with one of these sores where there is a body opening, he may contract syphilis. This means that syphilis could be passed by kissing if a person had mouth-to-mouth contact with someone who had chancres or sores on his lips,

tongue, or inside his mouth. (We certainly are not against kissing, but watch out whom you kiss!)

All or none of the symptoms mentioned above may arise, but if they do, they will soon disappear. If at this point one has not received treatment, the spirochetes will burrow deeper into the body and eventually attack various vital organs. The effects may not show up for many years, but if left untreated, a person may become blind if the spirochetes attack the optic nerve. One may become crippled if the spinal cord is attacked, mentally defective if the brain is affected, or arthritic if the spirochetes settle in the joints. He may develop a heart condition if the heart is attacked, sterility if the reproductive organs are damaged, and finally death may occur.

One of the gravest outcomes of syphilis is what it can do to a baby. Every year over 3,000 babies are born with the disease because the mother had it during her pregnancy. The infant may be born blind, deaf, paralyzed, riddled with holes in his bones and teeth, mentally defective or dead simply because the mother was left untreated. The best way to avoid such a tragedy is for the mother to have a blood test as soon as she knows she is expecting. If she is under a doctor's care during pregnancy, the blood test is routine. If she can be treated before the fifth month

of pregnancy, both she and the baby can be cured. But if she is not treated, her chances of having a healthy, normal baby are only one in six.

Because syphilis is a disease of the blood, it is detected by a blood test. This is why most states require that a couple have a blood test before they can acquire a marriage license. If they pass the test and are both free of syphilis when they marry, the disease will never enter the marriage. (Unless of course, one of the partners is unfaithful. In that case not only could one contract the disease, but he would probably give it to his wife or husband.) The blood test is vitally important for the health of the individuals and especially for the children they will someday have. Many young people today are screaming that a marriage license is not necessary for couples to live together happily, but the requirement of a blood test is one more reason in favor of that piece of paper!

Syphilis can be treated at almost any stage by injection of penicillin. If a person has the notion that he can go to the doctor, tell him he has the flu and needs a penicillin shot and that this will take care of his syphilis without embarrassment, he is sadly mistaken. It takes a series of injections of penicillin (or a substitute drug if the

person is allergic to penicillin). But if two years have passed without treatment, damage will probably have occurred that is irreversible. The disease can be cured but the blindness, insanity, arthritis, and other defects left in its wake can never be corrected. Once syphilis has been cured, it can recur any time a person is exposed. One does not build up an immunity to the adult diseases of syphilis and gonorrhoea as they do to childhood diseases of measles and mumps!

What are the symptoms and treatment of gonorrhoea?

Gonorrhoea is known as the preventer of life because the primary damage it can do is to cause sterility. The gonorrhoea germs, or gonococcus, settle in the reproductive organs and remain there to do their damage. This is quite different from the syphilitic spirochetes which settle in the blood.

If a man has had sexual relations with a woman who has gonorrhoea, though she probably does not know she has it, he will develop very obvious symptoms within four to seven days. There will be an intense burning sensation during urination and a discharge of pus from the penis. This is usually painful enough to send him to the doctor for treatment even if he does not know what is wrong with him. If he does not seek medical treatment, which again is a series of penicillin

or penicillin-substitute injections, he will probably eventually become sterile. Scar tissue will begin building up until it closes off the tiny tubules of the testicles. This makes it impossible for sperm to be released and thus causes permanent sterility. If he should never seek treatment, the scar tissue could eventually seal off the urethra making ejaculation and urination impossible.

The difficult problem relative to gonorrhoea is the fact that an infected female may not have any symptoms at all. If she happens to be one of the lucky ones and does have symptoms, there will be an unusually profuse discharge from the vagina, possibly painful urination, and a tender, sore vulva. Yet there may be very little unusual discharge and little or no discomfort. If the disease is not treated in women, it can again cause permanent sterility by blocking the Fallopian tubes so that an ovum cannot pass. It may eventually cause such a severe infection in the tubes that they could actually burst.

Long before a woman becomes sterile from gonorrhoea she is still capable of conceiving a baby. Because gonococcus germs are not in the blood stream the disease cannot be given to the baby. The germs remain in the vagina and around the cervix of the mother, but as the baby is being born, the gonococcus germs will invade the eyes of the

infant to cause permanent blindness. This is why most states require that an ointment such as silver nitrate be placed in the newborn baby's eyes to protect him against blindness from gonorrhoea.

Aside from infant blindness and adult sterility, gonorrhoea can cause a painful form of arthritis. But it might be wise to point out that the venereal diseases are not the only causes of arthritis. So if your grandparents have stiff joints, don't jump to the conclusion that they once had syphilis or gonorrhoea!

We have over one-and-a-half million cases of gonorrhoea in this country each year. The reason that we have more cases of this disease than syphilis is because it is more difficult to detect in women and because the test for it is not as simple as a blood test. A smear must be taken from the infected area and grown in a bacteriological culture. Then a stain must be made and examined under the microscope. However, because male symptoms of gonorrhoea are so obvious, this test is not always necessary for them.

Why is it important that people become more realistic about VD?

Both syphilis and gonorrhoea can be contracted at the same time and a person may have it as many times in a lifetime as he is exposed. Both men and women, homosexuals and

heterosexuals are able to pass these venereal diseases along to others before they even develop any symptoms. Therefore, it is important that a person tell his doctor if he thinks he may have contracted either disease. The doctor is required to pass the information on to the state health department so that the infected victims can be tracked down and treated. But the information will otherwise remain confidential and will certainly not be publicized in any way.

At the present time scientists are working on a vaccine to prevent syphilis, but even after it is perfected, can you imagine public health officials imploring parents to bring their children in for their venereal disease vaccination? In order to perfect the vaccine, funds are needed, but it is extremely difficult to obtain donations for such an unpleasant disease. Can you picture an annual VD fund drive in which a pretty lady rings your doorbell and asks for contributions to the syphilis and gonorrhoea fund? Or a little girl being selected as Miss Gonorrhoea Poster Girl of the Year?

In 1965 a man with smallpox walked through New York Grand Central Station. Panic struck and thousands of New Yorkers flocked to their doctors for smallpox vaccinations. Yet in the same city there were over 35,000 cases of

venereal disease and very few individuals made the slightest attempt to see if they had it or to seek treatment. The reason the people would not seek treatment is simply because they refused to admit that they could possibly contract such a disease. People seem to have the idea that "nice," "clean" people simply don't get the disease, but the fact is that nice, clean people are having intercourse, and they can definitely contract VD! Of course it is true that a person who is sexually promiscuous has a far greater chance of catching and spreading the disease than those who limit their contacts. This fact is evidenced by the large increase of VD in certain subcultures and communes of the day. Yet certainly VD is not limited only to the promiscuous. It can be passed to husbands, to wives, to babies, and to young people. It is human nature not to face, up to what is unpleasant and embarrassing, but we can no longer afford to take an ostrich-like approach, holding our heads in the sand and pretending VD does not exist. It does exist, and in order to eliminate this devastating menace we must have young people who are willing to first of all, avoid contact and second, to seek medical treatment if it becomes necessary.

TERMINOLOGY

1. apathy - indifference; lack of concern.

2. chancre - the sore which often initially erupts with syphilis.
3. chancroid - a type of venereal disease that is not common to the United States.
4. complacent - satisfied and content with life as it is.
5. gonococcus - the germ of gonorrhoea.
6. gonorrhoea - a common type of venereal disease in which germs enter the body and remain in the reproductive system.
7. granuloma inguinale - a type of venereal disease that is not common to the United States.
8. lymphogranuloma inguinale - a type of venereal disease that is not common to the United States.
9. penicillin - the drug used to fight infections such as venereal disease.
10. silver nitrate - the eye drops which protect a baby from blindness if the mother has gonorrhoea during the birth of her baby.
11. spirochete - the germ of syphilis.
12. syphilis - a common type of venereal disease in which the germ enters the body at a body opening and remains in the blood.
13. venereal - relating to sexual contact.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Why is VD our number one public health menace? Explain fully.
2. Take each true-false statement at the first of this chapter and explain why it is true.
3. Describe the progression of symptoms of syphilis and what can happen if one does not receive treatment.
4. Describe the symptoms of gonorrhea and what can happen if one does not receive prompt treatment.
5. How can syphilis and gonorrhea affect a baby whose mother has the disease during pregnancy?
6. If a young person thinks that he may have syphilis or gonorrhea, what should he do about it?
7. Describe the tests which detect the presence of syphilis and gonorrhea.

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"If I am at war with myself, how can I be at peace with my fellow man?"(9).

CHAPTER X

PROBLEM III: SEXUAL ABERRATIONS

A sexual aberration or deviation is a psychological condition in which a person cannot find sexual satisfaction through a normal outlet. The reason that we include this subject in our study is so that you will have the information that will protect you against attacks from sexual deviates, will help you to develop a more understanding and compassionate attitude toward those with these disorders and primarily to give you a background that will aid you in preventing these problems in your own children. Though parenthood is far in the future for most of you, it is necessary to learn all that you can before you are faced with this responsibility, for we now know that sexual abnormality usually stems from problems that arise during the early months and years of a child's life.

HOMOSEXUALITY

What is homosexuality?

Homosexuality is a sexual preference for the same sex.

Kinsey and his co-workers found that various degrees of homosexuality exist. There are those who merely think about a sexual encounter with a member of their own sex but never express it (sometimes called a latent homosexual); there are those who engage in occasional homosexual experiences but remain primarily heterosexual; and there are those on the far end of the continuum who depend exclusively on homosexual outlets. Kinsey reported that 37 per cent of the men and 13 per cent of the women studied had a homosexual experience at some time during their lives; thus pointing out that male homosexuality is more prevalent than female (7).

Female homosexuals are usually referred to as lesbians. This term was derived from the name of the Greek island of Lesbos where the poetess Sapho once encouraged young girls to engage in sexual practices among themselves. The term "homosexual" can be generally applied to both men and women as we will in this discussion.

What are the problems involved in homosexuality?

It may seem that homosexuality is on the increase, but perhaps the reason for this is because it is being so openly discussed, whereas in the past it was hidden behind a shroud of ignorance, prejudice and fear. In most states, homosexuality is considered a crime. But today there are

many who believe that it should be removed from our statutes as a criminal offense and legally allowed for consenting adults. It may seem to many that this would encourage the practice among youth, but the law has not been the actual deterrent. The deterrent has and always will be public opinion as well as the desire of most individuals to want, for themselves and their families, the happiest, most fulfilled lives possible. A change in the law would only make life for the homosexual a little more bearable. At least they would be allowed to live constructive lives while their sex life would remain their own private business.

Certainly homosexuality should not be encouraged, nor should it be glamorized. For in reality, living this kind of life can be a miserable experience. One is constantly under the threat of being exposed, of suffering blackmail, and of suffering the loneliness that comes from never having a home and family to love and live and work for. Though many homosexuals do build a front by marrying and having children, there is constantly the threat of an exposure that could obliterate the marriage. Three hundred individuals from a homosexual organization, the New York Mattachine Society (12), were asked the question, "If you had a son, would you want him to be a homosexual? Two hundred and ninety-four answered--"No!"

If a teenager has had a homosexual experience, is he marked as a homosexual for life?

Information about homosexuality can act as a preventative. If a teenager has participated in a sexual experience with one of his own sex, it is important to realize that this does not label him as a homosexual, for he can make a heterosexual adjustment. It is possible that a young person may be approached by a homosexual. This in no way implies that a person has certain homosexual tendencies that other homosexuals can recognize. But if he admired the person who made the approach and was too young to know what was happening, he may have unwittingly given into the advances. This could establish a pattern that the teenage boy or girl may feel cannot be changed. The guilt and anxiety that torment him may cause him to become so concerned that he may feel he cannot relate to the opposite sex, and thus he completely rejects heterosexual development. If he is plagued by the fear that he is becoming a homosexual, he should talk the problem over with a trusted adult. Talking one's problems out may help him realize that his fears are groundless. But if there does seem to be some basis for his concern, psychiatric help is in order. Certainly it is better to seek help in preventing the

problem rather than waiting until it has gotten out of hand and attempting to cure it.

What are the misconceptions that surround homosexuality?

There are some misconceptions about homosexuality that must be dissolved if we are to understand the subject more fully. First of all, it is impossible to recognize a homosexual merely by looking at him. There are many virile men and feminine women who are homosexuals. In a study of homosexuals, only about 15 per cent of the men were effeminate and 5 per cent of the women were masculine. Contrary to popular belief homosexuality is not hereditary. One is not born with it; nor is it caused by a chromosomal imbalance; and it is not the result of an excess or lack of male or female hormones. However, it is true of homosexuals that they can and do transmit venereal disease; as a matter of fact, they have a higher rate of it than do straight people.

What is the cause?

Psychiatrists and psychologists have divided opinions as to the causative factors of homosexuality, but there is increasing agreement that the seeds are usually planted during the early years of one's childhood. A key factor

is the weakening of a child's sense of masculinity or femininity that may later erupt in the inability to develop normal heterosexuality. This lack of development of one's sexual identity may be based on several factors.

A mother may be over-protective, possessive or even seductive toward her son. She may attempt to emasculate him so that he will remain loyal to her, and hence, be incapable of ever loving another woman. Feelings of guilt may be created when he reaches puberty and finds himself feeling sexual desires for his mother (Oedipus complex). He may repress these desires so that it affects his entire attitude about women and causes him to be unable to relate to women in a normal manner. In order for a mother to have this effect on her son, the father must be absent, weak or rejecting. But a warm, strong, and sensitive father can have a neutralizing effect on any mistakes made by the mother. The amount of time that a father spends with his son is not as important as the quality of time and the quality of the relationship with him. A father must be careful not to reject his son merely because he does not follow the exact pattern he had hoped for him. He must not be critical of his son simply because he prefers to practice the piano than practice football, but rather, he must accept him exactly as he is. The son must be able to

respect and admire his father as an example of manhood. Even if the father is absent or not living, the son can positively identify with the picture that the mother describes of him.

In the case of the lesbian daughter, the father is often feared by her because he sets such a puritanical image. On the other hand, he may secretly show signs of sexual interest in her which may produce a fear and repugnance toward all men. It is also possible that lesbianism could be caused by a subconscious fear of sex. For example, if a girl learns about sex in a brutal way by being molested as a child or being taught about sex in a shocking or dirty manner, she may develop a hatred of men and look to other women as love objects.

Another factor may be the total rejection of the sex of the child by the parents. A mother may have wanted a girl, so she dresses her son in feminine clothes, encourages girl play and discourages him from playing rough games with the other boys his age. A father may have wanted a boy, and thus encourages his daughter to embody the male role of the son he never had. There is nothing wrong with a girl going through a tom-boy stage, as many girls do, but she usually outgrows the stage at puberty as her female

hormones take over and create an interest in boys which causes her to put away childish things.

How can homosexuality be prevented?

One thing seems to be true: "It is just about impossible for a homosexual to be a product of warmly loving, sensible parents and a sexually well adjusted home atmosphere" (15). Yet parents should not be so preoccupied with possible homosexuality in their children that they become obsessed with the fear of it. The best thing they can possibly do is to set an example of the normal masculine and feminine roles of a man and a woman, to love each other and to openly love their children. Their ultimate goal should be to make their child proud and happy with his own sexuality and comfortable with the opposite sex.

The following are a few suggestions to aid in preventing this disorder in your own children. They are adapted from Barbara and Peter Wyden's excellent book on homosexuality, Growing up Straight (15):

If at all possible, one should breast feed her baby. If she chooses not to do so, she should make sure that the baby is affectionately held and cuddled as in the closeness of nursing.

Parents should not make an issue of toilet training but should remain unemotional about it. They should wait until the child is ready to begin learning and never, ever force it upon him.

Children should not sleep in their parents rooms or beds.

Parents should not make an issue of masturbation. If they do, they may instill strong feelings of guilt that could erupt in abnormal sexual behavior.

Children should be encouraged to play with other children.

Parents should be honest about sex so that the children will feel free to discuss it with them and come to them with their sexual problems.

Boys, especially, should be encouraged to become involved in competitive activities. But they should not be involved where they are sure to fail. Athletics are not the only form of healthy competition open for boys.

Parents should openly and honestly love each other and their children, but be sure that mother love does not become smother love.

In retrospect, the key to preventing homosexuality in one's own life and the life of his children rests in

learning to accept his sexuality. If girls can accept their feminine role, regardless of their measurements and body stature, and if boys can accept their masculine role, regardless of their physical characteristics, they are on the road toward happy, healthy adult sexuality. And yet because of this discussion of homosexuality, we hope that you will not have the idea that there is anything wrong with close friendships with members of the same sex. A warm, rewarding friendship is healthy and normal and involves no sexual feelings at all. Too many people, old and young, shy away from close contact with others out of fear of being labeled "queer," "gay," or a "fag." Yet there is a need in this country for more warm, demonstrative friendships. In Europe it is not uncommon to see men walking arm and arm with each other. They are not afraid of what people may think. As long as one knows within himself that his relationship with another does not involve sexual interest, he should dispell his fears, for we learn to live healthy, fulfilled lives by truly relating to another person.

OTHER FORMS OF DEVIATION

What is sadism?

Sadism is the practice of receiving pleasure by inflicting pain upon another. The true sadist receives sexual satisfaction by hurting his victims.

What is masochism?

Masochism is the reverse of sadism for sexual pleasure is derived by receiving pain or suffering. There are more women masochists and more men sadists.

What is exhibitionism?

Exhibitionism is the intentional exposure of the male genitals to an unsuspecting person. The purpose is to arouse fear and shock in the observer. A reaction of amusement may be severely humiliating to the exhibitionist. He is one of the most harmless of the sex offenders, for he will usually shy away from a female who approaches him for sexual contact.

What is pedophilia?

Pedophilia is probably the worst type of perversion known to man, for it involves the molesting of children by an older person. In the majority of cases of heterosexual pedophilia, the offender is known to the child and family. In homosexual cases, the offender is usually a stranger.

The pedophilic is an immature person who suffers from arrested psychosexual development and receives pleasure from someone on his own sexual level--a child. Our most serious concern is the effect on the child, but it has been found that usually the hysterical reaction of parents does greater damage than the act itself. It is important that parents remain calm and help the child to cope with what has happened so that he will not be left with a warped outlook on sex.

Because of pedophilia, parents must undergird their children with the knowledge that they should never talk to strangers or accept gifts, candy, or rides from someone they do not know. This must be handled gently, however, for we would not want our children to develop abnormal fears and suspicions that would retard normal personality development.

What is fetishism?

A fetishist is one who does not relate well to women and thus is aroused sexually by the sight or touch of articles of clothing or a specific but unusual part of the female body, such as her feet. They may even have a specific craving for a woman's voice such as those who make obscene phone calls. If a female who receives one of

these types of calls lingers on the phone and shows signs of shock and fear, this is exactly what he wants and will only increase his desires. Yet if she will hang-up on him, his efforts will be crushed.

What is nymphomania and satyriasis?

These two terms refer to an insatiable sex drive. Nymphomania refers to women, satyriasis to men. This condition is far more rare than people think and should be treated by psychotherapy.

What is voyeurism?

A voyeur is one who receives sexual pleasure by secretly peeking at an unsuspecting nude or partially clad female. He is commonly known as a window-peeker or "peeping Tom." The term "peeping Tom" was derived from the ancient tale about the queen whose husband, the king, was placing a heavy tax on her people. She promised him that if he would not tax the people so heavily, she would ride naked through the streets of town. The people so admired and respected her that they all stayed inside and refused to watch her courageous display. No one looked that is, except the cobbler, Tom,--who peeped! Hence, the term "peeping Tom" was derived.

Very few women become voyeurs because they are rarely excited by the display of male genitals. Men who become voyeurs possess a strong feeling of inferiority and inadequacy with the opposite sex. They develop a compulsion to peep and usually masturbate at the same time. This condition is quite difficult to cure, but voyeurs are usually quite harmless.

What is transvestitism?

A transvestite is one who receives sexual pleasure by wearing the clothes of the opposite sex. It is not as serious as the other forms of deviation, for one can still carry on a satisfactory sex life with his mate.

What is transsexualism?

A transsexual is one who is emotionally incapable of accepting his own sex. The entire pattern of life is generally that of a person of the opposite sex. Occasionally this type of person undergoes a surgical operation which physically transforms him into the sex he emotionally prefers. The sex change enables him to live a more normal life.

What is rape and what are the penalties involved?

Rape is forcible intercourse on an unconsenting victim. Some rapists are simply men who use women as objects

and do not care about anything but their own gratification. Others are those with sadistic tendencies who receive pleasure only from violently forcing themselves on an unrelenting victim. These types of individuals usually dislike women and receive satisfaction from punishing them.

Statutory rape is intercourse with a person under the age of eighteen. Even when the girl consents and encourages the boy, the law considers this statutory rape on the grounds that she is too young to make the decision. The penalties for forcible or statutory rape are death, life imprisonment, or any term more than five years. The court proceedings surrounding rape can be dirty and heart-breaking. If it can be proved that a girl between the ages of fifteen through seventeen has had previous sexual relations with another, the accused may be freed. But if she is under fourteen, even though she has had other encounters, he is guilty of rape and is subject to indictment. Sometimes threat of statutory rape is used by the parents of a pregnant daughter to force the boy to marry her.

Why has this study been necessary?

This entire chapter has been one which needed to be included for your own protection. If you or a friend is

ever approached by any of these perverted types of people, you should go at once to a trusted adult and tell him. This is essential in order to prevent further attack and possible psychological damage.

If one fears that he is falling into any of these categories, professional help is in order, for a person with a sexual perversion can be cured. That is, he can be cured if he wants to be. If he feels he cannot tell his parents, that it may hurt them too much if they know of the existence of the problem, he could tell them that he is depressed and feels that he needs to talk it out with a psychiatrist. Thank goodness, the stigma against psychiatric counseling is gradually beginning to diminish! It would be wise for a young person to first discuss the problem with his personal doctor so that he can direct him to the best available psychiatric help.

But the primary reason that we have covered this broad subject of sexual aberrations, and we certainly have not covered them all, is so that you will be equipped with the knowledge that will help you in rearing healthy, happy, sexually normal children. A sexual perversion is a tragic condition which must be prevented, for it denies its victims the deep sense of satisfaction that comes from a

total union of love in marriage and the home and children which that love creates.

TERMINOLOGY

1. aberration - deviation from normal.
2. effeminate - showing qualities attributed to women.
3. emasculate - to deprive of masculine qualities; to lower a man.
4. exhibitionist - one who has a compulsion to openly exhibit his genitals.
5. fetishist - one who receives sexual gratification from a specific object or body part.
6. lesbian - a female homosexual.
7. masochist - one who receives pleasure from having pain inflicted on him.
8. nymphomaniac - a woman who has an abnormal and insatiable sex drive.
9. Oedipus complex - a psychoanalytical term meaning that a son is unconsciously attached to his mother and rejects his father.
10. sadist - one who receives pleasure from inflicting pain on another.
11. satyriasis - the condition of a man who has an abnormal, excessive sex drive.

12. statutory rape - intercourse with a girl under eighteen, regardless of whether or not she consented.
13. transsexual - one who emotionally embodies the qualities of the opposite sex.
13. transvestite - one who has a compulsion to dress in the clothes of the opposite sex.
14. voyeurist - one who derives sexual gratification by viewing people in the nude.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Do you think that homosexuality should be considered a criminal offense? Explain your answer.
2. What are some misconceptions that you have previously had about homosexuality?
3. If a young person has had a homosexual experience at some time in his life, does this mean that he is marked for life as a homosexual? What should he do if he fears that he may be becoming a homosexual?
4. Is it possible to detect a homosexual by looking at him?
5. What are some of the causes of homosexuality? How can they be prevented?
6. What are some of the more harmless types of sexual perversion? What are some of the more dangerous ones?

7. If a little girl were to be attacked by an older man, would it more than likely be someone she knew or a stranger? If a little boy were attacked by an older man, would it probably be someone he knew or a stranger?
8. If a man enjoys occasionally dressing in women's clothes, does this mean that he is a homosexual? Explain.

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HEADING TOWARD HAPPIER MARRIAGES

CHAPTER XI. THE MANY SHADES OF LOVE

CHAPTER XII. A LOVE THAT KEEPS ON LOVING

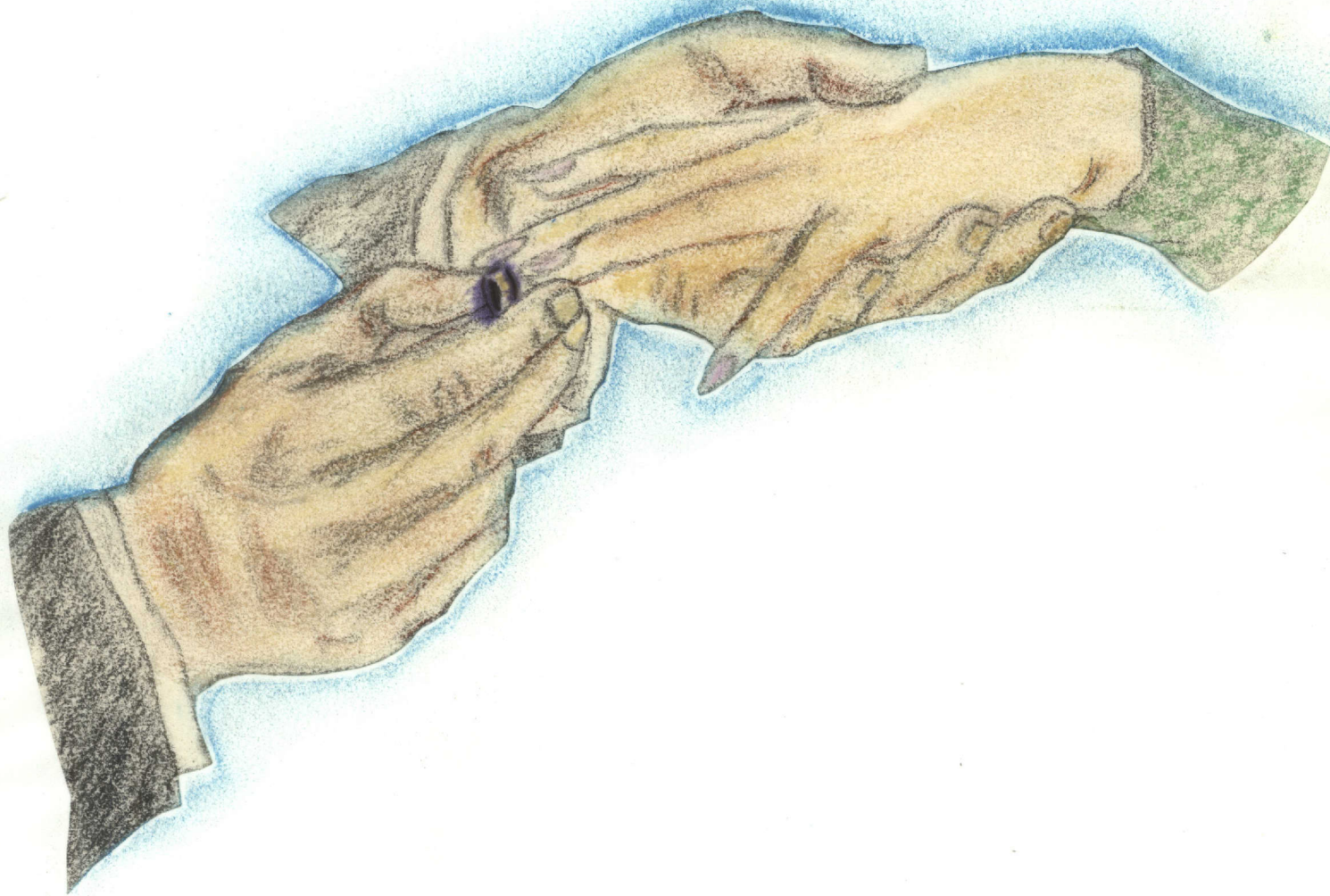


Fig. 7--The most important decision of a lifetime

"We like someone because. We love someone although" (10).

CHAPTER XI

THE MANY SHADE OF LOVE

(Love, Engagement and Early Marriage)

THE MYSTERY OF LOVE

What is love?

The number one, most commonly asked question by juniors and seniors in a family living class was, "How does one know if he's really in love?" or more to the point, "What is love?" Not only is this a common question among youth, but it is and always has been the most fascinating, penetrating, and absorbing subject known to man. The word "love" appears in every language of the world. Millions of people have experienced it; millions more thought they did but found out they were wrong.

Freud defined love as a mild psychosis (1). Magoun (13) described love as "the passionate and abiding desire . . . to produce together an intellectual soil and emotional climate in which each can flourish, far superior to what either could achieve alone." Someone else put it more simply when he said, "Love is placing your happiness in the happiness of another" (10).

Volumes have been written in an attempt to explain what love is, but no one has quite been able to define it adequately because it means different things to different people. Love involves an enormous range of meanings. We may love our friends, our children, our parents, our siblings. On the other hand we may say we love fried chicken, good music, money, and school. And there is a love for intangible qualities such as God, truth, power, and beauty. But the love in which one can be--this is the most intriguing and complex emotion known to man and hence probably the most difficult to understand.

Perhaps there would be less heartache and disillusionment in marriage if we could vaguely begin to comprehend the true nature of love. If we could somehow learn to distinguish the real from the imitation, this could spell the difference between happiness and disaster. It is not easy to be objective about something as emotional as love, but if tempered by a little common sense and rational thinking, love can be exalting.

Is love a universal basis for marriage?

In many cultures of the past and present, love is not even considered as a basis for marriage. The parents, the head of the clan or the church arrange for the betrothal,

and if love comes afterward it is a pleasant fringe benefit. You may be surprised to find that these marriages are more durable and less likely to break-up than marriages of our western world which seem too often to be based on a sexual attraction masked as love.

How does a child learn to love?

The tiny baby knows only a solitary, self-love in the beginning days of his existence. He knows that he wants to be fed, cuddled, and cared for. He wants what he wants when he wants it, and it does not matter to him what hour of the night it is when he announces his needs! We understand that this is a part of babyhood, for he has not yet learned the concern and consideration that comes from reaching out of oneself and loving another. It is sad but true that there are some adults who still want what they want when they want it. They are merely babies who never grow past this selfish, infantile stage of development.

The child's first real lesson of love is learned in his mother's arms as he responds to her warmth and comfort. In a few weeks his eyes begin to focus on her face and he finally manages to imitate her loving smile in return. Soon he begins to coo back at her in response to her talking and singing. As he develops this first outgoing

mother-love, he is establishing a pattern for future responses to others. If the child's needs are frustrated and he feels neglected by his mother, he will probably develop a weak self-concept and a negative perspective on life. Because of these doubts about his mother's love and concern, which he does not even begin to comprehend, he will grow up to doubt his own worth as well as the worth and value of others. Thus, the first lesson of love learned from his mother will affect his entire ability to give, accept, and express love in future relationships.

Some may consider the development of a strong, positive self-concept as being self-centered and going back to the infantile stage of love for self alone. But the fortunate person who loves and respects himself, who possesses a high level of self-esteem and a strong ego, is the one who can give love and respect to others in greater quantity. One of life's truisms is that before one can truly love another, he must first love himself.

From this first self-love and love of his mother, the child's capacity to love grows and expands to include his father, brothers and sisters, friends, animals, God, life, etc. And finally the day will come when he will be in love. This kind of love for a person of the opposite sex can be

the most powerful emotion we possess. It drives a person to marriage because he wants to live and share and give to the one he loves. He wants to build a life around his beloved. His children will grow and prosper in the love that abounds--that is, if the love is real and mature and lasting. But how does one know?

Why is it so difficult to know if one is really in love?

Probably everyone at some time in his life has considered himself to be in love. But later he may have been disappointed to find that it was not really love at all. This is a treacherous mistake when we realize that homes and human lives are torn apart when love dies. Deciding whether or not one is really in love is particularly crucial for the young person considering marriage. Love can be blinding and there are many pitfalls we may fall into if we do not have some understanding of what real love consists.

One of the major pitfalls surrounding love is the idea that we can "fall" into love as though it is something we do against our will, like falling into a churning river with no hope of rescue. But falling in love is irrational. It involves emotions that can be so violent that their blinding radiance blocks one's reason. A real, enduring,

and mature love is one that we grow into. Such a love is not blind; it is conscious and free. Infatuation comes to many a young person but infatuation involves being in love with love rather than being in love with a human being.

Another bromide is falling in love at first sight. In a study of 735 college students (11), 39 per cent of the men and 34 per cent of the women stated that they believed in love at first sight. This type of love comes so quickly and overwhelmingly that one is unable to actually know the total person. Quite frankly it is based on a physical attraction. A physical or sexual attraction is a vital aspect of real love, but when it comes first, the development of a lasting love is often thwarted. If one thinks he has fallen in love at first sight, it might be wise to take a second look!

Another false emotion is a love that grows out of simply a need to be needed or a need to escape from an unpleasant situation at home. Too often young people are thrown together because they enjoy "crying on each other's shoulders" and sharing their miseries. Partners in marriage should be able to share the unhappy moments of life but sharing itself is not love.

Love may sometimes be confused with a desire to hurt someone else. It may be directed toward parents against

whom one wants to rebel, or even worse, it may be a love on the rebound. Many marriages have been rebounds from a broken heart. If one has recently broken up, it is wise to give himself time to calm down and get over the hurt and humiliation. Jumping into a deep relationship before one is ready could possibly create false feelings of love as a compensation for the hurt of being left behind by someone else.

The myth of the "one true love" has pushed many young people into a miserable marriage. The first stirrings of love feelings may make one feel as though he has met his one and only, his predestined mate who was picked out of all others and saved for him alone. Yet again, love involves a conscious choice rather than a force that seems to be above human control. It involves getting to know a person first and then deciding whether or not this person is right for you.

But the most difficult question concerning love that one has to ask himself is, "Is it love or sex?" When two people are attracted to each other, the chemistry of sex may cause butterflies in the stomach, loss of appetite, rapid pulse, weak knees, lack of sleep, excessive perspiration and inability to concentrate. But these responses are purely physical and if love is based on feeling alone

it can soon wither and die. Certainly sexual feelings play an indisputable role in love. But they can be so consuming that one may overlook the real person. Listen to this story and try to see what love was based on for this couple:

I am nineteen and divorced. I still can't figure what became of our great love story. Sue and I started going steady in high school. Whenever I was away from her even for a few hours, I was lonely and depressed and my entire being ached to be with her. We soon started making love and enjoying ourselves to the fullest.

Neither of us could concentrate on anything but each other. When I sat in class, I thought only of being with her that night. My grades suffered drastically. We had to lie and sneak around, but it was thrilling.

I bought her a ring at Christmas and that summer, having just graduated (barely) from high school, we married. Life looked great. At least it seemed to be great for the first three months. Then for some mysterious reason we became less and less interested in each other sexually. One night she was too tired. The next night I was too tired. The third night we were both too tired. We finally had to admit that we left each other cold. We decided to split.

I still don't know what went wrong. We seemed to be so much in love but once we faced the reality of living together, we just couldn't make a go of it.

Can you see from this incident that physical attraction is not enough on which to base a marriage. But distinguishing between sex and love is tough. Physical love can seem very real at the time, but if one puts all of his faith in it, he could be making a serious mistake.

It is terribly difficult to be young and in love. And if you are in love, we would never attempt to convince

you that you are not. It seems like a "put down" when older people insist that it is only puppy love, infatuation or that you are too young to know what real love is. When people try to tell you that you are not really in love, you cannot help but want to prove them wrong. But the question is not whether or not you are in love--the real issue is whether or not this is the kind of love on which you can base a lifetime, a love that is so deep and durable that a marriage and family can be built around it.

There is no simple answer to the question: is it love or only sex? The only suggestion we can make is to give yourself time. Time can actually be your best ally, for it affords one the opportunity to share many experiences with the one he loves and to see the other in many different situations. It gives a couple the chance to weather the rough spots, the fights, the break-ups, and the make-ups to see if the love that is shared can endure such a solid test. Love, as we know, can be blinding, but one must be sure that there is a mutual respect and admiration that transcends even the powerful feelings of love and sexual attraction. Even when two people are deeply in love, if they cannot respect each other for what they say and do and think and feel, then their relationship will not be able to endure. If you are in love or when you are in love,

please try to stop for a moment and decide how deep is your respect for the person you love. And again, ask yourself, "Do I honestly like this person?"--Yes, you may love him or her deeply, but do you truly like the kind of person he is? If a strong personal relationship of respect and admiration has not been established, then a couple would be taking a big risk if they married, for probably the most essential ingredient in a happy marriage is mutual respect.

Suggesting that you use your head in matters of love may be asking a great deal, but your life depends on it. As we have said or implied in almost every chapter of this book, if only more people had thought before they acted, they would not be in the fix they are in today!

What is real love?

If you are in love, you may be quite sure that this is the real thing, but remember--millions of people, who are now divorced or are living sterile married lives with a love that has grown cold, once thought that their love was the real thing too. Now that we have mentioned what real love is not, let's think about what a lasting and mature love is.

Real love is realistic, not blind. It sees the faults of the other person as well as the virtues, but it accepts

the fact that no one is perfect and cares nonetheless. It does not try to reform or change another person but accepts him as he is. When one is loved for what he is, he feels comfortable and at ease in the presence of the other. He does not try to fabricate a false front in order to hide his real nature from his beloved. For "the more completely that one can express his real self to another person, the more deeply he can love" (14). Mature love is born out of a deep mutual respect that is capable of holding up under the bad times as well as the good. A shallow love soon dies when confronted with the realities of "for better or worse . . . in sickness and in health."

Mature love is standing in love not falling in love. It grows deeper with time. Time and separation only serve to strengthen the love; if the love is not real, a separation causes it to flicker and die just as a wind causes a strong fire to become more intense or blows a weak fire completely out. A smart couple will allow themselves a separation of miles as well as an opportunity to date other people, to see if their love can endure.

A lasting love produces a togetherness that exists even when the two are apart. It is based on a mutual trust and a sharing of dreams, thoughts, attitudes, desires, and ambitions. Because of love one can be a finer, more

complete individual. Eric Fromm believes that the deepest need of man is to overcome his aloneness. A deep and abiding love overcomes man's isolation while creating the paradox of letting each be more himself (5). Because of the contentment and security of love, one is free to become the finest and best person he was meant to be. The partnership creates a desire for each to pursue his own interests, and thus in the security of twoness a greater oneness is achieved.

An immature love is totally dependent on the other person. It produces feelings of insecurity and causes a loss of ambition. Real love increases security and ambition. One wants to work and accomplish in order to improve himself and his future for the one he loves. If one finds himself reacting like the boy in the story on page 238, unable to concentrate and totally disinterested in developing himself, he should realize that what he feels is not the kind of love on which to base a marriage.

The one who truly loves is more concerned with giving than receiving; he gives not out of obligation but because he wants to make the other happy. A wife who is in love, cooks an excellent meal for her husband not because it is her duty but because she loves him and enjoys pleasing him. A husband works hard at his job and comes home on

time for dinner, not because he feels obligated but because he wants to.

Yet finally we have to admit that not every person is capable of attaining a mature love relationship. The person himself must possess some degree of maturity in order to reach the highest level of love. This is why it is wise to wait as long as is reasonably possible before tying the knot with marriage. Age is not the only element to consider, but age enhances experience and experience is a vital aspect of maturity. This is one of the primary reasons that teenage marriages often do not endure.

THE ENGAGEMENT PERIOD

Is engagement necessary?

An engagement is a public and private pledge that a man and woman intend to someday marry. Usually a ring is given to her as a symbol of their love and plans of marriage. Is engagement necessary? Many young people may think of the engagement period as simply an "establishment tradition," thinking that if a couple is truly in love, engagement is not important. Everyone to his own opinion, but the facts tell us that engagement is not as superficial and ornamental as it may seem.

Engagement actually creates a bridge between the irresponsible years of being single and the lifetime of

responsibility to another person. It is a challenge, for an aura of permanence is established that challenges a couple to heavily consider whether or not they can make a life-time commitment to one another. It is a time of preparation for the greater responsibility of marriage and family living. Sharing and solving problems, learning to communicate in a closer relationship, discovering the values, dreams, and ideas that each holds important, fighting and making up, and simply living under the realization that marriage is near--all of these and many other factors combine to act as a final test to the relationship. Engagement offers one last opportunity to consider if this union is one that should take place. And if, under the strain and challenge of engagement, a couple realizes that marriage would not be right for them, it is far better that they have a broken engagement than a broken marriage.

How long should an engagement be?

No one can tell a couple exactly how long their engagement should be. It should simply be long enough to give them a complete opportunity to understand each other and still have time to back out if the arrangement does not seem wise. But studies show that there does seem to

be a relationship between the length of engagement and marital happiness. An engagement can be too long or too short. Scientific research points out that couples who are engaged three months or less are five times more likely to break up as couples who have an engagement of six months or more (6). Depending on the length of time a couple has dated prior to the engagement and the age of the couple, the most successful marriages have an engagement of from six months to two years (2). This may seem like a long time, but a longer engagement gives a relationship time to mature and time to make sure that their marriage is right. A young person can have no comprehension of how much he will change in his early adult years. It is so much better for a marriage if these changes can take place before marriage so that each individual can take a long, honest look at himself and the one he loves and decide if this is still the person with whom he wants to share his life.

What guidelines can one consider when making decisions about love, engagement, and marriage?

If you are having trouble deciding whether or not you are really in love, whether or not you should get engaged or if you are already engaged, whether or not you should get married, ask yourself the following important questions:

1. Can you really be yourself when you are with him, or are you uncomfortable and ill at ease in his presence? Do you find yourself always trying to make a good impression rather than letting your real nature show?
2. Do you accept him as he is, or do you have hopes of changing the person you love? If you plan on reforming your mate once you are married, you are making a serious mistake. Reforming husbands become gripes, and reforming wives become nags!
3. Have you passed the test of time? Before making any definite commitments, it is wise to have experiences being apart for a while, breaking up for a while, dating other people for a while and many months or years of dating each other before entering into anything as serious as engagement or marriage.
4. How important is sex to your total relationship? Must you spend the entire time on your dates "making-out" or are there times when you can be alone to just talk? If you are not with other people or "making-out," do you ever find yourself getting a little bored with each other?
5. Do you have common interests and goals? Do you enjoy doing many of the same things together, and do you

agree on some of the basic issues that are vital to a marriage such as religion, children and financial matters. The latest official figures tell us that financial differences are the major underlying cause of many divorces. Thus it has been suggested that rather than living together before marriage, a couple might try sharing checking accounts (1)!

6. Do you have fairly similar backgrounds? The fact that your backgrounds are clashingly different may not seem important now; however, not only are you marrying the family of your mate, but you will later find that he will probably fall back into the pattern which he learned as a youngster. It might be wise to try spending at least twenty-four hours with the family of your future fiance or mate to see if you can tolerate them!
7. When you argue, do you end up angry with each other or do disagreements help to clear the air? When people in love argue, they must be sure that they attack the issue rather than the person, if not, it can be destructive.
8. Can you both grow in this union? A man needs to have the support and encouragement of his woman. But many women become extremely resentful if their husband is

ambitious and may consider his career as a competing mistress! A wife, too, needs a man who will respect her opinion and encourage her to cultivate her own interests. They will both console the other when things go wrong or applaud when things go right. They will both share in the pride of the other's accomplishment, for it is not his or her success--it is their success! With this healthy attitude they will each nurture the growth of the other.

9. How do your parents feel about the relationship?

Of course a step as enormous as engagement or marriage must be made by the couple themselves, but it is wise to consider your parents' opinion too, for often their experience causes them to see ahead in a way that a young person in love cannot yet envision.

10. Is your love mutual or one-sided? If one of the

partners-to-be has to persuade the other to get engaged or married, there is often something wrong.

EARLY MARRIAGE

America seems to be a country of people who marry early, and, increasingly, divorce early. We are all concerned about the many collapsing marriages which leave adults and children with lacerated lives. It is important

that we take a look at one of the primary factors which leads to many broken marriages--that of marrying before one is completely ready. While being older does not guarantee maturity, it certainly helps, for the probability of divorce rises as the age of marriage drops. The facts warn us that one out of every two teen marriages ends in divorce, not to mention, those who stay together for the sake of the children or church but live bitterly unhappy lives.

Why are early marriages often unstable?

The rockiest year of marriage is usually the first, but add to this two people who are too young and the result is often disaster. Of course age is only one of the factors involved in making or breaking a marriage, but along with age comes a little more maturity, increased experience and the opportunity to have completed the profound changes that occur during early adulthood. As horizons widen and capabilities begin to crystallize a man or woman of twenty-three or twenty-four will have changed drastically from what he or she was at seventeen or eighteen. One's entire philosophy and goals will have been altered so that what, or more important whom, one wanted to marry as a teenager may be altogether different

from whom he would choose as an adult. If one locks himself into a union as a teenager, though love abounds, as the years cause the natural personality changes, they may out grow each other.

We understand oh so well how painfully, bitterly sweet young love can be. Early marriage solves the tremendously urgent problem of sex. Yet experience tells us that bearing the pain of unfulfilled sex is less difficult than bearing the pain of an unhappy marriage.

Young marriage looks tremendously glamorous and when one finds many of his closest friends hurrying to the alter, he may be tempted to join them. But hold out for a moment and think. Think about the youthful days of freedom you are giving up now for the permanence of adult responsibilities. One young married girl summed it up perfectly when she wrote these words (9):

The New morality--and freedom
 From classes--what a drag!
 From Mom and Dad--always arguing.
 From homework--senseless hours.
 From discipline--useless!
 From church--a bore.
 From conformity--a hangup.

I'm my own woman now.
 Made so by one decision.
 One hour of love and pleasure.
 Free now to look at my cheer-leading sweater
 hanging in the closet,
 My books and basketball schedule resting on the shelf.

My material from a prom formal--never made--as it
sits amid the remnants
Of the fabrics left over from my maternity tops.
My medals from band and choir, forsaken in the clutter
of a jewelry box.

My friends passing by my window
Laughing over the gossip column in the school paper
And giggling over who will be the next to experience
The new morality--and freedom
For cleaning--what a drag;
For him--always arguing.
For ironing--senseless hours.
For dishes--useless.
For cooking--a bore.
For sex--a hangup.
Oh, God, if you are there,
Please let someone take this crying baby off my hands
And let my feet dance once more.
I am so old. And I was never young.

It is not easy for a teenage girl to bear the burden
of marriage, but you know, it is probably even rougher for
a boy. A young man needs the freedom of his youth to grow
and develop. Countless number of men regret that they were
never able to truly live the carefree days of singlehood.
Even though a boy may want desperately to get married now,
the truly wise and loving girl will realize how profoundly
important it is for the boy she loves to experience his
freedom to the fullest. If he does not, he may later feel
a regret that may cause him to break away from the
restrictions of a marriage that came too soon.

Why do parents get so up-tight about early marriage?

Sometimes it is terribly difficult to understand why parents are so horrified when their teenager speaks of marriage, but try for a moment to reflect on their point of view. From the moment of your birth they have cared for you and loved you and dreamed of your having a happy future. Perhaps they have not been perfect, what parents ever were? But what they feel for you is a protective affection. They know that marriage itself is difficult, and they know that a young marriage only adds to the problems. They want your happiness--this is why they may react negatively if they see that you are making a serious mistake. You may resent their concern, but it is natural for them to care. In reality, you would not want it any other way, and someday you will feel the same if you are placed in a similar situation with your own children.

Doesn't marriage affect only the two people involved?

"But it's my life and Bill's--and not yours or anyone else's business!" screams Heather. "We can get married if we want to and if it doesn't work out we are only hurting ourselves!"

Would that it were so. But it is not, for a marriage could only involve two people alone if they lived on a deserted island and practiced rigid birth control all of their married lives. In other words, the families of each young man and woman are deeply affected, and especially the children of the union are affected. It takes an extremely sensible young person to know that falling victim to impulse or accident can retard a relationship from growing and blossoming into all that it could be. And it takes an even wiser young person to know that a marriage affects not only himself, but all those who are intimately related to his life.

And whether we realize it or not--it is the people who are making marital mistakes who are destroying our world. More destructive than crime, violence, and hatred is simply the destruction of the American home. Can you see why? Homes produce the children--children who become men and women--men and women who go forward to build or destroy our world. When homes are unstable, the children do not develop the backbone they could have had if they had grown up under more secure conditions. Thus it is these children who ultimately create the problems that exist in our world. It is not easy to care about your

children years before they are born, but this is the only hope for the future of mankind. We have to care!

We do not mean to condemn early marriage altogether. There are many couples who married in their teens and are now living very happy, well-adjusted lives. We are only trying to point out that marrying before one is totally and completely ready does make it more difficult to attain marital happiness. For it is starting with some very heavy strikes against a marriage. There are many couples, divorced today, who say they could have had a beautiful life together if they had only had the patience and foresight to wait a few more years before taking such a serious step. If the person you love, or will love, means enough to you and if marriage holds any sacredness in your mind and heart, perhaps you will want to start your marriage in the best possible way--by waiting until you are both completely ready. A true, lasting, and mature love is willing to sacrifice what we want now for something far more wonderful and durable in the future, something that benefits not only ourselves, but our parents, our children, and all of mankind.

For everything there is a time and a season. Marriage can be the most beautiful and fulfilling of all of life's experiences--if one is ready. If not, it can thrust one

into a living hell for the rest of his life. "Children can play house, but it takes men and women to make households" (19).

TERMINOLOGY

1. betrothal - an engagement to be married.
2. engagement - a pledge to marry.
3. fiance - a man who is engaged to be married.
3. fiancée - a woman who is engaged to be married.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Why do you think that marriages of the eastern world, which are not founded on love, seem to be more stable than marriages of our western world of which love is the basis?
2. Describe the progression of love development for each person. How does a baby's relationship with his mother affect his ability to love in his later life?
3. Analyze the boy's story on page 238. What were some of the symptoms that showed that what he felt was not real love?
4. Try to explain in your own words the difference between a real, lasting and mature love and a love that is based only on a physical attraction.

5. A teenager may think to himself, "My parents have forgotten what it's like to be in love." Do you really think this is true?
6. Is an engagement important? In your opinion, about how long should an engagement be?
7. Explain in your own words why so many teenage marriages do not work.
8. How do the decisions one makes about marriage, affect his parents, his future children, and ultimately the entire world?

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"Happiness in marriage is not just finding the right person, it is being the right person" (11).

CHAPTER XII

A LOVE THAT KEEPS ON LOVING

(Marriage)

In the last chapter we tried to point out that love is not something that simply falls out of the sky and whacks a person on the head. Real love takes root and grows with time. Similarities in backgrounds and religion are essential as well as the age and maturity of the couple. Hopefully, everything that you have been learning and thinking about as you have read these pages has been leading you to an awareness of the profound significance of sharing your life with one person whom you will love and cherish for a lifetime. Our task in this chapter is to take a long, honest look at marriage, at some of the difficulties encountered, adjustments to be made, and to offer suggestions for making your future marriage more successful. How fortunate you are to stand on the threshold of adulthood with open eyes and a fresh, clear mind with which to project into your future. How wise it is to

take the time to think and prepare for the most important of all life's decisions.

PROMISES AND PROBLEMS OF MARRIAGE

Is it easy to build a happy marriage?

Our childhood fairy tales and modern movies depict lives of eternal happiness for those who marry. And marriage can be the most worthwhile experience of a lifetime, but it would be unrealistic and hypocritical to give the impression that marriage erases all problems and difficulties and results in everlasting bliss. One day the honeymoon ends and marriage begins to involve mortgages, doctor bills, car payments, dishes in the sink, runny noses, dirty diapers, bosses to please, floors to scrub, and tears on the pillow.

"Why does he just sit there watching television while I slave over the dishes?" "Why can't she learn to keep the wrinkles out of my shirts?" "Why won't he talk to me?" "Why does she have to gain so much weight?" "Why does he throw his dirty clothes in the middle of the floor?" "Can't she handle money? Why does she spend so much on groceries when she still can't cook a decent meal?" "Why won't he ever take me out anymore?"

Does all of this sound overly pessimistic? It's not that we want to stress the black side of marriage. But we must make the point that before one takes such a serious step, he must be ready to work--to work to make

a go of it. Weddings are always happy and honeymoons are usually heavenly, but it is the living together that is rough. While dating, we naturally see each other at our best, but marriage brings out both the best and the worst in us, and we are marrying a total person not just one side of the record.

How important is communication in a marriage?

If we combined all of the primary problems, the financial disagreements, the religious differences, the arguments over child rearing, and the sexual disharmonies, they could all be boiled down to one common denominator--lack of communication. It is so easy to let the little things build up internally and never express to the other the things that weigh heavily on our minds. Yet we marry human beings, not mind readers, and the best way to avoid more serious eruptions is to express our thoughts and grievances now--not later. An open avenue of communication is essential in a healthy marriage. Without it two people tend to drift into their own private worlds, sharing the same roof but little of themselves. The gap grows wider and wider until one day a person may realize that nothing is left. Love has died of inattention and malnutrition.

Every man and every woman needs a companion with whom he can share all of his inner feelings. And a companion is exactly what each should be to the other. A husband and wife are not only lovers, they are friends and they must work to cultivate this kind of friendship. They should have at least one night a week that they can go out together, all alone, to talk out their innermost thoughts. They say a man is finally broken in when he understands every word his wife is not saying, but it takes years to build this depth of understanding. Many a marriage has dried up and died from lack of communication, for silences separate far more than distances.

What about money problems?

Young people today are rebelling against materialism. Perhaps this is good because in the past we have probably put too much emphasis on things and not enough on human relationships. But one of the first lessons a young married couple has to learn about money matters is that it does! We each enter marriage with our built in set of attitudes about finances. We may want to pay cash for everything or live high on the installment plan. The installment plan of buy-now-pay-later builds credit but it also builds debts and unless we have planned for the

unforeseen emergencies, we will inevitably wind up in trouble. Who can predict the wreck that totalled the car or seriously injured a member of the family, the loss of a job, or the unexpected baby? We always think these things cannot happen to us--but they can and do.

Current studies give a few guidelines for sane and sensible financial planning (15):

1. If the take-home-pay is less than 4,000 dollars a year, it probably isn't wise to plan on buying any large items such as a car, house, boat, etc.
2. Savings should be at least 10 per cent of yearly expenses.
3. If purchases are more than a few dollars, consult each other first.
4. Be sure you have life insurance and hospital insurance.
5. Beware of door-to-door salesmen. They will bombard the newly weds because they know they are naive.
6. Be very careful about buying on credit. A few dollars here and there may not seem like much but they do add up.

If parents are in a position to help, they are usually thrilled to have a part in seeing their youngsters off to a good start. But if someone's pride is injured or if a couple feels too dependent on parents, it probably is not worth it. One thing must be weighed against the other. If, for example, an education would be thrown away without help, in the long run it might be best to accept assistance from parents. But give the decision much time and thought.

Who should handle the money? There is no set rule--the answer is simply the one with the most dollar sense. It won't take long to find out which one is endowed with the ability to budget. And budgeting is a must, for when money matters get out of control, tension rises, tempers flare, and marriages start splitting at the seams.

What should a couple's relationship be with their in-laws?

Someone has said, "Behind every successful young husband there is a surprised mother-in-law" (16). And it is true that parents often cannot help but think that their son or daughter could have done better when choosing a mate. But isn't it interesting in the years to come how the boy who was not quite good enough to marry the daughter can be the father of the brightest grandchild in the world (11)?

A confused young husband tells of the pathetic problem he had with his wife and her mother:

On our wedding night her mother called and cried to my wife because she said she already missed her miserably. The next day my wife insisted that we spend the night at her mother's house because poor ole Mom was so lonely. I saw what was happening and as soon as possible I attempted to remedy the situation by having us moved out of town. Guess what? My dear mother-in-law moved with us! Since that time we have made three moves and she has always managed to follow us. She doesn't live with us, but she eats most of her meals with us, cares for the kids and does our laundry. If a few days pass without our calling or inviting her over, she feigns sickness and my wife rushes to her side. What does a guy do when he is married to two neurotics?

Apron strings can strangle a marriage, and experts tell us that in-laws figure in three out of five divorces (7). Probably the best way to avoid in-law problems is to learn to get along with them. It might be wise to remember that they were your mate's parents approximately twenty years before you married. When Mother finds herself with an empty nest, she may begin to feel useless, lonely, and frustrated. The smart husband or wife knows that his partner will be far happier if he gets along with his or her parents. When we marry, we do marry a family, whether we like it or not. Family ties are like roots, roots which are buried beneath the surface yet nevertheless constantly shed their influence.

A few suggestions should be given at this point. It is never wise to live under the same roof with parents. Young couples need their own apartment, be it ever so humble as compared with the parent's mansion, to make the necessary adjustments by themselves. Words may fly and parents in the next room or in the same room taking sides can only add to the tension. And sexual problems must be worked out, but with parents nearby it is almost impossible to build the full sexual relationship that is usually diligently pursued in the first few months of marriage.

One cardinal principle that every husband should remember is never, never compare her cooking with Mother's. Your mother probably had at least ten to fifteen years of experience before she was cooking the meals that you remember so well. But your wife has had virtually no experience and you will need to be patient as she experiments, fails, and learns from her mistakes. Chances are that even if your wife is a marvelous cook, she will never quite measure up to the nostalgic memories you hold of Mother's cooking in the days of carefree security. One young husband kept telling his wife that her cooking was not as good as Mama's. Finally she got his mother to come over, cook the meal, and leave without her son knowing it. He ate the meal and said, "Well, honey, you're improving. But it's still not as good as Mama's!" Another husband kept telling his wife that her cooking just did not quite have that certain "flair" that Mother's always had. She worked and slaved to construct a meal with the right effect, but her efforts were always in vain. Finally in exasperation she gave up, left the meal on the stove to burn and served it anyway. When her husband took the first bite of the burned food, he suddenly cried, "That's it! That's the flavor!"(19).

Even though her cooking may not seem to compare to Mother's, nothing is more cruel than to tell her. Look for the good points about her cooking and praise her for them. If you convince her that she is a good cook, she will work even harder to live up to your expectations!

And finally, when it comes to in-laws, we must remember that someday we too will be a mother or father-in-law. You will want to prepare your children for the time that they will stand alone. But you will also hope that your children and grandchildren will not shut you completely out of their lives. We need far more tolerance and understanding between in-laws which would make everyone a little happier. But above all, we must remember that the marriage comes first and a couple should never let another person, not a mother, a father, a brother, a sister, a friend, or a child come between them.

Who should be the boss?

On their wedding night a young married couple entered a motel room and immediately after closing the door, the husband ripped off his slacks, handed them to his bride and gruffly said, "Here, put these on." The innocent little wife curiously obeyed. When she got them on, she looked up and said, "But they're too big." "That's right," he said, "And don't you forget it!"

In this day of modern conveniences, birth control, and educated, working women, females are taking more and more of a dominant role, and we sometimes begin to wonder who wears the pants in the family. When it comes to the question of who the boss should be, opinions vary widely. There are some men who believe that women were created solely to serve them. They spend most of their hours at home lying on the couch, watching television, barking orders, and never giving a thought to the wife who is slaving in the next room. These men feel that women are inferior creatures with no mind or thoughts of their own and that their opinions and feelings should never be considered. They believe that the only value of women is to be sex objects and to wait their men. Thus, they take the dominant role, believing that the husband should be the boss in all matters.

On the other hand there are women who try to completely dominate the home front. They lock their husbands in, believing that wedlock is padlock to which they have thrown away the key. They are so domineering that they won't allow their husbands to leave the house without begging in advance. These kind of women are working so hard to make good husbands that they never make good wives.

They end up causing their men to wish they could break into a jail cell in order to get away from the warden at home!

Of course neither of the above two philosophies can provide a happy home. It takes a man and a woman together who are both pulling and working side by side to produce a home in which children can grow up healthily. A home is where delicate personalities are formed and if it cannot be a place where both husband and wife treat each other respectfully and royally, the children too may grow up warped. The happy home is one in which the individuals are more concerned with giving than getting. It is a place where rings are on fingers not noses, and each person works cooperatively to produce a healthy home atmosphere. It is one in which a father is not ashamed to play with his children, to cuddle a baby to sleep, to fix a broken doll or a leaky faucet. This kind of man knows that his children need him a part of every day and he does not consider it demeaning to be a father to his children.

In a survey of five hundred Louisiana teenagers, both girls and boys agreed that a home should be ruled democratically not autocratically. They believed that the old-fashioned notion that a man should keep his wife

"barefoot and pregnant" is no longer relevant (10). For marriage is a compromise and husbands and wives should share a balance of power by working their problems out together. Of course every home needs a leader and even the most aggressive of women admire the man who is strong, capable, and sure of himself. She and her children want someone they can lean on in time of crisis. In a happy home a man is the head but a woman is the heart, and together they combine to make the ideal team.

Who should be boss? Probably no one, for there is a difference between a boss and a leader. A boss stands behind with a whip; a leader stands in front with a banner. In a truly democratic home there is a leader but each member is respected equally. A marriage authority mentioned that he had seen a young couple wearing his and her sweat shirts. His said "MASTER," hers said "SLAVE." He said that he didn't find this particularly amusing; he would rather have seen them wearing two shirts with the word "PARTNER." For only when two independent, self-sufficient people come together willingly, equally, and with mutual respect can they hope to build a happy life together (17).

Should a man ever help around the house?

Many men and women today still have the idea that a man should never lower himself to occasionally helping around the house. This has been called male chauvinism or an over-inflated pride that blocks a man's reason. A man who is secure in his masculinity is not ashamed to lend a hand when he sees that his wife needs it. If he is unashamed of helping occasionally, this does not mean that he is "hen-pecked," nor does it emasculate him, for he is too much of a man to be lowered and everyone knows it. Certainly not that he should wear an apron and take over his wife's responsibilities, but simply that he should not have a wall built up against helping out when he is needed.

Proponents of women's lib suggest that marriage is slavery and servitude. Perhaps it would seem so to two people who are not in love and who consider working for each other as an obligation. Perhaps it seems this way to a woman whose husband does not consider her feelings, shows no appreciation and constantly expects more than he gives himself. But when two people honestly love each other, they are more interested in giving than getting. The mature husband and wife work for each other out of love and respect and neither expects more than he is willing to give.

When you enter marriage you will each have ideas about the contributions that a husband and wife should make. You probably aren't even aware of what these expectations are now, for they have not been brought out into the open. But they will be, and if you marry someone who does not measure up to your expectations, severe conflict could arise. A girl may have seen her father help with the trash, yard work, and children, and she will probably unconsciously expect the same from her husband. A boy may have noted that his father never lifted a finger in the house and was given the impression that it is emasculating for a man to help his wife with family responsibilities. If this type of boy and girl marry they may be sorely disappointed in each other. She will think he is lazy; he will think she is a nag! That is another reason why it is wise to find out ahead of time about the instilled attitudes that the one you love possesses and decide whether or not you can live with this kind of person.

How can a couple quarrel constructively?

Conflict is natural in a marriage and should be expected, for "a symphony can never be played on just one note" (20). Quarreling can even be therapeutic. It releases tension, clears the air and gets problems out in the open rather than having them bottled up inside.

But learning how to fight is essential, for if it gets out of control even the pettiest of grievances can explode a marriage. For example listen to the argument this couple is having:

- She: You left your clothes in the middle of the floor again. Why do you always have to leave such a mess in the house? Can't you ever pick your things up and put them where they belong? What do you think I am, your maid?!
- He: My maid! Wow, you don't know the first thing about keeping a house clean. I would have been better off marrying a maid!
- She: Oh you would, would you? Well, if you weren't so lazy you'd make enough money to hire a maid!
- He: Yeah, there you go. You're just a spoiled brat and it's because of those stupid parents of yours. You know, I can't stand your mother.
- She: Well, at least my mother taught me to be a decent person. You're such a slob all you ever think about is food, football, and sex!
- He: All I think about is sex, huh? Well, if you weren't so frigid I wouldn't have to have sex on my mind so much!
- She: Frigid?! What do you expect? When it comes to sex, you're so clumsy and crude, how could anyone enjoy being in bed with you! . . .

This entire argument started over the minor issue of leaving clothes in the middle of the floor. But both partners started attacking each other in the cruelest of ways without staying on the original issue. If we could dig into the facts of the case, we would find that she had been up most of the night with the baby and he had been trying to stop smoking. They were both taking their frustration out on the other, but when the air finally

began to clear would the damage caused by some of the below-the-belt comments ever be undone?

When it comes to quarreling, there are certain principles that must be applied. We will attempt to point out a few.

1. Never attack the person, attack the issue.

Striking at one's ego with cutting comments such as "If you weren't so lazy . . ." can open a wound that may never heal.

2. Never criticize the parents of your partner.

3. Never condemn one's sexuality. If there are grievances discuss them calmly and tactfully at the proper moment but not in the middle of an argument when blood pressure is high and feelings are raw. Words such as "frigid," "cold," and "impotent," should never be used in an argument, for this can hurt too painfully and a person has a way of becoming what we tell him he is!

4. Probe deeply within yourself and try to figure out what is really bothering you. Are shoes in the middle of the floor so terribly serious or are there hidden hostilities that are coming out. Perhaps there are physical reasons for your irritation such as an oncoming sickness or trying to stop smoking. You may be taking

things out on the one you love which does little or nothing to solve your real problem.

5. Don't let grievances harbor inside until they erupt into something more serious. Discuss them now and avert more serious trouble in the future. Then drop it and don't beat a dead horse.

6. Never turn your back on your wife when she is crying. She is probably ready to make up when the tears start spilling, and whether it was your fault, her fault, or someone else's fault, she needs a big strong shoulder to cry on. This is a time for tenderness.

7. Never strike your mate. A blow could do irreparable physical and emotional damage. For example the case of the woman who, in a fit of anger, threw hot grease into her husband's face. When the doctor told her that he might be permanently blind, she went home and put a bullet through her head.

As children we often learn to hit back if we don't get our way, and the strain of marriage sometimes causes us to revert back to childish ways. But striking out in anger only complicates the problem. There is an old Chinese proverb that says "He who strikes first has run out of ideas" (16).

8. Never let an argument spill over into the next day. Have it out now, but don't go to bed angry.

9. There are three special words other than "I love you" that can be infinitely helpful in ending an argument. They are "Maybe you're right." These three words can almost always cool the fires of one who feels he has been mistreated, and he usually begins thinking "Maybe I'm wrong!"

10. Never be too proud to say "I'm sorry." Only weak people with low self-esteem think that it is demeaning to use these words, but by refusing to use them, their weakness only glares.

11. And finally, "The best way for a husband to clinch an argument is to take her in his arms" (11). The sensation of touch can often do more than a thousand words to mend a broken heart. Reaching out in love is almost always guaranteed to melt the heart of one who is hurt. A hand, an embrace, a kiss in the darkness is the surest of ways to say "I love you. I'm sorry."

There is an old story about the wind and the sun that surely you all remember: A traveler was walking down the road one day--when the sun and the wind suddenly noticed him. The wind boastfully challenged the sun to see which

one of them could get the man to take his coat off first. The wind took over and started blowing and blowing with all of his might, but what happened? He only succeeded in causing the man to wrap his coat more tightly around him. Then the sun, quietly and gently let his beams shine down on the traveler. And soon--off came the coat.

The point, of course, is that the way to win an argument or to get one's way is to quietly and gently make the suggestions that will result in improvement. A very wise husband was tired of seeing his wife with her hair in rollers at lunch every day. He could have said, "I am sick and tired of seeing you look like a wire-haired witch when I get home at lunch!" Instead he simply said "Honey, you know those rollers in your hair take away from your natural beauty." What woman wouldn't want to live up to these kind but well-pointed words? Learning how to fight is one of the keys to a mature and lasting relationship.

Are the "little things" in marriage important?

"Four things come not back: the spoken word, the sped arrow, time past and the neglected opportunity" (1). But in marriage how often the opportunity is neglected!

One wife cried out in despair:

Before we married he was considerate and thoughtful. Now he never opens the door for me. He never tells me

he loves me unless I drag it out of him. He never takes my hand or shows me any affection unless we are in bed. He never compliments me for a well-cooked meal, baking his favorite pie, or for ironing his shirts just right. And he never once has told me I looked nice!

It is easy to let an opportunity slip by to say a kind word, but if you are thinking something nice, why not say it? Let your partner in marriage know that you do appreciate the efforts made, else he may sometimes begin to wonder, "What's the use?" If you like the way she wears her hair, if you appreciate the way he works so hard for you and the kids, if you enjoy the favorite dessert she cooks when you have had a rough day, if you are glad that he spends so much time playing with the children, if you think she is a good mother, wife, lover, cook, if you think he is a good father, husband, lover, provider, handyman--say it!

A woman is made so that she longs to be something special to her man. A man needs the confidence that comes from knowing that he is adored by his woman. A very subtle and powerful force in human nature is our tendency to become what people make us think we are. Many a very ordinary looking woman has been transformed into a lovely, radiant person simply because her husband told her that she was beautiful. And many a gorgeous woman has gradually wasted away because she was not inspired by the one who meant the most to her.

Why do we withhold so much from the one to whom we owe the most? Why will a man jump to light the cigarette of another woman yet ignore his own wife's? Why will a woman effusively praise the new tie of a friend, yet fail to notice her husband's? Why will we greet someone we hardly know with a hug, yet rarely even think of it with the one we love above all others. It is absolutely amazing that a man will spend hours and hours correcting his golf swing or washing his car, that a woman will spend half a day playing bridge or pruning a rose bush, yet neglect the most challenging art in the world--the art of pleasing one's husband or wife?

True, there are certain things that we naturally expect from our mates, but a little praise, appreciation, or a kind word make it all seem worthwhile. They are like rain to a parched desert; they keep a marriage fresh and alive. The little acts of kindness such as opening a car door, holding hands in a movie, remembering anniversaries, a kiss goodnight, free use of the words "I love you,"--all of these are vital in a marriage.

Dr. Norman Vincent Peale tells of the time he sat next to a man on a plane whose wife had the habit of putting little unexpected notes in his pocket before he left on a trip. After a while, the man reached into his

pocket for something and came out with one of her notes. It said, "Thank you for just being you" (13).

What is the effect on a marriage when a baby is born?

The two greatest strains on a marriage are when the first baby is born and when the last child leaves home. A marriage is on very shakey ground the first year or so, and if a baby is added to the scene at this tender time of adjustment, the extra strain could produce the final break. That is why it is unfathomably important that a couple be sure their marriage is well-established, that the necessary adjustments have been made, before adding another member. Not only is it difficult for the marriage to survive, but it is downright unfair to the child to come into a chaotic atmosphere. As we have pointed out again and again, a baby needs a secure home-setting in the beginning months and years of his life.

Should a baby be "used" to attempt to cement a faltering marriage? NEVER! Not only is this an unforgivable misuse of a human life, but it will probably be the final blow to the union. Experience tells us that a marriage that is crumbling will often disintegrate with the addition of a baby. But it is important to point out that though a baby will not help but probably hinder a

poor marriage, it can be indescribably wonderful to the couple who has built a secure homefront and who dreams of the day that they will have a part of each of them recreated in their own baby. There is something very special about planning and wanting a baby, and when this is the case, the joy that parents experience overflows to each other and strengthens their bond. It spills over to the child and creates within him a self-concept that will be a fountain of strength for all of his life.

One final note of common sense. Many a husband's ego has been punctured by diaper pins (19). And though children will complete a good marriage, the husband should never be pushed aside and forgotten. In a few short years the children will be gone, but husbands and wives are forever. Mother love is something rare and beautiful, but the love between a man and his wife is the rarest of all.

SEX IN MARRIAGE

The highly glamorized Hollywood version of sex shows the heroine with heaving breasts and quivering nostrils falling helplessly into the arms of her lover. A mad, passionate love scene ensues. But because of this a young husband may have the illusion that his inexperienced bride will immediately become transformed into the

hot-blooded nympho he has seen on the screen. The young bride may dream of the wedding night as being "out of this world" with "sky rockets going off in her head," and she expects all of her previous inhibitions to immediately fly out the window. But rarely is it so in the beginning, and the first awakening to reality may be somewhat of a disappointment if young people are not prepared. The problem is that we usually expect too much too soon when actually a complete and satisfying sexual relationship is something that must be created by careful attention through the years.

What does a man need to know about his wife?

A young husband must not make the mistake of judging his wife's sexuality by masculine standards. He must understand that his wife's sexual responses are less local, more general and she is not as quickly aroused as he. It is not that she is less responsive than her man. As a matter of fact her sexual feelings are equally as strong, but the difference is that her sexual feelings are not centered in the urgency of intercourse. They are diffused in almost everything she does and everything that happens to her each day. For her sex is an all-inclusive relationship that involves far more than what happens in the act

of intercourse. A man must remember to treat his wife as a woman. Women resent it when men wait until they hop in bed to start with affection and love talk. A woman wants more than just a sex life, she wants a love life. The little acts of thoughtfulness, the compliments, and affection that her husband displays throughout the day are all part of the sexual experience for her and affect her sexual responsiveness.

The reason she reacts so differently is because of the simple fact that a woman's emotions are so wrapped up with her sexual feelings. If she and her husband have had a fight that hasn't been cleared up, if he has been out too late or cold and aloof during the day, if the children are sick or she is feeling depressed--all of these affect her capacity to respond sexually. A wise husband is aware of her emotional needs and works to create the atmosphere that will lead to full sexual pleasure for both of them.

Some marriage manuals create the misconception that a man is less of a man if he cannot bring his wife to full climax every single time that they make love. But a husband must understand that for her the closeness of the sexual embrace and the merging of body and mind can still be a deep experience of emotional satisfaction. The warmth and security of being near the man she loves,

the feeling of belonging to someone, the pleasure of giving pleasure combine to give fulfillment even if orgasm is not achieved. This is difficult for a man to understand, for again he often makes the mistake of judging her by his own.

And yet there are many thoughtless and selfish husbands who seek to satisfy only themselves, and when they have had their climax, they roll over and go to sleep. This makes a wife feel used and frustrated. The thoughtful, loving husband is gentle and gradual with his wife. He has to make an extreme mental effort to delay orgasm for himself in order to help her achieve satisfaction. Especially on the wedding night and honeymoon it is important that he be tender, gentle, and understanding. He should not try to take his new bride too quickly or forcefully, for he may permanently spoil her attitude toward sex in the early days of their marriage. The wise husband knows that it takes time and gradual effort to bring his wife to full sexual awakening.

What does a woman need to know about her husband?

Women too have a great deal to learn about the men they love. They must understand that a man's sexual needs are urgent and strong. A woman may think that a man

isn't sensitive about sex, but if she thinks this, she is sadly mistaken. A man is quite sensitive and if he makes a sexual advance to his wife and is rejected, he may be deeply humiliated. Of course there are times when she may be too tired or concerned about problems to respond sexually, and a husband would not want her to pretend an affection she did not feel. But fatigue can become a habit if one isn't careful. A wife who makes a habit of turning her husband away may severely wound his pride. And what happens then? He may seek consolation from another female who is more "understanding."

But turning him away gives the impression that the husband should always be the aggressor. A warm and sensitive woman learns to tune into her own feelings, and when she feels the need for sexual expression, she should take the lead. This will delight her husband and expand his love. The smart woman turns her feelings inside out. She doesn't hold them inside, but pours them affectionately on her husband. By doing this, not only is she a happier, more fulfilled woman herself, but she stabilizes her marriage by keeping her man happy. Any intelligent woman knows that her man has only so much energy, and if she keeps him satisfied at home he will not want or need to expend it elsewhere. Let him know he is needed and his heart will never roam.

Some women make a game of sex by using it as a weapon or bribe. They may use the words or only imply that "If you don't do this for me, you don't 'get any' tonight." In other words she makes him feel that he has to earn her love. But this type of abuse of sex is nothing more than prostitution. A wife who prostitutes herself is destroying her husband's ego and her marriage and home along with it.

A large part of a woman's role in satisfying her husband is maintaining her appearance. Listen to the words of this discontented husband:

My wife doesn't understand why I'm not romantic anymore. I have 199 reasons why I feel nothing for her--a pound each! She has gained sixty-five pounds since we have been married. She wears some kind of goop on her face at night, rollers in her hair, and she doesn't look much better during the day. All she does is sleep late and sit around and eat and watch soap operas on television. I know I married her for better or worse but this worse? She has about as much sex appeal as a garbage can!

It is sad that so many women let themselves go to pot once they have caught their man. But catching him is no guarantee of keeping him, for whether we like it or not, a man's sexual appetite is dramatically influenced by his woman's appearance. With all of the sexy, young things appearing half-nude on our living room television sets, a wife should know that she has plenty of competition.

Not that he would play around with other women simply because she is no Raquel Welch, but mentally he might think about it if she doesn't make the best of what she has. We all decline with age, but if a woman works at keeping up her appearance and figure and remains sexually attractive for her husband, to him she will be the most beautiful woman in the world.

What general considerations are necessary?

If a man and his wife are having difficulty achieving a satisfying love life, they should discuss it openly and honestly. Sexual intercourse is the language of love, and a husband and wife should never be ashamed to express their feelings and misgivings about it. If the problem seems insurmountable, a marriage counselor, psychiatrist, or minister may be in order.

One of the questions that marriage counselors are often asked is "What is normal or moral between a husband and wife?" Experts overwhelmingly agree that nothing is immoral or wrong in married love as long as no one is hurt and if it is agreeable to both. Another question that is often asked is "When is a couple too old for sex?" And to this there should be no pat answer. If the couple is in good health, there is no reason why sex should not

be a warm and rewarding part of their lives on into the seventies and beyond.

If young couples could reach a new understanding of sex, marriages could be revolutionized. If each partner could begin to comprehend the different sexual nature of the one he loves, we would have far less misunderstanding, misery, and broken homes. When sex is not a beautiful, thrilling, and mutually enjoyable aspect of a marriage, husbands are left starved, women are left frustrated. Married sex should be an experience that binds a couple together in a lasting devotion that surpasses even the exotic love scenes described in the best sellers and "X" rated movies. A good sex life in marriage means having the capacity to give freely, to rejoice in the full expression of our manhood and womanhood and to be eager and happy to meet each other's needs. Certainly sex is not everything in a marriage, but we must never underestimate the power it holds to add warmth and fulfillment to marriage.

INFIDELITY

Many people share the attitude that sex and love are two different things and that to indulge in sex with someone other than one's husband or wife is the same as enjoying

any of life's pleasures--as long as one's mate doesn't find out! Yet this is nothing short of hypocrisy, and because it can rip the fabric of a family to shreds, it can only be considered a most selfish pleasure.

Before you marry--take a long, clear look at yourself. Be absolutely certain that you will never allow yourself to be unfaithful, and then keep yourself out of tempting situations. If you can't be certain, then don't marry! Though adultery is depicted as natural and exciting in many of our contemporary novels and movies, in reality it depreciates one's self respect, crushes the feelings of those we love, and destroys the foundation of home and family.

A New York minister tells of a young college man and woman who were advocating more sexual freedom and arguing that the marriage vows should be altered. Later they fell in love and came to the minister to ask him to take charge of their wedding. As they were going over the ceremony, he asked if they wanted him to omit the section that says, "Keep thee only unto each other so long as you both shall live." They were shocked and asked him why he would say such a thing. He reminded them of their previous discussions, but they immediately spoke up and said that they had "grown up" in their understanding of marriage.

They wanted the marriage vows to express their lasting faithfulness and trust in each other and their dream for the home they were soon to build (2).

There are those who argue that extra-marital sex should be a natural part of a marriage. Their contention is that a man and woman can maintain their family but that monogamy (one husband married to one wife) is out. They believe that in order to satisfy our sexual needs, we need more than one partner. But this philosophy denies the basic human needs of trust, security, and commitment to the one person we love above all others. Infidelity only creates conflict that can ultimately shatter the roots that bind a home and family.

DIVORCE

What problems are created by divorce?

As we know one out of three marriages don't make it. They end in divorce leaving millions of men, women, and children with broken lives. Divorced men pay child support and alimony that may thwart their chances of ever rebuilding their lives. Even if a man has stopped loving his wife, he surely won't stop loving his children. Yet how sad it must be to come home to an empty, silent house, have to cook his own meals, sleep alone, and look forward only to visiting his children once a week, month, or year.

A divorced woman struggles to get by on the meager child support she receives, but this usually is not enough and she has to work in order to support her children. She is amazed that because she is divorced, bachelors and even married men often consider her "free bait" and show little respect for the person that she is. And worst of all, she has to stand by and watch her children grow up without a father. She tries to be a substitute, but no one can ever substitute another. It is sad enough when death takes a parent away, but when a judge does it, it can be even sadder. When a child is denied the mutual love and affection and discipline from both parents, he sometimes loses the full capacity for giving and receiving love and affection. Studies point out that a child of divorce is three times more likely to have a divorce in his own life, for he hasn't had the experience of witnessing the ingredients of a happy marriage (7).

Is divorce sometimes best?

Of course there are some very good reasons for divorce, and it is probably better that the children live with only one parent with less friction than both parents in a loveless and chaotic life. Thus, we are not attacking

divorce, we are attacking getting into the position of
needing a divorce in the first place!

There are many problems that, if the couple had worked harder to solve, could have been overcome. But most of all, there are some people who should never marry; there are some people who should never marry each other; and there are some people who not marry at this particular time. If people could learn to think with their minds instead of their bodies, perhaps the divorce rate could be cut in half.

Are you really determined?

When speaking of marriage, Dr. Peale recalls the story his father used to tell him about the man who had a very poignant dream. He dreamed that he came to the great storehouse where God keeps all of the gifts He bestows on mankind. When the man came to the angel who was guarding the storehouse, he said, "I'm so tired of the miseries of life on earth! Instead of wars and affliction, lusts and lies, we need love and joy, peace and justice. Please give me some of these things to take back to earth." The angel smiled and said, "We don't stock fruits--only seeds" (12).

As a young couple stands on the threshold of a new life together, they hold only the seeds, the raw materials,

from which married happiness can grow. But these seeds must be planted, cultivated, protected, and encouraged to full growth. For though making a go of marriage is hard work, it is the most challenging and rewarding work you will ever do. What a boring life it would be if marriages came to us smoothly and easily and predictably. As a matter of fact, good marriages take even more effort today than at the turn of the century, for because people live longer, they have more years to stick it out! In those days women live to be forty-three, men forty-six. Today thirty years have been added to our life expectancy, so that when we marry we are talking about half a century with one person!

If you saw the movie or read the book, Love Story, you surely caught a glimpse of what married love should be. This was not a shallow melodrama, as the critics have said. It was a story which should have left each reader or viewer with a deep sense of the meaning of love and commitment, of life and death. It should have left one with the desire to hold on to the ones who mean so much in his life, to cherish them, live and work for them and value every moment of their existence. "Till death do you part" are probably the most profound and meaningful words you will ever utter in all of your life.

We simply must begin to realize the full significance of what it means to commit our lives to another human being.

TERMINOLOGY

1. adultery - sexual relations between married people with someone other than their husband or wife, different from fornication which is premarital sex, or intercourse between unmarried people as mentioned in the Bible.
2. chauvenism - an irrational loyalty to a certain cause.
3. extra-marital sex - adultery; infidelity; sexual relations between married people with someone other than their husband or wife.
4. hen-pecked - referring to a man whose wife controls him and makes all of his decisions.
5. infidelity - adultery; sexual relations with someone other than one's husband or wife.
6. installment plan - buying on credit.
7. monogamy - the state of being married to only one person at a time.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Why is the first year of a marriage usually the roughest?

2. What is probably the primary cause of breakdown in the home?
3. What do you think about accepting financial help from parents after one is married?
4. What is your personal opinion on who should be boss in the family?
5. In your own opinion should a man help out at home? If so, in what ways? If not, why not?
6. Why can quarreling in a marriage be healthy? What are some of the principles that should be applied in marital fighting?
7. The question is asked "Why do we withhold so much from the ones we love the most? Can you answer this question?"
8. Can a baby cement a faltering marriage? If a couple has a choice, when is the best time to have a baby in marriage?
9. What is the meaning of the statement, "Many a husband's ego has been punctured by diaper pins."?
10. Why do so many young men and women come to marriage with a negative attitude about sex?
11. Explain in your own words some of the things a man needs to remember about his woman in order to build full sexual pleasure.

12. Explain in your own words some of the things a woman needs to remember about her man in order to attain a full sex life.
13. What is your opinion of marital infidelity?
14. Do you think it would be best to keep a family together, even when the husband and wife cannot get along and no longer love each other, or would it be best that they get a divorce?

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PREVIEW OF PARENTHOOD

CHAPTER XIII. THE MIRACLE OF LIFE

CHAPTER XIV. A "DELICATE" CONDITION

CHAPTER XV. A LIFE IN YOUR HANDS

CHAPTER XVI. YOUR CHILD AND SEX EDUCATION



Fig. 8--A baby's life is almost solely shaped by the hands that guide him.

"All I see teaches me to trust my Creator for all I do not see" (anonymous).

CHAPTER XIII

THE MIRACLE OF LIFE

(Conception to birth from the baby's point of view)

The private, weightless, tranquil world of a baby is one which each of us has known but forgotten. Here are a few questions which you certainly can't answer from memory as a baby, but you will enjoy thinking about them and learning the answers:

While still in the womb, can a baby hear? Can he see? Is he able to taste? Does he suck his thumb, get the hiccups, or breathe? Can he make facial expressions? Does he sleep and wake alternately or does he constantly sleep?

What is his first body organ to begin functioning?

What causes twinning to occur?

Which parent determines the sex of the child?

What is the experience of being born actually like for the baby himself?

What is the best and safest age at which to have a baby?

What is the average weight and length of a baby?

What is the weight of the heaviest baby ever born?

What is the age of the youngest mother ever to give birth?

How can birth deformities be avoided so that a baby can come into the world as healthy and normal as possible?

These questions and others like them will be answered as we seek to unfold the baby's own personal story from conception to birth. You will surely find that the development of a new life is a beautiful story indeed, but please do not let this new awareness rush anyone into having a baby too soon. On the contrary, a deeper understanding of the miracle of pregnancy and birth should help each person want to wait for that very special time when he and the one he loves are completely ready and willing to bring a baby into the world. One of the most tragic mistakes of our age is that people put so little value on what it means to have a baby. Hopefully, this chapter and the ones to follow will help you to start thinking about placing a much deeper significance on the meaning of human life.

Exactly what happens during conception?

Imagine for a moment that in the 266 days from conception to birth one minute fertilized egg cell becomes an amazingly complex six or seven pound bundle of human being which now possesses some 200 million cells. From this initial speck of life an exquisitely intricate sequence of events unfolds to produce the organs and tissue that become the tiniest hair or fingernail to the most complicated network of nerves and brain.

During sexual relations, approximately 400 million sperm are implanted in the vagina. By a whiplike motion of their tail, they propel themselves forward through a treacherously difficult journey in hopes of meeting with an ovum. Yet out of the millions of deposited sperm, very few will actually reach their destination. Many will travel into the wrong Fallopian tube where there is no egg; others may become stranded in tissue crevices of the vagina and uterus. Only about 4,000 will actually reach the target area, and only one will be the victor. Imagine the enormous odds you had against your own conception, for your chances of being conceived were one out of 400 million! Dr. Alan Guttmacher says that the baby started by this one particular sperm will have a far greater chance of becoming President of the United States than he had of being conceived in the first place (5)!

One sperm will penetrate the egg, and at that moment life has begun. The Chinese cherish the time of conception so highly that they count a baby as being one-year old when he is born. Now that the crucial meeting of egg and sperm have taken place in the Fallopian tube, the cell wall hardens so that another sperm cannot enter. The nucleus of the victorious sperm joins with the nucleus of the ovum and though the sperm is quite small in comparison

with the egg, it carries exactly one-half of all the hereditary material that will determine the characteristics of the baby.

How are inherited characteristics passed on to the baby?

In all human cells there are exactly forty-six chromosomes, the tiny threadlike bodies that are the bearers of family traits. But the ovum and sperm each possess only twenty-three chromosomes. When they unite, they will then have the forty-six chromosomes that every other cell which develops from them will possess. After the nucleus of the sperm and egg have joined, each chromosome seeks out his partner; chromosome one from the sperm finds chromosome one from the ovum, chromosome two finds chromosome two, and so on until each has found his partner and paired off in a beautifully intricate pattern.

Each chromosome is made up of thousands of tiny genes which determine hair color, eye color, skin color, etc. There are dominant and recessive genes for each of the various characteristics and dominant genes always prevail over the recessive. If a dominant gene for dark eyes from the father's sperm meets with a recessive gene for blue eyes from the mother's ovum, the outcome will be dark eyes. But if a recessive gene from the father meets with a

recessive gene from the mother, the outcome will be blue. Dark hair is dominant, blond recessive; curly hair is dominant, straight hair recessive; free hanging ear lobes are dominant, attached ear lobes recessive; and on and on until the genes have combined to determine the shape of the eyelids, fingers, nose, lips, and every other characteristic imaginable.

But though the baby receives his characteristics from both of his parents, of one thing we can be certain-- he is absolutely unique. No one has ever been born exactly like him, and no one ever will be. Of course identical twins will have the same chromosomes and genes but they will each possess different personalities which will cause them to be unique from each other.

How is the sex of the baby determined?

One of the most exciting aspects of pregnancy is wondering about the sex of the child. For generations women have been tortured, put to death or emotionally brutalized when they did not produce the son their husbands had expected. It is a shame that people in those days didn't know that the sex of the baby is determined solely by the father's sperm.

The twenty-third chromosome of the ovum and sperm is the sex chromosome. The chromosome of the ovum symbolically bears an "X." It is neuter or has no sex. But there are two types of male sperm. Approximately half of all sperm symbolically carry a "Y" chromosome, the other half carry an "X." If a Y-carrying sperm unites with the ovum the result is XY--a boy. If an X-carrying sperm unites with the egg, the outcome is XX--a girl.

Throughout time, prospective parents have wondered if there will ever be a way of planning the sex of their child. Aristotle advised the young Greeks to make love in a north wind if boys were wanted, in a south wind if girls were desired. Even today some Europeans wear boots to bed if they want a boy, and in some American homes men still hang their pants on the right bed post for a boy, on the left for a girl (8). All of this seems rather pointless, for most doctors agree that we do not yet know enough about ova and sperm to possibly predict the sex of a baby. However, an interesting theory has been devised by Dr. Landrum B. Shettles. After tedious and complicated research, Dr. Shettles found that the Y-carrying sperm, called andosperm, were smaller, round headed, and they travel more quickly but die out sooner than the X-carrying sperm, or gynosperm. The gynosperm are oval-shaped and quite hardy but very slow in comparison with the andosperm.

This told Dr. Shettles that the timing of intercourse could be a critical factor in determining the sex of the child. According to his theory, if sperm are deposited a few days before ovulation, the Y-carrying sperm which live only about twenty-four hours, have all died. Only the healthy X-carrying sperm are still alive to fertilize the egg and produce a girl. On the other hand, if intercourse occurs within twenty-four hours of ovulation, the rapidly moving Y-sperm will reach the ovum first to produce a son (8). His theory is much more involved than this simple explanation, and certainly we must remember that it is purely theoretical. However, if it does prove to be correct, there are a few questions that must be asked. Will use of this theory cause an over-balance of men to women? Or do most families prefer to have children of both sexes so that a counter-balance would be reached? If this is true, then perhaps sex selection could help reduce the population explosion, for parents would be satisfied with two or three children of chosen sexes. What do you think?

Planning the sex of a baby is one thing, but there are parents who seek to find out the sex of the baby they are carrying before he is born. The old superstitions that supposedly foretell the sex of the child such as the way a woman carries her baby, how big it seems to be, and how

much weight she gains are all quite false. However, there is now a very accurate method of predicting the sex of the baby through a process known as amniocentesis. This procedure involves inserting a needle through the abdomen of the expectant mother and withdrawing a small amount of the fluid that surrounds the baby. The cells which have been sloughed off from the baby into the fluid are then studied and the sex is determined with 100 per cent accuracy (7). Yet wouldn't finding out the sex of the baby before it is born be something like opening a Christmas present before Christmas?

What causes multiple births?

People are always fascinated by the birth of twins or triplets, and in this day of the fertility pill, we are seeing more and more of them. Contrary to what some people think, twins are not caused by two sperm penetrating one ovum. Actually there are two ways that multiple babies can be conceived, for there are two different types of twins, identical and fraternal.

Fraternal twins are the result of more than one egg being in the Fallopian tube. The new fertility pill is for women who are having difficulty conceiving. It stimulates ovulation, but it sometimes causes as many as five or six ova to be released from the ovaries.

This results in two or more babies (depending on the number of eggs released) who will be completely different individuals. They may be of different sexes, have different hair color, eye color, and physical characteristics, for they each have their own distinct set of chromosomes. In the case of identical twins one egg splits so that two babies have the same chromosomes. They are of the same sex and look exactly alike. About one-third of all twins born in the United States are identical twins; the other two-thirds are fraternal. Blacks have a greater incidence of twinning than whites.

When twins or triplets are in the womb, one baby will lie head down, the other lies head up so that they will fit more comfortably without bumping heads. The more comfortable position is with the head down, and it is interesting to note that the twin who achieves this most comfortable position in the womb is usually the dominant personality throughout life. Though twins are usually born within hours or minutes of each other, in 1969 a pair of Swedish twins made medical history when they were born as far as fifty days apart!

What causes Siamese twinning?

People are always interested when the rare phenomena of Siamese twins occurs. Siamese twins are identical

twins whose bodies did not completely separate when the original cell divided. They are born joined, often for life, at the head, a body organ, or tissue. The name Siamese twins, originated from Chang and Eng Bunker of Bangkok, Siam.

Eng and Chang were born with their bodies joined by a band of tissue at the lower breastbone. They came to America as stowaways when they were eighteen-years-old, and because of their unusual condition, they joined the circus of P. T. Barnum in 1831. He made them rich and famous and they did the same for him. Both were bright, intelligent, and personable. They got along extremely well and enjoyed playing chess and reading to each other.

They married sisters, and everything went well at first until the girls had a falling out. Each family had to build separate homes a few miles apart. Eng and his wife had nine children; Chang and his wife had eleven. They lived to be sixty-three and were never surgically separated. When he was sixty-one, Chang suffered a stroke that left him partially paralyzed and two years later he died of pneumonia. Immediately after Chang's death, Eng began to feel an overpowering weakness and two-and-a-half hours later he died. Doctors did an autopsy and came to the conclusion that Eng had been "frightened to death" by the death of his brother (5).

What happens to the fertilized ovum after conception?

Now that conception has taken place, the curtain rises on a fundamental drama. The fertilized ovum makes its journey slowly down the Fallopian tube, which is a thread-like opening about the size of a broom straw, to its nesting place in the womb. The cell of life is helped along by tiny cilia, hair-like protrusions which line the tube and move the fragile egg down it in a trip that takes about three to five days. At the same time the cell is dividing and growing into two, four, eight, and more cells. Meanwhile a hormone revolution has been taking place as the ovaries begin secreting one of the female hormones, progesterone, which provides the uterus with food and stops the possibility of menstruation, else the baby could not live. And estrogen is being secreted in increased amounts in order to prepare the uterus with a thick, spongy lining which will furnish the ideal home for its honored guest, the growing baby. By the time the fertilized ovum reaches the uterus, it is exhausted; its food supply is depleted and it is very near extinction. So it does the only thing it can--it nestles into the lining of the womb and becomes completely dependent on its mother.

And now miracle piles on top of miracle as the round cluster of cells begins to specialize and divide at just

the right time and rate to divide into body cells, nerve cells, hair cells, eye cells, blood cells--everything that will eventually become a complete and perfect living baby.

What special organs does the prenatal baby have to maintain his survival? (Refer to Fig. 9 and 10.)

Because the inner world of the womb is so different from our world, the baby needs special organs to maintain his survival. He will be encased in his own shock-absorbing, water-filled capsule, the amniotic sac. He will have his own life-line, the umbilical cord. And he will have a network of blood vessels, the placenta, which will surround the amniotic sac and provide him with food and oxygen and carry away his wastes.

Amniotic sac.--The embryo, which he will be called until he develops the first real bone cells at two months, is completely surrounded by a bag of waters in the amniotic sac. It is somewhat like an elastic balloon that will eventually be filled with two quarts of fluid. In a complex process that is not completely understood, the amniotic fluid is constantly being re-manufactured. It maintains a temperature of about ninety-nine degrees, and even if a woman walks through a thirty below snow storm, the fetus remains warm and comfortable within the womb.

As the baby gets a little older, it can freely float in the fluid, twisting and turning with grace and ease. And if a blow from the outside occurs such as a car wreck, a fall or a blow to the mother's abdomen, the baby is cushioned against the force. He swallows the amniotic fluid and excretes his urine into it. As he sucks the fluid deeply into his lungs, he is rehearsing for what he must soon do with air. Thus, in a sense, we could say that the baby "breathes" before birth though he actually gets his oxygen from his mother.

Placenta.--The placenta is one of the most remarkable organs of the human body. It carries the responsibilities that the kidneys, lungs, endocrine glands, liver, and intestines of the adult perform. Completely surrounding the amniotic sac with a network of tiny blood vessels, the placenta will grow to be about eight inches in diameter. It will help the baby by providing it with food and oxygen as well as screening out many of the harmful drugs or diseases that the mother may have. Yet it certainly is not perfect for there are some drugs and viruses that do cross the placenta to the baby, such as German measles.

Umbilical cord.-- The umbilical cord is actually the baby's lifeline between himself and his mother. It attaches at his abdomen, passes through the amniotic sac

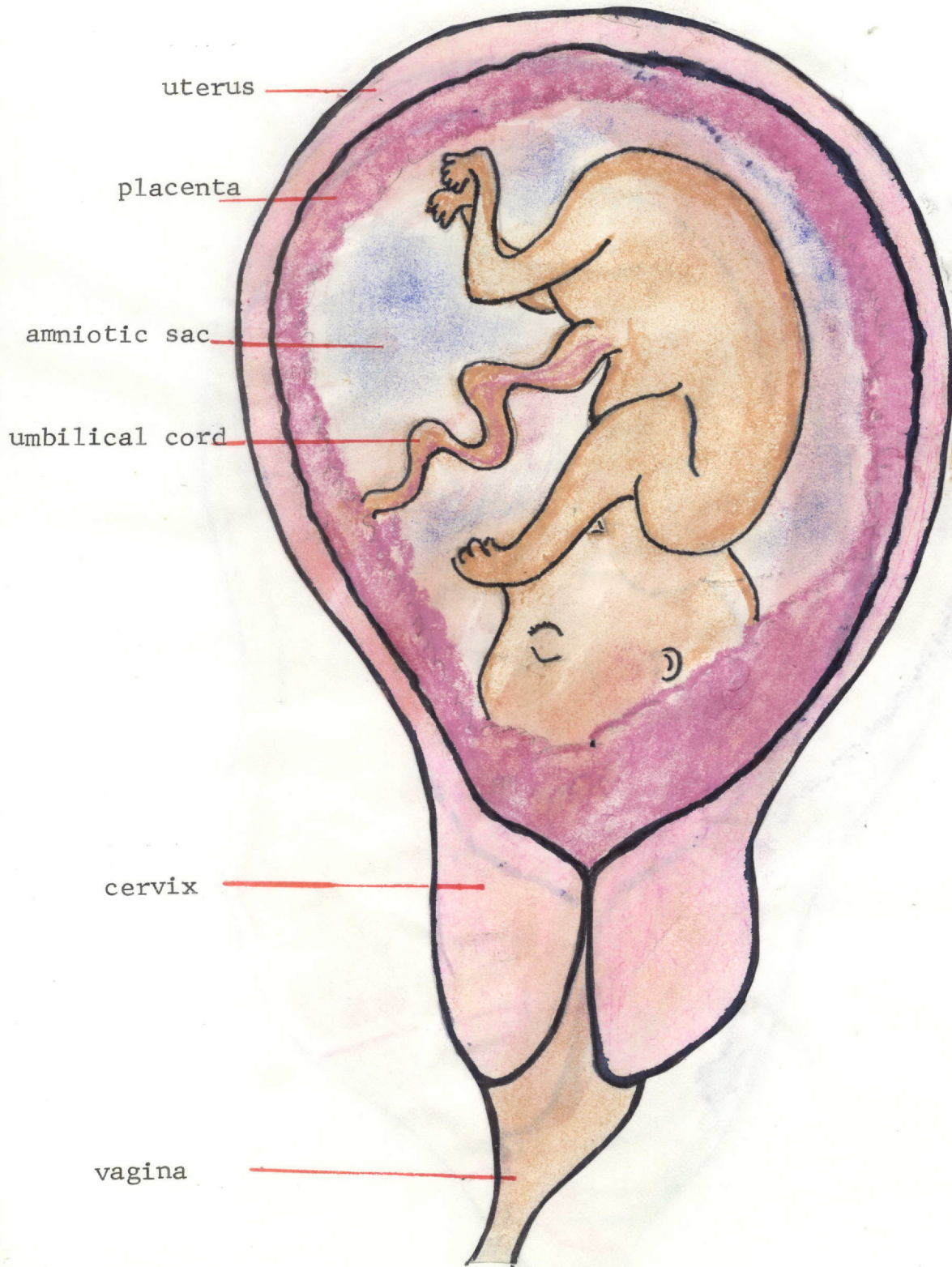
and connects with the placenta. Within the cord are three blood vessels: two arteries which carry the food and oxygen from the placenta to the baby and one vein which carries away his waste material to be excreted by the mother's kidneys. But the interesting fact is that the baby's and mother's blood never mix. The blood leaves the baby, pulsed by his tiny heart, and rushes through the vein to the placenta then back again carrying the necessary nutrients and oxygen.

For ages women have worried that if they exercised too much or got into an unusual position, the cord may become tangled around the baby's neck and cut off the blood supply to his brain. This worry is groundless for the blood rushes through the cord at such great speed, about four miles per hour, that it is usually too stiff to make a tight knot.

What stages of development does the prenatal baby go through?

For the first eight weeks of his life, the embryo undergoes such amazingly rapid development that it actually develops something new each minute. By the end of nine months, he will weigh six billion times as much as he did in the beginning. If he kept on growing at this same pace, he would be twenty feet tall by the time he reached adulthood and his weight would be astronomical!

Fig. 10--Full-term Fetus



uterus

placenta

amniotic sac

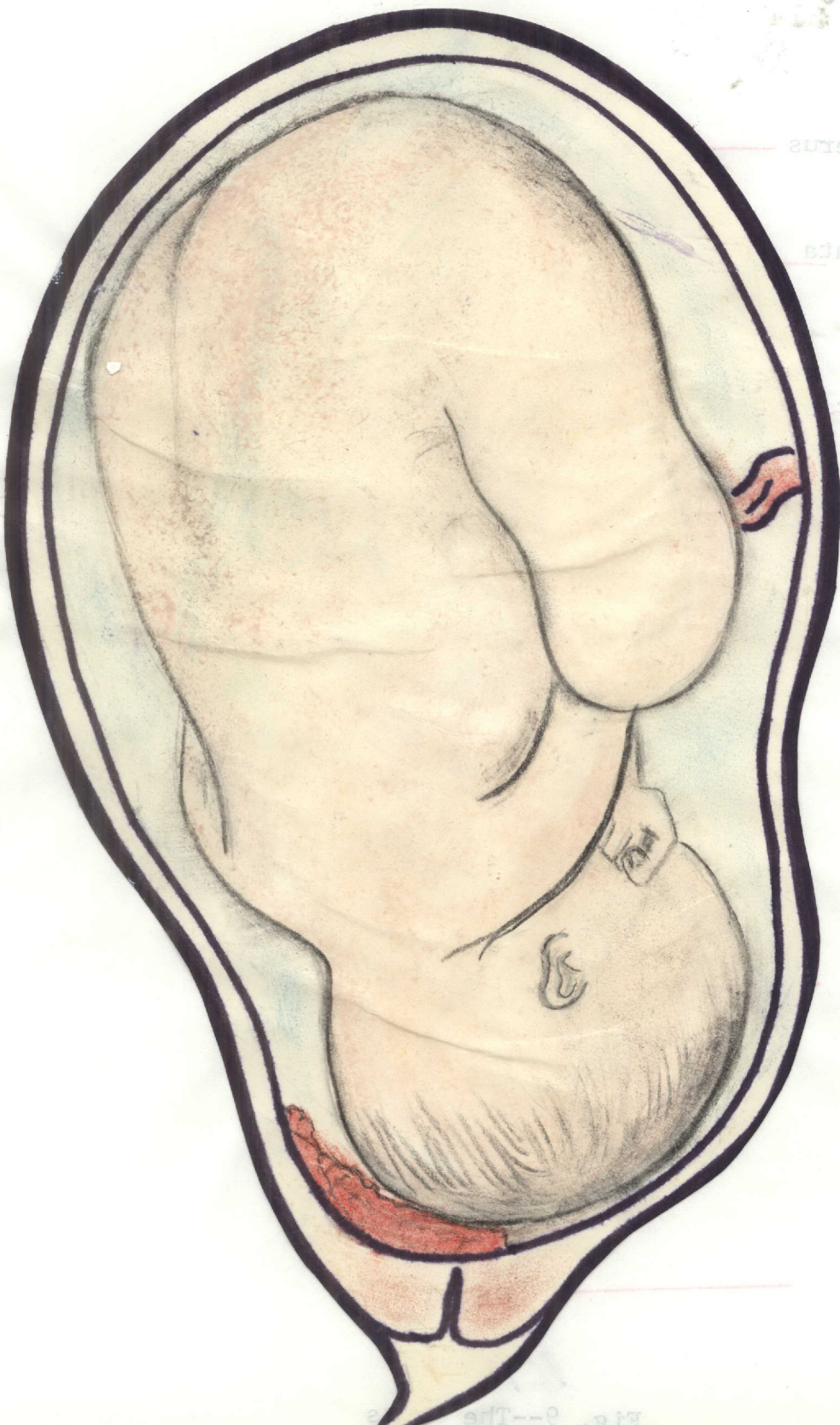
umbilical cord

cervix

vagina

Fig. 9--The fetus

Fig. 10--Full-term fetus



uterus

placenta

amniotic sac

umbilical cord

cervix

vagina

Fig. 9--The

One month.-- As soon as four weeks after conception the tiny embryo has a primitive heart and his own system of blood vessels. The heart began pumping on the eighteenth day and was the first organ to actually begin functioning. A brain of microscopic proportions, a threadlike spinal cord, and a minute network of nerves have been forming to create what will soon be the nervous system. Though he is only one-tenth of an inch long, he already has the beginning of eyes, thyroid gland, lungs, stomach, liver, kidney, and intestines.

Two months.--By the end of the second month the baby is so unbelievably small that he weighs only one-fifteenth of an ounce, but now his miniature face has been completely formed. He already has tiny eyes, ears, and nose though they have not yet begun to function. He has a little mouth with lips, an early tongue and buds for twenty milk teeth. Even his sex and reproductive organs have begun to sprout. Whereas he was an embryo, a Greek word meaning "to swell," he now becomes a fetus, a Latin word meaning "young one." He becomes a fetus when the first real bone cells begin to appear in place of cartilage. It is at this stage that he can be seriously damaged by substances that come across the placenta. Though he is small, he is startlingly complete, yet his mother still may not know that he exists within her womb.

Three months.--At three months the fetus looks like a miniature baby with the same body proportions. He has arms, legs, feet, and toes. His tiny hands have developed fingers and even fingernails. Because his skin is so thin he may receive quite a number of scratches from his nails before he is born. His genital organs are now so well developed that if he could be examined, his sex could be determined. He weighs one ounce and is three inches long. In his own private world, he is quite beautiful and perfectly formed. Only now is the mother probably beginning to suspect his existence.

Four months.--At four months the fetus has developed so rapidly that he now weighs six ounces and is eight-and-a-half inches long. At this point his mother will soon begin to feel the first stirrings of life within her. The thrusts of his arms and legs are so faint in the beginning that they have been compared to the flutter of a butterfly's wings against the walls of her womb. The fetus sleeps and wakes, and after a short period of wakefulness and thrashing about to explore his world, he becomes tired and falls back to sleep. He has miniature eyebrows and eyelashes, and though his eyes are still fused together, he can twist his face into a grimace and contract his eyes

into a wink. At this point the doctor can probably begin to hear the fetal heartbeat with the aid of a stethoscope.

Five months.--At the end of the fifth month, the fetus weighs between one and two pounds and he is one foot long. He is beginning to grow hair on his head, and most miraculous of all, he already has all of the twelve billion nerve cells that he will carry as an adult.

Six months.--During the sixth month the baby develops the skill of opening his eyes. Before this time it would have been impossible for him to live if he had been born. But now, if he is born, he will be able to breathe for twenty-four hours by himself. Yet his chances of survival after the twenty-four hours are extremely slim. Very few "preemies," or premature babies, born at six months have been known to live.

Seven, eight, and nine months.--At seven months the baby has about a fifty-fifty chance of living if he is born. But the longer he stays in the uterus, up to the ninth month, the better it is for him. Not only is he gaining weight, but he is receiving immunities from every disease that his mother ever had. Antibodies from chicken pox, mumps, whooping cough, and other diseases are passing over the placental wall, through the umbilical cord, and will provide the newborn with immunities from these diseases

for about six months after birth. At the end of the ninth month, the baby will weigh an average of seven-and-a-half pounds, and will be twenty inches long. If he is born now his chances of survival are ninety-nine out of one-hundred. According to medical literature no baby has ever weighed over fifteen-and-a-half pounds that lived. There was a case of a female who weighed twenty-five pounds at birth, but she was stillborn.

What is life in the womb like for the baby?

During the months of prenatal development the baby has been acquiring many new skills, and while he is awake he is constantly examining and discovering his own little world. He discovers that his thumb fits conveniently into his mouth and he sucks. This provides him with the practice he will need for feeding as soon as he is born. He drinks the amniotic fluid which provides him with some nutritive value as well as prepares him for feeding. In fact by the time he reaches the last stages of development, he may drink as much as six pints of fluid a day! Researchers have found that if they inject sugar into the amniotic sac, the baby will swallow the fluid all the more eagerly! Sometimes the fetus even gets indigestion and begins to hiccup, but this is probably because his mother ate something that didn't agree with her baby.

A fetus also seems to be able to hear before birth. A researcher named Sontag held a tuning fork to a mother's abdomen, and the fetus responded with a hardy kick each time the tuning fork was blown. One mother reported that while viewing a noisy movie, the baby started kicking so vigorously that she finally had to get up and leave (4)! Somehow, the sounds set up waves that are transmitted through the fluid and may wake a napping baby. But the uterus itself is not a silent place. For one thing there is the rumbling of the mother's digestive tract as it digests food. If the mother has had a drink that is bubbly or effervescent such as beer, champagne, or even a coke, the noise of the bursting bubbles may sound like firecrackers to the ears of the baby inside. But most of all, there is the constant, rhythmic "lub-dub" of his mother's beating heart. It is believed that one of the reasons an infant prefers to be held in his mother's arms, his mother's above all others, is because, as she holds him closely to her heart, he is comforted by the familiar sounds of the beat that was once such a pleasant part of his carefree days in the womb. You can understand why, when a newly weaned puppy is taken away from his mother, his owner will often put a clock next to him as he sleeps. This is so that the constant "tick-tock" will remind him of his

mother's heartbeat and give him comfort through his first few lonely nights.

Can the baby see before birth or is he blind? As you have learned, the baby opens his eyes around the sixth month of development, and interestingly enough, he can vaguely see. There is really nothing at which to look and he cannot focus his eyes, but he is able to distinguish shades of light from dark. The baby also learns to cry before he is born, though certainly his cries are not audible to the mother, for there is no air to transmit the sound. He may protest with a kick or a cry if he doesn't like what is going on, such as if he happens to get into an uncomfortable position. When is lying so that his back bone crosses his mother's, there is very little fleshy padding between the two areas and it may feel to him as though he is on a bed of rocks. He may not like the way his mother is bustling about the kitchen at dinner time while he is trying to sleep. He learns a great deal about his mother by the way she handles herself during pregnancy, and his personality will be partially shaped by the calmness or nervousness which she displays. His happiest moments are when he is gently swinging forward and backward while she walks. Later on when he is born, he will still enjoy being cradled in his mother's arms and being gently rocked to sleep.

Now that birth is nearing, the baby's living conditions become so cramped that he struggles to find the most comfortable position possible. Since the top of the uterus provides the largest space, he curls up with his legs, thighs, and buttocks there and his head in a downward position. This is why ninety-seven out of one-hundred babies are born head first. His head may even look somewhat misshapen or pointed after he is born, but this is for a good reason. The newborn baby's head is soft and the bones of the skull have not grown completely together. The reason the skull is still incomplete is so that, as the head is squeezed through a narrow passageway at birth, the bones can give way without being crushed and injuring the delicate brain. When he is born, this will be called the baby's "softspot," or fontanel, and will grow together at about eighteen months. It is just another of Nature's ways to provide for the protection of a helpless baby.

What is birth like for the baby?

Now the most dramatic event of all--it is time for the baby to be born. Imagine, for a moment, what this experience must be like for the baby. He is sleeping peacefully in the warm, calm, comfortable world inside his mother when suddenly a sixty pound force starts pushing him through a

narrow, boney opening and down a long muscular tube. And finally he is forced out into the world--his eyes are immediately blinded by the brightness of a light he has never known; a shock of cold air hits his wet body as he emerges into a temperature that is twenty-five degrees lower than he has been accustomed to. He is assailed with the force of gravity which he has never before felt, and to top it off someone picks him up by the feet and gives him a sharp slap on the rear end! Is it any wonder that he lets out an ear-piercing cry?!

But this initial cry serves an important purpose, for it helps him clear the mucus which has accumulated in his air passageways so that he can take his first breath. There will be no tears for his tear ducts will not be working for a few weeks yet. The doctor clamps and cuts the umbilical cord, permanently separating him from his mother so that he can become a distinct individual. The cord is fastened between the placenta, which has not yet been born, and the baby's abdomen. There is no need to worry that the baby will bleed to death for the cord is filled with a special jelly that expands as soon as air hits it. Of course no pain is felt when the cord is cut for there are no nerves within it. The small portion that is left on the abdomen of the baby will dry up and slough

off in a few days. The spot where the cord was once attached puckers up and turns inward to form the baby's navel--his constant reminder of the lifeline he had with his mother during the nine months of prenatal existence.

The most drastic of all changes occurs when his tiny heart takes over the function of separating the fresh blood from the used blood, which was the task of the placenta and umbilical cord. A heart valve must begin opening and closing in order to allow fresh, oxygenated blood to be pumped through the arteries and the used blood to be circulated back through the veins. Because his waste matter is no longer carried out by the umbilical cord, it must now be filtered out through his own system.

Though the sudden change of birth may be a shocking experience for a baby, there are good points as well. For the first time he knows the human touch of tenderness and love. He discovers his own voice and hears the voices of others. His tiny hand holds air and he finds the warm, satisfying taste of food. After a mild solution of silver nitrate has been put in his eyes and he is breathing well, he is wrapped in a blanket, held up one last time for his mother to see, and taken to the nursery where he will be examined, weighed, measured, bathed, and diapered. Though he is filled with curiosity to explore his new world,

right now he is weary and sore and the world can wait; he has accomplished quite enough work for one day. His mouth yawns, his eyes flutter and he sleeps for one or two days, too tired to even eat, for he must try to rest up from the long and tedious journey of being born. And when he finally wakens, he will set out with an innocent, inquisitive, earnest mind to explore the new outside world, just as he once explored the inner world of his mother's womb.

TERMINOLOGY

1. amnioscentesis - the procedure of withdrawing the amniotic fluid and examining the cells for sex determination and deformities.
2. amniotic fluid - the water in the amniotic sac that surrounds the fetus.
3. andosperm - the Y-carrying sperm which, if it unites with an ovum, will result in a boy.
4. chromosomes - the small bodies, present in the nucleus of every cell, which contain the genes.
5. embryo - the term applied to a baby from the first week after conception till the end of the second month.
6. fertility pill - a hormone pill which stimulates ovulation; not the same as the birth control pill.

7. fetus - the term applied to the baby before it is born; the fertilized ovum becomes a fetus about two to three months after conception when the first bone cells are formed.
8. fontanel - the soft spot of the baby where the bones have not yet grown completely together.
9. fraternal twins - twins conceived from two different eggs, each having their own distinct set of chromosomes.
10. genes - the tiny bodies in the chromosomes of every cell which determine hereditary characteristics.
11. gynospem - the X-carrying sperm, which if it fertilizes an ovum, will produce a girl.
12. heredity - the transmission of bodily traits and characteristics which are passed down from the parents.
13. identical twins - twins which result from the splitting of one fertilized egg, each having exactly the same chromosomes.
14. intrauterine - within the uterus.
15. placenta - the network of bloodvessels that surround the baby in the amniotic sac and provide it with oxygen and nutrients from the mother, the after-birth.

16. progesterone - the ovarian hormone that prepares the lining of the womb for the fertilized ovum.
17. Siamese twins - identical twins whose bodies did not completely separate during the initial cell division and have remained connected at birth.
18. umbilical cord - the prenatal lifeline of a baby, which connects from his abdomen to the placenta; it carries wastes from the baby and food and oxygen to the baby.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Does every cell in the human body contain forty-six chromosomes? Explain.
2. What happens to insure that only one sperm penetrates the ovum?
3. Explain the Shettles theory of planning the sex of the baby. What do you think of this theory?
4. John and Susie are twins. Are they identical or fraternal? Explain the difference between identical and fraternal twins.
5. What is the function of the amniotic sac and fluid, the placenta and the umbilical cord?
6. Answer each one of the question of the first page of the chapter. Were you surprised to learn some of these facts?

7. Why is silver nitrate placed in the baby's eyes just after birth?
8. What is the difference between dominant and recessive genes? If a dominant gene for dark hair combines with a recessive gene for light hair, what color will the baby's hair be?
9. Why does a baby cry when he is born?

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"A baby is God's opinion that life should go on."
Carl Sandburg

CHAPTER XIV

A "DELICATE" CONDITION

(Pregnancy and birth from the parent's point of view)

Now that you have received a clearer picture of the development of a baby, it is time to look more closely at pregnancy and birth from the parents' view point. The details in this chapter and the preceding one may not be remembered later on, but it is necessary that young people be left with an over-all understanding of pregnancy, the importance of prenatal care and how both husband and wife can work together to make their parenthood experience more successful.

Though people are certainly different in many ways, when it comes to the miraculous creation of a baby, we all share the same doubts and fears, joy and curiosity about this enchanting mystery. As a woman learns more about herself and the life she will someday carry within her body, she should find herself becoming less afraid of the time that she will bear a child. With added knowledge about the phenomenon of womanhood, she will probably look forward

to childbirth as the crowning experience of her life. But men in the class may say that this is only "woman's talk" and of little interest to them. Please remember that someday you will probably be a father and because of this study, you may know more about what is happening to your wife and baby than she. You can therefore, be infinitely helpful to her during the time she needs your comfort, encouragement, and understanding the most. Secondly, by being equipped with knowledge and insight into this most marvelous of human events, you will have added courage and confidence to withstand the strain that so many unknowing, young husbands endure. It is much more difficult to stand uninvolved on the sideline than to be an active, supportive participant. But most of all, by possessing a warm and beautiful understanding of the development of your baby and of all that your wife goes through, you will appreciate your little one even more, for you will be fully aware of the wondrous miracle that it is when your own son or daughter emerges into the world.

PREGNANCY

Is a pregnant woman really in a "delicate" condition?

Whereas in the past pregnancy has been thought of as a "delicate" condition, in which a woman could do nothing

more than stay at home, rest, and knit, today we know better. Today we know that a pregnant woman can do anything she wants from playing tennis to staying on the job, anything that is within reason and that she is used to doing. Of course one of the advantages of being in this "delicate" condition is that she has an excuse to get out of doing anything she doesn't really want to do, and moreover, no one would dare debate her excuse!

However, the condition of pregnancy is probably one of the healthiest, most durable, and most undelicate conditions a woman will ever experience. One lady described it like this: "I feel completely self-confident, impregnable, and happy, like an unbreakable fort." Another woman exclaimed, "I actually feel proud for people to know that I am pregnant. Never have I felt so good, so healthy, and so lovely!" And a Spanish soprano described this humorous anecdote after singing at Milan's La Scalo while six months pregnant: "I have much less stage fright with baby in me, because I think of him and not the audience. I took care not to push my high notes, because too much diaphragm might bump him on the head. He was quiet while I was singing, but as soon as I stopped he started to applaud with his feet" (6).

What is the best age for a woman to have a baby?

The age of a woman at the time she becomes pregnant can be a vital factor in contributing to the well-being of both mother and baby. Far more defective babies are born to mothers who are under fifteen and over forty-five, and more still-births occur to women who are under seventeen or over forty. Thus, for the sake of the baby, it is much better that a woman wait to have a baby until she reaches her best childbearing years, which doctors tell us are between twenty to thirty years of age. Speaking of ages, the youngest mother known to medical history was a five-and-a-half year old girl in Peru who gave birth to a six pound boy (11)!

What is the average duration of pregnancy?

The length of time that the baby is growing within the uterus of the mother is called the period of gestation and lasts an average of 266 days from conception to birth. Incidentally, the opossum has the shortest length of pregnancy among mammals, only eleven days. And the whale has the longest period of gestation for she carries her baby approximately two years.

What are the symptoms of pregnancy?

One of the first symptoms of pregnancy is a missed menstrual period. However, you will recall that emotions can cause menstruation to cease; therefore, one should not immediately jump to the conclusion that she is pregnant simply because she skips her period. In fact there are even cases of women who have had "false pregnancies." One woman, who was a Russian Czarina (6), desperately wanted a son after having four daughters. Her periods ceased, her breasts filled out, her abdomen became swollen, and she even had false labor pains. But when she tried to deliver, nothing happened. If the emotions can cause such symptoms, surely they can also delay menstruation for a few weeks.

Along with a missed menstrual period, another sign of pregnancy is greater frequency of urination as the enlarging uterus pushes against the bladder and increases its sensitivity. "Morning sickness" may occur. This is a gnawing sensation of nausea that may or may not involve vomiting and can occur at any time of the day, not just in the morning. It may be encouraging to know, however, that only one-third of all pregnant women ever develop morning sickness. After these initial signs have developed there will soon be a swelling and fullness

of the breasts and later of the abdomen. But if she still is not sure that she is pregnant, she can take a specimen of first morning urine to the doctor to be analyzed. This test is about 99 per cent accurate and can make the diagnosis of pregnancy almost conclusive.

CARE DURING PREGNANCY

Excellent care for a baby should not begin at birth, but from the moment a woman realizes that she is pregnant. Actually it should begin long before this, for any woman of childbearing age should keep herself in good physical condition and eat a well-balanced diet in preparation for the time that she will carry a baby. The best way to insure good care for the baby means putting herself under a doctor's care as soon as she suspects she could be pregnant. If an obstetrician is available, she should go to him, for he is a specialist in pregnancy and birth. If she waits until the time that the baby is born to receive medical attention, she has missed out on the prenatal vitamins, regulation of diet, the necessary tests, control of water balance, and the care that only a doctor can give for the unexpected conditions that could arise.

What type of diet is necessary?

A well-balanced diet is vitally important for the welfare of the baby. Ordinarily, a baby will take from

the mother the iron, calcium, and other elements that it needs. If the mother hasn't eaten well, her own supply of vitamins will be drained by the baby, perhaps leaving her in an anemic condition. The wisdom of Nature is again shown here as the baby lives selfishly off his mother. She can seek help from many sources, but he is solely dependent on one individual--his mother. However, if a mother's diet is severely deficient, the baby can be drastically affected. If he doesn't get all of the nutrients necessary for normal development, his bones and teeth may be impaired and he may be much more susceptible to illness. Studies have recently shown that if a mother's diet is low in animal protein during pregnancy, this may cause damage to the brain of the growing fetus (7). An inadequate diet has also been known to cause a high proportion of stillbirths and premature births. Therefore, it is a prospective mother's responsibility to have a diet rich in protein, vitamins, and minerals. The doctor will provide the mother with prenatal vitamins which will assist her in maintaining a proper level of nutrition, but eating right is a part of it.

In the past, many people have had the misconception that a pregnant woman can eat as much as she desires, for she is now eating for two! This of course is

incorrect, for the fetus is much too small to need a large amount of food. Actually, the quantity of food is not what counts, it is the quality that is important. If she eats too much and gains too much weight, this could be dangerous to the mother as well as the baby. For this reason, doctors usually prefer that their pregnant patients gain no more than twenty pounds. This breaks down into seven pounds of baby, one-and-a-half pounds of placenta, three pounds of amniotic fluid, and five to eight pounds of extra water stored in the mother's tissues.

Can a mother-to-be smoke and drink?

Doctors advise that if a pregnant woman is a heavy smoker, she should at least cut down, for the chances of a baby being born prematurely are doubled if she smokes heavily. However, even one cigarette will cause the fetal heart rate to increase because the nicotine crosses the placenta to stimulate the baby. Studies have pointed out that if a mother smokes more than one pack of cigarettes a day, her baby will average twelve ounces less than a baby of a woman who doesn't smoke.

An alcoholic beverage contains between 70 and 160 calories without providing any nourishment. Therefore, simply for the sake of diet, it would be wise to restrict

drinking during pregnancy. If a mother has too much to drink, the alcohol crosses the placenta and can cause the baby to be a little tipsy himself. This will probably cause him to doze on off to sleep because of the anesthetic effect of the alcohol. We are not yet certain what the effects are on the brain of the fetus, but if there is even the slightest question that it could be damaging, isn't this enough reason to avoid drinking during pregnancy, or to at least restrict it to one cocktail or two beers at a time?

What about drugs during pregnancy?

Another reason for being under a doctor's care is so that a woman can receive guidance about the medicines she may take. Absolutely no drug should be considered safe until a doctor's advice has been sought. Barbiturates, antihistamines, antibiotics, laxatives--nothing should be taken without his guidance. In the late fifties and early sixties some 10,000 children were born with severely misshapen arms and legs because their mothers took the tranquilizing drug, thalidomide, during their pregnancies. They did not know the drug was harmful to their babies until it was too late. The most dangerous time for the sensitive brain of the baby is during the first two or

three months of development but the problem is that this is the time that most women do not even know they are pregnant. If they are taking drugs and having intercourse, they are taking serious risk with the life of an innocent baby.

LSD.--Embryos are surprisingly tough and the placenta is a marvelous mechanism for filtering out harmful drugs, but today medical literature is placing a new emphasis on the danger of drugs during pregnancy. The reason for this is that Nature has not prepared an embryo with resistance against some of the modern medicines and illegal drugs that so many are indulging in today. These drugs represent a new and very serious hazard. Though recent studies have implicated LSD as a potential cause of birth abnormalities, it has not yet been proven that these deformities will definitely occur. However, we do know that LSD breaks chromosomes which control intelligence and the shape and growth of body organs. What we don't know is how this will affect the future baby of a woman who is not yet pregnant or how succeeding generations will be affected. If we care anything about human life, the risk is far too great to take.

Marijuana.--Many people today are advocating the use of marijuana, but again one is taking a chance if she

smokes it during pregnancy. In one study, pregnant laboratory rats were forced to breathe marijuana smoke in the equivalent of one cigarette a day for ten days. The rats gave birth to seriously defective babies (12). But we do not mention this as a scare technique. We only hope that young people will value their future children enough not to take chances. Certainly rats are not people, but scientific studies should help us realize the potential danger that any drug which is not medically prescribed can have.

Heroin.--Today as never before, countless numbers of babies are being born addicted--addicted to the ugly narcotic that has consumed their mothers. This story recently appeared in a national newspaper (4):

He is a beautiful baby, dimpled and darling, with a fuzz of dark hair topping his well-shaped head.

But within hours of birth he's screaming and twitching and the anxious nurse is calling the pediatrician back to his side.

"Yes," agrees the nurse, after the doctor has checked the baby and the mother's record as well. "Yes, she does need a lot of pain killers . . . and they don't seem to help her at all."

Seconds later the doctor is in the new mother's room, "What are you hooked on?" he screams.

"Do I have to tell you the truth?" she asks.

"Yes. If you want your baby to live."

He's a beautiful baby, dimpled and darling, but now he's fighting for his life. He's experiencing withdrawal symptoms that are possibly every bit as racking as those that would torture his mother or any other drug abuser if they were suddenly deprived of the drug they crave.

One of the doctors at the above hospital pointed out that whether it is heroin, morphine, amphetamines, barbiturates, psychotherapeutic drugs, or whatever a woman is misusing, they can and will affect the unborn fetus. The baby will show poor coloring in the beginning, fail to thrive, be irritable, twitch, vomit, have convulsions and some may stop breathing altogether. For even though the womb is as close to ideal as possible, it is not prepared, and was not meant to be, to counteract the effects of irresponsible use of drugs.

What is the Rh factor and how can it cause problems for the unborn baby?

One of the first tests that a physician will run on a pregnant woman is a blood test. This will check for the possibility of syphilis and her blood type to determine if the Rh factor exists. Rh is a blood factor, so named from Rhesus monkeys, which is found in the red blood cells of most people. Persons who have this factor are called Rh positive. Those without it are called Rh negative. Complications can only arise when a mother is Rh negative and the father is Rh positive. They will probably produce a baby with Rh positive blood, which means an Rh+ baby is growing within an Rh- mother. There is usually no problem

with the first baby, but succeeding babies may have trouble. As the first baby is born, some of its positive blood cells may pass to the mother, causing her to build up antibodies against the positive factor, which is foreign to her blood. If she has another baby with Rh+ blood, she now has antibodies circulating in her bloodstream. These antibodies will cross the placenta to destroy some of the baby's blood cells.

Though it is certainly a good idea to have a general understanding of the Rh factor, most women today, even Rh- women, have no need for concern. As long as a woman is under the care of a physician, the condition can be prevented before it ever starts. Due to modern medicine, an Rh- mother can receive an injection of a drug called RhoGam which will prevent her from ever building up antibodies against her baby. Therefore, most unmarried women reading this book will never have to worry about Rh incompatibility. However, if there is an Rh- woman reading these pages who has already had a baby or a miscarriage and if she is found to already have these antibodies circulating in her blood stream, the RhoGam would be ineffective for her. Yet she too can be helped, for her doctor can give her an intrauterine blood transfusion that will save the baby from any damage. We have come a

long way since the day that many babies died at birth and only one out of two women lived through childbirth, and all of this is due to modern medical techniques. Our only concern is that there are still many uneducated women who fail to avail themselves of these wonderfully modern techniques and thus risk their own lives, the lives of their babies and ultimately affect the lives of future generations.

Can she have an X-ray?

If a woman has the slightest suspicion that she could be pregnant, she should discuss this with any doctor or dentist she visits. She should avoid all x-rays which are not absolutely necessary, for the radiation could cause damage to the reproductive organs of her baby and thus affect the children he or she would someday have.

Can she travel?

There is no reason why a woman cannot travel during pregnancy, provided that she does not have a history of miscarriages or premature births and as long as the distance is not too far. Traveling by airplane is preferable, for it is easier and safer now that commercial planes are safely pressurized. However, she should not

climb a high mountain or fly in a nonpressurized plane because the lack of oxygen could affect the fetus.

Why are German measles so dangerous for the pregnant woman?

There are some viruses that are able to cross the placental barrier, the most dangerous of which is German measles, or rubella. German measles is a very mild disease for the mother. It consists of a rash, a light fever, and swollen glands that last for a day or two. If she contracts the disease in the first few months of pregnancy the chances of having a defective baby are one in two. The baby may be born blind, deaf, mentally retarded, or with heart trouble. If she has never had German measles, it is imperative that she be vaccinated against the disease long before she becomes pregnant. If it is too late and she suspects that she has it or any other disease during pregnancy, she must see her doctor immediately.

Can a pregnant woman douche?

The fetus is well protected within the womb by fluid, the surrounding placenta, the uterus itself, as well as the abdominal wall and bony pelvis of the mother. Therefore, it is almost impossible to inflict physical harm on it from the outside. However, physicians advise that a woman should not douche during pregnancy. Douching is the practice of

flushing the vagina with a liquid in order to maintain female cleanliness. It is definitely not necessary during pregnancy nor is it really necessary at any other time. In fact, most physicians discourage it.

Can she have sexual relations?

Sexual relations are a very vital and healthy part of any marriage, and unless there are extreme complications, it is quite essential that they continue during the pregnancy. This is a time when a man may begin to feel a little lonely if his wife seems no longer interested in sex and this could do serious damage to the marriage. Most physicians recommend that a couple abstain from actual intercourse during the last four to six weeks of pregnancy. After the birth, it usually takes another four to six weeks before a couple can resume normal sexual activities.

Why is special care during pregnancy so necessary?

When we consider all the many things that could go wrong during pregnancy but usually don't, we begin to realize how miraculous the development of a baby really is. The chances are highly in favor of having a normal, healthy baby. That is, if the mother cares enough and knows enough to take special care during her pregnancy. Essentially, the prospective mother should continue to exercise normally,

eat a well-balanced diet, visit her doctor regularly, avoid diseases and receive the necessary vaccinations before she becomes pregnant, do without drugs that are not prescribed by the doctor, avoid x-ray and take the best possible care of herself during pregnancy. The reason she should do this is not for the negative reason of avoiding having a defective baby, but for the positive reason of having the brightest, happiest child possible.

CHILDBIRTH

What is labor?

There are three stages of labor. The first stage is the dilation, or opening of the cervix which holds the baby tightly in the womb. The finger sized opening of the cervix must open to a diameter of ten centimeters or four inches to permit the head of the baby to pass through it. The second stage involves the actual birth of the baby as it passes through the birth canal and out into the world. The third stage of labor involves the birth of the placenta, or afterbirth.

The first stage of labor, or the dilation of the cervix, is the difficult part. The subject of pain during childbirth is either one that the readers of this book would probably rather not think about or are intensely

interested in for they want to know how birth can be as comfortable as possible. The secret to making birth as painless as possible is relaxation. If a woman becomes tense during a contraction, she fights against the muscles and nerves and causes herself more pain than is necessary, just as a shot at the doctor's office is more painful if one tightens the muscles in his arm rather than relaxing them. Another reason that so much pain is associated with labor is because so many women simply do not understand what is happening to them. They imagine that the baby is tearing them apart, but actually the discomfort that is felt is the physiological process of the opening of the cervix. We do not mean to give the impression that labor and birth are painless. It does involve discomfort, but the pain is not more than a woman can bear, especially if she intellectually understands what is happening to her and can make a conscious effort to relax and be unafraid.

What pain relievers are used during labor?

When the labor contractions become about four to six minutes apart, the doctor will advise the expectant mother to head toward the hospital. If it is her second child, she must leave earlier for labor after the first baby lasts a shorter time. After she is prepared for birth at the

hospital the doctor may help relieve some of the discomfort by the use of various medications. He may give her an analgesic injection which will take some of the edge off the pain and help her relax while allowing her to stay awake. Another possibility is to let her inhale an anesthetic through a mask which will put her into a deep sleep in which she will not know what is happening to her. But being completely unconscious has the disadvantage of not being able to take part in the delivery of the baby and causing the baby to be slightly drugged by the anesthetic. She may choose to inhale one of the gases such as Trilene which will knock the edge of each contraction but will allow her to stay awake. If her doctor agrees, she may be given a spinal or a caudal which is an injection administered in the lower back or spine. It is given immediately before delivery and will allow her to be fully awake while completely deadening the nerves in the lower part of the body. The spinal or caudal is quite safe if administered by a specially trained anesthesiologist. Hypnosis is sometimes but rarely used in childbirth. This is known as hypnoanesthesia and is given to patients who are able to lose their concentration and completely relax. Sometimes only one of these methods are used, sometimes a different one is used at different stages of labor. It all

depends on the preference of the doctor and the need of the mother.

What is natural childbirth?

There are some women who choose to use no medication at all. This is known to some as natural childbirth, which is actually a misnomer, for it almost implies that very little help from a doctor is given. Actually it means birth without pain relievers with the advantage of allowing the mother to be fully awake and aware and in control of her muscles to help her baby be born by pushing. The second advantage is that the baby is not affected by any drugs or gas but is given the opportunity to enter the world awake and unsedated. The modern method of natural childbirth involves learning how to relax during labor and delivery by using special breathing techniques. Instructions in the methods of breathing exercises, usually referred to as the Lamaze method, are often given at the local hospital. Even if a woman chooses to use an anesthetic, these exercises can be extremely helpful during the first stage of labor which involves the greatest amount of discomfort. It can also relieve the fear that often accompanies childbirth by acquainting a woman with exactly what is happening to her during labor. There are many books on this subject

which may be helpful. Some of these are, Six Practical Lessons for An Easier Childbirth by Elizabeth Bing, Thank You Dr. Lamaze by Majorie Karmel, How to Relax and Have Your Baby by Edmund Jacobson, and Awake and Aware by Irwin Chabon.

What is a Caesarean section?

In the case of a Caesarean section the mother will either be totally unconscious, or she may be given a spinal block. A Caesarean is a surgical operation in which the baby is removed through the abdomen rather than being born by vaginal delivery. It is usually given in the case of the baby's head being too large for the mother's pelvic dimensions or if the baby's head is not in the head-down position. If a baby is in a breech position with the buttocks down instead of the head, it is still possible for him to be delivered, provided that the woman's pelvic measurements will allow it. It is also possible that the doctor can turn the baby around while still in the uterus by manipulating him from the outside of the mother's abdomen. Yet if he remains in a breech position and the mother's pelvic measurements are small, a Caesarean may be necessary. A Caesarean is not dangerous in this day of modern medicine. The only real drawback is that a mother is left in a weakened condition just as she would be after

any operation. Usually once a woman has had a Caesarean the rest of her babies will be delivered in this way.

What is delivery like?

When the prospective mother's cervix has fully dilated, she is rolled into the delivery room and placed on a special delivery table. Some women may think that the experience of giving birth would be embarrassing, but be assured that all modesty will dissolve, for the only thing that will matter is getting the baby born. But if embarrassment is of concern, it should be pointed out that she will be fully draped with a sterile sheet and there is only a small opening in the sheet so that the doctor can help deliver the baby.

Actually the second stage of labor (the delivery) is not nearly as uncomfortable as the first stage. It lasts from fifteen to sixty minutes for once the cervix has opened, the birth canal expands easily to accommodate the baby. Just before the baby emerges, the doctor will give a local anesthetic to deaden the perineum, the area around the vagina, so that he can make a slight, painless incision to help ease out the baby's head. This is called an episiotomy and is not always necessary, but it is usually given with the birth of the first baby.

And so a new life comes into the world, announcing his arrival by a poignant, lusty cry. The baby's breathing is started. The cord is cut and while the nurses are attending to the baby, the doctor returns his attention to the mother to deliver the placenta. The birth of the placenta, known as the afterbirth, is called the third stage of labor. Within a few minutes the placenta has separated from the uterine wall, and with a few more contractions of the uterus this miraculous organ will be expelled. Though the placenta is now completely separated from the baby, its influence remains as the baby is provided with immunities that will be with him for the first six months of his life.

If the mother is awake, she has revelled in the joy of watching her baby be born, hearing his first cry of life, and noticing his sex before anyone had to tell her. She watches the nurses prepare her baby for the nursery and thinks to herself about whom the baby resembles-- perhaps he has her husband's nose, her father's big feet, and her dimples. But now she is tired and needs a rest. The doctor gives her an anesthetic that will cause her to sleep for an hour or two and when she awakens she will see the beaming face of her proud husband as they share their happiness over the birth of this beautiful child. All of the pain and discomfort is forgotten and now they only

have the pleasant but difficult task of preparing their baby to face life on his own. From a completely dependent embryo in the womb, he has grown into a separate and complete individual, and he will continue to grow more independent with each passing day as he goes forth to explore his new and exciting world.

THE ROLE OF THE HUSBAND

What can a husband do during his wife's pregnancy?

It goes without saying that a prospective father has a tremendous stake in the baby his wife is carrying--it is half his. A great many husbands have no idea how important their reactions during pregnancy are to their wives. The pregnancy and birth experience can and should be a revelation to a married couple who is thrilled that through their love they have created a new life that will be part of each of them. But because pregnancy causes a surge of new hormones in a woman's blood stream, she will also experience an upheaval in her emotions. She needs her husband's constant support and encouragement during this monumental experience in her life.

During her pregnancy a woman may become discouraged at her new bodily proportions, thinking that she may look ugly to her husband. But he can be a marvelous source of inspiration if he will sincerely convince her that

carrying his baby makes her even more beautiful to him. He should remind her to take her vitamins, to avoid drugs and x-ray, to restrict her drinking and smoking, to eat a well-balanced diet, but he should not condemn her when she makes mistakes. He should be sure that she is visiting her doctor regularly and not gripe about the inevitable doctor bills. Though he cannot carry the fetus himself, he can display an intense interest in all of the developments that occur. The first kick should be an exciting experience to them both, and it will thrill his wife as he shows that he wants to feel his baby stirring within her and places his ear to her abdomen to hear its heartbeat.

Because of the hormone changes there will be times when his wife may be discouraged and blue, other times when her temper may flare. These are the moments when his masculine calmness and strength can give her the courage to hold on. Pregnancy can be a very lonely experience for a woman whose husband does not seem to care and share in the joy of the baby's development and impending birth.

What can a husband do for his wife during birth and after the baby is born?

During labor, many husbands choose to stay away from their wives and nervously pace the floor outside. But it will

mean so much more to both of them if he will sit by her side, hold her hand, and give her the encouragement she needs to help her through this difficult time. And after the baby is born, she will probably need his help more than ever. During the first few days in the hospital, she needs her husband by her side, telling her all the little but significant incidents that occurred during the birth--how nervous he was, how he reacted when the child was born, how pleased and proud he was of her, how the grandparents and friends responded when they heard the news, how the fellows at work teased and congratulated him. These are the stories that she will cherish forever.

But coming home is the most difficult part. The awesome responsibility that is suddenly thrust upon her of caring for this tiny, fragile human being all by herself can be overwhelming. Hopefully there will be a relative or friend who can come for a while to help with the chores during the first few days as the mother regains her strength and spends all of her time caring for the baby. If no one is able to come, she needs a helping-hand from her husband, for the birth will have left her in a weakened condition and she needs to reoperate for a few weeks.

In these first few weeks after birth, the hormones must again shift gears from a pregnant state to a non-pregnant one, but it takes about a week for the pituitary to regulate the hormone production again. During this week of readjustment, she will probably experience what most women know as the "baby blues." This brings a feeling of depression that results occasionally in a sudden outburst of crying. If she finds herself on the verge of tears, she is actually being quite normal and reasonable. One might think that this joyous time would not be marked with tears, but the emotions can sometimes play strange tricks. One mother sobbed to her doctor, "I just can't help it; I love my baby so much that I want to cry all the time!" Certainly this time of emotional upheaval should be understood and expected by her husband and dealt with by showing loving concern and sympathy.

But a new daddy may sometimes feel a little blue himself. His wife is so absorbed in her baby that he may feel he is being pushed out of the picture. Of course he probably isn't, for the reason she loves her baby so deeply is partly based on the depth of love she has for her husband. Because he gave her this child, her love for him is increased all the more. But right now she is busily involved with the delicate and time-consuming task of

caring for their infant. He may feel rather helpless, wishing he could help with the baby himself. And he can. There is nothing unmanly about changing a diaper or giving a bottle, and a baby needs the different touch that only a father can give. But the best way that he can help his wife with the baby is simply to show a continual interest in the development of their baby, and above all to show his love and affection for his wife.

The story is told (3) of an obstetrician who knows full well how important a father's love for his wife can be. He has two fixed charges for his patients. He sends the father a bill for either one hundred or two hundred dollars. One day he was asked by a friend, "How do you decide what to charge your patients? Do you look up their financial rating first?" "Not at all," answered the doctor. "I base my fee on the first question the father asks when I come out of the delivery room. If he asks, 'Is it a boy or a girl?' he gets a bill for two hundred dollars. But if his first question is, 'Is my wife all right?' I only bill him for one hundred dollars."

This doctor knows that the man, whose first concern is his wife's welfare, will be the finest kind of father. For the greatest thing that a father can do for his children-- even more important than food, clothing, money, education,

and a fine house--is to love their mother. The most fortunate children on earth are those whose parents love each other and because of this love they are able to provide a richer and warmer atmosphere of love and security for their own children.

TERMINOLOGY

1. afterbirth - the birth of the placenta which occurs during the third stage of labor.
2. analgesic - a pain killing drug.
3. anesthesia - loss of sensation produced by various drugs, gases and vapors.
4. breech - a position of the baby before it is born in which the buttocks is downward.
5. caudal - the injection of a drug into the base of the spine to deaden the nerves in the lower part of the body.
6. Caesarean - the birth of the baby by a surgical operation through the mother's abdomen.
7. douche - flushing the vagina with a liquid for sanitary purposes.
8. episiotomy - the incision in the perineum which facilitates the delivery of the baby.
9. gestation - pregnancy; the period from conception to birth.

10. heroin - an addictive narcotic.
11. hypnoanesthesia - anesthesia by hypnosis.
12. intrauterine - within the uterus.
13. labor - the contractions of the uterus in order to expel a baby; divided into three stages: dilation of the cervix, birth of the baby, and birth of the placenta.
14. Lamaze method - a method of relaxing during childbirth by using special breathing techniques.
15. morning sickness - the sensation of nausea that sometimes accompanies the first few months of pregnancy.
16. perineum - the area between the vagina and the anus on the female; between the scrotum and the anus on the male.
17. rubella - German measles; a mild disease in a woman, but if she is pregnant, it can cause severe damage to the fetus.
18. Rh factor - a substance present in the red blood cells of 85 percent of all people, causing them to have Rh+ blood.
19. spinal - referring to the spinal cord; in childbirth an injection of a drug into the spinal canal which deadens the lower portion of the body.

20. stillbirth - a baby that is born dead.
21. trilene - a gas which is sometimes used during childbirth to take the edge off the pain of labor contractions.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Explain why a healthy diet is so important during pregnancy. Explain why it is true or false that a woman during pregnancy is eating for two.
2. What is the amount of weight that a doctor usually prefers his patient to gain? Why is it dangerous to gain too much weight?
3. Do you think that pregnancy is ugly?
4. What are the symptoms of pregnancy?
5. Explain why it is so essential that a pregnant woman visit her doctor regularly.
6. Explain how Rh disease can occur and what doctors are able to do about it today.
7. Should a woman smoke and drink during pregnancy?
8. How can labor be made less painful?
9. Explain why it is dangerous for a woman to take unprescribed drugs during pregnancy. Do you think it is fair to her future children for a teenage girl to take drugs even though it may be long before she will

ever become pregnant? What about boys--could their sperm or sperm-producing testicles be damaged so that it would affect their future children?

10. What is the best age span during which to have a baby?
11. What is a Caesarean section and in what cases would it be necessary?
12. What are the three stages of labor?
13. Why is a woman often so unusually emotional during pregnancy and after childbirth?
14. Describe ways in which the husband can be helpful to his wife during pregnancy, birth, and afterward.

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"One of the finest exercises for strengthening the heart is reaching down and lifting someone up" (15).

CHAPTER XV

A LIFE IN YOUR HANDS

Probably the most marvelous outgrowth of marriage is the joy of sharing with the one you love in all of the thrilling accomplishments that a baby will make each day. There will be many sleepless nights, dirty diapers, and doctor bills, but there will also be the cherished moments when he first recognizes your face, his first smile, first word, first step. The most commonplace things will be recaptured and take on new meaning as we see them through the wide-eyed gaze of a child. A sunbeam on a window pane, a frog jumping through the grass, rain falling gently on a window--each hold depths of amazement for the curious mind of the growing baby.

As a man and a woman stand beside the crib of their tiny, helpless baby, they will realize that it is now their joint task to guide him toward the day he will go out into the world to stand alone. Yet as a parent approaches this delicate job, how untrained and unprepared he is! For any

other profession, that of a doctor, a lawyer, a teacher, a pilot, it is automatically assumed that one will have years of training before even reaching a level of mediocrity in these professions. But as one comes to the task of parenting, it seems to be assumed that he will somehow be divinely empowered with knowledge and experience. Certainly this is not the case. From the joys of birth to the last whimpering breath, "Where did I go wrong?" a parent stumbles along making his mistakes and wondering where he could have failed in this most important of all life's assignments.

Should young people think ahead about parenthood?

It may seem that we are being a bit premature by asking you to think so far ahead about parenthood. But actually our hope for the future is stronger homes, with stronger parents, producing stronger children. Hence, it is wise to start now, long before you will ever be parents, to think about the responsibility it involves and to prepare yourself in every way possible. To begin with, have you thought how you would answer the following questions if you had a life in your hands?

How will you handle discipline? Should a child be spanked? Should all the discipline be left to the father? If you believe in spanking, what instrument would you use?

Should children be given an allowance? Should they be given responsibilities around the house? Should they be paid for good grades, behavior, etc.?

Should parents ever leave their children with a baby sitter?

Should a mother work while her children are still at home?

At what time in a child's life is his character, intelligence, and personality formed?

Can too much love spoil a child?

How would you tell a child where babies come from why and how boys and girls are different, about puberty, and about premarital sex?

In what ways have child rearing methods changed?

Once upon a time, a few decades before you came along, mothers were taught that the clock was king. A baby was supposed to be fed every four hours, even if it had to be awakened from a sound and peaceful sleep. Even when the baby was crying his heart out, he could not be fed until the clock allowed it. Mothers were told when to feed, when to bathe, when to toilet train, when to teach him to walk, and never to pick him up when he cried, lest he become spoiled. The baby's natural development and needs were ignored, as well as the mother's common sense. Result: Children who lacked self-confidence but who were definite conformists.

Then about ten or twenty years later, the permissive point of view moved in. Babies were fed when they were hungry, slept when they felt like it (even if it meant sleeping all day and playing all night), and generally were allowed to have their own way in most situations. Parents were afraid to suppress or restrict their children out of fear they would make them inhibited or insecure. Result: Marvelously self-confident youngsters with little respect for parents or any other type of authority.

Can you see that both of these methods are too extreme? Wouldn't it be better to find a happy medium so that our children would be strong and self-confident while still maintaining respect for their parents and certain vital values?

THE FORMATIVE YEARS

In seeking to understand how to be better parents of the future one of the most important concepts you can gain is this: "The first five years of your child's life are the most important years--the formative years" (3). It isn't that the rest of his life is not important in shaping him, but in the first five years the groundwork for everything that is to come is laid. By the time a child reaches his sixth birthday his basic personality structure has

been formed. It will generally determine how successful he will be in school and in later life, what he thinks and feels about himself, how he relates to other people, how he feels about sex, what kind of person he will marry and how successful that marriage will be.

If a mother works all day and keeps her child in the nursery, if a father is gone from home most of the time, and when he is home is preoccupied with other problems, this is robbing the child of what he needs most--close, intimate, daily contact with his parents. One of the paradoxes of our era is the mother who leaves her child with a maid all day while doing volunteer work at the day-care center where she "unselfishly" devotes her time to the children of the maid who cares for her child at home! Surely there is nothing wrong with being a working woman. As a matter of fact, one-third of all women do work, but wouldn't it be best if a career is a healthy, stimulating aspect of a woman's life before she has children and after they are in school? Of course she may have no choice--she may have to work. But it would be best for her child that she work outside the home as little as possible during the tender, formative years of her child's life.

How important is love in the formative years?

In the very beginning the most important thing a mother can do to help her baby develop a basic trust in himself and his world is to feed him when he is hungry. Letting him cry until she is ready to feed him only fills him with doubts about himself, his mother, and consequently his world. A new baby feels his first real sensation of hunger at about the same time his mother receives milk in her breasts. Before he was born, his food was pumped into him, but now his very survival is threatened as he cries out to have his need satisfied. When a baby is held in the protective circle of his mother's arms and nursed, he is experiencing his first real lesson in love. He receives pleasure from being comforted and nourished; she receives pleasure from being able to give a part of herself by giving comfort and nourishment to her baby. If a mother does not choose to nurse or is unable to, she will feed him with a bottle. Though breast feeding may be the ideal, either way, she holds him closely to her and fulfills his needs, thus teaching him about love.

In busy households a baby is sometimes fed by means of a propped-up bottle, but this is depriving him of the closeness and warmth that are so essential to the development of the emotion of love. Having one's hunger satisfied

is not enough. In a study of rhesus monkeys, the baby monkeys were reared by terry-cloth dummies with built-in nursing bottles. Although they received adequate nourishment, they did not receive the necessary comfort and affection from real mothers. Each of these baby monkeys grew up to be socially retarded. They were unable to mate with other monkeys of the opposite sex, and they developed weird mannerisms, much like that of human psychotics (3).

Thus it is evident that an essential contribution that parents can make toward the emotional well-being of their child is simply to love him. If a baby is held closely, cuddled, rocked, kissed, sung to, and talked to, he will begin to realize that he is worth loving and will develop the all-important feeling of self-worth. With a positive self-concept and high sense of self-esteem, he will possess a basic trust of other human beings and will face life with confidence and exuberance.

A particularly sad incident occurred when Frederick II of Prussia ran a test on babies to discover the "original language" of man. He instructed foster mothers and nurses only to feed, bathe, and diaper the babies but never to talk, sing, or communicate in any way. He reasoned that when the babies would begin to talk, they would be

influenced by no one and would begin to utter the original language. What happened?--All of the babies died. They could not live without the physical cuddling and cooing, the necessary human contact and communication that a baby must have in order to survive (3).

Giving love to a baby sounds like a simple task, doesn't it? But look around you and you'll see that not every baby receives it. In the majority of cases of delinquent, neurotic, criminal, psychopathic, or other forms of asocial behavior, a childhood of emotional deprivation and inadequate love can almost always be traced. A child who is not loved in the beginning does not learn how to love, and he spends the rest of his life subconsciously seeking something to fill the void left from his love-starved infancy.

Giving the love a child needs must involve both a mother and a father. A boy needs his dad to identify with in order to become a man. A girl needs the security of a loving father so that she will become a fully developed woman rather than possessing a fear of men or becoming promiscuous because of a subconscious need for a man. And children, especially boys, need to occasionally get out from under female domination which is accomplished best by a strong, loving father. The foundation of a good father-son

or father-daughter relationship is laid in infancy, and these brief years can never be relived. The father who is too busy or preoccupied with his work is preventing the development of close, warm, affectionate ties between the two of them and is robbing his child of an essential part of his development.

The kind of love a child needs is the type that says to him, "I love you, not for what you do or don't do, but just because you're you." This kind of love is uncritical and builds self-confidence; it creates a strong self-concept and leads to a desire to try without fear of the consequences if he fails. Most parents feel this type of affection for their children but they don't always express it effectively. A love that is free and rich means an honest interest in the child. It involves a willingness to listen, to understand and to read between the lines of what a child is or is not saying.

A perfect example of this was shown as a mother noticed that her four year old son, Robbie, would no longer put on his favorite pair of shoes. He would wear them without protest if she put them on him, but when he dressed himself he would always wear another pair. She waited a few days and then one night as she was tucking Robbie and his older brother, Liam, into bed, she

casually brought up the subject. She picked up one of the shoes and said, "These certainly are good shoes, are they as comfortable as they look?"

"I guess so," said Robbie.

"Isn't that a good thick sole!"

"Mmmmmmmmmmm-hmmmmmm."

"The heels look sturdy too."

"Yup."

She went on until she had gone completely over the shoe stitch by stitch, exclaiming over its excellence . . .

"And look at this pretty little label inside here. That's a boy and his dog, isn't it?"

This time there was a long silence; then a small voice whispered, "Liam says the dog's going to bite me."

Of course the understanding mother assured him that pictures don't bite and that the dog in the picture was obviously smiling. But the point was that she was calm and gentle and sensitive to her child's feelings (12). And this is an essential aspect of parental love.

To be genuinely interested in what a child says and does is vitally important between a parent and child. Most parents are thrilled with the first word their baby utters and they look forward to the day he will be able to communicate with them freely. Yet once this time comes,

far too many parents turn a deaf ear and rebuff the child with "Can't you see I'm busy?" The word "listen" should be tattooed over every parent's heart (2). In our busy lives, most of us seem too preoccupied with our own thoughts to open an ear to those we love the most. But a child needs the opportunity to unravel his thoughts, questions, fantasies and misgivings to someone who cares. We should make an effort to spend at least one time a day, perhaps at bed time, to sit down and listen to our child. This will do wonders for his self-confidence as well as his confidence in you as a loving, caring parent. We can inoculate our children against polio, tetanus, diphtheria, and measles, but above all, parents would like to be able to inoculate them against future failure and unhappiness. The only answer to this is to give them a strong feeling of self-worth that comes from constant, devoted, affectionate, loving attention, especially during the first five years of life.

How important is discipline in the formative years?

What makes a child behave or misbehave? The answer is simple--his parents do. Perhaps you don't believe in applying discipline, but isn't it important that a child learn to follow certain basic rules? In order to live in

a free society, we must all abide by rules, else utter chaos would destroy our freedom. If a child is not disciplined, he does not learn self-discipline, and when he is older he will have to be censored by strangers who do not care about the harm they do to his personality. And actually every child feels more secure if he is longingly guided by parents who let him know what they expect. Young people today are crying for guidelines. In Seattle, Washington, a fourteen-year-old girl had been slipping out to date a paroled convict. Finally a community relations officer told her father to show some stern authority. "The girl was screaming silently 'Help me; make me stop this.'" said the officer (2). Another fourteen-year-old who was sleeping with her boyfriend and frequently doing drugs, came to school one morning stoned on pills. As she stumbled down the hall, she hesitated in front of the room of a trusted teacher, talked loudly, then weaved on down the hall leaning on the arm of a friend. The teacher saw what was happening and walked out to give support. The girl began unloading all her problems and after some discussion, decided the best thing she could do would be to go to her parents. The teacher concluded, "She wanted me to see her, for she was crying out for someone to listen to her. She didn't like what she was doing, but by herself, she could not stop" (4).

Most parents want to maintain control and to give guidance to their children. But where do they begin? The problem is that too many wait until their child is thirteen or fourteen and old enough to get into serious trouble, but this is exactly thirteen years too late. Discipline must start in the first year of life, for if parents lose control in the beginning, it may never be regained. Parents who are not afraid to give guidance, provided it is reasonable, are building a solid backbone of character into their child. There is a story of a young scientist who watched as a butterfly struggled to break out of its cocoon. He felt sorry for the butterfly, so he made tiny slits in the sides of the cocoon in order to help ease the way. Presently the butterfly emerged but because he had not been given the opportunity to struggle against the walls of his cocoon, his wings had not been able to develop the strength they needed. Pretty soon he flopped over and died. In the same way parents who are afraid to say "No," who pave the way, making childhood completely free of restrictions, are producing a child without sufficient strength to meet the demands of life. Wise parents can say "No," as lovingly as "Yes;" they do not deny their child the privilege of denial.

What about spanking? Do you believe in it? Probably most of you do, but there will be some who feel that spanking is teaching violence to a child. And perhaps it would be if the parents strike out in anger. The thousands of children who are brutally, cruelly beaten each year are products of parents who lowered themselves to the level of a child and struck while in a fit of anger. If a parent spanks with self-control, however, knowing that he is doing it for the sake of teaching the child, then it can be constructive. Yet if a parent whacks his child on the bottom every time he makes the slightest mistake, the spanking will soon have no meaning. The wise parent is able to discriminate as to when a spanking is necessary and when another form of discipline would be more effective. Slapping a child for an innocent mistake such as spilling his milk teaches the child nothing and only damages his self-confidence.

If you choose to spank your children what should be used: the belt, your hand, a hairbrush? Many people believe that the hand was designed especially for spanking and that it is easier to judge the power of the blow if one uses his hand. Others believe that a belt or some type of inanimate object will have more meaning and will only hurt the outside of the skin, with no risk

of internal damage. They believe that the hand should be used for love, not punishment. Have you ever reached down to pet a dog and found that he shied away from your hand? This was a dog that had been cruelly beaten by his master's hand. But most dogs will respond warmly to a human hand and will duck their head and run when they see a rolled-up newspaper. The same thing can apply to humans. What do you think?

Have you ever heard a mother say, "Just wait till your daddy gets home--then you'll get a whipping!" What does this tell a child? Daddy represents the cruel dictator of the family, but with Mother he can get away with murder. And by the time Daddy gets home the poor kid has forgotten all about why he is being spanked! Parents who want to maintain fair discipline should correct their child on the spot, not six hours later when it will have no effect. And part of good discipline is presenting a united front. Parents must stand together on discipline or the child will become frustrated, not knowing what to expect and clinging to the weak parent for support. "The best combination of parents consists of a father who is gentle beneath his firmness and a mother who is firm beneath her gentleness" (8).

The primary point to remember about discipline is that it is not applied to punish but to correct. Punishment implies

hurting, paying a child back for a wrong he has committed. Discipline suggests an action directed toward a goal, the goal of teaching a child to improve himself. And a child should be made to understand that he is not being corrected because he is bad, but because what he has done is bad. The outstanding child psychologist, Haim Ginot, points out that the act should be criticized, not the child. The parent who bothers to discipline fairly, does so out of love, and this a child can understand.

One of the difficult facts of life that every parent must eventually face is that there will probably come a time when his child will rebel against him. When a child was a tiny tot, everything his parents said and did was great! "My daddy says this is true, so it is!" says the trusting child. Yet as he grows older he begins to realize that parents are fallible, they do make mistakes. And during this time, he may magnify the faults of his parents, thinking that everything they do is wrong. But as he approaches adulthood, he will begin to realize that parents are people too. They make human mistakes, but he will love them in spite of their faults. True maturity is being approached when a young person can love and respect his parents regardless of the mistakes they have made. Mark Twain once said, "When I was a boy of fourteen, my

father was so ignorant I could hardly stand to have the old man around. But when I became twenty-one, I was astonished at how much the old man had learned in seven years" (19).

When is the foundation of a child's character built?

A father was watching as his five-year-old son was playing ball with some other boys. Presently a little black boy joined the group and started playing. But one of the older boys yelled, "Get out of here, 'nigger!'" The other boys chimed in and started chunking rocks at him. The father jerked his son out of the group and began lecturing him, but the boy didn't seem to understand.

A mother came home from grocery shopping with her little girl, only to find that the child had taken a candy bar and hidden it in her pocket without paying for it. The mother screamed to the girl that this was stealing, jerked the candy away from her and sent her to her room. The little girl did not understand.

How would you handle these situations? Would you lecture your child? Would you calmly explain to the boy that skin color doesn't make the man and ask him to put himself in the black boy's place by imagining how he would feel if he was kicked out of a game merely because of the

color of his skin? Would you suggest that he might apologize to the boy and ask him to play with him, even if it meant going against the crowd? Would you lecture the little girl on the psychological ramifications of stealing? Would you go back and pay for the candy bar yourself? Or would you have her face her mistake by returning the candy to the store clerk and apologizing for her error?

We too often tend to let the little things go by without taking the opportunity to let a child learn right from wrong by facing his mistakes. Character is built in the early years, and if parents do not help their child establish a firm foundation of principles to live by, when he is on his own, he will have to pay for it. He will not possess the mature judgement to help him make moral decisions. One American soldier refused to take part in the Me Lai massacre. Despite the fact that he strongly supported the war, the fact that he had seen some of his buddies killed the day before, and the fact that he had been ordered to shoot, he still refused to do it. He had the mature moral judgement to know that it was wrong to shoot down unarmed Vietnamese women and children (16).

It isn't always easy to make the right decisions when faced with difficult odds, but if parents want their children to possess moral judgement they must help build

character in childhood. Certain values such as generosity, compassion, kindness, integrity, courage, and independence are established in the early years and if a parent neglects the opportunity, it may be too late.

Parents can dole out money to their child, letting him spend it at will, but how will he ever learn to handle finances? They may pay him for the work he does around the house, but shouldn't a child be expected to do his part in a family without payment? Will he ever learn the dignity of work if he never has to do anything to contribute? A mother can protect her child from all hazards, all falls, cuts, and bruises, but how will he ever develop courage if he is not allowed to stand alone against some of the difficulties of life? Of course common sense must be applied. We wouldn't allow a two-year-old to investigate the basement steps at the risk of breaking his neck! Parents can reward their child for bringing home good grades, but isn't this denying him the satisfaction of personal accomplishment for accomplishment's sake? A parent can allow his child to break valuable objects, to mark on walls, to destroy another child's toy, yet how will the child ever learn to respect another person's property? A mother can let her child rudely talk back to her, but how will he ever develop respect for his parents or any

other source of authority? A parent may discourage his child from playing with other children, but how will he ever learn to get along with others if he misses the opportunity to win, to lose, to give, and to take which arises in healthy play with other children? Parents can send their child to Sunday School, but if they don't go with him, how can spiritual development be cultivated in depth?

An enormous part of character development is the example that parents set themselves. Have you ever thought why there seems to be so little respect for law and order these days. Yet the same parents, who are now horrified when their children spit in the face of a policeman were once telling little Johnny, "Watch out behind us--I don't want a cop to catch me speeding," or "Boy, did I outsmart him-- he believed my story about rushing to the hospital in an emergency!" Whether or not we realize it, the example set in the early years will have definite repercussions later on. For the most part, morals are not taught-- they're caught.

The noted anthropologist, Margaret Meade (11), has explained that if we will treat our children as we wish them to be, rather than as they are, they will try to live up to this positive image. A parent may say, "You're just

like your uncle Bill, always having temper tantrums, and now he's in a mental hospital!" What do you suppose this does to the child's self-image? Soon he begins to live down to your words just as he can live up to them if you will believe in him. A classic example of this point was displayed by a Harvard psychologist, Dr. Robert Rosenthal (14), who conducted some interesting experiments on people and rats. He took twelve students and gave each five ordinary, common rats. He told six of the students that they had been given the most intelligent, brilliant rats in the rat kingdom. The other six students were told that their rats were the stupidest, dumbest rats that had ever been created. He apologized for giving them such ignorant rats but asked them to work with them just the same. The twelve students were to train their rats to go through mazes and learn tricks in a period of six months. And after the six months had passed, the rats, which were presumed to be intelligent, were able to accomplish marvelous fetes. They were able to travel through difficult mazes and could do all sorts of interesting tricks. But the rats that were assumed to be stupid had not improved at all. They could barely even find the food at the end of a simple maze. The lesson in this experiment is that when someone believes in a person, he is able to accomplish wondrous things in order to live up to that image.

Yet these were only rats, not people. So the same professor went into a ghetto area and selected twenty-four children at random. He divided them into two groups and told the teachers of one of the groups that these students possessed tremendous potential which he wanted them to bring out. The teachers of the second group were told that these students were dumb and would probably not be able to accomplish anything. At the end of six months, you guessed it--the students who supposedly possessed the marvelous potential had produced spectacular work. The others had barely achieved at all. In fact they were probably worse off than before.

These experiments illustrate an important point for parents and all molders of character. If we believe in a person, he won't let us down. If we have no faith, no words of encouragement, the child will live according to our expectations. In order to develop strong moral character, parents should be constantly aware of the opportunity to teach; they should set a good example and they should believe in their child--only in this way will he develop the character to stand alone.

How can parents help to increase their child's intelligence?

At what age do you think a child has developed approximately 50 per cent of his intelligence? Twenty-one?

Eighteen? Ten?--The answer is four! The startling truth is that a child has developed one-half of his intelligence by the age of four, another 30 per cent by the age of eight, and the last 20 per cent by seventeen. But do not confuse intelligence with information. Obviously a child of four does not achieve half of all the information he will gain in a lifetime. Intelligence is the ability or capacity to learn. Of course a child's potential intelligence is inherited through the genes from his parents, but whether he reaches his maximum potential is determined by the stimulation he receives during the first ten years of life. You may feel that intellectual ability is not important, but a person's success in life is profoundly affected by his ability to learn, to grasp, to perceive and thus to accomplish. If we give a child an intellectual nudge in the early years, his entire life will be enriched. Of course this is secondary to the more important factors of love, a positive self-concept, and a strong character, but nevertheless, it is important.

An unfortunate case in point is the story of Anna, the illegitimate baby of an uneducated farm girl (6). The young unwed mother was forced by her father, who was ashamed to the point of stupidity, to keep the baby hidden in a dark attic so it would never be seen. Anna was

not only hidden but tied to her crib and later a chair so that she couldn't move. Her mother was not allowed to speak to her, only to bring her a small amount of milk at mealtimes, then hurry back to work. The curious neighbors heard the strange whimperings coming from the attic and investigated. They found a five-year-old, naked bag of bones, shivering in a dirty diaper, unable to speak, to see, or to hear. They had her moved to a county home where she was fed, given massive doses of vitamins and cared for in the manner she needed. She was given years of constant attention, but the damage had already been done in the first five years of life. By the time she was nine-years-old she could only babble a few words, could barely master bowel control, and was only able to wash her hands and feet. At this point she caught pneumonia and died. But the question was asked, "Did she die of pneumonia, or did she give up the struggle to live?"

We bring this story to your attention to show how a child's intelligence and physical abilities can be destroyed if given no attention. On the other side of the coin, his abilities can be surprisingly enhanced if his parents will take the time to encourage him. A baby has a tremendous thirst for knowledge. He learns rapidly because he is triggered by the powerful impulse of curiosity--curiosity

to discover the world around him. He is not doing things necessarily to please other people, but to please himself. When he first notices that it is he, he alone, who is able to make his fingers and toes move, he will lie for hours watching them and cooing to them--drunk with his new found sense of power.

Parents who keep their baby imprisoned in a crib or play pen after he learns to crawl are denying him the opportunity to explore as far as his hunger for knowledge will lead him. He will learn things at his own speed, when he is ready, but he can be helped along by parents who are interested, who care and who are aware of the importance of intellectual stimulation. A parent needs to talk to his baby while changing his diaper, giving a bath, or feeding him. A baby needs to be held closely and sung to, made funny noises to, and given an opportunity to hear the wonder of the human voice so that soon he will want to imitate it. Why should an infant be placed in a sterile, empty bed with nothing at which to gaze but the sheets and sides of the bed, when he can have bright flowers on the walls, a shiny mobile to capture his interest, a cuddly stuffed animal to snuggle against? Parents can play different kinds of music for him, and they can let him hear different sounds such as the tick of a clock or the

tinkle of a spoon against a glass. He can be given objects to reach and things to feel. You may believe that an infant doesn't think, that nothing is going on in his mind, but actually an enormous amount of material is being stored away in his precious brain, and this material will provide a foundation for all that he will learn in the years to come.

When he gets older a child will need to be exposed to the world of dirt, sand, grass, flowers, and especially water. A baby who is allowed to play outside in the sun and water will never develop a fear of water and will probably learn to swim at an early age. A parent can buy expensive toys which may have their place, but it is amazing that sometimes a pan and a spoon, an empty plastic bottle, or a colored box can be just as exciting as a toy of which he will soon tire. As soon as he can sit up, a mother can buy a small seat designed for babies to put on the front of a bicycle. She can then carry him around on her bicycle to watch older children playing, to gaze at different parts of the neighborhood or countryside, to see various animals, or perhaps even to visit Daddy at work. There are an infinite number of things a parent can do to stimulate the mental development of his child. It doesn't take too much effort but the rewards are phenomenal,

and if the opportunity is neglected, a child may never have the chance to develop to the maximum of his intellectual potential.

How much time should parents spend with their children?

Are you beginning to see why it is so important for a mother to be at home with her children during their first few years of life? Can you see why a father needs to spend more time at home with his children? But it is not just the quantity of time that counts; its the quality. There are many parents who are with their children constantly but are completely divorced from them mentally and emotionally. And there are parents who spend so much time with their children that they neglect other important aspects of their family--such as each other. Parents need to leave their children with a baby sitter occasionally and go out together. A married couple needs time away from their children in order to enjoy each other and essentially to be better parents. A child, too, needs to learn to be away from his parents occasionally. If he doesn't learn to be somewhat independent from his mother, he may develop a "mother complex," never feeling secure when mother is out of sight.

When a man and a woman are able to give their child the love, the guidance, and the stimulation he needs in the formative years he will be provided with a secure foundation that will be with him for the rest of his life. A child who is truly secure will bring great happiness to his parents, for nothing makes a parent happier than to see his child develop into a confident, productive, well-rounded individual.

PARENTS OF THE FUTURE

How can family planning improve family life?

When the time finally comes for you to settle down and start your own family, will you be ready for this responsibility? Far too many people had children before they were ready and kept on having them before they were ready. Consequently, everyone involved was not quite as happy as they could have been. Please think seriously about the importance of waiting until your marriage is solid and stable before bringing a new life into your home. From experience, most adults can testify that it is wise to wait at least a year or two after marriage before starting a family. It is every baby's birthright to come into a home in which parents have already made their adjustments, and in which he is loved and wanted, for

there is a difference between having children and wanting them. It is estimated that in the United States there are more than 600,000 unwanted babies born each year (7).

How unfortunate it is that more people do not take the conception of human life more seriously, and how unfortunate it is that more men and women do not wait to have a baby until they are ready to be good parents.

This is now possible, however, for through family planning, or responsible use of birth control, couples can plan their children. Babies can be born by choice, not chance or accident. Not only does this safeguard a marriage, but it protects the child so that he will enter a home with a wholehearted welcome from his parents. Human beings are too precious to be brought casually into the world. Not only does this add to our exploding population but it is unfair to the child who deserves to be wanted and cherished from the very beginning.

What final thoughts should future parents remember?

In the final analysis, it must be remembered that as a parent you will make many, many mistakes. And there will be times that you will feel you have failed completely. Your parents have made mistakes with you, just as their parents did and just as you will with your own children. But the important thing is that you realize the mammoth

responsibility that parenthood involves and that you give it your dead level best. Never stop searching for better methods of parenting, for at your fingertips are countless resource books which will give ideas from those who have been there. But don't ever make the mistake of believing every word that you read. Reserve the right to use your own judgement, tempered with the knowledge and insights handed along by the experts.

And always remember that every child is a unique individual. He must be allowed to be himself, not a replica of any other person. Far too many parents, who inwardly feel that their youth was a failure, are trying to relive their childhood through their children. We cannot pour a child into a mold and shape him into exactly what we want. We can only preside over his shaping of himself. Our ultimate goal is to provide him with a secure and loving background that will enable him to stand alone as a strong, independent adult.

TERMINOLOGY

1. family planning - planning the number of children that a couple will have by using various methods of birth control.
2. psychotic - one who is mentally ill.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Once there was the overly restrictive, clock routine of child rearing. This gave way to the permissive approach. Can you suggest a compromise that might produce a more well-rounded child?
2. Completely discuss the significance of the first five years of a child's life.
3. Are you in favor or opposed to mothers working. Explain.
4. Describe how parents can build a positive or negative self-concept in a child in his early years of life.
5. Explain how a child learns to love.
6. What is meant by the statement on page 375, "They deny their child the privilege of denial."
7. Do you believe in spanking a child? If you do, what instrument would you use? If you do not, explain.
8. Using your own imagination suggest ways in which a baby under one-year-old could be intellectually stimulated.
9. The statement is made on page 391, "Human beings are too precious to be brought casually into the world." Discuss your opinion of family planning for more responsible parenthood.
10. In thinking about how to be a better parent, can you begin to see what your parents have been up against?

Does this help you have a little more understanding and tolerance for them? Explain.

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"Never be afraid of stupid questions. They are more easily handled than stupid mistakes." W. W. Haines

CHAPTER XVI

YOUR CHILD AND SEX EDUCATION

Let's imagine that you are a modern parent. You have applied all of the correct methods of discipline, guided your child well, given intellectual stimulation, and you have showered him with love and affection. And then one day he walks up to you and asks, "Where do babies come from?" What would you say? Would you make up a lie about babies coming from the stork, a doctor's little black bag, or under a cabbage leaf? Would you tell him to go ask your wife or husband? Would you just blush and tell him not to mention such a dirty subject?

The question of how to tell a child about sex is always a perplexing and often a disturbing one to parents, especially when they realize that the way they handle such a delicate subject may affect his future outlook on sex. Have you ever considered what a serious responsibility it would be to play such an enormous role in shaping your child's lifetime sexual attitudes?

Of course by now each of you is well equipped with all of the scientifically correct information regarding sex, but how to explain this to a little one is another matter indeed!

Is sex information necessary?

Before you decide whether or not you will be honest and open with your child about sex, let's reconsider a few facts. First of all, you know if you don't tell him anything, he will eventually learn from friends, magazines, and movies. But how reliable and how wholesome are these sources? Wouldn't it be far better to learn the right way from loving parents who care about the future of their child? Secondly, if you are not completely honest now, how will he be able to trust you in other matters when he finds out that you were not always truthful? In fact, could this be one of the underlying factors in the communication gap between teenagers and their parents? If a small child's questions are turned away by his parents in the early years, how will he ever be able to talk to them about the larger issues that face him as a teenager? If your parents did not explain the facts to you as you were growing up, it won't be easy to do this for your own children. But perhaps you can see how tremendously

valuable candid communication about sex can be and you will be willing to make a stab at it. If so, let us give you a few guidelines that may help.

How do parental attitudes affect a child's understanding of sexuality?

As you know, sex education does not suddenly start at puberty, it begins at birth. The infant perceives his first concepts about sexuality at his mother's breast, from the warmth of her body, the gentleness of her touch, the sound of her voice. He learns from his father by the different way he cradles him in his arms, the deeper quality of his voice, the roughness of his skin and beard. He receives sexual information while he is diapered and bathed. If parents respond with repugnance to the changing of a dirty diaper, the child will come to think that this part of his body is ugly and bad. If parents force toilet training on him before he is ready, they are asking for psychological repercussions. The expressions of affection and love which parents pour on each other and upon their child, even the way they talk to each other--these are all subtle but vital influences that shape a child's future attitude about sex. If parents are comfortable with their sexuality and their sexual relationship, this message is conveyed to the child. It is from these early learnings

that his sexuality, his capacity for tenderness, for warmth, for love, and for sexual expression are nurtured.

But then of course there are certain questions that must be answered with words, and finding the right words can be difficult. To begin with, if parents would teach their children the correct names for the organs of their bodies, they would find it much easier to explain the facts when the time comes. A child feels no shame, or embarrassment or guilt or self consciousness--at least not until his parents instill these feelings. But when he learns certain slang names or baby names for the personal parts of his body, they begin to take on a humorous connotation. What is wrong with words such as "vagina" and "vulva" or "penis" and "testicles?" Our biggest obstacle is our own personal hang-ups which we will have to overcome if we don't want our children to have them. Can you imagine trying to explain the serious facts of life but having to resort to slang terms? Wouldn't this somewhat mar the entire discussion? It is far healthier to teach a child the right and good words in the beginning, for not only will this pave the road to better communication, but it will increase the child's respect for the entire realm of sex. And he cannot help but admire his parents for having the courage to be honest!

How much should a parent tell his child?

When do you start answering his questions? When he is six? Ten? Twelve? No, there is no certain age, for a child's questions should simply be answered when he asks them. If he asks a simple question, that is the only answer that should be given. If he follows with more questions, answer them, but if he doesn't, don't make a big production of it; don't tell him more than he is ready to hear. For example, a little boy ran into his mother and said "Hey, Mom, where did I come from?" The mother broke out into a cold sweat but gathered her courage and jumped into a total explanation, telling him about intercourse and eggs and sperm and conception and prenatal development and the details of birth. The little boy, with a puzzled expression on his face, looked up and said, "Oh . . . I just wondered. Jimmy comes from Houston and I wondered where I came from!"

Questions will probably come up when the dog has puppies, the lady next door has a baby or the friend is obviously pregnant. But if no questions arise, the parents should expose their children and take advantage of every natural opportunity in order to stimulate curiosity and open the subject. Of course, there may be times that this knowledge about reproduction could back-fire, such

as the time a little girl walked up to a lady in the grocery store and told her how nice it was that she was going to have a new baby. It turned out that the lady was just big and fat!

Another embarrassing episode occurred when a mother made a sincere attempt to be totally modern and honest with her little boy. When it became evident that she was pregnant, she told Johnny that they were going to have a baby. The next day Johnny excitedly told the entire first grade class that his mama was going to have a baby. But all day he seemed to be plagued by one curious thought, and when he got home that afternoon he said, "Mama, just where is that baby?" Again wanting to be frank and honest with her son, she patted her stomach and said that the baby was right there in her tummy. The next day Johnny, with his head down, raised his hand and said, "You know what I told the class about my mama having a baby? Well, ~~just~~ forget it--she ate it!"

How and by whom should questions be answered?

Which parent should do the explaining? The boy's father and the girl's mother? Not necessarily. Ideally the question should be answered by the parent to whom the child first goes. If a father blushes and says, "Go ask your mother," he is making a bigger issue of it than is

necessary and may cause the child to think there is something wrong with his question. Of course no one can hand you a script on how each question should be answered.

However, we will attempt to take some of the basic questions that a child might ask and show one way in which they could be answered. But please remember, this is only one way and your way in your own words would probably be much better. As the questions are asked, imagine that they are coming from a very small child; therefore, the answer must be on his level.

"Where do babies come from?"--One student in a home and family living class said that she would prefer to answer the question by saying that babies come from God. This may be a very fine and true answer, but what if the child says something like, "Oh, you mean God just drops them out of heaven and a mother catches them." It is better to be a little more specific by saying something like, "A mother has a special place inside her where babies grow, called a womb. This is where you grew inside of Mother before you were born." Always explain to the child how he fits into the picture, for it will add to his understanding and increase his security. Then if a parent chooses, he may add that God made this special growing place inside of a mother. The child may now drop the

subject and go out to play. He may pop out with another question or he may come back later to ask more.

"But how does the baby get out?"--Simply explain, "A mother has an opening, called the vagina (he has probably already learned this word), which leads from the special growing place (or womb). When the baby is completely grown and ready to be born, she goes to a hospital and a doctor helps the baby come out of the vagina. This is the way you came into the world."

"But how did the baby get there in the first place?"--Remember we are taking each question at a time and giving only the necessary information. Explain that a tiny cell or seed from Daddy, called a sperm, meets with a tiny cell from Mommy, called an egg. And when they meet they grow into a beautiful little baby inside of the mother.

"But how did the cell get there in the first place?"--This is the real clincher and the answer requires delicacy. Here is one possible answer: "When boys and girls grow up and become men and women, they often find someone very wonderful whom they love more than anyone else. If they love each other enough, they will probably get married so they can live together and raise a family. Because they love each other so much, there will be times when they

will want to be very close. During this time the daddy puts his penis into his wife's vagina, and because of their great love some tiny sperm come out of his penis. One of these sperm will meet a mother's egg and it will grow to become a baby. Because God wanted us to have you, this is the way he helped you to be born."

Do you see the value in explaining the sex act within the context of love and marriage? You are describing sex as a good and beautiful experience between a man and woman but also adding a touch of moral value that will help shape his attitudes and affect the way he will use his own sexuality later on.

"Does a baby come every time you get close?"--The smart child may wonder. The answer might be, "No, sometimes mothers and fathers are close just to show their love for each other." It may later be necessary to explain that a mother's egg only comes once a month but the details should only be added if the child asks. Fact can build upon fact as a parent gives the simplest answers possible to each question asked. When answering these questions a parent needs to always possess the art of discrimination, using mature judgement to decide how and what to say to a child. It is not good to tell a child more than he is ready to know, and he should NEVER

be taught that sex is something crude or dirty. He needs to know the simple truth: that sex is beautiful and pleasurable and can bring great happiness if used in the right way.

"Can I watch you and Mommy make a baby?"---The child may ask much to his parents shock. Children will ask some very innocent questions that could throw a parent if he lets it, and this one would not be too easy to answer. But it should be pointed out that when parents make love together they want to be alone, for this is a very personal and private experience to them.

Of course these are only a few of the questions that may be asked. A wise parent will know that to the innocent mind of a child, these questions are about on the same level as questions about why grass grows and why it gets dark at night. But what if he never asks any questions? What then? Certainly, you want a positive foundation to be formed in the preschool years, for once he is in school, he will start being profoundly influenced by his friends. Thus, if a child doesn't ask questions, or if a parent doesn't know exactly how to word his answers or if one merely wants something to support the questions he has already answered, there are some excellent books on

the subject which you can read to your preschool child. These books delicately and beautifully explain reproduction to a child in terms that he can understand. Some of the books that are highly recommended are listed at the end of this chapter in the suggested readings. One suggestion needs to be added, however. If you are going to read one of these books to your child, don't make a special issue of it by saying something like, "Now tonight we are going to read about S-E-X!" Simply read the book as you would any other book and handle it as matter-of-factly as possible. Keep in mind that our goal for the next generation of young people is that they will grow up with healthy, positive attitudes toward sex, and you as parents, are the ones who initially shape these attitudes.

What are some of the difficult situations relating to sex that parents have to face?

Peeking.--What would you do if you walked in and found your child "playing doctor" with a child of the opposite sex? Many parents scream frantically at their poor child and leave him with the impression that his natural curiosity is bad. But the truth is that the same adults who are so shocked to find their youngsters "peeking" at each other's genitals, more than likely did exactly the same thing when

they were their age! Think for a moment and you'll probably recall this in your own childhood. We certainly would not want to encourage the peeking, but to act shocked and horrified could do far more damage. Perhaps a better way to handle it would be to calmly explain to the children that they were probably curious about each other's bodies and now that their curiosity has been satisfied, they can play another game. The parent should then be sure to find a new activity that will capture their interests.

One mother told the story of her five-year old daughter who was playing with a little six-year-old boy. She accidentally over-heard the little boy say, "I'll show you what a boy looks like if you'll show me what a girl looks like." The mother knew that it would not be an earth-shattering event if they revealed themselves to each other, but she had already taught her little girl about boys and she wondered what her daughter's reaction would be. The little girl calmly answered, "I already know what boys look like, and if you are going to talk that way, you will have to go home." The mother said warmly she was so proud of her daughter that she wanted to run in and hug her. She added that the natural exposure to love and respect for sex in their home had paid off.

and would probably continue to do so in the future. Not that she wanted her daughter to be a prude, but she hoped that she would possess a deep respect and understanding for the real meaning of sex in life (5).

Nudity.-- Nudity is another topic of concern for parents. Doctors tell of small children who are actually ashamed to undress in front of their parents while having an examination. Already they have learned that the body is something naughty and shameful. When a preschool child rushes into the bathroom where his parent is taking a shower, and the parent grabs a towel, hides his body and yells at the child, this teaches him that sex is ugly and bad. It is generally best to take a relaxed attitude toward nudity in the home while the child is not yet in school. Be assured that later on, when he does enter school, he will develop his own natural sense of modesty, and this should be respected by his parents.

A new baby.--When a new baby is on the way, it is vitally important that parents prepare their child for the coming event. If they do not, the child may feel pushed aside when the baby comes, building inner hostilities that may be directed toward the baby or even more serious, may be directed toward himself. One mother, in attempting

to prepare her four-year-old daughter for the impending birth, kept saying to her, "Honey isn't it wonderful, we're going to have a new baby?" But each time the little girl would hang her head and walk away. The mother couldn't imagine what was bothering her until one day the little girl looked up and asked, "But Mommy, what do you do with the old baby--do you just throw it away?" Parents should let the child know that the baby will need lots of love from all of them, but that a new baby will never take the place of the other children, each child being special in his own way.

What do parents need to tell their teenagers?

As a young boy begins to mature, his parents should constantly strive to help him understand himself. He needs to be told about the seminal emissions he will soon be having. Parents should explain about girls and about their menstrual cycle and in so doing they will help him build a healthy respect for women. Our society attempts to tell our young men that if they are red-blooded and normal they will attempt to exploit every girl as far as they can. But we need to help our young boys realize that girls are to cherish and respect, for these are the attitudes that will continue into marriage and strengthen it.

Parents should work to plant strong values in the early years. The question of premarital sex should be a boy's own personal decision. Yet a boy must understand that sex has consequences and that it means something entirely different to a girl. If he attempts to judge a girl by his own masculine standards, he may be disappointed and may hurt her deeply.

As a girl matures, she should know about menstruation, not fearing it or despising it, but accepting it as a natural part of being a woman. She should understand that the boys her age will be experiencing intense sexual urges and that it is cruel and heartless to tease them because of their vulnerability. Both boys and girls should be aware of the real purpose of sex, the beauty and pleasure that it involves and the glorious meaning it will have in their marriages. It may be difficult to project this far ahead right now, but the time will come when you will hope with all your heart that your son or daughter will not get into trouble because of sex. You will feel this way not because you want to impose rigid restrictions on them, but because you will want them to have the happiest, most fulfilled adulthood possible. You will know that sex misused can be crippling, but used in the right way can add incredible warmth, tenderness, and dimension to their lives.

The particular style we use to communicate sexual information is actually immaterial. What counts is our attitude toward sexuality and the attitude which the children pick up. Perhaps if we would honor and respect sex a little more, our children in turn would sense the marvelous meaning it embodies. The best sex education is done by parents who sincerely love and respect each other and who convey this love to their children with and without words. Words explain facts, but attitudes are built by daily exposure to the example of parents whom they truly love and admire. When a woman is happy that she is a woman, and her husband is obviously even happier, when a man is proud that he is a man and is not afraid to show it, their children will grow up knowing that sex is good and that life is very much worth living (5).

We close this chapter with a story written by a sixth grade boy which points out to us that children know a great deal more about sex than we usually give them credit for (4):

THE EGG AND I
By Sammie Sperm

I am waiting for a signal from the nervous system. I am getting crowded and so are my 299,999,999 friends. Be quiet. I think I hear it. Yes, it is! We're off!

Through the penis and into the vagina, wagging my tail behind me. I better swim fast or this acid . . . Ouch, my tail . . . will burn me up.

Ah, into the uterus and so far, so good. What's this sign? FORK IN ROAD. Decisions, decisions, always decisions. Oh, well, might as well go left.

I see something up ahead. It looks like, could be, maybe it is--the egg. Boy is she ever big! I meet her. Her name is Eleanor Egg.

I send the other guys on a wild egg chase to make room for me. I don't like competition. Being the smartest sperm and the only one around, she lets me in.

We marry and leave for our placenta covered cottage on Vagina Road in Uterusville. It is dull. I have to stay for nine months. Eleanor tells me things will be busy soon.

Something is happening to me and to Eleanor. We're splitting and splitting and splitting and splitting. We're not only splitting but growing. Time passes . . . I'm getting impatient, but Eleanor (she's a smart egg) says we're overdue.

We're moving (gulp). What's going to happen? Daylight! Daylight! I don't know what it is, but I like it. Just look what Eleanor and I became-- a baby! It's a miracle!

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Do you think that you will be able to be completely honest with your child about sex? Why do you think this is or is not important?
2. Explain in your own words how you would answer the following questions from a five-year-old: Where do babies come from? How do they get there? How do they get out?

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FACING THE FUTURE

CHAPTER XVII. THE FAMILY--YESTERDAY, TODAY, AND TOMORROW

EPILOGUE. A PERSONAL CHALLENGE



Fig. 11--The destiny of our world depends upon the survival of the family.

"The greatness of a man is often measured by the distance he looks into the future." (anonymous)

CHAPTER XVII

THE FAMILY--YESTERDAY, TODAY, AND TOMORROW

Down through the ages the importance of the family has been almost inestimable, for every civilization has founded its society on this one tiny particle, this veritable building block on which we stand--the family. There are, however, many sources that are trying to tear down the foundation of the family. Consider the following proposals and try to visualize what the possible effects could be:

Numerous individuals are suggesting that we rid ourselves of our present system of monogamy and allow a man or woman to take as many lovers as he or she chooses (even if they are married). Communes may be set up in which men and women live together but do not have one specific husband or wife.

Many Americans are suggesting that married couples join what they call mate-swapping clubs in which various couples meet together at a motel, throw their room keys into a circle and draw one out. They sleep that night with the man or woman whose key they drew for the evening.

It has been suggested that we change the marriage contract so that it will expire at the end of five years. At that time if one wishes to continue the relationship, he resigns the contract. If he wants to discontinue it, he simply does not sign and the marriage is terminated.

And probably even more threatening is the prediction that, due to scientific advancement, in the next few decades man will be capable of producing his children in a test tube, and we are told that they will probably be cared for by the State!

Before voicing your opinion on the above suggestions, examine your own ideals and philosophy and ask yourself some of the following questions:

Are we human beings with a thinking mind, emotions, and a soul which place us above the animals, capable of sharing our life-time mate, the one we love above all others, with someone else?

When considering a marriage contract that expires in three to five years, aren't we talking about simply another name for a quick, easy divorce? And in reality, how pleasant is divorce? Whether we call it an "expired contract" or a "divorce," when one has invested three or more years of life with one person, it is a shattering blow to have to break the ties and start over again.

When we consider having more than one husband or wife or accepting extra-marital sexual relations, isn't this an attempt to simply rationalize adultery? And aren't we forgetting the deep-seated needs of a baby born of these unions? Who would the father be if a woman became pregnant but had many mates? Could a child feel emotionally secure without the solidarity of love from one mother and one father who are totally dedicated to his well-being?

Some have an answer to these questions; they suggest that the government could train "substitute" parents and pay them to care for the excess children of these gradually dissolving homes. As one authority said, "The significance of blood ties is all in our heads" (10).

If these marital compromises do come into effect, what will happen to the family? Will it survive? If the family totally disintegrates, what will happen to the minds and emotions of the men, women, and children involved? And finally, if babies are actually grown

in test tubes and raised by the State, what will happen to our human qualities? Will man eventually become completely dehumanized?

But perhaps you have found yourself wondering if the family, with one husband one wife, living together and remaining faithful till "death do them part," is still relevant now and in the future. If the question has crossed your mind, before coming to a conclusion, it would be best to understand why the family was established in the first place and what its significance has been throughout history.

Why was the monogamous family selected as the ideal family structure?

The human baby is the only creature in existence that is so totally dependent and helpless in the beginning months and years of its life. The infant giraffe or zebra can run beside its mother within a few hours after birth. The newborn horned toad bursts forth from its mother completely ready to fend for itself (6). But this is not so for the human baby. The offspring of people need the constant love and care from not just one, but both parents, and they need this attention for many years to come. This being true, men and women began to cling to each other to provide the solidarity that is needed for the growing human child as well as themselves. The mother could not

provide the essential care for the baby and still be the one to fight and protect and provide food, clothing, and shelter. Thus, she needed a man whom she loved enough to spend a life with, who could provide these necessities and be a father to the children they would eventually produce. At the same time a man needed a woman to love him, to be his sexual partner, to cook for him, and to provide the sustenance that his child would need.

As civilization progressed, men and women tried many different forms of marriage. Various forms of multiple-mateship, bigamy and extra-marital sex were tried, but none of these attempts worked. The reason is simply because people are human, and because they are human they possess certain basic emotions such as jealousy, resentment, and a protective type of love. These natural human emotions make it unrealistic to think about sharing one's love for his mate and children with others. Our world is already plagued by too much emotional disturbance and mental illness, caused essentially by insecurity and emotional confusion. If the structure of the family is destroyed, the effect on the minds of the men, women, and children involved could be disasterous. Thus, though many forms of marriages have been tried, the one which has prevailed over all others has been monogamy, the marriage of one

man to one woman. This was the structure that provided the most emotional security for the children and the highest degree of happiness for men and women. Sociologist Pitirim Sorokin found that in all recorded history the story has been the same (7): "The highest peak of creativity of any culture was associated with the closest approach to monogamy, and when monogamous marriages began to decline, the creativity began to drop in direct proportion.

What happens when a nation's family life crumbles?

Now that the institution of marriage and the family have been in effect for thousands of years we are able to look back and see this one glaring fact: When the family life of a nation decayed, the nation was soon destroyed. The corruption always began from within the country as the unstable homes produced unstable children who produced more unstable children until the country was stripped bare and left vulnerable to complete obliteration by another nation. Consequently, it should be evident that our survival as a nation depends upon the hope that the American family unit will not be dissolved. We must avoid being so blindly over-confident to believe that this could not happen in America if the structure of the family is totally fractured.

Let's look now at some of the influences of today and tomorrow which seem to be eating away at the very fabric of the American family:

What influence has technology had on the family?

The American family has been undergoing a gradual evolution. In older, less urbanized days the family was much larger than the husband, wife, and children. It included grandparents, aunts, uncles, and cousins living within the same vicinity and sometimes under the same roof. This was called the "extended" family, and afforded the children the opportunity to have close relatives other than their parents to whom they could turn for added counsel and guidance. And it provided elderly people with security and comfort in their old age, rather than being shoved aside into old folks homes until death.

But then the Industrial Revolution took place and masses of workers moved from the farm to the city in pursuit of jobs. Thus, the extended family became stripped down to what we now call the "nuclear" family, which is a portable family unit, ready to move when necessary, and consisting only of the married couple and their children. Rarely do any relatives live with the family of today so that children are solely dependent on their immediate set of parents for emotional security.

But a closer look makes it obvious that the family of today is in serious trouble. With the divorce rate breaking all records, with teenagers and their parents unable and often unwilling to communicate, with grandparents living so far away from their grandchildren that they scarcely even know them, with infidelity becoming more accepted, with fathers spending less and less time with their children, and with mothers abdicating the rearing of their children to the baby sitter--it is evident that the family is on shaky ground. But this point must be made: The weakness is not in the structure of the family, the weakness lies in the people themselves. The high rate of divorce and resulting misery is not an indictment of marriage, it is a charge against the ignorance of the people who attempt to build a home based on false values and who marry and bring children into the world before they are ready and mature enough to handle the monumental responsibility that these involve. Therefore, a change in the form of marriage is not the answer--the answer is a change in the men and women who make up the marriage. And that change must be made now, with the young people of today who have not yet taken this enormous step--if not, it may be too late.

What influence will science have on the family of the future?

But if you think the family of today is in trouble, look ahead at the fantastic and frightening changes that scientific advancement is bringing in birth technology:

Late in the seventeenth century, scientists caught sight of the first human sperm under the microscope. Not until the nineteenth century did they begin to vaguely comprehend what occurs during conception. But today man is capable of creating the phenomenon of conception in vitro, in an artificial womb. A baby has not yet been able to live to full term, but scientists predict that it won't be long until this is possible--until babies can actually be "grown" in the laboratory.

It is predicted that within the next ten or fifteen years, married couples can stroll through a special kind of market and buy a package of day-old frozen embryos with the hair color, eye color, and intelligence all neatly recorded on the label. After it is purchased, it can be taken to the laboratory and grown in vitro to full term. Perhaps one of the advantages of this will be that babies can be produced that are genetically perfect with no possibility of mental or physical malformation. This could completely eradicate birth defects, yet we have to consider

the full scope of what this could mean. If men are born perfect with absolutely no handicaps to overcome, will they be able to achieve to the same extent? Consider the handicaps of Helen Keller, Beethoven, Robert Louis Stephenson, Elizabeth Barrett Browning, George Washington. Could they have risen to such heights without the effort involved in struggling to overcome their affliction? And what of the rest of us? Scientists are warning that if man controls his evolution too tightly, he could bring that evolution to an end. If genetics are controlled by men, the new individual may be rendered completely unable to adapt to his changing environment. Mankind could, along with dinosaurs, become extinct!

You have probably heard of artificial insemination in which an unknown doner's sperm is injected into a woman, whose husband is sterile, to cause her to become pregnant. Though this procedure has been considered immoral by some, there are approximately 150,000 Americans who now walk the face of the earth because artificial insemination made it possible for them to be born. But in only a few years the converse of artificial insemination will be possible through a miraculous new process known as artificial inovation. The procedure is accomplished in various ways. A woman who is infertile can have a fertilized ovum from

another woman placed in her uterus so that she can carry it through the months of gestation. A woman who is fertile but has a physical handicap such as a serious heart condition that makes pregnancy and birth too dangerous for her, could have her own fertilized egg removed to be carried by another woman. And if a woman considers pregnancy as distorting to her figure and the birth experience too painful to endure, she could hire a surrogate mother to carry her own baby and give birth to it for her.

You are probably beginning to see that this could create many agonizing moral and ethical questions. Questions such as who is actually the real mother? Would the mother who carried the baby have any rights over the child? What if she refused to give it up? If a woman refuses to go through the changes of pregnancy and the birth experience, just how good a mother would she be in the first place? What if a woman suddenly finds she cannot psychologically accept the child carried by another woman, even though it is biologically her own?

But just think of the freedom in ovulation could bring to women.--No longer would a woman be burdened with the pain of childbirth, the nausea, and physical discomfort of pregnancy. Just as the lady ostrich, the mama penguin, the female fish, the mother turtle deposit their eggs and

run off to play, she too can join the animals! Perhaps Womens Lib will have reached their goal--finally achieved: the total emancipation of woman! But is this really what we want? If these changes in birth technology do come about what will be the disastrous effects they will have on the family? Obviously conception would become almost totally impersonal. Yet isn't there something special about a mother who carries her baby inside her womb for nine long months, nourishing him with her body, fulfilling herself physiologically and spiritually as a woman and knowing the joy and sacrifice of giving birth? And doesn't it fill a man with a sense of pride and happiness to share in this glorious event with the woman he loves?

With these startling new advances, would parenthood be the same? Alvin Toffler, famed author of Future Shock predicts the newspapers of the future may carry advertisements addressed to young married couples such as the following (9):

Why let parenthood tie you down? Let us raise your infant into a responsible, successful adult. Class A Pro-family offers father, age 39, mother, 36, grandmother, 67. Uncle and aunt, age 30, live in, hold part time employment. Four child unit has opening for one, age 6-8. Regulated diet exceeds gov't standards. All adults certified in child development and management. Bio-parents (real parents) permitted frequent visits. Telephone contact allowed. Child may spend summer vacation with bio-parents. Religion, art, music encouraged by special arrangements. Five year contract minimum. Write for further details.

The brilliant Russian scientist, surgeon and professor, Nikolai M. Amosoff, in his book, Notes from the Future (8), tells of a new type of child rearing in 1991. His novel describes children being raised by a contraption called an "automatic nanny," which feeds the baby, puts it to sleep, watches its health, and even educates it. Pediatricians and mechanics supervise everything and parents are free to live their own lives. But do you remember the experiment with monkeys who were fed by cloth-mothers with no warm, loving motherly contact? They turned out to be social and sexual freaks. What impact could this new type of child rearing have on the delicate psyche of the human baby? Would there be any need for the family? Probably not, for along with mechanical mothering, it is even predicted that in the days of test tube babies, children will be raised in state nurseries rather than families.

And yet probably the most frightening advancement to come will be the creation of life from non-living chemicals. Imagine--man actually creating a human baby. But if this is ever possible, what kind of man will he be? If he is created by man, will he be human? Will he possess a psyche, a spirit, a soul? If babies are grown in artificial wombs, if women are hired to bear other women's children, if man is someday capable of creating life, if parenthood

becomes completely mechanized--what kind of world will we then have? Will people be able to love, to feel, to relate? Will man become completely dehumanized?

Perhaps some of you may be thinking that it would be good for men and women to be unburdened from the responsibilities of parenthood, the fidelity of marriage, the guilt of neglecting their own parents. In fact if babies are grown in factories and raised by the state, no one will really know who his real parents are, who his brothers and sisters, or even who his own children are. Think how carefree man would be with no ties to bind him to humanity. Just imagine how much more pleasant it will be with no grief to bear. Absence of a loved one makes us sad, and death brings terrible grief, but with no one to love there will be no one to grieve for when they are gone. Life will be free of all pain.--But is this what we want? If one never knows sadness, how can he truly know happiness? If a man has no tears to sometimes wash his eyes, will his eyes be clear to see? If we need no one, no one will need us. Our absence would cause little sadness, our death little grief. And yet, isn't it true that man needs to be needed--that in fact, man's greatest emotional need is his need to be needed. How empty life would be in a world with no human ties, a world in which we belong to no one and no

one belongs to us (6). Life as we know it today is made more meaningful by our deep, abiding relationships with parents, friends, brothers, sisters, husbands, wives and children. But if the family falls, what will be left? Could we survive without love?

The futuristic lyrics of Zager and Evan's "In the Year 2525," popular in 1969, was giving us a message which demands serious thought (11):

In the year 2525 . . . if man is still alive,
if woman can survive, They may find:

In the year 3535, ain't gonna need to tell the
truth, tell no lies. Everthing you think, do,
and say is in the pill you took today.

In the year 4545, ain't gonna need your teeth,
won't need your eyes. You won't find a thing
to chew . . . Nobody's gonna look at you.

In the year 5555, Your arms are hangin' limp at
your side; Your legs got nothin' to do . . .
Some machine's doin' that for you.

In the year 6565, Ain't gonna need no husband,
won't need no wife. You'll pick your son, pick
your daughter, too from the bottom of a long
glass tube . . .

In the year of 9595, I'm kinda wonderin' if man is
gonna be alive.
He's taken everything this old earth can give,
And he ain't put back nothin'.

Now it's been ten thousand years.
Man has cried a billion tears,
For what he never knew, now man's reign is through.
But through eternal light, the twinkling of starlight,
So very far away. Maybe it's only yesterday.

Is there any hope?

Does all of this knowledge about the possible fate of the family with the resulting loss of man's human qualities discourage you? It should! Because only when we can open our eyes and rationally face the possible consequences of our actions can we begin to change the course of events. We are not suggesting that science should stop dead in its tracks but that men must learn to use these marvelous powers constructively rather than destructively. Just as fire, gun powder, and the splitting of the atom can wreak havoc if misused--yet used constructively they can create magnificent advantages for mankind.

And we are not saying that the family will inevitably be destroyed, but that it could be. It could be if we let it. And the way we let it is by making the mistakes that are ripping the fabric of today's family to shreds. The family and the human beings that it produces can survive if we want it to. And this can only be accomplished when clear-thinking young people, imbued with facts and insight about their life and their life to come, can take a look at themselves and resolve that they will not make the same mistakes that others before them have made. Wouldn't you agree that the reason for many of the marital mistakes of the past is because we have not placed enough significance

on what it means to be married, what it means to choose a mate to whom we are committed for the rest of our lives, what it means to bring a baby into the world, what the entire realm of sex means in life?

If you can realize that at this very moment you are building your entire future, then you will be willing to make the wise but often difficult choices that will lead to a more enriched adulthood. We need more young people who are willing to talk to their parents and bridge the gigantic gap that is keeping them apart. We need young people who can comprehend the wondrous value and meaning of sex, who will not allow the powerful sexual urges to sweep them into a premature marriage because of a pregnancy, a need for sex or feelings of guilt. We need teens who have the patience and fortitude to endure the test of time--to wait until they are fully ready to accept the tremendous responsibility of committing their life to another person in marriage. We need young adults who are dedicated to the ideal of making their marriages work. Who can talk to each other, can share the difficult moments of a marriage without giving up, and who can grow together through the years. We need adults who are willing to postpone parenthood until the time that their marital adjustments have been made and until they are both completely

ready to accept the enormous responsibility that shaping a life entails. We need parents who are genuinely interested in and devoted to their children and yet who are wise enough, and strong enough to apply discipline when it is necessary. We need parents who honestly and openly love each other and because of their love are able to give a greater emotional stability to their children. We need parents who can give their children a profoundly positive opinion of themselves, who can construct an unbreakable backbone of character, and who can give them a high respect for their sexuality so that they too can grow into fully developed men and women with happy secure homes for their own children.

We spend billions of dollars staffing and equipping mental hospitals, paying psychiatrists and supporting mental health clinics, alcoholic wards, prisons, and drug centers. When the real answer to the mental sickness that looms over our nation is prevention--prevention by means of producing children with sound family backgrounds. No other institution offers so much to so many for so long a time as the family. It is families that produce the children, nurture and care for them during infancy, train them for life, and guide and protect them until they are ready to leave and build homes of their own. Dr. Paul Popenoe reported to the World Health Mental Assembly,

There is no single factor in the life of a human being that is more significant to his mental and emotional health than the atmosphere of the home from which he comes. When the home is unstable it is difficult for the children to develop emotional normality, to be able to relate to others, to grow up and have successful marriages, and to produce children of their own who are emotionally healthy (2).

Survival of the family is actually a life and death matter, for if the family is crushed into oblivion, humans will eventually become extinct. Rebuilding the home should be our highest priority. Only when we rebuild our homes can we hope to rebuild our world. We must learn, through the insight and foresight of today's young people, to establish the kind of homes that produce warm, loving human beings who will go forth to positively shape the destiny of man. World peace begins in the home. It must start with strong, united families, for this is the only cement that will ever hold our world together.

The story is told of a little girl who was afflicted with a disabling condition of the spine. She was unable to walk and spent all of her time in bed in constant, excruciating pain. Late one night her father walked by her room and noticed that she was lying there, still awake and gazing out the window at the stars. It broke his heart to see his little girl in such pain, but he knew there was nothing he could do. He walked in and hesitatingly said,

"Uh,--honey, I guess you're having trouble sleeping?"

"Oh, its okay, Daddy," she replied. "Sometimes when I can't sleep I just lie here and look up at the stars. I like to pretend that they are people."

"See that strong, bright star over there?--That's you, Daddy. And that smaller, shiney one nearby is Mama. And see the little, twinkly one? That's my little brother. And the perky, mischievious one over there is my puppy. And the one over there is my aunt, that one is my grandmother and that one . . ."

"But you know what, Daddy? The problem is that there just aren't enough stars in the sky for all the people in my life that I love!"

How wonderful it is when a person has developed his capacity for love so fully that it overshadows even the pain and difficulty in his life. But how totally a person is able to love and develop to his full stature as a human being depends almost solely on whether he is given a heritage of love and security and self-worth in his own home. And this can only come from stable parents who are devoted to each other, not for just a few years but for a lifetime. Our hope for you is that you will someday build this kind of home--so that ultimately you will be happier, your children will be stronger, and the destiny of your world will be improved.

TERMINOLOGY

1. artificial inovulation - removing a fertilized egg from a woman to be carried in another woman's womb until birth.

2. artificial insemination - medically injecting sperm into the uterus of a woman to cause conception.
3. bigamy - the practice of being married to more than one husband or wife; a criminal offense.
4. commune - a community of men, women, and children who are living together, usually with no family distinctions.
5. dehumanized - without human qualities.
6. extended family - the family of rural days in which aunts, uncles, and grandparents lived in close proximity with the immediate family of husband, wife, and children.
7. in vitro - produced in an artificial womb.
8. infertile - unable to reproduce.
9. nuclear family - the family of today consisting of the married couple and their children.
10. monogamous - marriages of only one husband and one wife.
11. psyche - the human mind.
12. sterile - incapable of producing children.
13. surrogate - a substitute such as a substitute mother.

QUESTIONS FOR THOUGHT AND DISCUSSION

1. Why is it true that when the family life of a nation declines, the nation soon falls?

2. What is your opinion of each of the suggestions made on pages 416 and 417 for changing the structure of the family. Discuss each of the questions that follow these suggestion on pages 417 and 418.
3. Why did the family change from the extended family to the nuclear family? Which form do you think is best? Explain.
4. Discuss the advantages and disadvantages of babies produced in vitro. What could be the ultimate effect on the family if this method of prenatal development is employed?
5. Discuss your opinion of the use of artificial insemination and artificial inovulation. What are the advantages and disadvantages of each?
6. If man becomes capable of creating human life from inorganic chemicals, what could the effect be on humanity?
7. How do the choices you make today ultimately affect the survival of the family and the existence of mankind as well?
8. In the beginning you may have thought of this course as purely a "sex course." Now that you have completed this study, have you gained knowledge that will help you in ways other than sexual?

9. Family life and sex education courses have been accused of being communist oriented, destructive to moral and religious convictions and of increasing the desire to experiment. Discuss or write a paper on what you think of these accusations.

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"Tis better to light one candle than to curse the darkness."

EPILOGUE: A PERSONAL CHALLENGE

Now that you have completed this entire study, you have probably been doing a great deal of thinking about how the information in this book relates to your own personal life. You have probably begun to see that the essential purpose of this course has been to provide you with a thought-provoking study that will help you in making the decisions that can ultimately lead to a happier life for you and the ones you love.

You now have the knowledge, but what you choose to do with that knowledge is up to you. Possessing knowledge and possessing the ability to apply that knowledge are two entirely different things. And yet one of the real tragedies of our age is that people with brains to think are so often afraid to use their minds to reach the highest of their abilities, to make the wisest possible decisions, to use their faculties to better themselves and their future. Too many people, adults and young people alike, drift along, being swayed by the current of the crowd and doing very little thinking for themselves. They are afraid to differ from their friends, afraid to reach up

and seek the things in life that are high and noble and bring a happiness that is real. This fear is a kind of phobia. You know that a phobia is an irrational fear such as claustrophobia (fear of closed places) or hydrophobia (fear of water) or agoraphobia (fear of open spaces). But the most disabling phobia of all is acrophobia (fear of high places). Acrophobia is more than a fear of mountains, high towers, and airplanes; it is a fear of high ideals, high thoughts, high ambitions. Too many people are afraid to hitch their wagons to a star because they are afraid of failure, afraid that it cannot be done.

Of course failure comes to everyone, and by this time in your life you probably realize that you have made many mistakes which you may sometimes feel can never be undone. However, mistakes and resulting disappointment are the common denominator of living. A little girl fell down on the sidewalk and skinned her knee. She looked up at her mother and said, "Wouldn't it be nice if all the world were cushioned?" But the world is not cushioned, and any person alive will have moments of pain and disappointment to overcome. And whether or not he overcomes his mistakes without giving up is the real test of the character of a man.

Ben Hogan, the world-famous golfer, was almost crushed to death in a grueling auto accident. They said he would never walk again. But he refused to give up. He picked himself up and worked against incomprehensible odds until the day that he was able to throw away his crutches. And finally the day came when he made his comeback and won the British Golf Championship. George Washington fought nine battles, and of the nine he was cruelly defeated six times. But he refused to quite, and he went on to win the war because he kept on fighting after each defeat (1). During the stock market crash of 1929, thousands of Americans lost every penny they owned. Many businessmen jumped out of office windows or put bullets through their heads. Others became physically and mentally sick with worry. But still others picked themselves up, dusted themselves off and kept right on trying, for they realized that it is the trying times that are the times for trying. No matter how low we have sunk or how serious our mistakes have been in the past, we must keep on reaching for something bigger and better. Never underestimate what you are able to do. We must have young people with the courage to overcome acrophobia and to keep on keeping on, to think big, to aim high and to reach for their "impossible dream."

Out of fear and just plain apathy, too many people drift through life with their eyes closed, never thinking before acting, never knowing the joy of reaching out to another, never opening their eyes to the beautiful world that surrounds them, never using their God-given abilities to reach their full potential, never really living.

Helen Keller once said, "Live each day as if it were your very last." The following story, written by an anonymous young person, should help point out the need we have to live every minute to its fullest (4):

All day I had been trying to think of something to do. Now here it was night and still I had'nt thought of anything. The excitement of the opening days of school was over and everything had settled into a rut. There was nothing to do but study and no where to go but the dining hall. Life was so dull and uninteresting; I wished something new would happen to break the monotony of living.

Just then I heard a movement in my door, and with quick interest, I looked up. With a calm face and crystal eyes, a figure stood in my door and said to me, "Come, it is time for you to go." At first, I didn't understand; but I looked at the figure again, and gradually realized that this was DEATH. And it was calling for me!

With unbelieving eyes and mouth ajar, I sat in stunned silence. Time for me to go? No, it could not be! Why, the whole future was in front of me, and think of all the plans I had made for it. Here I was, only a Junior in college, with so many things yet to be done. There was Thanksgiving, the Christmas holidays, charter day, and robing in the Spring. Then my senior year with the long awaited for graduation at the end. Then a job, marriage, and children, and--oh, there were hundreds of things.

I looked at DEATH and cried, "Oh, surely not now! Can't you give me a few more years? Only a few more?"

She shook her dark curly head and answered, "No, the time is NOW." Again I pleaded, "Just one more day then?" She considered this a moment and replied, "All right. But only one more day, and at the end of it you must be ready."

With that she quickly left--leaving only the echo, "One more day . . ." The words rang in my ears as I thought of the limitations of one day. Why hadn't I asked for two or three days? One day was so short and so quickly spent. But no, I had asked for only one, and that one must be used well.

I spent a little time in thought and then decided on a definite plan. To the people around me, the day would be an ordinary day, only I would appreciate it as my last one; and only I would hold on to each word spoken.

The day woke with a beautiful sunrise, which I was on hand to witness, and the morning air was fresh and crisp. With classes all morning, the time traced on winged feet; and then, all too quickly it was time for lunch. It gave me a chance to see many people that I could have not seen otherwise. I greeted and talked with all that was possible, and the hour passed quickly and pleasantly. The afternoon was spent in letter writing, to my parents, to my closest relatives, and my friends. They were just mostly notes to say some things I had intended to say a long while ago, but just hadn't the time--expressions of appreciation for kindness and encouragements.

To others, dinner came and went as usual; but to me it had a special interest. No longer did the food matter; only the people around me--the time was growing short.

After dinner, we gathered in the dorm parlor and sang, and laughed, and talked. Such a marvelous time I had not witnessed before; but the quiet hour bell rang to end it, and I returned to my room. But it was just as well that it ended, for there was still much to be done. I paid my suite-mate a visit. She could not, I am sure, have understood how much that visit meant to me; how much I valued that last talk with her. When it was over, I straightened my room and made ready for my visitor's return . . .

With the same calm face and crystal eyes, DEATH again stood at my door, and in a gentle voice she said to me, "The decision you made for the day was wise. Since you have learned the value of the people

about you, the future is still yours, and I am sure you will sow it with wisdom." And there before my very eyes, I saw DEATH change to LIFE. I say my old life take its place, changing into a new life of living for others.

You have but one life to live. If you make the decisions that will keep you free, you will be able to live life to its fullest. Through knowledge and the ability to apply that knowledge, you will be able to make your "impossible dream" a reality. And the rewards of that reality will enable each of you to reach the highest level of dignity and accomplishment and happiness that mankind has ever known.

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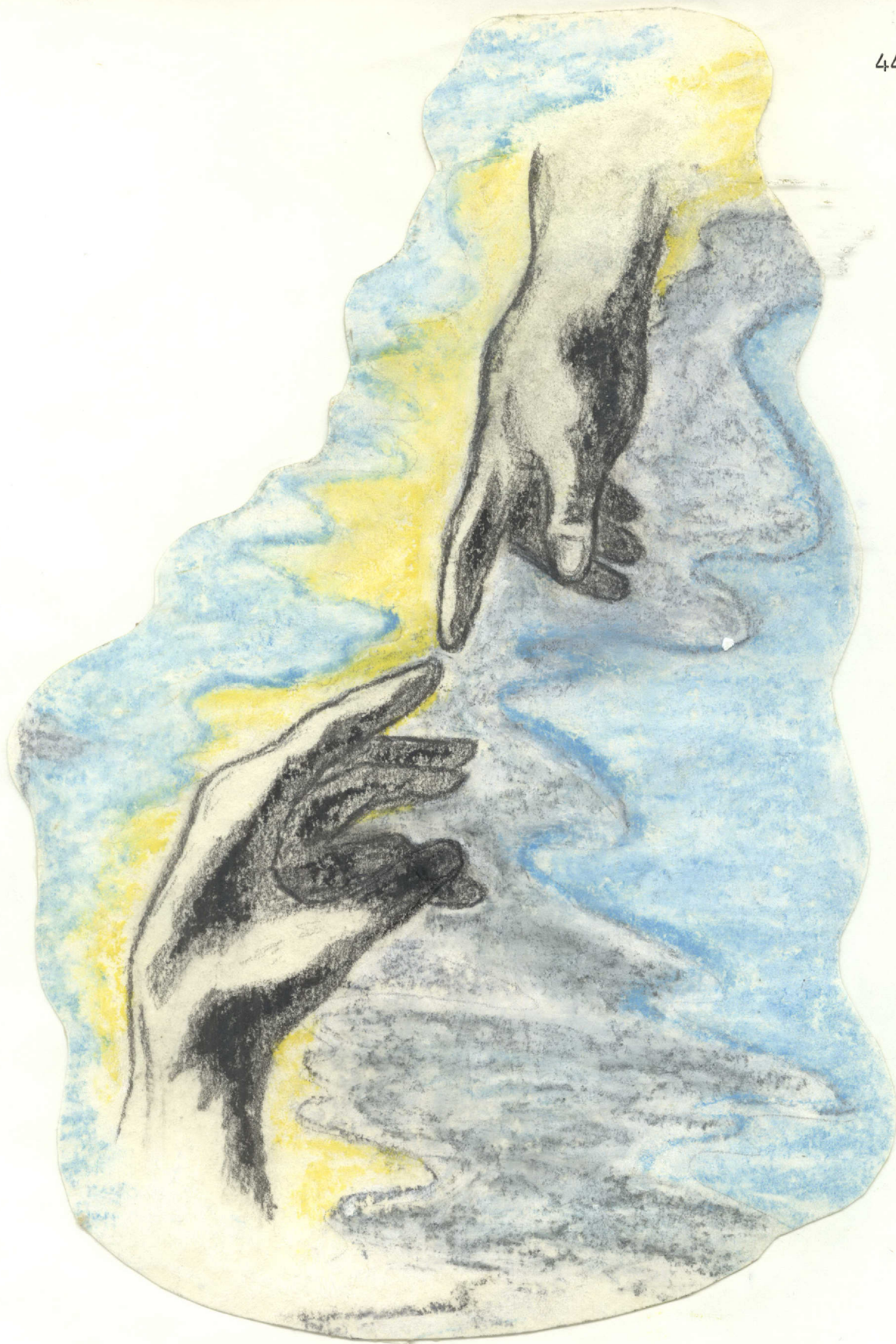


Fig. 12--Reach out