

(Course 153)

State. It is the almost universal institution through which our biological inheritance is preserved and our social heritage is passed on.

The family, more than any other inherited institution, is feeling the shock of demands for change brought about by modern conditions. The family should not be considered as a static institution. As the spirit of youth is challenging our institutions, the family cannot and should not be exempt. It is our duty, however, to explore the actual and potential social values of the family and note whether its evolution is not tending toward more perfect expression for our constructive and defensive needs.

The monogamic, private family is a priceless inheritance from the past and it should be preserved. Its inherited customs and mechanisms are gradually being modified to suit new social demands. This section of the course will be concerned with the relationships of the family group.

### History of the Family

A very brief consideration of the evolution of the family is essential to an understanding of its hygienic significance.

1. Primitive family. Developed many forms and varied more than the modern family. Some of the important elements were:
  - a. Position of women
  - b. Sex relations
  - c. Marriage
2. American family. We are primarily interested in the evolution of the family in our own country.
  - a. European background
  - b. Colonial period
  - c. Frontier family
  - d. Present American family.

References: Spencer, A. G. - The Family and Its Members, Chaps. I  
Groves, E. R. - Social Problems of the Family, Chaps. 1, 2, 3, 15.  
Rich, M. E. - Family Life To-day, Part I, Chaps. 1-2.

### Family Government

The long and changing government of the family during its evolution has had a marked influence upon the physical and mental characteristics of the individual. In the earlier forms of the family, either the father or mother was the absolute master of the fate of the members of the group. In present day development toward a democratic form, this is being exchanged for group opinion.

1. Health beliefs of the family, sources and validity.
2. Health habits of the family.
3. Health regulations of the family.
  - a. Constructive
  - b. Defensive