

(Course 153)

- References: Spencer, A. G. - The Family and Its Members, Chaps. 1-3.  
Groves and Ogburn - American Marriage and Family Relationships, Chaps. 2-4.  
Sumner, W. G. - Folkways.  
Groves, E. R. - The Marriage Crisis.

#### Health Resources of the Family Group

The family with its intimate relationships from before birth to old age has potentially the largest amount of health resources of any human institution. It affords the greatest opportunity for the application of the principles of hygiene at the most important times. These health resources are dependent upon:

1. Character of the members.
2. Economic status.
3. Social status.
4. Intelligence and education of group.
5. Ideals and practices.

#### Health Liabilities of the Family Group

The constant close association of the members of the family group carries with it many potential health hazards. These may be prevented or neutralized if the government of the family provides an effective program of defensive hygiene.

1. Communicable diseases
2. Food excesses and deficiencies
3. Faulty mental hygiene.

- References: Storey, T. A. - Constructive Hygiene - Book 1.  
Defensive Hygiene - Book 2.

#### Establishment of a Family

There is a widespread skepticism regarding matrimony and the establishment of a family. In the changing situation in which we found ourselves, it would seem wise to try and separate the major from the minor, and the fundamental from the trivial in this matter. After due consideration of all the conflicting opinions, it would appear to be a fundamental privilege and duty for the individual to seek a proper mate and establish a family.

The reasons why people marry may be controlled by certain instinctive urges, but there are more obvious motives which seem to be operative; such as:

1. For social standing
2. For money
3. For support by mate
4. For labor of mate
5. For custom
6. For sensuous satisfaction
7. For children and home building
8. For spiritual satisfaction.