

(Course 153)

Preparation for Home Building

The establishment of a home and family is a complex, delicate undertaking. It requires for its successful accomplishment a preparation that touches every aspect of human life and knowledge. This preparation should be an essential part of the education of every American young man and young woman. For purposes of our discussion, we will consider some of the basic preparations necessary to meet modern conditions.

1. Economic preparation. While it may appear materialistic to begin with the economic side of the home, it is surely practical.

- a. Cost of home keeping. The first step in a sound preparation for home-keeping is an accurate intelligent understanding of the actual cost involved in a well-organized, well-conducted home. This means a working knowledge of budgets and budget making with particular reference to relative evaluation. One of the separate projects of this course will be the construction and criticism of budgets for various planes of living.
- b. Support of the home. A consideration of the preparation of one or both mates to produce a sufficient income seems obvious. It means forethought in choosing and securing the necessary education and experience to attain the level of income desired.

References: Bossard, J. H. S. - The Problems of Social Well-Being, Chaps. 2-6.
Groves, E. R. - Social Problems of the Family, Chap. 5.
Rich, M. E. - Family Life Today, Part I, Chap. 7.
Abel, M. H. - Successful Family Life.

2. Educational preparation. The scope of the educational preparation is a broad one. It may be divided for purposes of discussion into general and special.

a. General preparation. The health information necessary for the wise administration of a home which has been presented to you in the courses on Constructive, Defensive, and Individual Hygiene may be outlined here as:

(1) Constructive hygiene, with its information with reference to the anatomy and physiology of the cell; relation of heredity to health; and the determining powers of nutrition, excretion, exercise, rest, and play.

(2) Defensive hygiene, with its information of the injuries that can come to health by excesses and deficiencies; by mechanical means; by physical means; through living micro-organisms and the remedies and methods of prevention which science has provided for them.

(3) Individual hygiene. To the above may be added the basic facts about the individual, including an understanding of the sources of his health practice;