

(Course 153)

where to secure reliable guides to health through literature and health advisers; the value of a periodic health examination and the hygiene of the special organs.

References: Storey, T. A. - Constructive Hygiene, Book I.
Defensive Hygiene, Book II
Individual Hygiene, Book III.

b. Special preparation. The intimate, complex relationships of the family make it desirable to consider some special types of preparation which are important for those who would attain the highest form of married life.

(1) Qualifications for marriage. These should include the assurance on the part of both mates that there is:

- (a) Physical health
- (b) Mental health and stability
- (c) Social status in keeping with group.

(2) Selection of a mate. While the selection of a mate has behind it strong instinctive urges, these are not alone safe guides for successful mating. The implications and responsibilities involved need all of the intelligence and discriminating judgment that the individual can secure.

- (a) Courtship is not an emotional joy-ride. It can and should be a period of frank facing of facts of personality, disposition, tastes, adaptability, for if it results in marriage it is for a lifetime.

References: Groves, E. - Wholesome Marriage, Chaps. 3-4.
Popenoe, P. - The Conservation of the Family, Part I.
Galloway, T. - Love and Marriage.

(3) Marriage and parenthood. Marriage completes the first step toward establishment of the family with the potential responsibilities of parenthood. The adjustments necessary to a happy marriage and the intelligent rearing of children require sound basic information, plus unusual skill.

- (a) Proper conception of marriage.
- (b) Physical and mental adjustments.
- (c) Sound information and guidance for parenthood.

References: Groves, E. - Wholesome Marriage, Chaps. 5-12.
Popenoe, P. - Modern Marriage
Popenoe, P. - Conservation of the Family, Part 2.
Rich, M. - Family Life To-day, Part 2, Chap. 4.
Groves, E. - The Marriage Crisis.
March, N. H. - Towards Racial Health, Chaps. 9-10.
Von Gruber - Hygiene of Sex