Marriage Matters

'Answer The Question' Is Simple Guide To Sex Ed.

By DR. AIFRED J. PRINCE
Are modern children receiving adequate sex instruction in the home? Should the school assume a more active role in sex education? Does sex information situaties sexual promiseuity?
When it comes to sex education, writes one family specialists of the children flow two classes: (1) those who believe it is better lote the subject of sex alone in the teaching of their children; and (2) those who believe sex instruction should be given to feel the size of the sex instruction may again be divided into two groups. First, those who regard sex as too sacred to be mentioned; and second, those who regard as a soo sacred to be mentioned; and second, those who regard as a soo sacred to be mentioned; and the subject as too vulgar to be discussed.

THE SUBJECT of sex, however, is neither too sacred on the too second on the too sacred on the subject as the content of the subject as the subject of sex, however, is neither too sacred on the subject of sex, however, is neither too sacred on the subject of sex, however, is neither too sacred on the subject of sex, however, is neither too sacred on the subject of sex however.

THE SUBJECT of sex, however, is neither too sacred nor
too vulgar to be treated frankly
and seriously.
"Sex education by parents
may be difficult," writes one
authority, "but, for those who
are mature enough and love
their children enough, it is part
of parental responsibility toward children and pays off in

better socialization than any other source can provide."
How do young people feel about the sex instruction they receive in the home? In a study conducted by the writer, it was noted that almost 40 per cent of the students felt their sex education had been inadequate. For example, one girl wroter.

"MY FIRST EXPLANATION of sex frightened me; and I wasn't entirely straightened out on the subject until about seven years later. I knew no one who could sensibly answer my questions or wanted to. The subject has always been rather hushed up or laughed at in our family." Another commented:
"My parents never really gave me any sex information, yet they expected me to know about sex. I got information to more about sex. I got information to make the special control of the sex of the "MY FIRST EXPLANATION

Young people listed three ma-jor sources of sex information. Most frequently mentioned by both sexes were: (1)"books, pamphlets, and other reading material," (2) "filends and playmates," and (3)"parent of the same sex" in that order.

IN ANSWER to the question, "In your opinion, from what

Some parents wonder whether the sexual promiseuity. Research data do not support this fear.

Studies show that children who receive sex education from their parents conform more closely to social forms than those whose parents fall them in this respect.

On the other hand, the child whose curiosity is not satisfied by his parents will look elsewhere for his information, and so the typical method of acquiring sex information begins. The sex incommation is not begin to the sex incommation begins to ake the sex incommation begins. The sex incommation is to begin as soon as the child begins to ake questions.

In answering a child's question, however, parents must consider the child's age and readtness to understand. A child needs to be told only as much as be can absorb at the time. "However, waiting for spontaneous questions is not always a safe guide as to when sex education should begin," cautions one family sociologist, "for a child's questions on sex and the sex of the sex o

and naturally."

ACTUALLY, sex education need not be any more difficult than any other part of child furning. The method are served to the control of the co



Doctor in the Kitchen®

Anyone who is overweight is probably more conscious of the fact this time of year. Certainly, people are more conscious of other people being overweight during the swimming and briefer-clothing season. So, whether you are overweight or just wishing you didn't have to look at so many who are, the subject of weight control is a good one for discussion.

are, the subject of weight control is a good one for discusand the subject of weight control is a good one for discusBasically, the most distrasing thing about weight control
is our lack of success. People
diet, gain, diet, and then gain
again, it seems, with almost
inevitable regularity. Some
doctors refer to this weight
up and weight-down business as
the "190-190 syndrome".

Is it preventable? Physicians
are coming around, I believe, to
the doctors refer to this weight
up and weight-down business as
the "190-190 syndrome".

Is it preventable? Physicians
are coming around, it simply its
easier for people to not get fat
than to help them lose weight
after they've gained it. Some
evidence even suggests that the
mere fact of being overweight
after they've gained it. Some
evidence even suggests that the
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evidence even suggests that the
mere fact of being overweight
after they've gained it. Some
syndrome so many people
have used as an excuse the possibility that the
hor more difficult of the some
proper functions of the body.

The human body produces
many different enzymes and
hormones that affect what happens to the food we eat. If some
enzymes or hormones are not
which food becomes muscle, fat,
energy, or whatever, can get
out of whack.

At Baltimore City Hospitals,
the Obesity Research Clinic be-

At Baltimore City Hospitals, the Obesity Research Clinic believes they've discovered that many overweight people have

less than normal amounts of a liver enzyme that controls the process by which fats are brokens of the process by which fats are brokens of the process by which fats are brokens of the brokens of the brokens overweight people have exhausted their ability to make the enzyme. Such a condition, if valid, would make some overweight people like diabetics, bis possible, as you know, are unable to produce snough of the hormose, insulin, which controls sugar metabolism, Such overweight people would need medical treatment before they could be successful in controlling their weight.

so all you people out thereincluding children and teenagers--who aren't yet overewight, keep those pounds off
and keep exercising to keep fit.
For the others, I suggest you
forget fad and crash diets and
get down to a serious dietary
approach with your physician.
Certially, stay away from obesity "specialists" and the reducing pills racket. Any real
specialist worth your time
would be known to and recommended by your doctor.

Small Crew Mans Big Ship

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Boom Continues

Boom Continues

More than 50,000 units of public housing were in various stages of development under the turnkey process at the end of 1967, reports the U.S. Durment of Housing and Drahan Davalopment,
HUD had reserved funds for 21,000 units and financial assistance contracts had been executed for 15,000 addition at units, Nearly 5,000 units were unider construction and 2,000 units have unifs had been completed, Applications for 11,300 units were unider construction units were being processes, a private developer with a site

private developer with a site can arrange with the local hous-ing authority to build public housing to his own plans and specifications.

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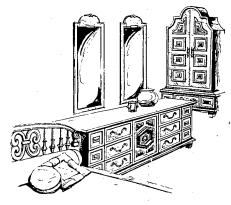
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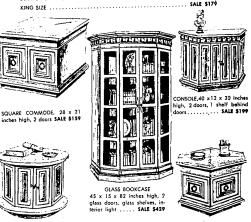
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