

the female, the terms are vagina, hymen or maiden-head, uterus or womb, Fallopian tubes, and ovaries. Intercourse is called cohabitation, coition or coitus (accent on the first syllable).

Sex organs should be kept clean by washing morning and night. A boy who is not circumcised should draw back the foreskin and clean away the matter which forms under it at the base of the glans. Tight-fitting clothing should not be worn about the genital organs as it may cause irritation and unnecessary excitement.

A boy should be instructed that a mere erection of his penis does not mean that an ejaculation of semen is necessary to his health. Each time he gets rid of the sperm he loses calcium, phosphorus, and other chemicals of value to his growing body. He also loses nervous energy which he needs more for other purposes. Frequent expenditure of this energy may cause weakness, lassitude, and general inefficiency for work, for participation in athletic contests, and for clear thinking. Trying to force an ejaculation or emission of semen, when it does not occur naturally, dissipates even more energy and is more weakening. Two weeks is not too long a time for a male to go without an ejaculation of semen from his body, and many go for longer periods than that. Nature automatically takes care of the matter by passing off excess semen during sleep at the right time.

The term masturbation comes from two Latin words meaning "to pollute with the hand." It is also called "self-abuse," and is a common practice of both sexes, but especially of adolescent boys. Physicians are divided in their opinions as to the harmfulness of this practice. All agree that when carried to excess it weakens the body and causes loss of initiative and self-respect. But it does not cause pimples, wrinkles, or insanity, as many suppose. The best way to overcome practice of this bad habit is to have plenty of fresh air, exercise, hard work, the right amount of sleep and to turn the thoughts into constructive channels of sport and work, and away from sex, as far as possible.

Girls should be instructed that their desire to touch, kiss and fondle a boy may arouse his emotions to a

point where they may not be easily stopped unless he consummates the act of intercourse. Also he may get a wrong impression of the girl and her motives, and look down on her. Both of them should know that sexual excitement, or even desire, is not necessarily love, but merely a glandular activity in their bodies due to close proximity to each other. After a period of petting which stops short of relief, a man may turn to another woman, less innocent, who will give him what nature calls for. The "nice" girl has driven him to a prostitute.

Seminal emissions are not harmful, and they become less frequent as boys grow into manhood. They are not a sign that "he needs a woman" as so many believe. It is no more necessary for a boy to "sow his wild oats" than for a girl. Separate standards for the sexes are losing popularity today. First-love during the adolescent period is usually transitory. The girl a boy may want to elope with when he is sixteen or eighteen may be quite unsuitable to him when he is twenty-five.

Many girls who are entirely innocent regarding the facts of sex go through terrible worries just because they have come in close contact with men and have become sexually excited. A young girl, untaught in sex matters, may even frighten herself into the belief that she is going to have a baby if she has permitted a man to embrace her. Some cases are on record where girls have thought themselves pregnant because men have kissed them or danced with them and hugged them closely. Such fears have been known to delay the menstrual flow, and then the scare becomes a terror. A simple explanation of the impossibility of pregnancy unless the seed has been fertilized by the male, will save a young girl many silly and sad fears.

Adolescence is more or less a trying period to young people and to their parents as well. The first thing to remember about these problems is that they are normal and natural, that all young people experience them, and that there is nothing unusual or terrifying about them. All we need to do is to exercise patience, a reasoned self-control, and a healthy, happy enjoyment of work and play, letting natural development of the body take its course. Fits of