

temper, irritability and despondency should be reduced to the minimum. Parties, good times, recreation, mingling of the sexes under sensible supervision, neither too strict nor too lax, and kindly parental guidance, will tide boys and girls through the experimental years, and prepare them for happy marriages based on a wise choice of mates.

THE MALE

OF THE great variety of cells which make up the human body, those which concern us here are the *gametes*, or marrying cells. These are very minute and are of two kinds, the *spermatazoa*, (sperm for short) in the male body, and the *ova* or eggs, in the female. The spermatazoon consists of a rounded head, microscopically small, which fertilizes the ovum, and a long wriggling tail, also microscopically small, which propels the fertilizing head up the vagina or entrance tract of the female body, in its quest for the ovum. There are a tremendously large number of spermatazoa, as many as two hundred million in a single discharge. Yet only one is required to fertilize the egg. Spermatazoa are of two kinds, one producing a male and the other producing a female child, depending upon which kind impregnates the ovum of the woman.

Unlike the ova, which exist in a woman's body during her whole life, the sperm are continually being manufactured in the testicles of the male. Testicles or testes are two rounded tissue like and hard substances which hang, one lower than the other, in the scrotum or sack outside the male body below the penis. From these the sperm passes into the epididymus, at the back of each testicle. This is a tube about twenty to thirty feet long, but so wound about as to occupy a space smaller than the testis itself

There they are stored until the muscular action of the epididymus forces them up the seminal ducts and deposits them in the seminal vesicles, two small sacs inside the body at the base of the bladder. Here they are stored until discharged from the body. The advantage of one testicle hanging lower than the

other is that they avoid pressing against each other when walking or sitting; especially when the legs are crossed, which would cause discomfort or pain.

The *prostate gland* is a firm, pale body shaped like a chestnut, located at the neck of the bladder. It secretes a milky fluid of acid reaction as well as the semen or fluid in which the spermatazoa float in the seminal vesicles. Enlargement of one or more of the lobes composing the prostate gland is common in men after fifty-five years of age.

There are two glands named *Cowper's glands*, which secrete an alkaline mucous at the time of the seminal discharge. This is essential as the semen cannot function in an acid medium. It counteracts the acid secretion of the prostate gland, and also the acid of any drop of urine which may remain in the urethra or urinal tract. A drop of this alkaline mucous may appear at the outlet of the penis just before the seminal discharge. These fluids awaken the spermatazoa to action. They do not move or wriggle until surrounded by this carrying medium. Then they become intensely alive with motion. The study of these glands is comparatively new and their action is not clearly understood, but it is known that they play an important part in ejaculation.

The external male organ, the *penis*, hangs limp most of the time. Through it runs the urethra or urinal tract through which urine passes from the bladder out of the body. The seminal discharge occurs through the same tract, but during that time the bladder is cut off and urine cannot pass. In times of sexual excitement the penis becomes stiff and erect, is greatly enlarged, and is very sensitive. It is thus prepared to enter the vagina or genital opening of the woman's body, and has become about the size to fit that organ closely. The penis is composed of muscles and blood-vessels which react to the stimulation of its nerves to become filled with the excess blood. After some moments of intercourse, with the penis inside the vagina, an orgasm, or moment of intense excitement occurs, and the fertilizing fluid passes out into the vagina. After this the muscles of the penis relax, it again becomes limp, slips out of the vagina, and a feeling of contented drowsiness is felt by both the man and woman. The act of sexual