

Orono, Maine, December 10, 1930.

My dear Boys-

For a long time I have thought that I ought to in some way get across to you information about sex that might help you to steer a straighter course in life. It has recently come to my attention that matters are not all they ought to be in our High School and among your associates. These matters might better be talked over but I think I can write it more clearly and I want you to keep this to read over from time to time by yourselves.

Our bodies are very much like fine machines. If properly understood and used great good and great pleasure can be obtained from them. If improperly used great harm may result. It is necessary therefore that you understand yourselves and your girl friends. You are now passing through the most trying period of your lives. Your bodies are developing, as they have not before. You have quite different ideas on sex and different sensations connected therewith from Glen and Jim. I am afraid many of the ideas you pick up are incorrect and incorrect ideas here do work untold harm in society.

For the last few years your sex organs have developed faster than the rest of your body. And with this development have come feelings that you need relief that is not consistent with good social relations. Dr. Barker told the boys, and I know he is right, that the secretions from the testes is stored in small sacks in the back just above the hips and close to the large intestine. The value of this secretion lies in its effect upon the health of the man or boy concerned. The blood takes this secretion and spreads it throughout the whole of the body. Some of it goes to make better and bigger brains, some of it goes to the spinal cord and makes for a better nervous system, some of it goes to other parts of the body and causes other physical developments. This can be proved beyond question. Some men have had serious accidents to the testes or have had cancerous growths or other things have happened to necessitate an operation for the removal of these glands. The results are always astonishing. They become mentally weaker than before. They become less masculine. Hair is not so profuse on the face or other parts of the body. They are not so robust. They are in every sense less men. If this takes place before the man is grown, that is in a boy, he never becomes a real "he" man. He is a sissy and very delicate. However in all normal men this secretion is in excess of that required for the well being of the body. This excess must be removed from time to time so it is necessary in all normal healthy men that this excess is removed during sleep in what are known as "wet dreams". Among some quack doctors this is played up as a sign of "loss of manhood" and many boys are lead to worry about it. It is a perfectly normal thing and ought not to cause the least thought of any weakness. It is on the contrary a sign of a strong healthy body, provided it does not happen too often.

als  
ved  
as I  
king  
twee  
msel  
depr  
led  
  
e ca  
rope  
it s  
ar w  
dea  
the  
jus  
fine  
mea  
wou  
hav  
urce  
  
ust  
res  
, ha  
nd w  
arri  
frc  
The  
ntil  
for  
s sc  
bat  
o ke  
er i  
negl  
er a  
ple  
m a  
to b  
  
alwa  
any  
he f  
u ca  
grow  
me a  
rea  
c fa  
  
way  
inte

Now a few words about girls and the attitude all men should take toward them. As you know they are quite differently constructed from boys and men. Their organs are different and they function differently. They of course do not have the secretion from the same glands that men do to pass through the blood to build the body. However, they do have an organ called the ovary that is a gland that fulfills the same function. The secretions from this gland make the woman. Some women have had to have these glands removed and have become more masculine because of it, just as the men became more feminine when the testes were removed. With men wet dreams occur about once a week or so. Women have a much more serious time once every four weeks or thereabouts. At that time known as the menstrual period a portion of the ovary breaks open releasing a human egg. Along with this there is usually considerable blood and a loss of pep. You have noticed this no doubt in mother. Bula is too young yet but very soon it will start with her. At this time if some of the secretion from the glands of a man can unite with this human egg it becomes fertile and begins to grow. It is held in the uterus or womb, really a nest inside the mother's body until it has developed to a full grown baby. It is then born and in so doing may kill the mother.

It is right here where false notions are held that wreck lives daily in every neighborhood where men live who are not careful. No one can fortell whether a woman will become a mother because of sexual intercourse with a man. Some women are barren, can never bear children. Others can seemingly become pregnant at any time. The menstrual time is the critical time but by no means the only time. There are various devices used that aim to keep the woman from becoming a mother. I have looked up on every thing I can find on this matter and am convinced that none is perfect. I have talked with Dr. Mason and Dr. Preble about it and both agree none are reliable. So if boys tell you they know how to prevent conception their knowledge is not reliable. The plan may work nine times and fail the tenth.

However the big thing to remember is rather other factors. When boys and girls become too intimate, neck and kiss and in general makes fools of themselves about each other they are very liable to discuss matters of sex to such a state and too fondle each other so much that they both become nervously wrought up to such a state that they go too far. If the girl becomes a mother society to-day makes her something of an outcast, for life. Her whole life ruined because of one slip! If she does not become a mother the next slip will be easier with the same boy or with other boys. Until finally it is inevitable that her finer senses of decency have become stifled. She is not the sweet and wholesome girl to meet she was before, even though she is lucky and does not become a mother. No right thinking clean minded and clean bodied boy wants her for a lifecompanion. And the boys who have got her into this state can never have the self respect they had before.

There is also a great deal of misunderstanding about the pleasure derived by a man or boy in sexual intercourse. Really it is ~~gr~~ not as pictured. Of course you realise I know personally what I am talking about and I can truthfully say there is no difference between the act and a wet dream as far as the effect on the man himself at the time is concerned. But the after effects must be very depressing on a clean minded boy or man if he knows he has ~~defyed~~ led a clean girl to loose her self respect.

I think one can liken the girl to a very fine car. If one learns to treat it properly and drive it carefully great pleasure is derived from it and great good is done. If one attempts to drive a very fine car without knowing about it he will wreck it. Or if he gets the idea he can go too fast he will wreck it and himself. But just like the car the only way to know girls is to associate with them. And just as one would not adjust the carburetor for himself in a fine car so he ought not to get a girl keyed up too highly. By all means associate with girls and have a good time but just as we would hate to have you wreck the automobile we would hate to have you wreck yourself, by at any time loosing control of yourself.

There is just one more argument for keeping straight and that is the lowest reason of all fear. Many people to-day, more than you would imagine, have a disease known as syphilis. It is largely a sex disease and would die out in one generation if men would be clean. It is carried from one man to another by the girl just as it is carried from one woman to another by the man. It is something like leprosy. The diseased parts have terrible sores that were not curable until the last few years and even now it is a matter of treatment for years and then one can not be sure of a cure. The disease is so prevalent that the laws of the state require that new born babies must have a solution of silver nitrate put in the eyes to keep them from going blind from syphilis contracted from the mother in birth. Dr. Preble did us the very fine thing of purposely neglecting to put it in Glen's or Jim's eyes because she knew mother and I were clean. To-day it is becoming common for young people before they marry to require of each other a statement from a doctor that they are free from syphilis. It is the only way to be sure.

Remember always that mother and I have your well fare at heart far more than any thing we are interested in. We have always tried to tell you the facts about anything. So now in this matter the best thing you can do is to hold onto yourself for a few years and you will grow to see I am right. In the mean time bring these questions to me and I will give you the right answer to any of them. You must realise that I am in a position to know more about the scientific facts in the case than most of the fathers of boys you know.

The safest way you will find is to avoid discussion of sex matters. Keep interested in other things.

Your father

A.L. Fitch.