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Planned Parenthood Association of San Diego County

AFFILIATED WITH PLANNED PARENTHOOD-WORLD POPULATION

Invites students in San Diego City and County public and private high schools to participate in an essay contest. SUBJECT: THE POPULATION PROBLEM.

Boring? The subject lacks glamour and excitement? As a title, it very well may. But that's not the title; you choose your own. An intriguing title is part of your competitive effort. And the subject is not boring; In fact nothing, absolutely nothing, is so romantically exciting. Austed Viegland, Norwegian sculptor, put it this way--

THE WHEEL OF LIFE

Left to right, up and over--children, young adults, parents--the wheel revolves with relentless force. We cannot see the wind; we cannot see gravity; we cannot see love--but the reality and effect of each of these forces we experience every waking or sleeping moment of our lives. That infinite force we call love creates life. Whether we like it or not, the quality of that life is up to us.

A businessman, James F. Oates, Jr., Chairman of the Board of The Equitable Life Assurance Society, puts it this way:

"If we truly accept this responsibility and sincerely and thoughtfully become concerned with the quality of life, we have no choice but to be also concerned with the quantity of life. Since we are growing to believe in the right to die with dignity, perhaps we will eventually espouse a comparable belief in the right to be born with dignity. It seems that we might eventually endorse the current proposal to add a fifth freedom--freedom of the right of everyone to make intelligent choices as to parenthood and the birth of children"

But eventually won't do! We are running out of time!

PTA endorses Planned Parenthood

NATIONAL CONGRESS OF PARENTS AND TEACHERS

700 North Rush Street, Chicago, Illinois 60611

STATEMENT ON FAMILY PLANNING

(Adopted by the 1966 convention delegates)

WHEREAS, The National Congress of Parents and Teachers has concern for maternal and child health, family stability, and responsible parenthood, and

WHEREAS, The National Congress of Parents and Teachers realizes that public concern over world and national population problems has accelerated more than has public action to solve these problems, and

WHEREAS, Access to family-planning guidance and services frequently depends upon the economic or geographical circumstances of a family; therefore be it

Resolved, That PTA's support efforts toward assuring equal access to family-planning guidance and services, which should be available to any family seeking these services according to its beliefs and needs.

ATOMIC BOMBS COULD DESTROY CIVILIZATION.

SO COULD THE POPULATION EXPLOSION!

HOW CAN WE PREVENT THIS?

WHO KNOWS?

Much about what we can do is general knowledge. What is urgent is a decision about what we ought to do or must do. With a background of the material conveniently packaged and available to you in public libraries, you--as one able to read and comprehend it--are not only entitled to your opinion;it is,we believe, your obligation and privilege to express it. We offer you the opportunity to explain in not more than 1000 words your solution to the problem and your justification for that solution.

ROOM AT THE TOP?

You may deal with the general problem or any precise aspect of it which interests you: the population situation as worldwide, in the U. S, in California or any given local neighborhood; or you may write about any social or personal, moral or religious, economic or political problem involved in population control. You may agree or disagree with whatever you think PP stands for; prizes will be awarded solely on the basis of analytical, expository, argumentative and literary merit.

Winning essays will be published locally. These will also be submitted to editors of such magazines as Saturday Review, Harper's, Life and Look. No subject matter is taboo; you are free from the usual limitations imposed upon student writers for school publications. You will, of course, observe good taste (you may determine by examining recent issues of the magazines listed what is--for purposes of this essay contest--good taste).

Suggested Books, Pamphlets and Articles

Population Problems

*POPULATION EXPANSION AND BIRTH CONTROL—An Appropriate Problem for High School Study, Irwin Slesnick. Reprint from *The American Biology Teacher*, details one unit's design. (PP-WP, 10¢)

THE GROWTH OF WORLD POPULATION (publication 1091) National Academy of Sciences, Washington, D. C., 1963, $1.00. Written by a committee of the nation's top scientists, addressed to other scientists and to a general audience.

*GROWTH OF WORLD POPULATION. Introduction, conclusions and summary statement excerpted from the National Academy of Sciences report Washington, D.C., 1963.

(PP-WP #598A, 10¢)

THE GROWTH OF U. S. POPULATION (publication 1279) National Academy of Sciences, Wash., D.C., 1965, $1.25. A study of U.S. population problems.

*BIRTHCONTROL: ACADEMY REPORT. Excellent condensation, reprinted from the magazine *Science* of the National Academy of Science's 1965 Report, *Growth of U.S. Population*. (PP-WP #303, 10¢)

POPULATION PERSPECTIVES, Philip M. Hauser, Rutgers Univ. Press, 1960, $3.50. A brief and clear introduction to the patterns of world and national populations.

POPULATION: THE VITAL REVOLUTION, Ronald Freedman, ed. Doubleday-Anchor, Garden City, N. Y., 1964, $1.25 (paperback). Nineteen experts analyze important world population trends in non-technical language.

THE POPULATION DILEMMA, Edited by Philip M. Hauser. Prentice-Hall, Englewood Cliffs, N. J., 1965, $3.95 ($1.95 paperback). Well-balanced picture by eleven authorities of population trends and prospects in the world as a whole.

POPULATION, William Petersen, Macmillan, N. Y., 1961, $7.95. An introduction to demographic concepts and description of population phenomena of U. S.

POPULATION, EVOLUTION AND BIRTH CONTROL—A COLLAGE OF CONTROVERSIAL READINGS, Edited by Garrett Hardin. Freeman, San Francisco, 1964, $2.00 (paperback). Collection of the most effective published statements in support of and in opposition to the questions at issue, arranged to reveal the historical development of major ideas.

*Available from PP-WP. Use number where listed. Where price is omitted, item is free. Reduced prices are offered for orders in volume.

THE PRINCIPLE OF POPULATION, T. R. Malthus, 1798. E. P. Dutton, N. Y.—Everyman's Library, 1958 reprint, two volumes, $1.95 each. Basic book for student of demography.

POPULATION GROWTH—THREAT TO PEACE? Edited by William E. Moran, Jr. from papers of the 37th Annual Conference of the Catholic Assn. for International Peace. P. J. Kenedy & Sons, N. Y., 1965, $4.50. Special attention is given to the Catholic position on birth control and to suggested patterns of reconciliation between diverging views.

AMERICANS AT MID-DECADE, Series P-23, No. 16, January, 1966, U. S. Dept. of Commerce, Bureau of the Census, Population Division, 40¢. (For sale by the Superintendent of Documents, Wash., D.C.) Good source for facts about characteristics of the U.S. population in 1965.

*POVERTY OF ABUNDANCE. A study of the cost in human deprivation, national economic and social development and dollars and cents of uncontrolled population growth abroad and in the U.S. (PP-WP #500, 50¢)

*NEGRO FERTILITY AND FAMILY SIZE PREFERENCES, Implications for Programing of Health and Social Services, A. C. Hill and F. S. Jaffe. Reprinted from *The Negro American* (Daedalus Library Vol. 7, Ed. by T. Parsons and K. B. Clark.) Houghton Mifflin, New York, $9.50. A resume of research studies showing that, like other sections of the U.S. population, Negroes will accept and use faithfully family planning methods consistent with their religious beliefs and mores; explodes the myth that sexual practices of Negroes and whites differ widely. (PP-WP, 15¢)

Quality of Life

POPULATION DYNAMICS, John Cairns Jr., Rand McNally, Chicago, 1966 (Patterns of Life Series) $1.20. Gives good, brief explanation of traits of populations; population measurements, density, composition; organisms and environments; and a discussion of the Malthusian principle.

THE PROBLEM OF PEOPLE, Roger Revelle, reprint from *Harvard Today*, Autumn 1965, Harvard University Center for Population Studies, 9 Bow Street, Cambridge, Mass. 02138. Discusses whether man will learn to control the quality of life. Also available, with suggestions for teaching, in *Nature and Science* (Teacher's Edition), Vol. 3, No. 11, 2/21/66, American Museum of Natural History.

*300,000,000 AMERICANS WOULD BE WRONG, David E. Lilienthal. (Reprint from *N.Y. Times Magazine*, 1/9/66) The Chairman of Resources & Development Corporation asserts that

the quality of individual life is threatened by overpopulation and urges action to solve this problem. (PP-WP #545, 15¢)

*BIRTH CONTROL: THE SOLUTION TO THE POPULATION CRISIS, W. D. McElroy. (Reprinted from *The Johns Hopkins Magazine*, May 1956) A distinguished scientist discusses population control, the reasons why the issue must be faced, and the feasible solutions. (PP-WP # 701, 10¢)

PEOPLE! William Vogt. William Morrow, N.Y., 1960, $4. (paperback 50¢.) Discusses what excessive population growth does to such human aspirations as the pursuit of happiness.

*TOO MANY AMERICANS, Lincoln & Alice Day. Houghton Mifflin, Boston, 1964. $3.50. Presents the meaning of population growth in the U. S. (Paperback: Delta, $1.95)

OUR CROWDED PLANET, edited by Fairfield Osborn. Doubleday, N. Y., 1962, $3.95. A collection of essays bringing into focus the immediacy of the population problem.

THE POPULATION CHALLENGE. U.S. Dept. of the Interior Conservation Yearbook No. 2, 1966. (For sale by the Superintendent of Documents, Wash., D.C. $1.25.) Are our natural resources on a collision course with an expanding population?

*FAMILY PLANNING—A Special and Urgent Concern, the Rev. Martin Luther King, Jr. An examination of its role in the Negro's quest for security and a decent life. (15¢)

Family Planning

*PLANNING YOUR FAMILY, THE COMPLETE GUIDE TO CONTRACEPTION AND FERTILITY, A. F. Guttmacher with W. Best and F. Jaffe. Macmillan, N.Y., 1964, $5.95. A comprehensive handbook on birth control.

*THE COMPLETE BOOK OF BIRTH CONTROL, A. F. Guttmacher with W. Best and F. Jaffe. Ballantine, N.Y., 1961. Brief paperback manual on birth control. (PP-WP #547 50¢)

*A NEW CHAPTER IN FAMILY PLANNING, Elizabeth Ogg. Public Affairs Pamphlet, N.Y., 1964. A summary of the benefits of family planning, the physiological principles involved and the available methods. (PP-WP #806 25¢)

*TO BE A MOTHER . . . TO BE A FATHER. Simple illustrated explanation of human reproduction and how methods of contraception function. Prepared originally by Dr. W. Fritz, Director of the Health Dept. of Accomack and Northampton Counties, Virginia, adapted for wider use by PP-WP Medical Dept. Rev. 1965. (PP-WP #590) Spanish version, Ser Padre Ser Madre (#590S 10¢)

*Available from PP-WP. Use number where listed. Where price is omitted, item is free. Reduced prices are offered for orders in volume.

*FAMILY PLANNING IN THE DEVELOPING NATIONS—the story of the many new population programs under way in nations around the world and the part of the International Planned Parenthood Federation in their operation.

(PP-WP #846, 15¢)

Religious Opinions

GENERAL

SEX WAYS—IN FACT AND FAITH, Bases for Christian Family Policy, edited by Evelyn M. and Sylvanus M. Duvall. Association Press, N. Y., 1961, $3.95. Summarizes and evaluates the vast amount of data and clinical evidence now available on sex and marriage in the context of changing tradition and thought.

THE POPULATION EXPLOSION AND CHRISTIAN RESPONSIBILITY, Richard M. Fagley. Oxford University Press, N. Y., 1960, $4.25. Discussion of the church's growing awareness of the population problem, governmental neglect, religious obstacles and the need for a clear stand.

RELIGION AND BIRTH CONTROL, Edited by John Clover Monsma. Doubleday, N.Y., 1963, $3.95. Symposium of Protestant, Jewish and Catholic physicians discuss ethics of contraception, abortion, artificial insemination and related subjects.

CATHOLIC THOUGHT

*CATHOLICS AND BIRTH CONTROL, CONTEMPORARY VIEWS ON DOCTRINE, Dorothy Dunbar Bromley. Devin-Adair, N. Y., 1964, $3.95. Forewords by Richard Cardinal Cushing and John L. Thomas, S.J. Prime reference on recent developments in the position of the Roman Catholic Church on responsible parenthood.

*THE TIME HAS COME, J. Rock. Alfred Knopf, New York 1963, $3.95. The Catholic scientist and co-developer of the oral contraceptive pill, examines Catholic doctrine in the light of the population crisis and recommends a program for united action by Catholics and non-Catholics. (Also in Avon paperback, 75¢.)

CONTRACEPTION AND CATHOLICS, A New Appraisal, Louis Dupré. Helicon, Baltimore, 1964, $1.95. Important contribution to developing Catholic thought on birth control, maintaining that in addition to an unchangeable element in natural law there is also an evolutionary aspect based on the reality of a developing human nature.

Sex Education

HUMAN SEX AND SEX EDUCATION, PERSPECTIVES AND PROBLEMS, Warren R. Johnson. Len & Febiger, Philadelphia, 1963, $5.00. Presents problems and theories of sex education in our society.

SEX AND THE COLLEGE STUDENT, Report No. 60, Group for the Advancement of Psychiatry, N.Y., 1965, $1.50. Suggests guidelines for understanding and formulating policy toward student sexual behavior in the college setting.

*MARRIED TEEN-AGER, M. S. Calderone, M.D. (Reprinted from the *Journal of the International College of Surgeons*, Vol. 43, No. 4, April 1965). A useful roundup of professional studies on this question, of particular interest to physicians, youth-serving agencies, parent-teacher groups, educators and clergymen. (PP-WP #795, 15¢)

*ADOLESCENT SEXUAL BEHAVIOR, M. S. Calderone, M.D. The role of parents and educators in improving sex education for adolescents is outlined in this reprint from the *National PTA Magazine*. (PP-WP #768, 10¢)

*SEXUAL ENERGY—CONSTRUCTIVE OR DESTRUCTIVE? M. S. Calderone, M.D. (Reprinted from *Western J. of Surgery, Obstetrics and Gynecology*, 71:272-277, Nov.-Dec. 1963). Stresses the interconnections of sexual processes with mind and emotion and the need for better sex education. (PP-WP #736, 20¢)

*HEALTH EDUCATION FOR RESPONSIBLE PARENTHOOD: PRELIMINARY CONSIDERATIONS, M. S. Calderone, M.D. (Reprinted from *A. J. of Public Health*, Vol. 54, No. 10, October, 1964, pp. 1735-1740). A forthright statement on the role of health education in dealing with problems of population, planned parenthood, and responsible sex education. (PP-WP #775, 10¢)

Research

*100 UNANSWERED QUESTIONS by Carl G. Hartman. One of America's top scientists isolates some of the most important unsolved problems in human reproduction and contrasts the relatively small expenditure on research in these areas with the investments in such fields as military technology and space. A reprint from *McCall's*, Sept. 1964. (PP-WP #763, 10¢)

*PHYSIOLOGY OF REPRODUCTION AND ITS RELATION TO THE REGULATION OF FERTILITY, W. O. Nelson, M.D. (*Marriage and Family Living*, Vol. XXV, No. 1, Feb. 1963). A concise survey of those areas of physiologic research that show promise of developing new methods of fertility control. (PP-WP #753, 10¢)

For Children and Young Adults

LOVE AND SEX IN PLAIN LANGUAGE, Eric W. Johnson. Lippincott, Philadelphia, 1965, $2.95. All there is to know about sex in language easy enough for the ten-year-old, with ideas and information; useful even to college students.

*Available from PP-WP. Use number where listed. Where price is omitted, item is free. Reduced prices are offered for orders in volume.

Age 9-12

A STORY ABOUT YOU: THE FACTS YOU WANT TO KNOW ABOUT SEX (9-12). The Dutton Series on Sex Education. Marion O. Lerrigo and Helen Southard in consultation with Milton J. E. Senn, M.D., E. P. Dutton, N.Y. $2.00.

THE WONDER OF LIFE. Milton I. Levine, M.D., and Jean H. Seligmann. Simon and Schuster, N.Y. $2.95.

For Teen-Agers

FACTS OF LIFE AND LOVE FOR TEEN-AGERS. Evelyn Millis Duvall. Association Press, N.Y., 1956. $3.50.

HUMAN GROWTH. Alice V. Keliher. Appleton-Century-Crofts, N.Y. $2.25.

WHAT'S HAPPENING TO ME? Sex Education For The Teen-Ager (12-15). The Dutton Series on Sex Education. Marion O. Lerrigo and Helen Southard in consultation with Milton J. E. Senn, M.D., E. P. Dutton, N.Y. $2.00.

For Young Adults

LEARNING ABOUT LOVE: SOUND FACTS AND HEALTHY ATTITUDES TOWARD SEX AND MARRIAGE (16-20). The Dutton Series on Sex Education. Marion O. Lerrigo and Helen Southard in consultation with Milton J. E. Senn, M.D., Dutton, N.Y. $2.00.

WHEN YOU MARRY, Evelyn Millis Duvall and Reuben Hill. Association Press, N.Y. $4.50.

The Law

*SEX VS. THE LAW by Harriet F. Pilpel. PP-WP's General Counsel summarizes archaic Federal and state sex laws, including those affecting birth control, and contrasts them with prevailing practice and attitudes in this reprint from *Harper's Magazine*, 1965. (PP-WP #783, 15¢)

*PP-WP AMICUS CURIAE BRIEF. A good short summary of the legal status of birth control and supporting data from many fields is included in this brief submitted in connection with the challenge to the Connecticut anti-birth control law. (PP-WP #378, $1.50)

FOR FURTHER READING AND INFORMATION

Publications Lists and Bibliographies

*LIST OF PP-WP PUBLICATIONS FOR PROFESSIONALS (1966). Materials for professionals available from Planned Parenthood-World Population; covers contraception, infertility, abortion, research, poverty and family planning, administration of family planning services, policy statements, population and natural resources, the law, and other subjects. (#100B)

*PUBLICATIONS ABOUT PLANNED PARENTHOOD (PP-WP Publication). Materials for the general public; covers birth control, religious attitudes, marriage & family life, infertility, world population, public policy, research and general information. (#100A)

*SELECTED BIBLIOGRAPHY ON FAMILY PLANNING FOR PROFESSIONALS—Books on contraception, infertility, abortion, the population problem, demographic research, family planning surveys and programs, poverty, religion and birth control, sex and marriage education. (#100C)

BIBLIOGRAPHY OF FERTILITY CONTROL 1950-1965, C. Tietze, M.D. (ed.) (National Comm. on Maternal Health, 2 East 103rd St., N.Y.)

SUGGESTIONS FOR A BASIC DEMOGRAPHIC LIBRARY (The Population Council, 230 Park Ave., New York 17). A compilation of books on fertility, mortality and similar topics.

*FILM GUIDE (PP-WP publication). Reviews by Planned Parenthood's Film Review Panel of 16mm films on population, family planning, education for marriage, human reproduction, childbirth. (#397)

Directories

PLANNED PARENTHOOD AFFILIATES, (PP-WP Publication). Names and addresses of all Planned Parenthood Centers in the U.S.A. (#396)

*INTERNATIONAL PLANNED PARENTHOOD DIRECTORY. Names and addresses of family planning services throughout the world. Published by International Planned Parenthood Fed., 64 Sloane St., London S.W. 1, England.

*POPULATION RESEARCH AND STUDY CENTERS (PP-WP mimeo M-9801). List of public and private agencies and universities offering programs of study and/or research in the fields of population and family planning. (#M-9801)

The Population Problem

Six 60-minute documentaries produced by National Educational Television:

1. BRAZIL: THE GATHERING MILLIONS
   A documentary which tells through the life of migrants what falling death rates and high birth rates mean in Brazil's cities.
2. THE EUROPEAN EXPERIENCE
   Europe's relatively stable population growth is viewed as a lesson of significance to the rest of the world. A historical treatment, tracing the role of social and economic revolutions from the Middle Ages to the present.
3. JAPAN—ANSWER IN THE ORIENT
   The solutions this country has found to stemming the tide of its population growth are outlined.
4. INDIA—WRITINGS ON THE SAND
   This film discusses the enormous population problems which threaten India, a land where one million people are born each month.
5. U.S.A.—TROUBLE IN PARADISE
   How does population growth affect life in the U.S.? This film alerts viewers to America's population problems.
6. NEW FACTS OF LIFE
   Takes viewers into the laboratories of scientists trying to find simpler methods of birth control acceptable to all faiths and seeking to solve the problems of infertility among the childless.

All NET Films are obtainable from Audio-Visual Center, Indiana University, Bloomington, Ind.

FOR A MORE COMPREHENSIVE listing of films on population problems, family planning and related subjects see Planned Parenthood—World Population's *Guide to Films* obtainable from PPWP, 515 Madison Avenue, New York, New York 10022.

Where rental source is not given try local educational film libraries.

The Earth and Mankind

Six-film series surveying the world population problem and food supply. Produced by the National Film Board of Canada.
28 minutes (each film). Black and White.
This series, intended for high-school age audiences, probes the population problem. Stanley Burke, foreign correspondent and United Nations commentator, is the narrator in a round-the-globe census survey which includes these films:

1. PEOPLE BY THE BILLIONS
   An examination of the implications of the population explosion already under way.
2. MAN AND HIS RESOURCES
   A study of the meaning of the Universal Declaration of Human Rights in terms of the basic raw materials of existence.
3. TO EACH A RIGHTFUL SHARE
   An examination of man's efforts to achieve a better life.
4. THE GLOBAL STRUGGLE FOR FOOD
   A progress report on efforts to expand world food production through water and flood control, agricultural advances, land distribution, etc.
5. CAN THE EARTH PROVIDE?
   A view of the resources of science to find a new means of survival.
6. CHALLENGE TO MANKIND
   Mme. Pandit, India; Paul Hoffman, United States; Lord Boyd Orr, United Kingdom; Dr. Victor Belaunde, Peru; and Dr. Hugh Keenleyside, Canada, authorities, express their views on the threat to mankind of over-population and tender some possible solutions.

PLANNED PARENTHOOD HIGH SCHOOL ESSAY CONTEST

RULES AND REGULATIONS

1. The contest will run from November 1 through February 1967.

2. All students regularly enrolled in grades 9 through 12 in any public or private school in San Diego County are eligible to compete.

3. Judges will be appointed by the Executive Committee of Planned Parenthood of San Diego County.

4. Decisions of the judges shall be considered final.

5. On a county-wide basis, the first prize award will be $50; second prize, $35, and third prize, $25. Additional honorable mention awards may be offered if numbers of contestants and quality of essays submitted justifies.

6. All essays shall become the property of PPSD. Contestants should keep copies of essays submitted.

7. Essays shall not exceed 1000 words in length. There is no stated minimum; topic and handling will determine the most advantageous length.

8. Essays may be handwritten in ink, legibly and with standard margins; or may be typed, double-spaced. Write on one side only of each sheet of paper. Keep your manuscript as free as possible from errors in spelling and English usage as appropriate for your essay; but what you have to say is always more important than how you say it.

9. The only identification permitted on essays shall be the numbers which appear on corresponding registration cards. Judges will not identify authorship of essays prior to a final decision.

10. Essays may be used as opinion-type research concerning teenagers' interests and opinions. Consent of authors shall be obtained before publication of any essay.

11. Registration cards will be available wherever this invitation is displayed as a poster, or interested students may write to Essay Contest, Planned Parenthood of San Diego, House of Hospitality, Balboa Park, San Diego, California; or you may telephone 234-7593. Contestants are welcome to come to PPSD headquarters to engage in additional research in line with the title of an essay.

12. As requested by sponsors, a Planned Parenthood representative will appear before any youth group to answer questions concerning the essay contest. Or contestants may make after-school appointments to meet a PP worker at headquarters.

Identification cards requesting assistance of schools, libraries and other educational facilities will be issued as registration forms are received. A comprehensive although not exhaustive bibliography of pertinent reference materials accompanies this announcement. Much of this material plus other significant publications is available at PP headquarters in Balboa Park.