

EXTENSION BULLETIN 286 (First Revision)

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Selected Readings on

Marriage and Family Relations

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Michigan State College

Extension Service

Adult Education

East Lansing

Foreword

The subjects of *Marriage* and *Family Relations* have inspired an endless parade of publications. Those of us who desire to read on these subjects have the very practical problem of selection.

Dr. Judson T. Landis, of the Michigan State College Departments of Effective Living and Sociology and Anthropology, sympathetic with this need, has drawn together a carefully screened list of books. For the reader's convenience, he presents them under the following headings:

For Parents:

Getting Ready to Be Parents

Child Care and Training

Sex Education of Children

For Children Up to 12 Years Old

For Young People 12 to 16 Years Old

For Youth 16 Years or Over

For Engaged and Married Couples

For Adult Education Leaders, Ministers and Teachers

It is sincerely hoped that this list will offer ready reference help to youth, family members, and organization members having program planning responsibilities, and any other citizens who are budgeting time for reading about this "Business of Growing Up" and "The Great Art of Living Together".

DON PHILLIPS

Assistant Director of Extension

In Charge of Adult Education

Michigan State College

Selected Readings on **Marriage and Family Relations**

We hope the following list of books will be of value in directing the reading of interested people. In making our selection we have attempted to choose books which present a workable philosophy and which are reliable scientifically. We recognize that because of differences in viewpoint no list of books chosen on this basis would meet with universal agreement.

This reading list has been sent to all libraries in Michigan. It has been suggested that libraries stock the 40 best books if they do not have them. The Michigan State Library has all the books on the list, and if your local library does not have the book or books you wish to read, your librarian will be glad to order them from the State Library, Lansing.

Franking privileges prohibit the inclusion of names of publishers and prices of books. This information is available from the author upon request.

Additional copies of this publication, Extension Bulletin E-286, may be obtained from the Bulletin Office, Department of Public Relations, Michigan State College, East Lansing, Michigan.

JUDSON T. LANDIS

For Parents

GETTING READY TO BE PARENTS

*BROOKS, Lee M. and BROOKS, Evelyn C. *Adventuring in Adoption*. 1939. 225 p.

An interesting book by two reliable authorities who have made a thorough study of all phases of adoption.

CARRINGTON, William J. *Safe Convoy, the Expectant Mother's Handbook*. 1944. 256 p.

Covers a wider range of topics than some of the books for expectant mothers and not so light in style. Written from the doctor's point of view.

*CASTALLO, Mario A. and WALZ, Audrey. *Expectantly Yours*. 1943. 110 p.

Presents material similar to that found in other handbooks for expectant mothers. Written in a light and entertaining style.

*EASTMAN, Nicholson J. *Expectant Motherhood*. 1940. 176 p.

A scientific treatment of the prenatal period by a professor of obstetrics at Johns Hopkins University and Obstetrician-in-Chief to the Johns Hopkins Hospital. Does not attempt the lively entertaining style of many of this group of books.

*We have starred the books we consider most valuable for the general reader.

HEINZ, Doris Hale and BOLT, Katherine Smith. *Modeling for Motherhood*. 1946. 74 p.

Humorous depicting of the psychological and physical states experienced during pregnancy. A series of cartoons are used. Enjoyable as well as enlightening.

LOCKRIDGE, Frances. *Adopting a Child*. 1947. 216 p.

Answers questions on where and how to obtain a child for adoption. Appendix gives adoptive agencies in each state.

PRENTICE, Carol S. *An Adopted Child Looks at Adoption*. 1940. 222 p.

Valuable for anyone interested in adoption. The author is an adopted child, the mother of an adopted child, and a welfare worker acquainted with the legal and sociological aspects of adoption. She treats the subject in an intelligent and realistic way.

VAN BLARCOM, Carolyn C. *Getting Ready to Be a Mother*, revised by Corbin, Hazel, Fourth Edition. 1940. 190 p.

Considers the prenatal period in an interesting and readable manner. Unusually good photographs and illustrations throughout. Similar to *Mother and Baby Care in Pictures* by Zabriskie.

*ZABRISKIE, Louise. *Mother and Baby Care in Pictures*, revised, Second Edition. 1946. 208 p.

Gives information on physical and emotional training of infants up to one year. Includes many tables, charts, and pictures which make it easy reading. (Similar to *Getting Ready to Be a Mother* by Van Blarcom and Corbin.)

For Parents

CHILD CARE AND TRAINING

*ALDRICH, C. Anderson and ALDRICH, Mary M. *Babies Are Human Beings*. 1938. 128 p.

Good on the developmental behavior of babies. Outlines practical suggestions for managing the infant. Not as light reading as some of the books on the subject, but valuable for parents who will read it.

ALDRICH, C. Anderson and ALDRICH, Mary M. *Feeding Our Old-Fashioned Children*. 1941. 112 p.

Reviews the results of scientific research on the subject of feeding problems and discusses handling of situations.

ARLITT, Ada Hart. *The Child from One to Twelve*. 1931. 228 p.

Contains sensible advice to parents of young children.

BAUER, W. W. *Contagious Diseases, A Guide for Parents*, revised, Second Edition. 1944. 188 p.

A comprehensive and up-to-date discussion of all the contagious diseases to which children are susceptible. Includes excellent chapters on prevention of disease, home nursing, and convalescence.

BARUCH, Dorothy. *Parents and Children Go to School*. 1939. 504 p.

BLATZ, William E. *Understanding the Young Child*. 1944. 278 p.

A psychological approach to the study of child development. Somewhat heavier reading than many of the other recommended books.

- BOETTIGER, Elizabeth F. *Your Child Meets the World Outside*. 1941. 179 p.
 Designed to aid parents in guiding children toward independent thinking and action in the present-day world. Discusses the child's relationship to the world of nature; the world of machinery and its products such as radio, press, and motion pictures; the world of people; and the community.
- BRO, Marguerite Harmon. *When Children Ask*. 1940. 268 p.
 Deals with ways of answering children's questions on all subjects. Puzzled parents will find help here.
- *BUNDESEN, Herman N. *The Baby Manual*. 1944. 590 p.
 A practical and complete manual on the physical care of infants. Mothers will want to own a copy for reference at home.
- *Child Study Association of America. *Parents' Questions*. 1947. 256 p.
 Suggestions for dealing with specific problems. An excellent guide toward understanding and dealing wisely with children.
- EAKIN, Mildred and EAKIN, Frank. *Your Child's Religion*. 1942. 169 p.
 Offers practical suggestions to parents who may be puzzled or doubtful about how to deal constructively with their children's religious growth and attitudes.
- ELLENWOOD, James Lee. *There's No Place Like Home*. 1938. 234 p.
 Deals with all types of family relationships. Draws largely from the author's experiences in his home. Style and humor hold interest.
- ELLENWOOD, James Lee. *Just and Durable Parents*. 1948. 224 p.
 The latest of the Ellenwood books continuing his wholesome philosophy of parent-child relationships. Enjoyable reading.
- GESELL, Arnold. *How a Baby Grows*. 1945. 77 p.
 A collection of over 800 photographs which trace the development of a child through the first five years.
- GESELL, Arnold and ILG, Frances L. *Infant and Child in the Culture of Today*. 1943. 399 p.
 A reliable treatment of techniques for child guidance.
- *GRUENBERG, Sidonie Matsner. *We the Parents*. 1939. 296 p.
 A sensible and scientific treatment of parent relationships with growing children. Includes such subjects as discipline in the home; the child's handling of money; meeting the challenge of movies and the radio; explaining the facts of birth, death, marriage and divorce; and many other topics.
- HOHMAN, Leslie B. *As the Twig Is Bent*. 1940. 291 p.
 Emphasizes the fact that regardless of undesirable hereditary or environmental factors, no child's case is hopeless if the parents will work intelligently to correct wrong habits and traits.
- HURLOCK, Elizabeth B. *Modern Ways with Children*. 1943. 393 p.
 An inclusive discussion of the normal child and his everyday problems. Contains also a section on problem behavior and personality disorders in childhood.
- KENYON, Josephine Hemenway. *Healthy Babies Are Happy Babies*. 1943. 343 p.
 Considers the physical care of both mother and baby through the prenatal period and the first three years of the child's life. Not so complete as the *Baby Manual* by Bundesen.

- *LOZIER, Reinhard V. *Pointers for Parents*. 1946. 141 p.
A manual of child care from infancy to marriage by a pediatrician, common sense advice. Brief and to the point.
- NORLIN, Elinor E. and DONALDSON, Bessie M. *Everyday Nursing for the Everyday Home*. 1942. 306 p.
Gives detailed instructions which mothers will appreciate. Useful to have in the home for reference.
- *POST, Emily. *Children Are People*. 1940. 383 p.
Interesting and readable. Considers specific problem situations and presents a thought-provoking general philosophy of child training.
- RIBBLE, Margaret A. *The Rights of Infants*. 1943. 118 p.
Stresses the importance of mothering. Cites cases to show the effects on infants of a lack of mothering. Good reading for young mothers or for others caring for infants, but may cause an over-anxiety on the part of some young mothers concerning the emotional development of the infant.
- *SPOCK, Benjamin. *The Common Sense Book of Baby and Child Care*. 1946. 527 p.
A manual on all phases of the physical and emotional development of the infant and young child. A good book for mothers to own.
- SPOCK, Benjamin. *The Pocketbook of Baby and Child Care*. 1946. 520 p.
(Pocketbook printing of *The Common Sense Book of Baby and Child Care*.) children.
- SMART, Mollie and SMART, Russell. *It's a Wise Parent*. 1944. 206 p.
Discusses in a practical and readable way most phases of child training and development. Valuable as an aid to parents in understanding themselves and their children.
- STRAIN, Frances Bruce. *Your Child, His Family and Friends*. 1943. 210 p.
A sensible guidebook to the personal relationships of the child with his family and the outside world. Deals with most of the common family relationships. Similar to *The Parents' Manual* by Wolf, but not quite as complete.
- STRECKER, Edward A. *Their Mothers' Sons*. 1946. 220 p.
A psychiatrist analyzes the factors in parent-child relationships which contribute to the development of emotional maturity in children. Based upon his observation of great numbers of maladjusted young men at induction centers during the war.
- *TODD, Ramona L. and FREEMAN, Ruth B. *Health Care of the Family*. 1946. 530 p.
Similar to *Everyday Nursing for the Everyday Home* by Norlin and Donaldson. A copy of this book should be in the home for reference.
- *WOLF, Anna W. M. *The Parents' Manual*. 1941. 331 p.
Handles the emotional development of the child and his relationships with others. General viewpoint is "Relax and enjoy your children." Applies common sense to the many problems of children and parents, recognizing that many mothers are over-anxious and too intense about the task of parenthood. Will help parents gain a proper perspective of their problems.
- Your Child from One to Six*. Superintendent of Documents, Children's Bureau, Publication 30, revised, 1945. 147 p.
Examines both the physical and emotional development of the child. Much improved over the earlier editions in that it gives greater emphasis to the relationships involved in living together in a family.

For Parents

SEX EDUCATION OF CHILDREN

- BIBBY, Cyril. *How Life Is Handed On*. 1947. 159 p.
A description of reproduction, courtship and family life in animals with some attention given to human reproduction. Interestingly written and illustrated.
- BIBBY, Cyril. *Sex Education, A Guide for Parents, Teachers, and Youth Leaders*. 1946. 311 p.
American edition of an English book which discusses many phases of sex education, especially as it might be developed in the schools. Questions of children and youth with suggested answers.
- BUTTERFIELD, Oliver M. *Love Problems of Adolescence*. 1941. 212 p.
An analysis of the questions related to sex asked by 1,129 boys and girls between the ages of 13 and 25. Written for those working with young people, but not for youth themselves.
- *STRAIN, Frances Bruce. *New Patterns in Sex Teachings*. 1934. 242 p.
Classifies most of the questions children ask about sex and suggests answers. This is still among the best of the books in this field. Recommended for the family library.
- *STRAIN, Frances Bruce. *Sex Guidance in Family Life Education*. 1942. 340 p.
For parents, teachers, and community leaders interested in organizing a program of sex education in the public schools. Outlines a program of sex education from the first grade through the high school. Includes much of the good information given in *New Patterns in Sex Teachings*.

For Children Up to 12 Years Old

- *DE SCHWEINITZ, Karl. *Growing Up*. 1935. 95 p.
Explains clearly how we come alive, are born, and grow up. Similar to *The Wonder of Life*, but written in more simple terms. This book, for children from six to ten years of age, should be a part of the family library.
- *LEVINE, Milton I. and SELIGMANN, Jean H. *The Wonder of Life, How We Are Born and How We Grow Up*. 1940. 114 p.
Contains an unusually good approach to and treatment of the sex facts which children should know. Will be read with interest and understanding by young children if it is available in the home.
- *STRAIN, Frances Bruce. *Being Born, a Book of Facts for Boys and Girls*. 1936. 144 p.
Suited to somewhat older children than the books by deSchweinitz, and Levine and Seligmann.

For Young People 12 to 16 Years Old

- *CORNER, George W. *Attaining Manhood*. 1938. 67 p.
- *CORNER, George W. *Attaining Womanhood*. 1939. 92 p.
A scientific account of sex and human reproduction readable for high school and junior high school boys and girls.

DICKERSON, Roy E. *Growing Into Manhood*. 1933. 100 p.

A discussion of maturing sexually and its meaning. Deals with habits of eating, sleeping, exercising, etc., which are desirable for growing boys.

*FEDDER, Ruth. *A Girl Grows Up*. 1939. 235 p.

Designed to help the adolescent girl understand the problems which face her day by day as she grows into maturity. Stresses the problems of physical and emotional maturity rather than the sexual phase.

KELIHER, Alice V. *Life and Growth*. 1938. 245 p.

Explains social usages for high school students and then treats physical and sexual development.

McKNOWN, Harry C. and LEBRON, Marion. *A Boy Grows Up*. 1940. 299 p.

Considers relationships of junior high school age boys with the family and outside groups and gives lists of social usages to follow on all occasions. A companion book to *A Girl Grows Up*.

STRAIN, Frances Bruce. *Teen Days*. 1946. 183 p.

Bridges the gap between the two books, *Being Born and Love at the Threshold*. Best suited to the needs of children from 12 to 15 years old.

WELSHIMER, Helen. *Questions Girls Ask*. 1939. 128 p.

Seeks to answer the questions teen-age girls have about dating and courtship behavior.

For Youth 16 Years or Over

ADAMS, Clifford R. and PACKARD, Vance O. *How to Pick a Mate*. 1946. 215 p.

A popular treatment of the problems involved in mate selection. Many self-scoring tests are given to aid the reader in judging his fitness for marriage.

*ALSOP, Gulielma Fell and McBRIDE, Mary F. *She's Off to Marriage*. 1942. 268 p.

Places emphasis upon mental attitudes and emotional adjustment in courtship and marriage. Written in a clear, enjoyable style. Recommended for girls in their middle and late teens.

*BIGELOW, William F., editor. *The Good Housekeeping Marriage Book*. 1938. 173 p.

Twelve ways to happy marriage, presented by authorities in the field. Popular style.

*BOWMAN, Henry A. *Marriage for Moderns*. 1948. 544 p.

A sensible, interestingly written text on modern courtship, mate selection and marriage.

*DICKERSON, Roy E. *So Youth May Know*. 1948. 259 p.

Deals with sexual maturity in boys and the problems associated with it. Contains information found in texts on modern marriage expressed in a readable manner.

*DUVALL, Evelyn Millis and HILL, Reuben. *When You Marry*. 1945. 450 p.

A text on modern courtship and marriage designed to attract the lay reader. Makes use of copious illustrations, charts, and pictographs.

- FOSTER, Robert Geib. *Marriage and Family Relationships*. 1944. 314 p.
Discusses dating and courtship with special emphasis upon adjustment in marriage. A textbook.
- KIRKENDALL, Lester. *Understanding Sex*. 1947. 48 p.
This is an outstanding pamphlet which presents sex facts for the 14 to 16 year old in understandable language.
- *LANDIS, Judson T. and LANDIS, Mary G. *Building a Successful Marriage*. 1948.
Analyzes the factors which make for successful courtship, marriage, and family living. Includes much recent research on courtship and marriage adjustment. Illustrated with pictures, charts, and pictographs. A text.
- LANDIS, Judson T. and LANDIS, Mary G. *Taking the Gamble Out of Marriage*. 1948.
Edition of *Building a Successful Marriage* for the lay reader.
- *LANDIS, Paul H. *Your Marriage and Family Living*. 1946. 373 p.
Summarizes the scientific research on marriage, using photographs and pictographs. A text for high-school classes.
- *LLOYD-JONES, Esther and FEDDER, Ruth. *Coming of Age*. 1941. 280 p.
Presents good material on personality development, family relationships, vocational planning, and getting an education.
- RAY, Randolph. *Marriage Is a Serious Business*. 1944. 164 p.
The Rector of The Little Church Around the Corner gives sound advice to those thinking about marriage.
- *SCHEINFELD, Amram. *Women and Men*. 1943. 453 p.
A complete and scientific discussion of the differences between the sexes.
- SCHMIEDELER, Edgar. *Marriage and the Family*. 1946. 285 p.
A text for Catholic High Schools. Written by the Director of the Family Life Bureau, national Catholic Welfare Conference.
- *STRAIN, Frances Bruce. *Love at the Threshold*. 1942. 349 p.
Presents material on dating, romance, and marriage. Addressed to young men and women as they approach the age for marriage.

For Engaged and Married Couples

- *BUTTERFIELD, Oliver M. *Sex Life in Marriage*. 1937. 192 p.
A manual to be given to people about to be married or to those who are married, but have never read a good book on sex expression in marriage. This is one of the best of the books written on sex in marriage.
- CASTALLO, Mario A. and SCHULTZ, Cecelia L. *Woman's Inside Story*. 1948. 203 p.
Similar to books listed in this section by Davis and Novak.
- *DAVIS, Maxine. *Woman's Medical Problems*. 1945. 220 p.
A popular presentation of medical knowledge of interest to women.

- EXNER, M. J. *The Sexual Side of Marriage*. 1932. 127 p.
Treats both the physical and psychological phases of sex in marriage in a frank and scientific manner.
- FISHBEIN, Morris and BURGESS, Ernest W. *Successful Marriage*. 1947. 547 p.
Symposium by 38 authorities.
- GROVES, Ernest R. *Preparation for Marriage*. 1939. 130 p.
A broad, general treatment of the problems to consider before entering marriage.
- *GROVES, Ernest R. and GROVES, Gladys Hoagland, GROVES, Catherine. *Sex Fulfillment in Marriage*. Revised Edition. 1943. 224 p.
Reviews frankly and clearly the scientific knowledge about marital relations. Can be recommended with confidence.
- *HIMES, Norman E. *Your Marriage, a Guide to Happiness*. 1940. 430 p.
Examines all phases of adjustment in marriage. Contains good material on life insurance, budgeting, wise buying, in addition to mate selection, courtship, and marriage adjustments.
- HOPE, Wingfield. *Life Together*. 1943. 199 p.
Written by a Catholic for Catholic young people contemplating marriage. Deals with biblical background for marriage and explains the place of sex relations in marriage.
- KLING, Samuel G. and KLING, Esther B., editors. *The Marriage Reader*. 1947. 489 p.
Selected readings from a variety of good sources.
- NOVAK, Emil. *The Woman Asks the Doctor*. 1944. 130 p.
An authoritative discussion of special problems of women presented in a clear, understandable style.
- *POPENOE, Paul. *Marriage Before and After*. 1942. 246 p.
Presents an abundance of information gained from the author's experience as director of the American Institute of Family Relations.
- POPENOE, Paul. *Modern Marriage*. 1940. 299 p.
A discussion of courtship and marriage primarily for men.
- *STONE, Hannah M. and STONE, Abraham. *A Marriage Manual*. 1935. 255 p.
Written in the form of hypothetical consultations between a physician and a couple about to be married. A practical guide to sex and marriage. Couples in the early years of marriage and those getting married should buy this book or the one by Butterfield.
- WRIGHT, Helena. *The Sex Factor in Marriage*. 1937. 152 p.
Treats both the physical and psychological phases of sex life.

For Adult Education Leaders, Ministers, and Teachers

- *BABER, Ray E. *Marriage and the Family*. 1939. *656 p.
Includes a great variety of interesting material. The chapters on the history of the family, mate selection and courtship, and adjustment in marriage are excellent.

- *CUBER, John F. *Marriage Counseling Practice*. 1948. 175 p.
Reviews present practice in marriage counseling and presents an unbiased evaluation of procedures. Excellent reading for the teacher, minister, social worker or layman who is called upon to do marriage counseling.
- *BECKER, Howard and HILL, Reuben and others. *Marriage and the Family*. 1942. 663 p.
A symposium by authorities on marriage and family living.
- *BIGELOW, Howard F. *Family Finance*. 1936. 519 p.
Explores most phases of family finance.
- BURGESS, Ernest W. and LOCKE, Harvey J. *The Family, from Institution to Companionship*. 1945. 800 p.
A case study approach to the modern family. Stresses the point of view that the family is changing from an institutional group to a companionship group.
- CHITTENDEN, Gertrude E. *Living with Children*. 1944. 163 p.
Presents the facts of child development with a two-fold purpose, first to aid the student in gaining a better understanding of himself and his associates, and second, to prepare him for more successful parenthood.
- DEUTSCH, Albert, Editor. *Sex Habits of American Men*. 1948. 244 p.
A symposium report on the implications of the Kinsey report from the viewpoints of religion, education, sociology, psychiatry.
- FOLSOM, Joseph Kirk. *The Family and Democratic Society*. 1943. 755 p.
Advanced college text using the institutional approach to the study of the family.
- GESELL, Arnold and ILG, Frances. *The Child from Five to Ten*. 1946. 475 p.
Delineates clearly and comprehensively the distinctive behavior characteristics of each of these years in a child's life. Based upon many years of research.
- GOLDSTEIN, Sidney E. *Marriage and Family Counseling*. 1945. 457 p.
Considers many phases of family counseling in an understandable manner.
- *GROVES, Ernest R. *Marriage*, revised. 1941. 671 p.
Considers the whole field of courtship and marriage. Uses case studies for illustrative material.
- GROVES, Gladys Hoagland. *Marriage and Family Life*. 1942. 564 p.
Another good text treating courtship and the marital adjustment period of modern marriage. Illustrated with case studies.
- GROVES, Ernest R. and GROVES, Gladys Hoagland. *The Contemporary American Family*. 1947. 838 p.
The most recent rewriting of the author's earlier college text on the American family.
- HARWOOD, E. C. and FRANCIS, Boin H. *Life Insurance from the Buyer's Point of View*. 1946. 166 p.
An unbiased explanation of life insurance in terms understandable by the average lay reader. Comparisons are given of the true costs of life insurance in different companies.
- JORDAN, Helen, editor. *You and Marriage*. 1942. 296 p.
A series of lectures given in the marriage course at Cleveland College.

- JUNG, Moses. *Modern Marriage*. 1940. 420 p.
A frank and complete discussion of the major aspects of marriage, with emphasis on the ethical and aesthetic implications of the marriage relationship. Written by authorities from different fields.
- *LANDIS, Paul H. *Adolescence and Youth*. 1945. 470 p.
Stresses the social and psychological experiences of youth. Special attention is given to the moral, the marital, and the economic maturity of youth.
- LEVY, John and MUNROE, Ruth. *The Happy Family*. 1938. 320 p.
Examines background factors which influence the happiness of marriages and of families. Gives attention to the emotional development of the individual and how this development affects his marriage success.
- NIMKOFF, Meyer F. *Marriage and the Family*. 1947. 767 p.
Comprehensive treatment of marriage and family relationships in their broadest aspects. An advanced text; good illustrations.
- SCHEINFELD, Amram. *You and Heredity*. 1939. 434 p.
Presents scientific information about heredity in a style which will hold the interest of the layman.
- SOWERS, Ray V. and MULLEN, John W., editor. *Understanding Marriage and the Family*. 1946. 237 p.
A symposium which takes stock of the progress in marriage education.
- TRUXAL, Andrew G. and MERRILL, Francis E. *The Family in American Culture*. 1947. 780 p.
A college text which places emphasis upon the cultural approach to the modern family.
- VAN DE VELDE, Th. H. *Ideal Marriage, Its Physiology and Technique*. 1930. 323 p.
A complete discussion of sexual life by a famous gynaecologist. Recommended for those who have a mature attitude toward sex.
- WASHBURN, Ruth. *Children Have Their Reasons*. 1942. 257 p.
- WILE, Ira S. *The Man Takes a Wife*. 1939. 277 p.
Analyzes man's adjustment problems in courtship, marriage, and old age. The real contribution of the book is the treatment of the adjustment problems in middle age and later maturity.

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