

Today's Woman
MARCH '54

Mr. Baby Doctor:

The story of



Dr. Spock's advocacy of a relaxed approach makes bringing up children fun for over 5,000,000 parents who use his Pocket Book of Baby and Child Care

BENJAMIN SPOCK

Meet the man whose amazing book has helped millions
of young parents solve their child-care problems

One evening last April in New York City a public lecture was held by the Physicians Forum. A week before, all the 500 tickets had been sold at \$1.50 each. Yet on the night of the meeting over a thousand disgruntled persons, including some ticket holders, unsuccessfully stormed the doors while uniformed guards held them at bay. Many were young wives and their husbands, clutching pictures of their babies who were at home with sitters. Others unable to get in included some pediatricians and child experts who had driven from as far as fifty miles away.

Those lucky enough to be inside were listening to

Dr. Benjamin Spock, America's best-known baby doctor, whose rare public appearances made this a big event. The author of *The Pocket Book of Baby and Child Care*—which millions of parents have been gratefully using since 1946 to help raise their youngsters—stood on the platform, his slim six-foot-four frame bent over to accommodate a too-low microphone.

After Dr. Spock's humorous down-to-earth talk which dealt with, among other things, sleep problems, one follower of his baby bible, an attractive young wife, asked,

[Continued on page 46]

by Jack Harrison Pollack

PHOTOGRAPHS BY ARTHUR ALLEN

"The book" was a family project—Ben Spock paced the floor, dictating to his wife, Jane, who made suggestions from experience, such as, "Boil diapers before scrubbing"

Sons Michael, 20, John, 9, were raised by the common-sense theory but, says Dr. Spock, "it's harder to do the right job with your own children than to write about it"





PHOTOGRAPH BY FAWCETT STUDIO

Mr. Baby Doctor

Continued from page 33

"Should phenobarbital be used on a four-months-old baby who cries all night?"

"A sedative alone isn't usually enough to cure a sleep problem—you have to get at the cause. But a sedative often helps the parents," Dr. Spock added with a grin.

Another troubled young mother shyly inquired, "Should a young child see his parent of the opposite sex undressed?"

"That's a hard one to give a simple answer to. Certainly parents shouldn't try to do what isn't natural for them," the doctor explained. He continued, "If a modest mother makes an embarrassed effort to go undressed for the sake of her child, it only bothers him. At the other extreme, it obviously isn't wise to scream if the child catches you in the bathroom or to act as if he were a villain.

"Sometimes a parent who thinks he or she is just a natural easygoing nudist is, without realizing it, showing off a bit too much and this can bother a child too. So I suppose the only rule to go by is to do what feels sensible but when in doubt to lean toward modesty, especially as the child grows older."

Encouraged by such helpful advice, still another mother asked, "How can I toilet-train my two-year-old?"

Again Dr. Spock elaborated: "We've come to realize that most children want to train themselves to the toilet somewhere between one and a half and three years of age, just as they want to grow up in other ways, provided the parent doesn't put on too much pressure.

"The trouble is that most of us parents were brought up in our own early childhoods to feel that toilet training was damn serious business. Then when we become parents, no matter how 'enlightened' we are, no matter how officially we disapprove of early toilet training, there's apt to be a lurking part of us that shows anxiety or anger to the child who is slow to catch on. It's not strong enough to make him knuckle under, just enough to make him resist.

"I still think self-training, with perhaps just a few matter-of-fact suggestions from the parent, is the best and easiest method if the parent can feel thoroughly relaxed about it. But if the parent is one of the many who aren't that easygoing by nature, it's probably better to begin putting the child on the pot or seat by the time he can sit steadily, if the movement is predictable. At six or eight months he'll accept the imposed habit more readily than at a year or a year and a half, when he's apt to be quite opinionated."

All over America, countless times daily, grateful mothers bless Dr. Spock for helping them take the tension out of child rearing. "His book saves me lots of unnecessary calls to the doctor," mother after mother reports. In some rural areas where a doctor is called only when a baby is at death's door the Spock book has proven to be literally a lifesaver.

Typical is this comment of a 21-year-old new Connecticut mother: "When Mary was a few days old and hiccuped, I thought she was going to choke to death until I read in Spock that it was quite natural."

"Dr. Spock writes just as though you're talking with him in your living room," says a young Michigan mother about the book which answers in simple conversational non-medical language all the frantic questions of young mothers, some of whom doubt whether they know one end of the baby from the other.

Countless women matter-of-factly say, "Mine's a Spock baby," as if that were a badge of approval.

President Eisenhower's attractive 26-year-old daughter-in-law, Barbara, recently told me: "John and I have practically raised our three children with Dr. Spock's book. I think it is the best book ever written on the subject. Many times in the Army we have found it impossible to see a pediatrician as regularly as we would like and have relied on the Spock book for everything from formulas to advice on handling two year olds! My original copy was so dog-eared that when Susan was born we finally bought the clothbound copy of the book. Whenever I send baby presents to friends having their first baby, I like to include a copy."

Fathers also swear by Spock. A Yale professor who visited Europe last summer with his wife, two small children and a doctor friend reports, "We took the Spock book along in case the doctor got sick."

A 23-year-old Georgia truck driver who says he hasn't looked at a book since leaving high school adds, "I'm sure glad I looked at this one. It came in awfully handy when my kid had convulsions and the book said to give her an alcohol rub until the doctor came."

Grandparents are likewise climbing aboard the Spock band wagon. A gray-haired New England woman recently remarked, "My children were born before the Spock book so I'm reading it now to learn how to be a good grandmother."

Even bachelors and spinsters read Spock—usually to learn how to get along better with their nephews and nieces.

Children also consider him a family friend. Not long ago a six-year-old boy was dawdling over his dinner. Finally his harassed mother shoved a spoonful into the startled youngster's mouth, threatening, "Here, eat this up or I'll spank you."

"Mommy, what would Dr. Spock think of you?" the boy protested.

A five-year-old girl, coming home her first day at Sunday school, innocently asked, "Mommy, was Jesus a Spock baby?"

One child wanted to use the book to help bring up the dog!

Many doctors, hospitals, dairies and insurance agents, among others, buy bundles of the book to distribute as a good-will gesture to new mothers. In Levittown, New York, the J. C. Penney department store has the book displayed next to its layettes. Montgomery Ward and other mail-order firms include it in their catalogs. Many nursing schools and family-relations classes in colleges and high schools use it as a textbook.

Even the blind use Spock in Braille and long-playing Talking Books. "Of all the books we recommend to blind parents, Dr. Spock takes number-one place by far," reveals the American Foundation for the Blind.

A California mother of a blind girl writes: "When my child recently had a fever she heard me turn over the pages and said, 'Mommy, Dr. Spock can't give me eyes but he can make me well, can't he?'"

What kind of person is the man behind this amazing book? Why has he—of all doctors—been such a mother's helper? Why has he caught the spirit of modern mothers? Certainly there are many other doctors of excellence, charm and wisdom.



Before answering these questions, it might be best to see why he wrote the book.

Did he write the book just to make money? He deliberately chose to have it published from the beginning in the paper-covered Pocket Book edition (for which his royalties are now one cent a copy) so that it would be available to everybody, despite the chance that he would make considerably less money this way. In seven years it has sold 5,000,000 copies and has paid him in all, \$49,000. The hard-covered Duell, Sloan and Pearce edition, now selling for \$4, has sold 55,000 copies in the same length of time and earned him much less money. If there had been no inexpensive edition and if the hard-covered edition had sold just 200,000 copies in these seven years, Dr. Spock would have made much more.

So, though "the book" makes a welcome addition to his salary as professor in a medical school, it has not made him rich. He turns down drug, diaper and baby-product manufacturers who offer to buy millions of copies of his book to distribute free—if Dr. Spock would only allow them to place an ad on the back cover. He has also declined many propositions for serializing the book as a daily newspaper column or as a radio or TV program because he hasn't the time to supervise such projects himself and wouldn't let anyone else do them for him.

Did he write the book for publicity? He is certainly publicity shy in the ordinary sense. I only once succeeded in tracking him down and he refused to give me any material for my trouble. I had to get it all from family, friends and colleagues. He denies he's modest but points out that medical ethics forbids a physician to seek personal publicity.

What really impelled Dr. Spock, a father himself, to write his extraordinary book was a sincere desire to help other parents to have fun raising their babies. But he probably could never have written it without the help of his devoted wife.

Their romance began when lanky Ben Spock was a 20-year-old Yale undergraduate and the star oarsman on the university's 1924 Olympic-champion crew. As a summer weekend guest of the Cheneys, a prominent silk-manufacturing Connecticut family, Ben met vivacious dark-haired Jane Cheney and knew he was in love.

They exchanged letters in the fall when Jane went off to Bryn Mawr college. When Jane left to study at the Sorbonne in Paris the following year Ben, now in Yale Medical School, continued to court her with letters.

Jane sailed home in 1926 and then in June, 1927, they were married at an outdoor wedding where the couple memorized the marriage vows instead of repeating them after the Episcopal minister.

Because Ben wanted to switch to Columbia's College of Physicians and Surgeons in New York, the young couple moved to New York City's Greenwich Village. There they rented a tiny two-room walk-up apartment with a closet for a kitchen and only a one-burner electric stove.

They knew it would be a long time before Ben, who had decided to specialize in pediatrics and psychiatry, would be earning a living. So Jane, like the wives of other medical students, went to work; first as a

Here is proof of the greatest scientific discovery
in toothpaste history—proof that Colgate Dental Cream
with Gardol*, Colgate's exclusive, new, miracle ingredient,
gives lasting protection against tooth-decay enzymes!



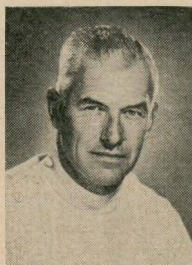
ONLY NEW COLGATE DENTAL CREAM HAS THE CLINICAL PROOF

that brings new hope to millions for

Lifetime Protection Against Tooth Decay!



Actual use by hundreds of people has proved the long-lasting protection of New Colgate Dental Cream with Gardol! Tests supervised by leading dental authorities—for a full year—proved this protection won't rinse off, won't wear off! Proved just daily morning and night use guards against decay-causing enzymes every minute of the day and night!



*Sodium N-Lauroyl Sarcosinate

A JURY OF DISTINGUISHED DENTISTS HAS EXAMINED THE EVIDENCE! Documented facts, recently published in an authoritative dental journal, have convinced these dentists that Colgate Dental Cream with Gardol is far more effective against decay-causing enzymes than any other toothpaste. And because Gardol is the *only* long-lasting anti-enzyme ingredient with clinical proof, these dental authorities agree that New Colgate's with Gardol gives the surest protection against tooth decay ever offered by any toothpaste.

No Other Toothpaste Offers
Proof of Such Results!



Cleans Your Breath
While It
Cleans Your Teeth!

LARGE 27¢ GIANT 47¢ ECONOMY 63¢

For **LIFETIME PROTECTION AGAINST TOOTH-DECAY ENZYMES**

"Doctors' tests reveal this
new chlorophyll derivative

CHECKS WOMEN'S *Special* ODOR PROBLEM!"



reports
Registered Nurse
MARY L. RHOAD

As Nurse Rhoad
explains: "Even
women scrupulous
in hygiene habits

suffer from this embarrassing problem.
It has defied elimination until now."

**Scientific proof that taking
"ENNDS" Darotol* Tablets
suppresses odors of "difficult days"
within the body itself!**

"Recently," Nurse Rhoad explains, "a leading medical journal reported tests in which use of a certain chlorophyll derivative exceeded all expectations in suppressing odors associated with menstruation. In my experience, "ENNDS" Darotol* Chlorophyll Tablets act to prevent such odors as no past method ever did. And they're safe!"

Never before has it been so easy to avoid embarrassing body odors at that "certain time." All you do is take 3 or 4 pleasant-tasting "ENNDS" daily—a few days before and continuing throughout your menstrual period!

You see, "ENNDS" actually reduce the formation in the body of certain odor-producing substances...substances particularly offensive at the time of menstruation. Thus act to keep you free of these odors at this time.

Enjoy this odor protection between your monthly periods, too...by taking 1 or 2 "ENNDS" Tablets every day!

You can get "ENNDS" everywhere. Trial size only 49¢. Larger sizes save even more! Also available in Canada.

For free booklet, "What You Should Know About Menstruation" (mailed in plain envelope), write "ENNDS," Dept. TW P.O. Box 222, Murray Hill Station, New York 16, N. Y.

*Darotol is
a valuable
chlorophyll
derivative
found in
"ENNDS".



SAFE EYE-GENE EYE-OPENING TEST THRILLS MANY!



Eyes so tired you want
to close them for relief?...

Clear, expressive eyes
are fascinating. 2 drops
of soothing EYE-GENE in
each eye floats away
that tired, strained,
irritated look and feeling
in seconds—dramatically
lights up your whole
expression! Safe EYE-GENE
is like a tonic for your
eyes. Use it every day.
35¢, 60¢, \$1 in handy
eye-dropper bottles at
Druggists.

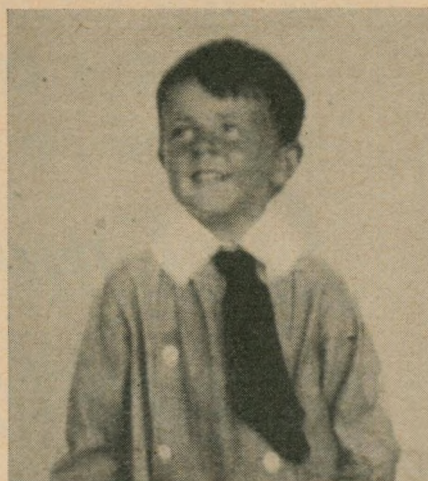


2 drops make this striking
difference in SECONDS!



research assistant at Presbyterian Hospital, then in Macy's as a salesgirl. After work she brought her groceries home on the subway and learned to cook dinners on the one-burner stove so they could live on their \$2,400 annual budget. On weekends she cleaned the two rooms and did the family washing in the bathtub.

In the fourth year of their marriage Ben was hospitalized with a serious lung condition and, after his recovery, Ben's father, a warmhearted New Haven lawyer, insisted



This snapshot from the Spock family album, taken by Ben's mother when he was four years old, is her favorite picture of him

on sending the young couple abroad. But sorrow followed them to the Riviera, where news came that Ben's father had died of a heart attack at fifty-seven.

The Spocks returned to the United States. As pediatric and then psychiatric resident, Ben continued his intensive study of the relation between children's physical and mental health. And in 1933 he finally hung out his own pediatric shingle in New York. This was during the depression and, at first, patients were scarce.

That year the young pediatrician had a chance to test his child-rearing theories firsthand when Jane gave birth to a husky boy whom they named Michael. The young father became a part-time school doctor, a teacher of pediatrics at Cornell Medical College and an assistant attending pediatrician at New York Hospital. He went on with his psychoanalytic training evenings.

But Ben and Jane made time for fun too.

Their favorite recreation was dancing, especially Viennese waltzes. Nearly a foot taller than his five-foot-six wife, Ben would lift Jane over his head at their "Don't-Tread-On-Me" dancing club, which they started with friends in the 30's. So graceful were Ben and Jane that this get-together was dubbed Dr. Spock's Dancing Academy.

He even encouraged dancing in his patients. Mrs. Gerry Kostig, now a Westport, Connecticut, housewife, recalls that when she was a working mother living in Greenwich Village she came home one evening and was flabbergasted to see her two-year-old daughter on top of the table being taught an Irish jig by the maid. The one spectator was a clapping foot-stomping pediatrician named Spock.

Children who visited Dr. Spock in his office for checkups were also amused by the big skinny man who made a game out of everything. Among the many contraptions in his office to intrigue children was an examining table with steps leading up inside it. But beneath his playful manner the serious psychiatrically oriented doctor was thinking about children's mental as well as physical well-being.

In his informal way Dr. Spock also tried to build confidence in mothers. He was distressed that so many were unable to enjoy their children. Kids need happy and confident parents, he thought.

To one nervous mother who complained that her six-months-old baby wouldn't eat solids, he said that when he was a baby he wasn't offered solid food until he was a year old.

He advised mothers who are forcing food or toilet training: "Take it easy—you can't win."

The more mothers he talked with, the more convinced Dr. Spock became that a child's second year was most often the tough one, psychologically speaking. When inexperienced mothers are exasperated with feeding, toilet training and management problems they and their children can get so angry at each other that the tension lasts for years. Why not try to prevent these battles now, Dr. Spock wondered, instead of trying to patch them up years later in psychiatrists' offices?

Though some conservative physicians frowned at the idea, in 1942 Dr. Spock went on the radio as a panel member of the Baby Institute program and helped break down many taboos. "Ben Spock was the first to talk about toilet training over the air," recalls educator Jessie Stanton, the program's mistress of ceremonies. When Dr. Spock wrote the word "bowel" in his script, it had to go to a squeamish network vice-president for clearance.

By this time Ben Spock's unpretentiousness and wit had made him in constant de-



As a Yale undergraduate, lean, lanky Ben Spock (front row, second from right) was a member of the 1924 Olympic-champion crew

mand as a lecturer in child-care circles. After serious Civil Defense meetings, a tall thin man would come on and relieve the tension with humorous examples of baby behavior. Uninhibited, he would contort his face, imitating what a baby looked like when spitting out his first solid food.

His impressions from his private practice were further confirmed when he became a pediatric consultant for the bustling New

York City Health Department clinics where he encountered thousands of mothers who were afraid to trust their instincts and common sense. "All mothers seem to have the same problems," he remarked to Jane one night.

She said, "Then why don't you start writing that book you've been talking about so long?"

On their Adirondack vacation that summer of 1942 the book was started. Nearly every night thereafter during the next two and a half years Ben "talked" the book to Jane, which explains its unusual conversational style. Jane took it down on an old portable typewriter, triple-spacing it so that corrections could be made easily.

Evenings between 9 P.M. and 1 A.M., her long-legged husband, though weary after a busy day, paced their living-room floor without notes. He had a tentative list of chapter headings but had to add a lot more later. Jane would make practical suggestions, such as the number of diapers needed daily—which surprised him—or how it was easier to boil them *before* scrubbing them. Every free minute the Spocks had they continued to work intensely on the book, even cutting out their social life. "We couldn't even get them out on a Saturday night to dance," recalls Jane's sister Cynthia, a businessman's wife.

Desperately, author Spock didn't want his book to sound cut and dried or needlessly rigid. "Those old baby books before Spock had little feeling for parents or children and dispensed a lot of dogmatic nonsense," explains New York pediatrician Eva Landsberg.

Result: Countless worried mothers used to struggle with their infants to eat the exact amount of cereal that "the book" prescribed. And they waited suffering until the clock struck the magic hour before daring to feed their hungry crying babies. "Let them cry it out," pre-Spock mothers were advised.

Instead of such tense discipline, Spock wanted a more natural and easygoing attitude toward babies. He preferred fun to fuss, common sense to common knowledge, prevention to cure. And, unlike other baby authors, he wanted to explain a child's emotional, along with his physical, development to parents. Above all, he wanted to give mothers back their self-confidence and get them away from watching the clock.

So he kept repeating to mothers: "Relax, enjoy and love your child. You don't need a blueprint to diaper or burp your baby."

In April, 1944, Jane gave birth to their second son, John. And Ben, a month earlier, had been called into the Navy as a psychiatrist where he remained two years.

At the U. S. Naval Hospital at St. Albans, Long Island, Lieutenant Commander Spock, in charge of extreme disciplinary cases, relearned that mental illness nearly always resulted from an unhappy childhood. After working in a Navy hospital all day Ben would come home evenings and continue dictating the book to Jane.

A snag arose when Lieutenant Commander Spock was abruptly transferred to the San Bruno, California, naval base. Jane remained in New York to continue communicating with the publishers.

Aware that many books were poorly in-

Tussy Complete "Beauty Diet"



works absolute
wonders
for
dry skin!



Women say it's like magic... the way dry skin turns soft and silken-smooth almost at once! The secret? A combination of Tussy creams and lotions planned expressly for *your* skin!

Yes, just as a perfect food diet makes you *feel* years younger, this complete "Beauty Diet" helps you *look* years younger! All you do is...

Cleanse with Tussy Emulsified Cleansing Cream. \$1.25.

Brace... with Tussy Dry Skin Freshener. \$1.

Beautify... with Tussy Special Night Cream. \$2.

"Beauty Touch" It's Tussy's fabulous foundation-and-powder makeup in one... in a rhinestone-spiced black compact. \$1.25.

Prices plus tax

TUSSY

what would you do?



THE CASE OF THE UNINVITED

By Luther and Norma Conant

Let's face it," says Ruth Jameson to her husband. "We're hurt and upset that the Briggses didn't invite us to that elegant cocktail party they're giving tonight."

The Jamesons have had an amicable nodding acquaintance with the Briggses ever since they moved into the big white house down the block about four months ago. Two months ago Ruth invited them to a buffet supper she was giving. Mrs. Briggs seemed genuinely sorry that an earlier engagement prevented them from accepting Ruth's invitation.

This evening Ruth can't get the incident off her mind. Suddenly she tells her husband, "Look, I've made up my mind what I'm going to do about this."

- "I'll give the biggest party we ever planned—and not invite the Briggses to it."
- "I'll give the biggest party we ever planned—and be sure it's on a day when the Briggses can come."
- "I'll give up worrying about the Briggses but keep on being cordial."

SOLUTION

The last choice, c., is the healthy one for Ruth Jameson to make; it will bring her the most friends in the long run. Ruth, like so many people, is thinking up all sorts of reasons for why other people do or do not do certain things—in this case, why she and her husband weren't invited to the Briggses' party. The chances are that the reasons for most actions like this have little or nothing to do with us personally.

TODAY'S WOMAN FEATURETTE

dexed, Dr. Spock, instead of leaving the tedious task to a professional as his publishers recommended, decided to do it himself because he felt he knew the questions to which anxious mothers would be seeking the answers.

Thus, on a sweltering New York to San Francisco troop train where beer and merriment flowed, a perspiring bespectacled officer buried himself in galley proofs. At the end of the trip he had 1,500 entries ranging from "abscess" to "zwieback."

As he read the galley proofs for the tenth time, it seemed to the stale author that in his cautious rewriting he had removed all humor and flavor from the book. But Ben Spock's natural humor was all over the book whether discussing diapering, circumcision, sex education or one of hundreds of other topics.

When it was finally published in May, 1946, the book was dedicated, naturally, "To Jane," who was thanked for contributing "endless time, work, patience, much of the practicality in the detailed directions in the book and wonderful judgment."

What of Dr. Spock's own childhood? The oldest of six children, he was born on May, 1903, in New Haven, Connecticut, on middle-class Cold Spring Street which was amiably nicknamed "Offspring Street" because of the fertility of the residents. There were seven children in each of two families who lived near the Spocks.

This early atmosphere was to have a profound influence not only on Ben but on his four sisters and his brother, all of whom have been teachers or welfare workers. "We're all in the children's business," laughed one in discussing the early days of the Spock family.

Ben Spock's quiet-mannered lawyer father came from a Hudson River Dutch family. Ben's mother even today is a lively New England woman with firm opinions. The former Mildred Stoughton, she belongs to an old Boston family. She devoted most of her life to raising her children, implanting all the old-fashioned virtues in them. She never thought something was right just because a lot of other people thought so. She refused to play cards, which she loved, while she was bringing up her children but now she plays a sharp game of bridge. To this day Ma Spock frowns on the use of alcohol and tobacco.

When it came to disciplining the Spock children, Ben's father had plenty to say about their upbringing, though he said it in few words and low tones. Ben's mother was certainly a strict mother with very firm opinions but she loved her children. Ben was spanked no more than two or three times in his life. Apparently he did not need much discipline, for, as he has said, he was a generally compliant child.

When he went away to college Ben learned to press his one good suit and earned the money for proms, football games and other pleasures. "Ben took life very seriously," recalls his Yale classmate, lawer Newbold Morris, "but he certainly loved a gay time."

Ben decided to become a doctor when he was a counselor at a camp for crippled children where many of the youngsters had polio. One day he was enraptured watching a skillful surgeon operate on an ankle joint, enabling a grateful child to walk again.

Since then Ben Spock has never forgotten medicine's aim to heal physical and mental disabilities. Even after becoming a best-selling author he could not forget this.

Anxious to do more basic work in medicine in 1947 he gave up his New York practice even though many of his patients wept. Invited to work in preventive psychiatry at the Child Health Institute in Rochester, Minnesota, he accepted.

Ben and Jane flew out to Rochester to look over the Mayo Clinic town. Jane, who hates cold weather, had her doubts when the hotel operator woke her up the first morning, saying cheerfully: "Good morning, it's eight o'clock and thirty-two degrees below zero!"

But later in Rochester, where the Spocks bought their first house, Jane told an eastern friend, "I'm a real midwesterner now—I just bought a deep freeze."

Mayo Clinic residents remember athletic Dr. Spock for riding a motor bike to work and for his enjoyment of his child patients. In the child-guidance center some of his young tough-guy patients would startle the secretaries with their loud greeting: "Hi, Spock!"

According to rumor Ben resigned in 1951 when the Mayo Clinic was decreasing its support of the preventive program in the Child Health Institute, in order to accept a job at the University of Pittsburgh Medical School, building a teaching program in preventive psychiatry.

Medical men appreciate Ben Spock's book too. Many busy doctors indeed encourage their patients to read Spock to save their valuable professional time. A big-city obstetrician wisecracks, "Today's baby is born with the Spock book in his hand—unless he's a breech. Then he kicks the book out in advance!"

When the book appeared the Journal of the American Medical Association called it the best in its field and heartily recommended it to doctors as well as parents.

Dr. Spock, like all psychiatrists teaching in medical schools, is trying to find ways to help students feel and understand the everyday emotional problems of their patients and themselves. He points out that the first two years of medical school have in the past been devoted solely to the laboratory subjects such as anatomy and bacteriology, having nothing to do with people as such. This, in his opinion, encourages the student to forget and suppress the humanness and personality of his patients and himself. Spock spoofs, in college teaching, the course in biology or psychology which starts with single cells and keeps away from humans till the very end of the year.

"Something is wrong with an educational system," he adds, "that makes educated women panicky with their first babies. Throughout school these women have been told: 'If you don't know the answers you'll flunk.' So when they take their first child in their arms, they are suddenly gripped by the fear that they can't pass the examination."

Today from the University of Pittsburgh Dr. Spock influences thousands of the city's children in schools, clinics and hospitals. His freewheeling job enables him to cut across three fields—pediatrics, psychiatry and public health. He teaches in the

Medical School, Child Guidance Center and Graduate School of Public Health. But often he can be seen with a group of social workers discussing the subject dearest to his heart—the preventive emotional care of children.

One of the new ideas the boy who grew up on Offspring Street is pondering is some sort of playground indoors or out, for children one to five, perhaps next door to the neighborhood grocery. Mothers with young children could drop in easily and casually without appointment or enrollment. The children could play with the equipment while the mothers look on, talk with and pick up pointers from each other and have a chance to discuss their problems with an excellent nursery-school teacher on duty there.

Jane is now a member of the P.T.A. She still does some of her own housework in their old house which is so large they blocked off some of it to save on the cleaning.

The Spocks' oldest boy, Michael, who is 20, attended Ohio's Antioch College. Both Spock sons, Michael and John, have been brought up by the relaxed common-sense theory but, as Ben Spock says, "It's always harder to do the right job with your own children than to write about it."

During summer vacations and holidays, Mike and Johnny like to go picnicking and sailboating with their energetic parents at Pittsburgh's near-by lakes.

In his free moments Dr. Spock also likes to putter around the house, mow the lawn, fight the weeds and crab grass, shovel snow and do carpenter work. Handy with tools, he built the family's record cabinet.

Most of all, though, he still loves to dance with Jane. They always shop together for her clothes. "I won't wear a dress that Ben doesn't like," Jane says.

Ben Spock's relatively few critics insist that he is only a popular phenomenon whose book oversimplifies the many daily problems which bedevil patients. But Dr. Spock justifies the popularity of his book by explaining the need for it: "Twentieth-century America has no stable tradition about how children should be reared. In fact, it has a tradition against traditions."

But this writer's wife, along with millions of other young mothers, is part of today's Spock tradition. Last year, when our second child was born, she continually rethumbed "the book." Our next-door neighbor, who is also a Spock browser, says "When Tommy was two and used to cry, I'd look up in Spock what to do for him. I'd get so interested in what the book said about lying, stealing, movies, comics or something else, that I'd keep reading until Tommy fell asleep and stopped crying!"

If your child's fairy godmother could bestow one special blessing, Dr. Spock would choose ability to make friends in a genuine, not backslapping, way. The friendly person, he insists, is not only the happiest but the best influence "for human brotherhood on a planet which will soon be destroyed unless there are enough friendly people."

To all this, a young mother whose teething baby literally chewed up the Spock book sighs, "He's as sympathetic and understanding as a woman, that wonderful man!" ■■■

WOMAN

Enjoy that
FEEL BETTER FEELING



Take

Alka-
BRAND
Seltzer

Reg. U. S. Pat. Off.

for a

HEADACHE

Get MORE of the Pain Reliever FASTER!

ALKA-SELTZER means *fast* headache relief because the system absorbs more of the pain reliever *faster!* Yet, ALKA-SELTZER is *gentle-acting*; it doesn't upset your stomach; is actually soothing. Try it!



ON DISPLAY AT
DRUG STORES

Also **FIRST AID** for
ACID INDIGESTION
COLD DISCOMFORTS

MILES LABORATORIES, INC., ELKHART, INDIANA