Life Changes

Puberty

CAROLYN HOWE, CHRISTOPHER PAGE

I don't know when or how puberty begins, but I remember things starting to feel a little out of my own control when I was about 10. I remember discovering (with horror) my first tiny breast, plucking up tremendous courage to ask for a bra, feeling embarrassed (very embarrassed) by kissing and nakedness on the TV, and at the same time feeling very odd about my parents. I remember dancing around naked with my girlfriends for no apparent reason, but I felt that my body was drawing my attention to it by changing, and I wasn't too sure what it was. And then my period eventually starting (I'd waited a little worriedly) and the embarrassment of bulky sanitary towels inevitably modifying my behaviour. I gave up ballet and took up home riding. My biologically sketchy sex education was completely unrelated to what was happening. My mother tried to tell me that I was a woman, but we both got very embarrassed; I felt nothing like a woman and sometimes guilty that my body could act without my consent—I know some people are excited and pleased by these changes, and others don't notice. I found them temporarily embarrassing.

Gradually, I found a new confidence with my girlfriends; we subtly dropped home riding and guides and began trying make up and tight clothes and dancing seductively. We developed intimate, exclusive relationships and, strengthened by this, felt we could face anything. We would do anything not to feel excluded and this involved complicated patterns of behaviour and only certain modes of dress—the code of conduct was very subtle. My first parties were a confused mixture of smoking, illicit alcohol, and fumbling in the dark. It didn't just seem "big" to smoke and drink, it was the only acceptable way to behave (inhaling cigarettes in a sophisticated way took some practice).

It also became important to have a boyfriend; he was an important status symbol. I always tried to attach romantic importance to these tentative relationships, while they always attempted sexual importance and were generally wary of anything emotional. Once I thought that I had found a boyfriend, but was rejected—I was devastated, and it took me six months to recover from a relationship that lasted perhaps one. During this time I was miserably unhappy and could not talk to anyone. I really had believed that people didn't let one another down.

Gradually, sex became another status symbol. It was intriguing and funny but not particularly sexual. Girls are pressured to be outwardly sexual but not inwardly (maturational) is a universal teenage male occupation. My friends and I measured our sexuality in terms of our virginity because we understood that best—it was important to maintain in the first part of our

Royal Free Hospital Medical School
CAROLYN HOWE, medical student

Temple Fortune Health Centre, 23 Temple Fortune Lane, London NW11 7TE
CHRISTOPHER PAGE, MB, MRCP, general practitioner

Correspondence to: Dr Page.

teens and to lose in the latter part, but once lost the fear of pregnancy became sometimes an unbearable preoccupation, and eventually worse than the fear of an internal examination at the doctor's, when we would ask for the pill from the most willing general practitioner.

My parents throughout this time were very restrictive, even in the initially most innocent circumstances, and I knew that there was something naughty and exciting they were trying to protect me from. I soon gave up when their permission was refused. I realised that I could do exactly as I wanted by lying. My friend and I used each other as alibis. Sometimes our schemes fell through, resulting in rows, hysteria, and more restrictions. But I felt that I had proved to myself that I was generally independent and was establishing some sort of separate identity with very different ideas, and I wasn't going to give it up.

My parents were much happier to load me with academic expectations and responsibilities—this made me angry. School was mainly tedious but sometimes surprisingly refreshing. I used to sit in my room for hours pretending to work, burning logs sticks, squeezing poems, writing diaries and poems, trying to analyse and justify everything I did and felt to make it seem noble, or artistic, or something other than arrogant.

By the time I was 18 and allowed into pubs it didn't seem such special fun any more and when I eventually left home I no longer wanted to stay at parties until 3.00 am and smoke pot. I also began to realise that everyone else had experienced similar things to a greater or lesser extent, but that experience is only really valuable when it happens to you.

Doctor's comment

Puberty is defined as the beginning of sexual development and therefore many of the important changes that are taking place are physical. These physical metamorphoses are, however, accompanied by the emotional, psychological, and situational changes of adolescence and cannot be considered independently.

SEXUAL DEVELOPMENT

Secondary sexual characteristics have started in 50% of girls by the age of 11, with the development of downy pubic hair and breast buds. Similar pubic hair development starts in boys about a year later and has reached adult type—although the distribution is still limited—by the age of 14 (13 for girls). Penile maturation takes place at a similar rate, although testicular development occurs somewhat later. In girls the average age of menarche is 13 (normal range 11-15). About 3% of girls, however, will not be menstruating by the age of 15. Knowledge of these norms and patterns in the family enable the physician to identify those individuals who may be exhibiting pathological development, such as sexual precocity or primary amenorrhoea, and enable early referral for appropriate investigation, treatment, and management.

These physical changes are inevitably accompanied by their own problems. Carolyn refers to the onset of horror, relief, embarrassment, and pride that accompany early breast development and the beginning of periods. Despite improved sex education, some girls still have their first period without being prepared for it, and for most the adjustment to sanitary towels or tampons is not easy, a difficulty exacerbated by the occasional "accident."

Fortunately, dysmenorrhoea is rarely a problem at this stage as anovulatory cycles are the rule for the first year or two. Once through this initial "honeymoon" stage, painful periods become normal in most girls. For most of them reassurance and mild analgesics are sufficient to provide minimal interference with everyday activities. For the minority, however, non-steroidal anti-inflammatory drugs, with their prostaglandin inhibitory effects, or even oestrogen-progesterone combinations may be required for the pain.

Masturbation is far less common or frequent an activity among pubescent girls than among boys. By the age of 15, 25% of girls will have experienced orgasm by masturbation compared with virtually 100% among the boys. Eventually some 60% of women will masturbate but many will not start till much later. Similarly, overt homosexual behaviour in teenage girls is probably less common than among boys, although "crushes" and very close friendships of the same sex are commonplace. As puberty gives way to adolescence, the increasing preoccupation with the opposite sex becomes paramount. Kissing and cuddling soon progress to "heavy petting" and then to full intercourse. Virginity protected so carefully in the early pubescent years becomes negotiable, and this brings problems of pregnancy and contraception. Most doctors who advise girls under 16 about sex and contraception would wish to encourage the girls to include their parents in the discussion for moral and legal reasons—but most physicians would prefer to give contraceptive advice to those minors who did not wish to involve their parents rather than risk unwanted pregnancy, particularly if he or she knew that the couple were already having sex.

In addition to absent, irregular, painful, or heavy periods gynaecological difficulties in puberty and adolescence include vaginal discharge. Often this will be quite normal and the girl is having to come to terms with the physiological discharge of womanhood and sexual excitement. Sometimes, however, the discharge will be pathological caused by, for instance, cervical erosion or infection. Sexually transmitted disease should always be considered and appropriate examinations and investigations carried out where indicated. From the medical point of view, this is also a good time to review the girl's immunisation status—particularly in respect of rubella immunity.

The boys, meanwhile, will have started to masturbate. This activity, common in infancy and subsequently less so, once more becomes a universal and frequent outlet for sexual energy. Initially, orgasmic stimulation may be non-erectile but it is soon accompanied by ejaculation of semen, which may well cause considerable anxiety if he is not prepared for it. At a similar time some, but by no means all, boys start to have "wet dreams." Frequent, painful, erection is common, sometimes embarrassing, and often occurs in non-sexual situations.

Sexual knowledge at puberty is frequently rudimentary or inaccurate. Much of the information is gathered from peers and has been altered, misinterpreted, or incomprehensible in the communication from one child to another. For the child's sake it is imperative that this basic knowledge is supplemented by accurate anatomical and physiological information from parents, teachers, and the media.

OTHER PHYSICAL CHANGES

The major growth spurt that transforms a child into a gangling adolescent takes place maximally in girls between the ages of 11 and 13 and in boys two years later. This often leads

to awkwardness and hunched shoulders, as well as causing difficulties between friends of the same or opposite sex if their development does not take place at the same time.

Acne vulgaris occurs in most pubescent children and adolescents and causes considerable distress. In my view this distress should not be minimising by their doctors but should be taken seriously. Every attempt should be made to reduce the unhappiness caused not only in severe cases but in relatively trivial cases too. This implies a low threshold for the prescription of local and systemic treatment. It is important to remember for the adult doctor to remember that the spot on the adolescent's chin may, to the individual concerned, assume the size of the face itself, and totally dominate all other behaviour and activities. For both sexes there is development of secondary sexual hair, not just in the pubic region but elsewhere, although only the boys grow appreciable quantities of facial hair. Shaving becomes necessary. Initially this is infrequent, perhaps every week or two, but by the late teenage years becomes a daily activity. The important physical change that occurs in boys only at the time of puberty is the breaking of the voice with the associated embarrassing "squeaks."

All these sexual and other bodily changes alter the child to the physical adult. They are accompanied inevitably by important emotional changes.

EMOTIONAL CHANGES

The change from dependent child to independent adult in a relatively short period of time is probably responsible for the teenage rebelliousness and awkwardness so typical of many teenagers. In seeking their own identity and separating themselves from the parental umbilical cord they become vulnerable and often awkward. Attractiveness and popularity with their peers becomes very important. Social factors such as family breakdown, maternal depression, poverty, and recurrent institutionalisation all complicate the process of separation and make adolescent emotional problems more likely to occur. From the doctor's point of view trust may be slow and difficult to establish with the teenager. In most cases such trust is possible with patience and perseverance. It is essential that the teenager is treated as an adult by the doctor—in particular, consultations should be directed at him or her rather than through a parent, confidentiality should be respected, and examinations conducted by the appropriate person. In the less severe cases some adolescents with whom a relationship cannot be established because the doctor is too closely identified with the parents and thus it is sometimes appropriate for the general practitioner's partner or legal adviser to be present.

The emotional and psychological problems prevalent around the time of puberty may be those that are more common in earlier childhood such as ties, truanting, enuresis, and shyness; or adult psychological difficulties such as anxiety, depression, and phobias. Some disorders, however, are more specific to this age group, of which parasuicide, drug abuse, anorexia nervosa, and psychosis are among the most common and most important.

Suicidal gestures in this age group is common and "successful" suicide increasing in incidence. Suicidal gestures are more common in girls, often impulsive, and usually an extreme reaction to difficult life events. These episodes are not infrequently repeated as an attention seeking device. Drug overdose is the usual method used and is now responsible for a vast number of admissions to hospital in this age group. Completed suicide usually occurs in adolescents who have been very depressed and suffered from severe family or emotional problems.

Drug abuse is becoming a major health problem, ranging in seriousness from occasional marijuana or glue sniffing at one extreme through amphetamine or barbiturate abuse to opiate addiction at the other. Where serious abuse is occurring, expert assessment and management, usually by a multidisciplinary

team, are often required. In more trivial circumstances counselling and education may be adequate.

Anorexia nervosa is also a growing problem, particularly in girls, who outnumber boys 10 times. The cause is unknown but has been variously attributed to hypothalamic disorder and fear of sexual development and involvement. It is characterised by pronounced weight loss, amenorrhoea, and distorted body image. Induced vomiting or purgation is not uncommon. It is a serious medical condition with 10% mortality from suicide and malnutrition. Treatment is again from a multidisciplinary team, with correction of weight gain and psychotherapy fundamental to most regimens.

Although psychotic illness such as schizophrenia classically does not develop until the 20s, it is not uncommon for psychosis to develop in the teenage years after puberty. Psychiatric referral, for management and therapy, is indicated in most cases.

Young Practitioner Groups

Why run a group?

S A HULL

The power of the group process as a tool for learning has been recognised for many years.¹ Recently, the underlying principles have begun to be used in various aspects of training for general practice. The best known examples are the Balint groups run for established general practitioners² and half day release courses run for vocational trainees in general practice.³

These two examples have different functions with a different mix of "task" and "process." To be successful, however, both depend on the interaction of good leadership with active participation by group members, and a recognition of the potential and limitations of group learning. The different educational uses of the group have been reviewed elsewhere.⁴ Briefly, the special characteristic of the small group is the opportunity it provides for members to examine their own attitudes and modes of thinking; to understand their personal bias and, in the words of Abercrombie, "to examine their mental furniture" and rearrange it if they so choose.⁵

Young principals' groups are in their infancy; they have no established leadership and as yet have received little interest or documentation. The focus around which a group will coalesce differs according to local conditions. The formal provision of postgraduate education may seem irrelevant to recently trained principals, or pressing local issues may need to be discussed. The isolation of new young principals even in the best regulated group practices should not be underestimated, nor should their need to talk about difficult or chaotic cases outside the practice. Questions about introducing organisational change into established practices, about doing local based research or getting to know local specialists and other health workers may also

Department of General Practice, The London Hospital, London E1
S A HULL, MRCP, MRSG, Lecturer

Given all the physical, psychological, and social adjustments that have to be made at the time of puberty, it is a surprise that any one survives it! Carolyn is a living testimony that it is possible to do so.

Growth Charts with details of height, weight, and pubertal development by J M Tanner and R H Whitehouse are available from: Gattefied Publications, Swains Mill, 4A Crane Mead, Ware, Herts SG12 9PY.

Further reading

Lank B. *Medicine International* 1981;1983:pp 1889.
Stenberg D. *Medicine International* 1981;1983:pp 1599-1602.
Pomeroy W. *Boy and sex*. Harmondsworth, Middlesex: Pelican Books, 1970.
Pomeroy W. *Girls and sex*. Harmondsworth, Middlesex: Pelican Books, 1971.

Young Practitioner Groups

Why run a group?

S A HULL

provide a focus. Finally, general practitioners are now trained in groups to work in teams. It is a sign of the success of vocational training schemes if young principals expect to continue their education in a new peer group.

Group's history

In my area the reasons for starting a group arose from a perceived lack of postgraduate education relevant to young principals. In early 1981 a colleague and I, with the encouragement of the North East Faculty of the Royal College of General Practitioners, tested the water by writing to about 15 new principals, many of whom had completed local vocational training schemes. We suggested a meeting to discuss whether to set up a group. About a dozen attended and expressed a desire for a group which would be social and supportive as well as educational. The idea of acting as a pressure group, for change both in our practices and in the local community, was also floated. We devised a programme with subjects as diverse as introducing change into your practice, an audit of psychotropic drug prescribing, and a local councillor talking on the transport of nuclear waste through Hackney. We agreed to hold meetings fortnightly, alternately in the afternoons and evenings. The structure of the group was to be informal with no hierarchy, a rotating chair, and a loose network of telephone contacts to remind us of the next meeting. The following description of the group's development is bound to suffer from my bias. Where records were kept and other members may have interpreted events differently.

The first few months of meetings were well attended; there was a pioneering sense of enthusiasm and a hope that by working together we should learn a lot and achieve changes. But by the time the group was a year old, in early 1982, it was beginning to founder. Attendances were falling, the notification arrange-

ments had begun to break down, and reports even went out that the group was dead. The convenor became disappointed: was it worth it?—a lot of effort for apparently little positive response. At the rather sporadic meetings certain themes became dominant: Weren't there too many meetings going on already in the area? Wasn't it being too elitist and exclusive?

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.

The summer of 1982 was a period of crisis. What remained of the group became introspective, and we held a series of meetings debating its identity and purpose. At this point it was necessary to allow such a group to develop.