

"They Twoain shal be one flesh."

DIANA:

A PSYCHO-FYZIOLOGICAL ESSAY ON

SEXUAL RELATIONS,

FOR

MARRIED MEN AND WOMEN.

THIRD EDITION.

Revised and Enlarged.

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THIRD EDITION OF "DIANA."

PUBLISHER'S PREFACE.

The teachings of "DIANA" have been welcomed by hundreds of intelligent and thoughtful people. Many of these have expressed their pleasure at receiving the pure and refining light thrown upon sexual subjects by the principles advanced in it. ALFISM and DIANISM are now words which have a specific meaning among those who are seeking to effect a reform in the general thoughts and habits of people on the sex question. The theory of "Dual Functions," first advanced in "DIANA," has been received with special favor. The clean and scientific method employed in this work has prevented all objections to it on the score of immorality, and its renewed publication is justified, not alone by its merits, but by the numerous letters of approval received. Extracts from a few of these are hereto appended.

WILLIAM YOUNG, Secretary of the Society for the abolition of Compulsory Vaccination, London, Eng., writes:—"I have to thank you for a copy of DIANA. I have read it carefully, and must confess that it places the truth as to marital continence and chastity in a very different light to what it is generally viewed in. Great as are the errors prevailing on this matter, I am convinced that in the majority of cases it is the error of ignorance, and I feel that the free circulation of such works as DIANA is well calculated to diffuse light and to dispel ignorance. It does seem strange that the most elementary physiological truths, which are regarded by breeders of dogs, sheep, horses, and oxen as of essential importance, should be totally ignored in the propagation of those who we are assured were created but 'a little lower than the angels'.

I regard the letter at the end of the pamphlet DIANA, addressed to young men, as of sterling merit, and which cannot be too widely circulated amongst those who have the teaching and guidance of youth."

J. WILLIAM LLOYD, Grahamville, Fla., a student of social science writes:—"Having made a special study of human electricity, especially as between the sexes, I am particularly struck with the scientific value of the treatment of that subject in DIANA. I regard it as the text book, *par excellence*, for the beginner in sex reform. Clean, concise, and accurate in expression, logical and philosophical in argument, it is more satisfactory to the thinker than any work of its class with which I am acquainted. Moreover it is so chaste and particular in its wording that our modern Goddess of the Proprieties—Mrs. Grundy—can surely find no fault in it. It is indeed a sunburst, piercing the dark cloud of sexual ignorance."

E. C. WALKER, says:—"This little work (DIANA) abounds in original ideas, tersely and vigorously expressed; although written from what may be called the conservative standpoint, its perusal will stimulate thought and investigation in regard to the causes that underlie and produce the crime and misery, everywhere observed in connection with the marital relations of men and women."

A PROFESSOR IN A PROMINENT COLLEGE writes:—"Wife and I read DIANA yesterday. I am very favorably impressed with the theory, which is new; most teaching being that the less advance, the easier to avoid the electric. I have leaned strongly to continence for both married and single; but there were grave difficulties for most people, especially men. Many inherit so highly sexed natures that it requires great moral courage. The Diana plan removes the great objection for the wife who needs the galvanic, and often, rather than forego that, endures the electric."

Many persons have written in substance as did a friend in Ohio, who says:—"I received the book DIANA and read it with great interest. It was full of new thought to me. I wish I had known the principles taught in that book several years ago. It is a new theory, and I believe it is the true and natural teachings on the sexual philosophy. I read the "ALPHA" and think its teachings will do much good. If Dianism is a full complement of Alphisim, it is a grand thing and well worth a trial."

[The simplified spelling of this work is mainly in accordance with the "Partial Corrections of English Spelling" approved by the Philological Societies of England and America, and by the American Spelling Reform Association.]

INTRODUCTION.

The records of our courts, and the drift of popular Literature, seem to indicate that the institution of marriage is losing its hold upon the consciences and lives of our people. This is not because the public morals are growing more corrupt; for perhaps there has never been, in the history of the world, a time when there has been more rapid progress, both in morality and in intelligence, than in the very communities where the evil is most apparent. Nor is it because the institution of marriage itself is a relic of former ages, the spirit of which we have out-grown; for altho it will not come within the scope of the present treatise to defend it, the writer believes, and not without careful study, that monogamy, the marriage of one man to one woman, is the highest form of marriage which either has been or can be instituted in this or in any age.

The difficulty is that our interpretation of marriage has not kept pace with the progress in freedom in other respects. We are not, to-day, satisfied with that interpretation which

makes the husband and wife one, and that one the husband. The tendency of this age, and especially of this community, is to the elevation and the equality of woman. Neither are we satisfied with the interpretation of marriage which ignores reciprocal attraction. Marriage for convenience we no longer regard as a true marital relation. It is the dissatisfaction with the conscious failure to form true marital relations, in which there shall be equality and reciprocal attraction, which is manifesting itself; and which has become so great that the skeleton is no longer hid in the closet; but there is, a continually increasing protest against false marital relations.

There are two chief causes of these false marital relations; 1st. Ignorance of the true psycho-physiological laws governing the relations between the sexes; 2d. The sexual intemperance which grows out of that ignorance. If we can clearly understand the laws, and will obey the laws, marriage will become a spiritual as well as a physical union; and such marriages will not be liable to lead to apathy or discontent.

The law of temperance carried to the extreme of continence, will probably strike most thoughtful readers, cognizant of the physiological facts and theories commonly advanced, as a hard saying, which few can hear. But there must be something wrong in theories which legitimately lead to the evils everywhere apparent; and it is believed that a candid examination of the new theories, will demonstrate their truth, and prove that obedience to nature's laws, is the way of pleasantness and the path of peace.

SEXUAL RELATIONS.

In order to secure proper and durable relations between the sexes, it is essential to live in harmony with the law of Alfirm.

“Continence except for procreation.”

But if that principle is adopted alone, no means being taken to provide for the due exercise of the sexual faculties, it will be likely either to be abandoned or to lead to a life of asceticism. In order to make Alfirm practicable for ordinary men and women, another law must be observed:—

Sexual satisfaction from sexual contact..

Understanding by the term contact, not merely actual physical nude, external contact, but using the term in its more general sense, to include sexual companionship, or even correspondence, bringing the minds into mental contact.

The observance of this law will lead to complete and enduring satisfaction in continence; and to the explanation of this, the reasons for it, and to considerations connected therewith these pages will be mainly devoted.

These fundamental principles cannot be overturned by mere negative testimony. If we have positive evidence that they are true, as applicable to a single individual, and if it can be shown that their general adoption would put an end to acknowledged evils, such evidence will outweigh any number of failures.

THE LAW OF SATIETY.

Pleasurable sensations and emotions depend primarily on the existence of a structure which is called into activity, and secondarily, on the condition of that structure as fitting or unfitting it for activity. (See Herbert Spencer's *Data of Ethics*, Chap. 6.) The sexual attraction is an emotional pleasure, made possible partly by the existence of sexual apparatus, generative organs, and nerves and cerebration connected with them, and partly by the states of these structures, as fitting or unfitting them for activity. The sexual organs are connected with a nervous ramification extending over the whole frame, capable of being called into intense activity, and causing in proper and healthful action the most intense pleasure; and when these organs have become wearied from use, they cease to be the cause of either pleasurable sensations or emotions, until they have had opportunity to become refreshed and invigorated. Unbroken continuity in sexual feelings eventually brings satiety; the pleasurable consciousness becoming less and less vivid; and there arises a necessity for a period of rest. The appetite created by sexual capabilities, being the desire for their exercise, is followed by satiety, in precisely the same manner and for the same reasons, that other appetites and desires, when fully satisfied, lead to similar apathy, and then to antipathy; the intensity being greater simply because the sexual passion is more central and more powerful.

PHYSICAL NEEDS.

That full satisfaction for the time may usually be obtained from mere sexual companionship, is beyond question. But it is generally supposed that there are physical reasons why this will not always suffice. It is supposed that it is necessary for the highest welfare of man, that the spermatic secretion should be continuous; which

involves the necessity of its being either expelled from the system in sum way, or restored to the system by assimilation. Even if it were proved that it could escape without detriment into the bladder, yet any man believing that the sperm is expelled from the system, will naturally conclude that if the choice is simply between expelling it with the pleasures of the orgasm, or leaving it to be expelled without these pleasures, nature herself has indicated, by that very ecstasy of pleasure, the best mode of expelling it. When, therefore, we are told by physiologists that the blood receives useful additions only through the medium of the stomach, and that all matters taken up by the lymphatic circulation are received into the blood only to be conveyed to organs of excretion, it becomes manifest that the physical facts relating to the spermatic secretion, are of vital importance in determining the true sexual relations. The physical branch of the theory then takes precedence.

THEORY OF DUAL FUNCTIONS.

The ovaries in woman, and the testicles in man, which may be called the sexual batteries, have two distinct functions; 1st, the production of ova, and of sperm to impregnate them; which may be called their generative function; 2d, the production of a physical force, giving masculinity to the man, femininity to the woman, strength, health and vitality to both; which may be called their affectional function. It is the power which makes the perfect man, more noble than the eunuch. It is the source of sexual attraction.

That this sexual attraction between man and woman, beginning in early childhood, before procreation becomes possible, and continuing after it has ceased to be possible, is not merely mental, is shown by its continuing during sleep; that it is not merely the desire for physical action, is shown by its being content without

any action whatever, and its coming to the condition of satisfaction in such mere contact, terminating in apathy, or even in a gentle repulsion.

DEFINITION OF TERMS.

Including all sexual emotions under the general term "amatory." I would distinguish between the "amativ" desires or feelings, which constitute the general attraction between male and female, arising from the operation of the affectional function above stated, and the "amorus" desires, which tend to generation, arising from the operation of the generative sexual function.

DIRECTION OF FORCE.

Altho the two functions are spoken of as distinct, perhaps the difference consists principally, if not entirely, in the direction which the sexual force takes. If it is directed towards certain nerves of the genital organs, stimulating them, it produces amorus desire; while if it is more diffused in its action, extending through the system and to the brain, it produces amativ affection, and causes little or no perceptible sexual secretion.

One indication of the truth of the theory of dual functions, is an observed fact which has been for years an unexplained mystery; the tendency of an interruption of friendly sexual relations to lead to unusual passionate outbreaks. So long as the relations continue such as to call forth and satisfy the affectional function, calm and satisfied continence continues; but when that affectional function suddenly ceases to have employment, there is a tendency for the sexual force to take the other form, of its generative function, causing an abnormal and unusual tendency to passionate feeling. If, at this juncture, the misunderstanding is explained, or there is a reconciliation, there is an unusually strong physical temptation to intercommunication.

Another illustration of the same principle is the rediness with which "the hart is caut upon the rebound," in the case of a final separation between lovers; so that one or both of them immediately form new alliances.

The stimulating effect of coquetry or coyness, depends upon the same principle. So far as it tends to make the man doubtful of the real feelings of the woman, first feeling more or less convinced of her sexual attraction for him, calling forth in response his affectional feelings towards her, then suddenly interrupting that by doubts, leaving the sexual force no other resource than its generative function, it stimulates an amorous feeling much more likely to take the form of a jealousy cruel as the grave, than of a satisfied continence.

CORRELATION OF FORCES.

Sexual force is a mode of molecular motion. The affectional force is quantitative and diffusive; the generative force intensive and selective. In correlation with the vital forces, the affectional force adds to the vital power, and the generative force absorbs it.

CONSUMPTION OF FORCE.

Vital power or action of any kind comes from consumption of living tissue. As muscular effort consumes the nerves and muscles; as thought consumes the gray matter of the brain; producing disintegration, the waste matter being carried off from the system; so, the sexual batteries must cause in their action, disintegration and waste; but this waste matter is lifeless, and could not add to the pleasure of the orgasm were it present.

What fluid it is which is disintegrated in the production of amative affection, it is for physiologists to discover, and a pure question of science. It is not un-

likely that in man it is the sperm itself, and that that secretion resembles the lacrymal secretion in being continuous as well as variable, ordinarily required for one function, but upon special occasions for another. Or it may be that the disintegration takes place in the tissue of the brain.

TIME OF SECRETION.

"The prostatic fluid, according to Robin, is secreted only at the moment of ejaculation." Flint's Physiology, Vol. V, page 321. The remaining element of the spermatic secretion is produced, under normal circumstances, only as it is required, either for impregnation or for the maintenance of the affectional function.

ANALOGY OF SECRETIONS.

The theory that the sperm is naturally secreted only as it is required, brings it into harmony with other secretions. The tears, the saliva and the perspiration, are always required in small quantities; and the secretion is continuous; but if required in large quantities, the secretion becomes great almost instantly. The mother's milk is cheerily secreted just as it is required for the infant; and when not required, the secretion entirely ceases; yet it recommences the moment the birth of another child makes it necessary. There is no reason to believe that any of these secretions are restored to the system. But if this were an exception, the mere secretion of the sperm from the blood, could not give sexual power; it would have no advantage over nonsecretion; it would be like putting money into the bank and drawing it out again, the amount remaining unchanged. There would not even be the accumulation of interest.

SUPERABUNDANCE OF GERMS.

The production and expulsion by every woman, of several hundred ova which are never impregnated, might indicate by analogy that there may be an equal expenditure of vital force by man in the production of sperm which is never employed. But if this expenditure by man is analogous also in going on without nervous excitation, and separate from the other sex, it will not justify departure from the principle of Alism.

It is a principle of nature, and a manifest result from the development theory, that there shall be produced such a superabundance of germs as to provide for any possible adverse contingencies. Nature does not wait for the individual to acquire its full strength before conferring the power of reproduction; for it may never attain that full strength. So there is a profusion of blossoms, but few of which are ripened into fruit; for various adverse influences will destroy most of them. But the tree is not strengthened by the production of useless blossoms; it is a loss to the individual for the sake of the perpetuity of the species. It is one of the duties of the horticulturist, where it is practicable to do so, and especially with young and choice specimens, to thin out superabundant blossoms and fruit, to give strength to the remaining fruit; and the earlier this duty is performed the more effective it is. If the perpetuity of the human race were still in jeopardy, from wars and famine and pestilence, it might be safer to take advantage of every possibility of conception; and the prevention of conception, even by continence, might be regarded as detrimental to the public good. But we have reached a period in the world's history when we need quality rather than quantity; and now the preservation of our full vigor by avoiding all useless expenditure, is equally a benefit to the individual and to the race.

Moreover, it is supposed that a single zoosperm is sufficient for the impregnation of a single ovum. Yet, in a single emission there are millions of zoosperms, but one of which is available. Here is a million-fold superabundance of germs, in impregnation. Emission at other times, when not needed for impregnation, would be analogous to the blossoming of a tree at unseasonable periods.

INDEPENDENT MODES OF ACTIVITY.

When there is more than one mode of activity for the same organs, their use in performing one function, has no tendency to incite to activity or to satisfy the activity of another function. The use of the lips, teeth and tongue, for instance, in talking, has no tendency to increase the desire for food, or to satisfy the cravings of hunger. So the indulgence of amative feelings has no natural tendency to create amorous desires; although the two classes of feelings have been confounded in consequence of the limitation of the two manifestations to the same persons.

CHOICE OF FUNCTIONS.

The physical question then is simply, which function shall be called into exercise at any given time; and this is determined chiefly by another class of considerations.

ABNORMAL CONDITIONS.

Beginning with the generative function, both man and woman have been for many generations in an unnatural state, perhaps have never reached a natural state. The production of the ova in woman is attended with an abnormal loss of blood in menstruation; and the sperm in man is usually secreted in such excessive quantities, that he has resorted to sexual abuses in order to dispose of it. Masturbation, prostitution, and marital profligacy, alike result from this cause. The irritability

and discomfort which men often feel, apparently from a fulness of the seminal vessels, is not always a result even of excessive secretion, but of the nervous derangement and stimulation produced by an inordinate demand upon the secretion. Experience proves that the irritability is often greatest immediately after an excessive drain, before there can have been time for a new accumulation; and that if there is no disturbing cause, the longer the period of continence, the less of this irritability and discomfort are felt.

Medical testimony goes to prove that sensations of pain or discomfort do not always arise from disturbance in those parts of the body where the pain or discomfort is felt. It is sympathetic, depending upon nervous derangement of other parts of the system. A burning sensation in the hands and feet is often dependent upon dyspeptic conditions, there being really no increase of heat in the hands and feet.

But if these organs have a dual function, these difficulties disappear just as soon as man and woman are brought into normal conditions; for it is not necessary that there should be sperm expended in order to derive from the genitals their full beneficial influence as the source of sexual attraction, or to give them activity in order to preserve their vigor. And the ovaries do not lose their vitality, or their like beneficial influence, when woman reaches the turn of life.

THE EFFECT OF SEXUAL CONTACT.

It is an observed fact that sexual contact incites to activity the affectional action of the sexual organs, with their connected sensibilities extending over the whole frame, and by their exercise satisfies them, without calling into action the special generative function of the sexual organs. And it is also an observed fact that the repression of this affectional activity naturally creates a desire for the exercise of the other; so that the

true remedy for sexual intemperance is the full satisfaction of the affectional mode of activity by frequent and free sexual contact.

MODES OF GRATIFICATION.

Sexual satisfaction may be derived from personal presence, conversation, a clasp of the hands, kissing, caressing, embracing, personal contact with or without the intervention of dress, internal contact, mutual friction, or the experiencing of the orgasm; in greater intensity and with greater rapidity in the order here stated.

COMPLETE SATISFACTION.

The degree of satisfaction necessary for the physical welfare of an individual, depends chiefly upon his mental disposition. When he makes up his mind that he desires sexual gratification of a certain order, and that only, he will be completely satisfied with that, for the time, and it will not be a temptation to a higher order of gratification. If he desires gratification of a certain order, sexual gratification of a lower order in the scale of intensity, may have either of two contrary effects. It may be accepted and understood by him as tending towards that which he desires; so that a kiss may lead to an embrace, and that to a still higher order, for instance; or it may be accepted and understood by him as a temporary substitute; in which case, the more kisses he takes the better satisfied he will be to postpone all higher orders of sexual gratification. Let the mind be convinced that the highest satisfaction will be found in continence, and the lower orders of gratification will assist in the observance of the law.

AFFECTIONAL EXHAUSTION.

The exercise of the affectional function of the generative organs tends to satiety and exhaustion in the

same way with all other physical or mental exercise; but if it is not carried to excess it is a permanent benefit. There are three independent forms which the excess may take.

1. If the sexual contact or association is unusual, there is danger, even in moderation; as the too closely guarded child is easily overcome by exposure to even mild weather. This is one great danger from ordinary customs, that a very slight departure from the accustomed routine involves injurious stimulation.

2. If the sexual association or contact is intimate and prolonged, it may lead to nervous depletion.

3. If the parties are not mutually and reciprocally attractive, the association will soon become exhausting. Especially is this true of both parties, where either seeks from the other a greater degree of reciprocation than is cheerfully given; for the yearning of the one, and the resistance of the other, are alike exhausting.

All these causes of exhaustion can be avoided between parties who are mutually attractive, and are in a position to yield to the attraction, and the highest benefits of mutual association can be secured, if their intimacy progresses with such moderation that neither will feel disposed to check it, yet with such manifest advance as continually to furnish new exercise for the affectional function.

MALE CONTINENCE.

It is the common idea that sexual attraction leads from one step to another with accelerated velocity, so that at each step more and more self-denial is required to eum to a stop. The principle of "male continence" taught by Dr. Noyes, at Oneida, (which has no relation to the system of complex marriage formerly existing there,) is based upon the idea that the self-denial is so nearly the same at one stage as at another, that we may enjoy any amount of sexual gratification consist-

ent with continence, and still feel no irksome restraint from continence. But if the first principle above stated is true, there will be no self-denial whatever involved in continence if the relations of the sexes allow proper sexual companionship. Carrying out the same principle a little further than Dr. Noyes has done, but no further than experience has demonstrated, this full satisfaction may be reached without even approaching amorous excitement or stimulation.

The theory herein set forth radically differs from the Onanite method of internal contact either with or without friction. One fatal defect of that method is that it necessarily stimulates into activity the generative function of the sexual batteries; and this not only causes a wasteful use of sperm, but diverts the sexual batteries from their affectional function, diminishing amative attraction.

The danger of impregnation from unexpected emission, against which the party most concerned has no protection, is another fatal defect.

Experience in each individual case can alone determine what degree and what form of external sexual contact will afford the highest satisfaction, and how long it requires to be continued to produce and to preserve the feeling of physical content.

INFLUENCE OF THE MIND.

Our physical wants depend upon two factors; 1st, the existence of certain faculties which require exercise, and nerves of sensation which perceive an injury to the system from want of use; and 2d, the action of the mind directing the attention to and stimulating those faculties and nerves of sensation. If we have been without food until we need a new supply, we become hungry; but the mind may be so diverted that the want may be overlooked until it becomes overpowering; or it may be so directed to the subject of eating as to

greatly stimulate the desire for food ; and may even so stimulate it that there may be a fictitious hunger created before the system really needs food. Or suppose, after a long walk, just as we think we are about to reach our destination, we discover that we have missed our way and are several miles distant, the general sense of weariness instantly becomes very great ; and yet we may not have taken a single step since making the discovery. The physical weariness is no greater ; but that which was a moment ago disregarded, suddenly becomes, by the action of the mind, overwhelming. And so the form which the sexual wants may take, depends primarily upon the needs of the system, affected largely by the action of the mind.

The fact that the sexual wants are stimulated by the mind, does not make them the less real physically ; and after being called into exercise by the action of the mind, it may not be easy for the mind to exercise the spirits it has called up. Under circumstances causing the mind to have an abnormally stimulating effect, there may be required a correspondingly abnormal degree of sexual gratification to produce physical satisfaction.

ABNORMAL CRAVINGS.

A desire for the exercise of certain faculties, whether normal or otherwise, if not soon satisfied, may, through sympathy, extend to other faculties, which do not really need exercise. Little children, from want of sleep or rest, sometimes get cross and fretful, wanting something and not themselves knowing what it is that they want. And children of a larger growth sometimes find it difficult to discriminate between the natural desire for sexual companionship, which perhaps would be fully satisfied through mental sympathy, with little or no physical contact, and the unnatural craving which arises from perverted habits. It is this, perhaps, more than anything else, which has led to free love variety ; first the mis-

taken need, and hence the misinterpretation or misdirection of the craving which is felt; and then, attributing to ultimate sexual indulgence the relief, which actually results largely, and in a normal condition would result chiefly, from the mere companionship of mentally and morally, as well as physically sympathetic persons of opposite sex.

In addition to the normal desire for the exercise of our faculties, there may be an abnormal craving for further exercise arising from excessive stimulus. For instance, walking calls into play certain muscles. If we sit a great deal, there is a normal desire for walking. If, on the other hand, we enter upon a walking mach, and bring an inordinate strain upon those muscles for several days, it sends a continuous current of energy thru those muscles, making it imperative that they should be used with unaccustomed and abnormal frequency. A man who, by inordinate generative indulgence, continued for a series of years, has created abnormal passionate cravings, can no more judge from his own feelings what is the normal need of the system, than a man at the end of a walking mach can judge from his own feelings how much walking is essential for continued health.

There is a physical result from a sedentary life, producing a stagnation of the blood in the neighborhood of the genitals, which tends to stimulate amorous feeling. For the same reason, on first waking in the morning, before having moved sufficiently to start the blood, there is sometimes a special tendency in the same direction. In both cases, an intelligent self-restraint while the circulation is being restored to its normal condition, may be requisite.

There is an effect resulting from our present customs which I can best illustrate mechanically. Suspend a plummet six inches from a wall. There is no tendency to approach the wall. That corresponds with the normal

condition of Alfism. Now draw back the plummet twelve inches, and there will be a constant pressure, sufficient, the moment the pressure is removed, to cause the plummet to strike the wall every time. That represents the abnormal condition of ordinary married parties, separated by custom to three times the distance which their mutual attraction would prompt. So long as they exert themselves to maintain this abnormal position, they will be continually tempted to violate the law of Alfism; and the only remedy is to seek such intimacy as their mutual attraction prompts, in continence.

ASSOCIATION OF IDEAS.

The action of the mind depends largely upon the association of ideas. We acquire the habit of feeling a certain want, and of stimulating it by the action of the mind, in connection with circumstances which of themselves do not cause or indicate such wants. The bell rings for dinner. We are interrupted in the midst of our other employments, which have been engrossing the attention, so that we have felt no hunger, and immediately the sensation of hunger is felt; although there is no natural connection between the sound of a bell and the necessity for food. Another illustration may be found in the not uncommon mistake of warming the hands or sitting by a cold stove, imagining that there is a radiation of heat from it, in consequence of the habit of receiving heat from a stove. So in the relations between the sexes, whether the sight or contact of the nude form shall stimulate the affectional or the generative action of the sexual batteries, will depend greatly upon the habits of association. We have only to accustom ourselves to associating it with the affectional action, by frequent repetition when the affectional action is all that is felt or thought of, in order to cultivate such habits and associations as will make the sight and contact of

the nude form tend to repress passionnal dezires, by the direction of the sexual forces into the channel of galvanic attraction.

IMPERFECT SATISFACTION FROM REPRESSION.

In isolation, the sexual attraction is slowly disipated; and if the mind is so diverted to uther subjects that the sexual function receives very littl stimulation, there may be a satisfied continence even in the absence of all sexual relations or companionship. But this rezults, unless the circumstances ar recognized as making sexual companionship temporarily impracticabl. from the blunting of an important element of our natural sensibility. In the companionship of the two sexes, each complementing the polarity of the uther, by radiation when there is no contact, and by conduction when there is contact, the polarity is kept nearly at an equilibrium, depending upon the amount of stimulation, and the amount of the oportunity for the equalizing effect. So long as the mental stimulation does not overpower the oportunities for equalization, there wil stil be a satisfied continence, united in this case with a helthful action of the sexual system.

MODE OF EQUILIBRATION.

The mode of sexual equilibration is not esential, whether it is by mere companionship, or by a greater or less degree of nude contact, provided it is efectual in producing a satisfied continence. So much depends upon habit, that it may be too erly to even conjecture whether the dezire for frequent and continued nude contact is an outgrowth of perverted passion, which wil diminish when sexual feeling prezervs habitually its proper channel, or whether it is a normal and dezirable manifestation of vigorous sexual feeling.

Indeed, both fyzical and mental or spiritual contact ar required for complete satisfaction ; and of the two.

the spiritual contact is that which affords the greatest satisfaction. If a woman permits unrestricted fysical contact as a matter of wifely obedience merely, while to her it is a matter of indifference or repugnance, it wil afford far less satisfaction than when the huzband feels that there is no mental aversion; even tho the state of her helth, or uther unavoidable circumstances, may make fysical contact impracticabl. Between thoz who are truly mated, the fysical contact wil be largely valued as a manifestation of the spiritual contact.

SEXUAL POLARITY.

The affectional action of the sexual batteries, produces a sexual polarity, which we may call pozitiv in the male, and negativ in the female. In sexual companionship or contact, there is a radiation or conduction which reduces the polarity, and restores the equilibrium, thus tending to prevent the action of the sexual batteries from taking the generativ form.

While polarity exists, there is attraction, or sympathy: when the polarity is satisfied, this is followed by equilibrium, or apathy. If the close contact is continued, there results an identity of polarization, which cauzes repulsion, or antipathy. The antipathy seems to be more forcibl than the attraction; as fysical pain is generally more violent than fysical plezure. If peopl wil keep their distance, and avoid a forced identity of polarization, they can be on good terms, when the same peopl, thrown into closer relations, wil feel an unconquerable antipathy.

MAGNETIC ANALOGY.

There ar sum respects in which the sexual attraction appears to take diferent forms, rezembling magnetic, galvanic and electric attractions. It may be convenient, sumtimes to adopt that form of expression, even tho we may consider them fundamentally one; as the difer-

ences between the material magnetic, galvanic and electric attractions are so marked that even if it were demonstrated that they are all manifestations of a single force, it might be found convenient to continue the present designations. Wherever a single force will explain all the phenomena, it is unscientific to attribute them to different forces; and yet we may properly designate different forms of a force by different names.

For convenience in distinguishing between the different physical, or perhaps more properly termed psychic manifestations, they may receive the same names with the material attractions of magnetism, galvanism and electricity, to which such analogies may be traced.

The magnetic attraction may be the name given to the manifestations of attraction independent of sex, like the love of Jonathan for David, "passing the love of women," or like the attraction which more frequently women feel for women.

The galvanic attraction corresponds to the affectional function of the sexual batteries. In the attraction of material galvanism, which is much stimulated by the presence of moisture connecting the surfaces in contact, there is a continuous thrilling effect upon the nerves of sensation, which is much heightened at every break. An illustration of this is found in the familiar experiment by which the galvanic flash is made visible; which is only seen at the moment of making the contact of the two metals, but may be repeated as often as may be desired, by simply renewing the contact. So in sexual contact, kisses, love-pats and caresses consist in making and breaking the contact.

In the attraction of material electricity, friction leads to a gradually accumulating attraction, which suddenly reaches the point of explosion or instant discharge; and then the two bodies becoming identical in polarity, repel each other. The analogy between this and the generative function of the sexual batteries is too obvious to require elucidation.

Perhaps even polarity is not essential to our analysis, altho a convenient form of expression. The fact that the amorous form of excitation is not the ordinary form, allows the structure called into action to be sooner satisfied and fatigued; the amorous action becoming soon weary, like the muscles of voluntary action; while the amativ action continues with undiminished vigor, like the beating of the hart, or the breathing of the lungs. It is not necessary, therefore, that there should be an electric radiation; for the fatigue of voluntary action will take its place; nor is the permanence of galvanic action necessary to be invoked, becauz that is replaced by the want of fatigue in involuntary action.

NECESSITY FOR CULTIVATION.

The degree of sexual companionship or contact, necessary to overcome polarity and restore satisfaction, will vary in different individuals, and at different times in the same individual. The state of the health, or other circumstances, may tend to vary the direction or the form of the amatory force; so that at one time it may become exclusively galvanic, and at another partialy or entirely electric. The form of the force will depend very much upon cultivation. Persons who have formed the habit of allowing the force always to expend itself in amorous excitement, will feel little pleasure from sexual contact, except so far as it stimulates amorous feelings. Libertines acquire such power and influence by this force sympathetically arousing a similar direction of the force on the part of the women with whom they come in contact, that it has a seductive power almost irresistible. Reduced polarity on the part of the woman, or the habit of giving the force a galvanic direction, will tend to protect her from this baleful influence.

There is also an organic necessity for cultivation; for whatever is the fluid which is disintegrated in the production of amativ affection, that fluid must be ex-

peld from the system when it has done its work. Organs grow from exercise; and it is only in continence that the absorbing glands have the opportunity by exercise to become capable of disposing of this fluid without inconvenience. A man accustomed to sexual contact in continence, will not suffer from any accumulation that may be incited, even if it should be unusual; while a man whose absorbing glands have never had occasion to take up the secretion, will be in trouble; just as a cow which has not been milked will be in trouble, altho if running wild, she would never have any necessity for milking.

OBJECTIONS ANSWERED.

The principal objections to the law of Alism take four forms:

1. The great majority give way to their appetites, regardless of consequences. It is sufficient for them that Alism requires that the appetites be brant within the dominion of reason. Their objection is unanswerable, so long as they continue in that low stage of development. They must live on wild fruit until they learn the art of cultivation.

2. The objection that man needs physical relief from a continuous secretion, is answered by the theory, sustained by many facts, that this secretion is normally utilized in sexual affection; and by the admitted fact that men, not deficient in sexual vigor, live for months, and probably for years, in strict continence, without even nocturnal emission, and with no such physical inconvenience as is often complained of by men who happen to be deprived of their accustomed indulgence for a week or two at a time.

3. The objection that Alism deprives its followers of that lay manifestation which brings them into closest union, is answered by the existence of prostitution, which demonstrates that merely physical sex desire is not an evidence of real affection. It is only Alism which ena-

bls the parties to demonstrate to each other pure and unselfish affection. The physical manifestations which do not invite ultimation, ar the best and surest evidence of sexual affection, and the highest possible manifestation of sexual lov.

4. The objection urged against the doctrine of Alfirm that it rests upon a depreciation of sexual relations, applies not to the doctrine itself, but only to the personal opinions of some of its advocates. Ideas of shame or impurity connected with sex, cum only from the abuse of sex. Alfirm knows no conceivable mode of reproduction, higher or more pure than that which exists throughout the more developed classes of the vegetable and animal kingdoms, in diversified forms, culminating in the human race. But Alfirm demands that so far as regards the physical functions of the sexual organism, they shall be restricted in the same manner as the functions of other organisms are restricted, to useful results. It is well known that if the digestive apparatus should act when there is no food to digest, if the heart should act beyond what is necessary to produce a normal circulation of the blood, if the organs of secretion were to act when not required to serve a useful purpose, in either case it would produce physical injury to the entire system. And since the sexual function is as much more important than any other function of the body, as the preservation of the race is more important and higher than the preservation of the individual, this fact gives everything connected with sex a sacred character, and makes sexual wrong a profanation.

COMPLETE SATISFACTION.

It is to be remembered that complete and enduring satisfaction, like perfect happiness, is, strictly speaking, an impossibility. It is sufficient if we find in continence the same measure of enduring completeness which could be found from any other conceivable course. It is

fair to compare it with the happiness and satisfaction resulting from the life which Alfishm seeks to supplant. Many who live a life of temperance and approximate Alfishm, find satisfaction in the marriage relation. But shall we lift the veil? What is it that leads the way to marital infelicity, to divorce, to prostitution? And what are those darker depths known only to those who have wallowed therein, or to those who are seeking sexual reform? Is it not evident that the greater the sexual indulgence, the greater the burning and corroding of unsatisfied desire? In the light of these facts, which investigation makes continually more patent, it is safe to say that not only will perfect satisfaction be found from the observance of the law of Alfishm, but that it is the only source of complete, enduring sexual satisfaction.

THE LAW OF ALFISHM.

Sum of the physical arguments for the law of Alfishm have been already partially developed. There are, in addition, other reasons involving mental considerations.

ILLUSTRATIONS.

"Wine and women" have been clasped together from the days of ancient history; and the two kinds of intoxication are alike in many respects. Each is a pleasure to the senses at the moment, followed by a corresponding exhaustion. Each tends to the formation of a habit, calling continually for indulgence, until, if there is no curb placed upon it, the health breaks down under it. Each tends to degradation and to crime. The license of lawful wedlock and of moderate drinking are respectable, and the evils are less marked; but the law of total abstinence applies equally to both. In itself there is no great harm in a marital indulgence, or in drinking a glass of wine; the temporary excitement dies away, and the system scarcely feels the shock; but

each indulgence calls for another; and even when there is no physical ruin, there is a blunting of the sensibilities; and the amount of pleasure does not compensate for this.

It is not unlikely that there is another connection between these two classes of dissipation. If the nervous energy is exhausted by sperminic waste, it is not to be wondered at that a stimulus should seem to be required to restore the equilibrium, or that the stimulus of alcoholic drink should be resorted to. On the other hand, it is well known that an unnatural nervous stimulus from the use of intoxicating drinks, leads to the temptation to expend itself in amorous indulgence.

It may be well here to call attention to the distinction between proof and illustration. It has been stated that the same law applies to man as to other animals. This is not stated as a proof, for there might be a different law for man; but it tends to throw the burden of proof upon the other side, and to make it necessary for those who make man an exception, to show the reasons for it. So with regard to total abstinence from alcoholic drinks. Comparisons do not run on all fours. There are differences between two things that are compared as well as resemblances. But the land is full of temperance arguments which apply so well to the question of Abstinence, that rather than to attempt to reproduce them with the few changes that may be required, it is better to refer to them in this brief way, leaving it to the discretion of the reader to make those changes.

FORCE OF HABIT.

Parentage is a duty as well as a pleasure with those who are so constituted that their children will contribute to the advance of mankind. As a rule, every man and every woman ought to have, at a proper time, the sexual experience in its highest form. But neither is fitted for parentage before the age, we will say, of 21. Probably

few children are so unobzervant, and kept so carefully in ignorance, that they do not learn more or less of the mystery by the time they are 9 years of age. This leaves 12 years of continence to begin with, from 9 to 21, at the time when the years seem longest; and 7 years after the time when the genitals of both are so far matured as to create, if ever, a physical desire for coition. If there is any period in life when relief from surplus secretion is desirable, it must be during those 7 years from puberty to marriage; not that there may not be very much more apparent necessity for it in more mature years, when the secretion is more rapid, but that if it is true that there is a constant secretion from which it is desirable to be relieved, the desirability of that relief must commence with the commencement of the secretion, and continue as long as the secretion is formed. If there is any period in life when intercommunication as a love act, for the purpose of producing strong ties between the sexes, is desirable, it must be during those 12 years, from 9 to 21, when the ties are being formed between the young of both sexes. And after the habits of continence are fixed by a virtuous life of 12 years, at the time when habits are forming, it must be comparatively easy to continue in continence when we have reached maturer years, and are accustomed to live according to our habits, rather than to form new ones. It is the first step that costs; and after having learned to be continent, and lived in continence for 12 years, a mental conviction of the truth of the law of Alfirm, will surely prevent the desire to form habits or to commit acts in violation of it.

ANTICIPATIONS.

The pleasures of anticipation are so nearly equal to those of participation, that the question, which are the greater, is still in dispute. For twelve years the young man and young woman may enjoy all the pleasures of anticipation, gradually increasing as the hour of marriage

approaches, as fully and as freely as now. On the other hand, as the pleasures of memory; and nothing here will be lost. Neither the pleasures of anticipation nor the pleasures of memory can be increased by the repetition of the act; and especially will there be a loss if the memory of a perfect union is crowded out by the memory of later imperfect attempts at union; so that it is only the fleeting sensations of the moment, unanticipated yesterday, experienced to-day, and forgotten to-morrow, which are the reward for the ordinary indulgences of married life.

That the repetition of an experience does not dull the pleasure itself, and that the pleasures of anticipation and memory are divided between the two instead of being concentrated upon the one, may be shown by illustration. Few people care to read a novel, however absorbing in its interest, more than once. A beautiful painting or statue, attracts us much less after the first or second visit. A visitor to the White Mountains might be delighted with a trip to the summit of Mount Washington; and yet on the following day, taking into consideration the keen, frosty air, and the tedious and apparently dangerous ascent and descent, he might prefer to trust to his memory of the surrounding view for pleasure, rather than to go up again, no more warmly clad, and running the chance of the sky being less clear.

THE LUV OF NOVELTY.

But the question will arise whether a man and woman can be content, after having experienced the full pleasure of a reciprocal and simultaneous orgasm, to live on, year after year, with such possibilities within their reach, without repetition of them. Certainly not, if they believe that the repetition will add to their happiness. But it is not uncommon for people to enjoy to the utmost an experience which they would not care to

hav repeated. So the huzband and wife may appreciate to the utmost what they hav enjoyd together; and yet, appreciating also the fact that every exhilarating experience tends to blunt the sensibility, and make them less enjoy the chaste plezure of sexual attraction, they may be wise enuf to chooz to prezerv undiminisht as long as posibl that which they can enjoy with mutual advantage as wel az plezure, rather than to sacrifice it for a momentary paroxysm.

Perhaps it is poetical exaggeration to say,

"Of all the passions that pözess mankind,
The lov of novelty rules most the mind;"

but we know that this element ads largely to all plezures tending to exhilaration. There is a class of plezures, the lov of quiet, of home, of rippling brooks, which depend much upon habit; and it is this class of plezures which is alied to the plezures of sexual contact, which is always restful. But it is a dangerous thing for the perpetuity of marital happiness, when it is founded upon those exhilarating plezures, which grow less as the novelty fades away.

This element of novelty not only ads to the plezure of the parents, but to the wel-being of the offspring; and it may not be too much to say that the child is wrongd whoze parents hav worn out that charm of novelty, and thus partially incapacitated themselves for meeting for procreativ purposes. There can be but one first-born in a family; and yet, thru Alfishm, the younger children may be endowd with life-force scarcely exceeded by the elder.

NECESSITY FOR EXERCIZE.

All our faculties require to be exercized in order giv them vigorus helth. This principl is not overloc in the theory of Alfishm. The frequency of exerc required varies with diferent organs. The hart :

lungs are exercised without cessation. The stomach requires at least daily exercise, but also requires rest as often. Passing over other organs requiring periodical exercise, but generally in a state of quiescence, the female organs called into exercise by conception, lose nothing from the long intervals between successive conceptions. Nature's law is exercise at such times only as the organs may be used with beneficial result.

The fear is sometimes expressed that the want of exercise may lead to impotence. If we did not know the fact, we might imagine that a woman who ceases secreting milk, would be unable to nurse another child; but we know better, by large observation and experience. If the spermatic secretion is of a similar character, as it evidently is, it will become stimulated to activity whenever it is required.

It has been well said by Dr. Winslow, in the "*Alpha*." "Sexual power depends upon the purity and richness of the blood—not upon the cultivation or exercise of the muscles."

But there is still another point to be considered; that the theory of dual functions provides exercise for the sexual batteries, not merely in intercommunication, but at all times when the sexes can meet either physically or mentally. As thought gives exercise to the brain, so does sexual affection give exercise to the organs producing it.

SELF-DENIAL.

The question whether a husband and wife will be satisfied to adopt in practice a life of Abstinence, is analogous to the question whether a man or woman will be content to live without masturbation, having formed the evil habit, and after being convinced that it is injurious. In each case it is the simple question whether they shall forego the pleasure of the orgasm, when it is within their reach, or, in spite of its evil effects, shall continue

to indulge in it. In either case, indulgence means pleasure only, and not benefit, but rather physical loss; of which the parties are convinced. To the well-balanced mind there would be no desire for such indulgence, and no self-denial in the life which gives the highest benefits; and to those to whom Alfirm would be a self-denial, it is a self-denial of the same class with other self-denials, so often necessary for the sake of our health or physical welfare; such as abstinence from alcoholic drinks, opium, tobacco, and from various articles of food which have been found either unhealthful or injurious to individual constitutions; a self-denial to which every reasonable person will cheerfully submit.

If fruit is eaten before it is fully ripe, it is not only acrid in taste, and wanting in the flavor which it has at maturity, but is likely to injure the health. When children have been taught to deny themselves the pleasure of eating green apples and peaches, and to wait for them to become fully ripe, it does not seem hard for them to learn to deny themselves the pleasure of immature sexual gratification, and to wait for the time when nature gives it health-giving and life-producing sweetness.

THE PRACTICABILITY OF ALFIRM.

There is abundant testimony that when constrained by religious scruples or unfavorable circumstances, men, as well as women, may live in satisfied continence without apparent physical detriment. But it may be doubted whether conditions will not often arise in which more self-denial will be needed than the mass of men habitually exercise. This can best be settled by experience; and the results of the experience of many, even under the disadvantages of a new course of action, show that when the mind has fully accepted the Alfirm principle, whatever desire there may be for the affectional association which circumstances make impossible, neither the deprivation of magnetic interchange for long periods

of time, nor, on the other hand, unrestricted magnetic interchange at long intervals, need occasion passionate desire.

THE ONLY BOUNDARY.

It can hardly be questioned that a wife, during pregnancy and lactation, ought to be exempt from intrusion. She needs her husband's care and love, his caresses and embraces; but if she can have these, she does not need, and does not naturally desire intercommunication. Since men and women are adapted to each other, here is one indication that man does not naturally need relief from surplus spermatic secretion as frequently as once a year. If he feels such a need, it must be from chronic habits, which he should seek to correct. As Mrs. Stenker has well said, "There is but one possible boundary, and that is the legitimate and natural use of the function—propagation of our kind."

WOMAN THE UMPIRE.

The principle is now generally conceded by those who have studied the subject, that it is the woman, she having the closest relation to the children of a marriage, who should decide when and under what circumstances she shall become impregnated. Uniting that principle with that of Altruism, there naturally results the principle that the sexual feeling in man should never take the generative form until it is intentionally inspired by the woman for the express purpose of parentage. There is no more necessity for those sexual organs of man specially adapted for procreation to be stimulated into useless activity, than for those of woman. It may not be exaggeration even to say that the order of nature is that the production of a child shall always be preceded by a two-fold impregnation; first, a spiritual impregnation of the man by the woman, waking into activity his generative capacity; and next the physical impreg-

nation of the woman by the man, waking into activity her generative capacity. Until the time comes when she desires to become a mother, the sexual force in both should be exclusively turned into the affectional channel.

CONTENT WITHOUT SATISFACTION.

Whatever the cause, it is often the fact that the wife does not reciprocate even affectional demonstrations by the husband. A few months of intemperance may create such sexual aversion that years of continuous kindness and love will not overcome it. Neither party can receive from the other sexual satisfaction. Yet both, if their minds are properly instructed and regulated, may have sexual content.

"Full many a gem of purest ray serene
The dark unfathomed caves of ocean bear
Full many a flower is born to blush unseen,
And waste its sweetness on the desert air."

The capacity for parentage, and the capacity for physical, sexual equilibration, may alike lie dormant for months and years. The highest life depends upon the due exercise of all our faculties; but perfection is a practical impossibility. The doctrine of physical necessity, so long taught by physiologists, being shown by a multitude of facts and the experience of many men and women to be an error, or to exist only as the result of chronic life or ideas, sexual capacity is placed in the same position with mental or physical capacity. A born poet or painter lives a higher life, with greater happiness, if he can exercise his capacities; but if circumstances make it impossible, and if he recognizes and mentally submits to that impossibility, he may live a happy and contented life in a far different sphere. And the man or woman to whom love is denied, in whatever form, may still teach his heart to cease its vain repinings, and find content-

ment and happiness ; the gem of purest ray, the flower of beauty and fragrance, may never be disclosed.

RESULTS OF EXCESS.

Incontinence is a mental as well as a physical dissipation, and tends to make us unsatisfied with the smooth, even current of every day life. The recreation of the summer vacation tends to unfit the boy for study, and the man for work, for a time. Those who go to the theater every night, lose the charm, and less enjoy real life. It is so with all our senses. The eye, dazzled by too much light, becomes unable to distinguish faint objects ; the ear, after the booming of cannon, cannot so fully appreciate sweet melody ; the taste, vitiated with high-seasoned food, fails to find enjoyment in that which is more plain and wholesome. Glaring contrasts of color give less pleasure to the cultivated eye, than more delicate shades. The painter who should imagine that the more of brilliant coloring he put upon his picture the more strikingly beautiful it would be, would soon find, in undertaking to apply the principle, that the purity of white and the depths of black are equally needed for effect. Yet this is the very principle which people are applying in their married life, crowding in the bright and gaudy colors, until they lose all taste for the more subdued ; bringing their nerves to the highest tension until they become worn out and incapable of real, quiet, satisfactory enjoyment of anything. The principle of Altruism will give them the most vivid pleasures, brightening the memories of a lifetime, and at the same time leave them in a condition to enjoy the tranquil delights of ordinary life.

Temporary separation will sometimes, but not always, restore the mutual attraction which sexual excess has dimmed. It is because of sexual excess that the poet sings :

"In youth love's light burns warm and bright,
But it dies ere the winter of age be past ;"

when obedience to the law of Alfirm will make him as enduring as he claims friendship to be when he acts ;

"While friendship's flame burns ever the same,
Or glows but the brighter the nearer its last."

SMOOTHING THE PATHWAY.

The maximum of enjoyment is not to be found in increasing the ecstasy of the scattered moments of pleasure, so much as in making more tolerable the hours of pain. We must fill up the valleys, taking the earth from the hill-tops, to make the pathway more smooth. So if in our life there are exaltations, followed by corresponding depressions, the total of our happiness will be less.

THE FIRST KISS.

The pleasures of memory are not confined to memories of coition, even when so harmonious as to result in a mutual orgasm. On the contrary, it is not uncommon for the recollection of embraces before marriage, perhaps with no more personal contact than of the hands or of the lips, to retain their original brightness, after all memory of the first internal contact has been obliterated ; and still oftener the recollection of the embrace is a life-long pleasure, while the memory of the first consummation of marriage is to the man a recollection of disappointment, and to the woman, too often a recollection of embarrassment, and shame, and physical pain, if not of unmitigated disgust.

SLEEPING TOGETHER.

In order to preserve the sexual polarity from becoming excessive, it is important that husband and wife should usually sleep together, with such degree of nude contact as may be adapted to each individual case. Physiologists sometimes assert that no two persons should

sleep together; and they assign two reasons; 1st, that the stronger will absorb the magnetism of the weaker, so that while one will sleep well and be invigorated, the other will sleep restlessly and be debilitated; and 2d, that the weaker will absorb the magnetism of the stronger, so that old people may keep up their vitality at the expense of the young people sleeping with them. What is especially remarkable is that these contradictory reasons are usually advanced by the same individuals. I presume the explanation is that they do not think it safe to assign the true reason for their belief, or else that the hindrances in the way of investigation of sexual facts have prevented their learning the actual causes of the facts they observe. When a man and a woman sleep together and one of them yields to the intemperate sexual demands of the other, the health of the weaker fails; and the physician prescribes change of climate, which separates them with a beneficial effect. And if the physician thinks that sleeping separately will check their intemperance, he may venture to recommend that, when he would not dare to give the true reason for his advice. The fact is also to be taken into consideration that with the exception of man and wife, whose sleeping together is supposed to tend to sexual excess, it is persons of the same sex who sleep together, and in that case the magnetism being of the same polarity, and therefore repellant, the radiation of the magnetism of each is interfered with by the presence of the other. On the other hand, if persons of opposite sex sleep together in satisfied continence, both will be strengthened by the magnetic radiation. It is not unlikely that by habitually sleeping together the husband and wife may cease to feel a thrill at every contact; but there will be substituted for it a pleasure giving more satisfaction and content. The thrill is like the purling of the brook; but "still waters run deep." The thrill is like the flavor of an artificial drink; but there is nothing that can quench thirst like pure cold water.

There are two effects of sleeping together, considered by Dr. Foote and others as the principal objections to it, both of which appear to be reasons in favor of it. 1st. It is claimed that it tends to bring the parties into sexual equilibrium, and thus to diminish passional attraction. True; but continence being the higher law, altho the husband and wife sleeping together will not have so strong passional attraction, they will have a stronger and more enduring sexual attraction, from the exercise of the affectional function. 2d. It is claimed that it tends to bring the husband and wife into a resemblance to each other, and thus to unfit them for passional attraction, founded upon the law of the opposites. True, but the foundation of marriage being the law of the opposites, in order that the excesses of the one may be balanced by the deficiencies of the other, it is well that when they have begun bearing children, when there is no longer occasion for passional attraction, the stimulation for it should be diminished, so that they shall be better adapted to each other for sexual friendship, which does not depend upon that law of the opposites, but rather upon similarity of disposition, and also better balanced as members of society at large.

There is a way in which separate beds for husband and wife may be made useful in promoting Alfirm. Let the wife's bed be sacred to the higher law. It will require no great self-denial to keep that resolution; and yet the mere deliberation involved in going to the other bed, will be likely to induce gradually increasing temperance. The association will be more free in the wife's bed, from the knowledge that it will not be regarded as inviting ultimation; and after a time it will be found that there will be more satisfactory enjoyment there than anywhere else.

It seems hardly necessary to say that if husband and wife are not physically attracted to each other, and if for that reason they are content to observe the law of Alfirm, both reasons for their sleeping together cease to exist.

The advantage of accessibility in case of night-mare, or of sudden illness, can be sufficiently secured by separate beds in the same room or in adjoining rooms.

EXCELSIOR.

Altho, as a general rule, the greatest amount of physical pleasure will result from the strict observance of the law of Alfirm, how far this may be modified in individual cases, it is for the parties most interested to decide for themselves. So few have acquired the habit, which requires cultivation, of enjoying the sexual currents from nude embraces, or sexual contact, that the strict observance will usually involve self-denial; and it may be that if the principle were established, an occasional violation of it in practice would be of little more consequence than the violation of the physiological principles, that food should be taken at regular hours, and sleep during the hours of the night. The main difference is this; that we must eat and we must sleep, at short intervals of time; but there is never a necessity for violating the law of Alfirm. It is a more important matter, and the consequences are therefore likely to be more serious; but still it is a matter wholly within the judgment of the parties; who have as much right, so long as they observe a reasonable degree of temperance, to indulge their wishes, at a loss to themselves, in this respect, as in regard to the hours for eating or sleeping, or as to what they shall eat, or what they shall wear. Yet the influence of even unconscious parental example is so great as to make it desirable for parents to exercise a great deal of self-denial in overcoming bad habits, for their children's sake, even when the results will not seriously affect themselves.

The most important point is the establishment of the principle, so that no man shall resort to masturbation or to prostitution, from the mistaken idea that he is benefiting his health in getting rid of a surplus secretion

which cannot remain in the system without physical detriment ; so that there shall be a constant effort on the part of both husband and wife for increased temperance ; so that wives shall not refuse their husbands sexual contact lest it should lead to sexual intemperance, from ignorance of the fact that the course they are pursuing has a direct tendency to inflame passionate desire.

NUDE CONTACT.

The free exchange of sexual currents is so unusual that comparatively few can appreciate and enjoy it ; but if it is indulged in up to the border of antipathy, the capacity for such enjoyment will increase. It is better to err in excess than in defect in carrying out a principle where the common error is all the other way. The cultivation of the habits which will tend to the affectional action of the sexual batteries, should include the mental effect of the sight of the nude form, as well as the physical effect of sexual contact. When the twain become one flesh, they should no longer cherish reserve from each other. People do not know what they lose by seeing the nude only in paintings and in statuary. A picture of a fall of snow, of a tree waving in the wind, or of a foaming cataract, may be beautiful ; but how much more beautiful is nature herself, where the falling snow, the waving branches, the dashing waters, are in actual motion, making a picture which no art can portray. And so much more beautiful is the nude in action than the lifeless forms of the painter or the sculptor. The chief beauty of a work of art is that it suggests to the mind the motion with which the eye is familiar, so that the imagination can supply the motion which the pencil or the chisel cannot give. But if the eye is not familiar with the nude living form in motion, the imagination has no memory to aid it, and half the charm is lost. Probably this is one reason why artists themselves, from having living models whom they see in motion,

hav a hiher appreciation of the nude in art than those who hav not had that advantage.

When men and their wives can lern to be together, seeing each uthr, and embracing each uthr without the intervention of clothing, and to enjoy such caresses disasociated from passional feelings, there wil be littl danger that there wil ever be such sexual excess between them as to endanger the perpetuity of their mutual attraction.

ADVANTAGES OF ALFISM.

The principl of Alfism promises to be of special importance in two directions where reformers hav anxiously saut for liht.

1st. It wil tend to diminish prostitution ; not only by diminishing sexual intemperance, even if the principl is not at once accepted in practice to the full extent, thus diminishing the temptation of the prezent generation, and the hereditary temptation of future generations ; but also by corecting the fzyiological eror which has led astray so many, that entire continence is not conduciv to helth, or to the hihest fzyical plezure, but that emission is an esential feature in male existence.

What wud a machine be good for, if sum of its parts wer frequently cauzd to be moovd oftener or faster than the wurk of the machine calld for ? So Alfism is only the aplication to the sex question of a general principl covering all organic action, and all meccanical action.

2d. It furnishes a complete and satisfactory anser to the question of the best mode of preventing conception. There is no uthr mode which is either reliabl or satisfactory. Even wer any reliable mode of preventing conception to be made known, it wud hardly be satisfactory to woman, for she cud no longer plead danger, to protect herself from unwelcmm intruzion. Yet there ar few married wimen who wud not be benefited if

they could be saved from the burdens and the dangers of frequent pregnancy.

PRACTICAL SUGGESTIONS.

When one party only accepts the law of Alfirm, receiving new light after marriage, it need not introduce into the family an element of discord. The wife, for instance, may not feel justified in adopting a course tending to induce her husband to seek from others the satisfaction she denies him; and yet may make such efforts to give him galvanic satisfaction, and thus to restore sexual equilibrium in the normal way, that he will become less inclined to amorous excess. If she finds that from force of perverted habits, such efforts on her part seem to stimulate passion, she may make it a condition that he will control himself; and thus she may gradually change such perverted habits. So the husband may not feel justified in forcing his wife to live a life she had not anticipated; and yet by keeping always in view the advantages of Alfirm, he may gradually educate his wife and himself to find a higher pleasure in galvanic satisfaction.

In other cases, where true marital affection has died out, or has never existed, the law of Alfirm may be at once reduced to practice with manifest advantage. It may be that in such cases there is no resource further than cold self-denial; but at least the inharmony necessarily resulting from repellant contact can be avoided; and quiet friendship can take the place of secret or open hostility.

This essay is addressed to married men and women. It is intended especially for those who are truly mated, between whom there is a sexual attraction. It is not to be supposed that those who have perverted all that is holy in marriage for other considerations, who have married for money, for station, or even for a home, can enjoy the benefits, when they have wantonly violated the sanctities of marriage. Yet in the eye of the law,

they ar married men and wimen ; and it is therefore riht that they shüd not be ignored, but that such cumfort or consolation as the truth wil aford, shüd be givn them. Like an aligator in a flower garden, they may be out of harmony with their surroundings, attracted by nuthing but the fountain's spray, and more tantalized than satisfied with that ; yet the gates ar shut ; they cannot escape : and they must make the best of their pozition.

The principls herein laid down consist of a duty and a privilege ; the duty of continence except for procreation, and the privilege of sexual satisfaction from sexual contact. Improper marriage does not relceev from the duty, altho it may prevent the enjoyment of the privilege. For thoz who ar not so attracted to each other as to find sexual satisfaction in any kind of companionship or contact, the truc filosofy is resignation ; turning the life forces into uther channels, and away from the sexual channel. except so far as it can be exercised in the ordinary amenities of social life. They may yet liv a hih and a noble life, altho not that complete life in all departments of our being, which a true relation wüd permit.

Thiere ar many who have not wilfully sinned ; who supozed that they married from lov, but who hav since becum separated in feeling, so that their attraction for each uther seems to be ded. If it is realy ded, whatever the cauz, there is no remedy ; theze, too, must lern the filosofy of resignation. But perhaps it is not ded. Perhaps it is the repulsion from an improper married life which has separated them ; and it may be that if they adopt the law of continence, they may overcum the repulsion ; and if they seek to restore the old attraction, it wil cum back to them, at least in such degree as to giv them plezure in companionship, and a certain amount of sexual satisfaction.

Stil another class claims our attention and our sym-

pathy. In their early married life there seemd to be a mutual attraction ; but on the one side that seems to hav past away, while on the uthor it stil continues. The principl that action and reaction ar equal, seems here to fail. So when a blow is givn and receivd, action and reaction ar equal ; but the effects upon the two parties depend upon their diferent inherent circumstances. The attraction between the parties may hav been originally more ideal than real. The wife thinks that she stil luv her huzband, if he wer only what she supezed him to be when she married him ; but does she luv him as he realy was and realy is ? Luv begets luv ; but the luv of an ideal man wil not beget luv in an actual man widely diferent from that ideal. It may be that in this case also, the real luv has died out on both sides, when brant to the test : altho one or the uthor, stil cherishing an illusory ideal, imagins it to continuc on one side while it is lost upon the uthor. In any event there is but one chance for redemption. If the two actualy luv each uthor, and hav been separated by misunderstandings, either can draw the uthor back ; not by recrimination ; not by separation ; not by coldness ; but by kindness and loving asociation, as close as can be atained without obtrusivness. So far as the disagreement has arizen from mental cauzes, this wil giv oportunity for harmony to take its place. Fyzical contact wil help break down and remove mental disagreement. If it has arizen partialy or entirely from fyzical cauzes, it wil be necessary to accept the situation, and to secure all the harmony and frendly asociation that the circumstances wil admit of. There must be very few cases, if any, where the fyzical disagreement is so one-sided that the one party cannot be satisfied without a degree of asociation which the uthor party cannot tolerate ; for careful obzervation shows that a degree of asociation may be passivly enjoyed, far exceeding that which can be freely and activly reciprocated.

ALFITE MARRIAGE.

There is another consideration perhaps not less important. There are many young persons of both sexes, who for various reasons are unfitted to become parents. They may be in temporary ill-health, or in such financially embarrassed circumstances that they could not properly provide for children; or they may know that there is danger of scrofula, insanity, or other disease, being transmitted to their children, so that they may both be permanently unfitted for parentage. The theory of Alfism opens the way for such persons to enjoy all the advantages of marriage excepting parentage. And although self-denial will be required in foregoing parentage, it will be far less than they must exercise in celibacy; especially if, when permanently incapacitated, they shall adopt from time to time, children to care for and to brighten their family circle.

Under the present views and practices with regard to marriage, prudent young men and women, who can only make a respectable living for themselves, are utterly deterred, for fear of offspring which they cannot support, from uniting as husband and wife, to make a pleasant, mutual home. Yet a home, be it ever so humble, is the acknowledged safeguard of virtue. There may smiles and pleasant words and loving caresses abound; there may evenings and leisure hours be past in harmless amusement, music, reading or study, and agreeable and instructive conversation. Such affectionate intercourse, based on the doctrine of continence, would banish the sexual starvation, which leads to sexual vice, and would keep many well-disposed young men from beer saloons and gambling houses, which appear so much more attractive with their music and glitter, than the lonely, bare rooms of their boarding houses.

MUTUAL UNDERSTANDING.

But it is essential that before marriage upon this basis, either for temporary or permanent reasons, both

parties shùd thuroly understand and hartily ácept the basis of the union. If the explanation is left by either to be made after marriage, or is not made, the uthér party wil feel aggrevd, and may not wilingly acquiesce ; but if made beforehand, it wil be not only a matter of prudence but of pride with both, to asist each uthér in obzerving the law of continence.

In cuming to such an understanding, the names of Alfa and Diana wil be especially serviceabl ; for it wil be eazy for the parties to express their beleef in the principls of Alfa or Diana, even when a false education makes dificult a more definit introduction of the subject, or explanation of views upon it.

To avoid misapprehension, these two theories shùd be clearly defined, and the distinction between them expland. The doctrin of Alfish is confined to one principl, the law of

“Continence except for procreation.”

Those who beleev in this doctrin may be divided into different classes. Sum beleev in it as a matter of duty, to be enforced by precept and self-denial ; sum beleev in it as a matter of riht, requiring no self-denial. In this latter is included the doctrin of Diana, which may be defined to be the law of

Sexual satisfaction from sexual contact.

In uthér wurd, Dianism is Alfish as the rezult of sexual equilibration. This doctrin is founded upon the theory of dual functions ; but that theory is not an esential part of it. Any person who carries out the principl of continence except for procreation, whatever his motivs or ideas conected with it, is a practical Alfishite. And any Alfishite who seeks sexual companionship of greater or less intimacy, for the purpose of sexual equilibration as an aid to continence, is a practical Dianite.

THE LAW OF DEVELOPMENT.

One suggestion in conclusion. Herbert Spencer has shown that if any law is calculated to promote the welfare of the race, human nature will be remodelled to correspond with it; so that obedience to the law will become, even if it is not now, the highest pleasure. (See Data of Ethics, sec. 67, pages 183 and 186.) We must not rely too much upon our past habits and present environments, but look rather to what man should be, and may be in a glorious future.

RECAPITULATION.

The fundamental theory of Diana is that the sexual secretions have two functions, their generative function, and their affectional function; and that except when parentage is desired, the sexual force should be turned into the affectional channel. The manifestation of the affectional function is by sexual contact, which may take such form, from mere companionship to physical nude contact, as mutual attraction may prompt; causing sexual equilibration and thus sexual satisfaction. The form of such manifestation will be largely influenced by the mind, and largely by the force of habit; wherefore the gradual bringing of the mind into harmony with these principles, and the gradual formation of habits consistent therewith, will make more and more evident their beneficial operation.

From "Sexual Intemperance," by Mrs. Elmira D. Slenker, I make the following extracts:

We all know intemperance always grows out of temperate tipping, out of "enjoying" with the proviso of not overstepping the bounds of "moderation." But

*For more on this subject see The Origin of Life
Page 389*

read the record, and ask yourselfs if there must not be bounds set and adhered to if safety is expected. And in this question of sexuality there is but one possibl boundary, and that is, the legitimate and natural use of the function—propagation of our kind!

You who plead for "moderate indulgence," a "happy medium," or a "natural dezire," must remember that every indulgence diverts vital power from the brain and vital principl from the blud, and continued excesses weaken the hole system, mentaly and bodily.

A pure and happy luv that yeelds to sexual indulgence for the sake of procreation, can aford to loze a littl for the greater good to be obtaind. But a direct waste for momentary gratification, that only increases dezire and injures helth at the same time, is reprehensibl indeed in the wize, and sadly sorrowful to contemplate in the ignorant.

A man givs of his own life to beget his child; he has a pure and holy joy in thus surrendering a portion of his own vital force, and in conjunction with his belovd wife consumates the act that shal make them parents. This is a pure and legitimate enjoyment, where the two ar strong and vigorus, mentaly and fyzicaly. But all indulgence after conception is as unnatural and unhelthy as to eat after the apeteite is satiated. To eat simply becauz food tastes good is a sin against nature, and it is the same in the case of which I hav spoken. The wife whoze huzband feels for her a true, living frendship, who cares more for her helth and cunfort than his own sensual gratification, and values her for her society, her sympathy, her companionship, and real affection for himself, has a source of pure, sweet contentment the widow and unmarried cannot hav. She has one frend who is ever fond and ever true, and is her very own to luv and be luvd, not in lust and passion, but with a hiher and holier oneness of hart, mind and soul. If children cum to them they

wil not be misbegotten and undeziired accidents, but the fruit of a wize, careful fzyiological generation, growing out of pure, true lov, and a hih and holy purpose.

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An important element in the abuv theory, is that the sperm is only secreted as it is required, and therefore does not need to be taken up again into the system by asimilation. This point was first braut to my atention by the following letter, in which it is more fully given; and which is apended, altho it has since been separately publisht as a tract, in order to prezent the argument in an independent form.

A PRIVATE LETTER.

TO PARENTS, FYZICIANS, AND MEN-PRINCIPALS OF SCHOOLS.

I take the liberty of ofering for your consideration sum views on the Spermatic Secretion, which, so far as I know, hav not been hitherto entertained, either by fzyicians or the public generally.

It is customary for fzyiologists and writers on the sexual organs and functions to asume that the spermatic secretion is analogus to the bile, pancreatic juice, saliva and uther secretions which ar esential to human life, and which, when once formed, must be uezd and expeld from the system. The logical deduction from this theory is, that to ensure the perfect helth of every man and boy who has attained the age of fourteen or thereabout, he must expel this secretion at regular or irregular periods, either by inter-communication with one of the uther sex or by masturbation, unless the secretion passes away by the bladder or by involuntary action during sleep. A further deduction is, that there exists a natural necessity for unre-

stricted inter-communication between the sexes, or, since society will not sanction that, the establishment of houses of prostitution. Now the moral nature and finer sensibilities of both men and women protest against such a conclusion, and therefore the truth of the theory which gives rise to it, is to be doubted. For myself, I consider that to this theory, so generally believed, is due a large part of that sexual immorality which turns the heaven of the affections into a hell of the passions, and is destroying at once the vitality and happiness of our race.

"As a man thinketh so is he." This is classic truth. If a boy obtains the impression, from books or from companions older than himself, that at the age of fourteen or fifteen the spermatic secretion is necessarily formed and accumulated, and that, too, without his knowledge, volition, or power of prevention; and that in order to keep his health he must in some way periodically throw off that secretion, his actions will immediately begin to correspond with his belief.

The comparison by medical men of this secretion with the bile, gastric juice, etc., fixes the theory in his mind and confirms him in his pernicious habits. But substitute the word "tears" for bile, and you put before that boy's mind an altogether different idea. He knows that tears, in falling drops, are not essential to life or health. A man may be in perfect health and not cry once in five or even fifty years. The lachrymal fluid is ever present, but in such small quantities that it is unnoticed. Where are the tears while they remain unshed? They are ever ready, waiting to spring forth when there is an adequate cause, but they do not accumulate and distress the man because they are not shed daily, weekly or monthly. The component elements of the tears are prepared in the system, they are on hand, passing through the circulation, ready to mix and flow whenever they are needed; but if they mix, accumulate and flow without

adequate cause—without physical irritation or mental emotion—the physician at once decides that there is disease of the lacrymal glands. It is my belief that tears and the spermatic fluids are much more analogous, in their normal manner of secretion and use, than is the bile or gastric juice and the semen. Neither flow of tears or semen is essential to life or health. Both are greatly under the control of the imagination, the emotions, and the will; and the flow of either is liable to be arrested in a moment by sudden mental action. Also, when a man sheds tears there is a subsequent depression arising from nervous exhaustion, consequent upon the violent emotions which caused the tears, and a similar effect follows sexual emission.

Now were men and boys made to believe and feel that it is as degrading for them to allow a seminal emission without rational and proper cause, as it is unmanly for them to shed tears frequently or on trivial occasions, and that moreover uncalld for emission is a destructive waste of life material, the formation of habits of masturbation, promiscuous intercourse and marital profligacy, with all their disastrous consequences, might be largely prevented. The difficulty of dealing with this subject, aside from the delicacy which is supposed to attend its consideration, lies chiefly in the fact that most people are born with large amative propensities. The sexual license of past generations has engendered a sexual excitability in the present which can only be counteracted, and even then very gradually, by direct education of the young in sexual ethics, and by a general dissemination of knowledge on the normal functions and rational use of the generative organs. In beginning thus to educate the people in sexual hygiene, scientists should be very careful to arrive at true theories on the subject. A theory which tends to bad results, which promises no amelioration of the troubles which now distress humanity, is to be doubted. My heart ached when, at the close of a physiological lecture on the Passions, a young man exclaimed

in appealing tones, "What shall we young men do? We want to do right, but our passions are strong, and you doctors don't tell us what to do." The several medical gentlemen were present, not one offered a word to strengthen that young man's will power in the line of continence.

Is it not probable that help in ascertaining the normal action of the human organism may be obtained from comparative anatomy and physiology? Suppose the student of Nature dissects and examines the sexual structure of the wild deer or ape, and compares it with the human. Will not such comparison aid in determining whether it is in accordance with nature's simple, unvitiated law, and with human happiness, that the spermatie secretion should be formed in such quantity and reproduced so continuously as is now considered natural in man? It is at least pertinent to ask whether, if this accumulation and mixture of the sexual secretions is found in man, it is not, to a very great extent, the result of habit, just as an enormous flow of saliva is consequent upon a cultivated habit of expectorating. Some men will spit a pint a day, others seldom or never spit.

On parents and teachers devolves the duty of preventing the formation of wrong sexual habits in childhood and youth. Besides direct instruction on the subject, children should be early trained to the habit of Self-control. The valuable teachings contained in the following extract should be deeply pondered by all who have the management of youth. The writer says: "If there is one habit which above all others, is deserving of cultivation, it is that of self-control. In fact it includes so much that is of valuable importance in life, that it may almost be said that, in proportion to its power, does the man obtain his manhood and the woman her womanhood. The ability to identify self with the highest parts of our nature, and to bring all the lower parts into subjection, or rather to draw them all upwards

into harmony with the best that we know, is the one central power which supplies vitality to all the rest. How to develop this in the child may well absorb the energy of every parent; how to cultivate it in himself may well employ the wisdom and enthusiasm of every youth. Yet it is no mysterious or complicated path that leads to this goal. The habit of self-control is but the accumulation of continued acts of self-denial for a worthy object; it is but the repeated authority of the reason over the impulses, of the judgment over the inclinations, of the sense of duty over the desires. He who has acquired this habit, who can govern himself intelligently, without painful effort, and without fear of revolt from his appetites and passions, has within him the source of all real power, and of all true happiness. The force and energy which he has put forth day by day, and hour by hour, is not exhausted, nor even diminished; on the contrary it has increased by use, and has become stronger and keener by exercise; and, altho it has already completed its work in the past, it is still his well-tryed, true and powerful weapon for future conflicts in higher regions."

In the earlier stages of the world's history, conditions aside from sexual needs caused woman to become the slave of man. Had the sexes been equal in strength and equally free, with full liberty of choice and refusal in sexual relations, with equal liberty of advance and repulse in every one of the many steps by which love proceeds, from the glance of an eye to that intercommunication which is primarily, and as I think solely, intended for the production of offspring, there is reason to believe that this free communion of man with woman, which, by equalizing the sexual forces, has prevented that excessive desire for intercommunication which has possessed man thru all recorded time, and which amounts to little less than a mania afflicting the whole race.

SAXON.

24 CLINTON PLACE, New York.

JOINT RULES FOR NEW SPELLINGS, recommended for general use
by the Philological Associations of Great Britain and America.

- e.—Drop silent *e* when sonetically useless, as in *live, vineyard, single, engine, granite, rained, eulen*, etc.
- ea.—Drop *a* from *ea* having the sound of *e*, as in *feather, leather, jealous*, etc.
Drop *e* from *ea* having the sound of *a*, as in *heart*, etc.
- eau.—For *beauty* use the old *beuty*.
- eo.—Drop *o* from *eo* having the sound of *e*, as in *jeopardy, leopard*. For *yoeman* write *yoman*.
- i.—Drop *i* of *parliament*. [Also *friend* and derivatives.]
- o.—For *o* having the sound of *u* in *but* write *u* in *above* (*abuv*) *some* (*sum*), *tongue* (*tung*), etc. For *women* write *wimen*.
- ou.—Drop *a* from *ou* having the sound of *u*, as in *journal, norish, trouble, rough*, (*ruf*), *tough* (*tnf*), and the like.
- u.—Drop silent *u* after *g* before *a*, as in *guard, guess, quill*, etc.
- ue.—Drop final *ue* in *catalogue, pedagogue, league, harangue*, etc.
- y.—Spell *rhybe* rimo. —Doubt consonants may be simplified. Final *b, d, g, n, r, t, f, l, z*, as in *ebb, add, egg, in, purr, butt, bailiff, dull, buzz*, etc. (not *all, hall*) etc., nor *pull, full*, etc. Medial before another consonant, as *ballie, ripple, written* (*writn*), etc. Initial unaccented prefixes, and other unaccented syllables, as in *abbreviate, accuse, affair*, etc., *curvelling, traveller, usually*, etc.
- b.—Drop silent *b* in *bomb, crumb, debt, doubt, dumb*, etc.
- c.—Change *e* back to *s* in *cinder, fierce, hence, once, pence, scarce, since, source, thence, tierce, whence*.
- ch.—Drop the *h* of *ch* in *chamomile, cholera, school, stomach*, etc.
Change to *k* in *ache* (*ake*), *anchor* (*anker*).
- d.—Change *d* and *ed* final to *t* when so pronounced, as in *crossed* (*crost*); *looked* (*lookt*), etc., unless the *e* affects the preceding sound, as in *chafed, chanced, placed*.
- g.—Drop *g* in *feign, foreign, sovereign*.
- gh.—Drop *h* in *ghast, burgh, ghost*. Drop *gh* in *haughty, though* (*tho*), *through* (*thru*). Change *gh* to *f* where it has that sound, as in *cough*, etc.
- l.—Drop *l* in *could*. p.—Drop *p* in *receipt*.
- s.—Change *s* to *z* in distinctiv words, as in *abuse* verb, *house* verb, *rice* verb, etc. Drop *s* in *aide, demesne, island*.
- sc.—Drop *e* in *scot, scythe* (*sithe*). sch.—Drop *l* as in *catch, pilch, wisch*, etc. w.—Drop *w* in *whole*.
- ph.—Write *f* for *ph*, as in *philosophy, sphere*, etc.

Words spell'd in accordance with any of the Joint Rules may now be considered as orthographically correct on the very best authority. Information and pamphlets on Spelling Reform may be obtained at the

SPELLING REFORM ROOMS,

24 CLINTON PLACE, NEW YORK.