

HIGHER RACE DEVELOPMENT

A COURSE OF INSTRUCTIONS ON THE RIGHT USE OF SEX



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INTRODUCTORY

This volume goes forth without apology.

Excuses are necessary only under two conditions: In case of mistakes, or where one has foisted upon the public something uncalled for. Neither of these conditions apply to the author or this book.

The instructions found herein have been tested. After an experiment of eighteen years we pronounce them sound and practical. The members and workers of the Rose Cross Aid, in their many sessions, have added their approval and commendation. This society, taking a leading part in our Reconstruction work, requested that these lessons be put into book form. Through the generosity of Rev. A. W. Witt, this has been made financially possible.

From an unlimited experience in dealing with thousands of men and women sexually weak or disabled, we are in a position to state positively that sex truths should be taught to every human being. A knowledge of the use (and abuse) of the sex nature is imperative to right living. We have been asked countless times: "Why do you not write a book, not for students of sexology, but for the masses, in the plain language you use with us? You would confer a favor on humanity if you would."

We select two reasons, out of many for the publication of this book, and outline them briefly here:

FIRST: The increasing prevalence of the insidious arguments in favor of continence. We feel a positive duty in refuting this monstrous doctrine. To illustrate a single point in this matter we quote from a noted writer and advocate of this undesirable practice: "It is scarcely necessary to say that all testi-

one woman in fifty thousand has a deadened love nature from such a cause. Where they are following the continent life they are merely *suppressing*.

The second reason for the publication of this book: The necessity of sex instruction to every human being. A personal experience may illustrate the point.

On Thursday, August 9, 1917, a woman in this vicinity was taken in travail and a physician summoned. The child was born before he arrived. No provision had been made for the care of the mother or the reception of the baby. Not a stitch of clothing had been prepared, not even a band.

The doctor found the woman lying on an old mattress of straw, some of which had fallen through the rents on to the uncarpeted floor. Not only the bed and covering, but the entire room was in a state of filthiness difficult to describe.

Assuming charge of this unhappy, disgusting situation, the physician asked for a towel. Not one could be found, and on being proffered a dirty piece of cloth, he was forced to abandon precaution and take care of the patient with unwashed hands rather than risk infection from the use of the rags.

The confinement taking place in the evening there was only one thing to do—wrap up the child in some old clothing and allow it to remain in that condition until morning.

The physician having to devote the next day to examination of conscripts, we were requested to take charge of the case. We found the woman, normal and seemingly happy, and the child just as it had been left the night before. In the day light the filth was even more frightful, vermin crawling over the newborn baby.

But the worst feature of the picture is still to be presented. Sitting on the bed was another child, a little girl perhaps two years old who, without any interference from the mother, *was practicing self-abuse*.

Can one imagine anything more terrible? What chance has a child born under a roof like that? What can be expected

THE PURITY OF SEX

To the pure in heart all things are pure.

The same general proverbs, or adages, or sayings, are found in all great religions. No matter what the age, source, or to what people addressed, there is a similarity in the enunciation of moral truths. "Unto the pure all things are pure," has found its way through many holy books down to the Bible in our own time. Men agree with this quotation without hesitation until the subject of sex is introduced and then retire in confusion.

In the vegetable and animal worlds the law of reproduction, of mating, is taken as a matter of course. Men find nothing to be ashamed of in breeding animals. They select the participants, watch and assist at the birth of the young, feed them, select the future breeders and discuss their points without a thought of concealment. Many openly take pride in the success that attends their efforts in bringing forth superior stock, and offence is never taken, no matter how bold the language used. The perpetuation of desirable traits, of form, of color, of future values, are common subjects to thousands upon thousands. But turn the attention to human reproduction, a subject of much greater importance, and what happens? Every one, or nearly so, turns the head and seeks the cover of prejudice and ignorance.

Dr. J. H. Greer, of the College of Medicine and Surgery, Chicago, says: "Throughout the domain of nature the instinct of sex is paramount. In the highest kingdom of life the instinct is subject to the modifications of civilization, which, alas; is not always for the best. And the lives of all men are colored by the thoughts of sex, which may be any of the varying shades between

feminine studied? Their parts and properties respected? The answer comes quickly. Because the mind and heart of the males have become perverted, defiled, filthy, from dwelling in a lewd manner upon contact, gratification, sensation. The man who sees anything impure in sex; the man who can think of sex with any thought but that of God's loftiest intention, should begin a period of cleansing.

One is lost in a labyrinth of futile conjecture when attempting to find an answer for the foulness, ignorance and baseness of the ordinary male. The subject of sex brings a knowing leer to his face, a licentious look to the eyes while unbridled thoughts speak through his entire organism. Even good and pure women, at the mention of the creative function, cast down their eyes, give evasive answers and hasten from so secret a subject. What has brought man to such a mental condition of impurity? Lack of sex instruction, in the first place, and the actual encouragement of degraded, perverted, vile, untruthful ideas, in the second. Evil thrives in the darkness of ignorance.

It is maintained that the world is growing better. Both trust and faith are needed to believe this assertion, when confronted with the various forms of license and debauchery found in the great cities of today. The history of Sodom and Gomorrah, destroyed by fire because of the unspeakable sex practices of its people, is repeated in this twentieth century with such a diversity of sex habits that would put to shame those ancient sinners.

Had a knowledge of sex and its purposes been taught those early peoples, society of today would not be perforated with loathesome diseases—as it is—and the numbers of degenerates now infesting it. Sex seems always to have been a subject of apology, given consideration only *when the light was turned out*. Can the wildest fanatic argue that we are better for this past treatment of sex? The degradation and misuse of sex is but increased by such methods. It is time the present movement was launched, the facts of the sex laws of God taught far and near,

The enemies of the dissemination of sex knowledge declare that if instruction, and publicity, is directed toward this subject the result will be far worse than the present state. No doubt the majority of mankind agree with this verdict, for the majority are, and always have been, against mental, psychical and spiritual progression. Why? Because the bulk of human beings are satisfied to rest in their ignorance. They look backward to what their fathers had, and thought, deeming that condition good enough, rather than make the effort to face a growing, enlightening future. It is the few, imbued with the Christ-like spirit of helpfulness, that step forward to lead their plodding brothers out of the land of bondage and prejudice. They know that knowledge is of God, and being such, *cannot harm any one of his children*. Sex knowledge is no exception. It is just as necessary as the knowledge of any other department of life. When young people are taught the facts concerning their bodies and its uses as simply as students are taught facts in an agricultural college; when health and morality are considered as rational a subject for study as Latin and mathematics, then *vice in all its forms will disappear*.

Mystery and curiosity travel hand in hand. Secrecy is their sponsor. The small boy who whispers something obscene to his companion, gloating and laughing over the vileness of the communication, is but preparing for future licentious thoughts and acts. Being inquisitive, he wants to know, and discuss, that which is hidden; in one way or another he will lift the veil. He has succumbed to the idea of secret vice. Had the light been thrown directly on the subject; had the facts of biology been laid before him in a sane, orderly, reasonable, decent manner, the evil side of sex would have never entered his mind.

A very uncouth example illustrates the value of openness, frankness and education. When women wore long, clinging skirts, it was a common thing to see men and boys salaciously observing the shapeliness of limbs on a windy day. They were animated by a vile curiosity to see that which was supposed to

imagination to rehabilitate the base, vulgar mind of a degenerate man; to think of his return to the state of God-like purity of the mind of a child, but *unless he does*, he is a wreck and an outcast, and no power in heaven or earth can reach him. Thousands upon thousands of these derelicts will continue in the path of destruction. With an "unconscious feeling" of loathing mingled with pity we pass them by, *but the younger generation must be taught and rescued from this awful fate*. The children, still pure in thought, *must* be kept so; those whose thoughts and acts are now tainted with misuse and unholy desires *must* be turned about quickly and the evil erased, while the young men and women *must* be appealed to, *must* be faced with the consequences of ignorance, and in the name of God, taught the holy use of the functions of reproduction. The older generation, the fathers and mothers of today, *must* recognize their responsibility, not only in the preservation of their own minds and bodies, but in the guidance of their offspring. Instructions to parents will be found in other chapters of this book.

It should be drilled into the minds of the old, young and middle aged that sex organs were created by God and therefore cannot be unclean or impure. Their uses are just as normal as those of the stomach or any other part of the body. Sex organs were not made to be slighted; not made to be given over to obscene thoughts and actions; not made to be ashamed of and used in darkness, thus being catalogued as evil along with other destructive agencies that work by night. Is it an uplifting, noble thought for men, made in the image of the Father, to say, and believe, that He made them in such a way that they must forever apologize for their Maker?

Sex is pure. Sex is holy. When used in the love embrace its power is beyond compute. In the right use of sex, in generation and regeneration, man is endowed with a power an angel might envy. Instead of striving to understand the laws surrounding this mighty privilege and power, he trails the greatest gift of a great God in the mire of sensuality and ignorance; in-

THE BEGINNING OF SEX LIES

A noted prelate of one of the largest and most powerful religious organizations of the western world is said to have made the statement that, if his church could but control the first nine years of a child's life, it mattered little what after-influences might be brought to bear, the teaching could never be eradicated from the child's mind or heart.

Generally this holds true. The first impressions on the plastic mind of the child are indelible. But why confine the child's *true* education to the doctrines of the parent's particular church or belief? Is it not as important to teach the young the *truths* of life as it is to drill into their minds the history of the saints, the necessity of observing special days in the church calendar or the preparation for an existence beyond the grave? Children are taught the basic elements of a religion for the preservation of their souls after death; but the fundamental truths of biology and sexology, having as their object the preservation of physical life, which is the basis, not only of health, happiness and evolution, *but the welfare of the soul itself*, are entirely ignored and left to chance and ignorance. The salvation of the soul is definitely related to the salvation of the body. It is just as imperative to know and obey God's laws of the physical world as it is to follow the laws of the spiritual world. How is it possible to build a perfect future on a decayed present? Can an unclean mind foster a pure soul?

When a child begins to question its parents concerning its origin such questions are usually evaded or untruthfully answered. The perturbed, thoughtless, morally-ignorant mother or father attribute birth to "the stork," the doctor, the drug store,

What food for reflection this gives us who have the improvement of the race at heart when we grasp the significance of the possibilities to the race through the inculcation of sex truths to children!

The intuition of a child is as active, if not more so, than that of the grown person; and it therefore senses untruths at an early age. The awakening of reason in the child causes it to ask many questions, and every untruth told the child hinders the search for that knowledge which rightly belongs to it and which it has a right to demand.

Intuitively, the child senses when falsehoods are given it as truth in answer to its questions; but is powerless to prevent its reasoning faculties and intuitive powers from engendering within its mind the feeling that what has been told is not true, and yet it cannot understand why untruth is given when knowledge is sought. Instinctively he goes to those of or near his own age for answers to those questions which continue to force themselves upon his mind. *Who pays for the falsehood told the child?*

Many parents promise themselves that "when the child is older" they will have a heart-to-heart talk with it. Even if that resolution is kept and acted upon, it fails to accomplish very much. The seeds of evil have been sown. Before the child is old enough to talk "reasonably" with its parents; school companions, or *older people*, have already begun the demolition of the temple of purity. It takes but few insinuations or vile suggestions to cause a turmoil in the imagination of a sensitive child. Then, too, there are and always have been, men of the lowest type, who seduce or lead astray, young boys and girls, for their own sense-gratification. We cite one case coming under our observation, as an illustration. A young boy had been told the usual falsehoods and forbidden to ask questions. His seven years of life had failed to divulge the whys and wherefores of his creation and existence. At this time a male creature past sixty years of age was introduced into the family as a permanent

into the ears of its mother every new discovery. Especially is this true if that knowledge or event is in any way related to his own particular sensation or enjoyment. And if to this is added the idea of secrecy the child is enthralled. Is there any wonder, then, that sex, as a mysterious, secret plaything, enslaves it? For every influence, parental and inherited, is against natural sex purity and goodness.

The wrong thoughts and wrong habits of past ages are inbred in the child nature of today. These sex habits are desires; they are hungers of the physical being; and, as the physical nature in man of today is supreme, it follows that these *desires, appetites and hungers* make themselves felt in the child with the first awakening of the sex forces. Consequently, instead of the innate goodness in the boy or girl acting as a protective power, this inborn appetite impels and leads the child to seek ways and means of self-gratification without a thought as to the results to self or others. It reasons thus, since "*All I know are doing this same thing and seemingly are enjoying it and apparently are receiving no ill effects from it, why should not I do the same?*" The result is that it does follow the rest of humanity and pays the same penalty—penalties destructive to body, mind and that higher something in man which we call his soul.

What is the remedy to this? There is but one: learn to know the truth yourself, and should your child question you, use your love instinct and tell it the *whole* truth, clothing it in words which only mother-love can. Let it be in this manner: "Just as you see this great world about you, with its many men, women and children, its green trees, its beautiful flowers, its birds and animals, so is there another world in the great beyond where the eyes of the body cannot see. In that great other world, which we believe to be something like this world, there are many souls. That you may be better able to understand what souls are, we will call them little children, but they are more like fairies; because in that world they do not think or do things which are wicked, but do those things which little children do who love

until one day it was ready to leave the little temple and come to earth, to be as other little children.

"Now, all this time, while this little body was growing, you, a fairy in that other world, dissatisfied with your place there, desired to come to earth. Your guardian angel, who was always with or near you, watched over you so that nothing should happen and prepared the long trip from Fairy land to the earth land where father and mother were waiting for you. One day the glad tidings came that the body, the little house which your soul was to enter, would be soon ready. Then the guardian angel prepared all those things which belonged to you and you were made ready to leave when the call should come. Then came the day when you were told by the guardian angel to take leave of the other little souls. You said good-bye to them, and, with your guardian angel took a final farewell of all your companions and left that place where there is neither pain nor sorrow. As you journeyed from the land of Souls and of Fairies, you soon noted a change. Whereas there it was warm and nothing to cause pain, you now came to a place where it was cold and where was much pain and little pleasure. But you had no time to think, or to change your mind. You saw mother, who seemed to be very much larger than you thought. This almost frightened you; yet you were fascinated by your surroundings and your attention was held by the Guardian Angel who told you to be ready to meet your new mother.

"Very soon mother opened the temple doors, though it seemed to be with great sorrow and pain, and you beheld coming from this temple, which God had given mother, a little body just like many you had seen in other mothers' arms while you were still in fairyland. Your guardian Angel gave you to understand that this was to be your body, and told you that with the first cry the body gave you would fall asleep; and when you awoke you would feel heavy and cold and would be crying for the warm feeling which you had always known. Suddenly you became unconscious, and you seemed to sleep for a long time.

to teach their children the truth and nothing but the truth; and in one generation we will abolish much of the ignorance and degeneracy so prevalent these days.

We refuse to believe that the future will produce the selfish, narrow-minded guilty parents of today. There are men and women, ministers, teachers, writers and lawyers, who have dedicated themselves to this movement of sex education. These are thinking men and women who are ready to assume the place of parents in order to save children of the present generation.

Because of the prejudice of the masses, the good work will of necessity be hindered and many children will thereby be prevented from receiving instruction. But the night will be dispelled for the future ages; and if those who even dimly perceive the light will *do their part*, the great work of race improvement through the teaching of sex truths will spread. The dawn of a better day is here.

SEX TEACHING IN PUBLIC PLACES

Learn Wisdom from the Experience of Others.

"From the experience of others learn wisdom," means that it should not be necessary for us to suffer through our own experiences but we should be able to profit by such experience and, thereby gain sufficient wisdom that we need not make the same blunders.

In many departments of life we do gain wisdom in this manner; but in others, in fact, in the most important activities of life, we totally ignore this and come to understanding only through our own bitter experiences.

For instance, in the development of fancy cattle, prize poultry or pedigreed dogs, we employ the most noted experts to study the mating, keeping and feeding of the animals; and because of these researches and experiments we are willing to follow their instructions, thereby avoiding losses.

But does this hold true in that which concerns the very foundation of human life—child culture, health and development?

Do we employ experts at high salaries to discover the best food for the infant and the child? Do we employ experts to travel about the country to lecture on health and the prevention of disease? Do we encourage those who really know, to teach that most important of all subjects,—*sex purity* and a *higher race development*? To our lasting shame it must be confessed that not only do we refuse to encourage the teachings of what is known regarding the divinity of sex and the development of a superior race, but we go further and condemn, shun and often

structions which are usually engendered if sex is lectured upon exclusively.

The question arises: is this difficult? Not in the least. For the works of natural history, or natural history simplified, may be obtained by any one, and through a little study, one may become thoroughly conversant with the three phases of the question, especially as relates to the plant and the human side.

Why has this not been done? Why is it not done at present? The answer is not difficult to find. We have been taught for so many centuries to abhor the sex question that to many, the bright side of the creative power, sex power used only for creation, is shunned and not discussed.

Consequently the first necessity is, there should be a thorough understanding in our own mind, concerning the bright and divine side of the sex question; and when we have accomplished this, then to analyze it with a clean and open mind, to find its beauties just as we find the beauties in the flower that is most highly developed.

In the consideration of this great question, we must avoid extremes. We must forego looking upon the dark side of it; that which brings dishonor, disease, misery, degradation and death; and also the discussion of the question in season and out of season. We must bear in mind the Biblical command: "There is a time and a season for all things." In other words we should discourage, on the one hand, the discussion of the sex question in public gatherings before mixed audiences unless the meeting is for that express purpose; and on the other hand, we should discourage with all our power the tendency to look on the morbid and impure side of it, though this should be fully discussed should the occasion demand it.

At present, when humanity is awakening to the tremendous importance of sex hygiene, there are many opportunities for us to teach the truth, but we should be careful that we do this in a dignified manner, as becomes true men and women. Never to make reference to anything that concerns sex in a ribald and

and it is left to each one of us to choose whether we use it for glory or for degradation.

How many would think of making use of a prayer to curse another? Though there are men who have lost respect for religion and though many disclaim belief in a God, yet few could be induced to use a prayer as a means of bringing a curse upon another. Why? Simply because throughout their lives they have been taught that prayer is for but one purpose, either to ask God for a favor for one's self, or for a blessing upon another. Consequently there is but one meaning attached to prayer. Although not generally known, the fact is that a prayer or a supplication to God may be used just as readily in cursing another as in invoking blessings upon oneself or another. Yet the race has been taught the higher use of prayer only.

As in prayer so in sex. If once we can get mankind to comprehend that sex is a blessing and not a curse, that it is a thing of beauty and not an abomination; if we can get them to realize that sex is like prayer, pure in itself, holy in all its functions, and for good only, then will mankind look upon sex in a different light. Up to the present the curse that sex brings has been the only side presented while the good and blessings it brings has not received any consideration.

In the past we heard much of the power of personal magnetism; it is this power in man which leads him to success; that with it the apparently uneducated man, the man with imperfect form, and with features far from comely, is able to brush aside men who possess all of these desirable qualities but who have not the personal magnetism he possesses. Yet how few know that the basis of this so-called power is nothing less than a powerful sex nature, and that the more fully this force is developed, the greater is the power of personal attraction? In reality the basis of achievement in all lines of endeavor is virile force, and just as this sex power diminishes, so does the creative power of man diminish. When we use the term, creative power, in this connection, we have no reference to the power of reproduction but

story of the Garden of Eden. While Eve lived the natural life, she could see nothing impure, nothing to be ashamed of in her nude state. To Adam and Eve their bodies were pure, holy and were created by God in the highest art; but no sooner did they abuse the creative nature, when their minds became assailed with a sense of shame and their nudity became a nakedness which had to be covered.

In this one story of the results of misuse of creative power, we can find food for a thousand sermons. It proves conclusively that it is not the pure in heart and the clean in mind who condemn true sex teachings, but those who through immoral actions have discovered their own nakedness. In the light of this they see all others as naked and defiled as they themselves are defiled in the sight of God, their Creator who, in creating them, looked upon them and saw that "all was good."

Sex is like medicine, which when rightly used brings health, but if wrongly used produces disease, misery and death. Sex is pure and holy, and if rightly used is a means of generation and for regeneration; but when abused is like poison to the mind; it colors the imagination darkly, makes man morbid, clouds the creative faculty of the mind, brings sorrow and misery and ends in death. It is not sexual power that is to be condemned, but the abnormal and carnal use men make of it. The correct use must be taught to all, especially to the rising generation.

The perverted use of this power is readily illustrated. We take for example the young man who is full of the power called personal magnetism. He attracts people to him. He holds his friends closely and he accomplishes things which to others seem impossible. In short, he outstrips hundreds on the way, and does it simply, naturally and even unconsciously. It seems that the Gods and the fates smile upon him. But through an unwise association he falls into the company of those who are not living the moral life. He begins to misuse the creative functions, he drains his vitality and gradually the fire leaves his eyes and his

THE PATH OF DEATH

Part One

"The Soul That Sinneth It Shall Die."

It would be difficult to calculate the number of people who have and are endeavoring to live according to the teachings of the Bible and who consciously or unconsciously desire to be called Christians. But how many of these millions have read and fully understand, to say nothing of obeying the greatest law taught in that book, namely, the Law of Moses, wherein he positively commands that man should not "Cast his seed upon the ground?"

Undoubtedly countless numbers have read this command; but, of these how many have fully realized its greatest importance to the entire race? How many actually comprehend that it is the basis of life and death? The disobedience of this command by the multitudes has produced war and rumors of war, sin and sickness, misery and death, in fact, all of the undesirable conditions on earth where otherwise there might have been a heaven.

"The soul that sinneth it shall die" and "Cast not thy seed upon the ground" have one and the same meaning and apply to all the abuses of Man's power of generation and regeneration. In the ultimate it matters not by what specific act or acts Man casts his seed upon the ground; whether he is married and lives a life of prostitution with his wedded wife, or commits solitary vices; or if he commits Sodomism, the Rite of Gomorrah, or any of the other unspeakable rites. The result is the same, with but one difference. One act may be far more beastly than the other. For instance, Sodomism is far more degrading in the very thought than is the practice of men and women who, assuming the Mar-

function itself. One must learn to differentiate right use from wrong, abuse and non-use.

We condemn the harmful teachings that sex desire is destructive to the spiritual nature in Man. The contrary is true, although it must be clearly understood that the creative desire be normal, and that Man must not indulge for pleasure only; but rather that he shall hold his desires in strict abeyance and make use of his powers only for the purpose of either generation or regeneration.

It is because of these pernicious teachings, leading people to believe that normal sex desire is destructive to the spiritual nature in Man, that so many go the Path of Death. On the one hand there are those who would kill out all desire and thereby destroy the very source of power in Man, the very foundation for his spiritual regeneration and redemption. On the other hand, we have the advocates of license and unbridled passion, who would give free reign to their desires in promiscuous relationships and free love,—a thing which damns the soul in Man and makes moral lepers.

The desires of sex are to the human being what steam is to the engine. The greater the amount of steam the greater the power of the engine, provided always that the steam is forced along the proper channels and under control. Similarly, the greater the creative power in Man, together with normal desire, the greater are his possibilities for achievements, provided also that the power is directed along right use, i. e. for generation and regeneration, and under control.

That sex or creative desires are normal is proven to us by the animal, which while it does not desire carnal intercourse (intercourse for mere pleasure or base passion) nevertheless does seek satisfaction when in season. And this is not the nature of the animal itself, but it is nature *within* the animal, which, at the proper time, awakens in order to perpetuate its specie. Some thinkers do not seem to grasp the difference between Man and the animal; that the animal seeks satisfaction while under the lunar

time and under proper conditions and for the purpose of generation or regeneration.

It is sad to contemplate the many who live to eat and drink, and the more numerous class who go so far as to take drugs to rid the body of the things eaten and drunk, so that they may again indulge the appetite. These are on a par with the man who exercises his creative powers with woman and stops short of actual satisfaction and does not complete the rite in order that he may again enjoy the carnal pleasure shortly. But these in the end find that they have wasted the very life principle, aye, the power to even enjoy!

With the true man love should be the attractive power. The true, normal and healthy male never for a moment considers it possible or desirable to mate with a woman he does not love. With primitive Man there was but one consideration and the object was procreation. He had absolutely no knowledge that the human soul could reach immortality and possessed no spiritual conception.

He may have felt love for his mate and he may have desired children; but beyond that his reasoning power did not carry him. And it may even be as in the animal kingdom, his mate having but one certain period in which she desired the embrace. In this case the male knew no other law than obedience to the female. No longer are we primitive people, although in some respects we are worse and far more degraded. We have at least the reasoning power, the comprehension and the understanding that there is something more in Man than simply his desire to live, to eat and to procreate. We feel within ourselves that we are dual; that while we desire as humans to live and to enjoy and give enjoyment, we are constantly looking for the ideal and to obey the laws which may lead us into the beyond. All of this the primitive man missed as does the animal. Therefore, it is entirely illogical to reason sex matters from the standpoint of the primitive man.

There is, however, much that modern people may do well

this not a terrible indictment of modern life? The cause is to be found first in our careless and thoughtless system of dietetics, and second and more especially, in our national sex life, where the greater portion of our children are the results of accident rather than premeditated intention.

The sex function with all its powers is the highest and greatest gift God gave to Man. It peoples the earth with his children. It enables Man to lift himself up into immortality. It is the potent factor for youth, health, beauty and longevity. But the abuse of its function is the cause, and has always been of all the fearful things that have come upon humanity. In fact all these appalling happenings to Man have been as punishments. If one desires a vivid picture of the results of such abuses, he need but read the Biblical narrative of Moses with the children of Israel in the Wilderness when disease threatened the destruction of the entire race, and was saved only through the symbolic raising of the serpent.

Right use of any power, assuming that the right use also includes normal use, is the means to greater power; but the abuse of any power leads to gradual weakening and ultimate destruction or rather dissipation of that power. This is especially true with regard to sex.

There is still another law which should govern man in his relationship with woman besides the one already mentioned. While it is true that the greatest law that should govern the true sexual embrace is *love*, it is also equally true that he must approach her with her consent, or prepare her through caresses and those endearments so much desired and appreciated by all true women. Many a woman who is practically dormant in her desires may readily be aroused to the heights of love passion through little caresses. No man has a right to possess a woman until he has first aroused her to desire as he desires. Therefore, the base of all true sex relationship is Love and mutual consent.

It is only in this manner that it is possible for healthy, normal and perfect children to be born; and we venture to state

THE PATH OF DEATH

Part Two

Sex perversion, the path that leads to death, seems to be in itself a perversion, as manifested to us by the white slave traffic, which is not founded so much upon the demand for women for immoral purposes as it is upon the want for young and innocent girls. This demand usually comes from rich men who have become so thoroughly satiated with the common abuse of their creative functions that they begin to hunger for something out of the ordinary. Most of these men actually stand as fine examples of mortality in their own community and are the cause of countless young and innocent girls being initiated into a life of beastliness and brutality, the victims of perverted beasts called men. However, it is not elderly men alone who reach this stage in sex abuse, but the practice is to be found extensively carried on by young men with abnormal desires, usually of the wealthy class, who can afford the expense in securing young victims.

This leads us to seek the reason for such conditions. For the most part, if we are prepared to accept the truth, we would find that the parents of a son with these tastes were themselves perverts; or, that the child was undesired, and was cursed in thought throughout the days of pregnancy. However, in many cases the cause is perversion in the parents, either one or both.

How to remedy this destructive and demoralizing condition is the great problem which confronts us and which must be solved and remedied if the Nation itself is to be saved from disintegrating and falling, for sex perversion carried on by a large percentage of a people leads to the crumbling away of the very foundation stones of society. History teaches us that when sex degeneracy becomes universal it spells doom to the Nation. It

But seeking deeper the cause of this dissatisfaction with their homes and their environment and their apparent carelessness in forming acquaintances with strangers without proper introductions and consent of their parents, we find the cause is much like that in the case of the perverted young man. Parents live a life of prostitution although legally married. The wife consents to the husband because he demands it, simply because she wants support, clothing, luxury and a home. In a great many cases there is no real love between them and the marriage rite is sought for pleasure only. From his standpoint he may give in to her, or because she demands it, or because he thinks it his duty. From hers, she chooses the easier way by selling herself for the comforts that it brings her or because she wants to avoid the scandal of a divorce. Whether it be the fault of one or the other or both, the fact remains that the marriage rite is degraded in that either one or both prostitute their creative powers for what it brings them and not because love is the base. Prostitution is prostitution whether they be married or not. This results ultimately in children not wanted, not born right, not born of true love with love for the pure and true, but who are born dissatisfied and with a hunger for that which is unattainable in the home environment. *There is not born in their heart a desire for the true and the real things in life.* Because of this these children do not receive proper care and training.

We venture to state that assuming a man and wife love each other, desire children and have a true knowledge of the right application of creative laws, a girl born under such conditions, if correctly taught without sham, will never fall a prey to white slavers except in rare cases, such as abduction. In that case, she will never become a white slave because to her life it not worth as much as honor. While she may dishonor herself if she really loved a man, she cannot be dishonored when she does not love.

Where shall we seek a cure for these great evils in order to save the race? Shall we stop at punishing the guilty ones, the white slavers and their victims as is the common practice these

from which they might have been saved had they been properly taught.

Who are the judges sitting in judgment that declare we shall not teach the holy truth? With rare exception it is those who themselves have abused their Creative powers; consequently, they know of the dark side only, and not the good, the pure, the noble. Or, it may be those whose nature has always been cold and unforbidding and cannot see anything but wrong in the nature which is warm, sensitive and normal, as the great Creator intended it to be.

The great awakening is at hand, that awakening among mankind generally to the comprehension that the creative function in man is for good, pure and noble purposes; for the betterment of Man rather than for his degradation; that if the race is to be saved prompt action will be necessary, otherwise the very foundation of life will have become so far weakened that cleansing and strengthening will become utterly impossible.

There is another reason why men shun the light pertaining to sex and its powers. Mankind generally has for so long considered the creative organism for no other purpose than for procreation and pleasure that they cannot bring themselves to a comprehension of the deeper and holier significance and uses of the functions. They cannot come to a realization of the fact that anyone can be pure in thought or intention who would deliberately bring about a frank discussion of the sex question. Moreover, they do not understand that a new age regarding this problem has set in. Whereas, sex has stood for carnal pleasure first and procreation last as a mere accident, for the most part, it is now to stand for procreation of desired, wanted and welcomed children, and for regeneration founded upon a basis of love and pleasure or enjoyment, but not the carnal and degrading pleasure so often in forms as would shame the brute to say nothing of Him who created the sexes for holy purposes and who looked and saw that all was good. The sooner mankind can be brought to an understanding of this change the better; and the earlier we

then we will have gone far towards freeing mankind from the fire which is consuming it. The man who has lived a normal life, but because of the coldness of his wife, oversteps the moral code and looks with favor upon another woman, especially the woman for sale, begins at once to fill his blood with a poison, a fire which no water can quench; and, if he is foolish enough to return to his wife and hold sexual congress with her, he will inoculate her with the virus; and children that are born thereafter will be filled with this fire. Is it any wonder that we seldom see a normal boy or girl knowing that almost the whole world is now filled with this unholy fire.

The greatest crime that man can commit against himself and his future progeny is to hold sexual embrace with more than one woman within a limited time. But a still greater crime is it for woman to do this; because she will take into herself directly the different fires which will act like two chemicals which do not mix in a retort. We do not wish it understood we make the statement that all men are unfaithful to the one woman, wife or sweetheart, or that all women are unfaithful to their husbands. We have reference here only to that vast army of men and women who make a practice of having congress with more than one person within a limited time.

If it is impossible for a man to arouse his wife through caresses and other natural means to consent willingly to his embrace, he should not force her to comply to his requests but give her freedom. And, if he should not be able to control his desires and seeks the embrace of another woman, he should not, under any circumstances, while such relations last, have any relations with his wife; for if he does, he will carry to her the magnetism, Lochia, personality, call it what you will, and this foreign and hostile matter will enter her system to set a fire and fever within her; and if a child should result, there would be born within her, if a girl, a taint of weakness as a candidate for another victim of the red light district, and, if a boy, a restlessness that nothing will satisfy for long. Although the better part of himself may

THE SEX PURITY OF THE GIRL

Much has been said and written on the waywardness of the girl. These questions are asked times without number: "Why do girls go astray? Why do girls, with seeming deliberateness, choose the wrong path?" Most, if not all of them, know the difference between good and evil; they know the status of the fallen woman; through instinct and education, they know that the virgin girl has a hundred chances to one of happiness and marriage against those of sullied name. It does not occur to the inquirer that right training and a correct understanding of her nature might save the girl; that if the girl *knew* the value of the sex impulse, and was taught the nature of the desire and incentive to mate, she would be protected, not only against the men who woo, but against herself. She would be in the position of a general of a protected garrison. Supplied with knowledge of the defenses of women, and an understanding of the nature of the foes surrounding her, she would be in a position to maintain her virginity.

Thousands of mothers of exceptional character and broad-mindedness are at a loss to instruct their daughters. Above all things they wish to keep the girl pure and innocent, but at the same time, they do not want to dull the desire and charm of the maiden by suppressing the fullness of life found in the healthy young.

Evil is relative. There are degrees in the so-called "fall" of women. A girl may fall and not be bad; she may fall and become bad; or fall from very badness. The moral fiber of the girl, and the motive, must enter into the consideration of her case.

alas, my love, my beauty, my life! instead of healing my pain, you take pleasure in it. Come, let me embrace you, and die in your sacred arms. Then, as I was spent with fatigue, I was forced to say, 'My divine love, since you wish me to live, I pray you let me rest a little, that I may better serve you,' and I promised him that afterward I would suffer myself to consume in his chaste and divine embrace." We are dealing, however, with the moral, healthy young woman, not one with an hectic, religious, unbalanced mind.

Every mother knows, if she gives it a thought, that sex awakening must come to her daughter. She cannot fail to remember the general drift of her own experience. Intimate sex knowledge is necessary to the life of every woman. The step from maidenhood to womanhood with its unfoldment and possibilities must not be looked upon as a condition to be suppressed, crushed, ignored, or covered with apology. It is not unholy, not unnatural. Quite the opposite. No greater blessing was ever bestowed upon woman than this most holy and desirable feeling. It is a promise, given in advance, of her value to the race. Through this sex impulse she may add to the sum total of human happiness, become a channel for the birth of other human beings, and hasten her own evolution, or she may bring misery to herself and the unborn, and delay her own progress. The results will be in exact accordance with what she has been taught, or allowed to think, of the mystery of her own being.

Mothers must not shrink from the positive duty they owe their daughters. The cause, nature, and effect of sex must be fully explained, not in evasions and innuendoes, but in plain English terms. When this is done thoroly, the girl is furnished with the weapon of knowledge. It is sometimes feared that too open a discussion over-reaches the result desired; that the young are induced by curiosity to investigate hidden paths. This is not a sane argument. If the subject is stripped of its false, ingenuous, secret coverings; if it is presented in a normal, unprejudiced manner, it will curb any undue interest. The beautiful, useful,

imbued with the sublimity of all God's creation, and no department is more sublime than this one in which He makes us co-creators with Him; when the fathers and mothers realize this sublimity and couple it with knowledge, then are they in a position to clear the path that the young may walk therein and be safe. But so long as parents possess only the sensational, distorted sex information of *their own* youth; so long as they think this subject ought to be handled in a veiled, obscure, secretive way; so long as they *ridicule public education along these lines*, just so long they, *the parents, are to blame for the sin and shame and suffering in the world today.*

Up to the present time the public has considered it a crime against morality to teach sex truths, in the face of the fact that the lack of this knowledge is the prolific cause of the existing state of evil. *Think of it! The twentieth century! And men and women being imprisoned for attempting to light the lamp of knowledge; being placed behind bars for spreading abroad simple truths about the most important function in all life; being branded as degraded criminals for teaching the young the way to purity and health and happiness! God pity men for the stupendous arrogance of their ignorance! God pity men for their colossal egotism!*

The time is not many generations off when this deplorable condition shall be reversed. Men shall be held responsible for the education of their families. Men shall be considered criminals who fail in this duty. Parents shall receive punishment for the proven ignorance of their children.

What opinion would we entertain of the man or woman who gave a boy or girl an intricate piece of machinery, compelling that child to make use of it, yet withholding the key to its power? Supposing that machine combined both life-giving and death-dealing qualities; would you not feel an abhorrence for the person who would refuse to give one word of instruction or warning? Carry it still farther. Imagine this same parent standing guard over the helpless child—having builded a wall called

now invaluable as leaders and teachers in this movement have learned these lessons after having reached maturity, or through great personal suffering and readjustment. They all, as with one voice, declare the necessity of maintaining a pure thought-world, for the young are psychically expert in catching the least hint of shame, and in that case, the effect of the teachers work is lessened.

Of all the many false conceptions concerning sex and its functions, that of repression is one of the worst. It has been taught, more by inference than by actual words, that a woman is coarse and unwomanly if she allows sex desire to manifest itself. Many women think they should not possess feeling; that if they do, it should be covered up and denied; that they should be ashamed of it. Many women think it unbecoming to display any emotion, even with a husband; they deem it an ideal condition to act as a mere machine, giving all and receiving nothing in return. This idea of passivity of sex in women is well-nigh universal. From it may be traced ninety per cent of the degrading practices of women, (we know where-of we speak), and of the illnesses peculiar to women.

If the mother is in that state of repression where her natural instincts are dead; if she is incapable of teaching her daughter the truth, then she should secure the services of one who can. The girl has every right to as much sensation as a man. God gave passion equally to the male and the female. The coldness of repression is unnatural. Under no condition should natural desires be denied and repressed and heaped with shame. They should only be held in check, controlled until the time arrives for the right expression of her most intense feeling. Repression leads to unnatural physical and emotional conditions, and if continued, natural desire will become degraded, or perverted, or lost entirely.

Some men inconsistently subscribe to the theory that women should repress, and then condemn them for being cold. Men have not yet reached the state where they are willing to grant

be monotonous, or confined. Change is necessary. She must have interests and plans that take her daily into the open air. Above all she must be encouraged in what she undertakes, for it is imperative that she have an *incentive* to do things.

Not all girls can be guided in this way. If they are quiet, sedentary, studious young women, the pursuit most interesting to them ought to be encouraged, and the more active physical exercise not forced upon them. Music, painting, what ever it is, should be indulged, so long as individual fancy does not lead toward morbid things.

Some girls respond to system in matters pertaining to the home. House work is diversified. One girl excels in cooking, another in sewing, and so on. In this age, the business world is open to them, and the salvation of many a girl has been accomplished by fitting her for some department of woman's work in the great world of action.

Interest is the magic word. Teach a girl sex laws, then keep her interested and the problem works itself out without a flaw. The moment a girl becomes dissatisfied, danger flies a signal.

The duty of every mother is apparent. She should give as much, and as close, attention to the development of her daughter as the father does to business. A man watches each day's income and outcome, studies how to combat certain influences, how to overcome some leakage or deficit, eternally vigilant. The mother's business is the daughter and she should apply herself in exactly the same way. If something goes wrong, *know the cause*. Substitute other occupations, other thoughts, other plans, other recreations. Be deft in the art of substitution.

Too often the normal, healthy, full-blooded, active girl is deprived of innocent pleasure. She desires to visit a friend, attend the theatre, witness a ball game, go on a picnic, or to a party. It is usually the father, a generation behind his time, who objects. The mother is helpless in such cases. The girl is forced to stay at home, *thrown back upon herself*. *Trouble*

things are false and degrading, coming from impure minds, and contaminate any young person. If the girl knows only untruths and acts upon them, she will find herself incapable of understanding, of gaining, or holding true love. She will be condemned to eat the husks of affection through life.

Parents, in general, seem to make so little effort to understand their daughters; their feelings, their likes and dislikes, their inclinations, their weaknesses and strength. They give them too much, or too little to do; under-do or over-do the question of amusement. A sane, balanced, intelligent parent is a God-send to any child. How few there are!

The girl of today is an independent creature. It will not do to suspect her motives, accuse her of indiscretion, or impute wrong action to mere folly and inexperience.

Chiding, scolding, threatening, is wasted energy. Human beings are loved into goodness, not punished into it. Love your daughters into following your instructions and counsel, rather than command them. Have faith in your daughters. Trust them. Be their companion and partner. Keep forever before their minds that they are flowers in the Garden of Man and that God expects them to retain their sweetness and purity.

Finally we repeat: When girls go wrong, *place the blame where it belongs*. The guilty one is not the inexperienced, frail little woman-flower but the *parents and those in authority who prohibit the spreading of sex truths*.

CONTINENCE

Part One

A Damnable Doctrine—and a Doctrine Which Damns.

Were I asked to name the most harmful, destructive, degrading, debasing, corrupt principle taught today by several of the philosophical and religious organizations, I should at once reply: "The doctrine of *Continence*."

God made no mistake in His creation. To suppose that He created a department in life, instituted laws for its welfare and continuance, and then annulled them, is to impute to the **Maker** both indecision and lack of knowledge. Everything in nature is balanced—that is, *dual*. A one-sided condition does not exist.

Man was created by and through the wisdom of the Creator. Male and female created He them, and we may rest assured He made no mistake. His plans for the human race contain no errors and man cannot improve upon the laws given him for his guidance and growth. If He had ordained that the *Laws* of sex were to be suspended; if He had ordained that the *organs* of sex were to be and remain inactive, would He have created them in such a manner?

Granted that God created the sexes, the argument is advanced that He intended them to be used solely for the purpose of procreation, that is, to produce the young through generation. Such an argument has not a leg to stand on. Nature is dual, an incontrovertible fact, and its methods of working out its laws prove it. God's plan of sex is also dual—dual in form and dual in purpose. The pendulum swings with equal precision both ways. The opposite of male is female; the opposite of genera-
tion

physical, spiritual nature. One might as well argue that the instincts and propensities of the cow or cat should serve as an example to the spiritually awakened, as to liken the demands of animal nature or plant life to those of the evolving human being.

Nature has perfectly adjusted the requirements of the animal and plant kingdoms to the laws of those realms. The line between man and beast is distinctly drawn and an equal distinction exists in the laws governing them. Men are supposed to live in harmony with God, which includes all other harmonies. Animals and plants live in harmony with the purposes of nature. The great purpose of nature is reproduction. Consequently, the exercise of sex takes place only when this can be accomplished. Dominated by the law of her being, the female animal consents and conception occurs, while she is in heat. When the lunar period is past, she refuses all advances of the male, fighting if need be to free herself of these attentions. This attitude is in conformity with the law governing animals and in no way applies to higher beings. Possessing only the lower nature, the animal has no possibility of re-generation. Therefore, there is no reason for sex activity except for conception.

Human beings come under a different law. The human female does not conceive during the lunar season, but just before or directly after it. We say that conception does not take place during that period. By that we do not mean that it cannot, but that it should not. To conceive during this time is a crime against the Maker of the sex law; against the mother who consents or suffers it to occur; against the child born under such a condition. The results of conception during lunar period are always undesirable. An instance of this is given in the case of Esau.

There is as much difference in the laws governing the demonstration of sex, between the human and the animal as there is in the matter of clothing or covering or in the kind and preparation of food. It is not only impossible but criminal to make the animal kingdom an example for the human.

all that was needed for the re-creating and renewing of his own body, even then, the seminal elixir would exceed the demand.

There are extremists, esthetically speaking, who deplore the commonness of the sex impulse; men and women particularly who emphasize the sordid physical side and are repulsed by it who declare that procreation is the only excuse for cohabitation. Such persons transform one of the greatest blessings of God into a curse or a calamity. These same people are on a par with a class of parents who are "too nice" to admit the normal birth of children and teach their offspring that babies come from heaven or the drug-store at the instigation of the stork. Such stories may be more esthetic than the truth, but why try to explain one of God's great laws through the medium of a lie?

It does not matter what one person or many have to say on the subject. Our assertion that continence is *not* a law of God is the truth and cannot be contradicted. We must accept the laws of God and nature. We are not living in an age of fools. It is beyond the ken of the thinking man and woman how any one can argue that *anything in the realm of law and order, God's world*, needs an apology. There is nothing to be ashamed of, nothing to hide. All law, and the action of law is noble and beautiful. The old teachings and feelings of shame must be abandoned. All that God has created is wise, good and holy.

The law of God, the law of sex life, of creation and recreation cannot be nullified by man. They may be perverted, traduced or set aside, but *time finally adjusts the question. Right always prevails*. The laws of God are mightier than the beliefs, customs or religious teachings of the beings He created.

Institutions, laws and usages, public opinion and Dame Grundy have done their best to dig a pit and bury this subject of sex. Whether one practiced continence or not did not matter, so long as it was not discussed. Whether right or wrong let the advocates of continence teach it if they liked so long as it was not taught openly or openly contradicted. Silence and ignorance were virtues. But the subject will not down. Had it been possi-

rebuilding of the body. It is used to make flesh, nerves, blood and so on. Waste passes out of the system through different avenues of escape, not through one. The bowels, kidneys, lungs, skin and sex arrangement all assist nature. Is it sane or reasonable to disqualify any one of these?

If the bowels refuse to do their part, constipation takes place. There is a poisoning of the system called autointoxication, or self-poisoning. Death will result unless the cause is removed and the intestines again perform their normal work. If a man consciously ignores this physical law is he not guilty of suicide? God's law is cause and effect. He, the man, refuses to assist the bowel to movement; that is cause. Death is the logical effect. God is not concerned how we circumvent His laws, what methods we employ. The result is the same. When we are not in harmony with law, we reap disaster. A man is guilty of suicide whether he takes poison, shoots himself or refuses to aid a diseased bowel. Before the great Law-giver these various methods bring about the same result; all are equally effectual in bringing about death.

If the kidneys do not perform their function properly, trouble results. Bright's disease or some other makes it manifest that they are not functioning according to the law of kidneys. If remedies are not applied, death is certain. If the lungs are not performing their duty, they weaken gradually, tubercular indications appear and death is a question of time. The law is the same in every part of the eliminative system. All these organs receive a share of the nutriment from the food eaten. It is apportioned to them for the building and keeping in repair of their particular part. All that is not used in construction and re-construction is refuse *and must be thrown out—or be destroyed by it.* This is the law.

The law of elimination applies equally to all the eliminative processes of the body. Out of the amount of nutriment furnished the body, the sex system selects its own portion. It cannot appropriate every particle of it any more than the bowels or kid-

Is it possible for a young man to love a woman, who through bad habits or abuse has deprived himself of "manly strength?" We say *no*. Love, as experienced and expressed by incarnated beings cannot be divorced from the alchemy of sex. That young man may be mentally faithful to a woman, but that is not love. Go still farther. Is it possible for him to love father, mother, brothers and sisters? In the truest sense of the word again we say *no*. If he is not an all-round man he is not in possession of the prerogatives of man. Follow this question to the extreme. Is it possible for him to truly love God? The answer is the same, *no*. To truly love is to love wholly with the complete nature in wholeness. The man under discussion is not whole. Half of the emotional nature is disabled or ruined, and half a man cannot give a whole man's love to either God or woman.

It is apparent that all the great men and women who have become immortal in the world of action and accomplishment were men and women possessing fully developed, normal sex natures. Proven celibates and eunuchs are not listed in the annals of greatness. If there was ever any misuse of the sex function of the famous men and women it was over-use, never non-use.

It is utterly impossible for a man to be healthy and virile and strong, capable of physical and mental activity along any line of the world's work, who does not attend to the organs of elimination in his own body. It is utterly impossible for a man to be healthy in body and mind, full of strength and vivacity, who does not live a natural sex life. The man who is love-starved, system-congested, mind-poisoned has not a chance of success or happiness.

The so-called doctrine of continence may be likened to a pool of water surrounded by a wall of masonry. The fresh water is poured into the basin which, when filled, automatically shuts off the inflow. From that time on, only an amount of water equal to the amount soaking away or evaporating finds its way into the pool. What is the result? A child could guess the

CONTINENCE

Part Two

The subject of the uses of sex is not a difficult one to understand. It is an individual one like that of dietetics. Men differ from each other and while different foods and combinations are required for the various bodies, still the general laws of nutrition apply to the whole race. The laws of sex also have a general application, but the adjustment of each *must be in harmony with the law.*

Elimination of waste material from the physical organism must be thoroly effected, the amount of matter being in proportion to the amount of food taken into the system.

Some men store up an immense amount of vital force. Even though a more than normal amount of this force is expended in business life, there is an amount left for elimination. The normal, natural method of elimination of surplus vital energy is through the marriage rite. In the case of the unmarried: if the food is taken in normal quantities, the thought-world kept free of sordid, sensual thought, and physical and mental work followed daily, nature will step in and eliminate the surplus material, either during sleep or through the urine.

In order to accomplish Higher Race Development, the laws of God and nature must be understood, not guessed at. No matter what opinions have been held, if they are contrary to, or out of harmony with, *law*, they must be abandoned. *Truth* must be our motto, our slogan. *Truth only*, nothing else. Truth as an unfailing guide will lead us aright. Truth must be our watchword, our inspiration. Our one aim, to teach the truth *as it is revealed to us.*

This subject is of individual and national importance. Nor-

damns the man, endangers the offspring both physically and mentally, but brings about untold ills to the wife.

The man who persists in this unlawful practice will find a gradual lessening of his general ability. His mind becomes less keen; he is unable to analyze minutely; he loses the incentive to plan and act; he becomes mentally negative. Physically he soon drops below par. He finds himself nursing headaches, becoming nervous and irritable, acquiring dyspepsia. With the suppressing of the sex activity comes a general inertia and the development of neurasthenic tendencies.

The bad effects outlined are only the beginnings of the curses that follow in the wake of this destructive practice. Following the weakness of the mind and the general illness of the body, comes the debilitating effect on the powers of reason and will; the disintegrating of the moral stamina. It is only a step beyond this to reach sex perversion.

The sex exercise of man is a natural function. Contrary to the same kind of exercise in the animal, it is not for procreation, and that alone, but for the regeneration of the whole man, mental and physical. The great Creator had this in view when he created woman as a companion for man.

It is not difficult to single out conclusive proof (that sexual exercise was not intended for one purpose only), from the mass of contradictory arguments and teachings. Contrast the inclinations of the human with the animal. In the lower order, where instinct rules, not thought, the male seeks the female during the lunar season. At no other time does she indicate a sex desire. The male does not recognize her existence as a female before or after that time.

If the same Being who created men and animals desired the same laws to govern all alike, why did He implant in the two orders entirely different instincts about the same function? Why are the animal and human instincts radically and fundamentally different?

As already noted, the female animal desires cohabitation

abnormal, or a weakling. Can the continence devotee deny that, under *harmonious conditions*, both participants of the rite receive spiritual and physical blessings, during these "open days?"

At this point it must be apparent that God gave men a different sex law from that of the animal. Men and women find health, strength, renewal of youth, all powers and blessings through following this law of use. Sexual exercise is a source of incentive in both thought and action. The greater the sex power the greater the power of achievement. Such exercise is the source of health, of happiness, of all the powers and benefits of life.

When we speak in this broad, emphatic manner, we have in mind exercise, not *license*. Normal exercise and license are as far apart as the poles. One brings health, and all desirable things; the other brings disease, morbidity, perversion of times, and the destruction of all that is good, ending usually in an ignoble death.

The sexual appetite should be controlled in the same manner as the other appetites. A wise man eats only enough to supply the needs of the body. Too much food clogs and congests the system. Sexual indulgence in excess depletes the nerves, the very opposite of the effect desired. The exercise of sex must be followed only in so far as it is conducive to health and vitality. A normal satisfaction always results in peace and contentment.

The question of temperament is of vast importance in dealing with sex issues. Higher Race Development cannot become a science until individual temperament, and the combinations, good and bad, of temperament, are understood. Ignorance of the requirement of different temperaments is productive of both sin and suffering. The mating of temperaments is quite as important a subject as the mating of bodies. For ex: A man of vital temperament, full of virility and sex power, ought never to marry a woman of a cold, unimaginative, phlegmatic nature. Such a union will make life a hell to both of them, and any children resulting from the union are deficient along some line of **mentality**,

all men were like them, the red light district in towns and cities would go out of business. This is undoubtedly true; still it infers an untruth. It is not the men of normal sex practices that keep up the vice, but the men and boys who have been told to suppress, or are in a condition of life where normal action is denied them.

Thousands of men are starved in their love-expression because of the ignorance of their wives. These women have been taught that sex is degrading and that to acknowledge passion in themselves is a shameful thing. They discourage the sacred relationship, and the husbands, if normal, seek relief and understanding elsewhere—usually among the undesirables of a city's population. Such women throttle their own love nature and turn their home into a mere lodging house. All this because they deem themselves purer than the Creator who made them to love and express love, by giving them organs for that purpose, which they deny and abuse.

There are men and women, (some of them may possibly read these pages) who pride themselves on following the doctrine of continence—who are, in fact, continent. But why? Because for one reason or another, they cannot be any other way.

We know of people, arguing in favor of continence, who through abuse of the holy power, have become impotent. They have lost health, strength, and desire. Of these God said they had destroyed their souls. Such arguments and such men make one smile.

There are narrow-minded, bigotted men and women, who because of some bitter experience in life, have frozen every particle of heart and soul life out of them. They cannot love; all warmth has departed; they have lost all power of generation. To such, the life of continence is all that is left them. They are often called "mugger-faced," and deserve the name. All who come in contact with them are likely to be temporarily tinged with sourness.

Another class, capable of continence in the accepted mean-

evil. There are many men married to women who refuse the duties of motherhood. They will not have children, yet desire sexual exercise. They issue a decree that the man shall be with them up to a certain point and then withdraw. In this case both are robbed, but the man is innocent of any wrong-doing. Through disobedience to the great law enunciated by Moses, "Thou shalt not cast thy seed upon the ground," disease results to both of them. This man and wife grow to hate each other and their home life is hell. The woman deserves it, but the man does not.

Sex exercise must be carried on in a perfect manner. There is a right and a wrong way. No man has a right to embrace a woman unless he desires to obey the sex laws of God and nature. The law of reciprocity is positive. When the embrace is undertaken the twain must not separate until both are fully satisfied. When this law is faithfully followed, there is no loss of vital power for either of them. He absorbs the magnetic force of her lochia; she absorbs the life principle, or vital force, from the semen. In this way life, health and happiness is conserved, and all is well.

Once in a while, for one reason or another, a woman is found who has passed through life, never having known either the benefits or pleasures of the sexual embrace. This is usually the result of an unfortunate love-affair, and the bitterness and disappointment of it turns her against love, or any expression of it. These women are rabid in their denunciation of sex relationships. They condemn everything connected with it. This class of women are a proof of our contention that continence affects the mental as well as the physical condition of its adherents. Such women are unbalanced, not sane on all questions.

To another class belong the woman whose husband, while receiving some pleasure and benefit from her, through weakness contributes nothing in return. The strength of his manhood has already been spent and he has none left for the demands of the home. The divine side of sex life is a sealed book to the wife of such a man. All that makes him a man, and her a woman, is

CONTINENCE

Part Three

In considering, *and refuting*, the arguments of continence we must not ignore, or overlook, the opposite side of the question as put forth by a class of men whose opinions are just as dangerous to the health of society. We refer to the debauchee and the libertine. One extreme is as deleterious, individually and collectively, as the other.

Those named above consider life worth living only when allowed to wallow in the mire of excesses. Variety and promiscuity appeal to them, is necessary to their happiness. Like the gourmand who lives only to eat, these brute-beings live only in the enjoyment of a sensual life. They are all slaves to appetite. The pendulum swings both ways, the extremes of which are abnormal. On the one hand the libertine; on the other, the continent man.

The class who preach and practice continence starve the system by refusing to grant it an exchange of vital magnetism. A gradual poisoning of the life stream takes place through stagnation. The other class preach and practice various kinds of excesses, cramming the system with streams of magnetism gathered from many sources. These streams act as counter currents to each other, the different rates of vibration tearing and disintegrating the man involved in the practice. Disease and death is inevitable. The man who desires to live a sane, safe life, follows the middle path.

The question is asked: "How often should sexual exercise be practiced?" The answer requires delicacy and thought, for it depends upon the state of the mind and body of the individual. The requirements of the person asking must be considered.

but also acts as an excitant toward sex exercise. It is this fluid which becomes rancid and poisonous if not used continually in the regeneration of mind and body, and in the sexual embrace. The body of the woman does not secrete a vital fluid of this nature and consistency. It is true that the ovarian tubes secrete a lochia, which may become poisonous if allowed to remain undisturbed in the body. But in her case, the lochia does not act as an excitant. It is merely an indication of sexual awakening, and a lubricant.

These physical differences make it evident that desire in women is not based on the storing of the fluid, which acts as an excitant. In her case, nervous excitement calls into action the lochia caused by the nearness of the male and his embraces. For this reason, that of not having organs stored with fluid, continence is not as harmful to the woman as it is to the man. Nevertheless, a woman practicing continence does not escape all harm. The fact that the nervous system is aroused and that the lochia flows is an evidence of a rising temperature in these parts. Harm results to the entire nervous system unless this fever is reduced through the natural process of sex exercise.

The harmful effects of continence appear much more quickly in man. His nature is aroused easily, and because of the fluid, remains aroused. This irritates the urinary canal and ultimately, that terrifying disease, known as prostatic trouble, develops.

Another reason may be added why continence is more harmful to the male than to the female. In her, nature has seen fit to establish a periodic outlet for all the fluids accumulating in her generative system. The flow not only cleanses the system, but relieves both temperature and pressure. The male has no involuntary relief provided by nature. He must depend upon absorption of the fluid by the body, and sexual embrace.

The question of the intensity of desire; whether the male or the female possesses the greater amount cannot be answered wholesale. The balance between the sexes is preserved, but as

A proof of this is easily found. If a man becomes aroused, he will seek relief even if it takes him to the arms of a woman he would not recognize at any other time. A woman will not do this. If she cannot be interested emotionally first, she remains cold to all advances. This proves that affection leads women while passion pulls the man. Of course there are exceptions to every rule, but we are speaking of the vast majority of the so-called good men and women. This analysis does not apply to the libertine who glories in his underworld amours, nor to the woman of Scarlet Lane who sells herself for money.

In discussing the subject of continence, we wish to place every phase of the matter before the student that there may be no misunderstanding. It is taken for granted by all thinking people that the human race has not yet reached the point of perfection in the understanding of the Laws of God. The sex law is no exception. Our statements may appear radical, dictatorial, but we do not make them final or absolute. The student must compare statements with experience and observation and "hold fast to that which is good."

When the assertion is made that abstinence is harmful; that it is contrary to both natural and divine law, there are certain exceptions to so sweeping a statement that must be taken into consideration. Exceptions but point out the truth and value of a law.

For ex: Take a normal, loving, developed woman, one who may be aroused to passion by the love embrace. Suppose she chooses a husband who proves to be more brute than man. Knowing nothing, and caring less, for the fineness and sweetness of the wife's nature, he crushes her love and affection by the coarseness and brutality of his sex demonstration. Sex, to him, spells gratification and that only. When he desires the exercise, he acts the brute from beginning to end. To the woman that embrace is a horrible nightmare and filled with loathing, she remains cold and clammy. If she conceives and bears a child, a hundred chances to one, be it male or female, that child

sex laws is the only way this can be brought about. Race development cannot reach a high stage until all individuals are an expression of, *and express*, God's laws. When every man and woman is taught the plain truth of living, the reclaiming of the human race will have begun. What can be more sorrowful in the sight of an All-wise Father than to see his children stumbling along in the darkness of ignorance? If human beings, through lack of fundamental knowledge, do not know human love in all its many-sidedness, how are they ever to come into an understanding of the love of the Giver of all these gifts?

It has been stated that men and women wholly absorbed, mentally, in some vast undertaking, as inventors, scientists, astronomers, and so on, can practice continence without harm. In a way this is true. Such a statement might apply to the few, really great, mental giants of the time. These people develop along one line, use only one power of mind, following their particular idea waking and sleeping. All the other powers of being are drawn to that point and used in the furtherance of the one object in life. To such persons, continence is possible without harmful after effects. They are in possession, either consciously or unconsciously, of one of nature's great secrets: Regeneration and transmutation. The vital force generated in the system is marshalled to the brain and absorbed through mental activity. But there are not a dozen men in a generation able to do this.

Many of the ablest physicians of the past and present declare that men of this type border on insanity; that genius is insanity. The mind that is concentrated, day in and day out, on one thing, is unbalanced, one-sided, abnormal. Be that as it may, the fact remains that men who are great enough to use the law of regeneration to the extent that wizards of invention and science, once in a while, do, these men are powerful enough to set aside the functioning of sex for years without harm. But, in the cases mentioned, it will be found that the power of sex to exercise decreases and if continence continues, it is finally destroyed. *The fountain of youth is dried up. It is lost forever.*

on free-love, a condition we are opposed to with all the force of our being. Free-love, promiscuity, has nothing to do with God and the right use of sex laws, *absolutely nothing*. But all sides of the question—use non-use, abuse—all must be looked squarely in the face and solved.

We are not dealing with the man who is not satisfied with the wife who gives her husband the benefits of her love; those men who seek other women and excesses. We have in mind only the man of honor, not the libertine; the man who believes that sex exercise is necessary to preserve health and well-being, not the debauchee whose creed is license.

What is to be done? *There is a remedy for every evil* and a solution of this difficulty should be effected *now*. Not only for the suffering, unhappy men and women, but for the children being born of such unions without a chance to develop normally; for all of these a way out should speedily be found.

Every state should have a law providing for, and covering, these cases. When the evidence that the husband, or wife, fails in conjugal duty; when it is proven that either one of them refuses to fulfill the marriage contract as generally understood, divorce should be granted. An unconditional decree should be given the one who has been refused the rights of sexual embrace for a period of six months. An appeal to legal law ought to adjust and settle the violation of sex laws.

To recapitulate: The right use of sex is important, not only to the man and woman, but to the world at large. If a man lives a life of continence for any length of time, the pool of life becomes stagnant and poisonous, effecting his life and health. Children born under such conditions will be abnormal in one or more respects and therefore a curse to society, and an obstruction to progress. These children, when grown, will pass on the undesirable traits, perpetuating the evil.

In the face of the catagory who can say that continence is not a dangerous experiment? It results in harm to every person

CONTINENCE

Part Four

The injuries resulting from continency have already been pointed out: A gradual drying up of the vital force, and an inertness and deadening of the organs whose duty it is to secrete the fluid in which is contained the seed, the germ of physical life.

The fact aims straight at the very foundation of life. We are not advancing these arguments as a philosophical dissertation on the regeneration of life, altho it would be unfair to leave this side of the question untouched, for while generation is the beginning of all life, regeneration or immortalization is the end of it. "that for which the first was made." The seed, and the means of generation, is also the medium of regeneration. It was for this reason that Moses taught the children of Israel that if the seed were cast upon the ground it would become a serpent, bringing death to whoever committed the crime. Under the law of Moses, it was considered so great a crime, that those guilty of it were judged to be lost; it was looked upon as a destroying of the soul.

There is little, or no difference, in the effect upon man, in both body and soul, whether the seed is cast upon the ground (brought about by unfinished sexual embrace, or the practice of the solitary vices) or allowed to dry up in the generative organs. It is a destruction of the living seed in either case and the penalty is exactly the same in all three cases.

One may ask, when sex power is used for other purposes than that of generation, is the seed not lost. No. Not in the normal relationship between man and woman. In the case where offspring does not result, the sexual powers are used in the process of regeneration. There is an equal exchange. He,

creates an unnatural condition in the walls of the vagina. A local illness results in an undesirable rancid discharge, the *fluor albus*, generally called "whites." The springs of life become poisoned, and then gradually dry up. A soured disposition, wrinkled face, and often a wrecked life may be charged to continence.

But though a woman has been continent it does not unfi entirely for the marriage rite as it does the man. If, after a period of continence, she returns to the natural mode of living, it may be that she will not be able to again experience the climax no matter if she is mated to the most virile man on earth.

We have outlined the more extreme results of the continent life. There are many lesser evils which ought to be a sufficient warning to reasonable, rationable human beings. The first indication of trouble is nervousness in any one of its various forms. This state is apparently without cause. In rapid succession follows irritability, the sort that makes the person a most undesirable companion; gloominess, a tendency to look on the dark side; lack of appetite and a starved appearance; lack of concentration, lack of decision and stick-to-it-ive-ness; desire for constant change; nervous headaches due to a deranged nervous system, and the inability to digest the food; constipation and auto-intoxication. The end of all this is neurasthenia, the next door to insanity. *All of these illnesses, even the neurasthenia may be cured.*

The debauchee's life brings about the same general results—with more added. The using of the life forces will deplete the man faster than he can accumulate, for the mixing of different rates of vibration; different currents of magnetism coming from many different woman, will destroy the strongest man living. He becomes de-magnetized and the principle of the life force is destroyed.

Continence is a dragon with an hundred heads; each one carries death.

Sometimes the devotee of continence experiences just the

woman's feelings in the matter and forces himself upon her, then it is a crime to cohabit; it is married prostitution and license.

The confession of every human being—could it be gotten—would be this: In every case, without *one* exception, where the man and woman are agreed in time *and desire* they have felt more in love and harmony with each other after the performance of the rite, than before.

But there are countless men and women who can tell of the woes of being mismated. The husband, because of sexual weakness, leaves the wife unsatisfied; or the wife, through fear of pregnancy, refuses sexual exercise, or half-heartedly submits to it; and so on. In many of these cases unhappiness, sickness, distrust, a gradual cooling of the affections occur; the husband seeks a mistress; the wife a lover; or divorce.

Teachers of continence may assert that the diseases and effects here attributed to continence are as easily applied to those indulging in the marriage rite; that the proofs offered are not conclusive; that wrong food and overwork will produce similar results. This must be admitted.

But in other respects the proof may be declared absolute. For ex: The long sex life of the man who practices the marriage rite in a normal manner; the continent man cannot claim longevity of sex. Of course, if he is consistent, he does not want longevity. But the argument favors the use of sex, *for the man is considered youthful, or in his prime, only as long as he is master of the sex organs.* If he is not in control of them *he is considered down and out in every sense.*

One point must be thoroly understood. Neither man or woman has any right to practice the marriage rite without love as an impetus. If the act is performed under any other desire, or thought, it is a violation. A marriage ceremony may legalize an act, but God's laws are higher.

Suppose the husband and wife do not love each other. In that case if he demands the conjugal "right" and she consents, they are both guilty of prostitution. The woman will not, *can*

If it is true that man can love without passion, then the opposite is also true; men can, and should, perform the creative act without love. The thought is revolting, and the consequences of it more so. It is beastly and damnable.

Love is the basis of passion; and in its right meaning, passion is the basis of love. The power of man to love, or hate, or achieve is in direct relation to the virility of his sex power. The weakly sexed cannot love.

The man living the continent life cannot love.

SEX, ITS SPIRITUAL SIGNIFICANCE

For more than seventy years a certain Society in America has been teaching its members that there is a Spiritual side to sex. This Society has taught, and still teaches its members, that God created man and woman so there might be procreation of a new race. He also gave them this Creative power thereby enabling them to use the Laws of Generation for Re-generation, thus the means employed for creation might be used in the Re-creation or Regeneration of their beings.

The doctrine of reaching Immortality through the right use of sex has been universally denied. It has been, and is still taught, that sex has no use outside of procreation, or if unwisely used, results in damnation or destruction of body and soul, thus denying the laws of Logic which teach us that the pendulum of the clock swinging one way must likewise swing the other, thereby maintaining equilibrium.

It is logical to maintain that if sex can be abused to an extent resulting in damnation, it may also be used in the redemption of a Soul on the way to perdition. Admitting this, we claim that as all men know sex is used for procreation, they must, if they give the subject serious consideration, concede that it can likewise be used for the Re-creation or Regeneration of that which it has created. Creation is that act of men which brings into existence a new being, while Re-creation or Regeneration is the method whereby the created being becomes Immortal.

To many of us it seems unbelievable the established churches should claim the acceptance of Biblical teachings in their literal sense and give God credit for all Wisdom, while denying that sex has any other use than creation of new bodies,

at the time when the change from boyhood to manhood, or girlhood to womanhood, has taken place, therefore, as an actual fact, the original sin is based upon the awakening of, and the misusing of the creative functions, and all other sins follow thereafter. Even in the Garden of Eden, sin was not committed until *after the disobedience by our first parents of the creative laws as laid down by God.*

Moreover, if we have faith in the Biblical account, we must believe there were children prior to the Special act which God condemned, indicating clearly, that creation of new beings may take place and no sin attached to it, and that it is only when the act of creation is indulged in for the pleasure or purely for personal satisfaction, *sin actually is committed.*

From the foregoing statement the reader might conclude there could be no possibility of sin provided the Marriage Rite were completed, and in case the woman participating is virile, child resulted from the union. This would not be a complete statement of the fact, sin being defined as an "act which may bring harm to the self, or sorrow and suffering to other than the self." As a matter of fact, a drunkard or a degenerate might take part as readily in the union as a normal person, and if in such case it were completed and normal in itself, the child resulting might prove to be a weakling or an idiot, because of this, the act would have been a sin and contrary to the law of God because unnecessary sorrow and suffering would be the lot of the new creation.

It is likewise possible that a libertine might cover the denizen of the brothel and a new being result from such union. The Rite might be normal and natural, but the actors themselves being evil in their very nature, the new creation resulting would not be such as God could smile upon and as a consequence, a creature of sin.

Let those who consider these statements without foundation, and not based on Divine teachings, give a careful study to the first two books of the Bible and in the light of the teachings

"In reading your article on the sex relation (referring to an article in 'Reconstruction'), one might get the idea that every sex impulse between husband and wife should be indulged, or else there will be sex perversion—and I don't know exactly what you mean by sex perversion, so meagre is the knowledge of the average married couple in the matter of sex that they have to learn only through their experience, and too often through their mistakes."

Such is part of the letter from a married woman who is the mother of children, but is forced to frankly admit she knows nothing of sex, does not know any source from which to gain knowledge, except from bitter experience.

This woman, wife and mother, we know to be a member of a church yet implies she can gain no information regarding one of the most sacred and important laws of her being, laws which obeyed when rightly understood, bring health, happiness and finally, Salvation of Soul.

The understanding she has of the article in question is not a correct one. The Bureau does not maintain or teach that the Marriage Rite should be freely indulged, but it does teach that there should be a complete and harmonious understanding between husband and wife regarding this Sacred relation. It holds that the continent life is destructive to the happiness of the home because where this doctrine is followed consistently husband and wife grow apart and the family ties become disrupted.

It is an absolute law that the husband has not right to demand compliance with his request, and must accept only that which is freely granted. To demand and take that which has not been won and freely given in love means disease to her, weakness and death to him. Undoubtedly this practice of demand and take is one of the worst forms of prostitution, more horrible in its results upon man than if he frequented the brothel, there his desires would at least be complied with more or less cheerfully.

Furthermore, we insist that if two people live together, the

The teachings of all churches lay great stress on the evils of fornication, adultery etc. and rightly so, but nothing whatever is taught of the dire results of indulgence in the Marriage Rite by those who, though married, do not love each other. Pious eyes have been closed to countless number of cases where women have been forced to grant favors to their wedded partners when every fibre of their being chilled at the mere request. Uncounted number of husbands have requested and received favors of wives they did not love, simply because they rebelled being accused of unfaithfulness, though as a matter of fact, the wives who granting requests cared as little for the husbands.

We contend now as always, where the husband demands favors from the woman when she does not love or is not willing to comply, and when such are forced in spite of the unwillingness of the woman, it will mean disease and a gradual decay of her vital forces, while for him it will mean damnation generally and death to both body and soul if the practice is continued. In case a child results, it may be an idiot or a moral weakling. If the child is a boy, it may become a libertine or pervert, if a girl, then possibly another street walker whom all condemn, when in fact, the blame does not belong to either the boy or girl, but on the father whose undesirable creation they may be.

If man demands a favor which is not cheerfully complied with and granted in love, he more surely commits an act of prostitution, than if he escorts a girl of the street and pays her for favors she may grant.

In countless cases of legalized prostitution, unnumbered children have been born, lacking in their love nature, in Spirituality, in all that makes man truly man, or woman really woman, *because the union which was the cause of their creation, was one of downright lust, hatred, aversion.* What nature of child can we expect from such a union. Such a child may be and often is, the beginning of a long line of descendants who are all lacking in something which make up the moral, spiritual, divine and ~~truly~~ human nature.

performance of prayer. In either case must the relationship be normal and based on love and mutual desire, the compliance of the woman being won, not gained through brute force.

If there is to be a reformation in so far as procreative matters are concerned, then we must begin with the young, we must teach them these mighty truths so they, when the time comes, will not prostitute their power, and bring into the world children unless they are love personified, and not creatures of incarnate lust as now is generally the case.

Give a religious basis to the creative functions, just as prayer and all worship of God is the base of true, vital religion, for in truth, Love and all that it implies is the acme of the religious.

If we begin to teach the boy in his youth and continue to teach him until he reaches the age of responsibility, that one of the greatest curses under which mankind has for ages bowed down and suffered, is his inhumanness in asking for and accepting favors from a woman he does not love, if he is taught this truth so he will believe it, taught that love is the only reason permitting Sexual Congress and that this elevation of sex to a religious basis is the foundation of Salvation of the Soul, there need be no fear of him prostituting his creative powers. There will be no danger of him contracting any of the loathsome and destructive diseases and the inoculation of others with it.

We admit that many of those who have been born in lust and therefore the children of lust, will continue in the way of their fathers, but we are speaking of a new and rightly born race, a generation of Super Superior Beings, because born in love and where wanted.

The boy born in holy (not prostituted) wedlock, who has been taught the law, will not think of seeking the prostitute for relief any more than he would think of insulting his mother. An ideal he reverences as a religion, as the means whereby Immortality is gained, he will not abuse, to him it is Holy and Divine.

Let us seek the root of the evil, the cause of the cancer, and

THE LAW OF TRANSMISSION

Heredity

If we desire the very best possible working knowledge regarding the Law of Heredity, we can do no better than consider the breeding of fancy stock such as cows, horses, dogs or poultry. This is because in the case of animals no outside influence enters except feeding, which plays a large part in the development of the stock. In other respects the Law of Heredity works normally.

With the human being so many factors apply that the Law has hardly ever a chance of working out fully; and what modifies or intensifies the force of the Law more than anything else is the mental influence of the parents. However in the breeding of stock this does not enter at all, because animals only obey the natural law.

Animals mate at the right season. If for any reason the service is either too late or too early there will be no results; while, if the proper time is taken advantage of, there will be conception. When the female conceives, the male will not even have desire for cohabiting. In other words, mating and the bearing of young in the animal kingdom come through natural laws. All that is necessary for the owner of live stock is to carefully select the mates so that they are suited to each other.

We can best learn by example, for instance, we have been carrying on experiments for the last ten years in breeding fancy poultry and four years with Collies of the highest blood lines.

If we have a female who is short in head but weak in coat, we secure the services of a male who is long in head but slightly weak in coat, though it will not matter if the male is heavy in

case, as the case may be, it is the mother who fashions the new being. *This new being in most cases is fashioned by the thoughts, the desires and the passions of the mother during the time of gestation.* If she knows the law she can bring forth a god-man even though the father is practically a non-entity. The mother's work can extend to even giving the child a healthy and vitally strong being even if the father is a weakling, provided the father does not suffer from syphilis, cancer, or insanity. Even these last two can be eliminated by the mother during the time of gestation. Syphilis, except in very rare cases, cannot be overcome although it may not show up in that generation but lie dormant and manifest in some future generation.

Although the child most often takes after the mother, it must not be understood that this is always true. A superior man who has an honest but inferior woman as wife can produce genius in the following manner:

The time when man possesses the greatest power is during the times he loves and desires the sexual embrace. It is at this time that he brings into play every force within his being, and at the moment of the climax he makes positive every part of his being. If the woman grants his request because she desires the embrace, and if she either loves him or is passively fond of him, if the man holds in his mind all through the embrace and especially at the moment of the highest joy the great desire for a healthy, normal and superior child, he will, so to speak, draw the very forces from heaven. If he repeats this each time he indulges in the marriage rite throughout the entire period of gestation, he can accomplish just what the woman can accomplish had she the knowledge and the character.

If both the man and the woman understand the secrets of Higher Race Development, it is easier to raise healthy, normal and God-like offspring. Ten such wedded couples who love, understand the law and faithfully practice it, could completely remake this old world; for their progeny would be so positive, so

virile energy he utilizes in his chosen field, he could accomplish wonderful results.

There is another reason why children usually take after the mother unless she is weak and sickly, in which case it were far better if she would not have children, and that is that, while procreation is a passing fancy or an accident on the part of the father, it absorbs the whole life of the mother; and if she is natural and normal all her power, her energies and her thoughts are concentrated upon the coming child.

Although heredity is the base of our strength or our weakness, it should not be made the base of our excuses; one who is not physically or mentally all he or she could be should not make the excuse of having been so born. Being born with a weak body is no excuse for keeping that body during a life time. Experience has shown that among statesmen, athletes and philosophers as well as others who have won world renown, it is not necessary to keep what has been given us by our parents; and that the weak body, the weak mind and the weak vital powers can be made strong and vigorous through a system of living and practice if we will and desire it.

Similarly, because a man inherits syphilis from his parents or it was transmitted to him through his parents from his grandparents is no reason for him to go through life with this filthy and destructive disease and to die from it while still young. He can, through force of will and effort, if such will and effort be strong enough, free himself from this disease.

While we should fully recognize the Laws of Heredity or Transmission, we should understand the greater Law—*we are what we make ourselves*, and the making is a result of how we live, the food we eat, the thoughts we think and the effort we make. Being born weak and inert, it requires a powerful mental push to cause us to begin a life which will free us from inherited weaknesses. The Law of *heredity should not* be a matter of concern to those now living. We know what we are. If we are weak it is our duty to overcome the fact that our ancestors were

is, a curse through all the days of its life, causing unnatural desires which end in perversions or in a nature entirely cold and devoid of feeling. On the other hand, if the father holds the erroneous idea that it is wrong to hold the sexual embrace during pregnancy, it will cause the mother to be love hungry through this period. Through this the child will be impressed with this love hunger all its life, manifesting this in not being satisfied with one man or one woman, forever seeking what does not exist for itself, since its nature is not to be satisfied.

On the part of the woman her duty to the unborn is to hold that attitude of mind which will not mark the child with impatience, hysterics and the many other states and conditions which result from an unsettled mind, a mind which is never at rest or at peace and never satisfied. Her duty is to build up the body of the coming child through proper foods, bathing and exercise, and to build up the mental forces through right thinking, cheerfulness, true and pure thoughts, and through the reading of good books, the hearing of good music and the enjoyment of healthful and wholesome recreations. Truly, her duties are tremendous if she but realizes them. If she fulfills them she will be compensated a thousandfold in the development of the child, because the love she holds in her heart and mind for the unborn will be the connecting link that will bind the child to her and to her God in the years to come.

Physical conditions must be taken into account during the important period of pregnancy. Very often this condition brings about irritations or enlargements in the physical being which in turn react powerfully upon the nervous and the mental system. If any untoward conditions should make their appearance from no apparent reasons it should be a warning that search should be made and the cause found and removed.

Many women during this period develop a strange appetite which seems beyond reason. If it is for something which is in itself unharmed, her appetite should be appeased, although she should cultivate control of the appetite, thereby preventing con-

PREPARATION FOR A NEW LIFE

Pre-Natal and Heredity Influences

"That which is worth doing is worth doing well."

All of us are familiar with this old and true saying, but there should be another equally as true: "If a child is to be born it should be born right." How many of the countless number have been born under this Law? On the contrary, birth has been under the law of "any old way" and Nature had to do her best with what had been forced upon her because of ignorance and prejudice.

The law of Heredity has to do with an inheritance of the qualities of good or bad which are part of the parents and which more than likely has been part of grandparents and great-grandparents, often further back than that. The law of Pre-natal influence has to do with the impression upon the child of those qualities, powers and virtues which neither of the parents possessed, *but which they desired for the child.* Hereby do we come to an understanding that the Law of Pre-natal influence is of far greater importance than the Law of Heredity since the power of Pre-natal influence can modify or set aside entirely, the Law of Heredity.

We are fully aware of the fact that many scientific men have, and do at present, laugh at the idea of investing the child with powers and with virtues which the parents do not possess themselves, have considered it as commendable but foolish, to think that the mother, by having works of art, painting of beauty, in her room and looking upon this picture often, desiring the being about to be born should be like it, could give birth to a beautiful child through this desire and the impression so made.

when we breed the animal we carefully remove everything that irritates it. We give it only those foods for which it shows a preference, and we do everything else in our power to make it comfortable, prevent it from becoming irritable, shocked or surprised. And this simply because it is valuable in dollars and cents, because we want to produce superior stock.

But how is it in the human kingdom? Do we give any thought whatever to the time of conception, do we watch the season, do we watch the day when it would be best for the coming child to be conceived? Do we see that the mother is prepared, that she is ready and willing, whether she *desires* to begin the ordeal? When she has conceived, will she be careful to avoid those things which might irritate or shock her, will she seek for harmony and for entertainments that elevate her? Will she study books that, instead of exciting and making her morbid, will calm and cause her to look upon the beautiful in life? Will she be careful in the selection of her diet, avoiding those foods which experience has taught her are not good for her though the taste may be all that is desired? Is all this done as we would do it in the animal kingdom, or do we go about the whole matter in a way which clearly proves we are as ignorant on the subject as were our forefathers and that we still trust Nature to turn out a god where we have given the inception and incentive for the creation of a fool or an idiot.

Men and women have not even partially awakened to the great power they possess, have not become conscious of their great responsibility, duty and possibilities in the creative world. They have been taught to think only of themselves, their own salvation, they do not know that they are responsible not only for their own health and strength, their own salvation, *but that they are actually responsible for their children, their children's children and their great-grandchildren.*

Let us face this question squarely as honest men and women should. Let us take a concrete example of Heredity for instance, and follow the case from beginning to the fourth generation.

And what of the woman, the first one to give birth to this brood of degenerates, these undesirables? Though she was the beginning of it she is the least to blame, *because she was born wrong, she was ignorant, she did not receive the training and education which was hers by right of being born, and through which she might have been strengthened, and so enlightened as to either not give birth to children, or in the case of children, have the knowledge of developing and training them as they should have been.*

Though the foregoing is an awful picture it is but one of countless numbers of like cases. Though we practically free this woman from blame because of her weakness and ignorance, we cannot free the modern woman from blame because to her is given the opportunity to know the Law, that Law which will make her free. Let us consider the modern woman, the bright side of the question of generation in an enlightened state.

We take a woman from the ordinary ranks of life. We teach her all the duties which she owes to herself as a woman. She thinks right, reads good books, learns the proper value of foods and obeys dietary laws, she takes exercises such as every normal woman should, she is, in face, the true, up-to-date woman, though possibly lowly in birth and poor in this world's goods.

Conception takes place, she understands the law let us say, as well as we understand the breeding of high class collies, she reads only such books she knows will have a good influence on the mind of both herself and the coming child, be it boy or girl. She allows no obscene or shocking pictures in the house and is especially careful of those in her own room. She associates only with cultured people who use refined language, she sees plays that are refining and constructive, continues her cold baths in the morning, internal baths when necessary, takes walks, normal amount of exercise, deep breathing drills, does her work and keeps fully occupied, avoids everything which might cause nervous shock or the onset of a hysterical condition. Above all, she

The true life is as easily lived as the destructive. It is merely a question of making a change, moving from an old worn-out, leaky house to one that is modern and up-to-date. It is a question merely of accepting the right and following it. It means no self denial, but the doing of the right thing in the right place and at the right time, forbids no innocent pleasure, no harmless recreation, no good food, no enjoyment that brings happiness.

Man has come to consider himself lord of creation, but how consistent is he, and how the Lord of creation must smile at man's arrogance, though it is the cause of His sorrow.

The farmer who understands his work, when the time of seeding comes, will carefully prepare the soil, he will plow the fields, will fertilize them, may even analyze the soil to learn whether it be in condition for a good crop.

When he is ready to sow his seed, let us say it is wheat, he will patronize a dealer in whom he has every confidence and select only the very choicest seed that has been tested for germination. When he has obtained it he will then watch the proper time for sowing. If a careful and experienced man, not any time will do, he will choose a day when he believes the possibilities of its germination will have the greatest chance. After the seed is sown every care is given it assuring an increase equalling his expectations. And all for what. Simply that he may gather a crop that will insure food to consume or to convert it into money usable for other necessities of life.

But what of that greatest of all crops—the human family? How many make any effort to prepare the ground thoroughly, who will select the seed (live a life such as will justify the thought that the seed is strong, healthy and vital). Will he watch the time of sowing, will he watch the seed after it begins to germinate and will he take care of it while it is growing? Will he continue to watch it and care for it up to the time of reaping?

Not at all, these are things of too little importance to him. Nature can take care of it for all he cares, besides, is it not Na-

vanced stages of syphilis, cancer, tuberculosis and various filthy blood diseases, the base of which, often the direct cause of depravity of nature, is found in the life and birth of the individual.

No place in nature is man as neglectful as in that of the birth and rearing of children, for in this one department of creation he is not only ignorant but he wilfully avoids the subject as though it did not in the least concern him.

CHILDREN AS IMITATORS

What it teaches men.

It has often been stated, and with good reason, that men generally are like sheep: "Where one leads the others will follow." It may be said with equal truth: Instead of being creative or initiative, men are imitative. This inborn practice of being imitative rather than initiative or original, is even more pronounced in children than it is in the adult.

Practically the whole life of the child, whether boy or girl, is given up to the attempt of mimicing those by whom it is surrounded, and because of this it is of paramount importance that the child, while in the habit forming age, should be as free as possible from associates whose thoughts, speech and habits are undesirable and destructive.

Probably the first thing in life it takes any great interest in is seeing its mother, father, brothers and sisters walking about it and as it watches them move from place to place, there is without doubt aroused within it a desire to do likewise.

As soon as it is old enough to give an indication of this desire it shows an inclination to reach the floor and if this be allowed it will not be long before it will attempt and soon learn to creep. In this it shows initiative for the first time in its life as it does that which it has not seen any others do.

Once having become proficient in creeping, the next act on its part is an attempt to get on its feet by holding on to some object and this accomplished it will not be long before it will make every effort to reach another object, not by creeping to it, but by walking just as it sees others about it walk from one place to another in the little world it lives.

It is now freely granted by many of the world's greatest investigators that the food we eat has more to do with our state of health, strength, happiness and success in life than any other one thing. Moreover, it is also admitted that habits of eating, fondness for certain foods, are developed while we are young.

And old adage is: "Tell me what you eat and I will tell you what you are," proves conclusively that men generally believe, though possibly unconsciously, that the food we eat has a powerful influence on our health, our capabilities, our honesty and our morality. Therefore, it is essential that the child should be started with the proper food and only such, until firm habits of following correct diet is established.

How frequently do we hear that no one can "make anything as good as mother used to make!" This is another proof that during the entire life we are more or less strongly held to the habit of eating only those foods which we had during childhood and youth and that even these must be prepared as mother prepared them if they are to meet with our approval.

Some of the most destructive habits of which man is guilty are caused by, or the result of, certain foods. It has been authoritatively stated that the leaders of the Salvation Army in England, by establishing and maintaining hospitals for habitual drunkards and the vast experience gained thereby, finally came to the conclusion that drunkenness, in the majority of cases, is caused by a meat diet, and can readily be cured if a correctly balanced non-meat diet is substituted.

Why is this true? Because meat is a passion producing, stimulating food, and as such calls for a counter stimulant. This is found in all intoxicating liquids. If we care to test this statement, all required of us is to offer a drink of beer, whiskey or wine to diners when a meal composed of ripe, luscious fruit is served. No one but the most pronounced indulger would accept the strong drink.

On the contrary, offer beer, liquor or rich wine to diners when the meal is composed of rich and rare meats, highly sea-

to any western country, among refined people, they will refuse to partake of meats, drugs or strong drink, and this even if they live for years among those who indulge in these things.

They were born, taught and reared in an atmosphere free from these things and it is therefore inborn with them to live as nature intended man should, and the habits of others does not make any impression upon them or change them in the least.

If we of the western world would serve only such foods as are required by the body to keep it in health, strength, vitality and virility we ourselves would be free from weakness and degrading habits and we would make for a normal life and freedom from sickness, weakness, and degradation in our children, and they would be as free, and remain as free from them as we find those people who live as God had intended they should. For this reason it is of vast importance that those anxious for a Superior Race of men shall make the conditions, through teaching and example, such as will make this possible.

The next step in the life of the child is the speech. In unnumbered families there is no regard whatever for purity of speech and we believe this is prolific cause of immorality and perversion.

Few people seem to realize the power of the spoken word, that words often carry suggestions which have lead to the downfall of countless boys and girls.

They do not realize that the child has no means of weighing words and learning whether they are good, indifferent or bad, all it knows is that the words are used, that its mother, father, brother or sister use them and that *because these loved ones use them they must be right.*

Hearing words time and again, gradually beginning to use them, they become a fixed habit, part of the child, and will be used until the child begins to think for itself and then commences to trace the action following the spoken word.

To many people the spoken word is only a word, they do not give serious consideration to the subject, do not realize that

understand. This will lead to doubt in his mind, awakening the imagination as to what it may be, dwelling on the words and sentences, giving them meaning they do not possess, and at first opportunity questioning those young as himself. In this manner the minds of unnumbered children are poisoned at a very early age.

Questions concerning sex should *never* be discussed before children until parents are ready and fully prepared to answer any question the child may ask. To do so, to have the child inquire and be refused plain, unhesitating answers, is to start doubting, suspicion and disbelief when explanations are actually given.

The rule should be: Use only words which you will not be ashamed, but be proud to have your son or daughter repeat in the presence of people whose opinion you hold dear. If you do this, you will never have cause for regret.

Next to consider are the acts of parents and all those associating with the child during its imitative or habit forming age, and it is the imitation of these acts which will have great bearing on its future life.

As in speech, the child naturally reasons that that which is done by those he loves must be right and he will endeavor to imitate them as nearly as possible.

It behooves parents to be extremely careful in all their acts, all their little mannerism, to do nothing they would not have the child copy, moreover, it is equally important they do not allow playmates who have undesirable habits.

When parents constantly do that which they have no wish the child should copy, it is worse than useless for them to explain to the child the undesirability of imitating them, the child will not reason according to the explanations given, but from the fact that loved ones *did certain things and if it was right for them to do it, then it must be right for him to do likewise.*

TWO DANGEROUS PERIODS OF LIFE

Puberty--Menopause

While it is logical to claim that the most important period in the life of the individual is that between conception and birth as it is nearly always during that stage that everything which goes to the making of the future man or woman, physically, mentally and spiritually, is being shaped, nevertheless, the most dangerous periods of a woman's life are puberty and menopause, both changes of life but in a different sense.

Puberty is that period of the girl's life when her creative organs are becoming so developed that they serve in the creation of a new being. It would be unwise for the average girl to become a mother so early in life, because the present day girl changes into womanhood frequently between the age of ten to fourteen years, and her physical condition is not what it will be when she is eighteen or twenty years old; because there is physical growth for from four to six years after the change has taken place. The creative organs being developed, we must take into consideration the possibility of conception, since the girl's desires are those of a full grown woman, even though she is not yet actually fitted to assume womanly duties. On this account the period of puberty is the most dangerous time, when every care should be exercised that no misstep is made which may result in a ruined life.

The protection should have had its beginning long ere this, since now is the time of watchfulness and not of instruction. Every mother in the land should realize this, should be taught fully everything that concerns her creative organs. Not only must the mother know all that concerns herself as a woman, her

has not been informed of the girl, innocent and full of life who, playing with male companions, finds herself in a condition unforeseen and unprepared and who seeks for a cloth and cold water with which to free herself. In our experience we have met with many such cases where the child, for such she is having had no instructions, feeling that something serious has happened, seeks some hiding place, cold water and cloth and attempts to stem the tide, she often succeeds in doing so but at the expense of causing a congestion that may last for many months. When the menses again showed, they were irregular and abnormal. Of this the mother was never informed and learned only of it when the girl showed well developed signs of anemia or chlorosis, and was horrified that such a thing should have occurred.

Does this speak well for our twentieth century enlightenment and our boast of being well informed on all important subjects? Is it an honor for us to be forced to admit that more than nine-tenths of our girls grow up and reach the age of puberty without any knowledge of what they are to expect? Is it an honor to motherhood that these girls, in their ignorance, should attempt to hide, often with serious results, what every girl should look forward to and consider a normal part of her development? Future generations will judge us accordingly.

If after the child has made the mistake she learned the truth, the usual serious results might be avoided, but this she seldom does, consequently, in many cases there will be lifelong misery and suffering, because the system does not again become normal.

The tendency in the past to forego mentioning this most important subject the training of the girl in that knowledge which concerns her future welfare, has become so strongly inbred in the race, that we have come to be ashamed of mentioning the creative organs and their functions. This has become a race belief and women generally take it for granted that sex and sex life is simply a necessary evil under which they must bow the head and must be avoided as much as possible.

We find it no impropriety to discuss the subject of the mat-

nature asserts itself. The girl becomes conscious of desires within herself which she had not before known. She does not as yet know what it is to love and may not for many years; but she is conscious of a desire to be possessed, has a knowledge intuitively that there is something which would give her peace and a feeling of satisfaction. This is intensified when in the presence of a male companion of whom she thinks much. This is the dangerous period of her life; and, unless she is fully instructed along sex lines, she is liable to commit serious errors.

For instance, if she is in company with a man or grown boy she likes, who is not thoroughly honorable, she may be easily aroused, so that her desire becomes pronounced, and she may then easily become a victim. When this happens society discards her, condemns her, when in truth she does not know why, having been unconscious of having committed any wrong.

On the other hand, if she associates with men, dances and plays games with them and if she does all these innocent little things natural to the normal girl, this same nature may be aroused and an irritation may result, possibly causing her to seek solitude and relief, ending in a fixed habit or solitary vice.

Besides being taught sexology and that which she must expect, she must also be fully and clearly instructed as to the change of her inmost feelings and how to meet this through work, constant occupation, exercise, games, bathing, social intercourse, music, plays free from morbid or immoral suggestion and all other things which keep girls care free and occupied and healthfully tired when time for retiring arrives.

Another reason why so many of the women of the present day are nervous wrecks is due to the fact that under our present educational system practically all girls are in school or college, under intensive study at a time when the entire system is undergoing the great transition.

All physicians admit this passing from girlhood to womanhood requires all the strength of the girl that nervous complication be avoided. All the nerve force the girl has accumulated

must be kept regular, not through the use of nostrums, but by the use of the Internal Bath with pure castile soap or some good tonic. The food should be sustaining and nourishing; spices, condiments, rich pastries and red meats avoided. Nerve building foods should predominate, such as, cheese, milk, eggs, fish, fruits, pulse and vegetables.

There should be no discomfort or suffering during the time of the menstrual flow. If there is then it is a sure indication of abnormality. This may be due to congestion as a result of improper care being taken while the girl was undergoing the actual change. One of the organs having become weakened or abnormal (in which case the remedy is not easily found and time may be required). There may be a low state of vitality; in such cases bathing and proper foods will work wonders; but hard work and severe study should be avoided during the rebuilding. The cause may be rich foods such as, fats, chocolates, pies, candies etc. because these upset the liver and congest the system.

We have used the words "change of Life" in connection with transition from girlhood to womanhood, though, correctly speaking, the change of life refers to the time when woman passes from her virile state during which creation is possible, back to the early state.

The time of woman's fruitful years are varied. In some cases it may be from twelve to thirty-five or even to fifty. Generally speaking it is found that women who have not borne children change at a much earlier age than those who have. However, this is very far from a law, because just the contrary may be true.

A woman whose mother experienced the change at the age of thirty-five it is liable to occur with her at about the same age; while the woman whose mother changed at fifty may look for it at a similar age.

A belief prevalent which has caused them more misery than any other is that a woman *ceases to enjoy the embrace of her husband, and that she no "longer is of any use to him" after the*

and misery attending it is caused, *not* by the change, but by lack of preparation and because the system is entirely unprepared.

Just as the ovaries and uterus take on new life in the girl turning to womanhood so at the time of Menopause marked changes take place in these organs in returning to their former state. There is atrophy of the ovaries, but not necessarily of the uterus; because women of fifty-five and sixty have been found with the uterus in as perfect and pliable condition as during their most virile period. In such cases women looked much younger, were full of fire, eyes clear and bright, cheeks and lips full of color. *All women can be thus if they will learn the law and obey it.* This law is to look for no change in the affections and to look forward to an even greater fulfillment of life, by giving a little extra care and attention to the entire system, keeping the whole being alive by recreation, the mind fully awake and active and the body virile through exercise. They should attend good plays, associate with wide awake, cheerful women, never mention the change that is taking place, refuse to look upon the morbid side of life and eat those foods which will keep up vital forces and build up the nerve system.

As with the girl entering womanhood who should be forbidden intensive study or hard work at that period, so should the woman who enters Menopause be forbidden to be as active as she had been previously, the system requiring an extra supply of nerve energy at this time. If this is not supplied the result may be invalidism throughout her lifetime. The woman at this period is like a ship at sea during a storm and carrying a heavy load. If she is to hold to her course and reach port safely, speed must be reduced and motive power, or energy, increased.

After the change has taken place, the woman no longer requires the extra amount of strength and vitality necessary while undergoing the critical stage. She will not need the amount of vitality she formerly required to make up for the losses sustained every month during her menstrual period. The result is that

the dangers it is usually subject to. One fact cannot be too strongly impressed upon women, and that is, if they have been suffering from weaknesses, such as are usually classed as "female weaknesses," leucorrhea, lacerated cervix or other ailments, they must expect to suffer during the change and they must not be lead to believe it will relieve them from such ailments. The time to treat these conditions is when they are felt. This will prepare woman; because if not cured before it is but natural the trouble should continue. In fact, the change will intensify the previous condition, and will afterwards result in a state of chronic illness, hysterical, nervous and irrational spells, making life miserable for themselves and others.

The proper and natural way for all this to take place is for it to begin gradually. One month the menses will be regular while the next they may not make their appearance. One should not be alarmed at this, since it is Nature's method of freeing the system from a work which is no longer necessary. This condition may continue for a year or more. At times the menses may show every month, then again they may not appear for several months. There may be flushes, feeling of exhaustion, nerves in a tremble. These are but symptoms and need not cause fear unless they become aggravated, in which case consultation with a good physician should be sought. If the flow becomes excessive, if there is great exhaustion, there is cause for alarm; these symptoms clearly indicating that the system is not strong enough to take care of the work to be done and is calling for relief which should be rendered immediately. This may be in the form of vitalizing food, some form of bath to stop the excessive flow, rest for the time being, plenty of fresh air and all those relieving agents which will help the body reestablish a normal condition.

At this time it is possible to become subject to tuberculosis or other disease of like nature because the system is filled with

MARRIAGE

The Wedding Night

"He who begins with his wife with rape is lost."—Arabian.

This is exactly what the great majority of men do on their wedding night, and on account of this not more than eight per cent of marriages are a success, we are informed on good authority.

We contend it is an *absolute* Law, and we have so taught it for more than seventy-five years, that the woman is the owner of her own body and sex rights, that no man can justly attempt to force her to sacrifice this under any circumstances. The only way he can obtain the consent to that nature is not through force but by love-conquest. Unless this may be accomplished through love caresses he has no right to take the privilege. Should he attempt to take possession or possess himself of that which is not lovingly granted by her, he sinks lower than the beasts of the field; and should the result of such piracy be a child, it must be expected that it will show criminal or debasing tendencies. On the other hand, it is equally true, though an unwritten law, that no woman should give assent to marriage with any man, unless she includes the understood promise of complying with the marriage Rite, at certain times favorable to herself, if won from her through love.

The only law which God recognizes as being a valid one and under which the sexual embrace may be enjoyed, either for the purpose of generation or Re-generation, is *love*. If the woman cannot hold a feeling of love towards the man requesting the favor, for favor it is and *not* a right, she must not grant the request. And if she does favor when she is not inclined to do it

known to us, a case which we have carefully watched for many years. The young man in question looked upon women as the queens of heaven. He did not think that a woman would sell herself or her body. He understood something of the sex laws, fell in love with a young lady of nearly his own age and married her. That he loved her truly and tenderly there can be no question in our mind. That she loved him he had every reason to believe. His ideals concerning women, love, marriage and children were extremely high; and he would not have thought of marrying her unless he fully believed in her love for him.

They were married. They entered the marriage chamber. Like all others of his kind, and naturally so, he requested, sued and coaxed for the privilege of the marriage rite. The lady refused, and, turning a cold shoulder to him, told him that had she married another young man whom she mentioned and who had shown her favors, he would have loved her without making any such request.

Picture the effect of such a statement upon him? It chilled him to the very center of life, and the love he formerly had for her who now was his wife, suffered a shock from which it took a long time to recover. Ever after, the memory of the incident remained to loom up ghost-like when he would think of again making such a request.

This experience is merely an example of many others of similar character with slight modifications which takes place nightly throughout the world. In the main it is the result of false instructions girls receive from their mothers. These mothers are of a cold nature, have been begotten by mothers of a cold and embittered nature, and teach their daughters that there can be love between man and wife, true lasting love not based on sex desire. This is the most dangerous teaching that can be given to a young woman. It is as dangerous and destructive to her happiness as is the teaching to a young man that he is master of his own household, even of the privileges his wife alone can grant.

The girl before marriage should be fully instructed as to

he may have the privilege but should not demand, such as, the marriage rite. He must be shown that if he expects to retain her love he must at all times respect her modesty. He should not attempt to see her unless she clearly indicates her desire. He should never insist upon the sexual embrace, especially on the wedding night, but should win same by coaxing, caresses and loving attentions. He should be made to understand that a woman may refuse his requests many times even though she may desire the embrace, but by continuing his caresses he can win her consent. However, he must use his reason in grasping a situation where she may have cause for non-compliance, in which case he must cease his attentions for the time being.

Understanding that in the beginning of marriage there may be more suffering than pleasure for her and that she will bear pain merely because of the love she has for him. On this account it is here where he must exercise the greatest care, since brute force will forever cause her to have nothing but loathing for him while gentleness will win her respect and bring him great love. He should be taught that the woman of his bosom is like all other women in most respects. There is one thing which all normal women desire and respect, and that is, admiration. There is no woman living who does not think that the man who professes to love her should also admire her form. If he cannot admire her form he is not normal and will regret this shortcoming, because sooner or later some one else may do what he neglects to do.

Man must appreciate the fact that though the woman he marries knows little or nothing concerning the rights and privileges belonging to her or to him, one thing she does know, and that is the art of love. This is born in her. Intuitively she knows love, feels love and understands love. With her it is the base of all. If she is given love she will return by giving everything, grant every privilege desired, and sacrifice herself and her honor. She is love personified although often degraded; while he thinks of self, of achievement, of his business and the thous-

and mental unbalancing. If there is a time in the life of a man when he desires peace and contentment it is during the love embrace; because it is during this period that the mind should be wholly free from all external and destructive thoughts and should be centered on some great desire in *addition* to the desire for love satisfaction. The woman who attempts to scold, or find fault during this sacred time is as sure to lose the love of her husband as that night follows day.

We have no sympathy for the man who thinks he has a right to demand obedience from his wife regarding sexual matters, or who does not approach his wife with love but demands brute satisfaction. Such a man does not constitute a man and does not deserve the love of any woman.

Without passion there can be no true love between the sexes, because passion is the base of love and love is the result of true passion. Granting this we emphatically state that this is no excuse for over indulgence of the passional nature. Love may be manifested without the embrace; and because a man caresses his wife daily is no plea that he should be allowed indulgence in the marriage rite every day. There is a time for all things. While there may be love and caresses whenever opportunity arises, the practice of the Rite should not become too frequent so as to bring weakness or injury to either man or woman. And above all the Rite should never be undertaken while there is any ill feeling or misunderstanding between the two, since it would result in poisoning both and engendering hate for each other. The practice of the Rite should be only as frequently as a feeling of bouyancy, hope and love toward all created things result. If there is a feeling that one would rather sleep than think of anything else, it is an indication of over indulgence, because he who loves the woman will be as desirous of embracing her afterwards as before.

One of the first things that the newly married pair should learn is to control the passion if they desire their marriage to be a success. This has as much reference to her as to him. The

instructions along these lines is apt to fall into error and make out of the marriage rite a habit that becomes destructive instead of constructive. They must realize that marriage does not give them the right or privilege of indulging to their full satisfaction or satiation. No one has a right to this abuse and the marriage ceremony does not grant it. They should also understand that to undertake the marriage rite for pleasure or satisfaction only is to stamp their act as prostitution, because they are prostituting their creative energy for purposes never sanctioned by their Creator. While it is permitted to derive pleasure from the rite, there should be a *deeper and more holy object in view*. This may be for generation with love only as the base, or for regeneration.

It is a law in the creative realm that the more often the desire of the male is gratified the oftener will be his desire for gratification. For this reason it is highly important for the young couple to bear this in mind and never to break this law. There should be a covenant between them that they should resort to the embrace but so often and that there should be purely love embraces the rest of the time. If this is practiced their self denial will be amply rewarded.

In the process of regeneration there is no actual waste of vital force even though the act is completed. If embrace is had for any other reason than generation, there should be a full understanding between them to concentrate on some holy or lofty ideal. They should harmonize as nearly as possible, and the crisis of both should take place at one time. The thought and the desire should be intensely held at the moment and it is well to draw up the breath at this time and to hold it during the crisis. If this is faithfully done the vital force in the semen will be absorbed by the intense passion of the female generative organs and will electrify just as the electric current charges the bar of steel that has been prepared for a magnet, while by the man the thought and the breath will absorb the magnetic force in the lochia which the glands of the vagina release throughout the en-

undesirable it is in the case of those who dislike each other or even hate each other. In this respect women most frequently break the law. Who has not observed women kiss each other when known to be enemies? Such is the famous Biblical kiss of Judas.

One cause for the cooling of what was once intense love to mutual affection may be traced to the general practice of both sharing the same bed. The married should sleep in separate beds, and, if possible to arrange, in separate rooms, so that modesty and privacy may be respected. The freedom displayed in dressing and undressing is undesirable and destructive to the highest mutual love and respect.

Those who live the married life thus far indicated will not be prudes, will not see anything in sex to be ashamed of and will not think it wrong to teach these laws. To them all that pertains to it will be beautiful, holy, divine and a special blessing and privilege which a good God grants His children. But those who think of this for the gratification of sense and appetite only, who over-indulge and who never know a perfect union, those who condemn sex and those who teach the laws pertaining thereto, having prostituted, debased and debauched the generative power and so becoming abnormal, cannot see anything beautiful or divine in God's greatest creation.

Those living the marital life should not become careless as to dress and appearance. Both should strive to please each other in this respect, after as before the wedding ceremony. Too often the woman becomes careless after the wedding day and this change reacts upon the husband by cooling his intensity of love for her. She becomes a different woman in his imagination. These are small things but in the long run make up the sum total of life. What proved to be the early fascination should and must continue to be the attracting power.

On his part, too, appearance and neatness and address play equally an important part. To her he was a man in every respect. He must continue to be so. Possibly these things are

her existence. On the other hand, a man may forgive his wife for granting a love embrace and kiss to another man but he will never forgive her if he actually knew that she held sexual embrace with him, because the base of his being and of his deepest love is founded in passion which he considers sacred and holy unto himself alone.

Let the young man be taught another great truth which he should never forget under penalty of forever losing the respect of the woman who may have loved him, that he must never, in her presence, or in any place where she is liable to be informed of it, make any coarse, common or slighting comment on the sex or any part of woman. If she is a true-hearted woman, and we are considering such only, she expects, and rightly so, that he will be a gentleman and consider every part of her being as beautiful and desirable. If he ever attempts to make any slighting allusion, no matter from what motive, to her creative organs or powers, or to any other part of her body, especially her breasts, she will surely be so sorely wounded that it is a question whether she will ever be able to think well of him again. He must never show disrespect for what belongs to sex.

A little woman who came to us for treatment for extreme nervousness will illustrate this. We knew well both the young man and woman before they were married. She was a jolly little girl, a good companion, carefree and lovable. He was more serious than she and apparently understood little of the small weaknesses which make women lovable. They were married, and apparently happy. After the birth of a child she lost some of her plumpness through nursing the baby. On a certain occasion, before the embrace, he made the error of remarking to her that he did not like the appearance of certain parts of her body as well as before the child came. This cut her to the heart, making her brood. She tried every means to increase the size of her breasts but to no avail. The continued brooding resulted in a nervous break which lasted years. After trying different methods, and be it said to his honor he loved her well enough to

THE BUREAU OF HUMAN WELFARE

The need for a *Bureau of Human Welfare* is readily recognized when we fully comprehend that in America alone several hundred thousand children below the age of three (3) years die yearly, who might be saved through the means we are constantly advocating.

In America alone hundreds of thousands of children are born annually who are physically, mentally and morally weak, many of whom are actually idiotic. In most cases the cause is to be found in the ignorance of the parents. If these parents had been taught the true laws governing sex and procreation, it would have been impossible for them, except in rare cases, to have given birth to weaklings and degenerates.

Yearly more than five hundred thousand girls as innocent as your daughter, Sir, become prostitutes and enter the house of shame, never to leave it until death kindly steps in. We maintain this condition could be eliminated through the proper instruction of men and women, boys and girls.

More than one million men, women and children die each year in America from the preventable disease known as Tuberculosis. There are several reasons for this fearful disease: 1st. An incorrect diet. 2nd. Children cursed before birth because parents are ignorant of the laws of sex, of diet and all other laws governing health.

Because of the above reason as well as many others, the Bureau of Human Welfare is a greater necessity at the present time than it has ever been before. The conditions mentioned are worse today than they were during the war, because then the

duction of cost. This applied to the nation results in the saving of millions.

The *Bureau of Human Welfare* will establish Centers, conducted by competent men and women, who are at the command of all in need of assistance and instructions. Both teachers and lecturers are provided to carry on the work in any town or city.

Men and women, young and old, rich or poor, educated or ignorant, black or white, no matter in what state or condition, may appeal to us on any of these subjects and receive instructions, advice and assistance. All such appeals are treated as sacredly confidential and attended to in detail.

There never was a time when the information and instructions that the *Bureau of Human Welfare* can give was more needed than the present. Mothers may write for instructions in matters of sex; for information that will benefit her children, or the coming child. She may consult us about herself, her relations with her husband, her family, and society. The *Bureau of Human Welfare* will teach the expectant mother what to do for herself, how to bring forth a normal, healthy child, how to pass through the ordeal of childbirth. She may place her problems before the Bureau and receive the instruction she desires.

Fathers may bring their own, or the perplexities of their families to the Bureau and be sure of finding a solution. Young men and women, ignorant of the demands of their nature, may write for help and information.

A BASIS WHEREON TO BUILD

The *Bureau of Human Welfare* contends that the Social Laws as taught by Moses have a firm foundation in absolute truth and if men would come to an understanding of these laws, and obey them, much of the sin, sickness, misery, degradation now prevalent would become a thing of the past. Something to be ashamed of, the mere fact that these undesirable conditions exist being a tacit admission of gross ignorance.

Knowledge of the laws governing life and procreation would

help or who may be interested in the work being done by the Bureau, will be enrolled as working members. They will receive, from time to time, literature as published, which could not be had for ten times the amount if bought in the form of books, magazines etc.

Beneficial Members: All who enroll and remit \$1.00 per year will receive the magazine "Reconstruction" and other literature of like nature when published. Beneficial members are allowed to apply to the Bureau for individual instructions for themselves or others of the family, on Dietetics in the elimination of disease, Social and Sexual Hygiene, Higher Race Development etc. without extra charge.

Associate Members: All who enroll and remit a fee of \$10.00 will be given text books, complete course of instructions as issued, training to enable them to teach under the Bureau, and all the privileges granted Beneficial Members.

THE NEED OF TEACHERS

It is estimated that in the United States more than 35,000,000 people have discarded drug medication. Of these 35,000,000 no less than 10,000,000 believe in a rational system of Dietetics for the elimination of disease.

The average Dietetic Specialist charges from \$25.00 to \$100.00 or even more, for instructions.

The Bureau and its teachers will do for the members exactly what the Dietetic Specialist does for his patient and there is no charge except the membership fee.

NON-SECTARIAN

The Bureau is non-sectarian. It never questions an applicant concerning his church affiliation. It is immaterial whether he be Hebrew, Catholic or Protestant, all are equally welcome. We consider the work is for humanity and cannot recognize creed or color.

LOYALTY

The Bureau contends that all men should be loyal to the country, should believe in religion and affiliate with a church of their choice, that all should respect Law and Order.

and that the ailments and defective condition of the children in the majority of cases are due to the same cause.

DIETETICS

We maintain that if the American people were taught Dietetics—the selection and combination of foods for health and strength, rather than for taste, many of the weaknesses, ailments and diseases from which adults now suffer would become a thing of the past. Parents being strong and virile, their children would be healthy, strong and fully developed, provided they were born under wise and enlightened procreative laws. Being thus born and nurtured on wholesome food, correctly combined they would continue normal and free from the defects now damning millions of children.

The Book "Dietetics" was written several years ago. It has received the highest praise from educators of International fame and a few days ago an order was received for 98 copies of it to be used by students attending one of the best known colleges of the middle West

When the book was first issued, a copy was mailed to the Rev. Russell H. Conwell, Founder of Temple University, Philadelphia, and author of the famous lecture "Acres of Diamonds," which is said to have netted Temple University more than \$8,000,000.

After reading the book, the following letter was received by the author of it:

TEMPLE UNIVERSITY

PHILADELPHIA, PA.

Office of the President

November 22, 1917.

Dr. R. Swinburne Clymer has just written and published a book on dietetics which takes first rank either as a text book or as a volume for general reading. Its statements of fact are clear and its conclusions convincing. He proves that physically we are what we eat, and explains fully why it is so. Any one who reads the book will be glad to commend it.

RUSSELL H. CONWELL.

CONTENTS

INTRODUCTORY. After fifteen years of experience the author