

# **EUGENICS AND SEX HARMONY**

**The Sexes, Their Relations  
and Problems**

**Including  
Recent Fascinating Medical Discoveries,  
Prevention of Disease, and Special  
Advice for Common Disorders**

**By**

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**ILLUSTRATED**

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## FOREWORD

By

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For many years a veil of hypocrisy has surrounded everything associated with sex or eugenics and mere mention of such a word as 'venereal,' was sufficient to arouse consternation far and wide. We Americans still have with us many ideas inherited from our Pilgrim Fathers; particularly regarding all matters akin to sex and disease. These antiquated notions stick like leeches and in many localities greatly interfere with attempts at control of baneful maladies, or hinder other scientific progress.

Fortunately today, members of a rising generation are refusing to accept dogmas just because their forbears did so for centuries. The flowering youth wants to know and will insist on knowing—all censors or bans notwithstanding. Thus the clouds of ignorance and superstition are fading away before the radiant Sun of Knowledge and proving most helpful.

Sex is the very foundation of our being; yet, is the thing most folks know least about. Seems impossible, does it not? What price do we pay for this ignorance? I believe that would defy any computation. All we can say, therefore, is that it is enormous! These remarks apply not only to disease, but to a misunderstanding of our normal functions, which is also responsible for vast physical suffering.

Young girls or boys approaching adolescence when they become aware of some change in their normal anatomy, or body functions run to their parents in fright only to be met by some silly rebuff, to the effect that the condition cannot be discussed. This is not always a fault of the parents, for they are usually more ignorant than their offspring. Few there are who realize the extent of mental imbalance caused by this gulf between parents and children.

In dealing with sex problems and eugenics, we must first of all be honest. Human anatomy and physiology must be taken as the Creative Force so constructed and not as we would like to see. In this connection, I must tell you observation of many writers on sex topics reveals the fact they are writing for employers and moralists, not for the benefit of a suffering public. Many such gentry know full well what they say is not true, but find it necessary to misstate facts in order to hold their meal tickets.

In matters pertaining to eugenics and sex, we have been very much like the ostrich, but it is well nigh time we pulled our heads out of the sand. Currier Bell once said, "such annoyances as Society cannot cure, it usually forbids utterance on pain of its scorn; said scorn being only a tinselled cloak to its deformed weakness."

Among another group of facts we must not overlook, are first the sexual instinct is possessed by every human being, regardless of gender. There is great truth in Byron's statement, "Man's love is of man's life a thing apart; tis woman's whole existence." A very wise provision of Nature. Second, a well regulated sexual life is just as essential to the well-being of an individual as the other, but properly recognized physiological activities. In other

words, the sexual function is not an instrument of the Devil, designed to drag men and women down to Sin, but is a God-given physiological function of Man and all animal kind. If not so intended, why were we so endowed? Nature is no respecter of man-made laws, therefore its dictates will be obeyed. In the constant conflict between so-called civilization and the primitive, the latter always wins. I repeat, always. Sex has existed from the beginning of Time and will continue to the end; or else there would be no world.

It is highly essential everyone have a thorough concept of sex and eugenics. This can readily be obtained by following the teaching so clearly outlined by Doctor H. H. Rubin, in *Eugenics and Sex Harmony*. In this connection, I deny that sex knowledge tends to make young folks inquisitive; while on the other hand, hiding from them the real facts of life renders them morbidly curious.

Birth control is becoming of increasing interest to all communities and has really ceased to be regarded as a crime. It is an economic factor that can no longer be ignored. You must know about it.

A knowledge of every-day psychology and the psychology of sex are of great importance as they influence our daily lives. They impart to us a feeling of tolerance for our less fortunate brothers and sisters upon whom Nature has played queer pranks. Many whom we formerly regarded as criminals, we now know to be sick; they are really more to be pitied than censured.

Folks so frequently say they are not interested in eugenics. This is an unintentional falsehood, as every sane parent wants to be proud of its offspring. This volume will be found of encyclopedic scope on Eugenics and so many other subjects, it is impossible to comment on all in a foreword. *Eugenics and Sex Harmony* is written in a language easily understood and will be found a valuable guide book for every household. It should have appeared long ago.

WINFIELD SCOTT PUGH, M.D.

New York City.



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**EUGENICS**  
**AND**  
**SEX HARMONY**





## **PART I**

**The Human Body**

**Eugenics**

**The Secret of Sex**

**The Male Sex Organs**

**The Female Sex Organs**

**The Sacredness of the Generative Act**

**Circumcision**

**Phallic Worship**

**The Sexual Embrace**

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**How Often Should Sexual Union Be Indulged In**

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**The Mystery of Twins**

**Should Intercourse Be Discontinued During Pregnancy?**

**Can Conception Occur Without the Knowledge of the Woman?**

**Sex in Schools**

**A Plea for Lovers**



## PART I

### The Human Body

The human body consists of a vast aggregation of infinitesimally small cells, specialized for a definite purpose. In other words, certain cells go to make bone structure. Others form hair, nails, enamel of the teeth, mucous membrane, muscle, nerve, and the infinitely fine chemical material that comprises the secretion of various organs and glands.

All these billions of cells are developed from a single cell, developed in the act of coitus. The spermatozoa of the male meets the ripe ovum of the female, coalesces, or unites, with this cell, to form a single homogeneous nucleus, in which all the varied cells of the body ultimately have their origin.

### The Germ Plasm

This fertilized egg, known as the oosperm or germ-plasm—contains within itself all that ultimately develops—not only in the body and in the mind of the individual, but even in the character and reactions of this same individual.

Environment may modify these characteristics—as we have seen in the chapters dealing with eugenics and heredity. Yet a dominant note, which gives the individual his or her particular classification, is born with them.

All our moral and ethical teachings, all our character building, all our spiritual development, merely add to that which we have acquired at birth.

### Not All Inherited from Parents

Nor are these characteristics inherited from our *immediate* ancestors. As a matter of fact, we actually inherit far less from our *immediate* parents than we do from our *grandparents*. In other words, we resemble our grandparents—physically, men-

tally and morally—much more closely than we do our fathers and mothers.

And back beyond this grandparent heritage lies a vast inheritance, developed from the traits, habits and appearances of progenitors, extending back for scores of generations—any one of which characteristics is likely to crop up at any time. So that in the most staid and respectable families, a child may sometimes be born who may have all the immoral or utterly cruel characteristics of any one of his remote ancestors—who may have been a robber, a murderer, a pervert, or even a degenerate.

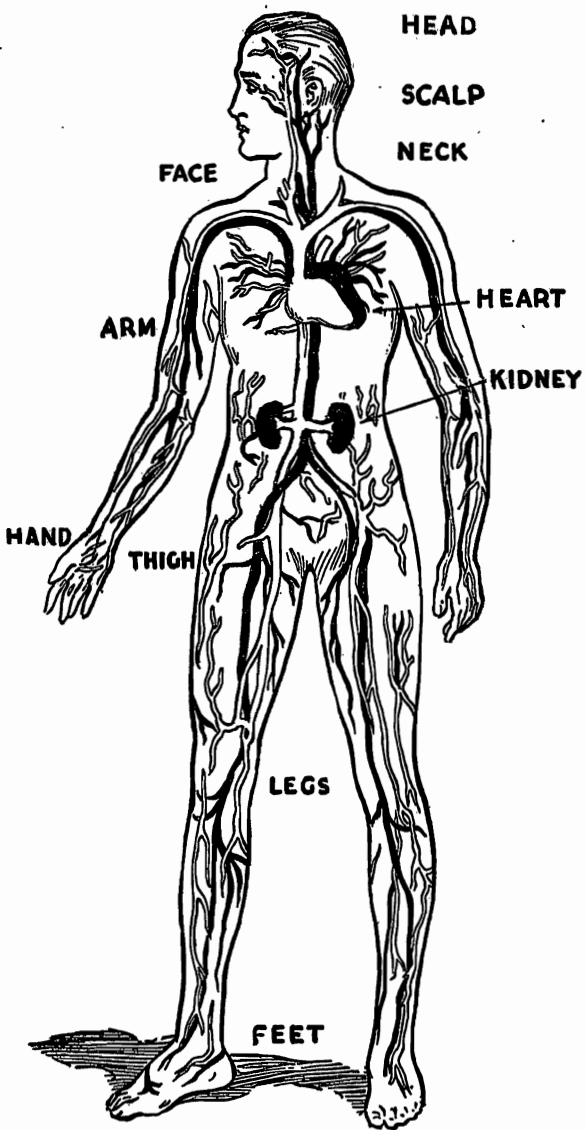
This applies of course to girls, as well as to boys. So that the question, asked hundreds of thousands of times, in hundreds of thousands of families—"Where in the name of God did this child get such a disposition?"—is answered by the fact that he or she got it directly by what is known as a "throw-back" from some ancestor, dead, perhaps, for hundreds of years.

From all this it will be seen that the physical body, while important, actually is no more important than the mind—or the hidden impulses that actuate it in its functioning, in its conduct, and in its relation to its fellows throughout life.

It behooves us, therefore, not only to perfect a "sound mind in a sound body," but also to develop our psychic forces and our moral fibre, so that we may live decently and with credit to the great Force that put us on this planet, for the purpose of working out our further development.

### Eugenics

Eugenics is that science which concerns itself mainly with the improvement of the human race. In a certain sense, the principles that underlie this science are followed by every right-minded man and woman. The science of Eugenics lies in heredity and its adaptation to the best possible development of the progeny. Unless one understands the principles of heredity, he cannot possibly understand human life and its manifestations. He cannot form any adequate conception as to his own natural endowments or their derivation, nor can he conceive of



**THE HUMAN BODY**

what particular endowments he is capable of transmitting to his children.

He is no more capable of selecting a mate, who is to be a fit mother to his children, than are the beasts of the field.

### Eugenics a Greatly Neglected Subject

There is not a human being on earth who rises above the moron in intelligence who does not believe that "blood will tell." He knows that you cannot breed Boston Bull terriers from the mating of mastiffs, nor can you breed gamecocks from dung-hill roosters.

Every stock raiser and poultry-fancier and breeder of animals in the world exercises the utmost care in the mating of their breeding animals. They know that if they are to develop the heaviest beeves, the best egg-laying hens, the finest specimens of setter, or the fleetest race-horses, they must mate the father and mother of these animals and fowls with this in mind.

Many of our greatest scientists consider heredity the most important single factor in our physical, mental, spiritual and moral makeup. This does not mean to imply that one may take the child born of parents of the highest type of mental and physical development and bring him up in an alley gutter, amid the most unsanitary surroundings, and fed with the poorest possible quality of food, and expect that this child will develop as it normally should. But such a child, born of parents of clean blood, and exceptional physical endowments, placed in the proper surroundings, nurtured with care, will undoubtedly "grow" to better advantage than would the child of parents of impure blood and generally inferior physical stock.

For what is true of the race-horse, the prize-winning dog, the fan-tailed goldfish or any other especially perfect specimen of its kind, is equally true of the human. One classical example of this is outlined by Dr. R. L. Dugdale, who throws an illuminating light on the necessity for carefully considering this question in his famous "The Jukeses, a Study in Crime, Pauperism and Heredity."

"The ancestor of this famous, or infamous family was born

of Dutch parentage in what was then the outskirts of New York, about 1730. He was a hunter and fisherman, a drunkard working intermittently, lived to an extreme age, and left an enormous progeny. Of these direct descendants, seven hundred nine have been traced. The family, while it has included a certain number of honest workers, has been on the whole a family of criminals, prostitutes, vagabonds, and paupers.

"Not twenty of the men were skilled workers, and of these, ten learned their trade in prison, while one hundred eighty received outdoor relief to an aggregate of eight hundred years. Of the seven hundred nine, there were seventy-six criminals. Of the females, more than half were abandoned women, 52.41 percent, while the normal average has been found to be 1.66 percent.

"The Jukes family cost the state of New York \$1,250,000, without considering the awful legacy of crime and criminals with which the state has to deal.

"By way of contrast, turn to the history of the Edwards families of New England. Data can be found in Boie's 'Science of Penology.' Jonathan Edwards was born in East Windsor, Conn., in 1703. 1394 of his descendants were identified in 1900, of whom 295 were college graduates; 13 were presidents of our greatest colleges; 65 professors of colleges; 60 were physicians, many of whom were eminent; 100 or more were missionaries, clergymen, and theological professors; 60 were prominent authors; 100 or more lawyers, of whom one was our most eminent professor in law; 80 held public office; one was vice-president of the United States; three were United States senators; several were governors, members of congress, mayors of cities and ministers to foreign courts and almost every department of social progress and of public weal has felt the impulse of this healthy and long-lived family. It is not known that any one of them has ever been convicted of a crime.

"This is a demonstration beyond cavil of the strength of heredity in perpetuating ancestral traits both virtuous and criminal."

### Blood Always Tells

These instances could be multiplied indefinitely. They etch their way through history. From family to clan; from clan to tribe; from tribe to a homogeneous people; from people to nation—all have their origin in this marvelous factor—blood plus environment. This is what makes the difference between a Chinaman and a Scandinavian, a Patagonian and a Central African pigmy, a German and an Esquimo.

From dogs to kings—from mice to elephants—blood always tells. People of fine, clean blood, living in hygienic surroundings, properly nourished, will rear fine, healthy, properly nourished children. People of degenerated or deteriorated blood, living in unwholesome, unsanitary surroundings, will produce scrub children, defective children, degenerated children. Or in many instances, thanks be to Nature, no children at all—as they may often be rendered sterile by their deterioration. What has been done for draught-horses, cattle, poultry, fruit and vegetables can be done for human beings, if we were only to follow the same principles of selection which the horse breeder, the cattle breeder and poultry fancier, horticulturist or scientific farmer pursues. This means preventing those who are physically and mentally unfit from bringing progeny into the world, and encouraging those who are of good stock to propagate their breed.

### Not Too Early and Not Too Close

One phase of this subject which has received general recognition is the fact that marriage at too youthful an age or too advanced an age is not likely to be attended with the best results, so far as children are concerned. It is even generally conceded that the extremely youthful mother runs a very grave danger in bringing a child into the world. For her contracted, undeveloped pelvis, and her immature body, greatly increase her chances of a serious parturition, or even death itself. It is also generally conceded that too close inter-breeding is likely to be accompanied by disastrous results, appearing in the form



of rickets, malformation, idiocy, and general malnutrition of the child—unless both parents should happen to be superlatively healthy, in which event even a brother and sister may have intercourse, and bring forth properly normal children.

Bloch, in speaking of this subject, says:

“Upon a certain degree of in-breeding, or, rather, upon an approximation to in-breeding, depends the formation of every race. The ‘racial problem’ in this sense is a kind of exaltation of the in-breeding principle, for the very idea of *race* implies a more or less close relation, between all the members of a definite stock. Thus the entire absence of fresh blood does not necessarily give rise to any degeneration; but it is certain that *long-continued, close, in-and-in breeding* on the part of near blood-relations in the same family results in a *progressive tendency* to degeneration, because, among those who unite in marriage, the same morbid tendencies are present, and accumulate in consequence of the in-breeding. Marriage between uncle and niece, or between aunt and nephew, and the unfortunately far too frequent marriages between first cousins, are, therefore, to be condemned.”

Those who are unfit for parenthood—the feeble-minded, insane, the epileptic, the syphilitic—should be prevented from producing children, if we are to raise the physical and mental standard of the race.

There are two methods by which this result may be readily accomplished, if only the principle could be adopted in a general way.

### State Laws Forbidding Marriage of the Unfit

The first of these is the requirement of a clean bill of health before the issuance of a marriage license. The second is the sterilization of the unfit.

Certain of our states have already passed laws prohibiting marriage in cases where it is obvious that the fruits of this union are foredoomed to deterioration. These states require a certificate from a regularly licensed physician from those contemplating marriage, attesting to their physical fitness for

parenthood, accompanied by laboratory reports proving that there is no active venereal, tubercular or other deteriorating or degenerative defect in either parent. Among the states in which a marriage license cannot be issued without a physician's certificate of physical purity is Wisconsin. Minnesota, Connecticut and Kansas prohibit the marriage of couples either of whom may be feeble-minded or epileptic. Maine, Delaware and Vermont forbid the marriage where one of the couple is a pauper. Michigan has a splendid law, making it a felony, punishable by heavy fine and imprisonment, for one to contract marriage while suffering with an active venereal disease.

### A Regrettable Lack of Uniformity

It is greatly to be regretted, however, that these splendid laws are not universal among our states. It is also to be deplored that the laws for the prevention of undesirable marriages have never been systematically enforced. For no provision is made which will prevent persons forbidden to marry in one state from going outside the jurisdiction of that state, and thereby evading the requirements of the laws of their own state.

In fact, there is a definite need that eugenic laws should be uniform throughout the United States—throughout the world, as a matter of fact—and that rigid enforcement of these laws should be effected. Perhaps, at the same time, it might be well to supplement these laws by others, making null and void all marriages of this nature already contracted.

This uniformity of enforcement would be one of the most constructive measures that could possibly be put into practice, in developing a better citizenry for this country, or for the world, in general. Every child who is born into the world has an inalienable right to be well born. He has a right to receive the best of care, housing, clothing and food. In fact, it is only a courtesy that every right-minded man and woman should offer to the little guest, brought into this world for a period, to at least provide him with adequate shelter, care and facilities for education.

Dr. Keys has given us some records concerning the chances

taken by a syphilitic husband, who employed no special precautions against infecting his wife, as being 12 to 1 during the first year for infection. The second year, the chances were 5 to 2 that the wife would be infected; the third year, 1 to 4, after which the chances were more or less negligible.

We could absolutely control venereal disease transmitted in marriage, by this universal demand for a "clean bill of health" from every applicant for a marriage license, this bill to be signed by a reputable physician, or a pathological laboratory with a reputation for probity to sustain.

Further, it should be made a felony for any individual whose condition was so reported, and who was found to be infected, to go outside the country and be married, in order to evade the letter of the law.

In those cases of non-venereal history, the "Five Year Rule" recently promulgated by Hoffmann might be adopted. "A syphilitic who has been efficiently treated by modern methods with mercury and salvarsan for a period of from two to three years, and who has remained free from all signs and symptoms of the disease for two years after all treatment was stopped, including negative blood and spinal fluid tests, may safely marry in five years from the beginning of his infection."

That this sentiment is gradually gaining ground is proved by the fact that intelligent parents now demand of their prospective son-in-law that this young man shall visit a physician of their choice and bring from him a report as to his physical fitness to contract marriage with their daughter.

### Prevent Conception in Syphilis and Degenerative Diseases

Nevertheless there are millions of people in this world who have no more knowledge of the subject of eugenics—and no more interest in the matter—than a hog has knowledge of or interest in algebra. All they know, or care to know, is the gratification of their own selfish desires.

And yet this is one of the most common and the most hopeless crimes against eugenics, as well as common decency. These millions of people are committing a heinous crime whenever

they bring a child into the world. For they are handicapping an innocent human being with a heritage that must blast him for life.

So, when a father or a mother—knowing himself or herself to be afflicted with syphilis, or epilepsy, or hereditary insanity, or any other of the transmissible disorders of physical or mental defectivism—brings a child into existence, he or she is committing a crime *infinitely worse than murder*.



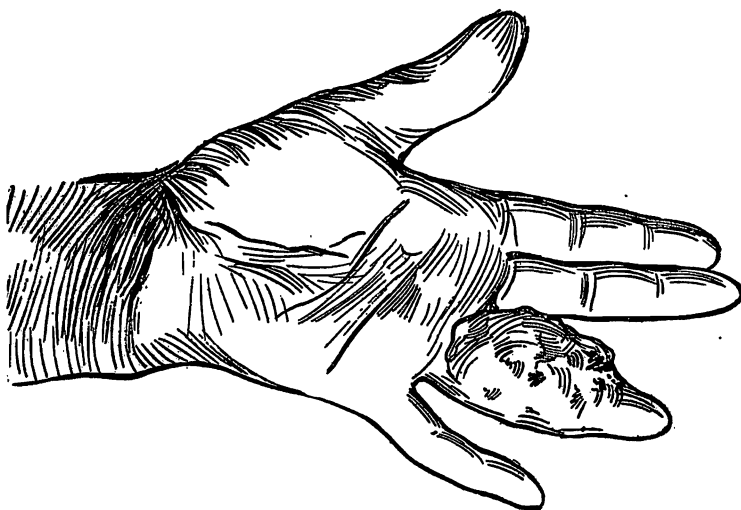
SYPHILITIC ERUPTION OF FACE

For, if they murder, they merely hasten the advent of someone—who may be thoroughly disheartened with this frightfully unjust plane of experience, anyhow—to another plane, where he or she may have an infinitely better opportunity to progress and develop spiritually.

But when a tainted moron calls an innocent out of the great unknown and saddles it with a relatively incurable, loathsome

disease, or with a mind that must forever anchor his soul to the sub-level of life, he is doing a *dastardly* thing. He is guilty of something that no amount of atonement can ever cancel. No after care—even assuming that there ever should be adequate after care attempted—can ever make up for this injustice.

It is true, if only we possessed the intelligence to cope with this matter, that all this evil could be readily prevented by the very simple process of sterilization—which subject we shall discuss in detail in another chapter.



SYPHILITIC INFECTION OF HAND

But we haven't arrived at this degree of intelligence as yet and perhaps we never shall. For the morons breed too fast to allow the general mental level to rise sufficiently to permit of this—or to sanction the practice of sterilization in any really constructive way.

### What Are Syphilitic and Epileptic Parents To Do?

However, assume that there may be a fair percentage of syphilitic, epileptic, tubercular and mental cases, who realize

their eugenic unworthiness as parents. And further assume that these men and women know nothing about the subject of birth control; or that they are ignorant of any practical and effective means of preventing conception.

What are these people to do? Are they to abstain for life from all sexual intercourse? Are they to resort to masturbation for sexual relief? Are they to become perverts, so that pregnancy may be avoided? Any and all of these expectations are futile. For, remember, the desire to perpetuate the species is second only to the desire for self-preservation itself.

### **The Desire for Intercourse Sometimes Even Stronger than Life Itself**

Indeed, in certain species, the procreative urge—or rather the insistent impulse to unite with the female—often overcomes even the instinct of self-preservation itself

For examples, consider the male spider—smaller and weaker than the female of its species. When this little insect slides around the edge of the web that houses his potential mate, he does so with what might well be considered a well-developed degree of fear and trembling.

And, like the shaking legs of that hot-headed hero, who was advancing into battle, he might regard his shaking legs and say—"Hah, thou tremblest! And well mightest thou tremble, if only thou knewest where I was taking thee!"

As a matter of fact, if the little spider is very nimble, he might, after he fertilizes the female, get away safely, with his hide intact. However, as a usual rule, especially if the female is very hungry—and she usually is—after the male has had his orgasm, she kills him and then drains every drop of blood from his body.

Similarly, with the praying mantis. This peculiar little insect derives its name from the fact that its characteristic attitude is to sit partially upright and hold its front legs as though in an attitude of prayer.

However, the intent is anything but prayerful. For woe



THE SINS OF THE PARENTS ARE VISITED UPON THE CHILDREN—  
SYPHILITIC FATHER AND BLIND SON

betide the little male mantis after he has completed his conjugal duties. He rarely escapes with his life.

### **The Male Bee Dies for Love**

The male bee, in a somewhat different manner, gives up his life when he fertilizes the queen bee. Read Maeterlinck's "Life of the Bee" for a remarkably poetic and interesting description of this nuptial flight, when, high in the blue, the male unites with the female.

However, after he has deposited his sperm, the queen tears herself loose from him, dragging from the male his generative organs, and most of his internal organs, as well. He then drifts down to earth—a dead bee.

Between deer, wolves and practically all wild animals, there most usually occurs a battle to the death for possession of the female.

From all of which it may be seen that among all the races of organic beings on earth, the desire of the male and female to unite in sexual embrace is insatiable and unconquerable. Even though the price paid for a brief period of ecstasy may be the life of one of the actual or potential participants, the price paid is probably none too high.

### **Human Beings Animals—Only Slightly Higher in the Scale of Evolution**

And so, why should we blame diseased men and women for indulging in sexual intercourse, when the blood is hot and the impulse is overpowering?

The potential offspring is very far away—a nebulous possibility, that probably does not occur to either of the participants at the time.

It is our fault—or, rather, the fault of those who keep the iniquitous and cruel laws against disseminating information respecting birth control on the statute books.

When these restrictions are removed, most diseased and tainted men and women will employ them. For human nature,



in the main, is essentially decent. Only relatively few are brutish enough deliberately to impregnate or conceive, knowing themselves to be the victim of a transmissible disease.

**Many Victims of a Transmissible Disease Might Make  
Excellent Husbands and Wives if Only They  
Understood the Technique of Preveception**

However, there is still another factor to be considered in connection with the transmissibility of diseased conditions. And this is that many men and women may suffer from syphilis, epilepsy, hemophilia (or the tendency to bleed abnormally from any cut wound), tuberculosis, or other disorders, who might make excellent husbands or wives, but the worst of all possible fathers or mothers.

Why should these people be penalized or forced to resort to prostitutes or gigolos for relief when all that is necessary for their happiness is a little knowledge of birth control?

These men and women may have the disease only in a mild form. They cannot infect each other. But their combined and unrestricted efforts could result in the birth of a child which might—so great is the influence of heredity—be a veritable monster of disease.

**The Secret of Sex**

Sex is perhaps the greatest force in the universe. It is the creative instinct, upon which is based the furthering of the race. Its power can be used for the highest good, or it can be manifested as a base and ignoble vice.

Organic beings are swayed by two impulses—self preservation, and the love instinct, employed chiefly for continuing of the species.

In the upper strata of society the struggle for food is no longer necessary, so that these fortunates have a surplus of energy and an increase in interest with which to occupy themselves.

Therefore, civilization, with all its great inventions and

labor saving devices, has brought about an intensification of the love impulse. It has also brought about a condition where the sexual life can become more artistic—or in other words, less barbaric than in the primal form—where it merely was the manifestation of an appetite—not nearly so important as slaughtering an animal for food.

The development of the brain—through evolution and civilization—has complicated the sex instinct, until very little of the brutal tactics of the “cave” man is left among normal men.

And now fear has become the boon companion of sex. And small wonder, when we think of the disasters that the power of the libido has brought upon man. For while sex has been



THE SECRET OF SEX

a source of greatest joy, yet perhaps the greatest of all sorrow and suffering have also come out of it. All around us lie the ruined lives of those who have been controlled by their sexual impulses, instead of harnessing this great force, and making it their servant.

### Use Sexual Impulse for Creative Work

Yet life should never be wholly centered upon sexuality. For the creative impulse can be utilized in other ways, and the stress directed into other channels. And while the suppression

of the libido may cause many neurotic disturbances, and many disruptions in our subconscious mind, properly controlled, it can do wonderful things in the way of achievement. And while he that conquers himself is greater than he who conquers a city, he that is able to harness the great creative force can use it as he wills.

Many of the evils of sex have been caused by the chaotic code under which we live. But in the newer light that is rapidly dawning these evils are being lessened. Sensible social hygiene, uplifting of ideals, birth control propaganda, and venereal prophylaxis have greatly contributed to relieve the human race of its burdens.

There is still much to be done. For it is a fact that scarcely one man in twelve knows anything about the psychology of sex or the importance of the sex act in marriage. Nor has he any practical knowledge of the sex organs or how to care for them—matters that are quite as important as the knowledge of how to “get a mate.”

### Nothing More Important than Sex Education

Indeed, nothing is more necessary than sex education. Strange as it may seem, I have found that many men and women, well educated on matters that concern the interests of their family and the world at large, and are well informed on matters of State and country, are painfully ignorant on the subject of sex.

For our educational facilities often neglect this most important subject of sex—the most important problem the human race has to solve.

We cannot very well know how to act, if we do not understand the thing with which we have to deal. So the best way to learn to control, and to use the great creative force that is within us all, is to understand its working and its properties.

For if these are understood scientifically there is no longer the natural curiosity which is more often satisfied in the mind-dives of rottenness and filth. False modesty should be torn away by the light of education on the subject of sex.

As we are all confronted by the problem of the control of this great life force, we should at least give ourselves that knowledge that will help us solve our difficulties in connection with it. We have within ourselves a force as powerful as the universe itself. We can be made or marred by it. We can never over-rate the value of this education, founded in truth, and broad as humanity itself.

### The Male Sex Organs

A general knowledge of the anatomy and physiology of the sex organs is of utmost importance to every man and woman who wishes to achieve the highest satisfaction in the art of love. For, lacking this knowledge, it is almost inevitable that proper use of the organs cannot be effected. Failing in this, dissatisfaction and disharmony, with their subsequent hundreds of ramifications, are certain. The male sex organs consist of the *penis*, the *testicles*, the *spermatic cord*, the *seminal vesicles*, the *ejaculatory ducts*, the *prostatic gland*, *Cowper's gland*, and certain other relatively unimportant glands.

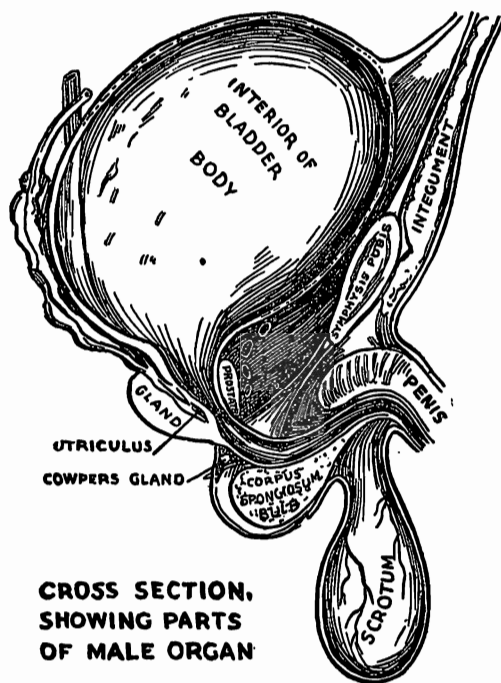
The *penis*, in its normal state, is suspended by ligaments and muscles in front of and between the upper thighs. The root word, *penis*, means to penetrate.

### Anatomy of the Penis

The organ is divided into three parts—the head, the body and the root. The organ itself consists of three longitudinal bodies, commonly called “cavernous bodies,” because of the fact that they consist mostly of erectile tissue, the loose spaces of which are capable of being distended with a tremendous amount of blood, compressed in a most wonderful way by the valves of the veins, and by constriction exercised by tissues at the root of the penis, while the penis is in an erect condition. The organ is usually, in its pendent state, some three to five inches in length, although when distended by sexual excitement, it reaches the length of from five to eight inches, and is of a general diameter of one and a half inches or even more.

In erection, it is firm, hard, and somewhat prism-shaped. The broad surface on the top is slightly curved to fit the contour of the vagina.

It may here be stated that the size of the organ may not be determined by the size of the man for a very large man may have very small genital organs, while a small man may have an exceedingly large penis.



**CROSS SECTION,  
SHOWING PARTS  
OF MALE ORGAN**

As a usual rule, it is safe to venture that a man who is broadly built, somewhat short in the neck and with the typical features of the adrenal type, usually has more generously developed sex organs than the tall, thin, subvital individual. There is a most extraordinary connection between the nerves of the sensory system and the genital organs, manifested in the

sometimes immediate relaxation of the distended veins, following ejaculation. Or the constricted veins at the base of the penis and the veins may be relaxed almost instantaneously under the influence of sudden fright, or from some inhibition, mental or psychic in origin. The middle body of the three longitudinal bodies in the penis encloses the urethra, which leads from the bladder to the meatus or opening at the head of the penis. This latter body, at its front end, expands into a cone-shaped form, molding itself over the ends of the two lateral bulbous bodies, and thus forming the head of the glans penis.

The word "glans" signifies a globular or bulbous enlargement. This glans is covered by an exceedingly thin skin, the expanded border of which, the corona, is very sensitive to the touch. This is owing to the fact that it is the center of the two sides of the special nerve endings called tactile bodies and pacinian corpuscles. These nerve endings are even more sensitive to touch than are the tips of the fingers, and are capable of carrying impulses of the most exquisite sensitivity.

It may be interesting to note at this time that the same nerve endings, found in the head of the penis in the male, are also found in the glans of the clitoris of the female, where they are capable of the same degree of stimulation, and where they respond in like manner to stimulation exerted on the head of the penis.

These special contractile bodies on nerve endings are also present in the lips, and in the nipples of the breasts of a woman, and to a lesser degree, in the nerves of the neck, the lobes of the ears, and other zones.

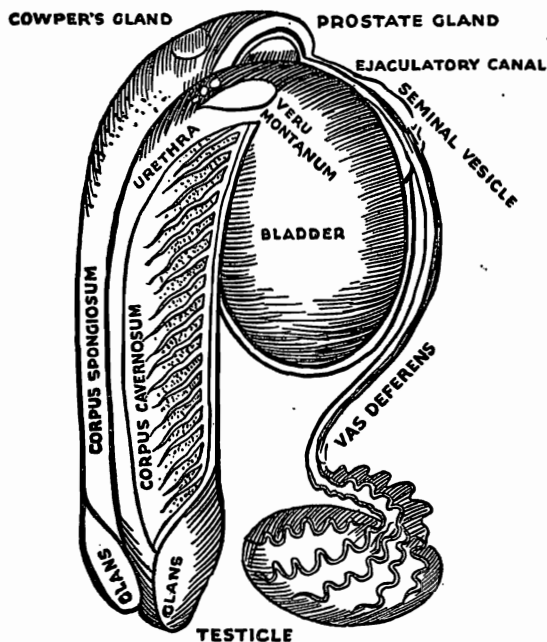
In fact, many authors contend that, in certain sensitive women, these so-called erogenous zones—zones capable of being sexually stimulated—are present from head to foot.

### **Testicles and Scrotum**

The *testicles* are suspended in the *scrotum*, a pouch of skin, thick in texture, and rich in muscle fiber. It is the contractility of this muscle fibre which causes the scrotum to shrink, and

which covers it with transverse ridges, when exposed to cold or some emotional shock.

The testicles are two in number, although, in exceedingly rare instances, there have been found abnormal men who have had three testicles. The testis is the active portion of the gland which secretes the testicular fluid, while the testicle includes



GENERATIVE ORGANS OF THE MALE AND  
THE URINARY BLADDER

both the glandular portion and all the combination of tubules which enrich it.

The testicles are oval bodies, rather flattened. They vary in size, in proportion to the penis. On the average, each testicle is about an inch in length, and nearly an inch in breadth. They are suspended within the pouch, or scrotum, which is attached to the lower border of the pubic bone.

The left testicle usually hangs somewhat lower than the right, a wise provision of Nature, intended to prevent the one gland from being squeezed against the other, when the thighs happen to be pressed together.

The testicle is covered with a smooth membrane, moving within a moistened lining, giving it the greatest possible freedom of motion. The gland proper is made up of a number of compartments. These comprise numbers of tubules which are lined with the special cells, in which the *sperm cells*, or *spermatozoa*, are generated.

These finer tubules drain into larger and larger tubules, until finally they coalesce into one maximum sized tube. This is called the *vas deferens*, which, together with the arteries, veins, nerves and other tissues, form the *spermatic cord*. It is estimated that there are approximately two thousand feet of microscopic tubes in either testicle.

From two hundred to five hundred million spermatozoa are ejaculated during one act of coitus, which, as has been said elsewhere in this book, is a sufficient number to impregnate every pregnable woman in the world, provided each one of them could come in contact with a ripe ovum.

### The Interstitial Cells

Filling the interstices of the tubules—in other words, disposed between the tubules—are certain other special cells, called the *interstitial cells*. These develop a vitally important nutritional secretion or hormone, which is the particular element that gives to the man his definite male characteristics, as well as his virility.

In the chapter on glands will be found a very clear and complete description of this particular characteristic, in its relation to general masculine development, and all that contributes toward special sex characteristics. We would advise careful reading of this chapter.

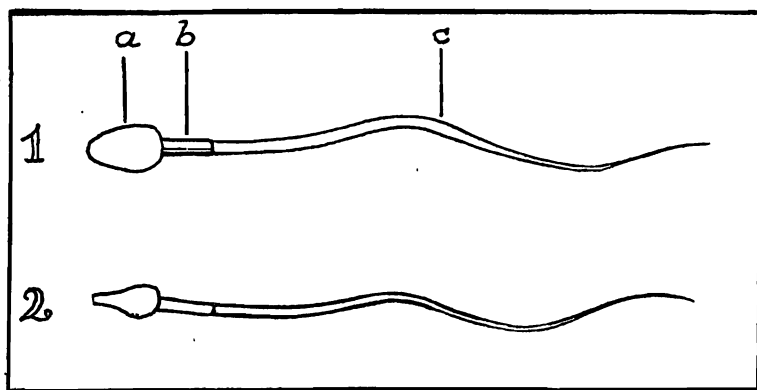
The *vas deferens* are two rather solidly built tubes. They may be easily rolled between the thumb and finger in the loose upper folds of the scrotum. These tubes pass through a ring,



low down in the abdominal wall, after which they continue along the base of the bladder into the pelvis and to a position near the prostate gland. Here they unite with another tube, which leads to two small sacs about two or three inches in length, called *seminal vesicles*.

These sacs may be anatomically considered as the expanded ends of the vas deferens. Their purpose is to act as reservoirs for the *seminal fluid*. In other words, they hold the thick fluid in each mature spermatozoa afloat.

It is these tubes—the *vasa deferencia*—which are divided,



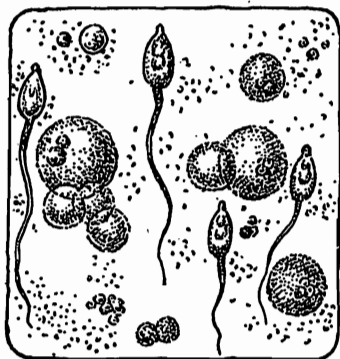
THE SIDE AND FRONT VIEW OF HUMAN SPERMATOZOA HIGHLY MAGNIFIED  
a, Head. b, Body. c, Tail.

and the lower end ligated, during the operation of vasectomy, as will be clearly understood after reading the chapter on "Sterilization."

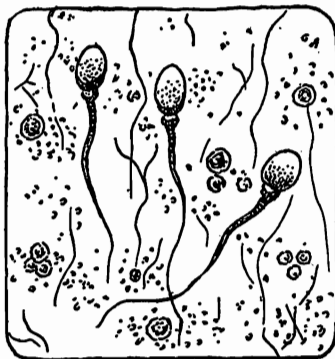
### The Spermatozoa

The fructifying male element, or *spermatozoa*, consists of two portions, a head and a long, thread-like tail, called the *flagellum*, which propels this spermatozoa upward after ejaculation into the vagina, in its search for a ripe ovum.

The head is slightly smaller than a red blood cell, and if thirty-two hundred of these were placed side by side, they would take up about an inch in space. This head is somewhat pointed, which enables it to penetrate the cell wall of the ripe egg. The tail is several times as long as the head. Its movements are exceedingly rapid, driving it forward in the seminal fluid at a relatively great degree of speed, somewhat as a tadpole might progress. These cells, in the normal alkaline secretion of the vagina, are extremely tenuous of life, and may retain their vitality for as long as a week.



A



B

A, FRESH SEMINAL FLUID UNDER MICROSCOPE

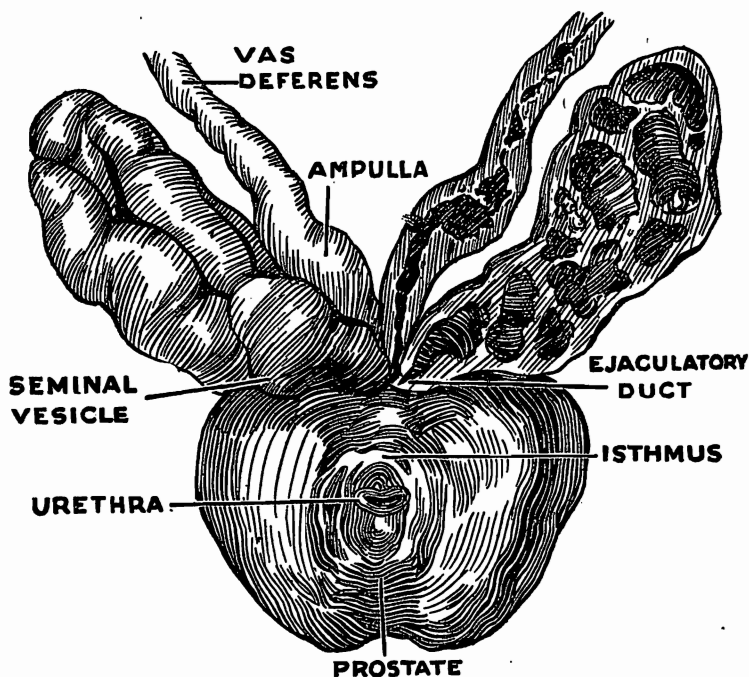
B, DRIED SEMINAL FLUID UNDER MICROSCOPE

They may even be deposited on the vulva or within the lips of the vagina and find their way from thence into the uterus, resulting in pregnancy. This is proven by the fact that young girls with imperforate hymens—in other words, whose hymens are still intact—so far as the entrance of an erect penis into the vagina is concerned—have conceived, because of the fact that a brother, masturbating alongside of this virgin, smeared some of the seminal secretions over her external genital organs.

The average virile man secretes approximately a tablespoonful of seminal fluid, which is ejaculated with each copulatory act. The walls of the seminal vesicles are rich in muscular

fibre, of great contractile power. It is the spasmodic contraction of these muscle fibers which forces the vigorous expulsion of the entire contents of the seminal vesicles into the urethra, through the ejaculatory ducts.

These ducts are approximately an inch in length. They pass through a portion of the prostate gland, where they enter the



prostatic portion of the urethra. On either side of this area, is an exceedingly sensitive little projection called the *utricle*.

It is believed that it is the passage of the semen over these extremely sensitive projections that is chiefly responsible for producing the exquisite pleasure of the orgasm, although un-

questionably the entire genital tract shares in this stimulus and contributes to its intensification.

### The Prostate Gland

The *prostate* is a muscular and glandular structure, which surrounds the inner portion of the urethra. It consists of three lobes, two of which lie on either side of the opening of the bladder, and one directly under the urethra. The secretion of the prostate is believed to have a stimulating action on the spermatozoa, and also aids in giving bulk to the amount of fluid ejaculated during the orgasm. Without question, this gland also has an internal secretion, that acts in conjunction with the interstitial secretion of the testes in maintaining masculine virility. However, after fifty, when this gland hypertrophies, or enlarges, and loses much of its former ability to secrete the prostatic fluid, sexual desire is reduced and generally symptoms of physical deterioration develop.

There are two other small glands—"Cowper's glands"—which pour their secretion into the urethra. These fluids mix with the secretions of other genital structures.

It is believed that these glands contribute the clear lubricating fluid, resembling the white of an egg, which drops from the meatus, or the ends of the urethra in the glans penis, spreading over this gland during the early stages of sexual excitation in preparation for the act of coition.

Many believe that this fluid fulfills the same purpose as does the secretion of the Bartholin glands in the female—which will presently be described—as a pre-coital fluid, intended for lubrication coincidental with the union of the organs.

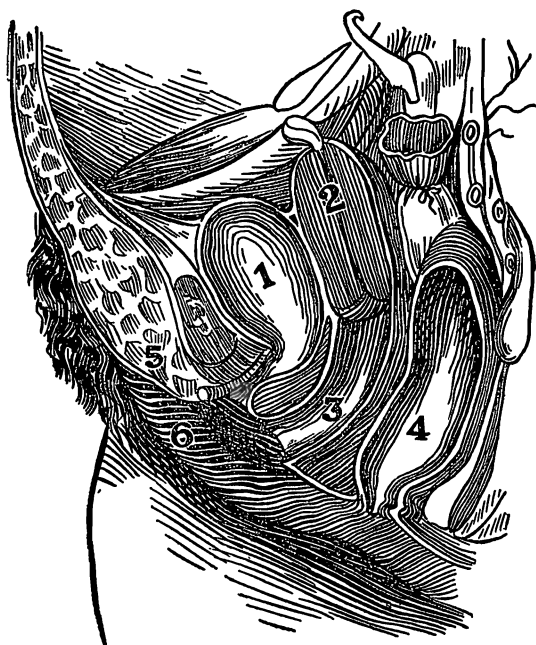
The greater the sex desire, the more intense the psychic emotion, the more profuse will be this secretion. Characteristically enough, it is more profuse in the early years of virile life, and diminishes in amount with the encroach of old age.

### The Female Sex Organs

As is only to be expected, the female generative organs are

almost the exact reverse of the male. While the primary male organs are external, the female sex organs are internal and totally concealed from sight, either because of their position low in the pelvis and between the thighs, or because of the fact that they are completely covered by the pubic hair.

However, what Darwin has described as the secondary sexual



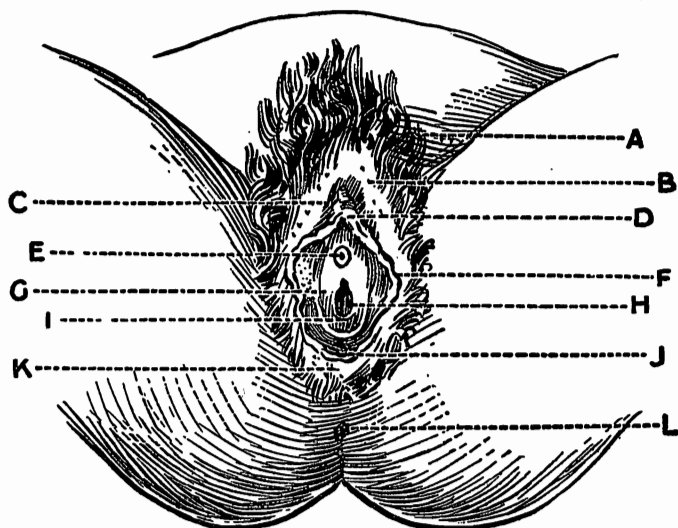
CROSS SECTION OF FEMALE GENERATIVE ORGANS

1 Bladder; 2 Uterus; 3 Vaginal Canal; 4 Rectum; 5 Location Clitoris; 6 Labia Majora.

characteristics are very obvious. The graceful *mons veneris*, or Mount of Venus—situated directly above the vagina or entrance to the womb, provides a cushion of fat, serving to prevent any injury to either party during the act of coition. The breasts, the abundant supply of hair on the head, the graceful

curve of thigh, hip and body, are believed, by artists and sculptors, to be perhaps the most perfect expression of grace, delicacy and beauty to be found in Nature.

The external genitalia of women are the *mons veneris*, described above, and the *labia majora*, often referred to as the "vulva"—meaning to "roll out." These longitudinal thickened folds of skin are rather well-padded with fat. The outer



EXTERNAL VIEW OF FEMALE SEX ORGANS

A, Mons Veneris. B, Labia Majora. C, Clitoris. D, Clitoris Glands. E, Urethral Orifice. F, Labia Minora. G, Orifice of Bartholin Glands. H, Vaginal Opening. I, Hymen. J, Frenulum. K, Perineum. L, Anus.

surface is covered with hairs, while the inner surface is smooth and filled with tiny sebaceous glands which keep the surface well oiled, in order to prevent friction while walking, for these two lips are very close together.

Between the lips is a cleft or fissure which covers the *clitoris*, also the *inner lips*, and the entrance to the vagina. It may here be noted that if a woman puts on much weight, there is a heavy

accumulation of fat in the outer lips, which thickens their tissue, and greatly reduces pleasurable sensation during coitus.

Then there are the *labia minora*, or inner lips. These are close to the entrance of the vagina. They unite above, enclosing the clitoris, where they form a sort of protecting covering of the glans of the clitoris. These lips are about one and one-half inches long, thin, of a pinkish tint. They contain no fat and are covered with a delicate membrane, which is always slightly moist. They also contain considerable erectile tissue, and are highly sensitive, owing to the presence of special nerve distribution.

Under pre-coital stimulation, the labia minora become surcharged with blood. They then pour out a copious thin fluid of the consistency of saliva, which bathes the parts, as a preparation for reducing the friction of the entering penis.

If these particular parts are not thus bathed with this saliva-like fluid, the woman is not yet ready for intercourse—an important fact, which should be remembered by every husband.

### The Clitoris

The *clitoris* is richly supplied with tactile nerves, which contribute in the highest degree to the ecstasy accompanying the sexual act.

The organ corresponds somewhat in structure to the penis in the male, although only a fraction of its size. However, its capacity for intensified sex feeling is tremendous.

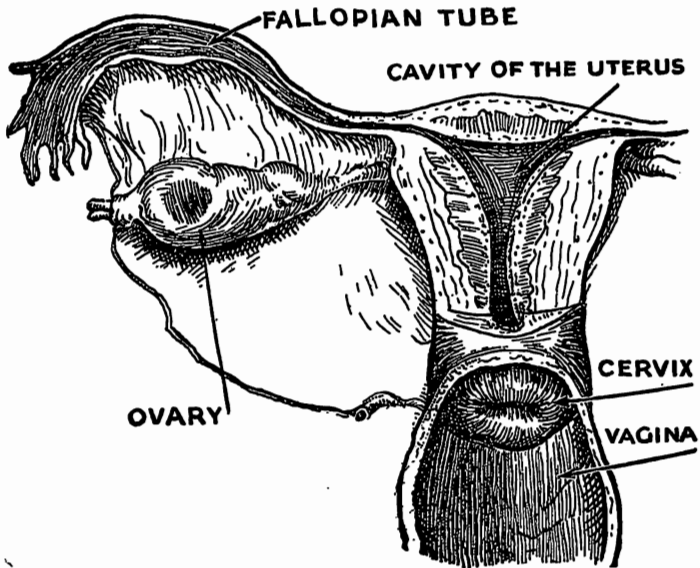
The word "clitoris" means "shut up," or "close." This is because of the fact that the clitoris is completely hidden from view by the mons veneris, which overhangs it, together with its mass of hair, and by the upper folds of the labia majora, which must be separated before the clitoris may be seen.

The length of the clitoris is about one and one-half inches. A little border extends over its enlarged end. Therefore, the glans clitoris corresponds somewhat with the prepuce in the male.

In point of fact, there are many conditions in small children, accompanied by convulsions, a tendency toward masturbation,

or various reflex irritations, which are distinctly traceable to what is known as a "hooded" condition of the clitoris. These troubles may not be relieved unless the hood of the clitoris, with its sensitive glans, is relieved from the pressure of the hood, and from the irritation produced by secretions retained because of this contracted hood.

When erotically stimulated, the clitoris may develop to the size of a small lead pencil, the glans assuming a diameter of ap-



INTERNAL FEMALE GENERATIVE ORGANS

proximately three-eighths of an inch in the average woman. As has before been stated, this structure is very similar to that of the penis. It contains the same vascular bodies, very similar erectile tissue, and similar nerve endings in the glans, together with the same erectile muscles at its base.

When stimulated, it stands erect and forward, in a position which enables it more readily to effect contact with the upper



surface of the penis, during the friction developed by the act of copulation.

### The Hymen

The *hymen* received its name from the Greek god of marriage. It is colloquially known as the "maiden head" or virginal membrane. When present it is assumed that the woman possessing it is a virgin, so far as copulation is concerned. That this assumption is unfair to the woman is attested by the fact that the hymen may be broken by such accidents as stepping down from a chair, while hanging pictures, or by other accidents which may produce a jar or strain on this membrane.

Therefore, the absence of a hymen is *no proof whatsoever that the girl may not, in every respect, be a virgin.*

The hymen usually surrounds the vaginal orifice, its delicate edges in loose contact. Normally, it will hardly admit the entrance of any object larger in size than a lead pencil. Naturally, it could not be entirely imperforate, otherwise the woman would never be able to menstruate, unless the membrane were first ruptured.

The hymen is usually ruptured in the first attempt at intercourse, although occasionally, it may be found that the membrane is so tough and resisting that the entering organ of the husband is not sufficiently firm to rupture this membrane. In this event, it may be necessary to have recourse to a surgeon, who will slit or otherwise open this membrane.

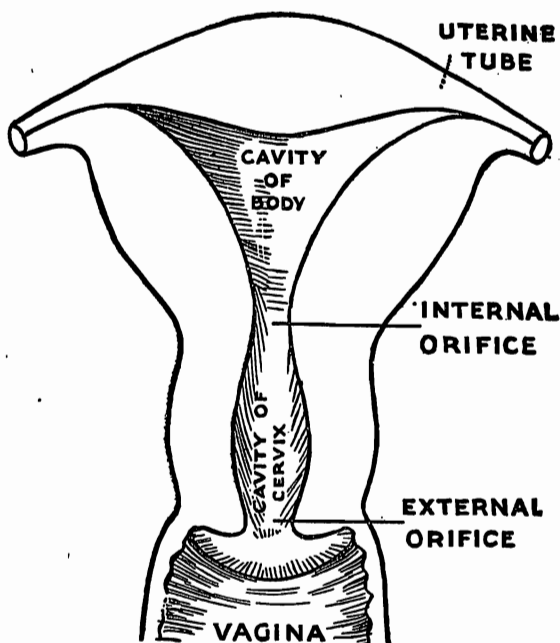
In point of fact, modern sexologists recommend that, in every case, in which the hymen of the bride is intact, it may be well for the husband, by exerting gentle pressure on the membrane with the finger, to break this, before the sexual act is attempted. If the membrane should prove tough and resistant to such pressure, it would be wise to seek a physician and have this membrane slit, before attempting intercourse. This is infinitely less painful than would be the rupture of the membrane by the introduction of the penis.

On the other side of the vagina are the small openings of the *Bartholin glands*. The duct leading from these glands dis-

charges quite a quantity of secretion under the influence of sexual emotion, which serves to lubricate the passage.

### The Vagina

The word *vagina* means "scabbard" or "sheath." The vagina is a membranous canal or tube of muscle, intended for



THE VIRGIN UTERUS

receiving and exerting pressure upon the penis during the act of coition. It is also the canal through which the child must come on its journey from the womb to the outer world.

All of the walls of the vagina are closely in contact during its normal state. The muscles of the vagina yield in the most

extraordinary degree, under pressure, as is obvious in the passage of a baby of fair size through the canal.

The vagina is lined with delicate mucous membrane, which is filled with numerous transverse ridges, forming folds. As before stated, spermatozoa, ejaculated into the vagina, may remain alive for a number of days, if they find lodgement and protection in these folds of the vaginal surfaces. The mucous membrane is a rather loose structure, richly supplied with blood vessels and with mucous glands for moistening the surfaces of the vagina during the sex act. It is also rich in erectile fibers, which intensify sensation during coitus, or during the process of "petting" or stimulation, preceding the sex act.

### The Uterus

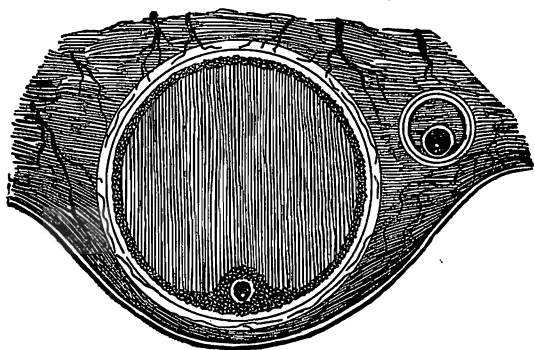
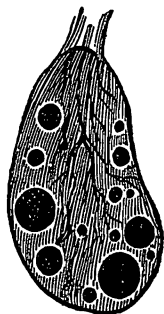
The *uterus*, or *womb*, is a pear-shaped organ about three inches in length and two inches in width at the top. It consists largely of muscular fiber, lined with the usual mucous membrane. The larger end extends upward behind the bladder into the pelvic cavity, and is retained in position by two broad and two long ligaments on either side. The smaller end of the uterus, culminating in the neck, extends about an inch into the inner end of the vagina.

The inner walls of the uterus are extremely vascular—that is, they are very rich in blood vessels. These become greatly engorged during the menstrual period. This engorgement results in the periodic flow of blood accompanying the menses.

The rhythmic occurrence of this flow is governed by the periodic extrusion of the ripe ovum, which makes its way through the Fallopian tubes down into the body of the uterus, as will be described later. While the neck of the womb is made up of dense tissue, it is, nevertheless, capable of a great degree of dilatation. During intercourse, it tends to relax and contract, thereby ejecting a considerable amount of fluid. This action corresponds in slight degree with the ejaculation of the seminal fluid from the end of the penis. In addition, the neck of the womb also possesses a definite suction action, which aids in bringing the spermatozoa into the body of the uterus.

## The Ovaries and Fallopian Tubes

The *ovaries* are two grayish pink, almond-shaped glands of about an inch in length, an inch in width, and a half inch in



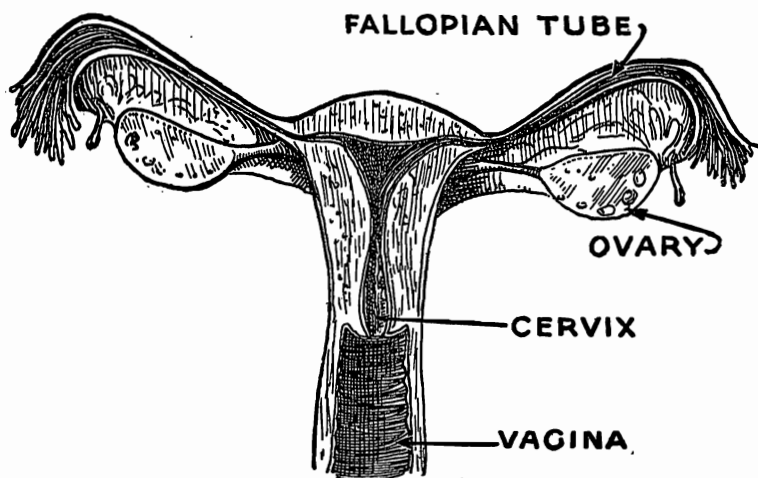
CROSS-SECTION OF HUMAN OVARY SHOWING DEVELOPMENT OF GRAFFIAN FOLLICLE  
(Magnified about twice natural size.)

thickness. Each ovary is believed to contribute some thirty-five thousand eggs during its lifetime, although comparatively few of this vast number ever reach full maturity.

It is believed that the ovaries alternate in the formation of

the ripened egg, of which there is usually only one at each menstrual period. Sometimes, however, there may be two or more. The ripening of two or more eggs at one time, and their impregnation, explains the appearance of twins, triplets or quadruplets.

Extending laterally from the broad end of the uterus are two tubes, each end in an outer fringe-like extremity of contact with the ovary. These tubes are known as Fallopian tubes—so-called because Fallopius discovered them—and are lined



CROSS-SECTION OF FALLOPIAN TUBE

with special cells, containing slight hair-like projections which wave from the ovary in the direction of the uterus. In this movement they help to carry the ripe egg from the ovary into the body of the uterus, where, if fertilized, it will remain and develop, or if unimpregnated, will pass out with the menstrual flow.

When the *ovum* is fertilized, which may take place immediately following the orgasm, or may occur within two hours of coitus, the combined cells, forming at this time a more or less

homogeneous unit, by their coalescence, become fixed on the wall of the uterine cavity and develop the embryo, which in nine months becomes the fully formed child.

It is estimated that the ovum requires about ten days in passing from the ovary, through the Fallopian tubes, through the body of the uterus, and out into the vagina. This journey commences a day or two before the menstrual period. At any time during this period, the ovum is most susceptible to fertilization, which fact should be noted by couples who have been unable to bring about pregnancy by coition at any other time.

As a usual thing, the ovum is developed and extruded, or passed out, once each lunar month of twenty-eight days. This passage of the ovum from the body is usually associated with menstruation. However, in rare instances, it may pass even independently of the function of menstruation.

### The Breasts

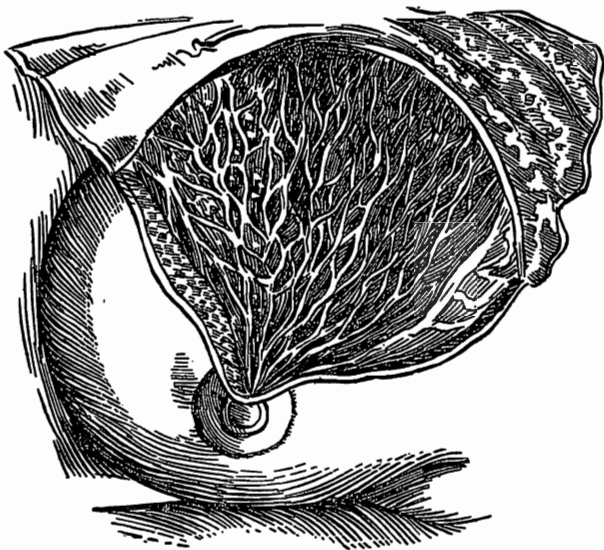
The *female breasts*, while they fulfill the most important function of lactation, or the secretion of milk for the child in maternity, are definitely secondary sexual organs. The nipple of the breast is extremely rich in the same erectile tissue that is found in the clitoris, and in the walls of the vagina, and is capable of considerable tumescence, or engorgement, under the kissing, or gentle sucking action, which should form a part of the love play, prior to sexual intercourse.

In many women, the sensation in the nipples is quite as marked as it is in any of the erogenous zones of the body. This explains why women delight in having their breasts kissed and gently bitten, as expressions of love and endearment. This sex-stimulating action is referred to in the Bible, when, in Proverbs 5, Chapter 18, 19th verse, we find: "Let thy fountain be blessed; and rejoice with the wife of thy youth. Let her be as a loving hind and the pleasant roe; let her breasts satisfy thee at all times, and be thou ravished always with her love."

Well sexed women almost invariably have well developed breasts, while frigid, unemotional women are usually flat-breasted and undeveloped.

However, under the potent stimulus of caressing and manipulation, and with the still more potent stimulus of sex union following, the breasts of these women will enlarge and become firm and beautiful.

And thus we find in the well sexed woman the most perfect instrument for developing and aiding and participating in the



CROSS-SECTION OF FEMALE BREAST SHOWING ARRANGEMENT OF  
MILK DUCTS

most ecstatic sensation and experience that can come to human beings.

### The Basis of Compatability

However, both men and women require to be taught the technique of this act. For it is not instinctive, as it is with most animals (although under certain circumstances, even some domestic animals must be aided in the sex act), nor does

the average married couple ever develop more than a rudimentary knowledge of this technique.

It has been said that even to this day, Oriental races and primitives, who have had no contact with western civilization, are totally unacquainted with the kiss as an expression of affection, and a precedent to the love act.

As Havelock Ellis says: "Even the elementary fact of coitus needs to be taught."

Sir James Paget emphasizes this by saying: "Ignorance about sexual affairs seems to be a notable characteristic of the more civilized part of the human race. Among ourselves, it is certain that the methods of copulating need to be taught, and they to whom it is not taught remain quite ignorant about it."

Undoubtedly, the very greatest of all causes for unhappiness—next to lack of material means for providing sustenance and shelter—is an incomplete or unsatisfied sex life. This may be due to physical dis-harmony between wife and husband, to an improper magnetic interchange between the couple, to a misunderstanding of each other's psychic nature, and to a very definite lack of knowledge of the proper technique of copulation.

Some of the very greatest students of sociology and physiology have pointed out that this failure to satisfy the sex appetite, caused by selfishness, insufficient interest in each other—in other words, an apathetic condition as concerns their intimate relations—is the greatest of all causes of marital unhappiness.

Jurists of large experience contend that only in rare instances are they ever called upon to hand down divorce or separation papers in the case of couples who are sexually mated.

Perhaps the old Roman who contended that the world revolved around the erect penis, was not so far wrong, after all.

### The Sacredness of the Generative Act

That the penis and testicles were considered especially sacred is evidenced in many ancient faiths and customs. For, in addition to the rite of circumcision, the Old Testament presents a number of examples of the holiness attached to these organs.



Indeed, it was common among the Hebrews, while taking a solemn oath, to take in their hand the generative organ of the person to whom the promise was being made. This procedure was quite as solemn and devout as is the present method of kissing the Bible or holding the right hand elevated, in an attitude of calling God to witness the truth and sincerity of the purpose. You will find mention of this custom in the 24th Chapter of Genesis, when we are told that "Abraham said unto his eldest servant, Put, I pray thee, thy hand under my thigh; and I will make thee swear by the Lord, the God of heaven and the God of earth, etc."

In another place it is recorded that when Jacob was about to die, he called upon Joseph to place his hand upon his genitals, and promise that he would not bury him in Egypt.

This practice of solemnizing the oath is still extant in certain parts of Arabia and Africa.

#### Where the Power Reverted to the Priests

In numerous instances, prayers were devoutly offered to the symbol of generation in the belief that God himself was being solicited. Also, it was originally believed the Creator was actually concerned in the generative act, as is shown in ancient religious practice, by women submitting themselves to intercourse with the priests of the temple, as actual representatives of God.

This practice was quite common, not only among ancient Jewish and Oriental races, but also among the Greeks and Romans, and was resorted to particularly by barren women, in the conviction that, by intercourse with God's representatives, they secured actual intercourse with their God, or their procreative deity, thereby rendering more certain their chances for childbearing.

In India, it is not at all uncommon, even to this day, for the husband to accompany his wife to the priest, and to remain an interested and reverential spectator of the act which represents the union of God with his wife.

In fact, in many parts of India, certain days are set apart in

each year for such visitations. On these days, the women visit the temples—often in the company of their husbands—and receive there from the priests the divine blessing that they are not able to obtain from the Creator in the person of their husbands.

### Perfect Sex Organs Essential to Divine Favor

In such esteem were the sex organs held among the ancients that they were actually venerated. In fact, they were made the subject of various religious ordinances.

This is proved in one instance, for example, where in the Book of Deuteronomy, we learn that Jehovah himself ordained that "He that is wounded in the stone, or hath his privy member cut off, shall not enter the congregation of the Lord."

This plainly indicated the importance attached to the perfect condition of this symbol. The proof is even more manifest when we see that, in the 25th Chapter of the same book, it is commanded by the Lord that a woman shall have her hand cut off, if she should, even by accident, take hold of her husband's genitals, or if even she should be obliged to touch his generative organs in such a case of extreme necessity as for the purpose of delivering him from an enemy.

Even to the present day, this veneration of the perfect male sex organ is manifest, for one who is sexually mutilated and, therefore, not "a man," cannot be consecrated as a priest, promoted to a bishop, or exalted to the throne of the pope, even though no use of the organ for sexual purposes is ever contemplated.

It is curious to note that this same perfection is required in a man before he can be initiated into certain of the great secret orders of the world. In fact, the eunuch or impotent man has always been a subject of pity and reproach, scorned alike by God and man. Castration is even today considered by millions as a fate far worse than death. Even the lowest and meanest slave, while he still retains his masculinity, feels that he has something to be thankful for, while the man who has lost creative power has sunk below the level of the lowest brute.

### Women's Organs not Considered so Important

This same veneration was not extended to women in the olden days, for the reason that the fructifying or creative act was considered to be an attribute of the man. The woman was merely the vessel by means of which this fructifying influence was ultimately brought to fruition. In herself, however, the woman and her organs were not accorded the same degree of sanctification.

Nevertheless, modern biology now teaches us that the part played by the male in the development of the foetus is relatively small, as compared with that of the female. For it is the *ovum* and its subsequent nine months of development, nourished during all this time by the blood and the *nutritive pabulum* of the mother that finally brings forth the child.

However, among certain races, particularly the ancient Greeks and Romans, the organs of the woman, and her creative purpose in life, received a much higher degree of consideration than they did later among the Christian races. In fact, the *yoni*, the representation of the external female organ, was accorded quite as great a degree of reverence among the Greeks and Romans, as well as certain of the Oriental races, as was the *lingam*, or *phallus* itself, as will be seen in the chapter on "Phallic Worship."

### The Worship of the Female Breast

It must also be remembered that the female breast has from earliest recorded times been accorded a special veneration, and is closely connected with all sacred and worshipped things.

Dr. Wall emphasizes this fact very definitely when he states that the most beautiful feature of a woman is, beyond doubt, the bosom with the breasts; the Kabbalah makes it the symbol for beauty. The bosom of the woman has been held sacred in all times as the throne of love, the seat of affection, and among the ancients was held especially sacred to Venus, Goddess of Love.

One writer said that the bosom of woman exhausts the possibilities of form-beauty, and that nothing more exquisitely beautiful exists or can be imagined.

The breast, apart from the aesthetic function of charming the male, is for the purpose of nourishing the offspring.

The breast of woman has been worshipped from time immemorial, and has given rise to the most sacred religious sentiments and symbols. About the breast have clustered some of the sweetest memories and the purest practices of mankind. Man finds refuge from business cares and worries, finds peace and contentment in the "bosom of his family." The calm delights of handling, fondling, kissing and caressing the breast of his wife far outweigh in lasting happiness the intenser, briefer and less refined pleasures of sex.

"My beloved is like a bundle of myrrh to me; his head shall lie between my breasts all the night;" sang the bride in Solomon's Song; and Solomon said in Proverbs (v, 18, 19): "rejoice with the wife of thy youth; let her breasts satisfy thee at all times; and be thou ravished always with her love."

Roman lovers were in the habit of having their drinking cups modeled after the shapes of the breasts of their sweethearts or mistresses; a cast of the breast was taken and the interior of the cup was moulded upon the outside of this cast, often in gold.

In some Arabian tribes a man who is pursued in blood-feud and closely pressed by his enemies, will take refuge in a strange tent or camp and kiss the bare breast of a woman; he thereby becomes a son to her, a brother of her sons and a relative of her relatives, as well as a member of her tribe, and he will be protected as such, for it is considered that he has sucked at her breast. This same idea was already expressed in the Song of Solomon (viii, 1): O that thou wert as my brother, that sucked the breasts of my mother!"

The adoration of the breast, in the form of the worship of motherhood, or Madonna-worship, the highest type of worship, and is ages older than the Christian religion. Its symbols are the purest and least carnal of the symbols of sex-worship;

"the circle," says Emerson in one of his Essays, "is the highest emblem in the cipher of the world."

However, modern science maintains that the highest manifestation of life, to which all other manifestations are subordinated, is the ovum or egg. In a scientific sense the human ovum, then the ovary which produces it and the womb in which it develops into the child, and consequently in a wider sense, woman, who contains them all, is symbolic of the best and greatest achievement of creative power in nature.

The egg has in all ages been considered a sacred emblem of spring; of the rejuvenation of nature after the winter sleep. In Pagan times ornamented eggs were presented to friends, to celebrate the reawakening of life in the spring; and this Pagan festival, but thinly disguised as being emblematic of the resurrection of Christ, persists in our Easter festival and its attendant gifts of Easter eggs.

And thus we see that these sexual organs and the sacredness of the act they symbolize have from the earliest history of mankind been among the most deeply regarded of all created things.

This should prove a broadening and humanizing influence upon millions of us, who now regard sex and its attributes as something to be sneered at and abhorred—except perhaps for the single purpose of a once-in-two-years procreation purpose.

The sooner we shed the old taboos and abhorrences the better and the cleaner we shall be, and the more intelligent and liberal we shall show ourselves.

### The Divine Act

To some it may seem almost a sacrilege, yet the divine act of generation—the union of the sexes—inspired not only ecstatic exaltation, but also came to be regarded as a momentary union with God, because of the sublime and wonderful result of producing another soul which it brought about.

Dr. Clifford Howard in his fascinating book, "Sex Worship," tells us that it is by no means surprising that this wondrous and omnipotent act should have been made the object

of divine worship; and to this day the union of the sexes is solemnized with religious ceremonies, in continued recognition of its holiness. According to law, marriage is simply a civil contract, a mere agreement to live together, and may be executed before any duly qualified officer of the law; but the vast majority of us prefer that this contract shall be made the occasion of a religious celebration. In fact, many believe that marriage is not valid unless performed by a representative of the Lord, and attended with blessings and ceremonial rites. The nuptial tie is held to be a divine bond—"Those whom God hath joined together let no man put asunder."

And, after all, what is the object of a marriage ceremony but a sanctification of the sexual union? Reverence for the sacredness of this union is still inherent in mankind, and, because of its holiness, cannot be consummated until properly sanctioned and hallowed by these religious ceremonies. To engage in the act of generation in the absence of such consecratory rites is regarded as a wrong or a crime, even as it was four or five thousand years ago.

And this same interdiction—despite all our modern laxity—bids fair to persist as long as men and women shall live upon this earth.

### Circumcision

It was natural for primitive man to regard the creative act as the most potent of all activities, and the organ as the most important of all organs of the body.

In fact, as we have shown elsewhere, the worship of the sex organs is recognized as the basis of practically all religious beliefs. *Phallic worship*, as it is termed, and the representation of the *phallus*, the erect or pendant penis, and the *yonî*, or *vagina*, have found their way into every form of church architecture from the spire on the steeple, representing the erect penis, to the oval nave leading to the altar, representing the vagina.

Man, who secured his most ecstatic pleasure in the sex act, and who, through the instrumentality of this tumescent organ,

fulfills the purpose of the Creator, naturally grew to worship this organ, as a symbol of the creative power.

Women, also, who look to the Creator as a supreme source of happiness and comfort, and who pray to him for children, also came to regard the phallus as a symbol of divine personality—of the actual presence in material form of the creative power.

### True as Holy Writ

That this idea of the Creator was generally entertained in ancient times is shown by such expressions as we find in the 21st Chapter of Genesis (relating to the conception and birth of Isaac):

“And the Lord visited Sarah as He had said, and the Lord did unto Sarah as He had spoken. For Sarah conceived and bare Abraham a son in his old age.”

So, also, we are told that God remembered Rachel, “And God hearkened unto her and opened her womb.” Genesis 30:22.

And again, we read that “The Lord visited Hannah so that she conceived and bare three sons and two daughters.” 1st Samuel 2:21.

That the husband was considered merely as an instrument of God is further proved by the fact, related in Genesis 30, Chapter 2, that Jacob resented his wife's plea to him for children. It is stated:

“And Jacob's anger was kindled against Rachel, and he said, Am I in God's stead who hath withheld from thee the fruit of the womb?”

### How Circumcision Originated

It is clear then that the idea of the Creator was associated very closely with the act that His name implies. The phallus was His sacred emblem or symbol. According to the Old Testament, the God of the Hebrews Himself so recorded it. For He ordained that this phallus should be especially marked,

and that it should constitute a sacred token of the contract between Himself and His chosen people.

And to this day, the rite of circumcision is practiced by orthodox Jews in accordance with this command, given by Jehovah to Abraham, the father of the Israelites, 1900 years before Christ.

"And God said unto Abraham, This is my covenant which thou shalt keep between me and thee and thy seed after thee; every manchild among you shall be circumcized. And ye shall circumcize the flesh of your foreskin and it shall be a token of the covenants betwixt me and you. He that is born in thy house and he that is bought with thy money, must needs be circumcized; and my covenant shall be in your flesh for an everlasting covenant." Genesis 17:10:14.

Again, in the 5th Chapter of Joshua, we are told that the Lord commanded Joshua "make thee sharp knives and circumcize again the children of Israel a second time." When all the people had thus been circumcized, "the Lord said unto Joshua, This day have I rolled away the burdens of Egypt from off you."

This would clearly indicate that circumcision was not only the token of sanctity, but of salvation as well. In fact, in the 4th Chapter of Exodus, it may be noted that the Lord was on the point of killing Moses for the simple reason that he had neglected to circumcize one of his sons. This son was only saved by the timely intervention of Moses' wife, Zipporah, who "took a sharp stone and cut off the foreskin of her son."

It will, therefore, be seen that the cutting off of the prepuce or foreskin of the penis, as was done by different nations, but especially enjoined on the Jews, represented a definite religious covenant with God. The intent was that, by the sacrifice of a small part of the body, the balance might be saved. For, as will be seen in Genesis 17:14, dire punishment was threatened against those who were not circumcized.

Naturally, anything as important as a covenant with God was observed as an important ritual. In fact, in olden times, it was required that the priest had to take the penis he circumcized in his mouth and suck it, as a part of the ritual.



This particular item was forbidden during the days of Napoleon, for the reason that syphilis was so common among the operators, through the mucous patches on the lips and mouths of these priests, that the disease was conveyed in this particular way.

### The Salutary Significance of Circumcision

Moses has always been given credit for incorporating into his laws this particular practice of circumcision, even though, as we have seen, in the foregoing quotations, he was merely carrying out a definite order received ostensibly from the Lord in so commanding.

Nevertheless, medical men have attested to the prophylactic value of this practice, particularly where the prepuce entirely covered the glans penis, and was overly tight, or calculated to retain effete matter in the form of *smegma*, thus collected.

For, when the foreskin has been removed by circumcision, the secretion of *smegma* entirely ceases. The mucous membrane covering the glans penis is transformed into a much thicker skin, less readily affected by infective germs. In this way, to a certain extent, it serves to protect the organ against syphilitic infection, although it does not in any way protect against gonorrhea. This is because of the fact that the germ of gonorrhea does not make a local entry through some slight abrasion on the foreskin or glans penis, but effects its entrance by penetration into the urethral canal, where, unless killed by proper antiseptic injections, or removed by copious urination, as we have elsewhere pointed out, finds lodgement in these tissues.

### Proof of the Prophylactic Value of Circumcision

The eminent English syphilologist, Jonathan Hutcheson, who is one of the most ardent advocates of the general introduction of circumcision, as a protective measure against syphilitic infection, made an exhaustive study of the incidence of this disease among those exposed to it. His results coincided in

an almost identical manner with those developed by Dr. Breitenstein, who contrasted the results of exposure by fifteen thousand circumcized soldiers with eighteen thousand uncircumcized European soldiers in the Dutch East Indies. These soldiers lived and comported themselves in practically identical manner.

Of the circumcized soldiers, 10% were infected with venereal disease. Of the uncircumcized, 41% fell victims to sexual infection. Among those who were circumcized, only .8% were infected with syphilis, while of the uncircumcized, there were 4.1% infected. In other words, five times as many uncircumcized individuals fell victims to syphilis as compared with circumcized soldiers.

From these studies, it is clearly evident that the practice of circumcision has considerable to recommend it, particularly where there is any evidence of *phimosis*, or unduly elongated *prepuce*, or other abnormal foreskin condition of the penis.

### Phallic Worship

In speaking of phallic worship, we usually refer to worship of the sex organs, although strictly speaking, it refers only to the worship of the male organ of generation, *the phallus*. Among all the ancient nations, as has been said elsewhere in this volume, the organs of generation were venerated. They were conceived to be more truly God-like than any other part of the body. In fact, among many races, they were worshipped as essential parts of the great creative force.

The active generative energy—the male—and the feminine, passive, or susceptible agent, were believed to combine for the creative purpose.

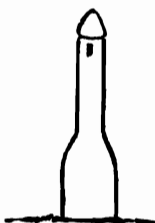
Curiously enough, in discussing this matter, the British Encyclopaedia says: "Upon some such basis as this rested almost all the polytheistic worship of the old civilization, and to it may be traced back, stage by stage, the separation of divinity into the male and female gods, the deification of distinct powers of nature and the idealization of man's own faculties, desires and lusts, wherever power of his understanding was embodied as

an object of adoration, and every impulse of his will became an incarnation of the deity. But in each and every form of polytheism, we find the slimy track of the deification of sex; there is not a single one of the ancient religions which has not consecrated, by some ceremonial rite, even the grossest forms of sexual indulgence, while many of them actually elevated prostitution into a psalm service of religion."

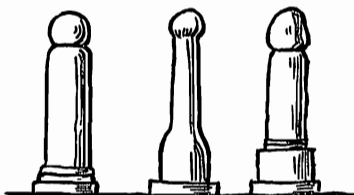
The article then proceeds to describe how different all this debasing conception is from the Christian belief.



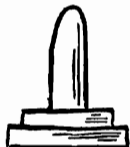
**RUDE STONE  
ENGLAND**



**IRISH  
ROUND TOWER**



**POMPEIIAN TOMBSTONES**



**SIVAC SHRINE  
INDIA**



**SACRED HILL  
AT KARNAK, EGYPT**



**BARBER  
POLE**



**WASHINGTON  
MONUMENT**

## Phallic Worship General

Scientists now admit that there is quite as much phallic symbolism even in our most modern architectural conceptions as there were in the building of obelisks and the construction of phallic emblems of old.

It must be remembered that there was no sense of shame

in the use of figures of sexual organs as symbols of creative power. They were originally used without any intent at erotic meaning. For they were not only used in religious worship, but they were also employed for the consecration of burial places. From which it would appear clearly evident that no impropriety or obscenity could possibly have been attached to their use.

Among the Greeks, the male generative organ, the penis and the two testicles, was called "phallus." Because of this, we call sex worship "phallic worship." The worship of the phallus dates back into unknown and unwritten history. Even the earliest records of the Egyptians and the Hindus refer to phallic worship as an ancient institution. Thousands of years before Christianity ever came to bless the earth, phallic worship had crystallized into elaborate systems of theology. All of these systems had as their fundamental object the worship of the creative powers of Nature, symbolized in the generative organs, which were represented by emblems and images of every conceivable variety.

The most prominent among these symbols was the phallus. These phalli were made in every conceivable form and size, some of them were molded in plastic material, others were carved from wood, ivory, stone or lapis lazuli. They sometimes represented the organ in its passive or pendant state. In this form, it was usually of smaller size and was worn as an amulet by women. Such amulets are still quite common among the phallic worshippers of India, being worn upon the breast or arm, or else in the turban.

### The Erect Phallus

However, the most common form of these phalli is the representation of the organ in its upright position, in which condition it was considered as more definitely conveying the idea of the divine attribute of the Creator.

When used for the household, these idols were usually made in about life size. However, those employed in religious services and in the temples were often of gigantic proportions,

sometimes reaching to a height of twenty or thirty feet, and correspondingly broad.

Many Greek and Roman temples were dedicated especially to the worship of the phallus, which occupied the most prominent place in the edifice, and was worshipped and adored by the devotees, who presented to it offerings of wine and flowers, and who prayed to it as the sacred emblem of the Creator.

The phallic image was a central feature in the bacchanalia, the saturnalia, and other festivals of the ancient Greeks and Romans which were celebrated in the Springtime, in rejoicing over the return of life to the world.

On these occasions, women frequented the temples, performing there the mysteries connected with the worship of Priapus, as the god of this image was known. They sang hymns of praise to the god, anointed the sacred penis with consecrated wine, wreathing it with flowers and presenting it with offerings of various kinds.

In certain of these festivals, the emblem of originating life was placed in a chariot. Here, covered with flowers, and surrounded by merry groups of men, women and children, the emblem was drawn about the fields and through the town, amid the acclaims of the people.

After being returned to the temple, or placed in sacred groves and woods, women prayed before it for relief of their sterility.

And, be it remembered, the woman who knelt before the sacred image of this masculine creative power, praying earnestly for the blessing of children, was quite as earnest and modest in her attitude as the Christian woman of today who evokes a similar boon from the Holy Father or from the Holy Virgin Mary.

Images of the creating god, Pan, or Priapus, were erected in the fields of ancient Rome and Greece, in order to insure fertility and increase in the family, flocks and crops. Such figures were usually represented as pillars. Often, however, they were in the form of statues, with the figure of the phallus in front.

A figure of the god Priapus in a sitting position with an

erect penis was kept in the temples. In these temples, prospective brides presented themselves to the priestesses, who explained their future functions in life, and the attributes and technique of sexual intercourse.

The brides, as the most sacred of all offerings they could possibly make to the god, immolated their hymens by sitting on the lap of the naked god. His penis was introduced into the vagina, thus rupturing the membrane. In certain other countries, this same votive contribution to the creative force was effected by sexual congress with the priests of the temple, who assumed the rôle identical with the god Priapus among the Greeks.

### To Insure Fruitfulness

The likelihood of securing fruitfulness was considered to be greatly enhanced by the ancients, if the prayer for conception was offered while in contact with the image. For this reason it was customary for the women to bare themselves, and to sit upon the phallus while praying.

This rite is still prevalent in certain parts of the Orient, where it is common to see two stones—one flat and circular, the other smooth, small, and upright, standing near each other in some secluded spot.

Also, by reason of the sacredness of this emblem, the phallus was regarded as a charm against evil spirits. Occasionally it has been found in ancient tombs, where it had been placed to guard the dead one from evil.

The use of these images has been referred to in our own Scriptures. In the Book of Genesis, is related that when Jacob, together with his family and flocks, left the house of Laban, Jacob's wife, Rachel, stole and carried away with her Laban's teraphim. These were small images of men, in which the characteristic feature was the phallus.

The importance attached to these images is demonstrated by the fact that Laban went after Jacob. After a seven days' journey, he overtook his son-in-law and asked "Wherefore hast thou stolen my gods?" Jacob, not knowing that his wife had

taken these sacred images, told Laban that if he were to find the stolen images in the possession of any of his people, that he would put to death that person.

In order not to be discovered in her theft, Rachel, therefore, sat upon the idols, "And said to her father, Let it not displease my lord that I cannot rise before thee; for the custom of women is upon me. And he searched, but found not the images."

The most important of the phallic images was, of course, the pillar, or else the pillar with two stones at the base to represent the testicles, from which comes our popular word "stone" for testicles. Also the lingam is represented as a pillar with a transverse bar, like a capital T upside down.

Inasmuch as this symbol should not be seen so readily when surrounded by a crowd of worshippers, the position of the symbol was reversed, in which form it was known as the "tau cross," shaped like the letter T. Ethnologists agree that the cross, as a symbol, dates back to remotest periods of history, and that, in all its varied shapes, it is, after all, merely a representation of a phallic symbol, denoting the generative organs of a man. The phallus was symbolized also as an arrow, the two barbs representing the testicles. Pillars, church steeples, obelisks, dolmans, and similar symbols, therefore, all serve the same general purpose. They symbolize the generative organ of the male.

The lignam also has a sacred form, being represented as the pyramid or upright triangle, "the sacred male triangle," with its apex upward. This is derived from the shape of the pubic hair of the man, which is characteristically different in distribution from the pubic hair of the woman, in which the base of the triangle is invariably at the top, the apex pointing downward.

The oval-shaped nave and the characteristically oval-shaped windows, as found in churches, symbolize the female organ of generation, the *yoni*. The use of this symbol is quite general, both in the ancient and in the modern world.

## The Sexual Embrace

Among animals, the act of copulation is almost always instinctive. They seem to know exactly what to do, just as they know exactly how to swim. It is different with human beings. This expression of physical affection is not instinctive among men and women. It must be *cultivated*. And it must be borne in mind that "the art of love is the art of pleasing a woman."

The fact that so few men know the art of pleasing a woman, and that no woman, unless she has been instructed, is qualified to teach a man this art, is the reason for *dissatisfied sex experiences*, with all the misery that this entails.

Perhaps the greatest reason for the dissatisfaction between married couples in the sex relation exists in the fact that no preliminary efforts—or else inadequate preliminary measures—are attempted, the purpose of which is to prepare the male organ for easy penetration past the clitoris, the vulva, the labio minora and into the vagina, so as to effect complete, painless and sexually gratifying union. Undoubtedly, the *special sex centers* lie in the brain. From these centers and through the spinal cord, and finally to the nerves that are distributed through the sex organs, pass the impulses which express sexual desire, and which manifest themselves in stimulating erectile tissues in the organs.

As is colloquially expressed, a man must *think* erection before he can have one. This same is true of women, as we have shown in the study of the physiology of her sex organs.

## Proper Preparation

It is doubtful if one woman out of a thousand can experience any satisfaction, unless she is relieved of all encumbering clothes, and is able to *exchange magnetism* with her husband, through contact of their naked bodies.

This exchange, together with the delightful intimacy provided by the unclothed condition, is perhaps the greatest of all sources of sex stimulation. It acts to compel the greatest



possible centering of blood in the sex mechanism. This is particularly the case with the man, whose penis fills with blood and achieves its erect condition, sometimes in even a few seconds of time.

It is particularly at this time that a man should use the greatest of restraint, even though every impulse in his nature cry out for the immediate satisfaction of his passion. For, it must be remembered that the wife may not always respond with the same degree of celerity that he does to the magnetic stimulus of bodily contact, coupled with the kissing, and little tokens of love and endearment that accompanied this close contact.

In too many instances, the man, impatient and impulsive, forces intercourse upon the wife, who is totally unprepared for the act. For the lack of preliminary courting and stimulation of the erogenous zones, by such actions as gentle biting on the neck, or sucking of the nipples—or even by stroking of her clitoris with the finger—find her in a condition of sexual apathy. During all this time, long, lingering kisses may be exchanged.

To get the best effect from these, the mouth of the woman should be held slightly open, with the lips partly curved out. The man should press his lips to those of his wife, firmly, and yet with a suggestion of gentleness and tenderness. Many couples find that if they bite or suck gently on the tongue at the same time, they increase the sensation to a marked degree. This can readily be understood when it is remembered that the tongue and the lips are highly erogenous zones.

Lacking such stimulation, millions of women go through life, and have hundreds of intimate experiences with their husbands, without ever having felt *one particle of sex gratification*. They do not even know, from personal experience, that there is such a thing as an *orgasm* in a woman, and that her emotional climax may be, and frequently is, *even more intense* than is the orgasm of her husband. On the contrary, when the man, selfishly and hastily seeking relief from his desires, can dismiss the incident as finished—possibly turning

over on his side to go peacefully to sleep—the woman is *just beginning to be aroused*.

She may be left in a highly excited and emotional state, in which condition she may remain sleepless for hours at a time, inwardly loathing the act that caused her this distress, and gradually but surely acquiring a definite disgust for the man responsible for this act. She feels that she has merely been used as a convenience, and that a most discourteous and disrespectful use of her person has been made.

### The Happy Marriage

If the husband should learn to control himself and his emotions, until such time as the wife is passionate and demanding, he would be *infinitely more successful as a husband*.

For with many women, it requires sometimes as long as fifteen or twenty minutes of loving, caressing and titillation before they are eager for the culmination of the act.

There are, of course, highly sexed women, who are quickly excited, and to whom delay in the consummation of the act is actual torture. It is obvious that intelligent cognizance of this matter should be taken by the husband, and his actions governed accordingly.

It may be stated that women of this type are usually not satisfied with one orgasm. She may even "come" several times, before her husband has ejaculated.

Needless to say, no woman should be obliged to submit to intercourse and its consequent emotional strain and physical fatigue, unless she is in *fit physical condition* for this. If she is tired, or has been laboring under a great physical or mental strain, it would be better to defer attempting it until she is in better physical and mental condition.

### The Results of Stimulation

During this stimulation, certain glands in the male, connected with the urethra, secrete a clear fluid, like saliva, or the white of an egg, which appears at the exit of the penis. This aids in lubricating the glans penis, so that it may enter into



THE HAPPY FAMILY

the vagina with the least amount of friction. However, it is the woman's pre-coital secretion which really lubricates the parts, and without which the union of the organs may be exceedingly painful. It should be remembered that the amount of this secretion is almost invariably in direct proportion to the intensity of emotion in the woman.

In the wife, the engorgement of the organs develops from this same cause, as has before been stated. During this time, the lovers should lie on their sides. King Solomon's consort described the position very clearly when she said: "His left hand is under my head; and his right hand doth embrace me." While the man is in this position, with one hand free, he might gently and lovingly stroke the back of his partner, for the thirty-one pairs of sensory nerves which are distributed from the spinal centers, respond in an amazing way to this soothing touch. It is quieting and relaxing, and prepares the woman admirably for the exciting moments to follow.

However, it frequently develops that even the most bashful and retiring woman may prove to be a paragon of passion during this contact with her husband. Havelock Ellis refers to this in a quotation from a fifteenth century writer in *La Tia Fingida*:

"Woman should be an angel in the street, a saint in the church, beautiful at the window, honest in the house, and a demon in bed."

### Coitus Interruptus

What is known as coitus interruptus consists of the withdrawal of the penis just before the orgasm of the husband. Needless to say, this is an unnatural and most unsatisfactory method of union. First, because it robs the pair of that exchange of magnetism which reaches its climax during the orgasm, and results in a complete psychic and physiological shock to both the husband and wife. In the event that the wife has not "spent," it tends to leave her in a highly excitable condition, the organs congested, and the nerves irritated.

Naturally, the interruption of the normal act by withdrawal,

is with intent to prevent the wife from becoming pregnant.

It may be stated that persistence in this practice is one of the most frequent causes for dissention and dissatisfaction between the couple, as making for utter disharmony, not only in the sex relations, but in every phase of their domestic life.

On the contrary, nothing so completely harmonizes and cements the happiness of husband and wife, as their pleasure in each other, as developed in the perfect act of coitus.

A woman may forgive almost any fault in a man, provided only that he is a perfect lover. This fact is known universally, and recognized by students of the subject, especially by jurists who have had to deal with divorce and its varied causes.

Therefore, in order to be a good husband, learn to become a good lover. The wife on her part should disabuse her mind from any puritanical or prudish ideas, and understand that by cooperating fully with her husband to secure their mutual maximum of joy, she increases immeasurably her own happiness, and insures her status as a loving and well-loved wife.

### Secrets of the Honeymoon

In a general way it may be stated there are no secrets, making for a successful and happy honeymoon, that have not already been emphasized in the various chapters dealing with the "Sexual Embrace" and similar subjects.

There is, however, *this* to be emphasized. Granting that a fine spirit of chivalry is manifested by the husband, an affectionate disposition shown by the wife, and mutual consideration exhibited for each other's happiness and comfort, the honeymoon *should* be a happy one.

There is only one additional point that might be emphasized at this time. And this is that if the honeymooning couple can afford the expense, it would be infinitely better for the man to engage *adjoining connecting rooms*. At least, for the first night or two.

### Show the Young Bride the Courtesy of Privacy

It must be remembered that the bride is utterly unused to

having her privacy invaded by one who, until this very night, has been a stranger to her—so far as intimacies are concerned. Therefore, it embarrasses her to be forced to divest herself of her clothes and slip into her nightgown or pajamas, while at the same time her husband is getting down to a state of relative nudity.

It is ever so much more romantic and satisfactory if the new wife is given an opportunity to make her evening toilette alone



THE HAPPY HONEYMOON

than if she is forced to this rather embarrassing procedure in the presence of a second party, even though this party happens to have been married to her that very morning.

#### The Wife Will be Spared Embarrassment

The wife will be much freer in all her actions and in her attitude, generally, if she is sought by her husband *after* she has already made her bedtime preparations, and is safely in bed.

It is almost impossible to overestimate the importance of what might seem to the ordinary man to be a very trivial point—this little matter of wedding night courtesy. And yet, it might make the greatest difference in the world to a sensitive woman, to whom a new world is about to open, and to whom an entirely strange relation is to be experienced, if this courtesy be observed.

If the financial condition of the couple does not permit of their taking a two-room-and-connecting-bath-suite, or anything that corresponds to this, it would be much better for the young man to allow his wife to go to their room first and make her bedtime preparations in private.

If, within a half hour or so, he will then present himself it is certain that the welcome he will receive will more than repay him for his patience.

### How Often Should Sexual Union be Indulged In

Concerning the matter of frequency of intercourse between husband and wife there is a wide diversity of opinion. Many physicians contend that the rule first set down by Martin Luther is still a good rule to follow.

This permitted of intercourse only once a month. However, Havelock Ellis tells us that the Queen of Aragon ordained that six times a day was the proper rule in legitimate marriage. A woman so abnormally sexed as Queen Margaret would, in this day and age, probably succeed in killing by exhaustion a regiment of husbands. For the man who could live up to the demands of such a desire is exceedingly rare, if not entirely unknown.

### The Fine Frenzy of the Honeymoon

It is conceded that the excesses almost invariably practiced during the first frenzy of the honeymoon are but temporary in character. The ardent fire rapidly burns out, and a period of satiety follows.

This is usually succeeded by a relative degree of marital normalcy, the chief factor of which is that frequency of union depends upon the physical capabilities of each, upon the kind of food eaten—a high percentage of protein food being usually considered more stimulating. Also occupation, and other interests that frequently take the place of, and subliminate, the merely sexual interests.

For the average healthy man and woman twice a week could be considered a normal indulgence, although the average among American families is probably not oftener than once a week.

However, in this matter no strict rule can be laid down. Mutual desire, physical ability and the assuredness that no exhaustion follows, should be the guide and indicator.

However, there is one rule that should be studiously observed. And this is that union should never be *forced*, should never be indulged in when unduly fatigued, should never be carelessly hurried and treated as a commonplace, and should always be accompanied by gentleness, courtesy and mutual consideration.

When these simple rules are observed much will be accomplished to create and perpetuate an ideally happy marriage.

### Sex Determination

One of the most interesting of all questions in which parents are concerned is the question of pre-determining the sex of the child, if such a thing were possible. Thus far, nothing has been developed which *can be depended upon* with any degree of certainty for results.

Nevertheless, scientific men generally are agreed that it will only be a question of time, and perhaps a *very short time*, before definite methods of determining the sex of the child at the period of conception, or during gestation, will be available. And that fathers and mothers may have a girl or a boy baby, at will.

Professor Julian S. Huxley, world renowned as a biologist, son of the famous scientist, Thomas Huxley, in a lecture before the Real Arts Society in London, said recently:



"I am confident that the world will arrive at a stage when scientific sex control will be possible, although it is impossible for me to prophesy the time it will take to attain pre-natal sex determination. It may take twenty or thirty years, but it will come in our time. There is only a slight difference between the actual physiological machinery of animals and men, and it seems to me to be merely a question of applying to men what we already know about animals."

Professor Huxley explained that the hereditary constitution of animals consists in certain chemical substances lodged in the *chromosomes* of their cells.

These thread-like bodies in the nuclei of the spermatozoa and the egg or ovum are visible under the microscope. When split lengthwise, they unite and pass to opposite poles of a spindle-like complex structure. Many embryologists—students of the science of uterine development—contend that after this dividing process is finished, there frequently remain one or two chromosomes which fail to divide. These they call the *sex chromosomes*. They contend that the function of these sex chromosomes is to determine the sex of the child to come.

While this subject is exceedingly complex, it may be remembered that this has gained considerable credence in the scientific world, which credence has been brought about by carefully planned experimentation.

### Two Hundred Sixty-Two Different Theories

As long ago as 1672, a certain French physician collected two hundred sixty-two different theories concerning the determination of sex, none of which he considered of any great value. To these 262 theories, he added another one, which time and experience have demonstrated to be equally erroneous. A fairly well established theory is that the woman, married before she is thoroughly matured, requires material for nourishing herself during her unexpired years of immaturity. Therefore, she has not so much nutriment to spare for the child she may conceive. This lack of nourishment tends to prevent the fullest

development of the child, in which event it will be born a boy. If, however, she is fully matured and formed, she will have more surplus food for the embryo, in which event the child is likely to be a girl. This is held to account for the fact that the first child of a young mother is quite frequently a boy, while later children who arrive when the mother has reached a more mature age may be girls.

Dr. David H. Rieder, of La Porte, Indiana, in an article in the Physical Culture Magazine some years ago, detailed experiments in upwards of two thousand cases, which seemed to show conclusively that "if conception takes place within three days after the menstrual flow has ceased, the offspring will be a girl. If conception occurs between the fourth and seventh day after the period, the offspring is as likely to be male as female. If conception occurs on the eighth day or any time thereafter up to the twentieth day, the offspring will always be a boy."

Dr. Rieder adds that "I have never known this law to fail."

### Nature Usually Breeds a Slight Excess of Males

It is a curious fact that among organisms of even the most widely varying kind, males and females are produced in nearly equal numbers, although there is usually a slight preponderance of males. Among human parents, as a rule, there are approximately fifty more boys born to the thousand births than there are girls. However, inasmuch as boys are slightly larger and, therefore, more subject to injury during childbirth, mortality during the first year or two after birth is slightly greater among boys than among girls, so that in a few years, the ratio between the sexes is practically restored. This same ratio is true among domestic animals.

Dr. Wall, in explaining this equality of ratio claims that:

"In the final division of the nuclei in forming two spermatozoa, one-half of each cell becomes a male-producing spermatozoon, the other half a female-producing spermatozoon; that is, these two spermatozoa differ in their nuclei and chromosome constituents, so that one in union with an ovum (ripe egg) will

produce a male embryo, while the other will produce a female embryo."

These two kinds of spermatozoa necessarily are produced in absolutely equal numbers. The chances, therefore, are even, as far as the spermatozoa for impregnation are concerned with the sex of the child to be.

Some observers contend that the right ovary produces male eggs, while the left ovary produces female eggs. They argue that the right ovary is active one month, the left the next month, and so on, alternately.

A similar belief was anciently held in relation to the testes. It was supposed that the relative size and position of the testical determined the sex of the child to be. The right testical produced the stronger sex, while the left was smaller and so was responsible for the women of the world.

That this belief was rather universally held in ancient times is proved by many references to it in the early records, including the Old Testament, wherein fathers refer to their sons as "the children of their right side."

Many women believe that to hold strongly to the conviction that, during intercourse, if the mind be concentrated on producing a male or a female child, that this mental effort will bring the desired results in the event of conception. This is merely an old wives' fable, and has no basis whatsoever in fact.

It is also believed that the relative ages of the parents have a great deal to do with determining the sex of the child. It is claimed that old men, who are married to young wives, beget female children more often than they do males. This, on the assumption that their spermatozoa are less vigorous in proportion than are the ova of the youthful wives. That there is nothing in this belief is proved by the fact that such marriages result in the production of male children quite as frequently as they do of female children. It was also contended that the sex of the child is dependent upon the proportionate physiological perfectness or organic strength of the parents, and that the stronger of the two, during the sexual act, would determine the sex of the child at conception, which was *always to be the opposite* of his or her own sex.

In other words, should the male be in a feeble or undernourished or weakened condition, he would, in impregnating his wife, determine the sex of the child, which would be the opposite of his own—in other words, a girl. The reverse would be true in the event that the wife was weaker than her husband, in which case, she would then produce a boy.

#### Bicarbonate of Soda for Boys—Lactic Acid for Girls

The latest method was reported a short while ago before the "International Congress of Genetics." Parents by this method may control sex of their children before birth. The method was described as successful in seventy-seven out of seventy-eight trials.

It involves use of lactic acid to insure that the expected baby will be a girl, and bicarbonate of soda, an alkaline, to produce a boy. The method was worked out by Dr. F. Unterberger, of Koenigsberg, East Prussia, and was described by Dr. Jacob Sanders, of Rotterdam, Holland.

Testing the same method on rabbits, the use of lactic acid produced litters with twice as many females as males, while bicarbonate of soda reversed the proportion. Supersaturated solution of lactic acid and soda produced respectively three females to one male and three males to one female.

Use of lactic acid on six cows produced 100 per cent female calves.

If this method should, after a thorough test, prove successful in any way like the proportions of cases claimed by the discoverers, it will prove a boon to millions.

#### The Tidal Theory

Another interesting but rather absurd theory—even though it has gained a great deal of credence—is that sex depends largely upon the aspect of the tide. In other words, if conception takes place during the six-hour period of the *incoming* tide, the child will be a male. If conception takes place during the six hours in which the tide is running out, a female child will result.

There are thousands, especially among those who live near the seashore, who contend that, given the time at which the impregnation was established, they can predict, with the utmost degree of accuracy, the sex of the child. Of course, there are more things in heaven and earth than are dreamt of in thy philosophy, Horatio, and it may not be entirely erroneous to suppose that if the influence of the moon is sufficiently strong to lift uncounted millions of tons of water anywhere from four to thirty feet, it may perhaps have some influence on the sex of a child, conceived during certain aspects of its rise or fall. But, thus far, there is no general scientific acceptance of these claims.

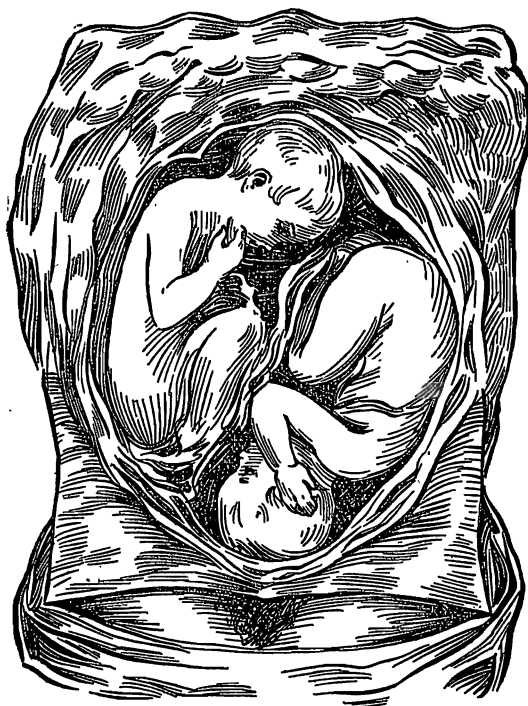
In Korea, there are numerous sacred edifices, where a large stone, representing the penis, is mounted on a grooved pivot, representing the vulva and vagina. This stone is so arranged that it can be turned like a turnstile. If a pregnant woman desires her child to be a boy, she makes the proper propitiatory offering to the god, after which she turns the stone around a number of times. It may be quite possible that this method of pre-determining sex is just as effective as any of the 262 methods which the French doctor enumerated in 1672.

### The Mystery of Twins

Where twins, triplets, or quadruplets are born at one birth a very mysterious and remarkable phenomena has taken place. This is called multiple pregnancy.

It has been estimated that twins occur on an average of once in one hundred pregnancies. One in 7900 pregnancies develops triplets. Quadruplets occur only once in 300,071 cases. As many as five (quinduplets) or six (sextuplets) have been recorded at one confinement.

In these multiple pregnancies the fetuses are much smaller than normal. They are unequal in development. They are more difficult to deliver. Also monstrosities are more frequently found. And the vitality of the children is much lower than with a normal one-child birth.



TWINS IN USUAL POSITION IN THE WOMB

### To Help Insure Pregnancy

A number of recent writers on sexology have developed a fair amount of interest among women in what they allege is the best period for intercourse in order to insure pregnancy. They have made up charts for each day in the year, showing the periods in which pregnancy would be most likely to follow coitus.

Eliminating the scores of thousands of women who are, so to say, by nature irregular in their menstrual periods, and who would have no definite means of establishing an absolute "twenty-eighth" day on which they should "come around,"

there still remain other thousands of women, the secretion of whose vagina is a natural culture bed for the spermatozoa. In other words, a spermatozoön, lodged in one of the numberless folds of such a vagina, might readily continue to live and retain sufficient virility to impregnate a ripe ovum, even as late as two weeks after intercourse.

On the other hand, there are other women who do not seem able to conceive unless the *very best time* in the month is selected for this purpose, and who remain unimpregnated unless intercourse is indulged in at this time.

### The 7-5-7 Rule

The latest and most scientific opinion on this subject is to the effect that the premenstrual, menstrual, and post-menstrual periods in a woman's monthly cycle are the days in which she is *most likely to conceive*.

During the remaining nineteen days of the twenty-eight day cycle it is frequently impossible for many women to gain their desire for conception.

### Always Mark on the Calendar the Expected Date of the Next Period

Any woman who menstruates regularly, who knows the date of her next expected menstrual period, and who takes the trouble to mark this up on a calendar—as every married woman *should* do—can readily compute the best periods in her monthly cycle at which to have intercourse.

All that is necessary is to remember the day on which her menses normally begin. Count one week before that time, allow five days for the menstrual period, and an additional seven days for the post-menstrual possible ovum to be eliminated, and she may feel that she stands the best chance of becoming pregnant.

Remember, however, there is no hard and fast rule in this matter. It is merely the *nearest computation* that scientists, who have devoted a great deal of attention to the matter, can advise.

## What Causes Multiple Pregnancies

The exact cause of multiple pregnancy is not definitely known. Many women have the "twin habit," while hundreds of other women never have but one child at a time. It is believed that if a single ripe egg, containing two or more germinal vesicles, is impregnated, a multiple pregnancy will result.

All the children developed from this pregnancy will closely resemble one another. Also they will be of the same sex. These are what is known as "true twins."

If one or more ova are extruded from one Graffian follicle, or from separate follicles, or if eggs from different ovaries are impregnated at the same time, the children may be of one or both sexes. Sometimes they look alike, and sometimes they are entirely different in appearance.

When only one ovum has been impregnated there is only one placenta. When two or more ripe eggs have been impregnated there are usually separate placentas for each child.

The abnormally developed feeling that "true twins" have for each other has been noted by all students of biology. So closely related are they, mentally and physically, that it might almost seem that they have some sort of interlocking nervous system, which carries impressions from one to another with unerring accuracy.

Some of these twins have felt so acutely that it is stated that the death of one is almost certain to bring about an early demise in the other.

Of course this may be only the influence of suggestion. Nevertheless, curiously enough, it is a form of suggestion that is manifested *only* in the case of twins, and *never* in the case of a mere brother and sister.

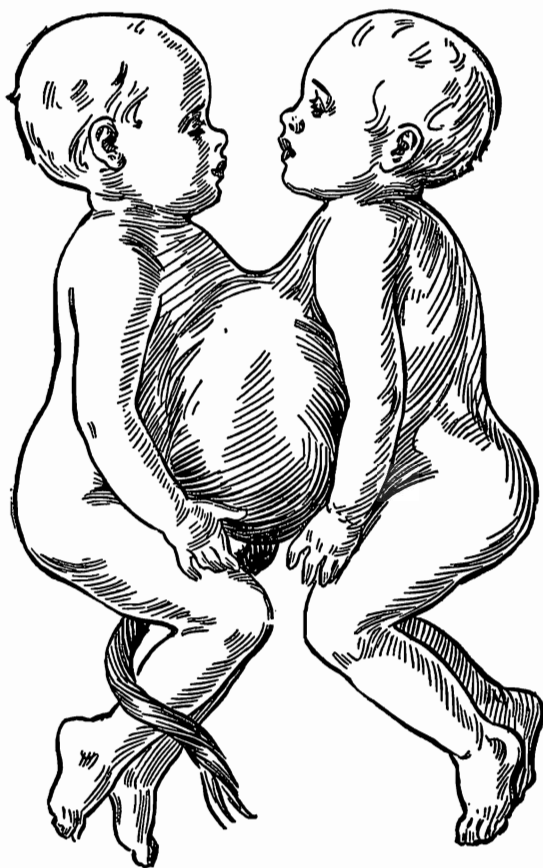
## Should Intercourse be Discontinued During Pregnancy?

Many wives have a fear of permitting the approach of their husbands after they are once certain that they have conceived. They feel that intercourse at this time is very likely to result



in a miscarriage. Or that it may work great injury to the growth of the foetus.

While many women, delicately constituted, may be likely to abort, particularly if intercourse be indulged in just about the



CONGENITAL MALFORMATION OF TWINS  
(SIAMESE TWINS)

time that they would normally menstruate—were they not pregnant—nevertheless, medical men now insist that a reasonable amount of intercourse for a pregnant woman is not only highly desirable, but that it also tends ultimately to facilitate child birth.

### Up to the Fifth Month

With the average normal woman intercourse may safely be practiced up to at least the third month, and in many cases until quickening takes place. This usually occurs between the fourth and the fifth month. After this time, even though the child is protected in a most marvellous way by the placental tissues and the amniotic sac, there is a strong possibility that injury to the foetus might follow, with consequent expulsion of the product of gestation, because of injury sustained at this time.

Therefore, it might be well for the husband, after the fifth month, to refrain from further intercourse, and for some time to come. However, if the position on the side, described in the chapter "The Sexual Embrace" be taken, so that the wife and her husband may so intertwine themselves that no weight comes directly upon the woman, the act may be consummated with pleasure and satisfaction to both, until relatively late in pregnancy.

### Substitute for Sexual Contact

However, even though intimate physical contact may be considered unwise, it is only natural that a woman who is bearing a child by her husband-lover cannot refrain, nor should she be expected to refrain, from that sense of satisfaction that comes in touching and fondling him.

The basis of this longing is tender with sentiment. Physically, however, it depends upon that fine sensual interchange that takes place between skin and skin in personal physical contact. Therefore, stroking, petting and the innumerable

tokens of affection that may pass between the couple, or that may be directed to such erogenous zones as the lips, base of the neck or the breasts, afford profound satisfaction, and prove a most excellent substitute for the sex act itself.

The extremist in this matter would take the attitude of Tolstoy, who strongly condemned any sex contact while the wife was pregnant or nursing. He blamed the husband who "puts upon her the unbearable burden of being at one and the same time a mistress, an exhausted mother, and a sickly, irritable, hysterical individual. And the husband loves her as his mistress, ignores her as a mother, and hates her for the irritability and hysteria which he himself has produced and produces."

This archaic idea is no longer advocated by physicians who have made a study of the physical and psychical needs of men and women, and who address themselves to adjusting these contacts so that these needs may be most delicately and satisfactorily met.

### Can Conception Occur Without the Knowledge of the Woman?

It has often been contended that, unless a woman participates in the act consciously, conception can never occur.

That this idea is utterly erroneous is proved by the fact that thousands of women have been drugged, or have been overcome by the effects of alcohol, or have been knocked unconscious and raped, and have conceived.

No matter how profound the stupor might be, no matter how nearly dead a woman might be, or how incapable of participating in the coital act, nevertheless she *still* may conceive. No consent on her part is necessary for impregnation.

As a matter of fact, medical history records that *even during sleep* a girl has been impregnated. And not only this, but even more remarkable is the fact that the girl was a *virgin*.

The circumstances were these. As is often customary among the families of the poor, children, even of opposite sexes, are brought up to sleep together, sometimes long after the age of puberty.

This is the chief reason for the frequency of brother and sister incest on the part of these children. However, in this particular case I have in mind, the circumstances are that the brother masturbated one night, while lying alongside of his sister. As a sensual gesture, and as a means of enhancing the intensity of sensation, he caught the discharge in his hand, and smeared this semen over the vulva of his sleeping sister.

The action did not even awaken her. Nevertheless, the girl's menses were stopped. Nothing was thought of this for some months. Then the mother noticed a decided enlargement of the abdomen. On taking the girl to a hospital clinic, the doctor there pronounced her pregnant. With the stupidity characteristic of dealing with these cases, the child was permitted to go on for full term. On being confined it was first found necessary to puncture the hymen before delivery could be effected. This is perhaps the strangest and most pitiful case of which we have any record.

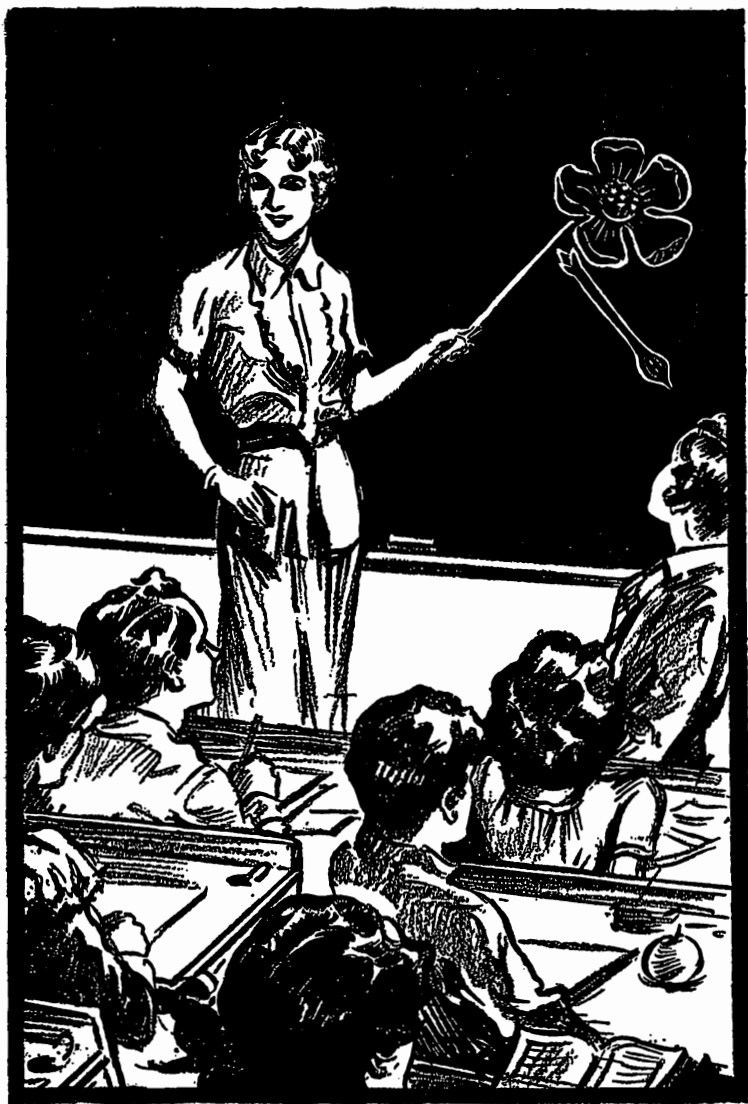
### Sex in Schools

In whispers you hear much about the subject of Sex in schools. I have no statistics concerning the actual number of girls who go wrong before the age of sixteen, in schools and colleges. I have heard a great deal from mothers, and have heard a great deal more from daughters who have pleaded—as they have with every other physician in active practice—for some aid or advice in their dilemma.

Yet little or nothing is done in our schools and colleges to educate our young folks respecting sexual matters, so that these tragedies may be avoided.

In London, however, the famous surgeon, Sir William Arbuthnot-Lane, is quite outspoken about the matter. He says:

“By gradual teaching, children should be familiarized with the body, to learn that it is a thing of beauty, to be kept beautiful and healthy. They should be given instructions in anatomy and physiology, and I would have statues about the corridors of every school.



TEACHING SEX IN SCHOOL BY ILLUSTRATING REPRODUCTIVE  
ORGANS OF A FLOWER

"They would gain an understanding of the wonderful beauty of nature, not a vulgar misunderstanding, which must inevitably be the result of secrecy."

### Where Sex Is Usually Taught

Most of us adults can remember where we first learned of the mysteries of sex, a subject which was, indeed, kept a mystery. We learned it around cigar stores, saloons, barber shops and street corners. The church and the school, both proper places for instruction in this most important subject, kept strangely silent.

It was considered grossly insulting for one in so-called "respectable" society even to hint at anything so shameful as procreation, or at any relation of the sexes that might suggest the biology of reproduction.

Hundreds of thousands of girls grew up to womanhood, and were married, knowing no more of their functions than they did at puberty.

And many of those who did succeed in finding out something of the processes involved attained only a garbled and distorted version of this most important subject.

We are not quite so prudish today. But we are still stupid and bigoted enough, heaven knows.

As Sir William remarks, and as every intelligent doctor will agree, it is indecent for parents to permit children to have a vulgar misunderstanding of the wonderful beauty of nature. In the confidential recesses of the average doctor's office are told tales by young girls and boys which are *nothing short of appalling* in these days of so-called enlightenment.

Now man, in common with all animal life, has but two instincts. The first is *to preserve life*. The other is *to reproduce it*. Full knowledge regarding both should be given in schools to all children.

These are God-given instincts. If they were not moral we would not have them. And if we are ashamed to give instruction about either we should refrain from following the impulses they stimulate in us.

## A Plea for Lovers

Parents, in assuming the responsibility of parenthood, automatically assume two duties. They obligate themselves to see to it that their family is *started* right. And they commit themselves to see to it that, so far as lies in their power, they *finish* it right.

They start their family right when they bequeath to their children pure blood, a robust constitution, and such economic environment as may enable the youngsters to enjoy the advantages of nourishing food, adequate shelter and clothing, and all the education they are capable of assimilating.

They conclude the second part of their obligation when they have steered their children through the whirlpools and rapids of their early love-life, and finally see them happily married.

Much has been written about raising children. Yet relatively little of practical value has been said about *understanding their love problems*.

To put the boy or the girl on the right road to marriage is the bounden duty of every parent. To permit children to find their way through dance halls, speakeasies and clandestine meetings to the greatest adventure of their life is criminally neglectful.

## Make Your Home a Meeting Place for Young Folks

Make your home, however humble, a pleasant, wholesome meeting place for the young folks. Invite the confidence of "the kids." Make them feel that you sympathize with them in their love troubles. Try and cultivate their confidence and advise them frankly and fearlessly, out of the plentitude of your own knowledge of the world and its ways.

Realize that when your daughter asks someone for advice which perhaps no one in all the world is more qualified to give than her own mother you have "fallen down on the job." You have failed to instill confidence and promote comradeship in your girl.



HOME THE BEST MEETING PLACE FOR YOUNG LOVERS



Then ask yourself why this youngster, instead of discussing her problems with the best friend she will ever know on earth, should seek the advice of a perfect stranger. It may be that you give the girl the impression that you do not care to be bothered with what may seem to you a relatively unimportant matter. Or it may be that you are still living in 1900, instead of 1933.

All these matters are vital. They are all the more vital and important because they are a *part of the obligation* you automatically assumed when you brought this new soul into the world—this soul that looks to you for help and guidance in one of the most critical periods of her life.

## PART II

The History of Marriage  
Strange Marriage Customs  
The Kiss  
Why the Sexes Are Attracted to Each Other  
Mistakes of Early Marriage  
Companionate Marriage  
The Girl Who Loses Her Honor  
Homosexuality  
Prostitution  
Heredity or Environment  
Sexual Starvation and Its Effects  
Is Man Naturally Sadistic?  
Have We the Moral Right to Enforce Spinsterhood?

## PART II

### The History of Marriage

The history of marriage is perhaps one of the most fascinating and intriguing of all subjects. To trace it back to its origin would lead us into the dim distances of racial beginnings.

In a general way, it might be said that marriage is the keynote and the principal factor in connection with the evolution of mankind. For every age has removed it, in a certain degree, from its animalism. The responsibilities which it has brought have made it not only possible, but absolutely necessary for mankind to evolve in his social structure, in the development of a means of livelihood and culture, in the arts and sciences, and in the higher aspects of love, as we now know it.

In a certain percentage of the inhabitants of the earth it has idealized and refined a relation which, in its primitive state, was merely a means of procreation. For, unquestionably, our primitive forebears bred merely as animals breed. We have every reason to believe that the female received the male only at such times as the procreative urge impelled, and that, impregnation effected, she had no further relations with her partner.

In all probability, primitive woman exercised the same power in the selection of her mate as would an animal in heat. In that struggle for existence which Darwin has so clearly described, the stronger, handsomer, more virile male received preference, or won the right to possess the particular woman of his desire, or gained her favor in bloody or mortal combat, just as a tiger, a stag or a lion might win this same right to this very day.

### Promiscuity General

In primitive man, pregnancy was not associated with the sexual act. It was believed that children resulted from some supernatural influence, entirely apart from the sex act.

However, after it had been established that sexual intercourse was a necessary precedent to impregnation, there developed the first beginnings of the family life. This took the form of communal or group marriage. In this form of marriage, *all* women of a certain group belonged to *all* the men in the same group. This form of marriage is practically unknown today, even among the lowest and most primitive tribes. This marriage is generally believed to have taken the form of a matriarchy.

In other words, the woman, who may have had intercourse with several different men, was the recognized head of her particular family of children. The children belonged to the mother's clan, the mother was guardian of whatever property they might possess in common, as well as of the religious traditions and rites of the tribe. Social orders of this nature exist even to this day among many tribes in Australia, Central Africa and Borneo.

The next step in the evolution of marriage consisted in replacing this form of communal marriage, in which an unknown father might be the parent of one or more children, by a marriage between single pairs, continued during life, or during the pleasure of the contracting parties.

The great advantage of this form of marriage is obvious. For the children *knew* their father. The father felt a responsibility for the care and nurture of the children whom he had brought into the world, even though the family fortune was invested in the mother, and at her death, was transmitted through her line, instead of through the father's.

The father was merely required to provide food and shelter. When he died, whatever weapons and clothes he possessed usually were bequeathed to the tribe to which he formerly belonged.

Complete sexual promiscuity was rarely practiced among primitive men, and even more rarely among modern barbarians. In fact, taboos against incest—in other words, against unions between sister and brother, daughter and father, mother and son—were almost universal. Infraction of these laws was followed by death, or by punishment from the tribe.



THE BRIDE

Another type of marriage, considered by many as an evolutionary survival of the communal form of marriage, is what is known as the *punaluan family*. This marriage consists in the union of the group of brothers with a group of sisters. Each woman in this group is the wife of all the brothers, and each man in the group the husband of all the women. This form of marriage was formerly quite prevalent among the natives of Hawaii and certain of the Polynesian Islands.

Polygamy, which consists in marriage between one man and several women, and polyandry, which consists in marriage between one woman and a number of men, has been more or less universal throughout the ages. It undoubtedly has its basis in economic conditions.

### Where Polygamy Benefits

Among pastoral tribes, where it might be difficult to wrest a living from a meagre soil, and where women contribute largely through their labor, such a form of polygamy may have been of definite value.

Where children were an economic asset, as they unquestionably would be in a condition in which children might become sheep-tenders, and in other ways make themselves generally useful, polygamy had a definite advantage. For one male, the head of the family, if he were obliged to live in monogamous relation, and have only one woman to do all that fell to the lot of primitive women—including weaving, basket making, pottery, skin tanning, and many different forms of food preparation necessary for sustenance—would suffer serious handicap from an economic standpoint. He would not be able to provide a sufficient amount of food and stored material, in the form of prepared wheat, corn, jerked beef, etc., to keep his family during rigorous months of non-productivity.

It is interesting to note that even in such countries as Turkey and Arabia, in which polygamy was formerly general, it has now been practically abandoned. While this is due to ukas and edict, nevertheless, the legal interdiction sprang from the pressure of economic necessity. Density of population, intensi-

fiction of the competitive struggle, and a broader conception of evolutionary progress of the race, is manifested through commercial intercourse, the general use of the telephone, telegraph, postal communication, etc., brought about this natural and highly desirable result.

On the other hand, in climates where life is easy, where the sea teems with fish, crabs and all forms of edible life, where bananas, cocoanuts, and other tropical fruit grow abundantly, no great heed for tomorrow need be taken. A man would not be subjected to economic pressure, and to the crying need for food, in order to maintain himself and his family in comfort.

Under these circumstances, polyandry has been adopted, one woman living in more or less peace and harmony with a number of men. We are told that the woman selects one of a half dozen or more men to remain with her during the day, while the others go about their work in tilling the field, fishing, hunting, or whatever they may be engaged in at that time.

### Monogamy

The marriage of one woman at a time, to one man at a time, is now general throughout all civilized nations. It has been found that the economic welfare of the pair, together with a better supervision of the welfare of the children, is enhanced by this form of relation. Where every parent knows his or her children and every child knows its parents, there must necessarily be a more homogeneous relation than there could possibly be where this matter is in doubt.

This does not imply, however, that polygamy and polyandry do not still exist, even under this form of marriage. Admittedly, hundreds of thousands of married men maintain mistresses or concubines, or indulge in extra-marital relations; and, admittedly, hundreds of thousands of women entertain lovers and receive favors from men other than their husbands.

Bernarr MacFadden, in his very splendid *Encyclopaedia of Health*, has called attention to the fact that while in civilized countries, few contract actual polygamous marriages, many

live polygamous lives, and others tacitly approve these conditions. He says:

"Women who have little or no erotic instinct, who are selfish, yet socially conventional enough to marry, may willingly permit their husbands to have mistresses, or even to resort to prostitutes, so long as they themselves retain their social positions."

Also, as has been pointed out by Havelock Ellis and many other radical thinkers, what might be termed our progressive marriages are nothing more or less than a form of modified polygamy or polyandry. Many experts in this art of diversifi-



MODERN MARRIAGE CEREMONY

cation—particularly among women—have taken as high as six or eight different husbands. Their lives are a continual procession of—up to the altar, into the divorce courts, and up to another altar.

In those marriages in which the husband and the wife may live together continually, the children are much better cared for, venereal disease is infinitely less frequently met, worry and bitterness through disharmony are minimized, and the economic condition is improved.



### Marriage Customs of Savages

The history of marriage discloses many peculiarities which have been practiced from earliest times. The hurling of an old shoe after a happy couple, showering them with rice, flowers or confetti, kissing of the bride, the costly gifts, the preparation of great wedding feasts, and other customs—silly or delightful, depending upon our viewpoint—have their origin in remote antiquity. Even the setting of the date of the wedding, the dictation of rules of conduct of the bride, are actions crystallized in the amber of ages.

The so-called "cave man" marriage, in which the husky male stunned his bride with a heavy blow on the head and dragged her by the hair into his cave, still exists, in a modified way. For the Australian aborigine, when he wishes to secure a help-mate, merely watches his chance, stuns her with a heavy blow and brings her to her future home.

With the Kalmuch Tartar and certain Indian tribes, the winning of a bride depended to a large extent upon one's ability to outrun the lady. Among Slavonic nations, it is generally believed that if the bride weeps copiously on her wedding day, she will have a happy life. In our civilization, we have modified this practice somewhat by delegating the duty of copious weeping to the mother and the other female relatives.

Wedding gifts have their origin in the fact that, until comparatively recent times, a bride was purchased from her parents. In return for this, the bride received a dowry, which she brought to her husband.

The feast that followed marriage merely afforded an opportunity for felicitation and the exchange of greetings and good wishes.

The wedding ring, first used by the ancient Hindus, as well as the engagement ring, first used by the early Romans, is the only visible sign that remains, as establishing the bondage of women. It survives from those ancient days in which maidens were captured and were actually chained up in order to prevent their escape.

The best man is a relic of those days in which, when the

young man sallied forth to capture a bride, he found it expedient to bring with him a friend who assisted him in this capture.

The wedding veil traces its origin to the bridal canopy, which, in Oriental countries, was held over the heads of the groom and the bride, symbolizing the bride's modesty, while, at the same time, protecting her against the Evil Eye. This practice of holding a canopy above the heads of the couple who are undergoing the ceremony of marriage is still practiced among orthodox Jewish people.

### Trial Marriages

Trial marriages were more or less common during the Middle Ages in Europe. Even quite recently, in such countries as Germany, Sweden, Holland and Austria, it is not at all uncommon to read notices of "Free Marriage," published in the newspaper. If children result from this union, they are considered quite as legitimate and just as eligible to inherit the estate of the parents as though born in wedlock. An old Swedish law, dating back to 1734, provides "that when a man impregnates his fiancée, the engagement becomes a marriage."

### Significance of Certain Marriage Customs

The reason for hurling an old shoe or slipper after the bride and groom, as practiced in Scotland, Denmark, England, Germany and America, is to avert evil influences from the couple, which is a remnant of the old days in which demonology was generally accepted. The kissing of the bride by the priest, which is invariably a part of the ceremony in Scotland, is to insure her happiness. This kissing has been extended in modern marriages into a more or less general affair, participated in, first, by the immediate family of the bride and groom, and followed up by practically every male guest who might consider it worth while to kiss this particular bride.

The rice and confetti, thrown after the departing couple, is the modern expression of the ancient casting of corn, wheat, barley, raisins, seeds, fruit and coin after the married pair, as a token that their union might be prosperous as well as fruitful.

### Marriage Customs of Savages

In all ages, and sometimes almost from infancy, men and women have concerned themselves with sexual practices. We are told that among certain tribes of savages in the Pacific Islands and in Central Africa, there exist sexual practices which are utterly repugnant to modern ideas of morality. For these savages not only permit the freest sexual indulgence during childhood and adolescence, but they encourage sex play even among little children.

Needless to say, this contact and repeated manipulations of the sex organs by one of the other sex stimulates sexual cravings. In fact, this sex play undoubtedly hastens adolescence, inasmuch as the sex desire must become more urgent, and the sex hormones, together with the secretion of the testes and the ovaries, more definitely activated. Among certain tribes, this sexual "forcing" seems so desirable that the children are even provided with special dwellings of their own, where their sex urge can be gratified to the fullest extent, in the most favorable environment for this purpose.

Nevertheless, strangely enough, these savages still have their taboos, to which they adhere as rigidly as do Americans to theirs. They are not utterly promiscuous. Even during this adolescent period, they are expected to remain faithful to each other for a time. Also, there is a strict taboo against intercourse between brother and sister, or with aunt and uncle, or with other members of the immediate family.

In other respects, marriage among these savages is monogamous in character. In fact, many travelers have claimed that so-called civilized people might learn a great deal from these savages in the art of rational sex conduct and decency, at least after their period of riotous adolescence.

### The "Head of the Family"

Perhaps one of the most degrading and debasing of all marriage customs, from our civilized standpoint, is the unrestrained use of his superior strength, which the male, through all the

ages, has exhibited in his contact with women. This brutality—principally because of the fact that laws governing such actions are man-made, and not woman-made—has persisted almost to this day. For in many lands, the husband still has the right to whip his wife and children if he believes that they need chastisement or if they disobey some particular taboo or instruction of this egotistic male.

Often, within recent years, decisions have been handed down in some of our own courts that a man still has this right in certain parts of the United States.

In England, this privilege of beating the wife was formerly restricted by certain regulations, one of which was that the husband, while quite free to beat his wife as often as he chose, could not, in doing so, use a stick any thicker than his thumb.

In old Czarist Russia, there was no such limitation as was practiced in England. The beating of wives was universal and vicious in the extreme. One of the outstanding short stories of the great writer, Gorki, deals with an experience of this nature, in which he describes the cruel and merciless flogging of a woman, who is being dragged through the streets at the tail of his cart. The saddest and most hopeless aspect of the whole matter, from the standpoint of one who still retained some leaven of human sympathy in his soul—was that the bystanders and onlookers seemed to regard this savage flogging as a huge joke, urging the brutal peasant on to redoubled efforts.

Indeed, an indispensable part of the bride's trousseau consisted of a bundle of birch rods, which she dutifully presented to her husband as soon as the guests had left, following their wedding festivities.

### A Reminder of the Roman Festivals

In many parts of Europe, in the country districts, matrons and girls are subjected to whippings. In point of fact, women have become so saturated in this superstition that they actually believe that a husband who does not whip them does not love them. The reason for this whipping stems from a belief which

reached its height of credence in ancient Rome. It was held that the fertility of women, as well as the domestic female animals, could be enhanced by flogging them upon the bare buttocks.

In one of the greatest of the Roman festivals, the *Lupercalia*, this custom found its fullest expression. The Lupercal was a grotto, sacred to Lupercus, the Roman god Pan. In honor of this god, a goat and a dog were offered in sacrifice. The priest then cut thongs from the hides of the sacrificed animals which they used as whips.

Dividing themselves into two bands, they ran around the walls of the old Palatine city, striking viciously at the people who crowded near to be whipped. Barren women were thus struck upon their bare posteriors with one of the thongs. This was rendered easy by the fact that the women thronged to the city walls in a perfectly naked state so that they might receive the full blessings of the blows conferred at the hands of the Luperci, or priests, who were also naked.

The thongs were called "februa." The festival was called Februatia, from whence we derive the name of our month, February. As above stated, this festival still survives in rural districts in Europe, where, on Hallowe'en, even domestic animals, as well as the women of the household, are whipped by the men to prevent them from being sterile.

### The Brutality of Men Toward Women

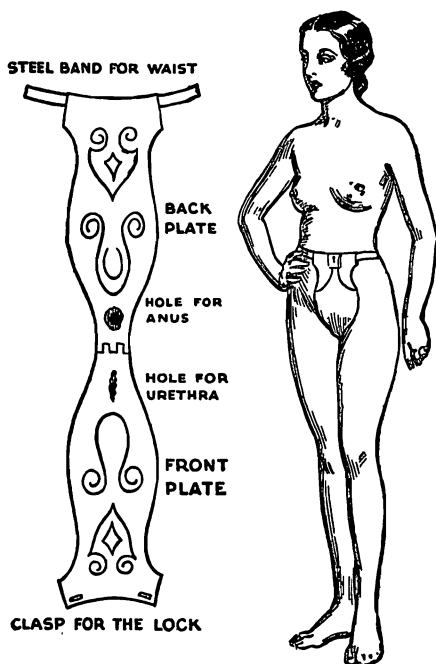
However, these whippings and the subjection of women to the cruelty and lust of man—not so marked in later days, thanks be to the greater economic independence of women—is considered by many to have been a mighty factor in raising human-kind in general from savagery to civilization.

For it helped to produce in women the traits which, transmitted by example and precept from one generation to another, finally made possible even the little bit of civilization we now enjoy.

We may also blame man for the fact that the abject depend-

## THE CHASTITY BELT

ence of woman on the pleasure of the man had a great deal to do with subduing natural animal passions. It greatly helped in bringing about the sexual apathy which curses the large majority of our women today.



MEDIAEVAL CHASTITY BELT

### The Chastity Belt

Nevertheless, we have come a long way up from those slavish days, during the Middle Ages, when wives were subjected to the degradation of wearing a so-called "chastity belt."

These "belts" consisted of metal frames, which were fastened by a padlock about the waist and pelvis of the wife. (See illustration.) The belt was locked by the husband, who could take the key with him, even for a period of years, as certain of the

Crusader chieftains did, in that so-called "Age of Chivalry"—which was really the filthiest, most licentious and most debasing period in the history of the human race.

This contrivance to promote chastity—unless the lock could be picked, which should not have been a difficult matter—effectually prevented the wife from having any illicit intercourse during the husband's absence.

History tells us of one German Emperor who forestalled possibility of any lock-picking efforts by having a blacksmith rivet an iron frame on his wife. He made sure that she would not forget she was a married lady while he went away for an indefinite time, to fight the Saracens. And incidentally came home—if he came home at all—very sadly beaten by these same Saracens.

These harnesses or belts, it may be interesting to note, were in use as late as two centuries ago. In fact, some authors claim that, even today, there are mothers in certain primitive communities in Europe who still safeguard their daughters in this repulsive and brutal manner.

### Harem Technic

However, it is claimed that, even to this day, when an oriental husband permits a wife or one of his odalisques to visit a friend, and he does not happen to have a spare eunuch as a guard, he fastens an ingenious arrangement on the woman.

This consists of a belt, passed around the waist. To the back of this belt is attached either a leather or an iron band. This passes through a hole, about four or five inches from the end of a round wooden stick. The end of this stick is forced into the vagina of the woman who wants to go visiting. The band is drawn up snugly in front, and then locked to the belt. So that it is impossible to remove the plug of wood from the vagina, until the gentleman who has the key does so.

Meanwhile the lower end of the stick extends down to the knees, uncomfortably reminding the woman that she is her master's chattel—or that perhaps she had better cut her visit short.

When we contemplate all these cruelties and barbarities, visited by men on women, it is impossible not to feel that, while we still have a long way to go in our upward journey toward humanity and decency, we nevertheless have made quite a commendable bit of progress in this direction.

### Sauce for the Gander

As a correlative of the chastity belt there has been, among certain European nations in the Middle Ages, equally secure impediments to the practice of sexual intercourse by men.

This has been brought about as the result of religious interdiction among certain sects, who regarded sexual intercourse for purposes other than that of procreation, a sin, punishable by eternal hell fire, if not absolved before death. In certain cases where the priest to whom the confession was made was more lenient the sin of coitus was pardoned by the imposition of due penance.

The Protestant Church, while never taking the same active interest in this matter as was taken by the Catholic Church of the day, has always looked upon intercourse as a necessity, although contending steadfastly that it was regrettable that such was the case. It held, with the Apostle Paul, that "It is better to marry than to burn."

### The Cunning Little Padlocks

However, among the fanatics, who wished to ensure that the sexual act would not be performed except for reproductive purposes, a cunning device was developed.

A slit was made through the foreskin of the penis. Through this slit the ring of a padlock was passed, exactly as the old-fashioned earring used to be passed through the perforation made through the lobe of a lady's ear.

The padlock was made sufficiently large and sufficiently uncomfortable that it could not, even by the most adroit manoeuvring, be introduced into the vagina, without causing extreme pain. Therefore coitus was impossible while the padlock was

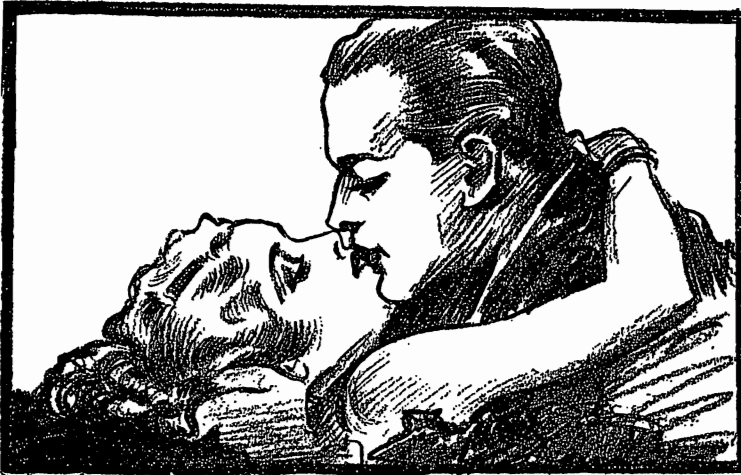


worn. This padlock could be removed only by the magistrate who was responsible for this idiotic attempt at regulation of the private life of a citizen.

Specimens of these interesting little padlocks are to be found in many European museums.

### The Kiss

The kiss is an expression of affection practiced almost ex-



THE KISS

clusively by the Caucasian race, and by Negroes living in Caucasian environment.

As a form of affection kissing did not develop until comparatively recent times. However, as a form of reverence or respect, kissing existed in the most primitive times. In many African tribes the natives kiss the ground on which a chief has trod.

We are told that Columbus was so glad to get his two feet on shore again that he kneeled down and kissed the ground when he landed here.

In Australia kissing the ground is a method of greeting among various native peoples. Kissing the hand and the foot has been a mark of respect, subservience, or homage from the earliest days.

Kissing the Pope's ring, the crucifix or the big toe of the statue of St. Peter is a token of reverence and humility.

### Even Animals Have the Habit

Actions similar to kissing are found among various animals lower than man. Snails caress antennae. Certain birds, such as storks and herons, use their bills for a kind of caress; while the dove, as it is well known, practices cooing, as well as billing. The dog who licks his master's hand is really kissing him; while the rubbing of noses between horses is a form of kiss. As primitive man paralleled lower animals in many things, it is likely that the primitive mother may have kissed her child in fondling it. However, we cannot definitely trace kissing as a form of affection in antiquity.

In the Orient they don't seem to know much about kissing. For instance, in Japan, the kiss is—or was, until the movie made it popular—considered rather indecent, a profanation of sex.

The Japanese and the Chinese seemed to be able to get all the thrill demanded by sentiment in making a profound obeisance to one another. We, here in the Occident, would be inclined to regard a mutual ceremonial bow of a father and daughter, for instance, as hardly to be compared even with a jovial "Hello, Kid," to be followed by a "How's How, Dad?"

The Eskimos and Laplanders—who don't know any better—rub noses, as a token of salutation. In Polynesia they don't even go that far. The young man merely presses his nose against the nose of his beloved—and calls it a day. Many tribes in Africa rub their heads together, and feel that they have done full duty to the social exigencies.

In France they may have gone to extremes in the matter. For, in addition to kissing all the women to whom a kiss may be acceptable, the men kiss one another—on both cheeks. How-

ever, in the main, this kiss is rather a perfunctory proceeding. For instead of the labial caress—the kiss on the lips—the French call it quits if they merely lay their cheeks in contact for a moment.

### Kissing the Hand

On the Continent, men kiss the hands of women as a token of respect and an acknowledgment of introduction, or in greeting.

The Samoan kiss is a quick sniff, while the natives of Papua, in the South Seas, merely pinch each other on the cheeks with both hands when they feel like having a good kiss.

It is only in America and Europe that the kiss is really appreciated at its true worth—although in time the moving pictures will probably introduce the custom to everybody in the world—including the Scandanavian countries.

One writer tells us that the kiss is really a barbaric relic of cannibalism—a modified form of bite—implying that when man first kissed woman what he attempted to convey to her was the fact that he loved her well enough to eat her. Many men still believe the latter part of this.

Following the development of the kiss among the Aryan and Semitic people—we find that “kissing the mouth or the eyes as a form of dignified greeting was practiced among the early Romans.”

Pomponius, who was extremely big hearted, permitted himself to be kissed on the lips by worthy and deserving nobles, on the hands by nobles of lesser degree, and on the feet by those nobles who didn't amount to much.

### Kissing All the Family—including the Dog and Cat

Erasmus tells us that when he visited England he found kissing in use everywhere as a form of greeting. When a visitor entered a house he not only kissed his host and hostess and all their children, but he also kissed the dog and the cat. To a really sober person this would seem to be carrying kissing to extremes.

One of the first definite instances of kissing as a form of affection is noted by Leybard, the famous "Saint of Tours" in the 6th century, who gave his betrothed a "ring, a kiss and a pair of shoes"—the latter being a sign of his subjection to her. The ring was to bind them together. The kiss was the seal of his affection.

As a form of affection the kiss may have existed very much earlier than the 6th century. In fact, it would seem almost unthinkable that Helen of Troy, Cleopatra, Sappho were ignorant of the art and science of kissing—and its effects. However, we have no definite records other than those quoted here.

In France, they took to the kiss like a duck takes to water. In fact, 50,000,000 Frenchmen, when they first heard of it, probably exclaimed, all in unison, "How long has this been going on?" Montaigne tells us that in France any Jack with three lackeys or servants was privileged to kiss almost any woman he met. When dancing became popular practically every dance figure ended with a kiss. No wonder dancing became popular. According to one writer, Louis XII is credited with having kissed every woman in Normandy. Louis was probably the champion kisser of the world.

### Spread Like an Epidemic

From France the kiss spread like influenza all over Europe. In Russia it reached the proportions of an epidemic. They even beat the French at it.

The kiss has been made the subject of countless masterpieces of art. One of Rodin's most famous statues represents a youth impressing a lingering kiss on the lips raised hungrily to his.

However, among civilized races—both white and black—there is probably no sweeter and more tender emotional gesture between the sexes than a kiss—the most delightful of all forms of greeting.

The loving kiss between a mother and her child—and all mother's sons and daughters are "children" until they are gray-headed—the estatic kiss of young lovers, the affectionate

salutation between Dad and "the girls"—all these help make life beautiful, frank and friendly—and altogether more livable.

### The Stimulus of Love

The contact of the lips in the kiss is one of the most powerful stimuli of love. An Arabian author of the sixteenth century (Sheikh Nefzawi) in his work, "The Perfumed Garden," an Arabian *ars amandi*, alludes to this fact. He quotes the verses of an Arabian poet:

"When the heart burns with love,  
It finds, alas, nowhere a cure;  
No witch's magic art  
Will give the heart that for which it thirsts;  
The working of no charm  
Will perform the desired miracle;  
And the most intimate embrace  
Leaves the heart cold and unsatisfied—  
If the rapture of the kiss is wanting."

### Why the Sexes Are Attracted to Each Other

While, as it may have been stated elsewhere in this book, the fundamental reason for the attraction of the sexes to each other is for the purpose of procreation, nevertheless there exists, as a means of insuring this attraction, certain differences between the two sexes, which enhance and emphasize this attraction.

For instance, while women generally may lack the matured judgment of men, they are usually much more highly endowed from the intuitive standpoint. In other words, they may know the answer to a question or the solution of some business or social problem without going to the trouble of reasoning it out. And their answer is almost invariably the *correct* one. While man's answer may, quite as often as not, be the wrong one.

It is usually contended that men are less talkative than women, although this is denied by millions, who have waited vainly to get a word in edgewise, where a group of men have been discussing some subject of general interest.

### Ornamenting Home and Person More General Among Women

Also, it is generally conceded that women have a finer sense of ornamentation, and perhaps a better taste in the selection of means to enhance their personal beauty, as well as to enhance the beauty of their surroundings, than have men.

Many men will deny this, claiming that the Worths, the Paquins, and the most successful interior decorators are men. However, speaking in a general way, it must be acknowledged that the fair sex has a better sense of that which is beautiful and artistic in the home than have the male sex.

### Differences in Anatomical Construction

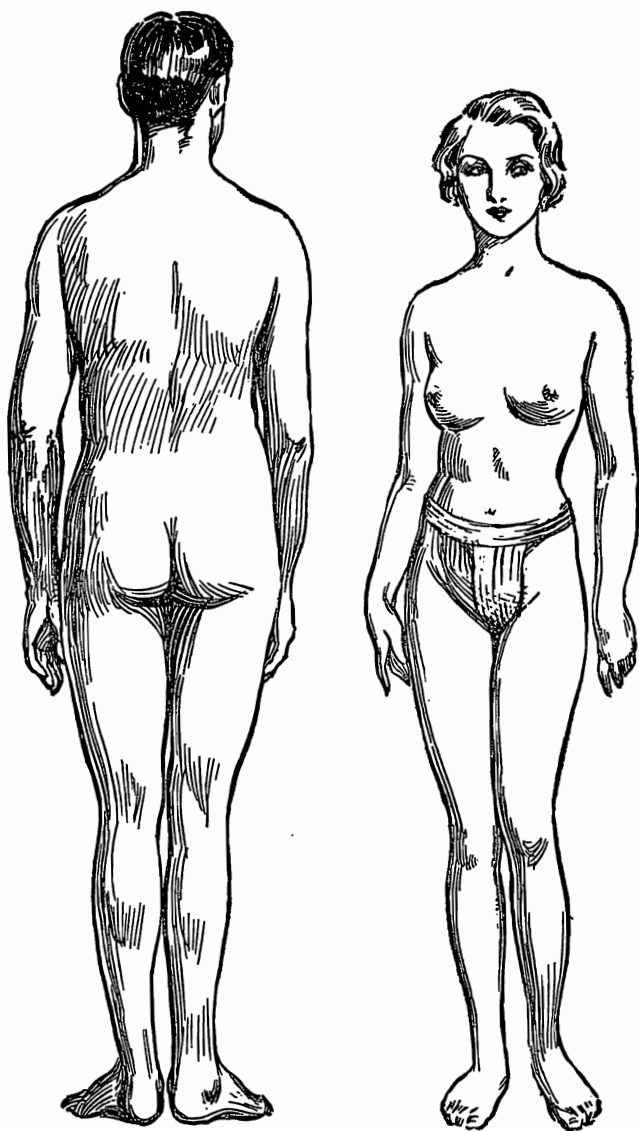
The physical differences between a man or a woman, as seen at first glance, are also quite marked, and tend to attract the sexes one to another, by very reason of these differences. The chest of the female is shorter, although slightly more expanded than that of a man of the same height. The pelvis is larger, the thigh bones more curved, the shoulders narrower, and the waist smaller. Also, the woman's hair is softer and finer than a man's, as is usually the skin. Her feet and hands are smaller, and her limbs more tapered. All her bones have less angularity in the joints than have a man's. Also, she usually has a more generous amount of fat deposited over the bones and under the skin. This gives to her body a smoother, rounder, and much more beautiful contour.

We have spoken elsewhere of the lovely lines of the bust, and the even more beautiful lines of the *mons veneris*—pronounced by artists the most beautiful and symmetrical lines in all nature.

It will also be seen that a line drawn around the figure of the woman will be much more elliptical than that drawn around the male.

This distinctive difference in shape is the definite point of the physical attraction between men and women.

Man sees in this lovely elliptical form, with the broad pelvis, the potential mother of his children. While woman, seeing in



DIFFERENCES IN ANATOMICAL CONSTRUCTION OF MALE AND FEMALE

man the rugged contour and upright bearing of the male, sub-consciously senses in him a perfect father for her children to be.

What we mean as sex attraction, therefore, has its basis in these characteristic differences, peculiar to each sex.

### How Women Attract Men

The average man is firmly convinced that women, in the main, are almost as lovely and sweet as are his mother and his own dear sisters. He also believes that those that aren't can't be greatly blamed. They just "didn't get the breaks." And if he's a normal, healthy man, he's attracted to them almost as inevitably as a lodestone is drawn to a magnet.

However, *all* girls do not have the same degree of attraction for *all* men. In fact, this law of affinity is observed all through the biological kingdom—even in such apparently lowly organisms as insects.

Darwin refers to this as the "Law of Natural Selection." Through the exercise of this law, animals, as well as humans, achieve "perfect adaptation to environment." They progress by perpetuating the best qualities in both sexes. This automatically results in the "Survival of the Fittest."

The subject should be of intense interest to every man and girl. For if you are not exactly what you should be—in order to be attractive to your sweetheart—you can often be *made so* by the exercise of a little art and common sense.

### You Can Make Yourself More Attractive to Your Sweetheart

But first let us try to find out what it is that attracts a man to a particular girl—or to some particular type of girl.

Is it the color of her hair and her complexion? Is it because of her exquisite and refreshing cleanliness and scrupulous care of her person, her nails and her skin?

Is it because of her manner of dressing, ornamenting or perfuming herself?

Is it her expression, demeanor, disposition, character? Is



it because she has intelligence, or because she lacks it? Is it some subtle bond of sympathy that many exist, or unerring tact? Or, is it because she has learned the subtle art of flattery and of encouraging confidences?

Now, granting that complexion, color, clothes and exquisite care in the toilette of the body are vitally essential, and that sympathetic intelligence is a great asset, there is yet *one* quality even more important than any or all of these, put together.



THE "IT" GIRL

## How to Develop "It"

This is *personal magnetism*—commonly known as "It." This potent and irresistible quality was developed to an extraordinary degree in Ninon l'Enclos, Madam Pompadour, Nell Gwynne, Lady Hamilton, and scores of other women who have made history.

If you have "It" you may sport a reasonable amount of freckles or a snub nose. You may dance as though you had two left legs. But you can't be sickly, sluggish, pimply, dry-haired, or scaly-skinned and "get by." You can't have a disgusting breath, or a set of teeth that are a disgrace to any self-respecting girl in this age of good dentistry.

In brief, you must radiate exuberant spirits, vitality and vivacity. You must be so healthy that you'll just bounce. And, you must be *clean, sweet and wholesome*, from hair to feet.

With good health, a clean wholesome body, a vivacious spirit and that magnetism that comes from well balanced diet, careful attention to the laws of hygiene, and ovaries and endocrine glands that are functioning normally—all other things being equal—you can attract almost any unattached, normal healthy man you want to attract.

And *this* is the secret of all the ages.

## Mistakes of Early Marriage

The chief mistake in marrying too early is the danger of pregnancy before the pelvis has been fully developed and enlarged, before the breasts are ready to secrete their lacteal fluid, and before the woman has achieved the maturity that is necessary, if she is to give the best possible heredity to her child that is to be.

In other words, a child-mother runs infinitely greater chances of dying in childbirth, or of bringing a sickly, puny child into existence than does a woman who is fully mature and robust.

However, in addition to this physical or biological side there is also the additional possibility of running upon the reefs of

marital infelicity, because of an *immature conception* of the problems of marriage.

A seventeen- or eighteen-year-old may be perfectly capable of consummating the sexual act with her husband, and in a manner that may be mutually satisfactory. Nevertheless, she may be miles away from him when it comes to an understanding of the various items that make up their domestic partnership.

For one thing, she is *only a child*. And in her marriage she has, in a measure, closed the door to much of that which is the normal heritage of young girlhood.

When her mind and most of her spare time should be concerned with beaux, picnics, motion pictures, automobile drives, parties and dances, she has imprisoned herself in a net of dish washing, floor sweeping, food preparation, bed-making and the hundred and one monotonous and dreary details of housekeeping—for the woman in modern circumstances.

The husband, on his part, has hypnotized himself into the belief that he is coming home from work at night to be entertained by the same clean, freshly dressed, eager young girl on whom he called before they were married. They are both disillusioned—the wife perhaps more so than the husband.

### Shattered Dreams

The wife's dreams of romance are shattered by the stern realities of the work-a-day world. She finds that her knight in shining armor is merely a man who has to be reminded to shave every morning. And who may not infrequently neglect to take his daily bath, unless he is forcibly reminded of this function.

She may discover certain habits in him which he has carefully concealed during his courting days. She may find that he delights in smoking some particularly terrible-smelling pipe, which makes his breath almost unbearable.

It may develop that he chews tobacco, and that his feet and arm pits exude a most offensive odor, which he takes little or no pains to eradicate by the proper use of formaldehyde solution, or other simple measures.

## 124 MISTAKES OF EARLY MARRIAGE

In a thousand different ways her rosy dream of love may be broken into fragments.

It is for these reasons—the biological, physical, material reasons, and the psychical, social and personal reasons—that the young girl may make the mistake of her life by marrying too early.

And yet there is another side to this question—*provided* a happy union can be effected.

### Some Girls Should Marry Young

The Metropolitan Life Insurance Company, which gambles that you will live longer than you expect to, recently finished a study on the interesting subject of Women and Marriage, which bears on this subject of early marriage.

They have found that the early years of a woman's life represent the golden heyday of her matrimonial prospects. More women than men are married in these Spring-lit years. However, after twenty, men have more chance to run Dan Cupid down and take his bows and arrows away from him than women have.

To put it concretely: Between 20 and 30 the chances of a woman getting married are two to one in her favor. Between 30 and 35 the odds are about even. For the next ten years after this the odds are two to one against her.

This means that, after she passes 20, the woman's chances of marriage decrease by one-sixth with every five years that elapse.

With men the odds run in the other direction. At 20, a man's chances of getting married fall behind a girl's chances.

The reasons for this are obvious. For, at 20, a man is, or should be, engaged heart and soul in making a career. At 20 a girl's *career of being a woman is already made.*

### Women Ready for Childbearing at Twenty

She is all ready to go to work at the job for which Nature designed her. Biologically, she is perfected.

At 20 a man may be biologically fit. But decidedly he is economically unfit, imperfect and undeveloped in the things that corner-stone his success—not only in business, but also in domestic and social life.

The chances, naturally, increase as he matures and piles up experiences. At 30 he has a distinctly better chance of marrying than has a woman of the same age. And he remains in this exalted station until he is 55.

After this, he should not think of marrying at all—unless it might be for companionship. Or unless the man is robust and vigorous.

### May and December Marriages Don't Work Out

For May and December marriages—as a usual thing—rarely turn out well. And only rarely does a man of fifty or sixty have sense enough to marry some woman of thirty-five or fifty—who is content to settle down and enjoy a sedate and leisurely life. The old man usually mates with a girl of twenty, who is after his money (she wouldn't marry him at all if he were poor), or who will, after a few years, find herself a young and vigorous lover.

Identical results follow when a man of twenty or thirty marries a woman of fifty or sixty.

Perhaps a rich young man may marry a Ninon l'Enclos once in a century—for pure love, or because of some overwhelming sexual urge. But I, personally, have never seen such a case.

And perhaps this young man *might remain constant* to this old lady, until she fell apart. But I have yet to see an example of this peculiar infatuation.

However, this subject of marriage is one in which advice is absolutely wasted. Young, middle aged or old, they will all follow their own inclinations—disregarding example, pleading or argument.

Nevertheless, these facts, above stated, remain facts.

### Companionate Marriage

Judge Ben Lindsay, formerly of the Children's Court in Denver, Colorado, caused a tremendous amount of discussion some years ago by advocating what he called "Companionate Marriage."

This great step in the progress of the sex relations was inspired by years of contact with those, unhappily married, who seemed to have been bound to their sad lot by chains of circumstances, and who had little or no means of ever breaking these chains.

Particularly was this true in those states in which divorce is granted only on statutory grounds—in other words, on the furnishing of legal proof of adultery by one or the other parties to the marriage.

Evidence of this kind—unless it is connived in between the husband and the wife, and unless the evidence can be furnished by collusion between them—is extremely difficult to secure. It is also extremely *costly* to secure. For it necessitates employing detectives to watch the suspected one over a period of time, and then to catch him or her almost in intimate relations with one other than the husband or the wife interested in securing the divorce.

### Also an Attempt to Restrict Promiscuity

Judge Lindsay also had in mind the fact that sexual relations between the unmarried—especially between young men and girls who were not yet in a financial position to establish a home and care for the children which may come from their union—were becoming increasingly prevalent.

It was with the idea of placing some form of legal restriction upon these relations and insuring some degree of responsibility on the part of those taking up these relations—thus protecting the potential children of this union—that Judge Lindsay promulgated his doctrine of "Companionate Marriage."

This marriage contemplated a relation which was to be regarded as *absolutely legal* in every respect. The couple

might or not live together, as married couples do, according to their inclinations and financial resources. They might even be financially independent of each other, each following his or her own vocation.

Secondly; the couple was to be instructed in the most effective means of birth control which have yet been attained by science. It was advocated that full information as to the technique of this control should be freely given, and that the young couples should use this method during the period of their "trial marriage."

Third; in the event that the couple should discover, after living together for a while, that they were not compatible, a court of domestic relations would be authorized to attempt to compose the differences between them and adjust their disagreements, if this were possible; or, failing in this, to grant them an absolute divorce. And this merely on grounds of *incompatibility*. Which should be the *strongest argument* in the world for the termination of *any* marriage relation.

### If Children Should Come

In the event that the girl should become lax in her practice of birth control methods, or if she should conceive—which in a very small number of cases, even under the best approved methods is likely to happen—they assume the status of a regularly married couple, responsible to society for their conduct and relations, as every other married couple is responsible.

The tremendous advantage of this form of marriage is that it would make possible and legalize the expression of love by those who are not yet ready to assume full family responsibilities, but who could thus enjoy the contact and the affection of the one dearest in all the world to them. And without *losing the slightest degree of self-respect or social prestige* in so doing.

It would also tend to reduce, in a remarkable degree, the widespread and promiscuous relations between the sexes, now general all over the civilized world.

There is no doubt that we are coming to adopt a marriage

of this general character before long. And this, in the interest of promoting a better and higher form of morality than now obtains in our society, as well as bringing about a better state of health for those who now are either utterly promiscuous, or else who suffer from the physical and nervous disturbances brought about by the pernicious practices of petting and sex starvation.

### The Girl Who Loses Her Honor

There is one factor in our modern sex life in which a tremendous amount of humanitarian progress has been made. This concerns the girl who has "gone wrong."

Until recent years the usual procedure in these cases was to cast the girl out into the world, to fend for herself as best she could. Or else, to force her lover, whom by this time she may have learned to despise, to marry her.

However, the greater economic freedom of women has brought about an entire change in this matter during recent years. The same odium does not attach to the woman that fell upon her in the old days, now crystallized for us in outworn melodramas.

The race is now becoming more civilized. Women are achieving an independence never before enjoyed in our form of civilization. The stern father no longer swings the economic whip over the bared shoulders of a daughter who is making forty dollars a week as secretary.

And with this independence, brought about by the fact that the daughter no longer depends upon her parents for the very bread and butter she eats and the clothes she wears, there has come about a refining and a leavening influence, the interpretation of which is to regard the girl as having been unfortunate or careless, but not necessarily steeped in sin and damned for life, as well as for eternity.

This changed attitude constitutes a wonderful step in human progress.



**Homosexuality**

It seems to be almost universal that with the increase in wealth, increase in leisure by an ever growing class, coupled with a departure on the part of hundreds of thousands of people from the old fashioned domestic life—as lived by our parents and grandparents—there is a corresponding increase in abnormal sexual relations.

Homosexuality is tremendously on the increase in this country. This is even more flagrant in such capitals as Berlin, Paris, London, and Vienna. In this country sexual relations between women, either by mutual friction of the clitoris—some of which organs are developed in their turgid condition almost to the size of one's little finger—and the other phase, known as sapphism, or lesbianism (so-called from the Greek poetess Sappho, who lived on the Isle of Lesbos), are extraordinarily common.

It is claimed by those who have had experience, that in certain professions—notably the theatrical or musical comedy professions—a very large percentage practice abnormal sexual relations.

**Boarding Schools a Hotbed of Homosexuality**

It is also claimed that in boarding schools and similar institutions—in which young people of either sex may live, unrestrained by any parental influence—homosexual and sapphic relations are extraordinarily common.

The same thing is true where many men are brought together for an extended period of time, and deprived of contact with the opposite sex. In penal institutions, in the navy, in mining and lumber camps where men find it difficult to seek the society of women, this vice is exceedingly prevalent.

Curiously enough, this love between man and man (uranism) or between woman and woman (tribadism), while exceedingly common, does not seem to be associated with any marked decline in physical powers. Many of these individuals are thoroughly healthy, and not in any other way to be distinguished from normal human beings.

## Is There a Third Sex?

Many writers, in recent years, have ventured to depict what pretends to be a biographical study of the lives of certain individuals who are classed among what is known as the "third sex." One novel, "The Well of Loneliness," which appeared a few years ago, purports to describe the reactions and emotions of a woman homosexual. The book was, in effect, a defense of the intimate lives of two women, and created a considerable degree of interest at the time.

As we in this country well know, many homosexuals among men are splendid musicians, capable writers, adept hairdressers, and designers, and perhaps the best of all interior decorators. In fact, many of these individuals take a certain pride in what normal people would term their *un-normality*, claiming that their practice is far to be preferred to the old-fashioned, and to them obsolete relations that exist between normal men and women.

Something of this character has prompted Professor von Krafft-Ebbing to say: "That contrary sexual sensation cannot thus be necessarily regarded as psychical degeneration, or even as a manifestation of disease, is shown by various considerations, one of the principal of which is that these variations of the sexual life may actually be associated with mental superiority. The proof of this is the existence of men of all nations whose contrary sexuality is an established fact, and who, none the less, are the pride of their nation as authors, poets, leaders of armies, and statesmen.

"A further proof of the fact that contrary sexual sensation is not necessarily disease, nor necessarily a vicious self-surrender to the immoral, is to be found in the fact that all the noble activities of the heart which can be associated with heterosexual love can equally be associated with homosexual love . . . in the form of noble-mindedness, self-sacrifice, philanthropy, artistic sense, poetic activity, etc., but also the passions and defects of love (jealousy, suicide, murder, unhappy love, with its deleterious influence on soul and body, etc.)."

The opinion is quite general that there is no definite stig-

mata of degeneration among these individuals. Nor do they inherit any tendency toward hereditary taint. On the contrary, Dr. Magnus Hirschfeld, who perhaps is the greatest living authority on this subject, claims that at least seventy-five per cent of homosexuals are born of healthy parents and of happy marriages, and that nervous and mental disorders, alcoholism, close interbreeding and syphilis are not more common among the ancestors of homosexuals than among the ancestors of those of normal sexual desires.

It is doubtful whether the fondness on the part of boys for girls' games, or such occupations as crocheting or knitting, or on the part of girls for tom-boy practices, can be regarded as any evidence of the existence of, or the development of, homosexuality. Nevertheless, these apparent abnormal interests seem to play a great part in the autobiography of members of the third sex.

In these cases in which the traits persist after puberty suspicion well may be aroused. If it should develop that the boy at the age of puberty still retains an abnormal fondness for doing fancy work, or if girls should exhibit a desire to dress in boys' clothing, and to indulge in boyish games, it might be well to make a physical and endocrinological examination of these children. For, not infrequently, the entire trouble may be absolutely corrected by merely aiding the thymus gland to regress normally, and allow normal development of the sexual organs of the boy or the girl to be completed.

In which event, all traces of abnormal yearnings for those of his or her own sex will be removed, and the true heterosexual function will be restored.

### Prostitution

Prostitution is proverbially woman's oldest profession. Nevertheless, to define the word satisfactorily from a scientific and moral standpoint would be exceedingly difficult.

If we assume that prostitution means having sexual relations for material gain, then the young woman who marries a rich old man on account of his money might justifiably be classed as a prostitute.

If such an interpretation is generally accepted, a good many wives may have to be put under this category, particularly those who embarked on the ship of matrimony with a sole view and purpose of obtaining a comfortable place to live in, fine dresses and the so-called "meal-ticket."

However, the general acceptance of the word is that prostitution consists in practicing sexual intercourse indiscriminately, in the absence of love, usually for a monetary consideration, although this money question is not an invariable concomitant of the relation, as many of the prostitutes of the better class would prefer to accept payment for their sexual favors in dinners, theatre tickets, clothes, etc.

We must admit that if there is love between the man and woman, even though this love be unconsecrated by any religious or civil ceremony, and the act be practiced not promiscuously, this does not constitute prostitution.

#### Earliest Historic References

Among the earliest historic references to the practice are those of the prophet, Moses, who forbade promiscuous cohabiting between Jewish men and women, although he permitted this between the men and women of Medianites and Moabites and the neighboring tribes.

Unquestionably, the almost uncanny knowledge of Moses in relation to hygiene and sanitary law inspired this interdiction. It appears also that a disease called "issue" in the Bible, which was probably a form of gonorrhea, resulted frequently from these promiscuous connections. Moses, further to prevent the spread of this disease, forbade cohabitation within a certain time after menstruation, or "the custom of women," as it is called in the Bible. This custom holds true among orthodox Jews to this day.

Curiously enough, among certain of the ancients, no especial obliquy was attached to the act of the prostitute's profession. For the reverend regard of the ancients for the divine act of creation led naturally to the setting aside of certain women who consecrated themselves for the purpose of deifying the god and rendering him homage.

They submitted themselves to the embraces of any man who might come to them, upon the payment of specified sums, which money was turned over to the temple, to be used for religious purposes.

In later times, among the Romans and the Greeks, the venerating aspect of this practice lost much of its religious significance. It degenerated into unbridled licentiousness. Until, as Juvenal tells us, every temple in Rome was practically a licenced brothel.

### The Nautch Girls

In many parts of India, the practice of religious prostitution, if it may so be termed, is still extant. For every important temple belonging to the worshippers of the creed known as Sacteyan sect, has attached to it a group of Nautch girls, or "women of the idol." The presence of these girls is regarded as more or less sacred, inasmuch as they are consecrated to the ceremonial of the temple.

The girls are chosen by the priests, and are usually young and beautiful, healthy and active. It is considered by the parents that to have a daughter thus selected for this holy profession is a rare honor—even high dignitaries and officials regarding this as a distinction.

Even among certain sects of the Christians, it was taught that true blessedness on earth consisted in the unstinted enjoyment of sexual pleasures. These were sanctioned by the Lord, as the divine means of bringing mankind in closer relation with Himself, and with the eternal blessedness that awaited them in the future.

In certain instances, this idea was developed to such an extent as to permit and encourage the grossest sensuality. Indeed, such licentiousness was actually recommended as necessary for attaining blessedness.

### Curious Phases of Prostitution

According to Howard, in his fascinating work, "Sex Worship," in one of these sects, known as the *gnostics*, the greatest

of all sins (in fact, the only sin) consisted in opposing the appetites and passions. These were the gifts of God; they were given to man for a divine purpose, and every inclination inspired by them must be fulfilled as a religious duty; a tenet which found many earnest followers, whose practices were fully in keeping with their beliefs. A custom adopted by them and religiously carried out, was that which required the host to offer his wife to any stranger or friend who was entertained at the house. To them genuine hospitality consisted in placing at the disposal of the visitor all that the host possessed, at the same time affording the guest an opportunity of indulging in the rite prescribed by the sect.

The custom in this case was noteworthy, because of its adoption and practice by civilized men; but it has always been a common feature of primitive social conditions, and at the present day is to be found among many of the uncivilized people of the world. Among the coast tribes of British Columbia, the present of a wife is one of the greatest honors that can be shown to a guest. The savage offers a visitor his wife as we offer him a seat at the table. It is not always his wife, however, that is offered; it is sometimes a daughter, a sister or a servant. Thus, the people of Madagascar warn strangers to behave with decency to their wives, while they readily and willingly offer their daughters.

### The Present Status of Prostitution

Most authorities, whose opinions carry any degree of credibility, are agreed that, so long as the sex impulses of men and women remain the second strongest urge in nature, so long will prostitution exist—in some form.

No right-minded person can help a feeling of deep pity for the woman who is obliged, by force of necessity, or economic stress, to sell the use of her body to any man who has the money to pay for this service.

It is a tragedy, unquestionably, yet it cannot be truly said to be a crime. Nor are we justified in regarding the prostitute

with contempt and hatred. If her services were not required, and if she did not fill a definite need, she would not exist.

In fact, Lecky, in his "History of Civilization," tells us that the very structure upon which civilized society is built, is founded upon the services of the prostitute. He contends that were it not for the relief offered by this social outcast, *no so-called pure woman would be free from violation*. The passions and lusts of men would overpower them. Seduction would be as common as lying now is; rape, incest and heinous crimes against children would be tragically frequent.

### Analyzing the Prostitute

Admittedly, there is degradation among prostitutes. Many of them are drug fiends, drunkards, thieves and degenerates. Nevertheless, there are drug fiends, drunkards, thieves and degenerates among those who lead what we understand as a sexually moral life—women who are respectable and safely married. On the other hand, there are many prostitutes who have a fine sense of humanitarianism, whose impulses are generous, whose hand is extended in charity toward every human sufferer. And, while it is generally believed that these women are all morons, with the mental capacity of a child of twelve—as was claimed by an investigation into prostitution in Chicago, held some years ago by the Rockefeller Commission—it is also true that this same code of mentality may be found diffused among shop girls, housemaids, and hundreds of thousands of reputable wives and mothers.

On the other hand, as many married men will attest, there are innumerable prostitutes who are well informed, who have traveled extensively, who may be excellent musicians or singers or dancers, who visit theatres and picture galleries, and who are what might be called *cultured*.

Many of them are graduates of colleges and normal schools, and through some mischance or misadventure, have found themselves traveling the path of "the easiest way."

The two principal reasons for the denunciation of the pros-

titude are that first, she is immoral, and secondly, she is usually believed to be diseased.

However, if it were merely a matter of immorality, it would seem that her male partner should share equally in this odium, in which event there would be none left to cast the first stone. She *must* supply a biologic need, otherwise the necessity for her professional services would no longer exist. That this is an unthinkable proposition is so self-evident as to need no amplification.

### The Disseminator of Disease

However, it may be stated that the chief horror shown toward prostitution is embodied in the belief that, for centuries, the prostitute has been the distributor or disseminator of venereal infection.

Unquestionably, there was a time before antiseptics came into general use, and before the knowledge of venereal prophylaxis was perhaps the chief study of the prostitute, when this was true.

At the present time, however, sexologists of largest experience are agreed that there is *infinitely less danger* of venereal infection in associating with a prostitute, who is trained to scrupulous care in avoiding infection, than there is in clandestine relations with the thousands of girls who are available for this purpose. In fact, specialists in the treatment of venereal disorders are very frank in stating that by far the largest number of their women patients are not in the ranks of prostitution.

Furthermore, with the advent of liberalization of sex-knowledge, methods of venereal prophylaxis have been made available directly to the layman and therefore are more uniformly employed.

To the prostitute the knowledge of Sex is an essential part of her life and she is certainly well versed in the science of prophylaxis. It not only has an important bearing on her continued existence but on her survival.

Also, the methods of prophylaxis are now so well perfected



and so easily applied that no man and woman, who have any regard for their safety, can find any excuse for neglecting these sanitary precautions.

The alarmist, who contends that between ninety and one hundred per cent of all prostitutes have gonorrhea or syphilis, or both, is in exactly the same category as his brother alarmist, who claimed that all masturbators were headed for the insane asylum, and that practically all diseases known to man, with the possible exception of wry neck and ingrowing toenails, were due to masturbation. The best informed specialists in genito-urinary practice nowadays contend that not more than five or ten per cent of prostitutes are infected with venereal disease.

Prostitutes know too well that their continued prosperity, and their continued earning power depend upon scrupulous cleanliness and the careful and intelligent use of venereal prophylaxis, as well as prevenceptives. The prostitute has a well-defined fear of pregnancy, as she has of venereal infection, and takes the best of care to escape both these troubles.

As a consequence, it is more than likely that, as long as our present form of society exists, she will be a component part of this social structure.

### Heredity or Environment

Dr. Arthur E. Morgan, head of the Antioch College, makes a strong point for environment when he contrasts the progress of the Negro races in Africa and America. The American is totally unlike his African brother, due to many years of living in American environment. There is nothing of the American Negro's pathos in the African, and little or no commercial, artistic or professional progress, such as is found among thousands of our splendid Negroes.

Inasmuch as there can be no biological or racial difference between the full-blooded Negro and his African slave grandfather, we may infer that the cause of their differences is environmental.

On the other hand, many students of biology contend that when a child arrives on these banks and shoals of time his

father and mother have given him about all the potentialities he may ever hope to have—so far as mental capacity and physical prowess are concerned.

So, on this matter of heredity versus environment there is a wide and relatively uncompromising diversity of opinion. One side will vehemently contend that you can't make a silk purse out of a sow's ear.

### What Do You Think?

The other side will argue that so long as the child isn't blasted from birth by some hereditary blood disorder or mental defect, all you have to do to give him the advantages and potentialities for accomplishment that any other child will have is to feed him correctly, see that he is adequately clothed and sheltered, and then properly educated.

However, we must all admit that, in animals, heredity is accepted as a matter of obvious fact. Race horses, well-bred dogs, and other animals are valued quite as much for their pedigree as for their accomplishments.

Among humans, however, heredity, so far as mental ability is concerned, is something rare. Very few famous fathers have famous sons.

On the other hand environment must have a great deal to do with crime. The gunman and the gunmoll, as the court cases daily prove, are pure products of environment. Born in the slums, sent to a so-called reformatory in youth, then a year or so of post-graduate work in jail, and you have the finished hoodlum products.

It is all very confusing. However, it is my opinion that the solution of the question lies neither in heredity nor environment, but in heredity *and* environment.

### Will the Negro Disappear?

One phase of Eugenics, which has been the subject of much discussion, has to do with the possible amalgamation of the Negro with the white race.

There are many who claim that, by intermarriage and a gradual attenuation of pure Negro blood, the Negro will ultimately be merged with the white race—his children indistinguishable from them.

There may be something in this matter that should intrigue everyone interested in eugenics or heredity. For according to the last U. S. Census seven out of every ten American Negroes have Caucasian blood in their veins. These statistics afford basis for very interesting speculation.

The mulatto, the offspring of a Caucasian and a Negro, began with the institution of slavery, the father usually being the respected Southern plantation owner, living in the big white mansion, and the mother a black Negress, living in the lowly cabin, with a mud floor, on the outskirts of the plantation.

The quadroon is a composite, made by mixing together Caucasian and mulatto blood. In Negro social life the quadroon is considered better than the mulatto. Socially superior to the quadroon is the octoroon, the offspring of a Caucasian and a quadroon. Generally speaking, it requires a span of about eighty years, or even more, to produce the octoroon, who now represents the last link in the development, or evolution, of the Negro into the Caucasian.

The offspring of the Caucasian and the octoroon will, perhaps, result in an apparently Nordic type. What this new race will develop into, commercially, socially and morally, will present an interesting study for those who delve into such matters.

### **Loss to the World if the Negro Race Should Be Absorbed**

However, this gradual transition of the Negro into an apparent Nordic type has brought about curious changes in thought and action—and even in speech, as witness the languid drawl of a Southern girl, who has been brought up by a Negro “mammy.”

Everyone who has been thrown much in contact with the Negro will testify to the persistence in him of many child-like

qualities. And also to his perennial happy-go-luckiness.

Uncle Remus, Noah, in "Green Pastures," and many of our best beloved Negro fictional characters hold up a mirror, in which thousands of adult Negroes may see themselves—romancing delightfully, inventing incidents and episodes with all the naïveté of an adolescent child.

They quaff deep of the Draught of Life. They are often bravely, exultingly happy, under conditions which would cause many a white man to cut his throat and end his misery.

They have enriched our literature—these sons and daughters of an enslaved race. They have imbursed the South, and reclaimed thousands of acres of productive land, untenable by white labor.

They rendered signal service in helping to make France the chief military power of the world in what we were fatuous enough to believe was "a war to end war."

And they have given us, in their reverent and truly beautiful spirituals, the true American volkslied—beloved by all who have ever heard "Swing Low, Sweet Chariot," "Wait 'Til I Put On My Crown," "Deep River," "Go Down Moses," and the scores of inspiring songs that reach into our breasts and pluck at our very heartstrings. If the Negro race should ever be completely fluxed in the melting pot of America, something very fine and friendly will have been lost to us.

#### Sexual Starvation and Its Effects

It is a fact well known to all specialists in nervous disorders that many old maids, as well as old bachelors, exhibit certain nervous symptoms, such as nervous dyspepsia, excessive secretion of the hydrochloric acid of the stomach, and pains in the stomach, as well as nervous irritability, and lack of mental poise, that are definitely traceable to sexual abstinence.

Certain varieties of food, well borne by the normal stomach, seem to act in these people as a source of local irritation, due to the fact that the nerves of their stomachs are abnormally irritable, and respond to the presence of these foods by secreting an over-abundance of acid, which helps bring about an aggravated condition of nervous dyspepsia.

Also, it is well known that those who live a life of total sexual abstinence, and who are chronically sexually starved, are inclined to be nervous, highly irritable, and often of a melancholy disposition.

If we stop to consider how closely the thyroid gland is related to the ovaries and the testes, we can readily understand why nervous phenomena may well develop in all abnormal conditions of sex gland functioning, and particularly from disuse of the sexual function.

All old maids are not thin, scrawny, irritable, or excessively nervous man-haters. A fair percentage of them are blooming with health and radiant with vitality, grace, and charm of ripe femininity.

But these are exceptions. For, as a general rule, the virgin of mature years is an anachronism—living in an unnatural condition, amidst exotic surroundings. She is practically the only organic being in all creation that is not fulfilling the function for which Nature intended her—the function of reproduction.

Deny the soft allegation as vehemently as we will, we cannot establish on any rational scientific basis the fact that human beings are not of the animal kingdom, subject to the same biological laws that govern all animals, and paying the penalty for any and all infractions of those laws.

### Nature Tries to Get Rid of the Unused

Now, one of the penalties Nature exacts for our continued neglect to use any organ or group of organs is to try to get rid of that organ. This she accomplishes by a process called atrophy. She fails to provide nutriment for the neglected organ. The result is a gradual loss of the function for which the organ was designed, and a shrinking of the tissues of which it is composed.

Our vestigial remnants, such as our appendix, our rudimentary tail, the disused muscles that used to wag our ears, back in those ancient days when ear-wagging was a fine and useful art, are conspicuous examples of Nature's relentless disposition

of the unused. As everybody knows, if one lies in bed long enough, the muscles of the legs become so flabby and toneless that, not infrequently, walking has to be learned all over again. If the arm of an athlete were to be tightly bound for a sufficient length of time, the muscles would become so soft and weak that the poor chap would have difficulty in picking up a coupling pin.

What is true of muscles and structure is equally true of glands and tissues. The glands lose their secreting power. They become "old and lean and lacking in juice," as Venus so pungently remarks. The function for which they were intended is distorted, twisted from its normal action to an abnormal reaction upon the nerve centers and the brain. As before stated, the nutritional balance—digestion, assimilation, and metabolism generally—is disturbed. The emotional life is jangled, like sweet bells out of tune. And all this from lack of use of physiological function, created by Nature for definite purposes.

#### Procreation Next in Importance to Self-Preservation

Remember that the procreative instinct is second in intensity only to the instinct of self-preservation. Also that, as has been demonstrated by Freud and his disciples, sexuality or the sexual impulses begin at an unbelievably early age, and frequently end only with life itself.

Also, and this is a fact almost unknown to the general public, sex is much more than a manifestation of functional activity in the pelvic organs. It is now generally accepted by all leading physiologists that the internal secretions, which have such a profound effect upon the sexual life, have their origin not only in the so-called generative organs, but also in the various other ductless glands—the thyroid, parathyroid, pituitary, suprarenals, thymus, the breasts, and possibly also the spleen. So the sexual attributes are *general*, not *local*. The sex organs are *all* the principal secreting glands of the body.

The so-called erogenous zones are merely superficial areas,

subject to stimulation. But they constitute only a part of the general sexual system.

The starvation of this system, from continued neglect of, or more properly speaking, suppression of, activities normal to the healthy mature individual, is followed inevitably by direct and reflex nervous manifestation. Irritability, hypochondria, insomnia, loss of appetite and the capacity for digesting and properly assimilating food, a growing flabbiness or atrophy of the mammary glands (the breast glands) and disturbance in practically every function of the body follow the suppression of the procreative functions.

Under our present system, all this now seems to be unavoidable. The inflated cost of the necessities of life, the growing reluctance on the part of girls to surrender their hard-won independence for a problematical mess of pottage, and the responsibilities of unrestricted motherhood, tend to perpetuate this unhappy and unnatural state of affairs. This deprivation, as a general rule, applies only to the unmarried female. Men are quite uniformly exempt.

It is for this reason that many of the most eminent sociologists are now openly advocating a readjustment of the status of woman. They urge that motherhood—being the highest function of woman—should not be made dependent upon the accidental circumstances of a possible meeting with the right man, and a marriage with this man. They argue that, whether married or not, the young woman owes it as an obligation to herself and to society to fulfill her highest duty by bearing healthy children.

#### Shaw's Radical Ideas

George Bernard Shaw, in his play, "Getting Married," makes a special plea for this right of free motherhood. He says many old maids would make splendid mothers—much better mothers than thousands or scores of thousands of women who are now the childbearers of the race. Shaw contends that, whether with or without a husband sanctified by law, they should suffer no restraint from realizing Nature's fullest purpose.

"What we might fight for," he affirms, "is freedom to breed the race without being hampered by the mass of irrelevant conditions implied in the institution of marriage. What we need is freedom for people who have never seen each other and never intend to see each other again, to produce children under certain definite public conditions, without loss of honor."

Lyman Abbott comments upon this remarkable recommendation to this effect:

"The fact that Shaw gives this message to the twentieth century and the twentieth century listens to it, is not without significance."

Many of the greatest writers and the most advanced thinkers in the world are aligning themselves openly on the side of more liberal interpretation of the status of woman. The rapidly increasing knowledge of venereal prophylaxis—demonstrated on a huge scale in the late war, as almost one hundred per cent effective—and the slow but certain spread of information, dealing with safe and definite methods of prevention, are bringing about a condition of equality between the sexes that never before has existed in the history of the world.

Sooner or later, as Judge Ben Lindsay has suggested, consideration of these factors is certain to modify our present accepted ethical and moral standards. We are in an age of transition. Old values are being re-valuated. We are openly discussing questions of paramount scientific import, which, but a few years ago, were taboo.

### The Revolt of the Modern Woman

And many advanced thinkers, including religious teachers, are recognizing that the young woman, deprived by opportunity, environment, or economic restrictions of her right to exercise the functions implanted by Nature for her fullest expansion and development, must be reckoned with, and possibly accorded a puny, piping voice in deciding her own destiny and in adjusting her own physical and physiological life in accordance with the purposes for which Nature intended it.



When this time comes, the race may or may not be happier. But if it ever does come, it certainly will be much healthier and more free from sexual irritability and neurasthenia than is the case at present. It may be possible that the revolt of women against the present-day social order and their demand for a larger share of freedom is bursting the bonds of convention and bringing about a new status.

Where this unshackling process will end and what its consequences may be upon the race are as yet in the laps of the gods. We can rest assured, however, that *whatever* may develop will be in the direction of progress, calculated to rebound to the betterment of humanity ultimately, if not immediately. For the present unrest and dissatisfaction are merely growing pains, soon to be relieved by broader concept and more human understanding.

### Is Man Naturally Sadistic?

One of the most perplexing questions that medical men and psychologists are constantly called upon to answer is "Why do so many people take a fiendish delight in making other people miserable? Why can't we 'live and let live' and cultivate that spirit of brotherly love and kindness that should be a characteristic of every normal man or woman? Or can it be that perhaps these people are not normal—that there is some defect in them, somewhere, and that many of them may actually require medical or psychological treatment?"

Let us examine this question, for it contains matter of real importance.

Now, most people who have, by this time, evolved beyond the belief that man was created just a trifle lower than the angels, and has been getting lower ever since, concede that man is an organism, built up around a food tube. All his organs—including his brain—are merely groups of cells, especially adapted for the purpose of continuing life in this biological entity for the longest possible time, and also of perpetuating the species and the genus of which this organism is a unit.

During the five thousand-odd centuries in which this curious animal, man, has been learning to walk on his hind legs and talk more or less coherently—occasionally perhaps even brilliantly—there were two diametrically opposed qualities developing in him.

One was that unstrained quality of mercy and understanding found in our great spiritual teachers, Zoroaster, Buddha, Moses, Jesus, Bah'u'Llah, Mohammed, and the splendid souls who have tried to lift humanity out of the mud, and push it a few feet nearer the stars.

Behind the gonfalons of these leaders marched intrepid spirits to whom a sincere thought was a sacred thing—who regarded a newly-discovered fact as something that had but yesterday brushed the robe of God.

And even these pioneers of principle knew not the Masters who, in a spirit of love and tolerance, had come to drench the world and attempt to quench the hell of ignorance that obsessed their fellows. They still kept the faith; they still talked of justice, of truth, of beauty.

### The Basis of Persecution Is Sadism

And thus Plato, Pythagorus, Aristotle, and Marcus Aurelius, Kant, Emerson, and other immortals were soul-brothers to Servetus, Martin Luther, John Huss, Roger Bacon, and the torch-bearers—hundreds of thousands of whom gave up life itself, that a swaddling-clothed ideal might survive.

On the other hand, the human horde, the mad mob that crucified Jesus, that shouted "hic habet" and drowned the dying gladiator's cry for mercy, that twisted and broke and tortured scores of thousands—with rack, thumbscrew, boot, and white-hot pincers—were representative of this other phase of development, the basis of which is sadism.

Sadism is that quality in man which achieves satisfaction—and not infrequently, intense sensual enjoyment—through the infliction of pain upon others. Sadism is really sub-bestial in character. In fact, man has earned the somewhat dubious

distinction of being practically the only animal that derives pleasure from the suffering and the torture he visits upon those whom ill-chance has betrayed into his clutches, although perhaps the weasel, who destroys a coop-ful of chickens to slake a blood-lust, or a sheep-killing dog may share man's sadistic aspirations.

Admittedly, the cat may torture a helpless mouse, permitting it a half dozen or more impotent meanderings in the direction of hoped-for freedom, before she finally crushes the skull of the little rodent. But there is no malice, no fundamentally cruel purpose in this. For pussy is merely perfecting her mouse-catching technique, developing her efficiency, as a golfer or a billiard player develops his stroke, or a surgeon perfects his art.

### The Human Brute

It would be inconceivable that an audience of cats, or even grizzly bears, would find any satisfaction, or even entertainment, in watching a couple of human brutes trying to pummel one another's face into pulp—or knock each other into a state of unconsciousness.

Even the wolf pack, sitting in silent circle and watching intently the conflict of two of their number for mastery, are interested in the outcome of the battle only from a gustatory point of view. For they know that the vanquished wolf will provide a meal for their gnawing stomachs and they don't care a tuppence-worth which one furnishes the banquet.

The noble human, however, who has built himself a God after his own image—can get a tremendous thrill out of seeing a couple of airplane stunts crack up, or an auto racer pile himself and his car in a ditch.

Among students in Berlin and other German universities, light entertainment is provided for the various corps by embryo philosophers and doctors, who industriously essay to carve one another's features into hamburger steak—all in the name of culture, and for the honor of their particular class.

The German authorities have recently outlawed this practice. They have made it a crime for students longer to indulge themselves in the pastime of the duello. There is, however, a steady drizzle of resentment against the jug-shaped persons who have presumed to interfere with this edifying sport. So it is more than likely that the Germans will find that their laws prohibiting vivisection by these student berserks will be more honored in the breach than in the observance.

### Lower than the Lowest Animal

And what shall we say of these heinous and hideous crimes against children which, every so often, bemire the pages of our press? There is no evidence, no biological report, that would bring even the lowest animal down to such phases of psychopathia sexualis as would entitle them to dishonorable mention in the works of Krafft-Ebbing or Baron von Schrenk-Notzing.

The ultra-fanatic reformer is also by nature a sadist. His sadism, it is true, is manifested in a somewhat attenuated form. But it is in active functioning condition, nevertheless.

He tries to do by ukase and edict what Torquemada and the Holy Fathers of the Inquisition did by the refinement of torture. He shows in all his actions that contempt for underlings to which Hamlet referred.

His obsession for reforming can be reformed only by curbing his sadistic instincts. And these instincts can be curbed only by broadening and deepening the general currents of education.

A great teacher admonished us, some time ago, to "know the truth, and the truth shall set ye free." This advice is quite as applicable and far-reaching today as it ever was. It might be well for some of us if we practiced a little more of it.

### Have We the Moral Right to Enforce Spinsterhood?

In his 4,000-century struggle up from practical apehood to a condition in which he can at least stand on his hind legs

and look at the stars, man has played himself many scurvy tricks.

Perhaps the scurviest of these, and the one that proclaims most trumpet-tongued his remarkable resemblance to a locoed jackass, is his propensity for getting himself killed in the insanity called "war."

From every conceivable standpoint this quaint trait may rightly be considered the quintessence of all the asinities, the *ne plus* ultra of everything that is destructive, degrading, demoralizing and dehumanizing.

Hardly an intelligent person anywhere but recognizes the irremediable evil wrought by war and by the wholesale butchery of the flower of the young manhood of the world.

Of course, much has been done within recent years to neutralize the poisons left behind from this last orgy. It is highly encouraging to note that some of the best constructive thought of the world is now actively engaged in trying to patch up the damage wrought during the blood-drabbed years of world insanity.

Reconstruction was pretty well under way, until the World Depression hit us, and marvels of repair have been accomplished. Commerce, except with Russia—which needs it most of all—has been reestablished, so far as our tariff law will permit.

### Problems in Which no Progress Has Been Made

In Europe, however, there still exist problems toward the solution of which little or no progress has yet been made.

Perhaps the chief among these relates to the status of unmarried women in the various European countries affected by the war.

In order better to comprehend this question it may be remembered that, before the war, the ratio between the sexes in most of the European countries was about equal. In other words, there was potentially a mate for every woman of marriageable age in Europe.

We say "potentially," not "actually." For the long list

of gun-shy bachelors, who, because of economic or physical, or other reasons, might remain bachelors even after a Venus and Adonis solicitation, subtracted quite a percentage from the number of husbands available.

This was bad enough, for it meant that ironic Fate had decreed that, among the women of Europe, thousands upon thousands were doomed to go through life deprived of legitimate sex relations, and denied the natural joys of motherhood—as sanctioned by Society and by the Church.

### **The Woman Pays, as Usual**

This is undoubtedly a deplorable condition. But sometimes—as our Irish friends might say—things are never so bad that they could not be worse. This proved true concerning the inequality in sex ratio in Europe.

For after the Red Sword of War was finally sheathed, and after the gruesome tally was made, it was found that 7,668,320 men had been killed in this bloodfest, 18,681,251 had been wounded, and 7,080,580 reported as prisoners or among the missing.

Out of the seven and three-quarter millions of dead men, there could most emphatically be no hope of ever securing a husband, or a father for prospective children. This simple fact, by the way, is entirely ignored by the cracked-brained fanatics who contend that killing and being killed in war develops a stronger, a healthier, and more virile race.

Also, among the eighteen and three-quarter million wounded, there were numbered thousands upon thousands of blind, or cruelly maimed, or crippled and twisted—or those incapacitated in ways which disqualified them from ever becoming husbands or fathers.

### **Many of the Wounded Were Totally Incapacitated for Marriage**

Only one who has had the opportunity to visit, shortly after the war, the great hospitals established in this country for

the treatment of battle-beaten wrecks of men can realize what the total incapacity among the millions of European wounded must have amounted to.

Shortly after the war, the various conflicting nations estimated that there were twelve million young men in the full flush of vigorous manhood when they first engaged in the murder mêlée whose husband and parent potentialities were wiped out with their lives.

The Chancellors of Europe, and many European statesmen, at that time, cast shrewd eyes upon these alarming figures, translating them in their own minds into a next generation deficit of little Germans, Frenchmen, or Englishmen—or the particular national unit in which they happened to be most paternally interested.

Of course, they ignored the fact that one chief reason why so many among the inhabitants of all the fighting nations—and many innocent bystanders as well—were killed off in this last war was because there happened to be too many Germans for Germany to support, and that consequently a “place in the sun” had to be found for these Germans.

In other words, new markets had to be found for exploitation; and new territory had to be acquired in which little Germans could grow into big Germans.

### **Over-Production of Human Beings the Primary Cause of War**

So over-population and the inevitable friction arising from expansive attempts really brought about the war.

And the nearest the thick-witted Chancellors and statesmen even now, after a decade and a half, could come to preventing another war was to strive, with might and main, to bring about the same condition of over-population which caused the last one!

However, the declining birth rate and the surplusage of spinsters were causes of serious solicitude among our European brethren.

The Germans, with their curious one-idea'd vision, saw the

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inevitable birth rate decline away back in the early days of the war, and took their practical, materialistic way of overcoming it.

They tore a leaf out of the book of the old Lacedemonians, who had sworn a sturdy oath to Zeus or some of their other gods not to return to Sparta until they had licked the eternal stuffing out of the Messinines.

This job, it seems, took longer than the Lacedemonians had anticipated, for at the end of ten years their troupes were still at war in Messina.

### When Women Laid Down the Law

Then the edict of the women went forth. Word was sent to the troops enjoying the war to come home and beget children with their wives and also to give the daughters who had meanwhile grown up an opportunity to achieve motherhood.

The Lacedemonians couldn't very well call off their war and come home, however. So they sent a picked number of robust warriors to impregnate all the women at home.

Inasmuch as many of these young women were virgins, all the children born of the visit of this delegation were called Parthenios, or "virgin children."

In later days the Greeks frequently invited especially talented or beautiful young men to visit at their homes, so that their wives and daughters could later bear beautiful children. This was accounted eminently proper, and did not, in the slightest degree, injure the reputation of the women.

### How the Germans Followed the Example of the Old Greeks

And so, Germany, to stem the tide of her falling birth rate, emulated the Lacedemonians and the old Greeks, and sent her picked men home from the Front, with the injunction, "Breed before ye die." And German women, by the thousands, became as brood mares for the glory and the perpetuation of the Fatherland and its institutions.

Somewhere Hamlet says, "There is no good or bad, but thinking makes it so."



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In France, England, and other countries, about that time, the bars of convention were also let down. There was a condoning, if not an actual encouraging, of relationship with the young men herded together for the shambles of the firing line.

The morality of Europe was demoralized. The ethical concepts of centuries of development were cast into the discard—ignored as though they never had existed.

A plague of venereal infection ravaged Europe, until the Army heads, shocked into a realization of the gravity of the situation, initiated a departure from smug and hypocritical inaction, and forced venereal prophylaxis upon the troops—which measure effectually prevented the further spread of the plague.

However, thousands upon thousands of illegitimate children were brought into being as a result of the relations established between the soldiers and the young women with whom they were thrown into contact.

Certain among the European countries legitimized and accorded a status to these war-born children.

So the old morality and the old systems of ethics, built up after laborious centuries of travail, were thrown into the dustbin.

And then came serious and subtle propaganda, instituted in favor of the recognitions of polygamy, concubinage, morganatic marriage, or some other form of extra-marital relationship.

### Scientist and Sociologist Advocate Extra-Marital Relations

The physiologic injustice of keeping twelve million women from ever knowing the joys of marital love, or of gratifying the instinct—next to self-preservation, the strongest of all nature—was admitted. Eminent scientific men contended that polygamy is the present practice among two-thirds of all the inhabitants of the earth, where it is a legally recognized form of sexual relationship. Also, that polygamy, in some form, is practiced by all the nations of the globe; and that a strictly monogamic people does not exist.

These cold-blooded and unsentimental scientists further

urged that strict monogamy in the individual man—even among the most highly civilized races—is almost as rare as is strict celibacy.

Havelock Ellis, William J. Robinson, Sigmund Freud, and practically every authority on the subject would agree that this is a true statement of facts as they exist.

In this connection, it is interesting to recall that monogamy is of comparatively recent origin, as polygamy was not forbidden by law until the early days of Rome, when women were so scarce that men had to steal them from their neighbors.

It was really not until this time, so the sociologists inform us, that it was considered unfair or unlawful for one man to appropriate several women for himself, while other men might not be able to obtain even one.

However, up to the days of Martin Luther, some form of polygamy was quite generally practiced in most European countries.

The argument is also advanced that monogamic laws were kept in force by states which, for quite as definite reasons, should not allow polygamy, in the interests of women who cannot otherwise be provided with children.

### Abstinence and the Nervous System

But perhaps the most forcible of all reasons given—at least from the standpoint of the physician interested in nervous diseases—is that Nature has no respect for the man-made laws of ethics or morality.

And that medical science—dating especially from Professor Sigmund Freud and his disciples—has proved conclusively that to the repression of the normal sexual instinct is directly traceable practically all cases of hysteria, and a good proportion of nervous, mental, and physical disorders that afflict womankind.

These are the cases to which Professor Freud refers as “cripples of sexuality.” Of course, all women are not affected, in any appreciable way, by abstinence. Yet, the injustice of condemning, in post-war days, what might have been a really

large proportion of twelve million unmarried women to a life either of semi-invalidism or of secret promiscuous relations, was a matter of solicitude.

It cannot be denied that psychoanalysis demonstrates a considerable amount of truth in these observations, and that in dealing with nervous conditions, we are concerned with accomplished facts, and not with moral or ethical concepts, which change very largely with environment, and with social and politico-economic conditions.

Also, it cannot be denied that the present style of dress, or rather undress, among women, has a basis of sexual attraction founded, consciously or unconsciously, upon the desire of women, in the competition—perhaps never before so keen in the history of the race—of securing a mate.

### Recognizing Polygamy Officially

It is for these reasons that scientists insisted that it was actually necessary for certain countries to legalize some form of concubinage, or polygamy, in order to recoup their population and to prevent the possibility of developing millions of neurotics, to fill asylums and sanitariums, and to burden an already over-burdened state with the expense of their care.

It is significant that one of the first countries to legalize concubinage is Sweden, which, while it took no immediate part in the war, nevertheless has a disproportionate excess of females among her population.

In Sweden, concubinage is socially recognized. It may be officially registered and is based upon a legal contract, signed by both parties to the contract, in the presence of a public official.

While the idea is abhorrent to right-thinking individuals in occidental countries, it cannot be waived aside as the silly vaporings of light-minded men, or of women deficient in the modesty and delicacy that are a part of the warp and woof of civilized women.

If the white race is to replenish its horrible wastage, or if the women of Europe are to be accorded the right to exercise func-

tions implanted in them by a fecund Nature, may it not be that some modification of the present monogamic relationship must be established?

This is a problem that requires wise and sympathetic handling, and the council of men and women of broad catholic minds. For it reaches down to the very roots of the most fundamental of all our institutions—the home, the sanctity of the marriage relation, and the legitimacy of the children.

It may well be that what an older generation might call our *moral laxity* in this particular phase of sexual relationship may become the *accepted status* of our next generation.

For the very factors that have liberalized centuries' old thought may sweep away barriers erected by church and social code and declare for a freedom of conduct—in channels eminently sane and scientifically correct—never before known on this earth.

All of which will contribute to general happiness, greater courtesy, and a tolerance still sadly needed in most of our still bigoted and stupidly reactionary communities.

### **PART III**

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## PART III

### Explaining Sexual Life to Your Daughter

One must always keep in mind the fact that the child notices things, sometimes long before we have become aware that it is thinking. Indeed, the child often has far greater capacity for intelligence and curiosity than we grown-ups give it credit for having.

For while the child's first instinct is to obtain nutriment there is a second powerful impulse at work. This is the *creative* impulse, and all that pertains to it. And so we now know, by investigations of psychologists, that the question of how they came into existence occupies the mind of children a great deal.

If the naïve question of the child is not satisfactorily answered by the mother or the father—who are the logical ones to set the little mind at ease—the child may learn to distrust the parent later on, when it reaches the age of puberty. For then it may find out what it wants to know from some other child, or street companion—and in a way that is usually nasty, to say the least.

And furthermore, as it is a life-force that is born in us at the beginning of life itself, it must not be regarded as abnormal in any way if this same impulse develops early in our children.

### See to it that the Love Impulses Are Properly Controlled

The proper control or direction of the love impulses cannot begin too early. For the child who is not instructed regarding the function of the sex glands and the sexual life is at the mercy of a force that may be overwhelming and disastrous to it and for the very reason of not knowing what it is all about.

Nothing could be worse than the prudish idea of associating the sex function with impurity. And if the question is repeatedly avoided the curiosity of the child is merely increased.

The attitude in the home toward sex very often determines



MOTHER EXPLAINING SEX FACTS TO DAUGHTER

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the road a child will travel throughout its entire life. A lover, considerate and kind; a husband, tender and loving; a father, understanding, and with wisdom to manage his life and those depending upon him for their happiness may be created at the knee of a wise parent, when the child is scarcely seven or eight years of age.

The mother, when explaining to her daughter the most sacred function of womanhood, should avoid that deadly mysterious manner, so often used in speaking of sex. And yet, again, she must avoid any tendency toward treating the subject lightly.

### **Never Joke About or Make Light of the Subject of Sex With Children**

For after all, sex is not a light subject at any time. Representing, as it does, the great love force, very often a lifetime of happiness may depend upon its being honestly understood.

Children should be taught from the first to respect their bodies. They should be instructed in cleanliness of mind as well as of body. They should be told about nature as they are taken for walks, about plant life and the birds, for the love of nature develops their love nature.

Tell your inquiring little girl how everything first comes from seeds. Tell her about the trees, and the plants. How the pollen of the male flower is carried by the bees to the heart of the female plant. And then how the female plant is impregnated, and in time it bears its flowers, berries or fruit.

Then explain to her that among the animals there is always a mamma and a papa, whose seeds, combined, produce soft little kittens, puppies, rabbits, and all young animals.

### **The Baby Chick and the Human Baby**

Show the child a baby chick coming out of its shell. Explain how the egg is formed in the body of the hen—and then how the patient mother hen sits on the eggs in the nest, and keeps them warm until they can hatch and grow strong enough to break through their shells and come out into the big world.





**AT 15**  
**CIGARETTES AND SELF ABUSE**



**AT 15**  
**STUDY AND AMBITION**



**AT 21**  
**VICE AND DEGENERACY**



**AT 21**  
**GRADUATED WITH HONORS**



**AT 50**  
**PHYSICAL WRECK**



**AT 50**  
**HEALTH AND SUCCESS**

Perhaps this explanation may satisfy the little one's curiosity for a time. At any rate, it is a good start toward gaining confidence to further questioning, and should produce a feeling of trust in the child's mind.

Later on you can tell about how the human baby nestles in the body of the mother, underneath her heart, how it is nourished and loved and protected by the body of mother, until it has grown enough to come out into the world and develop into a sweet little child.

Then tell how the father is necessary to fertilize the seed that mother has in her, to make possible the coming of the baby. Make it plain that all precious little babies are so nourished, and kept warm and safe by their mothers, until they are ready to come into the world. And then, when they are born, mother gives them nourishment from her own breasts, to sustain them until they are strong enough to eat.

It is a certainty that a child having such an explanation must feel closer and dearer to her mother. And I am sure she could not help then but have a sweeter, cleaner outlook on the whole beautiful idea of sex—the foundation of creation of earth.

### The Desirable Lover

Both boys and girls, even before the age of puberty, picture to themselves an ideal mate, and not infrequently they fall desperately in love with someone of the opposite sex who embodies this ideal.

For instance, the extremely young boy may see in his school teacher all the attributes that to him embrace perfection in woman, and falls desperately in love with the teacher. Or he may vision to himself a lifetime of happiness with one of his mother's younger schoolmates or friends, and worship her from afar.

This "calf-love," as it is called, is often as intense and emotional as is the love of the mature man for a mature woman. Almost every man can look back to his boyhood days and recall some Betty or Sally for whom he cherished the most ardent

desire, and around whom he built a lifetime of chivalrous adoration.

Similarly, the young girl is often completely obsessed by her infatuation for some man, old enough to be her father. Freud goes so far as to contend that, in the large majority of instances, a girl child's first lover—mentally speaking—is her own father; while the boy's first sweetheart—also mentally speaking—is his own mother.

### Sublimating the Desire

This abnormal desire is usually only transient in nature. It is usually succeeded by this "calf-love," of which I have spoken a few moments ago, in what is known as "sublimation."

And the object of love, which has replaced the original image in the form of the school teacher, mother's young girl friends, or, in the case of the girls, some young male visitor, replaces the original image.

The adventurous youth of either sex may thus play battle-dore and shuttlecock with the *ideal* of love, falling in and out of love as naturally as a youth might change his taste in neckties, or a girl her method of dressing her hair.

And even when they first marry, they are marrying, not the man or the girl with whom they are mutually taking vows, but an *ideal* of this man or of this girl, pictured in their own imagination, which often falls a thousand miles short in realization.

This accounts for the fact that in this country there is one divorce to approximately every nine marriages at the present time. And if it were not for religious scruples, economic dependencies, or the binding ties of children the number might be infinitely greater.

### The Mercenary Marriage

In our society, as we understand it today, there is a form of marriage, which has no more to do with love or affection than it has to do with a true spirit of unselfishness.

Thousands of men marry in order to secure a capable and inexpensive housekeeper, who can cook, wash, clean, and slave for them, while at the same time providing them with marital comfort. And this without any hope of gain, or the remuneration that an ordinary cook or a street woman would charge for the same amount of service.

This mercenary form of marriage is merely an exhibition of commercial greed, coupled with a selfishness that is only too common in these days.

Particularly is it common in our rural districts where, as, it has been well said, one man may wear out three wives in raising a family.

This is proven in thousands of instances, where farmers' wives, or the wives of small artisans—especially in the rural towns—have found themselves widowers, with possibly three or four children to care for.

### Wives Cheaper than Cooks

To hire a maid to cook for and care for their children, is, to many of these men, unthinkable. They have never learned the gentle art of paying out good money for what they believe should be voluntarily contributed.

Further than this, being still vigorous, and retaining a considerable portion of the virility of their youth, they demand—or rather their system demands—the normal relief from continence which follows sexual intercourse.

To hire a woman, therefore, to do all the housework, and care for the children, and possibly to hire another woman to act in the temporary relation of wife, would be away beyond their means.

Therefore, they cut the Gordian knot of their difficulty by finding a woman who will marry them.

### Modern Woman Quite as Selfish

In our urban centers, where life may be somewhat more complicated than it is in the country, the reverse of this selfish

prostitution of the marriage relation is practiced by women. Scores of thousands of women—young, and not so young—make it their life's work to ensnare some desirable male in their net, and force him to provide for them as long as they can continue to squeeze the money out of him.

These women have no natural maternal instincts. They rarely have any true affection for the man they marry. Their sole interest is to get the *greatest possible price* for the *smallest possible amount* of service they can render.

It is women of this type who furnish a large quota of our divorce population, and who see to it that our alimony jails do not rust for lack of use.

### Mothers—Encourage Your Daughters to Confide in You

One of the greatest drawbacks in our modern family life is the lack of comradeship and friendship that exists between many of our mothers and daughters of today.

Whether this arises from prudishness, ignorance, or indifference is difficult to say. And yet every physician is aware of the fact that, between the majority of modern mothers and daughters there exists a gulf as broad and as deep as the Grand Canyon.

This matter was recently investigated by Dr. Eugenie A. Leonard, able Dean of Syracuse University, who conducted a questionnaire of value and unusual interest to every mother of an adolescent daughter.

The study was most intimate in its nature, and brought 303 answers from as many high school girls.

The questions concerning a girl's relationship with her mother were thought-provoking. It was attempted to determine whether the girls experienced any form of ridicule on the part of the mother, any indication of lack of interest, any misunderstanding of the girl's situation. Also, whether there was any intense desire on the part of the girl for independent thought or action, any feeling of shame or guilt on the girl's part, and any tendencies to hoard secrets or shun intimate contacts.

So that each girl might answer candidly, truthfully, and without embarrassment, fictitious names were signed to each questionnaire. This was a condition of the test.

### The Maternal Woman

On the other hand, there is the typical maternal woman, the



THE MATERNAL WOMAN

woman who is *born* to become a mother. In their deep longing for motherhood these girls are often prone to accept the first tolerable suitor, or to marry without any thought of sincere lover-like affection.

Their only interest is a home and the babies that are to come.

Should they be cheated in this latter hope they develop into the most miserable women in the world. Indeed, in thousands of instances, as any physician of experience will attest, many of these women have deliberately sought pregnancy outside of their family life, in order to cheat the demon of childlessness.

Thus, it may be seen that even behind love itself, there may be a very definite motive. If one could, like the Great God Brown, strip the mask from the faces of men and women, and secure from them an honest expression of their inmost thoughts, the world would stand agape. Perhaps it is better that truth is not revealed and that we are living in an illusion, a mirage, that helps tide us over the rough places of life.

### **Mothers Neglect Their Investment in Their Children's Lives**

The result of her study is summed up by Dr. Leonard as follows:

"Nearly every girl studied," she says, "was impressed with how busy her mother was. It seems strange that with all our labor-saving devices, with all our education for life, so many mothers have so little time to live with their daughters.

"Considering children solely as an investment, are mothers not inconsistent when, after investing so many years in rearing the child, they neglect the investment in its heyday of conflicting dangers?

"Never has civilization been less adapted to the immature than now. Never has the need of adolescent children for continuation education been so acute. And never, apparently, have mothers been so indifferent to their continuing obligation to prolonged infancy and to a complex civilization."

Perhaps the most important observation in Dr. Leonard's comment is that mothers are prone to neglect their investment of years of time, labor, worry, love, sacrifice—not to mention a considerable amount of money.

There is too much condemnation of the younger generation and there is too little time spent in *attempting to understand* this new generation.

For, just at the time when a daughter needs the protective care of a mother most, the mother is either at the country club, or trying to master contract bridge, or busy about her own small doings. Her concern in her daughter—and *particularly* in her *daughter's intimate life*—is usually conspicuous by its entire absence.

### Mothers Should Become Their Daughters' Chums and Confidantes

Not until a girl is safely married to a man who a mother believes is a worthy heir to her investment should she relax her tender care and kindly supervision of her child's activities. In fact, when a girl falls in love she needs her mother's mental care just as much as she needed her physical care when she was an infant of six months.

Mother seems to forget that if she neglects her duty to her daughter there is another mother, waiting right by, to complete the instruction mother hasn't time or inclination to give.

This mother is old Mother Nature. And the impulses she puts into daughter's little head and budding body may blast the happiness of the whole family.

Mothers, don't you think you'd better take a bit of advice from Dr. Leonard?

Treat you daughter as a *chum*. Invite her most secret confidences. Give her the benefit of your larger experience. Let the sunshine of your life fall on your mutual love, and blossoming and growth of this love will bless you all the days of your life.

### The Real Reason Men Prefer Blondes

Everybody knows that Helen of Troy, who launched a thousand ships and started a ten-year war between Greece and Troy, was a blonde.



Paris may have been slightly near-sighted and somewhat prejudiced when he awarded her the prize apple. But many moderns now concede the fact that he was a pretty good judge of beauty.

Cleopatra was red-haired—a strawberry blonde—perhaps the most dangerous type of all. For what she did in the way of setting Julius Caesar, Mark Antony, and Octavius by the ears constitutes one of the most important episodes of the ages—fraught with far-reaching consequences to Egypt and to the Roman Empire.

Blondes have decorated the pages of history from time immemorial, escapades that have furnished fascinating reading for generations and generations.

Yet, notwithstanding all these examples of the general un-dependability of blondes, Raphael, Murillo, and the great painters of all time have almost invariably concluded that only the most decided of blondes were fit to “angelize” their pictures.

### In Literature and in the Opera Female Villains Are Brunettes

And, not to be outdone by the painters, Wagner makes his villainess, Ortrud, a pronounced brunette. He figured that only a raven-tressed stout lady could be sufficiently hardened to change Elsa’s little brother into a dove, and worry poor Elsa gray-headed with the dire results of this crime.

In contemporary history, we have another outstanding instance of the high esteem in which blondes are held. For the best known of our great show producers recently picked two blondes as the two most beautiful girls in the world.

Of course this producer hasn’t met *all* the beautiful girls in the world, but he has met and employed more than any other one man, which qualifies him as the best judge of pretty women that we have to date.

The impresario did qualify his selection with the statement that he *personally* believes brunettes are the prettiest types. But the fact of the matter is that he selected blondes.

And why?

*Scarcity.* There seems to be such a shortage of yellow-haired girls that brunettes are making themselves over into blondes. However, when the blondes overflow the market there may be a return to brunettes.

Now, if prunes were sold at a dollar apiece, our buddies at the boarding house would complain that "they're tired of strawberries and cream." They might demand some prunes for a change.

This may be a poor analogy, nevertheless it makes a point. In any event, scarcity often makes for sex appeal, and with most impressionable men increases a woman's attractiveness.

Hence the reason for peroxide and the platinum shade, made popular by one of our famous screen stars a short time ago. Because of this enhanced desirability, girls and women may well be encouraged for making themselves even more charming and desirable than Nature had already made them. Anything that will help in this respect is highly to be commended.

### "Illegitimate Parents"

One of the cruelest and most heartless of our social penalties is that placed upon the mother of an illegitimate child and her bastard offspring.

Thousands of splendid, fine-spirited women have gone through life, bearing the scarlet letter on their breasts, suffering the stigma that is smeared by our puritanical population over the unmarried mother.

And yet, these mothers, who may have been swept off their feet by the fierce blast of passion inspired perhaps by a deep and sincere love for some man who could not marry them—because he was already married to a wife who would grant him no divorce—have had to endure never-ending disgrace and the contempt of most so-called "good women."

Their child was shunned and taunted—especially through his school days, which were the most virulent of all the years of his life.

Lately, however, there is developing a greater spirit of liberality and generosity. This, coupled with the increased eco-

nomie independence of women, and the far greater ease with which they can now move away, leaving their old life behind them, as the chambered nautilus leaves his outworn shell, has greatly changed their status.

Also, the conviction is slowly gaining ground that there are no *illegitimate children*—although there may be *illegitimate parents*.

### Our Conceptions Are Broadening

And because of this it was only recently that students of Columbia University were told by Professor John J. Coss, collegiate professor, that "The old invidious distinction between legitimate and illegitimate parenthood should be abolished. Every parent who assumes responsibility for the care and future of children should be considered a legitimate parent, and every parent who refuses such care should be considered an illegitimate parent, without regard to legal or religious formalities."

Dr. Cross is to be heartily congratulated. First, because he has the brains to apprehend what should be a self-evident proposition, but which is still repudiated by 90 per cent of our orthodox laity; and, second, because he had the courage frankly to state these truths in one of our leading universities.

Dr. Cross' definition of "legitimate" vs. "illegitimate" parents should evoke hearty sympathy from every man and woman who realizes that biological principles are not concerned with man-made laws and edicts, and that every child born into this world is entitled to the greatest consideration that can *possibly* be shown the little one.

### Decent Courtesy to the Little Stranger

It would seem only a decent human courtesy to be gentle and tender-hearted with one who was not consulted in the matter of his entrance into this world of trials and tribulations.

Any man who assumes the care of and responsibility for a little one who is *loved* into being is that child's *legitimate* father—whether he is married to the child's mother or not.

Any father, who disclaims responsibility for the child he has accidentally aided in bringing into this world, and who neglects to provide for this child to the uttermost limits of his ability, is an illegitimate father—even though he had been married to the child's mother with all the pomp and circumstances that church and state combined could pile on in the sardonic ceremony.

### Motherhood in Russia

One of the most remarkable advances ever made in the recognition of the rights of women, and in elevating the status of motherhood, has been achieved in a country which most of us still regard as quite elementary in its knowledge of sociology, and its recognition of the principles of eugenics.

For under the Soviet social system, the maternal mortality rate has dropped to 3.5 per thousand, comparing favorably with Switzerland, Holland, and others of the most enlightened countries on earth. In the United States, by the way, 6.5 mothers in every thousand continue to lose their lives in childbirth—which brings the United States on a par with Turkey and some of the backward countries of South America, in respect to the scientific and humane care of the mother in childbirth in this country.

Interesting, also, it is to note that in Russia, where women and men work together in every variety of manual and clerical employment, the Russians encourage maternity by "confinement vacations."

### "Motherhood Vacations"

The woman who works at manual labor is awarded a *two months' vacation*, with full wages, prior to confinement, and *two months* after her baby is born.

She also *receives* an *allowance* from the government for food and for a layette for the infant. Her child is examined each week by a competent baby specialist. And when the mother returns to work the law provides certain rest periods for her, during which she may nurse her child.

The intellectual worker, however, is allowed only six weeks' vacation, which follows the birth of her baby. Thus the woman doing clerical research or scientific work, or who is teaching for a living, is accorded a somewhat shorter vacation than the woman who does manual labor—which is just the reverse of what we would do in this matter—granting, for the sake of argument, that we would ever do anything at all.

It would be interesting to know whether our representatives in Washington ever heard of this modern idea of paternalism, or whether our innumerable "child welfare" societies are familiar with the work done, and the revolutionary practices that are being put into operation under a form of government which we cannot even bring ourselves to recognize.

However, there is this to be said about it. The Russians have shown the world a remarkable example in humanism and intelligent provision for their future citizens.

It might be greatly to our interest to find some means for following their splendid example.

### What Is Morality?

The question of what is moral and what is not moral is one that must interest everyone. And more especially—as I have pointed out elsewhere—because our ideas as to just what constitutes morality are in a constant state of flux.

In other words it is constantly changing. And it changes radically with climate and various races of people.

For instance, among a highly respectable race of painted and dressed-up natives of Africa, quite the nicest thing the king or chief of the tribe can offer the visiting white tourist is his wife and bed. To refuse is to offer perhaps the most humiliating of all insults.

A similar curious idea of hospitality prevails with certain Eskimo tribes and among the Aleutian Island Indians. So, in these parts of the globe and among these peoples to refuse to commit what we in this country call "adultery" is to violate the local code of good breeding and gentlemanly decency.

Simply because a thumping headache follows too many

rounds of bathtub gin many of us regard drinking as immoral. However, if the headache preceded the visit to the speakeasy, and if getting drunk cured it, then it would be considered highly moral to get the headache.

Over in Russia when an ex-Cossack feels that his wife no longer loves him, and he no longer cares for her, it is generally understood that it is quite unmoral to continue to live together as man and wife. The moral thing, à la Russe, is to secure a divorce, which is done in a few minutes, beating our own progressive State of Nevada in this respect by five weeks and six and nine-tenths days.

### The Incubating Plant of Gunmen

Some day, in these United States of ours, it will be considered highly immoral and utterly indecent for a moronic couple to produce more children than can be decently supported and fairly well educated by their combined efforts. When this day arrives, and the bestial desire to produce a dozen or a score of children is scientifically curtailed, through intelligent dissemination of birth control information, it will be realized that the incubating plant of the gunman and gunmoll, the thug, and blackjacketeer has been closed down for an indefinite period.

When that day comes we will wonder how we could ever have been so horribly cruel and so incredibly stupid, so lacking in decency to women and justice to children.

The definition of "morality" is flexible and ever-changing. It alters with the habits of people. Only fifteen years ago a girl advertised her morals by smoking a cigarette; twenty years ago by using rouge on her lips and cheeks. However, as a matter of fact, morality defies accurate defining!

### Should Women Propose?

Throughout the animal kingdom, as well as among human beings, the male always has been the pursuer. Almost without exception he has been the first to make advances, which were subsequently to be consummated in sexual intercourse.

This custom and characteristic has, in a measure, crystallized itself in the conviction that the proposal—using the word “proposal” in the largest possible sense—should come from the male, and that the acceptance of this proposal or its rejection should be an inherent right of the female.

It would therefore seem that to change what is a natural biological law, by giving to women a right which does not seem to be shared by the female, generally, is more or less gratuitous.

In a matriarchal society proposal by the woman was an accepted thing. In society, as we know it, it would be most unusual, and difficult of adoption on any large scale.

It is inherent in the male to dominate. It is almost fundamental in the female to *wish* to be dominated; that is, up to such limits as conform with decent courtesy and consideration. Any attempt to arbitrarily change these relations, except in isolated instances, would be extremely difficult. It would require an almost complete revision of our existing social code.

Nevertheless, it may be admitted, in all sincerity, that a woman is just as capable of choosing a husband as a man is of choosing a wife. Also that, under certain conditions, she should be permitted to express her choice in this matter, and to make it manifest to the young man who is squiring her around that she greatly desires him as a husband.

Of course, the so-called “leap year proposals” are, in effect, a recognition of this right, and no criticism attaches to the girl who makes it clear to her swain that she desires to be married to him.

Nevertheless, even this once-in-four-years privilege is looked upon generally as more or less of a joke, although I have known some very happy marriages to have had their origin in a leap year proposal.

Perhaps the best plan would be to let the young people decide this matter for themselves. We might, however, encourage the young girl in the conviction that she is losing no dignity, nor is she demeaning herself in the slightest, nor doing anything that is unnatural or unladylike, in frankly telling—or intimating—in the countless tender ways of a woman that she regards her lover as wholly desirable.

This information might bring him to express the dominating principle of the male. At the same time he may merely be carrying out a potent suggestion implanted in his mind out of the fullness of a loving heart.

### The Danger of Petting

One of the most widespread of all evils in modern days is the vice of indiscriminate petting. Young men and girls, in the most emotional and virile period of their lives, give themselves to each other in an abandon that leads almost to the very door of sexual intercourse itself.

That the majority of girls can exercise sufficient control over these inflamed emotions to fight off the normal conclusion of their diversion is a source of constant wonder to the medical man.

However, as Freud shows, and as his disciples have proved in hundreds of thousands of instances, this inflaming of the desire for sexual contact with their petting partner is oftentimes attended with after-results that are most disquieting.

### The Result of Abnormal Excitation

Thousands of cases of hysteria, chronic insomnia, nervous exhaustion, lascivious dreams, and nervous irritability originate in nothing more or less than an aroused and congested sexual organism.

As I have stated elsewhere in this book, physical contact, pressure on the breasts, vulva, and other erogenous zones, coupled with impassioned kissing, arouse every iota of amative desire on the part of the man and the girl.

The entire genital system is congested and prepared for the consummation of this prelude. When this consummation is denied, the organs have to "detumescere." In other words, the tumescence must be relieved, and the excess blood drained off.

In normal intercourse, which logically follow petting, this congestion and local irritation is relieved naturally, and is fol-



lowed by complete and thorough relaxation of both the physical and nervous organisms.

### Danger of Carrying Venereal Infection

One of the greatest of all dangers of indiscriminate petting is the danger of contracting venereal infection. Thousands of young men, as well as young women, are syphilitics. The germs of syphilis, which are highly communicable when brought in direct contact with a mucous membrane surface, abound in profusion in the lining membrane of the throats of these individuals.

The mere contact of lip to lip, in the act of protracted kissing, is usually quite enough to convey the infection from the diseased individual to his or her petting partner.

When, however, as is the quite universal practice, one or both of the petters inserts the tongue in the mouth of his or her partner—commonly considered one of the most delectable of the petting privileges—infection is almost certain.

### What to Allow a Lover to Do

The girl, who wishes to preserve her chastity, and who at the same time is desirous of according her lover all the privileges to which he should be normally entitled, would do well to digest the information given above, and to realize that in attempting to emulate the example of the Canadian Mounted Police, and “get their man,” they are playing with nature’s dynamite.

They must realize that love-making has its dangers. They must learn how to pick a husband, without cheapening themselves, or permitting a man privileges to which he is in no respect entitled until after the marriage ceremony is performed.

Remember that there are many intimate and personal liberties in which a husband and wife may indulge that, under our present social régime, are denied the unmarried couple. When the act of petting finds its natural consummation in the perfect union of the two individuals, petting is of decided advantage. It is a delight, a preparation for the feast of love to come.

But when it is indulged in with every chance dance partner, and when it is practiced without reserve in long evening auto drives, boat rides, picnics, and wherever young folks gather together and play this game of love, it is fraught with terrible danger.

Pregnancy, loss of respect, venereal disorders, psychic reactions, and serious nervous disturbances may follow, with disheartening frequency.

And, in addition, there is a cheapening and a vulgarization which results from this foolish and reckless exposure. Girls may do well to remember that the men with whom they do most ardent petting rarely ever marry them. Men may do well to remember that the girl who permits this almost unrestricted intimacy may be playing exactly the same game with twenty other men—and with equal ardor.

#### How Far Can a Woman Let a Man Go

And yet the girl should remember that sex is more momentous to the woman than it is to the man. For while the man is apt to regard sex as a mere expression of an appetite, to the woman it is much more serious. For woman is the cradle of the unborn. For a man the sexual embrace may be a passing incident, forgotten tomorrow. To the woman, it may bring life-long responsibility, physical suffering, and even—in some cases—death.

For woman's happiness—as well as her misery—ofttimes originates in her womb. And so love, and the playing at love or petting, must naturally mean more to a woman than it does to a man. Young women, it may pay you to keep this admonition in mind.

#### The Fascination of Dress

Women, from time immemorial, have known the fascination exercised by dress and decoration. All the manifold absurdities in woman's attire—from the corset and the crinoline to the high tilted heels—have been invented for the specific purpose of emphasizing certain sexual attributes.

The crinoline put artificial emphasis on the lower abdominal regions and the hips. The corsets squeezed the breasts upward, making them more prominent. Compression of the abdomen by the corsets emphasized the natural curve of the hips. The high heels on the shoes attracted the attention of the male, by reason of their contrast with his own relatively flat heels. They have always exerted a fascination for men. In point of fact, many writers have referred to them as "secondary sexual appendages."

Perhaps the most common of all forms of perversion in the male is what is known as "shoe fetishism." In this perversion, the woman's shoe becomes an image which stimulates the most erotic images, and has long been used as an object with which to perform masturbation.

### Décolleté

The extremely low-cut bodices of women expose the breasts, often in a fashion that is marvellously ingenious. The nipples alone are concealed, while practically all the remainder of the breasts are exposed, top and sides, to sex-drunk men, who realize that there is something the matter with them, but can't tell just what it is.

Fur is also a common feminine lure, a fact that has been recognized by prostitutes, from time immemorial.

Burton, in his "Anatomy of Melancholy" wrote, "The greatest provocators of lust are from our apparel." This characteristic is not confined to civilized woman. It is a heritage of *all* women—both savage and civilized.

Odors, also, have been used extensively as an allure for masculine interest. In fact, the Egyptian woman of three thousand years ago understood the erotic attraction to be found in the scent of henna. And Laycock and Ellis now assure us that musk is a decided sexual stimulant.

The popularity of perfumes among women may be understood when we recall that the perfume business in France alone amounts to approximately twenty million dollars a year.

### Uniforms Have a Similar Effect on Women

While women, in their ornamentation, clothes, and perfume, exert a sex-stimulating influence on men, it is also a fact that men, in their turn, through clothes and ornaments, are not entirely devoid of certain stimulating influences upon impressionable females.

The fact is emphasized by the almost universal infatuation exerted upon an impressionable woman by the sight of a gaudy uniform, especially if this uniform is decorated with a couple of rows of medals, a lot of gold braid, a pair of shining epaulets, and a glittering sword.

However, failing to secure a General or a pompous Admiral, with gold-braided cocked hat, many women are only too happy to receive the attentions of *any* wearer of a uniform, his rank, of course, being balanced against her station in life.

This provides automatically for interest in *any* soldier, all the way down to a buck private, also for policemen, firemen, and even the slim hipped theatre ushers, many of whom have developed into gigolos of no mean ability.

From which it may well be inferred that Nature did not put *all* her means of sexual attraction in the horns of the stag, the mane of the lion, and the spreading tail of the bird of paradise.

### Modern Woman Taking Her Proper Place

Within the past twenty years man, created only a trifle lower than the angels, and for a half million years the guide, mentor, and monitor of woman, has been slipping. From a position of dignity and a firm conviction that he is monarch of all he surveys, the average male individual has fallen into that state where there are but few females so poor as to do him reverence—except with tongue in cheek and motivating eye on the meal ticket. The surging tide of woman has rushed over him, either burying him completely, or else leaving him gasping and sputtering.

But how do we know that masculinity is decadent and that the star of woman is rising? Ask any publisher, "Who is it



A WOMAN OF TODAY

that reads books nowadays? Or for whom are magazines written?" Ask any Shakespearean producer which sex comprises the majority of his audiences? Ask yourself whether you do not see four or five women in the museums, libraries, symphony concerts, and recitals to every one man. Ask who it is that makes up the personnel of study clubs, and who is it that listens to lectures on psychology or current events? Who attends morning musicales all over the country and who is it that drags the Mr. Tubs of our civilization, protestingly, to most of the out-of-the-way corners of the world?

### Woman's Present Independence of Man

There is only one answer. It is woman, the modern woman, who is finding and claiming her proper place in life, within these past few decades.

One very bright lady informed us that she recently attended a fascinating lecture on "The Love of Three Kings" at the Los Angeles Biltmore. There were about 600 women present and three valiant men, including the gentleman who was delivering the lecture and "themeing" it on the piano. The Shakespeare Club of Los Angeles, which meets twice a month, is attended by about eighty girls and women—and one handsome gentleman, who by the way, is instructor for the Club in dramatic technic.

There is only one explanation for all this, and this explanation is that woman is in the period of her renaissance. Matriarchy is once more beaming on the horizon. For the great majority of the lovelier sex is going to school—in the broad sense. They are being educated for some gainful profession, instead of waiting, like Patience on a monument, for some man to come along and deliver them from their job as kitchen police-women.

However, it is only within recent years that woman has been able to emerge from her chrysalis and blossom into full mental beauty, free from the baleful necessity of flattering and cajoling her lord and master.

### Disillusionment

In many respects, the results of this evolutionary development—the smashing of the shackles of what Karl Marx might call “economic determinism”—have been disillusioning. The apple of the Tree of Knowledge has often turned to ashes of Dead Sea fruit in mouths watering—like a trombone player glimpsing a little boy sucking a lemon—from the auto-hypnosis engendered by the suggestion of masculine perfection.

Yet there is hardly a young girl who doesn't start on her life experience with the most wonderful ideals in the world. Love of children is in her heart. She is aglow with eager willingness to make any reasonable sacrifice for a home and a husband—even to the extent of giving up a good job for these hostages to fortune—and many girls nowadays earn more than the men they marry.

But after the hot flame of the honeymoon has cooled and the couple have settled down to the prosaic, bread-and-butter business of making a home, the girl, in an appalling number of instances, wakes up to find that she has married herself off to one who is no more capable of understanding her than a Hottentot is capable of understanding cube root or Robert Browning. The girl is heart-sick to find that the clay she had built up into a god was made up of such mean stuff. The fact is brought home to her that her hero's horizon is bounded on the north, south, east, and west by the golf club, the movies, and his job of cheating somebody in a real estate deal or swindling a customer in an illegitimate profit on a carload of lard.

### Many Modern Men Care Little About the Really Important Things of Life

The ninety per cent average man doesn't know nor care any more about the *real* things of life—music, art, literature, philosophy, and that reach toward the infinite, manifested in psychology—than a wart hog knows or cares about algebra. He is utterly incapable of understanding the individual who is married to him, and not in the least interested in making the attempt.

And so, by imperceptible degrees, the woman is forced to seek mental sympathy and understanding elsewhere than at home. No, she doesn't seek it in some other woman's home—not the type of woman we are discussing. For she would be no more likely to find it there than she would be to find it alongside of her own home radiator or gas log. She has found that one male is quite as backward as another; and sometimes more so.

So she seeks solace and mental activity in Study Courses—French, literature, travel, or what not. In her soul and mind-hunger she often falls easy victim to those praying Mantis, the Swamies, and menticulturists, who tell her, for a substantial consideration, how to become the center to which all love, sympathy, happiness, health, and affluence must inevitably flow.

#### Women Who Abandon Themselves to Unrestricted Child-Bearing

She may, if she is exceptionally lucky, find the two grains of wheat concealed in this bushel of philosophical chaff, and thereby achieve the second greatest of all earthly boons, contentment. But more often she awakes to find that these psychics themselves are a more or less miserable lot.

What is the result? Buffeted between the Scylla of seeking and the Charybdis of their marital misfit at home, armies of otherwise intelligent young women abandon themselves to unrestricted child-bearing. They join the "Kirche, Küchen and Kinder" cult, and succumb to the pressure of the exigent.

They vegetate into that state of bovine complacency and maternal satisfaction, characteristic of the contented cow. Or they become as fussily busy as a hen with a considerable brood of active, mischief-mongering chicks.

However, with the emancipation of modern woman from compulsory motherhood, due to the wide—even though underground—dissemination of knowledge concerning birth control by contraceptive measures, woman has found time to open her psychic eyes and look inward at her soul. She has realized, for one thing, that the procreative faculty which she shares in



common with every female organism in the universe, instead of being the be-all and the end-all of existence is, in a vast majority of instances, merely an undesired or an unfortuitous incident.

### Woman Owes Quite as Much to Herself as to Her Children

She comes to know that a woman owes quite as much to *herself* and to her *development* as she does to posterity and its *development*. She evolves a modicum of sympathy for the dictum of that famous sage and philosopher, "Bath House" John (or was it "Hinky Dink"), who cryptically demanded, "Pwhat the hell has posterity iver done furr us?"

And so woman, with a force dammed up in her that, intelligently used, could stop wars, clean out the Augean stables of festering humanity, and make life one long song—and a love song at that—finds her efforts dried up at their fountain-head by a lack of masculine sympathy or understanding, or by some exhibition of egoistic ignorance.

This explains, in some measure, why millions of matrons fly feverishly from one excitement to another, trying to snatch a little happiness—trying, for a few hours, to forget themselves and their miserably unhappy state. For they *are unhappy*.

Doctors and ministers, who have listened to their stories, and who have looked deep into hungry and desolate hearts that came, seeking crumbs of comforts, know these things.

In innumerable instances they could, and did, give this comfort. Indeed, many of the problems propounded were absurdly simple. It merely required the analytical view of detachment in order to unravel the seemingly tangled skein and bring about a solution.

### How a Man Really Finds Out About His Wife

Some sweet and gentle soul once said that it took him almost thirty years to find that his wife was like a canary, forever beating her wings against the cage of his stupidity.

After he had educated himself out of his particular brand of stupidity, however, he achieved the greatest satisfaction of his

life, in learning how to approach the cage of his wife's emotions so as to cause a sweet flutter of wings instead of a tumultuous beating against the bars. *Some* men are learning this.

Meanwhile, many women are making enough money to *buy* the things they formerly had to beg, browbeat, or cajole out of some man. This financial and mental independence enables the woman more freely and fully to express her personality, which still further develops her, and still further widens the line of demarkation between herself and her grandmother—or even her Grover Cleveland era next-door neighbor.

And so the time is coming—and very shortly—when woman, financially independent, and free from the shackles that formerly chained her to her womanhood, will demand of her mate something of mental and spiritual equality—something besides mere masculinity and the ability to bring home the much vaunted bacon, which she frequently is quite as capable of bringing home as he is.

### Women Will Demand an Understanding Heart

She will refuse to take the trouble to camouflage her man. She will demand an understanding heart. She will demand that he will, in some measure, live up to the illusion she has created around him, and in some degree approach the dream she has built of him.

And having made the strides they have made, in the few years of restricted freedom given grudgingly by men, it is only reasonable to believe that woman will come to an ever-increasing realization of her importance in the scheme of things. Until recently, men have snapped the financial whip over the heads of women. But *some* day this whip hand will be withered and powerless. The economically independent woman will demand *understanding companionship*. She will say, "Take your trinkets and toys and play with your mental equals. We want the bread of the soul—not the husks of an empty life."

And *then* we may achieve a combination of Utopia and Plato's Republic. It is almost too good to be true.

### How the Childless Woman May Often Conceive

There are thousands of childless couples who seem perfectly healthy in every respect, and who would give anything they possessed for a child of their own, and yet are unable to have children.

Of course, where the health of one or the other of the couple is impaired a legitimate reason exists for the inability to overcome the state of childlessness. The husband or the wife naturally requires a course of building, and such reconstructive treatment as may tend to increase virility and stamina.

And yet, not infrequently, the cause of the difficulty may be exceedingly simple. In scores of thousands of women there is a tendency for the mucous secretion of the vagina to be distinctly acid, or at least definitely lowered in normal alkalinity. This slightly acid secretion does the woman no physical harm. In fact, she is quite unconscious of its presence. Yet the acidity is sufficiently great to render the sperm cell impotent. It kills off the spermatozoa as effectually as might a germicide.

With these women all that is necessary in order to insure conception is to syringe out the vagina with a weak neutralizing solution of bicarbonate of soda—ordinary baking soda—one teaspoonful to a pint of tepid water. If this be injected into the vagina just prior to intercourse it often results in facilitating an almost immediate pregnancy.

### A Plug in the Mouth of the Womb

Other women fail to conceive because of the fact that there is an excessive amount of mucus at the opening of the womb. This forms a tenacious plug, which prevents the spermatozoa from penetrating up the neck of the womb and finding their waiting ovum. In these cases if a thoroughly complete orgasm could be achieved by the woman, coincidentally with the ejaculation of the sperm of the man, the neck of the uterus would be freed from this impenetrable plug, and pregnancy would ensue.

At times, the neck of the womb and its orifice may be contracted in such a way that a slight dilatation may be found

necessary. This the physician can accomplish very readily, and absolutely without pain.

### When the Womb Is Tilted

Another reason for the failure on the part of the woman to conceive is the fact that the uterus may be tilted—either forward, back, or to either side—in such a way that the position of the mouth of the womb, in relation to the vaginal canal, may be such that the spermatic fluid of the male tends to be lost or drain out, before any of it can penetrate into the uterus.

In these cases a short course of treatment may often restore the uterus to its normal position. Sometimes the difficulty may be avoided by the woman turning over on her abdomen directly after union is completed, lying in this position for a few hours. Similar results may be produced by connection in what is known as *in modo brutorum*—"after the manner of animals"—in which the approach is made by the husband from behind, the woman kneeling on the bed, with her chest down on the bed.

### Too Great a Degree of Excitement May Prevent Conception

It may also be remembered that too great a degree of nervous excitement or a too frantic desire, leading perhaps to an excessive number of unions, may defeat the very purpose which they are intended to accomplish. This is because of the fact that the mere amalgamation of the sperm with the ripe egg, which constitutes conception, is not completed unless this impregnated ovum is later attached to the lining of the womb.

Intense nervous excitement and abnormal contractions of the uterus may prevent this. In point of fact, it is known that many women can voluntarily control conception, at will, and expel an impregnated ovum from the uterus, merely by the exercise of nervous force.

It is therefore evident that a certain degree of placidity may be a highly important factor at times.

### Sometimes the Husband's Fault

When all these suggestions have been observed and there are still no results—*or even before this time*—it would be well for the husband to undergo a physical examination at the hands of some competent physician, and assure himself that he is *capable* of becoming a father. Thousands of men, especially those who have had orchitis or mumps at one time in their life, may be found to have a complete closure of the ejaculatory ducts. Therefore there is no testicular fluid in their semen, and consequently no spermatozoa.

A microscopic examination of freshly ejaculated semen will very readily disclose whether this is true or not. In many instances, the spermatozoa may not be sufficiently active, showing that the man is debilitated sexually. A short course of reconstructive treatment often overcomes the difficulty.

There are many other ways of assuring fertility in a woman, such as injecting semen directly into the uterus by a syringe, and in other ways. But enough has been said to assure the reader of the fact that merely because she has not yet achieved her heart's desire and borne a child this should not occasion any lasting regret. For the cure of the trouble may be ridiculously easy.

### Intimate Secrets of Personal Hygiene

There is no one factor in married life more important than personal cleanliness. This cleanliness includes not only the thorough washing of the body every day, the shampoo of the hair once a week, proper attention to the finger nails, scrupulous cleanliness of undergarments, as well as neatness in general appearance, but it also includes the intimate personal hygiene of the woman.

There are millions of women who have never known what it is to take a vaginal douche. They have gone through life, borne children, and died of old age, without ever owning a fountain syringe and a vaginal nozzle—let alone making use of this.

Is it any wonder that these women exude body odor, and that

close contact with them—particularly in hot weather—is anything but desirable.

### Why Men Leave Home

One very frequent reason for men making extra-marital alliances, or for having relations with other women, is because



UNTIDINESS MAY KILL LOVE

of the fact that the odor that emanates from the body of the wife—particularly if the husband and wife should foolishly share the same bed—is so obnoxious that it destroys all appetite for closer contact. This effectually kills the most important aspect of love, which is overpowering sexual attraction.

Many women, who may have been fairly attentive to their needs of personal hygiene, prior to getting married, after the marriage allow themselves to become careless in these matters.

Not only do they neglect to keep their bodies free from all possible odor, but they even become slovenly in regard to their hair, their attention to dress, careful brushing of the teeth, and regular cleansing of the mouth with some good antiseptic preparation.

If women only knew how much more attractive they could be to their husbands by keeping themselves scrupulously clean and neat at all times they would never allow themselves to develop these habits of laziness and carelessness that, in many instances, send their husbands to the arms of another woman.

If a woman has a tendency toward leucorrhea or any vaginal discharge she should use a vaginal douche morning and night until this condition is thoroughly cleared up.

Some such antiseptic preparation as Permanganate of Potash, Zonite, or Irrigol may be used. Sometimes even a normal salt solution will accomplish the result. This is made by adding four tablespoonfuls of salt to two quarts of warm water.

If the discharge does not clear within a week or so, the services of a good physician should be sought, as it may be possible that some inflammation of the tubes or the lining membrane of the womb may be present, which requires special treatment by tampons or specific applications.

In any event, it may be definitely stated that the woman who can violate all the laws of cleanliness and personal hygiene and at the same time hold her husband's love must have some quality of unusual attraction about her.

### **Nervous Women and Sexual Disorders**

One of the great advances made by science in recent years is to prove that sex stands as the alpha and omega behind many of the symptoms exhibited by women who, so far as can be determined, are absolutely free from physical ills.

It is because of this knowledge that a marvellous field has

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been opened to the medical profession in treating functional nervous diseases (disorders that have no discoverable organic basis) by mental suggestion, combined, of course, with whatever suitable medication may be indicated.

### Doing Something for Nerves

The term *psychoneurosis*—a nervous disorder of mental or psychic origin—has been given to many of the conditions we used to classify as “neurasthenia” only a few years ago.

Nervous affliction, according to Schroeder, has its origin in a discontent with environment, sometimes by an unconscious desire to escape the hard realities of life. “It can now be said with certainty,” he says, “that psychoneurosis is not caused by nerve exhaustion, by abscessed teeth, by constipation or auto-intoxication, by dystrophy of the endocrine glands, by minor gynecological difficulties, or, in fact, by any physical condition whatsoever.”

### Thwarting Sex Instinct

Rather does the psychoneurosis represent an unsolved and terrific subconscious conflict between the actual and the desirable.

“Purpose is writ large across the fact of an instinct, and that purpose is always toward action,” says Dr. Josephine Jackson, in her interesting and instructive book “Outwitting Our Nerves.”

The best way to control the self-preservation instincts, such as fear and anger, Doctor Jackson insists, is to refuse to stimulate the emotion when the external situation is not suitable for action. “But with the organically aroused sex instinct,” she says, “there is no power of choice. We may fan the flame until it is out of sight, but we cannot extinguish it by any act of ours. With this instinct we cannot ‘stop before we begin,’ because Nature has taken the matter out of our hands.”

Scientifically, sex has been called an unexplored country. But *this* much is definitely proved.



"Consciously or subconsciously," says Dr. Shaw, "the sexual function is the dominant passion throughout the most virile years of our physical existence. Our most profound affections emanate from the gonads. Their internal secretions affect the whole organism as the dynamic and activating force in life, without which we may not die but we do not live. It is no wonder that most of the sorrows of the world have their foundation in sexual dysfunction."

### "The Thinker's Disease"

It has been estimated that 75 per cent of the people who seek medical advice suffer from "nerves."

These people are not mentally incompetent. Instead, they are almost invariably highly intelligent, idealistic, mentally alert, and with aspirations above the average. *Psychoneurosis* has been therefore called the disease of the thinker and the dreamer.

It is known that Lincoln suffered from depression and melancholia at one period in his life. Lincoln claimed that he was the most miserable man living and that, if his feelings were distributed among all people, there would not be one cheerful person on earth.

The late President Wilson was at times oppressed with "heaviness of spirit" for which medical aid was sought. Perhaps most of us are more or less neurasthenic.

### Women Should Be Frank in Facing Facts

It is almost impossible to overestimate the variety and the severity of physical and nervous symptoms which result from nothing more or less than some phase of sexual abnormality or repression.

All sorts of aches and pains, neuralgia, neuritis, rheumatism, stomach and intestinal disturbances, disturbed heart action, painful or scanty menstruation, phobias of every kind, even paralysis and functional blindness, have been traced to a faulty or disturbed sex life.

Dr. Shaw states that "If there be sexual incompatibility or repressed sexual conflict, nearly every woman, sooner or later, will become miserable and sick. Her symptoms may simulate appendicitis, renal or gall bladder colic, or any other abdominal or digestive disorder, circulatory disturbances, or mental and nervous derangement. Any desire or tendency of the patient that conflicts with orthodox rules of behavior may create a psychosis, manifested by symptoms referred to any part of the organism."

Certain, sex causes, frequently met, or vaginismus or pain during cohabitation, which inhibits pleasure; a fixation idea held over from tyrannical childhood training or unfortunate sex experience, resulting in exaggerated sex aversions and hatreds; homosexual tendencies; subconscious conflict and sense of guilt because of masturbation or other perversions; mismatching; nymphomania; fear of pregnancy; *coitus interruptus*, or withdrawal with the orgasm; and frigidity in varying degrees.

In most of these cases the particular sexual abnormality or repression can usually be discovered. After which, relief, and sometimes entire correction of the condition, is a relatively simple matter.

Sedatives, normal sexual activity, mental diversion, exercise, diet—these may work wonders. But first it is necessary to find out the *cause* of the trouble. Its removal will then follow, almost as a matter of course.

### Why Happiness Brings Health

Moralists who enjoin an indifferent world to hold up its head are fortunately working upon a correct scientific basis, for it is true that a happy person raises his chin, stiffens his neck, and elevates his perspective. Joy stimulates the thyroid gland. When this ductless body is excited, it reacts upon the neck and causes it to straighten.

It doesn't strike us as a great piece of news that worry, hurry, anxiety, grief, and all that tends to "lower our spirits" help to turn us into spirits; while joy, laughter, good cheer, and mental ease serve to keep us pleasantly occupied, in remaining

healthy, happy humans until age finally rocks us to sleep in the cradle of time.

### A Serene Mind Helps All Bodily Functions

This has been a working formula with all the philosophers whose writings survive, and probably with their ancestors back to those far days when the Neanderthal man clucked his precepts to his gibbering progeny.



HAPPINESS BRINGS HEALTH

In a general way, we know why this is so. But in a particular way the actual explanation is scientific news

Through physiological experiments with animals and men we now know why mental serenity influences the nutrition and the circulation; why and how pleasure affects the nervous system; how the love life conduces to longevity, and why happiness has an economic value.

These things are so because the emotions have a physical basis, because their influence affects the autonomic or vegetative

nervous system—that system which controls breathing, digestion, metabolism, and the automatic functions generally. The action of the emotions upon this system tends, also, to contract or to relax the muscular fibers which control the diameter of the blood vessels, and consequently the amount of blood that flows through them, thereby influencing the nutrition of the tissues.

But perhaps the profoundest and most vital effect emotions have upon the physical organism lies in what they do to the secreting power of the ductless glands, those marvellous governors and regulators of our body engines, whose functions almost transcend physiology and touch the skirts of metaphysics.

Dr. Crile, in his "Mechanistic View of War and Peace," has pointed out something of the action of certain of these glands under the influence of the powerful emotion of excitement and battle hate. He has shown how a vision of the enemy flashed to the brain stimulates the thyroid gland (situated in the neck), the adrenal capsules (the little buttonlike glands at the tops of the kidneys), and the liver.

These glands, under the powerful stimulus of blood lust, pour their products (thyroidin, adrenalin, and glycogen) into the circulation and thereby stimulate the heart, overcome fatigue, dull the sense of pain and fear, and provide sugar fuel for the fighting body.

Yet the much milder emotions of joy and content furnish a similar stimulus, without, however, the exhausting reaction, the prostrating fatigue, which so frequently follows the orgy of battle.

Under the influence of agreeable companionship, mental relaxation, good food, fresh air, and favorable environment, the glands function normally. They pour sufficient of their secretion into the circulation to provide adequate stimulus for either work or play. They provide the incentive for that material essence of body-life which is motion, and they serve to make action a source of satisfaction and joy.

### How Petting and Frightening React upon the Digestion of Dogs

They tend to hold the head up, physically as well as mentally. For whatever conduces to physical well-being equally stimulates mental well-being.

Pleasurable emotions cause the digestive fluids to be more freely secreted, as was proven by Professor Pavlov and Dr. Cannon in their experiments upon dogs. For when these animals were frightened, or even anxious, their stomach muscles became temporarily paralyzed, their digestive juices refused to flow, and food fermented in their stomachs.

When, on the other hand, they were soothed and gentled by petting and stroking, their food digested rapidly, their stomach juices were poured forth freely, and their entire system responded to the physiological stimulus of joy.

So hate, fear, grief, anxiety, worry, hurry, and despondency inhibit the activity of the autonomic or vegetative nervous system. They check the secreting power of the glands of the stomach and intestines, thereby causing the development of poisons from the fermenting food. They dam up the flow of glycogen, the sugar fuel of the liver, upon which the muscles feed in times of stress.

They harden the arteries and make life shorter and shallower.

They decrease the capacity for work, thereby reducing earning power, which proves that joy and a live liver have a distinct economic value.

They decrease, also, the capacity for affection and make their possessor less likable and lovable.

So happiness lengthens, broadens, and deepens life. And, like the quality of mercy, to be permanent and natural, it should not be strained, but should flow freely, first as the result of good digestion that attends on appetite, and next because it makes the persistent will to be glad automatic.

Of all the "big medicine" that has ever been brewed in the alembic of science, there is nothing so big, so certain, so complete and so satisfying as joy.

## No Roses in a Thistle Patch

A man who lived in the glowing love of a wonderful mother and sister—who had devoted almost every working moment to serving him—with the usual dullness of those who take the habitual thing for granted—remarked recently: "There is no such thing as love. Women are all fickle and selfish. All they care about is what they can get for nothing."

This man is only one among hundreds of thousands who think in this dull and thoroughly stupid way.

On the other hand, there are perhaps an equal number of women who class all men as rotters—thoroughly untrustworthy and egotistical to the last degree.

How can this absurd mental attitude be accounted for? Why should such ridiculous ideas exist?

In the majority of instances, they exist because the man or the woman, at some time in their lives, picked a thistle—thinking it was a rose—and got stung.

Now, roses grow best in gardens, where they are cherished and nurtured by loving hands. Once in a while you find them growing wild. But the worth while flowers have usually undergone a period of cultivation.

What cultivation and selection are to flowers and plants, education and environment are to men and women.

If a boy or girl has been permitted to grow up like a weed, to "run wild," without guidance or proper instruction, somebody is going, at some time, to "get stung" by contact with them.

It may be somewhat bromidic in these days to repeat that "as the twig is bent, so is the tree inclined."

Yet, the dictum is quite as true today as it was when the old writer first said it, twenty-five centuries ago.

This explains why so many men and women are blasé on the subject of love, morality, or spiritual development.

Parents, look to it that your children are taught to recognize the difference between a rose or a thistle. It may save them a lifetime of heartache and misery.

## PART IV

What Gland Type Are You?

The Influence of the Sex Glands on the Organism

The Glands that Make Women Beautiful

How to Regain Virility

The Problem of the Undeveloped Girl

The Most Common Ailment in the World

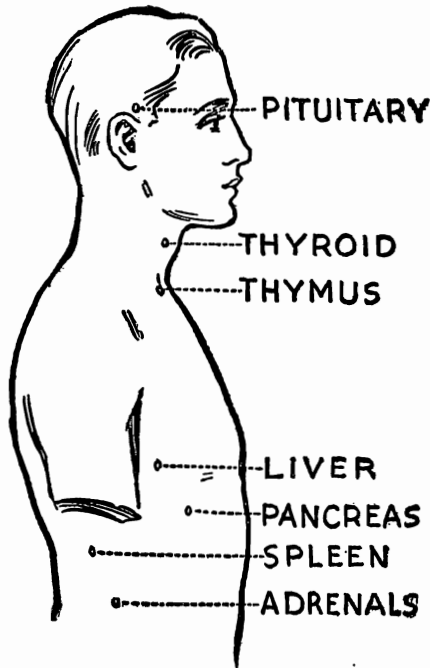
A New Light on Some Old Diseases

"Change of Life"

## PART IV

### What Gland Type Are You?

Whether we are tall or short, fat or thin, ugly or beautiful, brilliant or stupid, whether we have red hair or black—or in certain cases, no hair at all—whether our hair is straight or curly, our complexion peaches or mud, our skin one that somebody would like to touch by hand or with a ten-foot pole, depends absolutely upon the activity or the inactivity of various of our ductless glands.



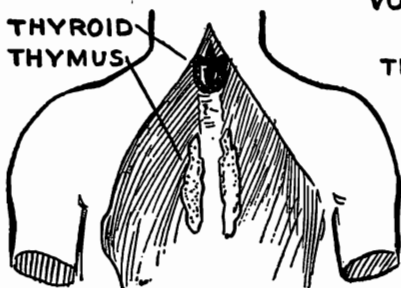
THE DUCTLESS GLANDS OF MAN AS  
INDICATED IN THEIR PROPER POSITIONS



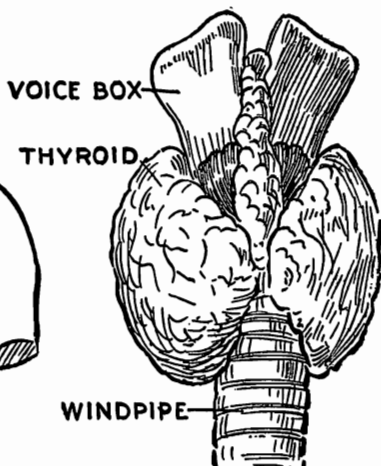
These glands are the fairy godmothers that give us freckles, big or little teeth, hands like hams, or several different kinds of fat distribution. We know that when we have fat in big blanket rolls around the lower part of the abdomen and hips that one little gland is asleep on the job. We know that if the fat is mostly above the hips, giving the general impression of a full moon, with Gargantuan breasts mounted on little Jenny's skinny legs, that there's another gland at fault.

### The Sluggish Thyroid Gland

Also, young Jimmy, Jr., may happen to be teacher's pride and joy—or he may be a hybrid, mixed of equal parts of sloth



**THYMUS OF A VERY  
YOUNG INFANT**



**THE THYROID GLAND**

and ostrich. If so, Jimmy doesn't particularly deserve either crowning or clouting. He is merely reflecting the activity or the sluggishness of his little thyroid gland.

I am thoroughly aware of the fact that insufficiency of glandular functioning power may be due to focal abscesses, faulty elimination, auto-toxemia, improperly balanced food, lack of

mineral salts and vitamins, or a thousand and one faulty hygienic habits, imposing upon the oxidizing power of the thyroid.

But whatever the cause, the symptoms are due to faulty gland action, and can be corrected in various ways, as I shall describe presently.

If you should have larger arms than normal, or shorter legs than the average, or if you have hair on your chest like a bear-skin rug, or none at all like a Mexican poodle, blame it on your glands.

If you are light-hearted or melancholy, sane or insane, a cut-throat or a saint, affectionate or cold; if you are an old man or woman at forty; or if the folks have to take you out and shoot you at a hundred in order to get rid of you, give thanks everlasting to your glands.

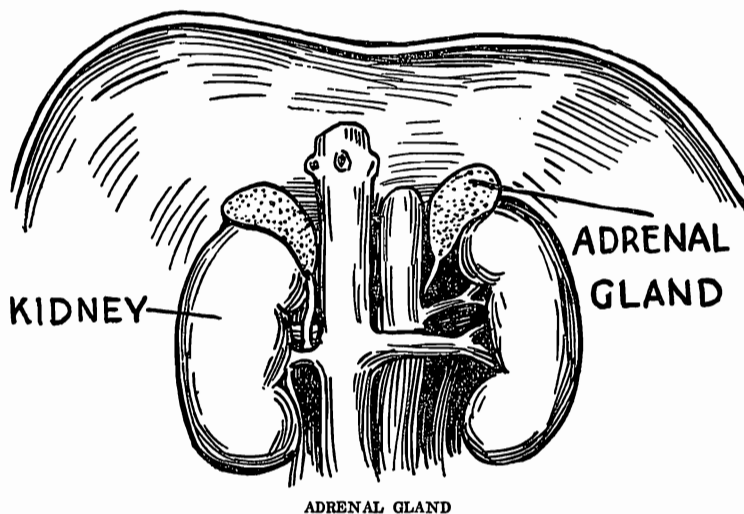
In fact, it seems almost impossible to over-estimate the importance of the ductless or endocrine glands and their effects on the anatomical, physical, mental, and moral qualities.

### How Do We Know When Our Glands Are Normal?

Now, how are we to know when our glands are functioning normally? How are we to know the symptoms of their abnormal functioning? And how are we to regulate, control, and correct this abnormal functioning?

The thyroid (in association, perhaps, with the gonads, or sex glands) is the gland that has the greatest influence of all the glands on a healthy, happy life. For it is the direct index of one's available and useable energy. While of itself it does not actually produce energy, as do the adrenals, or the gonads, yet it accelerates, lubricates, and transforms our energies. It controls the speed with which chemical processes take place in the system. Its hormones, or chemical messengers, are carried by the blood to every cell in the body, where they govern the speed under which these cells function.

The thyroid has much to do with the outer covering of the body. If you have a clear, beautiful, elastic skin; soft, lustrous hair; white, pearly teeth; an active, questing mind and ample energy, thank your thyroid.



### A Lot of "It" in the Thyroid

The thyroid is closely affiliated with the gonads in a sort of reciprocal relation, so that "it" is due almost as much to a splendidly functioning thyroid as it is to a perfectly functioning pair of ovaries or testicles.

When there is a lack of thyroid, we usually find the features coarse and irregular. There is an unmistakable broadness—especially in the nostrils, which are unusually wide and thick. Also the tips are full and prominent. The negroid type (when it appears in the Caucasian) is a distinctly hypo-thyroid (or insufficient thyroid) type. These subjects have a deficiency of iodine and thyroxin—the most important constituents of the thyroid secretion—in the blood. The classification does not apply to the Negro himself, for he was "bohn" that way, and the thick foreface belongs to him anthropologically.

In the sub-thyroid type, the eyes are often widely separated, sunken, dull and lacking in lustre—in distinct contrast to the bright, sparkling eyes of the thyroid-efficient type, or the over-worked, startled, bulging eyes of the hyper-active thyroid type—as are noticed in many of our prominent screen artists.

### When There Is Too Little Thyroid Secretion

Again, the person with a poor thyroid is usually short in stature—thickset and small-boned. Certain types of dwarfism are due to lack of thyroid secretion. If these individuals are badly deficient, tending toward what is known as the cretin type—in which there is a congenital absence of thyroid—the hands are likely to be short and coarse, with thick, stubby fingers. The nails grow slowly, are usually brittle and sometimes cracked. The tendency is to put on weight readily. The teeth are improperly developed, the enamel and dentine soft. Hypo-thyroid patients, if they are financially able to afford it, spend a lot of time in the dentist's chair, and usually wind up, before they are thirty or thirty-five, with a fine upper and lower set of teeth which they can take out and place carefully in a glass of water at night.

In conformity with a generally poor functioning condition, the hair of the poor thyroid type also suffers. It has somewhat the same general texture as "tow"—lacking entirely the fineness and lustre of the normal thyroid type.

The hypo-thyroid parts with his hair easily. The eyebrows, also, are inclined to be thin—in direct contra-distinction to the heavy, bushy eyebrows of the pituitary type.

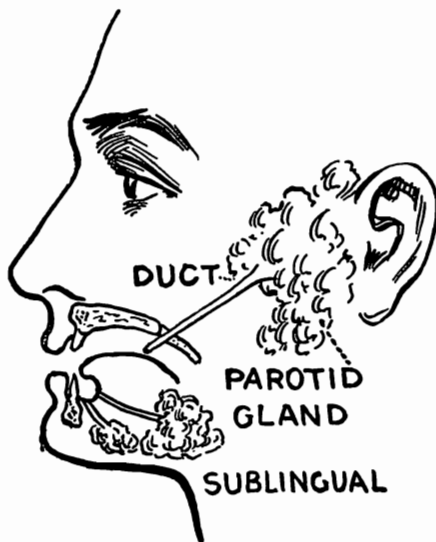
The skin is usually dry, harsh, and scaly—like the hide of an alligator. It has not the genial warmth of the normal skin. The hands tend to get cold readily, and take on a bluish tinge—closely resembling in this respect a prominent symptom of the sub-adrenal type, associated in low blood pressure—which we shall note presently.

### How to Tell when the Thyroid Gland Is Not Functioning Properly

One of the most universal symptoms of sub-thyroidism is the lack of elasticity in the skin. Just pinch the skin on the back of your hand and pull it away from the hand. Now let it go. If it snaps back quickly and smoothly, you can rest assured that whatever else may ail you, it is not a lack of thyroid. If, on the

other hand, the skin behaves more like a piece of putty than rubber, and remains wrinkled for a long moment, your thyroid needs attention. And let me emphasize right now that no amount of facial or other treatment will ever lift the wrinkles out of the face of a person whose thyroid is taking a permanent vacation—not even if they go half way down the chest to do the lifting.

Sub-thyroid people usually have an abnormally slow pulse rate and subnormal temperature—sometimes as low as 96.6 or



THE SALIVARY GLANDS

97. They are easily tired, prone to contract any epidemic disorder that may be running around loose, and are chronic sufferers from headache, constipation, rheumatism, neuralgia, anemia, and shortness of breath. This type also furnishes the greater majority of our dementia praecox cases.

Women who lack thyroid efficiency usually suffer from delayed or scanty menstruation. Many women of normal thyroid

power are definitely hypo-thyroid during pregnancy. They become dull, stupid, and slow during this period.

At puberty, both boys and girls of this thyroid-lacking type appear more listless and heavy than usual. In fact, the adolescent dullard and what are commonly classed as morons and mental defectives, are quite frequently youngsters whose thyroids are under-active. They are sleepy, inattentive, stubborn, and often morose or even vicious.

Their memory is always poor. In fact, it is quite safe, nine times out of ten, to pick out the boys and girls at the foot of the class as thyroid defectives—just as it is equally safe to select those at the head of the class as thyroid effectives.

### Cretinism

The cretin is a pitiful travesty of a human being who is born with only a rudimentary, or else a disproportionally small thyroid. No one can look upon these dwarf idiots, with their thick, protruding tongues, their heavy, scaly skin, their complete lack of anything that might be classed as intelligence, without a feeling that they should be put mercifully out of their misery. Yet, if this condition is recognized sufficiently early, and adequately treated by properly regulated thyroid dosage, an absolute miracle may be wrought.

There are any number of these cretins of twelve or fourteen years of age who now grade as normal in their studies. They are, to all intents and purposes, normal individuals. If, however, they should happen ever to be wrecked on a desert island, and deprived of their stabilizing thyroid supply, they would gradually relapse again into thick-skinned, thick-tongued idiots.

The myxedema patient is merely an adult who escaped cretinism by a slim margin, but who is exaggeratedly hypo-thyroid. This person has all the worst symptoms I have described above. There is nothing in the world, so far as we know, that will help him, except treatment directed toward his thyroid gland.

Scores of thousands of men and women are partly tintured

with this trouble. By measuring their "basal metabolism," a very accurate means of determining thyroid efficiency, but which we cannot take up at this time, the exact degree of their deficiency may be determined. (If there is an excessive thyroid secretion, an equally accurate estimation can be made.) If the causes for the hypo-thyroid conditions are discovered and removed, and appropriate indicated treatment administered, these patients can be cured in almost one hundred per cent of instances.

### When There's Too Much Thyroid

It would be difficult to say whether too much or too little thyroid produces the worse results. Let it be sufficient to observe that anyone who has to live with one abnormally over-supplied with the thyroid secretion doesn't need to go to hell to find out what hell is. For he or she has it right at home.

If anyone wants to be driven into chronic alcoholism or into an asylum, all he has to do is to marry a trigger-tongued neurotic, with a fair foundation of excessive thyroid secretion. And when the over-active gland finally develops—which it will, if allowed natural freedom—into an exophthalmic goiter, the dove of peace may as well pack its bag and jump into the lake. Which is only another reason for tackling this trouble "early in the game," before it has gotten too firm a hold on the individual. Taken early, it may be readily curable; neglected, it may never respond to treatment.

Of course, the extreme types are readily recognizable. They are highly emotional, moody, shrewish, brain-stormy, quarrelsome, fault-finding, clacking-tongued individuals of either sex, who "fly off the handle" on little provocation—or for no provocation at all. They are as unstable as a fire-cracker, as full of hysteria as a dog is of fleas. They do not tolerate argument, criticism, or opposition.

Their pulse is usually rapid. Temperature and blood pressure are frequently above normal—although when the condition becomes well marked and chronic, the blood pressure is usually subnormal; for there isn't time to develop blood tension

in the arteries when the pulse is racing along from fifty to seventy-five beats a minute faster than it should. On the contrary, blood pressure falls with advanced thyroid oversupply, the pulse frequently becomes irregular, and breathing is hurried. There is, in fact, a chronic state of physiological excitement.

### Even the Shape of the Head Is Different

The shape of the head in this type differs radically from the head of the hypo-thyroid type. Instead of being round, with broad features, it is narrow—clean-cut and delicate in molding. The face is rather oval, the cheeks are rarely full. There is usually a wide, high forehead, while the eyes are large and “snappy,” often with the slight protrusion of which I have spoken in connection with the movie stars. If there should be an abnormal amount of white surrounding the pupil, one can almost guarantee a passionate nature—either already present, or to be awakened by the first connubial embraces. The nose is straight and high-bridged, the lips thin and sensitive.

People of this type are no more likely to put on fat than are Greta Garbo or John Gilbert, who are beautiful specimens of the well-developed thyroid type. The teeth are usually small, hard, glistening, pearly, and quite translucent. The hair is lovely—usually thick and curly or wavy. Eyebrows and eyelashes are long and of fine texture. Thyroid men must shave regularly in order to maintain a presentable appearance.

### They Also Blush Readily

The thyroid type blushes readily, and when angry develops fiery red spots on the cheeks. The skin is usually very thin and soft, velvet-like, and normally moist. These individuals tend to perspire rather freely. If you draw your fingers quickly and firmly over the shoulders or breast of a thyro-centric person, you will usually notice a pink or reddish line, which remains for several seconds.

These individuals come into puberty early, and as a rule are



highly sexed and erotic. The thyroid woman quite generally has frequent and profuse menses.

Adolescent thyroid girls are nervous, excitable, and restless, and likely to be troubled with insomnia. Boys are quick-tempered and highly explosive. They learn rapidly, their minds are active and alert. In fact, one of the chief difficulties in this respect is that they are too volatile—jumping from one thing to another with bewildering rapidity.

### The Reason Grandpa Marries

Sitting astraddle the tops of each kidney we find a little gland shaped something like a hat, known as the adrenal gland. The outer portion of each of these glands is called the *cortex*, the inner portion, the *medulla*. The adrenals help support sex tone. They extend maturity and help promote a long, husky life.

It is among the adrenal-centered chaps of seventy-five that we find the blushing bridegrooms. Lacking this same adrenal efficiency, these old Lotharios would more likely be pushing their latest grandchild around in a baby buggy than to be perambulating, arm in arm, up to the altar, to the tune of Mendelssohn's Wedding March.

### Prize Fighters Have Active Adrenal Glands

If the adrenals are normally active, they respond instantly to emotional stimuli by pouring a quantity of their secretion (adrenalin) into the blood. There is a tremendous tensing of the nervous system, the nerve cells become more acutely responsive, the great reservoirs of blood, the spleen, and the liver (which contains one-quarter of all the blood in the body) draining billions of red corpuscles into the blood vessels, to increase the oxygen-carrying power of the blood. The heart beats faster, the eyes see clearer, the hearing is more acute, respiration is hurried, fatigue is temporarily overcome or forgotten, and the mental processes are pepped up to an amazing degree.

The individual is now all set for either fight or flight. If he is a hyper-adrenal type—like Max Schmeling or Jack Sharkey

—he would just as soon fight as eat. If he is of low adrenal efficiency, the chances are that he would show a clean pair of heels to Old Man Trouble.

It is interesting to know, also, that under the stress of great physical and emotional excitement—such as the rigor of an arduous military campaign—the adrenals may become depleted and the former hero may temporarily show the “white feather.” His spirit has gone for the moment. Sometimes, however, the débâcle is permanent, as in the case of “shell shock,” which is nothing more than hypo-adrenia and its resulting nervous depletion, due to some harrowing experience or profound physical drain.

### How to Tell the Hypo-Adrenals

Those whose adrenal glands are exhausted—either at birth or from nervous strain—are often short, with a slight tendency toward obesity although if they have not developed this deficiency until after a prolonged tussle with the Stock Market or a battle with a nerve-sapping family in middle age, these attributes are generally lacking.

However, one symptom they all have is persistent low blood pressure. Indeed, so uniform is this that I have learned to recognize hypo-adrenics the moment I put my finger on their pulse. Blood pressure may be anywhere from twenty to sixty points low, depending upon the severity of the condition and the degree of depletion.

Naturally, because of this feeble circulatory power, we find chronically cold hands and feet, profound fatigue, and a tendency to take only short breaths and to let the body slump, instead of holding it fully erect, with abdomen “pulled up.”

In anger, the skin of the hypo-adrenal tends to become dead white, while the feet and hands feel clammy. Fair people of this type are subject to moles while others exhibit blotches on their neck and face. Often there will be found marked pigmentation of the skin as well as of the teeth.

The predominating symptom in hypo-adrenia is chronic mental and physical fatigue. This condition is usually diagnosed

as neurasthenia or debility, and may be associated with asthma, vertigo, chronic constipation, auto-intoxication, palpitation of the heart, or loss of appetite. In my experience, practically every case of tuberculosis is preceded by hypo-adrenia. These patients give a history of chronic fatigue, and complain of that "all-gone" feeling, often for years, before any lung lesion is manifested. This constitutes another important reason why the treatment of adrenia should be begun early and continued persistently.

No one can exhibit a great zest for work, an enthusiasm for active sports, or for love-making, unless his adrenal glands are working normally.

### Those Who Are Over-Supplied with Adrenalin

As may be inferred, patients who have too much adrenal secretion exhibit exactly the opposite group of symptoms from the hypo-adrenal type. They are aggressive, combative, pugnacious; the real fighting type, whether in the prize ring, at the head of an army, or battling in commercial and industrial life.

These are the type of men that Conrad and Jack London loved to describe—flannel-shirted, upstanding, two-fisted men, who battled their way with obstinate Nature or with equally obstinate humans. The muscles in this type are usually hard and firm. Among young girls, there is apt to be an over-plumpness, or even obesity, with abnormally developed breasts. Among women also there is noted fairly heavy growth of hair on the back, as well as on the upper lip. In point of fact, if they lean too much toward the adrenal type, the fair sex is apt to develop a full growth of beard, topped off with a heavy mustache.

The skin in hyper-adrenia is usually dark-colored and freckled, and at times shows liver spots. It is readily "goose-pimpled," and often has the appearance of sub-thyroid skin. The teeth are large, sharp, and strong, with a tendency toward yellowish or reddish discoloration on the grinding surfaces. The large, round, bullet-head of the typical Dutchman is a very fine type of hyper-adrenalism.

### **But You've Got to Watch the Blood Pressure**

The blood pressure in hyper-adrenalism is the most alarming condition, as it is almost invariably above normal. This, coupled with the short, thick neck, the stocky build, the extreme activity, the choleric temper, the gormandizing tendencies, the hard-drinking, hard-smoking, hard-eating habits, often combine to develop in these patients a stroke of apoplexy, which is generally the beginning of the end for them.

Adolescent girls of the hyper-adrenal type usually have manish tastes. They are the sporty, mountain-climbing, slim-hipped girls, who combine in their make-up a tremendous number of units of masculinity. The shrinking violet type among these girls is conspicuous by its absence, as they would far rather and much more expeditiously give one a sock on the jaw than plead for mercy.

### **The Meaning of the Pituitary**

At the base of the brain, just below the roof of the nose, lies a tiny gland with a double lobe, known as the pituitary. This gland is placed by Nature for its better protection in a little bony casket, inside the vault of the skull. Secretions of the front portion of the lobe control growth of the tendons and the bones, while the secretion of the back lobe regulates the tone of the nerves and involuntary muscles, and co-ordinates with the brain and sex organs in assisting their functioning powers.

Among the wide range of functions of this gland are the maintenance of the splendid mental powers seen frequently among elderly people. Abraham Lincoln was an outstanding example of splendid pituitary development. This same type has given us marvellous business men, military strategists, artists, statesmen, and men of letters, who have maintained their efficiency up to advanced old age.

### **When Pituitary Function Is Lacking**

Those who lack pituitary secretion have many of the tendencies of the hypo-thyroid. They have little or no capacity for

learning; they are mentally slow, apathetic or deficient; they are unable to maintain any protracted effort. They readily become discouraged and lose self-control. Among this class we find juvenile delinquents. Children of low pituitary function take to lying and stealing as naturally as a duck takes to



PITUITARY GLAND ABNORMALITIES — GIANT AND MIDGET

swimming. The children are often backward in school, cowardly, and not infrequently unmoral.

Adults under five feet in height are almost invariably of this sub-pituitary type. In this type we find a peculiar obesity exhibited by so many women, with the girdle of fat around the

lower abdomen and enormous fat distribution over the hips and buttocks, but with little or no excessive fat on the breast, neck or face. Among sub-pituitary boys there is a tendency toward the feminine contour, while the girls develop many masculine characteristics. Prior to puberty, there is also retarded growth of the bones, and small development of the sex organs and their function.

Among men the growth of hair is scanty. In fact, if their sub-pituitarism is well marked, they may be as bald as a billiard ball from head to toe, except for a little scattering of hair on the top of their head, and a few bristles substituting for a mustache.

The teeth are badly formed, crowded, and irregularly spaced. The face has a characteristic full-moon effect, often bearing a startling resemblance to a Cheshire cheese. The head is small in proportion to the rotund body, while the chin is usually receding, and the nose barely comes out into the open.

The blood pressure is usually sub-normal in these individuals, as with hypo-adrenia. They make very poor married companions, particularly if married to a highly-sexed individual with normal libido. Indeed, complete impotence in the male and frigidity in the woman are very frequently met in this type. In advanced cases we frequently find epilepsy, Mongolian insanity, and a tendency toward homo-sexuality.

### The Hyper-Pituitary Type

When we study those with an excess of pituitary activity, we perceive an entirely different picture. Here we have great mental activity, with splendid initiative and fine brain power. These are the explorers, the pioneers, the creators—brainy, witty, and keen; logical and rational in their deductions.

It is among this type that we frequently find precocious children and infant prodigies, yet in advanced and well-marked cases we may find hallucinations, delusions, depressive fears and fancies, with suspicious and most unlovely natures.

The men of this type are usually big-boned and muscular, with large hands, feet, and prominent knuckles. As a general

rule, all people over six feet in height have a strong pituitary. This is the long, lean type, capable of eating the ordinary boarding-housekeeper into bankruptcy, without having an ounce of additional flesh to show for it.

The outstanding characteristic of the pituitary type is hairiness. Many of the extreme hyper-pituitariacs are bearded like a "pard," with masses of hair on their arms, shoulders, chest, and legs that would make quite unnecessary the wearing of clothes—barring statutory restrictions. The men have thick, bushy eyebrows that meet over the bridge of the nose, while the women of this type have a perennial job of plucking out adventitious hairs in this same locality. Also, hair frequently grows low on the forehead and quite thickly in the nostrils and ears.

Perhaps the teeth are one of the clearest indexes of hyper-pituitarism. They are large, broad, square and usually quite regular. The middle incisors in particular resemble a couple of small tombstones. Women's teeth are also quite generally long, helping to give the face an elongated aspect. Among men, the forehead is high and the head appears flattened on both sides, while the face is long and massive. The cheekbones are always prominent, as is the nose. The jaw is firm, square, and protruding. The ears are usually large and can be seen from quite a distance.

This type, as with a hyper-adrenal type, is apt to suffer from high blood pressure, as well as to be bothered by precocious sex urge and childish libido.

### The Gonads or Sex Glands

It is now quite generally conceded that the internal secretions of the testes and the ovaries have more to with shaping the character and personality of the individual than have the activities of all the other glands put together.

Every creative effort of mankind has been, in a measure, a reflex or a sublimation of the sex instinct. In all the history of the world, there is not one outstanding example of any great work of art, poetry, architecture, painting, sculpture, states-

manship, or financial accomplishment, created by a eunuch. In military history, there is perhaps only one exception to this, in the famous Mameluke, a general who served with Otmar.

It can be said as a matter of truth that the women who have made history have quite uniformly been well-sexed. In point of fact, many of them, such as Catherine de Medici and Catherine the Great of Russia, were veritable nymphs, insatiable in their sex desires.

However, the average individual, with a normal love for companionship of the opposite sex, with a natural love for children, with a well-developed spirit of camaraderie, is quite invariably well-sexed.

### The Charm of Woman

The delightful charm of woman, the soft, low voice, the rounded breasts and hips, the gentle maternal nature, exhibited for the whole world as well as for her child, are reflexes of ovarian activity.

What is characteristically described as "It," is, in the main, the bud and bloom of vigorous sex functioning. What this means in the attractiveness of one sex for the other, as well as in the development of outstanding personality, may be seen clearly from the popularity of these splendid types.

Absence of this sexual activity manifests itself usually in selfishness, and a certain tendency toward what almost might be described as sadism. It is this type that makes up the reformers, the prohibition enthusiasts, the antis against the activities of the multitude.

It must be said of men who lack virility that this passion for persecution is manifested. The thin-lipped, sparsely-haired angular Pharisee, who would wield a rod of righteousness with enthusiasm over the bare backs of all whom he considers violators of his particular code, are, ninety-nine times out of a hundred, most unhappily situated as regards gonadal efficiency.

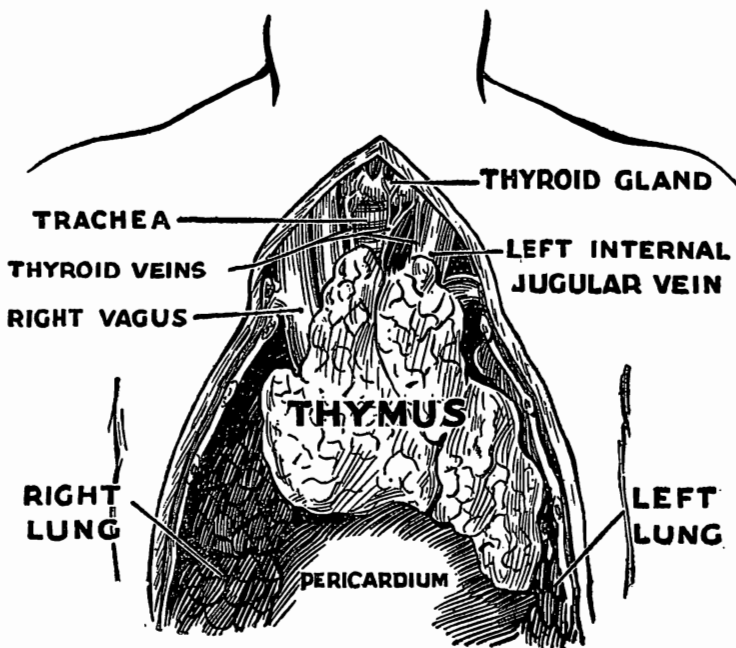
In fact, Krafft-Ebbing, Schrenk Notzing, and other psychiatrists, as well as the Freudians, tell us that the cruelty, bigotry,



intolerance, and stupidity frequently manifested by this type are merely expressions of an under-developed or an inhibited sex instinct, which finds its gratification in these acts.

### The Thymus Gland

The thymus gland is situated in the chest, astride the wind-pipe, almost directly over the heart. It has been recognized as



THE THYMUS GLAND

the gland of childhood, for the reason that it seems to serve the purpose of retarding early or precocious maturity. After puberty is established, this gland normally retrogresses, or shrivels up, losing the major part of its functioning power.

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There are, however, numerous cases of what is known as persistent thymus. In other words, children in whom the thymus gland does not properly atrophy, develop into adolescence and maturity, carrying with them many of their childish characteristics. Their resisting power is low, both to disease and to fatigue. They are unable to concentrate, they lack initiative, they are sluggish in thought, somewhat as with the hypo-thyroid, although many are self-centered, full of strange whimsies, and peevish to a degree. Where this type is well marked, the individual is more or less unfit for the active struggle of life.

The pity of it, in connection with this particular type, is that the regulation of the gland is so very readily accomplished. It merely means a short exposure to X-ray, after which normal endocrine balance results.

### The Pineal Gland

The pineal is the cone-shaped gland situated in the head, behind and slightly above the pituitary. It was originally thought to be the "seat of the soul." Its greatest activity is manifested in childhood. We know but little about its functions, except that it accelerates sex development. In atrophy of the gland, there develops a precocious growth of hair in children and extraordinary early sex development, puberty not infrequently manifesting itself at from three to four years of age.

### The Pancreas

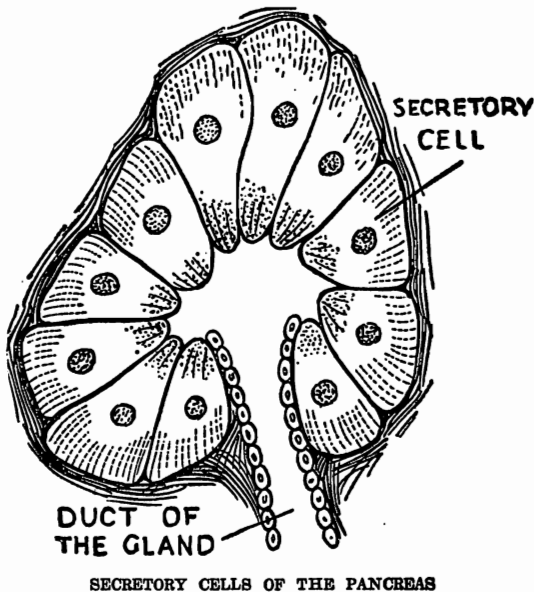
The pancreas, while primarily a digestive gland, also secretes a ferment which has to do with the oxidation of sugar. When the island cells in the tail of the pancreas are affected by disease, or by toxemia, there develops an inability to oxidize sugar, which brings about the condition known as diabetes, from which thousands die yearly.

### The Parathyroids

These four tiny glands are located in and around the thyroid gland. They control the metabolism of lime, and they influ-

ence the excitability of both nerves and muscles. The condition known as palsy is believed to be due to a defect in the functioning power of these glands. Also, they are responsible for much restlessness and nervous excitability and the tremulous aspects in the handwriting, seen in many who show pre-senile symptoms.

If one has very soft, fragile bones, extremely brittle nails,



rapidly decaying teeth with an early loss of hair, it is believed that quite frequently the parathyroids are involved.

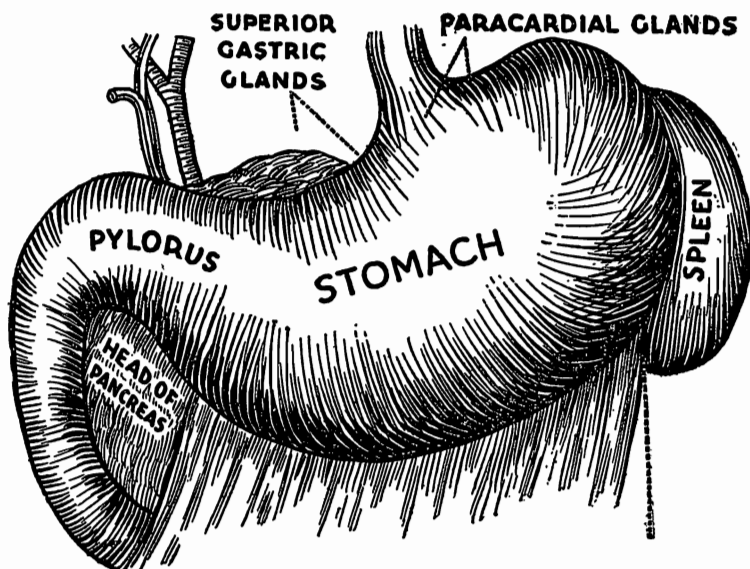
### The Spleen

The spleen is the largest gland in the whole body, with the exception of the liver, and seems to be concerned largely with the development of red and white blood cells, as well as of the

## 220 GLANDS THAT BEAUTIFY WOMEN

phagocytes that keep our system free from invading germs. Abnormal conditions of the spleen are found most generally among those who have suffered from attacks of malaria. In these conditions, anemia develops, together with lassitude, debility, loss of appetite, and general asthenia, or loss of strength.

It may be comforting to those who suffer from any of these conditions to know that when the spleen is made to secrete its



THE SPLEEN AND ITS LOCATION

full measure of hormones, practically one hundred per cent of cure can be assured.

With the recognition of the importance of the ductless glands in their relation to general health, a vast step has been made in the cure of disease hitherto thought incurable. It is safe to say that the universal application of these discoveries will do more for the prevention of disease than anything that has been discovered in the past twenty years.

### **The Influence of the Sex Glands on the Organism**

The genital hormones—the internal secretion of the testicles and the ovaries, which is circulated through the system—excite a very definite action in the organism. This action has to do not only with the mental, moral, and physical characteristics, but with growth as well.

Removal of the sex glands produces profound changes in the organism, as evidenced by alterations of bodily physique and temperament. When extirpation, or removal of the ovaries or testicles, is done in early life, the secondary sexual characteristics may fail to exhibit themselves in the normal manner, and thus infantile characteristics may be retained.

Secondary sexual characteristics are associated with the influence of chemical substances produced by the ovary and testis respectively. Castration after puberty cannot modify profoundly the development of structures like the skeleton, which are already completed.

Yet nothing more completely changes the entire human organism than the removal or atrophy of these, the master glands of internal secretion.

Such loss does not always cause death, although four out of five of the infants castrated in the vicious practice of producing harem guards for potentates throughout the world's history probably died in infancy. Also, women who have had the ovaries removed after maturity, while they seldom lose their lives, almost invariably lose their sparkle or vivacity and gain the sluggish obesity familiar to everyone.

Volumes have been written on the almost autocratic control of the gonads on all the life processes, establishing beyond all question that normal, happy life is impossible without the proper functioning of this most important wellspring of physical energy, healthy living, sound thinking, and all the wholesome relationships of society.

### **Sexual Neuroses Frequent at Puberty**

Definite neuroses of distinct genital origin are found frequently at the period of puberty, and again at the menopause.

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These may vary in severity, all the way from a slight feeling of debility and lassitude, to definite phobias, the most noticeable being agoraphobia, or fear of being in a crowd. In fact, these psychic conditions of ovarian origin are recognized as serious and often untractable conditions with which to deal, and not infrequently culminate in insanity.

The sexual neuroses which have their origin in overwork or sexual abuse may manifest themselves in a varied symptomatology, with nervous, circulatory, or hysteric symptoms predominating.

It is possible that ovarian disfunction, which is the most common glandular deficiency among women, is the basis of, or a complicating factor in, more functional disorders among women than many causes combined. In hypo-ovarism we may logically seek the causative factor of amenorrhea (scanty menstruation), dysmenorrhea (painful menstruation), and most of the neuroses resulting from these disorders.

It is also rapidly being borne in upon the modern medical mind that the sex glands—particularly the ovaries—exert a profound influence upon some function which tends decidedly to cause *changes* in the *blood pressure*. This factor is especially noticeable in women before and during menopause. It is possible that the normal decline of the sex function in both sexes is compensated for by some stabilizing readjustment occasionally manifesting itself in hypertension. When these adaptations are not made as completely or as rapidly as they should be made this fact is soon made obvious, most generally in some involvement of adrenal mechanism.

### The Glands That Make Women Beautiful

Perhaps the most important gland or glands that have to do with the beauty of a woman are the ovaries, or sex glands. It is the perfect functioning of these glands that gives to the woman her charm of femininity, her rounded contours and soft curves, her pitch of voice, the comparative absence of hair upon the face, neck, and breast.

It is upon the proper functioning of the ovaries that the sweetness of disposition, too, largely depends. And upon this, as everybody knows, a very definite part of the personality of an individual devolves. Almost everyone knows girls who could not, by the widest stretch of the imagination, be called beautiful. And yet there is something of an illusive beauty about their eyes, about their gracious, winning smile, and about their general demeanor, that makes them beautiful, despite what, on analysis, might be considered rather a plain variety of features.

The thyroid, as has been stated elsewhere, has a most important function to perform, in respect to maintaining the proper nutrition of the skin and in eradicating sources of poison that might constitute themselves dangerous or destructive to beauty, because the chief function of the thyroid is to secrete thyroxin, the purpose of which is to neutralize toxins in the blood stream. When this fails there is an accumulation of this poisonous debris in the system, the attempt to eradicate which through the skin produces pimples, boils, skin blotches, and eruptions.

The stimulation of sluggish ovaries in girls is followed by an increase in their intelligence and in the alertness of their expression. In addition, there is a clearing up of the skin, a quickening of the pulse rate that brings more rich red blood to all the organs and tissues of the body, which stimulates the organs of elimination in general.

All these influences, taken together, raise the standard of physiological tone, perfect the normal functioning of the organs of the body, and make for robust health, which is the admitted basis of true beauty.

### How Glands Control the Voice

The voice, while not distinctly a secondary sex attraction, as are the horns of a stag, the mane of a lion, the tail of a peacock, or the brilliant color of various tropical or sub-tropical fish, has, nevertheless, a very intimate connection with the mating instinct. In point of fact, the song of a bird,

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as pointed out by Darwin, has a distinct purpose, this purpose being to attract the favorable notice of its demurely-colored mate. The roar of a lion has much more significance than merely the desire to inspire a certain amount of terror in its intended prey—it is largely a mating call.

Physiologists have noticed that the noisiness of boys in their play increases perceptibly in the presence of little girls, in whom, consciously or unconsciously, they desire to inspire interest. Psychoanalysts will tell us that this interest is essentially a sex interest, although the boy, who may not yet be at the age of puberty, is entirely unconscious of it. However, there is a certain "exultant" note in his whoop, which Freudians classify as a sex call.

### Voice as an Index to Health and Vitality

It has also been remarked that the blind very frequently are able to form a remarkably clear idea of the physical vigor and condition of a singer by listening to his song. This song does not necessarily need to be a love song, for remember that religious ecstasy and sexual ecstasy are closely akin. In point of fact, they are definitely interrelated under certain conditions as, for instance, in the remarkable abandon of the camp meeting singing among the Southern Negroes.

Vocal virility is, therefore, not only significant of a manifestation of sex urge, but it is also an index of general health and virility. The reason that the voices of many sopranos crack and become harsh—losing their limpid sweetness—after the menopause, is because a very definite physiological change has taken place in the sex life of the woman, which interferes in a remarkable way with the quality of her vocal tone.

### How the Voice Depends upon Healthy Sex Organs

Again, the voices of little boys, as well as girls, to a lesser degree, change at the period of puberty, losing the high-pitched soprano or falsetto quality, and becoming deep and full. In the Sistine Chapel and other great churches of Italy, where



only men and boys are permitted to sing in the choir, the feminized quality of the voice in the boy was recognized as an attribute of his lack of sex development. In point of fact, so definitely was this understood, that until twenty or thirty years ago, emasculation was a very common practice, the intention being to maintain the voice of these boys in its pristine condition.

Also, the eunuch not only has a very scanty supply of body hair and beard, but he also has a high-pitched, hybrid quality of voice. Conversely, removal or disease of the ovaries often alters a woman's voice, so that it becomes masculine in pitch and coarse in quality. These are facts which are known and recognized by all medical men and psychologists, and there can be no doubt of their general acceptance.

### How to Regain Virility

That it is impossible to take a man or woman of sixty years of age and by any form of treatment restore to him or her the vigor and vitality of twenty or thirty is so obvious that it is a waste of time even to mention it. But that perfect physical function, *natural* at fifty or sixty years of age, can be restored to a man or woman of this age—which restoration of perfect function will make the individual *feel* and *act* as *though* he were *thirty* or *thereabouts*—is not only a possibility, but an accomplished fact.

If a man or woman of fifty years of age were *really healthy*—if all the organs were functioning as they *should* function, this man or woman might, in truth, be said to be young, with the bounding spirit of youth.

The attempt to bring about this result by various scientific means is now a subject of foremost interest in the scientific world. Beginning with Brown-Sequard of Paris in the eighties of the last century, a pronounced stimulus was given to this subject.

By giving the dried extracts of gland substances, or the fluid extract of the gland by hypodermic, many pre-senile symptoms, such as impotence, failing memory, loss of vigor and

virility, rheumatoid conditions, high blood pressure, and other evidences of imperfect metabolism were overcome.

And it may here be emphasized that whatever progress there has been made in arresting or retarding the march of old age, or in bringing about an increase in the virility and vitality of men and women who are afflicted with the symptoms of general physical, mental, and sexual decline, has been brought about, almost without exception, *through proper stimulation of the sex glands.*

This is proof positive of the almost unbelievable importance of the sex glands to the organism, and of the need of maintaining them in the healthiest possible condition.

### The Steinach Method

The greatest impetus in this science of rejuvenation, as it is called, was given a few years ago by Professor Eugene Steinach, a Viennese biologist, who found that by ligating one of the ducts leading from the sex gland an increased development of certain of the sex cells (the so-called interstitial cells) could be stimulated. The hormones or chemical messengers from these cells, in turn, stimulated the activity of all the other ductless glands, producing a decided increase in the functioning powers of the body.

This operative treatment is not always successful and is not practical with women, as it entails a major operation. Therefore, Steinach resorted to a method of stimulating the glands by exposing the patient to the X-rays. In a certain percentage of cases, very striking results have followed this exposure.

The drawback to the use of the X-ray, however, lies in its lack of safety.

### Radiation Method

This led certain physicists to undertake a series of investigations with various other forms of radioactivity, which finally culminated in the development of a method by which Gamma rays were produced. These have no destructive effect upon the glands, or upon the skin or other tissues.

Through the use of the Gamma ray some excellent results are being secured. Men and women thus treated *appear* to, and *actually do* function as though they were much younger. Some types of high blood pressure, rheumatism, neuritis, and many forms of nervous exhaustion and nerve irritability are relieved, if not entirely overcome. Functional disturbances and irregularities of women have been cleared up, and the entire organism readjusted.

### Rejuvenescence Not of Suggestive Origin

Some hint that rejuvenescence—granting that it really does exist—is probably of suggestive origin, part and parcel of those mysterious mental processes by which mental healing and psychological stimulation in general effect results.

This is an ingenious theory. Yet the fact of the matter is that this same rejuvenescence, experienced by ageing scientists, and by women who have passed the meridian of life, is also manifested in the case of senile rats, ligated by Steinach.

These rats—doddering old octogenarians in life-cycle age—have, after operation, developed into sleek-haired, alert animals, in seeming possession of their pristine vigor. They fed voraciously, fought enthusiastically with younger males for the possession of the female, copulated and became the parents of healthy young rat broods.

So, whatever else may be advanced in explanation of this remarkable increase in functioning power, there certainly can be no serious consideration accorded the proposition that these rats *psychologized themselves* into a state of rejuvenescence.

On the contrary, we are justified in assuming that whatever restoration of function has been achieved with them may logically be ascribed to the increased activity of their interstitial glands.

The “reconditioning” of ageing female rats, operated on by Steinach and other biologists, effected a rejuvenescence in sexual life to such an extent that rats, completely sterile over a long period, were *enabled to bear healthy progeny*. The

ovaries from younger rats implanted in them revived the function of their own withered ovaries, and stimulated again the formation of generative tissues and the development of actual germ cells.

The old rats, fecundated after such rejuvenation, behaved in the same way that the younger mothers behaved; building nests for their anticipated progeny, and developing very excellent mammary conditions, enabling them to suckle their young with perfect success. These experiments proved that in these rejuvenated animals, instincts and faculties long dead were completely resurrected.

### Making an Old Dog Young Again

A unique and striking evidence of the value of technique for rejuvenescence is reported by Dr. Sand, and deals with the case of a hound brought to the veterinary in Copenhagen to be destroyed. The dog was totally decrepit, twelve and one-half years of age, and suffered from extreme senility.

Professor Hansen, who examined the hound before rejuvenescence was attempted, stated as his opinion that absolutely nothing could be done for this animal, which could hardly walk, and sometimes was not even able to support himself on his legs. He was totally devoid of appetite. Great indolent ulcers appeared all over his body. His senses were so dull that he was almost comatose.

Shortly after undergoing treatment, however, his appetite returned; his interest in surroundings was restored; after six or seven months, the indolent ulcers had cleared up entirely; his hair was smooth and glossy; his muscles had regained a very fair share of their former endurance; his senses were restored to such an extent that he was again able to be of service as a hunting dog.

### How This Applies to Human Beings

These experiments have been duplicated not only on animals of various types, but also on human beings in all stages

of mental and physical decadence. Yet, even though there may be a temporary rejuvenescence, the transplanted gland, within a short time, tends to atrophy, and to lose the functional power which, in the first place, prompted its transplanting.

While the transplant may, for a brief period, secrete its hormones and bring about a better physiological functioning, it is doomed shortly to go the way of all tissues.

Ligation of the vas undoubtedly promises better results in the retardation of senile change. This was proved some years ago by Dr. Sharpe, who performed vasectomy upon a large number of degenerate criminals and insane in Illinois penal institutions, as has been mentioned elsewhere in these pages.

But there is another reason why neither sex gland transplantation, vasectomy, or X-ray radiation may not achieve the maximum possibilities in beneficial results.

### Sex Glands Not the Only Glands That Require Stimulation

The glandular system is a *chained* system, and since a chain is no stronger than its weakest link, it will not be completely strengthened by the restoration of *only one new link*.

This suggests that, under certain conditions, *all* the important glands may require stimulation in order to bring about *definite systemic effect*.

It is my opinion that the best means by which general gland stimulation can be brought about is by stimulation directed *to all the subnormal glands*.

As is well known, the individual members of the glandular system are intimately connected with one another. This relationship is dependent on a chemical interchange of their specific secretions, accomplished by the aid of the blood stream. This interdependence tends to keep the body as a whole in a condition of equilibrium. Thus, the removal of any one of these organs, or the cessation of its secretions, will have a more or less deleterious effect upon the others, and tend to upset the equilibrium of the body generally.

Either mumps or goiter affecting the thyroid gland secretion reacts quickly upon the sex organs—*often causing steril-*

ity. In fact, the removal or atrophy of any one of the glands has a profound effect upon the harmonious correlation of the internal secretions. However, the sex glands, through their internal secretions, are masters of the *endocrine chain*. For the whole of biology, plant and animal, is the story of survival and reproduction. The *source* of all human energy is unquestionably *sex energy*.

Yet the glandular system is a series of *connected loops*, mutually assisting or depressing each other by their secretion. Of this series the genital glands have the power of *most directly stimulating and dominating* the human body and mind by their particular kinds of hormones, manufactured by the sex glands and distributed in the blood stream for the nourishment of all the tissues of the body.

This result may now be almost certainly secured in most cases in which there is no pathological organic degeneration—as in Bright's disease, cancer, advanced tuberculosis, and similar conditions.

It merely requires a reconditioning of glands, digestive system, and the organism generally.

### The Problem of the Undeveloped Girl

In every school and college in the land and in numberless homes there are young women, single and married—weak, pale, listless, lacking in energy and vitality. They maintain progress in their affairs only by constantly drawing upon their depleted reserves of physical and dynamic strength.

These young women, naturally bright, vivacious, and of a cheerful, happy disposition, are forced to appear dull—even stupid—by their incoherence, their inability to think clearly and to correlate the information they have acquired.

They may be unsocial—not by nature—but because of the embarrassment which contact with older persons, or with bright, vivacious persons of their own age, causes them. Instead of bubbling over with the joy of life, which is the normal heritage of every young woman, they are reserved, silent and retiring, or they may vary completely from day to day.



THE UNDEVELOPED GIRL

### Potential Bromide and Veronal Victims

They are nervous, "high-strung," and irritable—subject to headache, neuritis, or neuralgia. Their sleep is disturbed and unrefreshing. They are the type that slip unconsciously into the bromide and veronal habit.

Not infrequently they develop melancholia, bursting into tears for little or no apparent reason, and in many cases these "lovely orchids of civilization" are prone to commit suicide.

These young women frequently suffer from nervous dyspep-

sia and the fermentation and auto-intoxication brought about by this disorder.

Their menstruation is scanty and irregular—the entire genital system is frequently undeveloped—remaining often after marriage in the adolescent or semi-adolescent condition. Even after childbirth these traits may remain.

### Their Glands and Their Metabolism Need to Be Toned Up

Thyroid troubles, either from an excess or a deficiency of thyroid secretion, are of common occurrence among them. This is manifested either in an unsightly enlargement of the gland of the neck, together with all the symptoms of too much thyroid secretion, or else in that sluggishness and apathy, or chronic “sleepy-headedness” found in too little thyroid secretions.

The skin of these girls is likely to be sallow and “liver-spotted.” They are prone to develop pimples, boils, and many forms of mild skin eruptions. Their eyes lack lustre and the sparkle and brightness of healthy youth.

This entire condition, or any predominating complex of its symptoms, is primarily an endocrine disorder, due to improper functioning of the adrenal glands, the thyroids, the ovaries, and perhaps the pituitary.

Unusual results have been secured in these conditions by gland stimulation, together with a properly balanced diet, and Vitamin D foods, plenty of exercise in the open air, and iron, arsenic, cod-liver oil, and such other treatment as the symptoms may indicate.

A very few months of this régime often brings about highly gratifying results.

### The Most Common Ailment in the World

*Asthenia*, or loss of strength, and the nervous phenomena which most people and many doctors attribute to imagination, is the most common ailment in the world. It afflicts more than three out of five adults, and at least thirty per cent of all chil-



dren. In fact, lack of "pep," loss of power to endure the fatigue of social, domestic, or business life, and what seems almost to be a general "laziness," are among the most common symptoms in medical practice.

There is hardly a patient who does not complain of these symptoms. Remember, it is not natural for people, apparently healthy and robust, to complain of being "all dragged out," "tired to death," "never to get enough sleep," etc. The average being is *not lazy*. On the contrary, most healthy individuals want to be doing something all the time.

So practically everyone who is easily fatigued, whose resistance is lowered, and who requires more than seven hours' sleep thoroughly to refresh his subvital body, is asthenic. The so-called "fatigue syndrome," which affects everyone who tires easily and early, produces also a corresponding mental lethargy, manifested in a decreased mental capacity, an inability to concentrate on business or other problems, and a decided lack of "punch."

### The Four-O'Clock-in-the-Afternoon Slump

The "four-o'clock-in-the-afternoon" let-down of thousands upon thousands of business men, who are otherwise in excellent health, is a phase of asthenia. The *irritability* or the nervous instability, common *among mothers* who are responsible for the care of a large household, is another symptom of this most common disorder.

"Man begins to die as soon as he is born." If he does not get rid of his dead cells and of those morbid products of decay he is generating every instant of his life, he is in for serious trouble. And the *first symptom* of this trouble is asthenia.

The principal cause of asthenia is *imperfect functioning* of the adrenal glands, perhaps the most sensitive glands of all the endocrine chain. Even the smallest amounts of toxic matter absorbed from the alimentary canal, or introduced into the system in the form of tobacco or coffee, have, with certain sensitive individuals, an immediate effect upon the adrenals.

The reason for this is that it is the duty and the function of

the adrenals to respond instantly and help neutralize these poisons. If they fail, the improved oxidation which their activities bring about is greatly decreased.

The result is that toxins accumulate in the system, lowering the resisting power to "colds" and to infections of every kind, predisposing to the tired, run-down, wornout condition that favors the development of nervous exhaustion and lowered vital status in general.

If your circulation is poor and you are troubled with cold hands and feet, or tire easily, or if there is low blood pressure and a feeble pulse stroke, if there is lack of ability to work or play with vim, you are probably suffering from asthenia.

### The Adrenal Glands Need to Be Toned Up

This hormone messenger service, and the normal activity of the "sending station"—the adrenal glands—are often aided in a marvellous way by gamma ray stimulation. Usually, within a few weeks, there is a decided increase in the capacity for work and in the ability to withstand fatigue.

For not only are the accumulated poisons in the body destroyed or neutralized by the increased oxidation, but also the adrenal glands are stimulated naturally to produce an increased amount of their internal secretion, which has been definitely proved to have an amazing influence on the circulation and in increasing the supply of energy generally.

### A New Light on Some Old Diseases

In this chapter it is intended to mention only a few of the most common disorders, and suggest also a few measures that I have found astonishingly effective, even after most of the generally accepted routine treatment had failed.

I believe that one of the principal reasons for the appearance of these troubles is because of faulty glandular functioning. It is obvious, therefore, that restoration of endocrine functioning is the proper means for successfully attacking disease of endocrine origin or complication.

### Acidosis

Acidosis is one of the most common of all diseases, and one which is the father and mother of scores of other diseases. While this is primarily due to our foolish habit of feeding on white flour products, degerminated corn, polished rice, pearly barley, refined sugar, too much meat, and vegetables from which all the mineral salts have been boiled out, there is yet another cause for the deficient alkaline state of the blood that is not generally recognized.

This is what is known as *dyscrinism*—a deranged endocrine state—in which demineralization, or a loss of the *alkaline salts* of the body, is progressive.

Many of the chronic disorders—such as rheumatism, nervous exhaustion and nervous irritability, rickets, even tuberculosis, may have their direct origin in a depleted state of the mineral reserve.

And this, in turn, may quite likely have its origin in the deficient oxidation power of the system, caused by *thyroid inactivity*. Where this is present, there is invariably suboxidation. Deficient oxidation means acidity; acidity means a definite pathological state, in which the blood may be loaded with waste products and decay, which the body finds it difficult to eliminate.

“Acidity is death.” The more the blood and the tissues are deficient in alkali the more likely are diabetes, Bright’s disease, tuberculosis, or any one of many other grave, and even fatal troubles to develop.

Stimulation of the thyroid is of the greatest possible value in all acid states—aided, of course, by proper regulation of the diet. Also, such alkalies as occy-crystine, citro-carbonate, sodium phosphate and uric acid eliminants are generally helpful. Remember always that dead tissue is almost invariably acid. To be healthy, keep alkaline.

### Anemia

There is probably no single disorder in which endocrine disturbance is more marked than in Anemia. For the primary

basis of any possible improvement lies in increasing the digestive powers, stimulating the blood-making function of the spleen, improving general metabolism and the assimilation of food, and building up the physical reserve.

Stimulation of the spleen, the liver, and all the glands concerned in increasing energy in the body is of paramount importance, if success is to be achieved in the treatment of this disorder. In addition, proper regulation of the diet and a liberal amount of outdoor exercise are helpful.

Iron-forming foods should be used freely. Carrots, grapes, raisins, spinach, broccoli, red meat, bone-marrow, whole grain products, and such iron-containing foods should be used liberally.

Also get plenty of Vitamin D, either in sunshine on the bare body, quartz lamp exposure, or the new cod liver oil Vitamin D product.

### Arterio-Sclerosis

Hardening of the arteries and the increased blood pressure usually associated with it is becoming one of the most common of all forms of death. It is estimated that yearly, with 400,000 men and women in America, sclerosis is either the direct or a contributing cause of death.

The increasing tension of our civilization, the acidosis resulting from our demineralized diet, and the excessive use of alcohol, tobacco, meat, tea and coffee, the chronically constipated condition, not only of adults, but even of children in America, the sedentary life lived by hundreds of thousands who do not have to "hustle" for an existence, all unite in inviting a state to which certain of the outer cells of the arteries become degenerated in structure, and tend to harden as a result of actual lime salt formation.

The valves of the heart are likely in time to become affected by this degenerative process, as are also the smaller vessels in the brain, the rupture of which, following sudden physical or emotional strain or errors and indiscretions in diet, may produce the dreaded "apoplectic stroke" with its subsequent death

or paralysis. In any of those thousands upon thousands of individuals whose temporal arteries are prominent, whose blood vessels feel like pipe-stems under the finger, this "stroke" may come at any time.

Also, fatty degeneration, angina pectoris, shortness of breath, and disturbance in function of the kidney cells, resulting in Bright's disease, are frequently complications or sequelae of hardening of the arteries.

### Arthritis

Arthritis is a disturbance in joint function which involves all the structures surrounding the joint, including the synovial membranes, which not infrequently may be completely obliterated by the disease.

Medical science teaches us that the disease may originate from injury, rheumatism, syphilis, tuberculosis, gonorrhea, pus, typhoid, or gout, as well as in a vitiated state of the nervous system.

It is generally understood, however, that arthritis is quite frequently recognized as a manifestation of ductless gland disturbance, in which the adrenal gland and the gonads, particularly—and possibly also the thymus gland, which controls in a remarkable degree the mineral metabolism of the body—are deficient in secreting power.

Patients who are extremely susceptible to the influence of cold, who are easily fatigued, who are "born tired," and who never seem to get enough sleep, who are often depressed and lazy, who have cracking noises in the joints, or whose joints are stiff, swollen, and painful, who tend toward relaxation of the walls of the abdomen, who are chronically constipated, are almost invariably hypoadrenal and hypogonadal in type. Those cases are quite uniformly benefited by stimulation of the endocrines, combined with a proper dietetic régime.

There is no medicine which can be taken or injected, so far as it is known, that has any specific action in this disorder.

Baking with dry hot air, diathermy, and massage give best and most lasting results.

### Asthma

One of the most distressing of all diseases, not actually fatal, is Asthma. Grave forms of the disease are those in which the heart or kidney complications are present, the distress in expiring air being due to the engorgement of the capillaries, or small blood vessels of the lungs, because of lack of circulating power.

The most common variety, however, is the well-known "bronchial asthma," produced by an actual diminution in the caliber of the bronchial tubes.

I have observed that asthma, while it has its most apparent cause in irritation of the mucous membrane lining of the nose and the respiratory passages, or in the diminished blood alkalinity that favors the accumulation in the body of acid products of tissue decay, is quite generally complicated by a distinct endocrine disfunction.

The glands most usually affected are the pituitary or the adrenal glands.

It is well known to many physicians that asthma is often promptly relieved by the injection of a solution of adrenalin into the circulation. In fact, the relief experienced is almost immediate—proving that the fault in these cases must lie largely with the adrenal glands.

Great relief may often be obtained from stramonium, grindelia, sodium iodide, belladonna, and other drugs. Their administration, however, can only be entrusted to a trained physician.

### Backward Children

It is now generally admitted that, in the vast majority of instances, "backwardness" in children is either the result of malnutrition, focal infection, or endocrine disorders. Often all three causes are associated.

Where the child is defective, inattentive in his studies, unable to concentrate, or to retain impressions of the lessons he has learned, or where there is a tendency toward cretinism,

dwarfism, epilepsy, or *petit mal*, or where there are certain stigmata of degeneracy, almost invariably the basis of the trouble is endocrine.

Thyroid and pituitary deficiency account for these symptoms in a very appreciable number of cases. Treatment by medicine has little or no effect on the condition. The adminis-



THE BACKWARD BOY

tration of thyroid or pituitary extract has given much better results.

But the direct stimulation of the thyroid or the pituitary not only brings about enhanced activity of the thyroid and the pituitary, but also influences favorably *all* the ductless glands in the body, as well as the functions that have to do with digestion, assimilation, and metabolism.

In all these conditions the diet is also of primary importance. Each child should receive at least one quart of milk a day, with orange juice, lemons, or fruit, also a liberal amount of green vegetables of the "leafy kind," and suitable tonic treatment.

### Dysmenorrhea (Painful Menstruation)

While painful menstruation may occasionally find its origin in stenosis, or muscular contraction of the neck of the womb, or in some inflammatory catarrhal condition of the lining membrane of the uterus, it is most frequently caused by a congestion and dysfunction of the ovaries.

Thyroid, ovaries, and pituitary are so closely co-related in their endocrine aspects that it is not at all surprising that stimulation, directed to the ovaries, often works miracles, not only in overcoming the pain and irregular flow of dysmenorrhea, but also the nervous irritability so frequently associated with the condition.

In fact, almost invariably, in the women who have received stimulation for rejuvenescence or for some general condition, dysmenorrhea was relieved to such a marked degree that the very next menstrual period was relatively painless, and there has been no return of the discomfort.

### Eczema

One of the most definitely established facts in endocrinology is that the endocrine glands, and particularly the thyroid, control the nutrition of the skin.

For, in addition to having a marked general influence upon the nutrition of the body—which, of course, includes the envelope of the body—the thyroid plays an important part in neutralizing the toxins in the blood, as has been said before.

Therefore, if there is a deficiency in the function of the thyroid, the power of the body to burn up waste material will be lowered. When the power to consume waste material is affected some of the extra work eliminating the toxins is thrown upon the skin.



More is demanded of the excretory power of the skin than the skin can perform. The result is a clogged-up condition of the pores—resulting in skin blotches, pimples, eczema and eruptions, boils, and even grave forms of skin disease, such as psoriasis. Also prurigo, pruritus, and other aggravating itching conditions, with scaly skin.

In fact, any of the skin lesions traceable to faulty metabolism, and not distinctly referable to germ or parasitical infection, may have their origin in or result from a complication involving the endocrine glands.

It is a matter of constant wonderment on the part of those physicians who administer endocrine treatment to note the rapidity with which skin conditions clear up. Often an eruption which has persisted for many months, and for which many forms of alterative and tonic treatment have been prescribed in vain, clears up, leaving the skin soft, white, and perfectly free from all blemish. Also, where the scalp is dry and scaly and the hair has a tendency to fall prematurely, and where the finger nails are found to be brittle, prone to break readily, when caught against the clothing, or subjected to any unusual strain, gland stimulation will change the clinical picture almost invariably and in an astoundingly short time.

Naturally, the iodides, tonic treatment, temporary exclusion of meat from the diet, and liberal amounts of fruit and green vegetables are also of great value.

### Goiter (Exophthalmic and Simple Goiter)

There is probably no single disorder in which the endocrine factor is more definitely palpable than in goiter, whether simple or of the exophthalmic variety.

As a matter of fact, simple goiter very frequently presents no characteristic symptoms, and may persist all through life without occasioning much inconvenience.

However, it may, after existing this way for from five to twenty years, suddenly, without apparent rhyme or reason, become rapidly enlarged, throwing into the circulation larger and larger amounts of thyroxin. This puts additional strain



EXOPHTHALMIC GOITER SHOWING TYPICAL APPEARANCE OF THIS  
CONDITION

upon the heart muscle, affecting the muscular fiber of the heart to such an extent that, first, there is distinct hypertrophy, or enlargement; then dilation, or even disintegration of the heart muscles. This condition, if not interfered with or modified by appropriate treatment, tends to grow rapidly worse, and often culminates fatally.

This is a typical hyperthyroid condition, and must not be confused with exophthalmic goiter. In exophthalmic goiter, there is invariably an extremely rapid pulse—running from 120 to 180 per minute, with a terrific amount of nervous irritability, distressing insomnia, and the various symptoms that accompany nerve irritation.

The rapid pulsation of the heart causes not only distressing oppressive beating in the heart itself, but it also produces persistent beating in the head, in the abdomen, and in the blood

vessels of the neck. Myocarditis and dilation of the heart are the common and most serious results in this form of goiter.

Needless to say, there is marked asthenia—general physical and nervous disability. Oxidation is so rapid that, almost invariably, there is a more or less constant and progressive loss in weight, and this notwithstanding an increased intake of food.

It is a matter of clinical experience, on which practically all endocrinologists agree, that with goiter in women, there is uniformly a disturbed state of functioning of the ovaries. Girls suffering from goiter are quite uniformly prone to menstrual irregularities, and scanty, painful flow.

With goiter in the male, which is more rarely met with than in the female, there is more likely to be an involvement of the pituitary gland than the sex gland.

Proper gland treatment is usually attended with astonishingly favorable results, although strict attention must be paid to both diet and elimination as well.

It would be better to discard the use of meat entirely for a while, and live on fruit juices and milk alone for a period.

### Hysteria

Most physicians nowadays regard hysteria as an ovarian reflex, or, when it occurs in the male—which by the way, is not at all unusual—of sex gland origin.

Associated with this is almost invariably the typical low blood pressure and poor circulation of adrenal insufficiency, with chilling of the extremities, producing cold, clammy hands and feet, drowsiness when in an erect posture, and wakefulness on lying down—causing distressing insomnia, often difficult to overcome by purely medical means.

Ovarian stimulation often works almost miraculously in many of these cases, restoring, in an incredibly short time, the normal circulatory power, and overcoming the tendency toward nervous climaxes and explosions.

Sedatives may be required from time to time, or certain forms of psychic treatment.

While marriage helps many of these hysterical cases it is just as often as not to make a bad matter worse—unless complete and satisfactory sexual gratification may be achieved.

If this result is brought about by marriage the hysteria will usually be cured in practically 100 per cent of cases.

### **Neurasthenia, Nervous Exhaustion, Insomnia, Nerve Irritability, Neuritis, and Neuralgia**

These common disorders, while often traceable to auto-intoxication and demineralization, frequently have a very definite origin in abnormal endocrine functioning.

In women, ovarian dysfunction is the most prominent predisposing cause. Any congested condition of the ovaries or any interference with its normal functioning may cause "reflexes" which react in nervous manifestations of various kinds. This fact is so well known and so definitely understood, even by old-school physicians entirely unfamiliar with endocrinology, that it is hardly necessary to repeat the observation.

The condition of the ovary is frequently communicated to the uterus, occasioning the well-known "uterine headache" and other manifold symptoms of the irritability that are traceable to disturbed function in the uterus and its appendages.

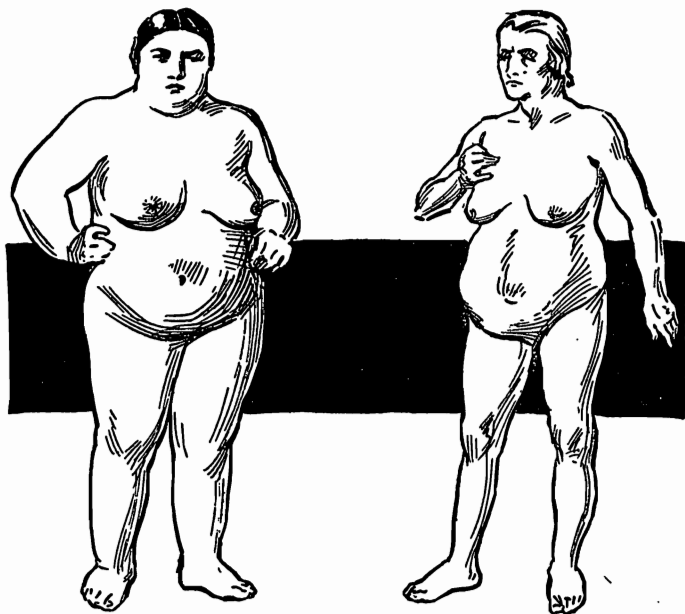
In neurasthenia, there is likely to be deficient adrenal action. This comes about, usually from over-action, and occurs in this way: many of the emotions, such as rage, fear, pain, and worry, stimulate the adrenals to throw a larger amount of their secretion into the circulation, with the result that they finally become depleted, and from an excess of adrenal secretion they develop a pronounced deficiency.

This is the principal cause of nervous exhaustion and debility (see Asthenia), alternated with those violent nerve explosions that manifest themselves in unstable nervous conditions.

Any severe emotional condition is likely to cause disturbances in the digestive function. This, in turn, affects the function of the assimilation, metabolism, and the excretion of waste products from the body.

It is therefore obvious that proper stimulation of the en-

doocrine glands cannot fail but must be of enormous benefit in neurasthenia, nervous exhaustion, and nerve irritability, as well as in those painful nerve disorders, manifesting themselves in neuralgia, neuritis, nervous headache, and other disquieting troubles.



A

B

A, OBESITY DUE TO THYROID AND OVARIAN DEFICIENCY. B, OBESITY DUE TO PITUITARY GLAND DEFICIENCY.

### Obesity

While obesity, in a certain percentage of cases, has its origin in overfeeding and under-exercising, there is no doubt but that, in the main, it is essentially a disorder of one or several of the endocrine glands, the type of obesity taking its distinct characteristics from the gland involved.

To determine which particular gland is deficient in its func-

tions requires the most skillful research and the trained experience of the endocrinologist.

The indiscriminate administration of thyroid extract in obesity, therefore, is fraught with a considerable element of danger. Grave disturbances in the function of the heart and of the nervous system have resulted from such use of thyroid. For to give more thyroid when there may be already an excess of thyroid activity is flirting with the undertaker.

While the thyroid is very frequently at fault, one of the chief factors of obesity, as it occurs in women, is defective ovarian function. Women in whom the menstrual flow is very scanty or irregular, or in whom the flow has been restricted by childbirth, are quite likely to be affected by *dysovarism*, as it is called, a lack of functioning power of the ovaries.

These cases very definitely require the stimulation of the ovaries, and the administration of dried ovarian substance.

These are typical cases of endocrine obesity, and almost invariably involve the thyroid and the pituitary glands, as well as the ovaries. Then there is the obesity that occurs in women following change of life. This, too, is typical dysovarism, and is due to the fact that the influence of ovarian hormone, or stimulating agent, has been removed.

All the exercise in the world, and a diet only two degrees removed from starvation, will not satisfactorily reduce this form of obesity.

Diet and exercise, however, abstinence from all sweets and a minimum of fats—*plus* the ovarian hormone, will work wonders in this form of obesity.

Where there are excessive accumulations of fat on the hips and on the lower wall of the abdomen, the obesity is almost invariably of the pituitary type. This abdominal fat has been likened to a girdle. If this girdle is plainly evident, the obesity is almost certain to be of pituitary origin. In this type, there will be found quite uniformly the slow pulse, subnormal temperature, "laziness" and intestinal torpor of pituitary involvement. Proper treatment with pituitary substance, combined with a low carbohydrate and no sugar diet usually produces satisfactory results in these cases.

### "Change of Life"

A human being can be absolutely certain of only two things in this world—death and the tax gatherer. If this human being happens to be a woman, however, she can add one more certainty to this pathetically small list. She can be certain that some day she will pass through the change called the "menopause," and be done with menstrual life forever. And, curiously enough, next to death itself, perhaps, there is nothing the average woman dreads more than "change of life." There are two reasons for this: the first is psychological. It has to do with the fear of growing old—which is, fundamentally or subconsciously, the fear of dissolution itself.

When a woman, to whom the menstrual period has been a regular occurrence for from twenty-five to thirty-five years, finally enters that epoch which terminates her potential powers to reproduce, she *knows* she is growing old. She knows that she has definitely reached that stage of her journey through life which marks the summit of her physical powers, and that the remainder of her pilgrimage will be down that gentle slope that leads into the land of the long shadows.

The other reason is the dread of actual physical and mental suffering entailed in passing through the "change of life." Her hysterical, or morbid, or hypersensitive old friends have painted such a picture of their experiences at this time—in that maudlin desire for sympathy which is an *idée fixe* with so many women—that she is naturally terrified when she first notes the irregularity and the disturbances caused by the erratic action of the vasomotor nerves.

Of course, the finding of the first gray hair also comes with something of a shock of dismay. However, this is not accompanied by vertigo, dizziness, hot flashes, sweating, choking, smothering, and other evidences of the circulatory or nervous disorders that often accompany the menopause.

She had, to be sure, somewhat similar experience during her girlhood—when she first came into menstrual life. Yet there was none of the apprehension and the ominous foreboding which she now faces at the *other* end of her reproductive career.

While she was languid, "headachy," nervous, and melancholic—a victim of strange pains and stranger emotions—these, nevertheless, had none of the power to terrify her as have the disturbing menopause symptoms.

This is partly because of the natural ebullition and resiliency of youth, and partly because of the fact that the puberty change is welcomed by most girls. It marks their entrance into young womanhood. It is their *début* to life.

The menopause, on the other hand, is a sort of farewell performance. In the minds of most women it portends bitter, barren days, full of dreariness and apathy. In their fancies, they are asking the question the love-hungry Venus asked Adonis, "What! Am I old, or lean, or lacking in juice?" Or else they fear the dread fat forties and the fatter fifties that often come when the oxidizing influence of the ovarian secretion—and to a somewhat lesser extent, the thyroid secretion—is no longer available for burning up tissue that should normally be consumed.

Again, most practicing physicians have listened to women who, during thirty years of maternal potentialities, failed to conceive and bear children, bewail their lost opportunities, exemplifying thereby the truth that we always want what we can't get and we never appreciate what we have.

### **There is Barely Any Lessening in Sexual Power**

Other women, rich in the possession of virile sexual powers, fear that with the partial atrophy of their organs of reproduction, there will develop such frigidity as will materially diminish their potency as partners to their husbands.

To all these women I would say "be of good cheer." For this change is often unnoticeable. In fact, many women who have been quite apathetic and frigid during all their menstrual life become intense and vivid during the menopause years, and for some time afterwards.

The period at which the menopause may be expected varies greatly, although, on an average, it occurs in temperate zones and in our social environment between the ages of thirty-five



and fifty-five years. In tropical countries, or in our own South, we may often find the menses abolished at any time between the ages of twenty-five and thirty.

On the other hand, there are instances of women who have menstruated regularly up to the age of sixty-two or three. Indeed, Lorand, in his very interesting book, "Old Age Deferred," tells us that he is personally acquainted with an Italian lady in her sixty-ninth year who does not look to be a day over forty-five. That she was sexually active is shown by the fact that she has twelve children, the youngest only a few years old.

If the advent into potential motherhood—if adolescence and puberty have been safeguarded by sensible instruction and rational care—a girl should come to material maturity equipped to perform all normal physiological functions.

If she is regular in her periods and if she avoids all those weakening conditions, due to wrong posture, undue exposure, and debilitating excesses of various kinds—she may approach the change of life without the slightest apprehension of anything more than a little temporary inconvenience due to circulatory disturbances. Indeed, many women pass the epoch without the slightest particle of discomfort. If a woman suffers from some definite physical disorder—such as tumor, Bright's disease, extreme high or extreme low blood pressure—she may be somewhat inconvenienced, but not in a way that need cause her any alarm.

Nor need any woman have the least fear of any grave disturbance supervening at this time. For the exit from menstrual life is no more to be dreaded than is its inauguration. The slightly higher incidence of cancer during these years is due more to the fact that the woman is in the most vulnerable cancer period of her life than to the fact that she is in the climacteric.

If a woman has ever suffered a laceration during childbirth, or if she has any suspicious lumps anywhere on the body, it might be well to have a competent physician look these over, so as to be insured against even the *possibility* of malignancy.

However, in nine cases out of ten, the greatest aid to the woman at this time is *herself*, and her own mental attitude. If

she is inclined to magnify every little symptom and frighten herself by dwelling on everything that may seem a little unusual, she is likely to experience quite a little mental disturbance, most of which will be of her own making.

If, on the contrary, she continues the routine of her domestic and social duties with calm assurance that everything will be all right, she may save herself a lot of useless worry.

### **These Are Only Natural Physiological Symptoms— Not to Be Feared**

She should understand that the "hot flashes," alternated with "goose-flesh" and nervous chills, are merely manifestations of a little extra-stimulation of the vasomotor nerves, which control the expansion and contraction of the blood vessels.

If the woman will give herself strong and repeated suggestions that these nerves will be quiet and refrain from their unusual activity, these contractions and dilations can be materially lessened, both in number and in intensity. For the subconscious mind often has a control over the nervous system that is nothing short of marvellous.

I am often asked, "Doctor, how long will it be before I'm completely through with this condition, and am quite normal again?"

To this I must reply that no one can state definitely just how many months or years—as the case may be—must elapse, before the climacteric is completed.

Many women write "finis" to their menstrual life, hardly conscious of a change, except that they have ceased to menstruate. In their physical and psychological reactions they note little or no real difference.

Other women may develop irregular function, skipping a month or sometimes several months at a time, and then menstruating twice during the succeeding month. Not infrequently, even through the climacteric seems to have been completed, the menses may appear or they may continue intermittently for quite a while.

It is hardly necessary to say that, during this critical period, unusual care should be observed to live a serene, hygienic life. There should be regular hours allotted for work, play, and sleep, and the schedule should be rigidly adhered to. "Parties," continued up to two or three in the morning, should be tabooed. Excitement of all kinds should be avoided, as anything that tends to increase nervous tension tends also to increase the disturbance in the vasomotor nerves, and hence their undue activity.

### Be Most Careful in the Selection of Your Food

Food should be selected so as to put the minimum amount of work on the organs of digestion and elimination. Meat should be eaten in moderation—not oftener than once a day—although twice weekly would be better. Fish and shellfish are splendid forms of protein, and when properly prepared, are readily digested. And properly prepared does not mean that they are to be fried in thick batter, soaked in indigestible grease, as, for instance, in the method usually employed in cooking clam fritters. It may be best to avoid oily fish, such as salmon, sardines, herrings and bluefish.

Fried foods should be generally avoided. Griddle cakes, pork sausage, and such foods are difficult for most people to digest, and tend to create fermentation and toxic poisons in the system.

Raw sour apples and sour berries tend also to produce gas and abdominal distention. Citrous fruit, such as oranges, grapefruit, and the juice of a lemon, in cold or hot water, on the contrary, are quite well tolerated by the majority of women.

Green vegetables should be a regular feature in the diet of every woman who is going through the change of life. Such vegetables as cauliflower, string beans, lettuce, celery, spinach, endive, asparagus, carrots, and cold slaw are almost invaluable. They help maintain the alkalinity of the blood, so indispensable at this time, when acid products and urea are not being excreted in the menstrual flow, as they formerly were.

Because of the fact that they are acid-forming, all demineral-

ized foods—such as white bread and white flour products, degerminated corn meal, white rice, pearled barley, and refined sugars and syrups—should be excluded from the dietary, and whole wheat, brown rice, brown sugar, honey, dates, and figs should be used instead.

Bran is sometimes excellent, either used alone, in some of its various forms or else sprinkled on the cereal at breakfast. In addition to helping promote better elimination, bran also provides the system with the mineral salts needed by the body for tooth and bone building, as well as for overcoming anemia and various other disorders, due to a lack of mineral salts in the system.

Pies, pastries, cakes, tarts, candies, and such indigestible foods as plum pudding, rich pound cake, doughnuts, etc., should be eliminated from the diet.

Milk is one of the best and most readily assimilated of all foods and should be taken freely. If plain whole milk is not well tolerated, it would be well to use fermented milks and buttermilk—also such milk desserts as may appeal.

### Nothing More Important than Proper Elimination

One of the most important factors in connection with the change of life, as I have before intimated, is *proper elimination*. The bowels should move at least twice every day, in order to remove from the system poisons that otherwise might exercise a profoundly depressing effect at this period.

At least six or eight glasses of water should be drunk every day, to help keep the acid products of the body in solution and aid in their expulsion through the kidneys.

And inasmuch as the skin is one of the most important of the four excreting organs of the body, it is most necessary that it should be kept active. A daily warm bath, to open the pores and facilitate elimination, followed by a cold shower and brisk rub with a coarse towel, will do wonders in equalizing the circulatory disturbances incidental to the menopause.

I might say here that perhaps the quickest and most effective method for relieving the "hot flashes" and the chills of change

of life is by means of the protracted warm bath. The best way to take this bath is to immerse yourself in the bathtub full of water, at a temperature of 102 degrees—slightly above the body temperature.

Remain there from fifteen minutes to an hour, depending upon how soon complete relief is felt. The results of this bath are gratefully soothing and relaxing.

Keep the water at a uniform temperature by allowing a little hot water to flow continuously (most modern bathtubs are provided with an overflow, so there is no danger of the water running over). Be careful not to let the water get too hot, as a protracted *hot* bath is quite weakening at this time and is likely to bring about the very disturbances in circulation we are trying to get rid of.

Remember, that everything that assists in equalizing the circulation and helps the blood to flow freely and unrestrictedly to all parts of the body is of benefit during the decline and death of menstrual life.

While it is true that, *in the past*, many women, unstable and nervous, and with a chronically hyperactive thyroid—have become mentally unbalanced, sometimes in a manner requiring their sequestration and restraint for a period—or even for life—these cases are now almost unknown.

The remarkable development in the science of endocrinology, and our great increase in knowledge concerning the functions of the ductless glands, enable us to cope with conditions that until recent years were not even understood.

The endocrine specialist now, by supplying to the system certain extracts and gland substances, or by giving certain remedies that directly control the hyperactivity of one gland or group of glands and the underactivity of another group, is able to regulate, with almost mathematical certainty, the influence of these glands upon the nervous and mental system, and thereby restore the harmonious balance necessary to maintain mental equilibrium.

Even in the very worst conditions the nervous irritability, the hysteria, and the hypochondria of our grandmother's, or even our mother's day, can now be corrected—often with ridiculous ease.

## **PART V**

**What Birth Control Really Means**  
**The Sexual Slavery of Women**  
**Scientists Predict Population Peak in 1950**  
**The So-Called "Birth Control Chart"**  
**Sterilization of the Unfit**  
**Experiences in the Consulting Room**  
**The Case Against Marriage**  
**The Common Sense Aspects of Divorce**

## PART V

### What Birth Control Really Means

It seems almost inconceivable that in this enlightened age there should exist men so bigoted, so grossly ignorant, and so lacking in all the fine qualities of decency and justice that they would force maternity upon unwilling women.

It is difficult for an intelligent man or woman patiently to tolerate the mediæval point of view of a legislative body—remember it is the men who make the laws—that would punish with imprisonment, disgrace, loss of citizenship, or heavy fines, a nurse or a doctor who would give a woman specific advice, enabling her to prevent conception.

Yet the day will come when every man possessed of a single iota of decency will blush with shame, when he reads of the cruelties, the persecutions, the horrible degradations, forced upon such fine, upstanding women as Margaret Sanger, Dr. Marie Stopes, Mary Heaton Voise, Mrs. Mary Ware Bennett, and scores of others, who suffered at the hands of male inquisitors, merely for trying to bring to the women of the world a knowledge that *should* be as free to them as the air they breathe or the water they drink.

Of course, there is a tremendous lot of hypocrisy and cunning mixed up with this stupidity and cruelty.

This is rather clearly exemplified in one experience which is more or less characteristic.

### They Can't Learn

For, at almost the same time that Margaret Sanger was pleading for a two-year moratorium on babies, the Right Reverend Michael Bolton Furse, Bishop of St. Albans, England, formally opened the fifteenth triennial of the Episcopal Church with a sermon that would have done credit to any of the pious, but thoroughly uninformed and misguided early Christian

fathers. "Birth control," said the Right Reverend, "is doing more than degrading matrimony. It is giving the cloak of apparent respectability to the widespread use of means to prevent family growth among the unmarried, and thereby the whole standard of sexual morality is being lowered.

"The advocates of companionate marriage know full well that without the means prevalent in birth control their whole theory and practice would break down."

It seems almost incredible that a man, living in this era, with its splendid opportunities for enlightenment, could insult the intelligence of a great churchful of people, together with ten thousand other auditors, listening in the street outside, through the loud speaker, by such inane utterances.

How any man, with a heart and a brain, can see the long lines of homeless, hopeless bread beggars; can contemplate the starvation agony of millions in horrible over-populated China and India; can study the economic problems underlying the report of the U. S. Public Health Service; and still contend that intelligent birth control, rather than ignorant and selfish disregard of the rights of the unborn, "degrades matrimony" is beyond all comprehension.

This report, by the way, states that between one-fourth and one-third of all the 27,000,000 children who enter school in one term are "suffering from too little of the right kind of food." They are "handicapped by malnutrition," according to statistics gathered by the U. S. Children's Bureau.

This means that possibly nine million children in this land are in pitiful competition with their too numerous brothers and sisters for enough proteins, mineral salts, and vitamins to build bone, muscle, tooth, and brain structure, and thereby prevent such crippling and deteriorating disorders as rickets from developing.

A goodly percentage of these nine million semi-starved children attest to the "respectability" of legally enforced breeding. For it is only reasonable to assume that millions of mothers who are begging for a right to the information that will enable them to make pregnancy optional, would use this



knowledge if they had it, even though it didn't enhance "sexual morality" to any visible extent.

However, evolution is still in progress. Within a couple of thousand years, we may see some remarkable evidences of mental processes, at present apparently atrophied, or else totally undeveloped.

### Are Women Human Beings?

Nevertheless, and notwithstanding all the opposition manifested toward it, birth control continues to be one of America's most lively topics of discussion.

Only recently, twenty-two out of twenty-eight members of the Committee of the Federal Council of Churches agreed that "the careful and restrained use of contraceptives by married people is valid and moral."

The report says, in part: "Very large families tend to produce poverty, to endanger the health and stability of the family, to limit the educational opportunities of the children, to overstrain the mother, and to take from her her own chance for a life larger than the routine of her home.

"A majority of this committee holds that the careful and restrained use of contraceptives by married people is valid and moral.

"They take this position because they believe that it is important to provide for the proper spacing of children, the control of the size of the family, and the protection of mothers and children; and because intercourse between the mates, when an expression of their spiritual union and affection, is right in itself.

"They are of the opinion that abstinence within marriage, except for the few, cannot be relied upon to meet these problems, and under ordinary conditions, is not desirable in itself."

The birth control movement was started by a *woman*. Its most active supporters are *women*. Women bear the children. It should be their unequivocal and inalienable right to decide the number of children they believe they can bear and care for.

However, it is gratifying to note the increase in the number of men who now support the Birth Control League. Undoubt-

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edly, if men shared with women the pangs of bringing children into the world, we would, centuries ago, have had government recognition of birth control throughout Europe and America.

However, men will some day recognize that women are human beings. When this glad day arrives, Margaret Sanger's dream of elective, not enforced, motherhood will come true.

### A Three-Year Baby Plan

However, it is cheerful to relate that many of the more intelligent among the clergy are now awakening to the realization of the importance of this knowledge to their parishioners.

Only recently, a Canadian rector, giving some thought to birth control, made the very intelligent suggestion that every bride and groom, prior to their marriage, should be given birth control information, together with the hint that the sensible family should let three years elapse between the birth of every child. Although he is no medical man, a shorter period than this, argued the rector, is bad for the health of the mother.

It seems reasonable—so the minister contended—now that we have emerged from the dark ages, and no longer believe that the world is flat, or that a big fish swallowed Jonah—to control, with reasonable and scientific understanding, the most important crop in the world—that is, our baby crop.

Anti-birth controllers, intolerant bigots, religious sentimentalists, and other alarmists, need have no fear that the universal recognition of Birth Control and its salutary influence will affect the individual family or the population of our country. A married woman—and many common-law wives and single women as well—will always have a baby when she feels like having one, birth control or no birth control.

Does not Omar assure us:

“And fear not lest existence, closing your account and mine, should know the like no more?” This assurance is corroborated by Dr. Louis I. Dublin, statistician of the Metropolitan Life Insurance Company, who informs us that the statistical outlook would be thoroughly satisfactory, from every point of view, if couples had only one baby every three years.

"There is no ground for fear on the question of birth statistics," says Dr. Dublin. "A trend goes on for a while. But it does not go on ad infinitum. People do not want to live without children and they never will, not so long as human instincts endure. At the rate of one baby in three years, the average wife could have seven children. Under that plan the world would not come to an end."

In all normal women there is a desire for motherhood; an overwhelming desire to mother and rear children. All normal folk love children. Therefore, all that the dissemination of birth control information can possibly do is to make the average women intelligent enough not to have *too* many children, and to make out of the average oaf of a husband a considerate human being.

### Give the Poor Equal Privileges with the Rich

Of course, no one—who is not an imbecile or a deliberate liar—will contend that this absurd and utterly outmoded law is equitable. And that it affects rich, as well as poor, women, alike.

For everyone, who has sense enough to be running around loose—instead of confined in a lunatic asylum—knows that it is the rare exception to find more than two children—assuming that there are any at all—in ninety-nine percent. of the homes of the wealthy.

Why is this? Is it because wealthy women are sterile or wealthy husbands are impotent? Or because these couples never have sex relations? Are these women denied maternity because they have all the means in the world for bringing healthy children into the world, and taking proper care of them when they have been brought in?

No. It is because well-to-do women know how to prevent conception—safely and sanely. It is because they have the money to buy this information from their doctors. And because their doctors have sense enough to sell this information and advice.

It is because well-to-do women know that no mother—except, perhaps, a rabbit or a guinea pig mother—can nurture and

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care for twelve or fourteen children and do any one of these children proper justice.

If, by chance, any child in such a fecund family ever *does* amount to anything, he achieves this success *in spite of*, and *not because of*, the fact that he had thirteen brothers and sisters.

The general rule is—the poorer the family, the greater the number of children. And the greater the misery, the higher the percentage of infant and adult mortality, and the lower the mental standard—for Lincolns and Bobbie Burnses are rare and unusual humans—the greater the percentage of criminals and prostitutes.

### Where Ignorance Is Bliss 'Tis Folly to Be Wise

Little Holland, one of the few European countries that showed sufficient intelligence and evolutionary development to keep out of our stupid murder-fest of somewhat more than a decade ago, has shaken off clerical shackles. It is one of the very few countries on the face of the earth where liberty of speech and press is not a sardonic lie.

Excepting only for obscenity—which no decent man or woman countenances or tolerates, anyway—every opinion is admissible by law in Holland—whether transmitted orally or by post.

Limitation of offspring is recognized for what it is—the most important factor in eugenic development. It may be discussed anywhere quite as freely as the price of prunes or the Pope's rheumatism.

For nearly forty-five years, the Neo-malthusian League of Holland has been spreading the tidings of the small, selected family—instead of the rabbit warren.

In season and out of season, lectures are given, leaflets and pamphlets are distributed. Special practical information is imparted by the five thousand or more members of the League—among whom are numbered the leading doctors, clergymen, and teachers of Holland. Information requested by letter or postcard is answered modestly and directly—cost-free and post-free.

Nurses, midwives, and doctors everywhere are instructing the populace. They are especially helping mothers in those cases where help is imperatively demanded, because of pathological conditions. A constricted pelvis, which means either a Caesarian operation, a dead child, or a dead mother; nephritis, or Bright's disease, with its imminent danger of uremic coma; tuberculosis, with the crippling combination of gestation and possibly lactation; and various other conditions are recognized for what they are—a terrible menace to life, the menace being multiplied a hundredfold by the incidence of pregnancy.

### How the Dutch Do It

In Holland, special nurses are instructed in helping poor women. Harmless prevenceptive means are taught freely, the material used being sold at cost.

Conscious regulation of offspring in a reasonable ratio to income, and in accordance with educational and living facilities, is practiced as a rational measure. And what is the result?

The result is that the Dutch are among the most prosperous of any peoples in the world—their farmers and workingmen being particularly fortunate in an economic way.

The Dutch have also gained an average of one and three-eighth inches in stature—since this “scientific falsehood maintaining that the degrading practices involved will result in a better humankind” was first put into effect.

They have gained an average of about three-fourth pounds in weight, as a result of practicing this “race degenerator without a peer.”

They have one of the lowest death rates of any country on the face of the globe, and the average loss because of illness is at a minimum—since this system of “racial decay” was generally adopted.

The death rate of children in the first year of life has fallen from one hundred eighty per thousand to sixty-four, a decrease in mortality of more than sixty-five percent in a period of thirty years. This is the lowest infant mortality rate to be found in any nation in the world.

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On the other hand, the surplus of births over deaths is among the highest in the world.

Illegitimate births have decreased amazingly in Holland, while various forms of degeneracy and sexual perversion are rapidly dying out. Open prostitution—woman's oldest gainful occupation—is on the way toward becoming obsolete.

Contrast this splendid intelligence and these astounding statistics with the ghastly toll of death in China, where seven hundred seventy-nine out of every thousand children die before the second year.

Just think what would happen in this famine-cursed land if all these Chinese babies lived and grew up, and bred more Chinese babies, with the same horrible fecundity they are now bred?

This, since the "abominable vice" of conscious regulation of offspring went into effect.

One of the foremost medical men of Holland, Dr. J. Rutgers, of The Hague, in discussing the workings of the Neomalthusian League, says:

"It is our experience that information is asked, first, for maintaining the standard of life in order to give to the children a good education and all necessities of life; second, for sparing the health of the mother. Especially in the middle class and among the better-paid laboring people, education of children is now careful, and the bringing up joyous, where formerly scarcity and anxiety reigned."

### How the "General Weakening of the Moral Fibre" Works Out

"Children are now a blessing, not a curse; they are welcome, or they are not born. Just as in former times, I noticed that death of infants was a relief and was acknowledged as such, so now parents are anxious for all that concerns the good health of the children. In this respect, a reciprocal action may be observed; in families where children are carefully procreated, they are reared carefully, and where children are carefully treated, they are carefully procreated.

"Indeed, parental prudence is no race suicide, as could be presumed, *a priori*. The statistical figures in Holland that cannot be denied prove that in practice neo-malthusianism is a factor of race improvement. We see it in every case. Rich people who are too lazy, too luxurious, too selfish to want children, will die without leaving offspring. Poor people who are too miserable will also refuse to have children, since the laws forbid wage work for children. Every mother who feels herself weak, exhausted, suffering, will prevent procreation. Only individuals who feel themselves happy, efficient, energetic, in good health, individuals endowed with a good humor, and who love children heartily, only these will procreate, and that is all we want.

"It is conscious selection, instead of brute natural selection. It is the same principle that all breeders of races in the animal kingdom and all gardeners have long since realized: there is no race improvement without limitation of numbers. Only in the human being it is the mother herself who is to say whether or not she feels well enough for this highest of all missions. How can anyone imagine that ignorance and carelessness should be more propitious for the future of the race than intelligent consciousness!"

### Parenthood not Compulsory

Perhaps one of the most stupid of all objections to the free dissemination of knowledge for preventing undesired pregnancy is the statement of certain half-wits, to the effect that "There should be no law to prevent motherhood. If a woman wants children, she should be permitted to have them."

That this is the objection of an adolescent needs no emphasis. No birth control advocate *ever attempted to prevent any woman* who was physically, mentally, and financially capable of becoming a mother, from having a baby, or a dozen babies, if she was foolish and inconsiderate enough to have that many children.

There *can* be no restriction upon *elective* motherhood. And it should be obvious that there *could* be no possible way that

any restriction could ever be placed upon this practice, unless an officer could be stationed at the bedside of every copulating couple, and at the conclusion of every sexual act, force the woman to get up out of bed and use birth control measures.

It is just such idiotic and utterly childish arguments as these that make the whole subject so hopeless to those intelligent enough to see the light and are sufficiently courageous to proclaim it.

### The Sexual Slavery of Women

Why can't men not infrequently developed to a very considerable degree in musical and literary facility, languages, the arts, and semi-occasionally in the physical sciences, see that in intelligent birth control the world would have the solution of the means of preventing war, or minimizing poverty, prostitution, and crime?

A simple knowledge of preceptive measures and a consistent application of these measures would stamp out hereditary and degenerative diseases. This, in turn, would prevent the infection of wives, which infection today furnishes eighty per cent of all subjects for gynecological operations, and the mutilation of the procreative organs of women, because of the removal of tubes, ovaries, and uterus.

Preception would accomplish more in one generation for the physical, mental, and moral regeneration of the human race than *all* the sermons ever preached, all the ethical teaching ever inculcated.

Merely to advocate continence is to quibble with metaphysics, and give Mephisto a hearty laugh.

For it is essentially the class most injuriously affected by an irresponsible birth rate in which continence is most impossible. As John Stuart Mill says, "The swarming spawn of the working class is forced mostly upon unwilling and fear-ridden mothers. They breed in terror and repugnance because of the power the man has over them; a power he has cemented by law."

Be it known that, under the law, a woman cannot refuse the



attentions of her husband, no matter the penalty to her health potentialized in these attentions.

It is a hypocritical lie to claim that continence may readily be practiced under present conditions—particularly with an ignorant man, who may live only in his appetites—as uncounted thousands do.

The Scandinavian countries, Australia, New Zealand, Switzerland, and Holland, have all gone on record in endorsing and openly advocating the idea of rational limitation of families.

And German women—those domestic paragons of “Kirche, Küche, and Kinder”—have, since the War, succeeded in getting a bill passed by the Reichstag in favor of the dissemination of information tending toward elective motherhood. This one incident alone is proof of the revolutionary changes that have taken place within the past dozen years.

The time is soon coming when we will blush with shame to think that there was a period in our national life when the imparting of information concerning prevenience was illegal.

### Consider These Facts

Already millions of women all over the world are using *some* form of contraceptive—sometimes effective, often ineffective, sometimes hazardous, and sometimes actually injurious.

However, that they are doing *something* is attested by the fact that there are nowadays only two or three children, on an average, in the American home, instead of a dozen or fifteen.

Wouldn't it be far better for everyone concerned, and infinitely more sensible and decent, if these women could have—for the asking—complete knowledge of the safest, most effective, and most convenient of all contraceptives?

When the woman did not wish to become pregnant, she could safely and with confidence use these preparations. When she wished to have a baby, she simply could neglect to use the prevenience. Simple, isn't it?

Also, consider this. Because of the inability to assume the heavy expense of child care, hundreds of thousands of young men and women now refrain from getting married.

They would rather bear the ills they have, than fly to others they know not. This increases the demand for open and clandestine prostitutes. It increases the terrible ratio of venereal disease. It develops homosexual practices among men and lesbianism among women.

It creates an unnatural and unsatisfied relation between hundreds and thousands of young men and young women, who should be living happy and thoroughly natural lives together—as God intended them to do, instead of living the distorted and one-sided life of the celibate and bachelor girl.

Also, the lack of knowledge of birth control is the predominating factor in the horribly frequent operation of abortion—the evils of which we shall discuss a little later on.

It must be remembered that millions of children are now born of poorly nourished or diseased parents who never would have been born, had the parents been possessed of a knowledge of prevenience. And thus millions of hours of misery might have been spared to children, who certainly were never consulted as to whether or not they wanted to come into the world—while the general level of the race would be raised—physically, mentally, and morally.

This has especial significance among parents, one of whom may be suffering from epilepsy, tuberculosis, mental defectiveness, syphilis, or other diseases that may be transmitted, or readily developed, through the transmission of the tendency toward the disorder.

### **Women Would Be Kept Young by Birth Control**

One of the greatest of all boons from the universal adoption of elective motherhood, however, would be that the vitality of our women would be conserved by bearing fewer children.

Uncounted millions of mothers are haggard, old women at thirty-five, continually ailing—a misery to themselves and to everyone in the family.

This is particularly true if they should happen to have had a number of abortions performed during their career.

They become wrinkled, shriveled up or flat-chested, if they

are of the too-active thyroid type. Or else, they become fat and shapeless, with pendant breasts, and a sluggishness that is all too chronic, if they should happen to be of the hypothyroid type.

What all this leads to, in domestic infelicity and marital disaffection, the statistics and the evidence of the divorce courts tell us only too plainly.

Contraceptive measures, in themselves, tend to prevent venereal disease, and are effective in the treatment of all forms of local germ infections of the vaginal canal. This accounts for their general use among fastidious women today.

There is one other matter that should be mentioned here, and this is the craftily-planted innuendo that "preventions render a woman sterile."

There probably has never been a more stupid distortion of the truth ever evolved than this ridiculous claim. Only too many women who have been away from home unprepared, or who have, for some reason, neglected to use precautionary measures after intercourse, can attest to this. With the proper technique and preceptive, the use of contraceptive methods can *never produce one particle of harm*. On the contrary, they *should produce, and have produced, nothing but benefit*.

Undeniably, they are not one hundred percent effective. Nothing is, except death and progressive increases in our income taxes.

Nevertheless, they are so effective, that hundreds of thousands of women have never had a child that they didn't want. This should be most satisfactory to women generally.

Every once in a while, to be sure, we hear of someone being struck by lightning. Yet that doesn't prevent millions of other people from braving the same danger, when they are forced to.

However, in those cases where contraception *does* fail, it is usually because of misunderstanding, carelessness, or imperfect use.

### This May Help the Argument

There are relatively few men in all the world whose opinion is really worth anything, who do not favor birth control. John

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Stuart Mill tells us that "Utility lies at the basis of all morality." Professor Huxley, one of the greatest of all proponents of the evolutionary theory, and perhaps one of the greatest thinkers of modern times, says:

"So long as unlimited reproduction goes on, no social organization which has ever been devised will deliver society from the tendency to be destroyed by the reproduction within itself."

Sydney Webb, an able thinker, has told us that: "If a course of conduct is habitually and deliberately pursued by vast multitudes of otherwise well-conducted people, forming probably a majority of the whole educated class of the nation, we must assume that it does not conflict with their actual code of morality."

The crime was committed in this manner. Anthony Comstock, one of the most remarkable individuals of this or any other age, was the leader of the "Society for the Prevention of Vice."

The efforts of this society were directed mostly against the distribution of obscene literature and pictures among school children. A most praiseworthy object, if only Comstock had "stuck to it."

In 1873, Comstock incubated a bright idea. He prepared a measure known as the Federal Obscenity Act, and in the closing rush of Congress of that year, he jammed a bill through, which made the conveying of obscene matter through the United States mail a criminal offense.

This bill included a clause *which included contraceptives and information as to their use as obscene matter*. The law, as well as the state laws which followed its passage, did not class as a criminal offense the practice of birth control. The crime lay in imparting or conveying information as to how pregnancy might be prevented.

Here is a copy of the law as it appears in the United States Criminal Code, Act of March 4, 1909, Chapter 321, Section 211, United States Statutes at Large, Volume 35, Part 1, Page 1088:

"Every obscene, lewd, or lascivious and every filthy book,

pamphlet, picture, paper, letter, writing, print or other publication of an indecent character, and every article or thing designated, adapted or intended for preventing conception, or procuring abortion, or for any indecent or immoral use; and every article, instrument, substance, drug, medicine, or thing which is advertised or described in a manner calculated to lead another to use it for preventing conception or producing abortion, or for any indecent or immoral purpose; and every written or printed card, letter, circular, book, pamphlet, advertisement, or notice of any kind giving information directly, or indirectly, where, or how or from whom or by what means any of the hereinbefore mentioned matters, articles or things may be obtained or made or where or by whom any act or operation of any kind for the procuring or producing of abortion will be done or performed, or how or by what means conception may be prevented or abortion produced, whether sealed or unsealed; and every letter, packet or package, or other mailable matter containing any filthy, vile or indecent thing, device or substance; and every paper, writing or advertisement, or representation that any article, instrument, substance, drug medicine, or thing, may, or can be used or applied for preventing conception or producing abortion, or for any indecent or immoral purpose; and every description calculated to induce or incite a person to so use or apply any such article, instrument, substance, drug, medicine or thing, is hereby declared to be non-mailable matter, and shall not be conveyed in the mails or delivered from any post office or by any letter carrier. Whoever shall knowingly deposit or cause to be deposited for mailing or delivery anything declared by this section to be non-mailable, or shall knowingly take, or cause the same to be taken, from the mails for the purpose of circulating or disposing thereof, or of aiding in the circulation or disposition of the same, shall be fined not more than \$5,000, or imprisoned not more than five years, or both."

The state laws are equally severe, and cover the sending of any information through channels other than the United States mails. Even the giving of the means or information by word

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of mouth is punishable. It is, therefore, a serious and dangerous offense to impart or to attempt to impart any information on this subject of birth control.

There is one way out of this dilemma, so far as New York is concerned. Under the New York State laws, a *physician has the right* to prescribe contraceptives to cure or prevent disease. This right has been affirmed by the New York Court of Appeals. It is broad enough to cover the general requirements. Few doctors know that this right exists. In many states, amendments have been proposed to remove contraceptive information from its present position among lascivious things, and to permit licensed physicians to prescribe such preventive measures their patients may require.

### How the Various States Help

However, remember this. The Federal law deals only with punishing those who transmit information concerning birth control *by mail*. It cannot interfere with any information that may be sent by *express*, within the confines of a state, or *imparted orally*.

So they made the proposition bull-strong and hog-tight, by having most of the states take the matter up where the Federal government left off.

The regulations and penalties are not uniform, inasmuch as the penalties in some states are more drastic than they are in others.

However, as Mercutio said about the wound—" 'Tis not so deep as a well, nor so wide as a barn door. But 'twill suffice."

### The Law of New York State

Here is the law of the sovereign state of New York. It constitutes Section 1142 of the Penal Law and reads as follows:

"A person who sells, lends, gives away, or in any manner exhibits or offers to sell, lend or give away, or has in his possession with intent to sell, lend or give away, or advertises, or offers

for sale, loan or distribution, any instrument or article, or any recipe, drug or medicine for the prevention of conception, or for causing unlawful abortion, or purporting to be for the prevention of conception, or for causing unlawful abortion, or advertises, or holds out representations that it can be so used or applied, or any such description as will be calculated to lead another to so use or apply any such article, recipe, drug, medicine or instrument, or who writes or prints, or causes to be written or printed, a card circular, pamphlet, advertisement or notice of any kind, or gives information orally, stating when, where, how, of whom, or by what means such an instrument, article, recipe, drug or medicine can be purchased or obtained, or who manufactures any such instrument, article, recipe, drug or medicine, is guilty of a misdemeanor, and shall be liable to the same penalties as provided in section eleven hundred and forty-one of this chapter."

The punishment provided for this is a sentence of not less than ten days nor more than one year imprisonment, a fine of not less than fifty dollars nor more than one thousand dollars. Or both fine and imprisonment may be imposed, for each offense.

This state law again confuses prevention of conception with abortion. It puts them both in the same category and inflicts the same punishment for both, just as though prevention and abortion were identical.

### Opposition to any Change in Laws Bitter and Determined

That opposition to any modification or repeal of these laws is bitter and determined can be attested to by Margaret Sanger and the valiant humanists who are banded with her in the attempt to bring the greatest of all boons to womanhood—the knowledge that will enable them to elect maternity at will.

Her attempt to secure favorable recognition for her Bill to legalize the dissemination of information on birth control was defeated by the Legislature.

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Mrs. Sanger calls our attention to this splendid statement of H. G. Wells, one of the bravest and sanest thinkers of this or any other generation: it is from his book, "Anticipations":

"For a multitude of contemptible and silly creatures, fear-driven and helpless and useless, unhappy or hatefully happy in the midst of squalid dishonor, feeble, ugly, inefficient, born of unrestrained lusts, and increasing and multiplying thru sheer incontinence and stupidity, the men of the New Republic will have little pity and less benevolence. To make life convenient for the breeding of such people will seem to them not the most virtuous and amiable thing in the world, as it is held to be now, but an exceedingly abominable proceeding.

"Procreation is an avoidable thing for sane persons of even the most furious passions, and the men of the New Republic will hold that the procreation of children who, by the circumstances of their parentage, *must* be diseased bodily and mentally—I do not think it will be difficult for the medical science of the coming time to define such circumstances—is absolutely the most loathsome of all conceivable sins. They will hold, I anticipate, that a certain portion of the population—the small minority, for example, afflicted with indisputably transmissible diseases, with transmissible mental disorders, with such hideous incurable habits of mind as the craving for intoxication—exists only on sufferance, out of pity and patience, and on the understanding that they do not propagate; . . .

"St. Paul tells us that it is better to marry than to burn, but to beget children on that account will appear, I imagine, to these coming men as an absolutely loathsome proceeding. They will stifle no spread of knowledge that will diminish their swarming misery of childhood in the slums, they will regard the disinclination of the artless "Society" woman to become a mother as a most amiable trait in her folly. . . . Most of the human types, that by civilized standards are undesirable, are quite willing to die out thru such suppressions if the world will only encourage them a little. They multiply in sheer ignorance, but they do not desire multiplication even now, and they could easily be made to dread it. . . .



The inevitable removal of births from the sphere of an uncontrollable Providence to the category of deliberate acts will enormously enhance the responsibility of the parent—and of the State that has failed to adequately discourage the philoprogenitiveness of the parent—toward the child.

“Having permitted the child to come into existence, public policy and the older standard of justice alike demand, under these new conditions, that it must be fed, cherished and educated, not merely up to a respectable minimum, but to the full height of its possibilities. The State will, therefore, be the reserve guardian of all children. If they are being undernourished, if their education is being neglected, the State will step in, take over the responsibility of their management, and enforce their charge upon the parents.”

These are statements and prognostications which should be pondered over by our weakminded and weakspined reformers and legislators. For they contain the golden kernels of truth within their perfect pattern.

However, the entire matter is in abeyance at the present time, and probably will be, for many years to come, although it is more than likely to solve itself in some such way as the Blue Laws largely solved themselves.

If the “underground” continues to operate, more and more people will be in possession of this information. As a consequence, if a victim of the “blue-noses” should ever be apprehended and should demand a jury trial, it would be quite impossible ever to convict him as it is at the present time to secure a conviction against a gentleman who has been found in possession of a quart of whiskey.

### Scientists Predict Population Peak in 1950

Shrewd statisticians and far-seeing economists and sociologists claim to foresee a maximum population of 150,000,000 for this country within another generation or so. They base their conclusions on the fact that, while our births per year are now two million four hundred thousand, our deaths are one million four hundred thousand, showing an increase of one million

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per year in population. This increase is bound to attenuate to the vanishing point by 1950.

This is due to the rapidly increasing spread of information dealing with well-considered reasons for restricting childbearing under our present hazardous economic conditions.

Intelligent men and women are realizing, as never before in the history of the race, the injustice—perhaps *crime* would be a better word—of bringing more children into the world than can be adequately provided for.

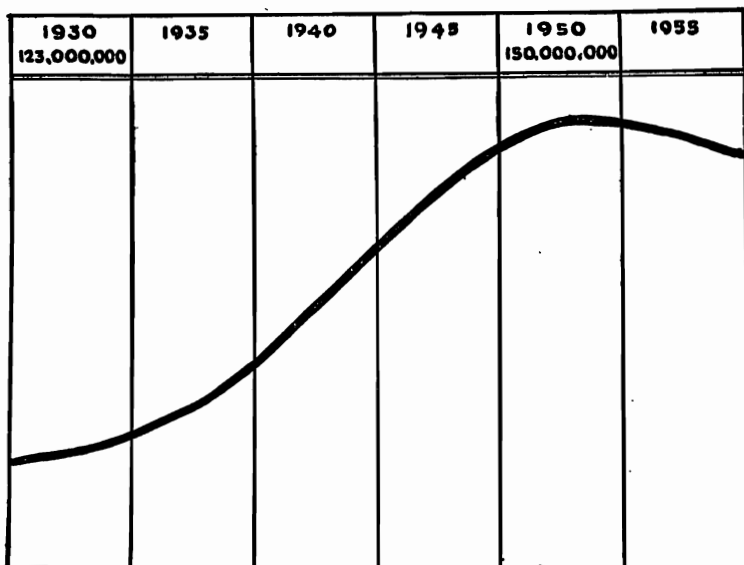


CHART SHOWING PEAK POPULATION IN UNITED STATES IN 1950

Also, the restrictions of immigration have caused us to lose more in emigration than we gain by immigration, which has a most salutary stabilizing influence.

The result of this is thought-provoking and decidedly gratifying—to those who believe in quality, instead of quantity, and a higher standard of living for those privileged to be born into this world.

Perhaps our grandparents might turn a double somersault in their graves if they could only realize what our race is coming to—using brains, instead of a thick neck and powerful back muscles in pushing the chariot of progress up the hill of racial evolution. For early in the 19th century the average woman bore six or seven children. By 1920, this average had declined to about three. In 1928, it was two and one-half per family.

During 1920, the average production of potential mothers was 1.13. This figure has now reduced to .99, which, of course, is less than enough for the ultimate production of the race.

Within a generation or so—with the progressively declining birth rate—each woman will bring into the world a diminishing number of girl children—all of which will help reduce the total population.

In fact, so the statisticians tell us, this condition already exists in most of our large cities.

What this will mean ultimately in reducing the principal cause for war, in lessening the number of criminals, degenerates, defectives, morons, and plain damn fools is almost beyond calculation.

In point of fact, if only we can now develop a sufficient intelligence to perfect a more equitable distribution of the wealth produced, and curtail production to meet legitimate living needs, we'll have solved the problem that is giving so many of us a headache and a terrible pain in the neck, just at present.

### **Knowledge of Birth Control Would Help Materially to Diminish Prostitution**

No thinking person can deny that the general and unrestricted knowledge of birth control would do more to reduce the evil of prostitution than any other one factor that could ever be put into application.

Every doctor, who has had any considerable experience, knows that there are scores—if not hundreds of men—among his patients who deliberately and periodically seek the company of prostitutes, rather than run the risk of impregnating their wives.

For, when they do have connection with their wives, the act is interrupted by withdrawal at the orgasm—a practice known as *coitus interruptus*—resorted to because the couple are not familiar with the better and more harmless means of preventing conception.

While this act may save the woman the possibility of pregnancy, it tends, if long continued, to greatly deplete the man. He may, within a short time, become completely impotent. Or he may develop what is known as *sexual neurasthenia*, insomnia, irritability, and nerve exhaustion.

There is yet another factor in this matter, however, which has never been sufficiently considered. And this is the connivance by the wives, themselves, in their husbands' extra-marital relations, thus increasing the demand for open or clandestine prostitution.

Among thousands of poor classes, so great is the dread of pregnancy that many women will deliberately aid in their husbands' debauching. They may even encourage them to visit prostitutes, so long as they themselves may remain unmolested, and thereby remain free from the dangers of pregnancy.

### When Wives Pay Their Husbands' Prostitutes

In fact, it is recorded that, among our poorer classes, it is not at all infrequent for a wife who earns her own money to give her husband, at intervals, part of this money for the purpose of buying a prostitute's temporary favor.

What a tragedy, what a commentary on our so-called civilization—deliberately to conspire to sow the seeds of dissent and indifference between a man and a woman who might, if only they knew the means of preventing conception, be united in the true and perfect spirit of holy matrimony.

And yet, because of our heartless laws, it may, after all, be better for the wife to pay another woman for her husband's sexual gratification than for her to run the risk of bringing a half dozen or more unwanted children into the world.

Even fathers, themselves, subconsciously see the advisability

of this. There are many husbands who are in possession of a high moral code and would not think of infidelity, but the tormenting fear of bringing another child into the crowded family often drives them into the arms of the prostitute.

It does not require a great deal of imagination to realize that by so doing the husband will eventually become estranged from his wife and the imminent danger of disrupting the entire family will thus be constantly lurking at the doorstep.

It can be readily seen how the understanding and intelligent application of contraceptive methods will help to eliminate one of the outstanding causes of marital difficulties—the fear of propagation in the face of poverty and an over-populated family.

However, it must be definitely understood that the selection of a contraceptive cannot be made at random. The physician must at all times be consulted about such matters, for he is the only person capable of giving proper advice.

#### **The Larger the Family the Greater the Proportionate Number of Deaths**

It should be only common sense to admit that the fewer children a woman has, the more time, money and attention she can devote to those she does have.

As has been intimated elsewhere in these pages, the economic condition of women with fewer children is better than the economic condition of women with a number of children in the same social strata.

Also, it is a fact, attested to by every intelligent physician, that, when the mother's health is not depleted by over-frequent childbearing, nursing, and the subsequent endless care which should be the inalienable right of each child, her health is better in every way. By the normal processes of nature, she gives birth to healthier and sturdier children.

An interesting study of this matter was made by Dr. Alice Hamilton (Bulletin of the American Academy of Medicine). The families of sixteen hundred wage earners were investigated. Here are the bald facts in connection with this investigation.

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Deaths per 1000 births in families of 4 children or less	118
“ “ “ 6 “ “ “	267
“ “ “ 7 “ “ “	280
“ “ “ 8 “ “ “	291
“ “ “ 9 “ “ “	303

These statistical results have been duplicated time and again. In fact, in certain investigations made since the Hoover Prosperity Boom, it has been found that the ratio of deaths in families of 9 children or more is as high as 427. But these are unusual times, and the indigestion resulting from too much of this “chicken in every pot” has probably killed off an unusual number of children who might otherwise have lived and grown up to be bootleggers, gangsters, or prostitutes.

### Lack of Knowledge of Birth Control Leads to Sex Perversions

There is another factor connected with this rape of reason—spawned by Anthony Comstock and his ilk—which has never been sufficiently emphasized, and this is the rapid increase of homosexual practices and lesbianism, or Sapphism, because of the fear among women of becoming pregnant.

These practices are not only disgusting and abnormal in themselves, but they tend definitely to weaken the nervous structure and to unstabilize both the brain and the nerve centers.

These practices have been so common, so it is now claimed, that among the men and women of the theatrical profession—or what is left of it, since the advent of the talking picture—normal intercourse is practically unknown.

There is also an increasing tendency toward the practice of sexual perversions among married couples. Many physicians have reported instances, in which married women, whom they have been called in to attend, were found to be still virgins, *with intact hymens*.

Questioning elicited the fact that these *demivierges* were so expert in various perversional habits that they could probably have learned nothing new—not even from Krafft Ebbing’s *Psychopathia Sexualis*.

Is it any wonder that so many students of modern sociology claim that this country is becoming decadent, that it is going the way of Sodom and Gomorrah, and ancient Greece and Rome?

### The Mosaic Law of Intercourse

It is interesting to note that Moses was perhaps the first to lay down the law in respect to the guidance of husbands and wives during menstruation of the wife, and the period immediately following. For in the Mosaic Law (see Leviticus XX. 18) all intercourse with a woman during menstruation was proscribed, heavy penalties being provided for this offense. Also it was decreed that "If a man lies with a woman having her sickness both of them shall be cut off from among their people."

Mosaic law provided also that a woman should be protected for some days after each menstrual period from sexual intercourse. Many modern writers are inclined to deride the ancient wisdom of the East in this particular respect, because of the fact that it prohibits intercourse just at the time when, as a usual rule, sex feeling should be strongest.

Galabin, in his "Manual of Midwifery" says: "In the Jewish law women are directed to abstain from coitus during menstruation and for seven days after its cessation. Strict observers of the law are said to go beyond what is commanded in Leviticus, and even if the discharge lasts only for an hour or two, to observe five days during which the discharge might last, for the period itself, and add to these seven clear days, making twelve in all. It is much to be doubted whether a whole nation was ever induced to practise abstinence at the period of most acute sexual feeling."

It will be seen from this statement that the uncannily wise prophet of the Jews seemed to understand what we, in the modern world, are only just now beginning to realize. And this is, that the twelve clear days after the beginning of menstruation and before the next sexual union is almost exactly in harmony with the law, first developed by Dr. Marie C. Stopes, known as the "Periodicity of Recurrence" of woman's desire.

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All of which should very greatly help modern husbands and wives to a better and saner sex relation.

### Sterilization of the Unfit

There is a method, developed some years ago, by Dr. Harry C. Sharpe, and used by him in the Indiana Reformatory, that offers an ideal solution to the problem of propagation by the unfit. It merely means that the man or woman, by an exceedingly simple operation in the case of the man, and by a relatively simple operation in the case of the woman, is rendered sterile. Dr. Sharpe says:

"Since October, 1899, I have been performing an operation known as vasectomy, which consists of ligating and resecting a small portion of the vas deferens. This operation is very simple and easy to perform. I do it without administering an anesthetic either general or local. It requires about three minutes' time to perform the operation and the subject returns to his work immediately, suffering no inconvenience, and is in no way hampered in his pursuit of life, liberty, and happiness, but is effectively sterilized. I have been doing this operation for over nine years. I have 456 cases that have afforded splendid opportunity for post-operative observation and I have never seen any unfavorable symptoms. There is no atrophy of the testicle, no systic degeneration, no disturbed mental or nervous condition following, but, on the contrary, the patient becomes of a more sunny disposition, brighter of intellect, ceases excessive masturbation, and advises his fellows to submit to the operation for their own good. And this is the point in which this method of preventing procreation is so infinitely superior to all others proposed—that it is endorsed by the persons subjected to it. All the other methods proposed place restrictions and therefore, punishment on the subject; this method absolutely does not.

"After observing nearly five hundred males in whom I had severed the vas deferens, I am prepared to state that there is not only a diminution of the muscular and nervous fatigue resulting from muscular exertion, but also a lessening of fatigue



sensation and a decided increase of energy and well being. I have observed splendid results in cases of neurasthenia.

"That severing the vas deferens or the oviduct does not arrest the sexual development has been proved by doing the operation on young animals before they reached the age of maturity. That there is no atrophy or cystic degeneration has been satisfactorily demonstrated by ten years' observation. It was on account of these facts that I suggested that the vas deferens in the male and the oviduct in the female be severed as a means of preventing procreation in defectives, as the operation has no deleterious effect on the subject, but the contrary. The operation in no way endangers life.

"There is no diminution of the sexual power or pleasure. The discharge at orgasm is but slightly decreased.

"The operation in the female is more difficult, but, if skillfully done, no more hazardous. The oviduct is reached through a median incision, the tube ligated near the uterus, and severed beyond the ligature.

"There are over three hundred girls in the institution for the feeble-minded in Indiana who, if treated in this manner, would be able to leave the institution and be self-supporting, as the only reason for detention is for the purpose of segregation. They have not the character to resist the importunities of unprincipled men when thrown upon their own resources. The result is that when they are released from the institution, they shortly return in a state of pregnancy, or marry someone, unable and unfit to rear a family. In either event, there is an addition to the dependent class. With the oviduct severed, this danger is absolutely obviated. In case of the male, the desire for the opposite sex is in no way diminished; his mind is strengthened and his nervous system benefited from the reabsorption of sperm. It has a decided effect on the centers of self-restraint, besides improving the physical condition, as the masturbator refrains from excessive indulgence in this practice. Almost wholly as the result of increased will power, the rapist or criminal will be aided in resisting his pernicious impulses. Thus we have a means of preventing procreation in

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the unfit, at the same time improving the condition of the unfortunate individual."

If these principles were made universal, and if all who are defective, imbecile, or even of the low-grade moron type, were prevented by this means from propagating their species, we could, within a decade, raise the physical, moral, and intellectual level of the race in a most important way.



THE CONSULTATION

### Experiences in the Consulting Room

#### CASE I

Sometimes there are cases that seem terribly obscure and seemingly impossible of solution. Yet they are really very

simple, once a single thread of the *real* cause is unraveled.

Such a case was that of Mr. G. and his wife—a lady of education and fine character. The husband came to me in a terribly upset condition. Being an intelligent man he wasted no time beating about the bush, but blurted out his story at once.

“Doctor,” he said. “I am no longer able to perform the sexual act with my wife. I want you to tell me, if you can, what is the matter.”

I asked him if his affection for his wife had cooled, or if there was any other woman in his life. He protested that he loved his wife more than ever. That, as a matter of fact, he was even more in love with her than he had been when they were first married, ten years before. They were splendid comrades and the best of friends—save—here he hesitated—“for a sudden flare up once in a while, when they had a wordy battle.”

However, shortly afterwards, they would talk the matter over sensibly, and adjust their differences.

Yet, these quarrels with his lovely wife, my patient informed me, caused him so much suffering that he was almost ill for a couple of days afterwards. I might add that these two people were highly cultured, well versed in psychology and human behaviorism, and generally well poised.

However, while the quarrels were aggravating, this didn't cause him as much distress as the fact that he could no longer consummate the sexual act with his wife. He loved her. And yet, no matter how eager he had been a few seconds before he approached her, he was physically unable to perform the act.

On questioning him closely he admitted that he had been repulsed by his wife on several occasions. He hastened to add, however, that his wife was a gentle soul, and would not hurt him for the world. But still she had shown him, somewhat vaguely, it was true, that she did not care to have him come to her.

Some months later, when she *did* show an inclination to resume marital relations, he found himself sexually impotent.

I could not understand why, after ten years of satisfactory marital relations, the wife should suddenly repulse her hus-

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band. So I requested my patient to have his wife come to see me.

On questioning her, I found that her husband had had a terrible accident some time before. His jaw had been fractured in several places. This subsequently brought about the necessity of removing all his teeth. He was out of town when this happened—on the Coast, to be exact. When he was ready for his artificial teeth he went to a dentist who had never seen him before. The dentist made him new teeth, according to his best ideas of what my patient should look like.

However, according to the wife, when first she saw her husband, she was startled by his appearance. It was almost as though he were a stranger to her, so different did he appear.

The more she fought this feeling of strangeness the worse it became. Finally, she felt as though she would be obliged to leave him. He, in turn, felt her subconscious repulsion for him.

I then begged the wife to be patient with her husband—advising her, at the same time, to go away for a few weeks. She said she would do everything she could to help.

While she was away, the husband, at my advice, went to his own dentist, who had known him all his life. This dentist made him new upper and lower teeth, as nearly like his original teeth as it was humanly possible to make them. I never before knew that the right kind of teeth could make such a difference in one's appearance. And my patient *looked like himself* once more.

When the wife came home she found the man she had loved—not only in the same spiritual likeness, but in the *physical* likeness as well. She was so happy about it that she cried.

After a week's close association with the wife—so glad to be with him—they were again able to perform the sexual act, without inhibition of the wife, which had in turn reacted upon her sensitive husband.

Today they are very happy together, and the last vestige of the quarrel-flareups have vanished, driven into the lost years of yesterdays by happy marital relations.

## CASE II

One day I was shocked to see the face of an old patient as he came through the waiting room door. It was drawn and white, and looked as though some tragedy had fallen upon him, masking his face in pain.

After the conventional greeting I examined him for some condition which might explain his pain-wracked expression.

This man I had treated for 15 years. And never had he been ill—except for a cold, or some minor ailment. His wife, however, had not been my patient for some time, as she had become offended by my attitude toward an illness of hers, of which I had made light, when she was in the mood of women that calls for “babying.”

My patient’s nerves, I found, after going over him carefully, were “shot to pieces.” He had a slight tremor in his hands—a thyroid condition. And he had lost a great deal of weight. Outside of that, however, he was all right.

“Nothing organic, just run down,” I commented. “Nerve starvation. What are you worrying about?”

“Nothing special, Doctor,” he answered.

“Nothing special, but something very definite,” I answered. “If you want a straight answer to an unasked question, old man, I’d say you were suffering from sexual starvation.”

He started. “Well, Doctor, I don’t know as that’s it, but I’ll have to admit that something like this is the matter.”

“Come now, tell me the whole story.” I invited.

Well, it seemed that his wife had had an operation performed for tumor of the womb. In sewing her up, after this particularly difficult operation—she had complications also—the doctor was obliged to partly sew up her vagina as well. Since then it was impossible for the husband to insert his penis into the vagina without causing his wife untold agony. After two attempts he stopped trying, and gave up all thought of further intercourse.

So he, a man who had been well mated for a number of years—twenty-five to be exact—was forced into celibacy.

Now, my patient loved his wife to distraction. He would

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not have hurt her for anything in the world. But his passions were as strong as they ever had been. And he was forced to live—even to sleep in the same bed—with his wife, and yet not touch her sexually.

I asked him about her.

"She doesn't seem to have any desire left, and doesn't seem to think about my needing intercourse, any more than she does," he answered.

"But you do," I said. "You are comparatively a young man, with a strong passion. Your health will suffer. You will be a wreck, if you keep on this way."

He admitted that this might be so. "That is why I thought I would ask you about it, Doctor," he said naively. "I hate to be untrue to my wife."

I explained to him that in this case it was necessary for him to secure sexual satisfaction, or he would be ill, indeed. To find someone of whom he need not be afraid, to whom he could go and satisfy himself. I told him that if he were discreet his wife need never know. In this way he could get normal relief, without grieving his comrade and wife.

He said he would do so. The result is that now he is again himself. His wife is happy; that is, "has become reconciled to the conditions." And everybody is satisfied.

### CASE III

One of the most hopeless and heart-rending cases of sexual misunderstanding I have ever solved was that of a young man and his wife who had lived a veritable life of hell for five years. The family of the young man, who were sure that the man was good at heart and wanted sincerely to succeed, asked me to help them in this terrible difficulty.

The husband was under arrest for non-support and drunkenness. The wife had had him arrested, and was for pressing the charges for abandonment of his infant child. She was narrow, ignorant, and difficult to manage, although her love for the child was a point in her favor, and helped redeem her viciousness in regard to its father.

I called the couple together and questioned them closely. All I was able to bring to light for the first half hour was how awful the man was. The wife's wail was that he was no-good, horrible, and vile. The husband sat with bowed head, admitting all she said. However, after a while, he put his hand on her arm, and asked her to give him another chance.

At his caress, she drew herself away from him. I then sent the husband out of the room, and asked her abruptly, "Why do you hate your husband?"

"I don't," she cried. "I've always loved him. And I would now, only. . . . Well," she finished, "we always got along until he drank. We got along fine."

I asked her if she was cold, by nature. I drew out the fact that she got no pleasure out of the sexual act. She haltingly admitted, however, that while she was fond of him, she didn't care for the sexual act at all. When I went into details about that she haltingly said, "He is funny about it."

"In what way?" I pressed.

"He only wants to go with me when he is drunk," she replied.

Her husband had not tried to consummate the sexual act with her for a couple of years, except when he was drunk. Whenever he got drunk, she said, he wanted to "go right to bed" with her. It was an obsession with him.

On these occasions he would insist upon his marital rights. If she did not yield willingly he would force her. Finally she found it was easier to submit than to struggle, especially as it didn't matter much to her, anyway.

When I pressed her for details of his "being funny" about it, she said that he would get rather wild during the act, and use vulgar language, and call her names that were only used in the lowest brothel.

This would anger her—"as it would any respectable woman," she said.

This behavior she would cast up to him when he sobered up. His only reply would be a sullen "Forget it. I was drunk, or I wouldn't have gone with you at all, you iceberg."

Inasmuch as the husband was making only enough money

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for them to get along with, if they lived under one roof, and as the baby would suffer if they separated, I felt that the best thing that they could do would be to try living together and adjusting their differences.

I came to the conclusion, after talking at length with the young father, that his desire for drink was primarily caused by sexual starvation. While this seemed rather difficult for him to believe, I told him that I thought he was sexually starved. The normal, healthy sex demand, which was not satisfied, caused him to drink. When he drank to forget the yearning for intercourse he lost the inhibition his wife had given him by her frigidity, and he was able to perform the sex act without further restraint. For he was relieved of his fear obsession.

His family consented to send him away to take a cure for alcoholism. After which I gave him a course of instruction on how to behave himself in regard to his wife, and on her rights as a woman and co-partner.

I told the husband that when he felt restless, and wanted to drink, to make love to his wife, and learn to be unselfish in the sexual act. Also to control himself, so that he could prolong the act, until she, too, was satisfied. Thus she might in time respond to his advances. Also, instead of spending money in speakeasies, getting drunk, he might buy her an occasional present—or bring home flowers or candy, and play the part of lover to his wife.

I told the wife—and I don't mind admitting that it was not easy to impress upon her mind the necessity for her co-operation—that she must overcome her frigidity. That she must realize that a young man like her husband should be treated as a lover and a man, instead of a wooden Indian. That even if she didn't care for sexual intercourse she should *act* as though she enjoyed it, going through the motions and uttering little cries of pleasure, even though she didn't *feel* any pleasure. I told her it might mean the saving of her man and the future of her child.

Then she agreed to withdraw the charges against her husband and try again. She said, reluctantly—with the flush of false modesty on her face—that she would pretend to “like it.”



The husband wooed his wife, as I told him. He was loverlike to her, and tried hard to satisfy her, as well as himself, in the sexual embrace. To his surprise she responded. At first, as she afterwards told me, she had to pretend. However, after a few months, she really began to feel a lively amount of pleasure in her husband's arms. And today she looks forward to the beautiful union as eagerly as does her happy husband.

#### CASE IV

A pitiful case was that of Mrs. X. I had brought her two sons into the world, one sixteen, and the other one a bare two years younger. So I knew the family very well.

Her husband, a man of high mental power, holding a big position on the editorial staff of a national magazine, was also a close friend of mine. We met often at little society meetings, where I sometimes lectured, or where he spoke on events of the day.

I had recently noticed—although I did not think anything of this at the time—that whenever I met him, he did not have his wife with him. He did, however, bring along a woman whom he introduced as a writer, a friend of his, who was collaborating with him in some important work.

This woman was everything that his wife was not. I noticed—and I have to admit that I was disgusted at the time—that the woman was in various stages of intoxication every time I had the misfortune to meet her. At the last place we had met she was lying on a couch, her mouth loosely open, and her eyes glazed, muttering under her breath. I spoke to Mr. X. about her, and he merely said he would take her home; that she was “blotto.”

I thought no more of the incident, until Mrs. X. came into my office. She immediately started to tell me her troubles. “I am not sick, Doctor,” she said. “Unless you call mentally anguished being ill. It is about my husband.”

Then she poured out a tale that was actually sordid. Her husband, who had been a loyal husband and father for twenty years, suddenly, from his wife's viewpoint, became deranged.

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"There is another woman," she said. "And don't think, Doctor, that I would not be willing—as much as I love him—to give him up—if I thought that he would be as happy with her as with myself and the boys."

"Are you sure about the other woman?" I asked.

"Oh yes, Doctor," she assured me. "It is a Miss C. Perhaps you know her. He takes her around with him everywhere."

I confess I was shocked. That drunken creature to replace this lovely wife and mother! I could hardly believe my ears.

"I don't think he is quite sane, Doctor. He couldn't be."

I was frankly puzzled. How could a man leave a woman like this wife for such a degenerate?

"When did you notice this change come over your husband?" I asked.

"About six months ago. He had been out all night, and came home around noon the next day, dreadfully drunk and very sick."

"Had he been in the habit of getting drunk?"

"No, never. He might take a few drinks. But he always came home early."

"Did he repeat this again?"

"From that time on, about four times a week regularly, he came home around 3 or 4 A. M. But after a month of this, he began to stay out all night. Then . . ." She hesitated. "I hate to talk about him . . . but I must tell you all, if you are to help him . . . he kept most of his money. He always made a good salary, you know. The boys and I had to go without things. . . . The bills climbed up. . . . I protested. I begged him to stop this drinking, that it was ruining his health. I had no idea of another woman at this time."

"What did he do then?"

"He said he was sorry, and would try to do better. He gave me more money. Then I was able to pay the bills, and get along. But he stayed out just the same. In fact, when I again asked him to try and be as he had been before—a good husband and father—he took a room in town and came home only over the weekends.

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"I was so startled with the change that had come over him that I begged him to come and see you. But he only laughed at me, and told me to mind my own business. He added that if I didn't like his way of living he would cut off my allowance.

"I waited another month to see if he would not make some effort to stop drinking. But when I saw his terrible physical condition I thought I must do something. I talked it over with my boys, and decided to see where he lived in New York, and what he was doing. We followed him from his office to the room he had hired. Here I found that he was living with this woman.

"He took us home, protesting he was sorry that I had found out about Miss C, but that he would not give her up. 'I can't live without her,' he moaned. 'I've tried, God knows. I don't want to be with her. But I can't give her up. I want you and the children. But I can't get away from her.'

"Of course, Doctor, things couldn't go on this way. So he agreed to give me so much a week, and we parted. But, Doctor, here is why I want you to help me. There is something wrong there. It isn't that he *loves* this woman. It *can't* be that. He comes to see us, and when he is with us he is so sad, and seems so sorry for his behavior, and tells us how wonderful it is to be home with his little family. And yet, when I ask him if he doesn't want to stay with us, he shakes his head and leaves at once."

"How long is it since he first met this woman?" I inquired.

"About six months, I guess. But you'll never believe that any one could look as he does in six months. So drained of color, and so thin."

I told Mrs. X. I would look into the matter for her. I sent for the husband to come in to see me. He came in the next day. I was shocked at his appearance. He smiled wanly. I told him that his wife had been in to see me, and had told the whole story. I half expected him to be angry with me for interfering in his affairs, but found that he was really eager to confide in me.

"I love my family," he declared. "I had no intention of doing anything that would hurt them. But I met Miss C. And

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now I can't get away from her. She has a hold on me that is overpowering. I want to live with my family, and I want to be fine to them. But I just can't give this woman up."

"Is she good to you?" I asked.

"Good! She doesn't know the meaning of the word. She is always drunk. She abuses me. Kicks me, and says she hates me like poison. And yet, Doctor, I am thrilled even when she kicks me."

I looked at him. At the poor wreck of a man that he had become in a few short months. If something were not done he wouldn't live another six months, that was sure. I decided to be blunt. No use beating about the bush if we wanted to get anywhere. I looked him squarely in the face and asked "What form of perversion does she use?"

He looked at me for a moment as though angered. Then he laid his head on my desk and broke into sobs. I knew at once all he could say, and without his uttering a single word.

I put my hand on his shoulder. "Do you really want to get away?" I asked.

"Yes, and no. I can't be normal now," he answered brokenly. "It has gone too far. I wouldn't be any good to my wife. In *any* way. And my brain is going. . . . I can't concentrate as I used to. . . . I feel my strength waning. But still I can't leave. I can't refuse her demands. I am crazy for her when I am with her. And when I am away I can think only of getting back to her and to the sensations I experience with her. I can't think of anything else, Doctor. I'm finished, I guess."

"Not at all," I said. "What you need is to be taken care of. You are sick."

"Yes," he agreed simply. "I am sick—sick of life."

I then realized the utter hopelessness of it all. For, unless the patient himself is capable of exercising the greatest possible will power there is little or no chance of ever breaking the shackles of his degrading relations. This effort my patient was unwilling or unable to make. I dismissed him, and turned a leaf on his case. What a tragedy that such a fine man should have fallen into the net of sexual perversion, to go down to defeat, as so many victims have done before!

### The Case Against Marriage

Many serious-minded people have contended that there is a certain definite brutality in the institution of marriage as practiced today, and for this reason they have either avoided it, or else they have tried it out and found it wanting.

In many cases marriage suppresses the will, kills choice, and substitutes authority for inspiration. Not infrequently, light-hearted Dan Cupid is found with a fractured skull—his throat cut from ear to ear. His nominal place in the household is usurped by an egotistic dictator.

At the same time the delightful mysteries of married life are crushed into tiny pieces and scattered broadcast. Personal and intimate relations are given the white light of publicity, often providing a lifelong source of embarrassment if not actual shame—to a sensitive soul.

"My main objection to marriage," said a great thinker, "is that it confers diminishing rights on those who exercise as well as on those who endure them. Likewise it disarranges life by inclining the balance all to one side—that is, the charming equilibrium of the sexes.

Says another: "Marriage makes one a master and the other a servant, while outside one is a slave and the other a queen."

Naturally we dislike to admit it—but, undeniably, there is a case against marriage.

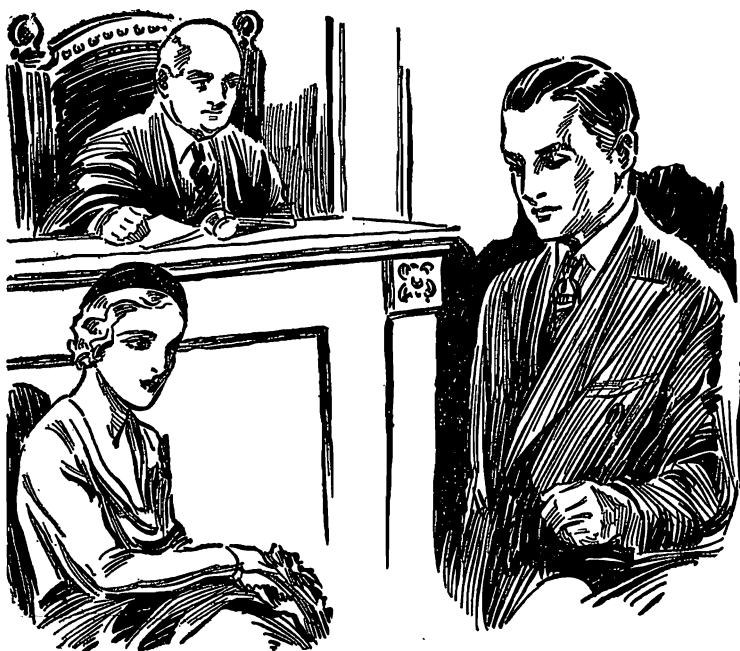
### Marriage May Be Heaven—Or It May Be Hell

While marriages may be the happiest of all human relations for those deeply and sincerely in love—truly a state governed by God—in countless instances it can be termed only a hell on earth, governed by the devil.

However, with the gradual emancipation of woman from the age-old thralldom of economic dependence, and with the knowledge of prevenience now rapidly spreading among intelligent women everywhere, the status of woman has undergone a revolutionary change.

The modern woman in comfortable circumstances is no longer her master's chattel, accepting meekly any indignity or humiliation he may choose to impose upon her.

Nor is she her children's slave, bound to a lifetime of unremitting responsibility for their welfare. For, in many thousands of instances, the wife is now chiefly concerned in seeing



THE DIVORCE COURT — WHEN MARRIAGE FAILS

that the wire-haired terrier is exercised regularly, that the water in the gold fish bowl is changed from time to time, and that the canary is not permitted to starve to death.

In other words, the intelligent modern wife doesn't have to put up with the impossible conditions that hurried her mother and grandmother into an early grave.

It may work out for the best, after all. Things usually do, if only we have a little patience.

### The Common Sense Aspects of Divorce

In a recent symposium on divorce, conducted by a magazine internationally famous for its liberal interpretation of vital questions, literally thousands of letters were received from writers who had suffered in some unholy manner—either from lawyer-gouging, alimony-racketeering, or the enforced criminal side of divorce.

The conclusion of practically every writer was that it is far better to separate when living a life of hell in marriage; far better to live a common law married life than to fool with lawyers; far better to seek a bit of happiness in life.

Many of those who sent in their experiences wrote their messages almost literally in tears of anguish, and in their hearts' blood.

I learned from the editors who handled these human documents that no fair-minded man or woman could possibly read them and not feel that *somewhere* there were great injustices in this fine old institution of marriage, and in the sometimes terribly ineffective remedy we know as "divorce," both of which are badly in need of correction.

### Suggestions in Connection with Divorce

Laws were made for people; people were not made for laws. Laws concerning marriage, divorce, and alimony cause entirely too much humiliation and too much misery to warrant even a measure of respect from the majority of people.

It would be far better, and infinitely more in line with common-sense principles, if the State were to charge \$100 for a marriage license and \$5 for a divorce, rather than \$5 for a marriage, and anything the traffic can possibly bear—including a much battered and sadly begrimed reputation—for a divorce.

Hasty marriages are the foundations of bitter divorce cases. In many instances, as court records disclose, some women

are *alimony-hounds*. With the aid of a shyster lawyer, an ill-minded woman has it in her power utterly to ruin a good man.

### The Injustice of the Alimony Jail

The alimony jail is a freak of justice. In it you find many men who cannot *possibly afford* to pay a ransom, or a weekly tribute of blood money, to a certain lazy woman. So, with the aid of legal machinery, the man is locked behind the bars and his ability to earn a living, even for himself, is summarily taken from him.

Of course, there is much to be said for the deserted woman. However, so far as I know there exists no jail as yet for the woman who neglects the welfare of her husband and her children. This seems, in a way, to be a lamentable oversight.

The matter, of course, is terribly complicated by the interference of the church in what is actually a civil and social contract—a partnership entered into between a man and a woman for homemaking purposes.

### Dean Inge's Liberal Views on Divorce

The Very Reverend Dean Inge, head of one of London's great churches, St. Paul's Cathedral, has this to offer:

"I do not think that Christ meant to fix hard and fast rules. If a very hard case had been brought before Him, He might possibly have said, 'Marriage was made for man and not man for marriage.' "

The Dean suggests that we recognize two forms of marriage, one for those intending to practice lifelong fidelity, and the other—the "limited contract"—for those who intend to put their marriage to the test. Judge Lindsay advanced this same suggestion some years ago in his "companionate marriage."

We know that since the beginning of recorded time man has tried out every conceivable form of marital relation—primarily with the idea of eating his cake and having it, too.

However, it is only within the past decade—since the war,



to be exact—that we have seen this tremendous growth of radicalism in the relation of the sexes.

### No Protection for the Children in Promiscuity

Thinking men and women know that the perpetuation of the species demands the greatest possible protection for the children. This *cannot be secured in promiscuity or in temporary, ill-considered relations.*

To many people the “sacredness” of the marriage tie and the importance attached to it by both Church and State may seem terribly mid-Victorian. Nevertheless, the wisdom of the Church Fathers and the keen insight of those who enacted our laws combine to insure the *greatest possible security for the woman and her children* in the holy relation of marriage—as it has been practiced all through the Christian centuries.

Pygmy men may attempt to uproot this fine old institution, this gracious and courteous recognition of the rights of the wife and the children that she risks her life to bring into the world. But they will never succeed in disrupting what must always be the foundation of human society.

This does not mean that a couple who spend the greater part of their lives making a hell on earth for each other should not be divorced, and try it again, under perhaps more favorable circumstances.

### One Divorce out of Seven Marriages Not so Bad as It Might Be

After all, there is only one divorce out of every seven marriages. Not bad—considering the erratic and trigger-tempered reactions of the great majority of high-spirited men and women.

It is gratifying to hear that Dean Inge and churchmen in general are becoming more tolerant toward the man or woman who finds, after reasonable indulgence for one another's shortcomings, that if they continue together they are doomed to live scrappily ever after.

However, if men and girls only used their brains a little more and their dancing feet a little less *before* marriage, there'd be a greater percentage of happiness *after* marriage.

### Love the Only Reason for Marriage

There is only one really all-powerful reason that should impel a man to live with a woman as her husband—or a woman to live with a man as his wife. *This reason, of course, is love.*

When love flies out of the window, everything else might just as well jump after it. Divorce or no divorce, in the absence of love, no man and woman can continue to live together, except as a couple of civilized beasts.

Stricter divorce laws will never control and regulate marriage, because marriage is *controlled* and *regulated* by love. And by love alone. A State law will never compel a woman to love a man after the germ of abhorrence has burrowed deeply into her heart.

And no State law, regardless of the number of teeth the clever legislators may insert in it, will ever bring home the man who has lost his heart to the girl across the street.

In all discussions concerning the domestic life of human beings, much is said about marriage and divorce. Too little is said about love.

Shakespeare, who grantedly knew quite a little concerning the well-springs of human emotions, said, "Let us not to the marriage of *true minds* admit impediments." Shakespeare differentiated between marriages and weddings.

Divorce cannot be considered an evil if it separates two unhappy people and makes four others happy. On the contrary, it is really pandering to licentiousness to keep bound together in holy matrimony a woman whose only emotion at midnight for her husband is one of disgust.

Life is short. Love is the sweetest emotion we have. Let us respect it by taking love into consideration when we consider the framing of new marriage and divorce laws.

## PART VI

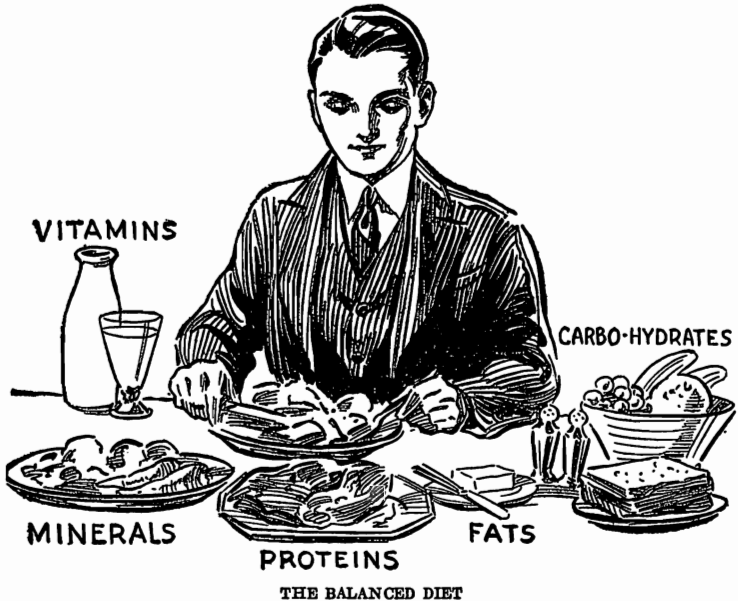
Food—The Medicine of the Future  
The Truth About Buttermilk  
Olive Oil  
Stomach Disorders  
Intestinal Stagnation  
What the Skin Tells About Your Health  
Diabetes and Bright's Disease  
Side-Stepping Seasickness  
Avoid Fatigue—It brings Early Old Age  
The Water Cure

## PART VI

### Food—The Medicine of the Future

Away back in the time of Hippocrates it was first recognized that "man is what he eats." During the twenty-three centuries that have intervened this conviction has gained quite a bit of ground.

However, it was not until 1842, when Justus von Liebig pub-



lished his book, "Organic Chemistry in Its Applications to Physiology and Pathology," that the relation of correctly-selected food to good health received its first really scientific impulse.

Liebig, in a masterly series of chemical analysis, proved that

what went into a person's body, and what happened to it after it *did* go in, had a great deal to do with this particular person's state of health.

Since that time the study of diet and its effects on the health and well-being of humans and animals has occupied the attention of many of the greatest scientists of our age.

However, "what is one man's meat is another man's poison." And again, the reaction that may always develop in a test tube often bears little or no relation to what may actually occur in the digestive tract of a human being. This accounts for the wide diversity of opinion that exists on the subject of diet.

### We Have a Lot to Learn Yet

In almost any home in America one may note, perhaps, the worst possible selection of food known to civilized man.

Absolutely demineralized oatmeal, farina, or "corn flakes" are mixed with orange juice, grapefruit, stewed acid fruit, and every wrong combination that could be conceived.

For lunch and dinner, meat or fish of every kind is served with demineralized white bread, or white flour products, milk, gelatin, and thoroughly unscientific combinations.

It is because of this ignorance on the subject of diet and its effects that it is almost impossible to find a man or woman who enjoys 100% perfect health.

In fact, one of the great insurance companies of this country was obliged, only a few years ago, to examine many thousands of applicants, before it finally found *an absolutely perfect physical specimen* of a man and a girl.

We now know that the reason for this is the generally-accepted fact that "man doesn't die; he poisons himself,"—by addiction to the various degenerating habits he contracts, by gormandizing, or by making a poison laboratory or an acid fermentation plant of his stomach and intestines.

The attempt to obviate this unfortunate lack of proper understanding has encouraged every conceivable variety of unbalanced effort, often amounting to absolute fanaticism.

Perhaps the most radical of all diet faddists is the individual who, for days and even weeks at a time, absolutely dispenses with food. If there is anything the matter with him physically he "starves it out"—not by cutting out the *particular items of food that may be responsible for his condition* and then building up his system with the proper food—but by eliminating *everything*—except water.

That fasting for a limited time is a splendid thing for one who for years has habitually abused himself by over-feeding is not to be denied. The system gets a chance to utilize the excess pabulum stored up in the tissues, while at the same time it is given an opportunity to get rid of the accumulated waste.

But for the weak, anemic woman or the person suffering from jaundice, intestinal atony, or malnutrition, to attempt to cure these disorders by abstinence is as ridiculous as would be the attempt to cure an automobile of an accumulation of carbon, or a "knock" in the cylinder, by trying to run the auto with water, instead of gasoline.

It is true that the human machine is fearfully and wonderfully made, and that it can, under certain conditions, stand a tremendous amount of abuse. But *this doesn't prove that the abuse is beneficial.*

Any good that can possibly come to an invalid from abstaining entirely from food can be multiplied tenfold by so regulating the diet that the *proper food elements in the proper amounts can be utilized to correct the invalidism.*

### Not Necessary to Chew Food into Pap

It is admitted that the first step in digestion is thorough mastication of the food. But this does not necessarily mean that we must chew the bolus of nutriment into a pap—until it slips down without conscious effort.

For good honest chewing—chewing that reduces the material to such shape that the saliva and the gastric juices can act upon it—is sufficient.

Remember also that we have more than thirty feet of intestines, the function of which is to digest and appropriate

through the lacteals—the small ducts that convey the digested material into the circulation—converted food products, and then get rid of the unused portions.

These intestines require *bulk* to function upon, just as the kidneys require water. On a concentrated diet, or on one so masticated as to leave but a minimum amount of work for the intestines, the alimentary tract “goes stale.”

Now, a certain amount of work is needed by any organ in order to keep the organ active. If there is no bulk to combine with the end-products of metabolism thrown into the intestines the bowels become inert and sluggish.

This permits the reabsorption of these poisons into the circulation and starts the vicious cycle of poison-producing that results in the development of more and ever more poison.

### Is it Safe to Live on Milk?

Milk is an ideal food—for infants. Also for adults—for a limited time, and under conditions which demand no great amount of physical exertion. As a steady diet for a hard worker, however, milk must be considered essentially a one-sided food. For milk lacks iron, phosphorus, and the nucleo-albumens, which lack inevitably predisposes to anemia and malnutrition.

Indeed this protracted use of milk, to the exclusion of all other foods, tends finally to make children susceptible to infections, and in later life even to develop tuberculosis.

Another disadvantage of milk is that one would require a stomach like a milk can in order to carry around a sufficient supply of food and fuel adequately to “run” the body machinery. And then the individual wouldn’t have enough oxygen in his system to properly convert the proteid elements.

Enthusiastic adults can get along fairly well on an exclusive milk diet for a limited time—say four to six weeks. When persisted in, however, milk is quite as injurious as is any other one-sided food.

For, when taken alone, milk is not completely assimilated, fully 18 percent of it being lost through faulty assimilation. At

least six quarts would have to be taken daily to adequately sustain the body in health.

Also, we now know that we must provide for the intake of certain additional vitamins and mineral salts, not found—or found only sparingly—in milk.

These may be taken in the form of fruit and fruit juices—particularly the citrus fruits, oranges, lemons, limes, grapefruit, and tangerines—and green vegetables—both cooked and raw.

From which it will appear that while milk fills a most important place in the dietary, it must be taken as a *food*, not as a *fad*.

### What About Meat or Protein Foods?

Although meat, or protein in some form, is an indispensable part of the diet, it is now generally admitted that perhaps we have been killing ourselves, or shortening our lives, with an overdose of this particular food substance.

For, until only recently, it was taught that we required from 100 to 125 grams of proteid food daily to replace tissue waste. Yet, if the reports of the great Danish physiologist, Hindhede, are accepted as proved, we *actually require only twenty-five grams* a day to replace our worn out body cells.

Some of the experiments by which Professor Hindhede arrived at these conclusions are most interesting. It would be time well spent for us to study them carefully and ponder them well. Doctor Hindede selected a number of men engaged in active exercise, and fed them daily a minimum diet of 20 to 25 grams of albumin.

Three pounds of potatoes constituted the *pièce de résistance*, with 6 ounces of oleomargarin, to complete the fuel supply. On this small quantity of vegetable albumin (which is identical in reparative powers with meat albumin) the men maintained perfect health and vigor.

At the end of a year one of these subjects won a 262 mile race, completing the distance in 99 hours. Another was a regular bull elephant for work. So much so that on Sundays and



holidays he would cheerfully dig up the entire garden, just for exercise.

Dr. Hindhede, as a result of his investigations, concludes that vegetable albumin is every whit as valuable as is animal albumin, and that very much smaller amounts of albumin are necessary than has hitherto been believed necessary.

The worthy Doctor stated emphatically, "A diet low in albumin increases endurance. I have never heard of a great meat eater winning a long distance race."

Doctor Chittenden of Yale, and many other authorities, after most painstaking investigations, have come to similar conclusions.

### **Paying Out Good Money for Bad Health**

And so we have been eating, and are eating, from 4 to 5 times more nitrogen than is necessary. We have been buying 4 or 5 times as much meat and eggs as we have physiological use for, been paying extortional prices for bad health. We have been and are shortening our lives with one hand, and flattening our pocketbooks with the other.

When we arise from a "good" breakfast of a steak and two eggs, or a flock of chops or sausages, with the fruit, cereal, toast, and potatoes that supplement them, we have been flirting joyfully with the nurse. When we heave a complacent post-luncheon sigh, having partaken of a little light nourishment in the form of a thick cut of cold meat, or an inspiring chicken salad, we are preparing debonairly for the hospital. And when we, like the valiant trencher-men we are, hew and chew our way through a six-course dinner, we are wigwagging vigorously for the undertaker.

Therefore it will pay us in dollars and cents and in health and longevity, if we adopt a restricted diet, especially as regards the proteid part of the diet.

Now, what exactly, translated into terms of food, do we mean by a restricted, yet adequate proteid diet?

An ordinary egg carries about 8 grams of protein. This is approximately the amount contained in a cubic inch of steak,

or a half pint glass of milk. A generous slice of bread contains about 4 grams of protein. The quantity of potatoes ordinarily dispensed at a meal equals  $2\frac{1}{2}$  grams. This, remember, for an entire day.

Therefore one egg, five ounces of beefsteak, and one glass of milk should supply, for 24 hours, all the protein the system requires. The balance of the diet should consist of starches, sugars, fats, and plenty of cellulose or hay. This can best be found in vegetables, such as tomatoes, carrots, celery, turnips, beets, lettuce, squash, and all that group of foods containing much fiber and little nutriment.

### A Doctor's Revolutionary Observations

However, perhaps the most far-reaching and revolutionary discovery made in connection with the science of dietetics since Cassimir Funk discovered vitamins in 1910, is the fact that certain food combinations are "friendly" with one another, while these same foods, when combined with certain other combinations, are all but poisonous in their effects on the system.

These determinations were made by a famous New York physician in experiments upon himself.

He had been suffering for months from a crippling attack of neuritis, which had resisted the efforts of some of the best specialists in this country.

Becoming discouraged with the lack of progress the doctor concentrated his undivided attention upon the alleviation of his handicapping condition.

First assuring himself that there were no focal abscesses in the teeth, tonsils, prostate, or sinuses that might be responsible for the trouble, he set out to learn just what food, or food combinations, could cause this terribly painful inflammation of the nerves.

After studying everything available on the subject, and making numerous experiments—checked by repeated laboratory tests of blood and urinary acidity—he satisfied himself that the chief offender in his particular case was *bread*, and *all* other starch foods—with the exception of *potatoes* and *bananas*.

The potatoes, he found, could be eaten only when baked, or boiled with their skins; the bananas when thoroughly ripened, so that the skin showed black spots.

This meant that, in these conditions of high acidity, the so-called "staff of life," and all its cousins and uncles were *taboo*. No cereals, cakes, puddings, pies, doughnuts, breakfast foods—*nothing* derived from *any form* of grain could be eaten—and more especially if combined with acid fruit, as is an almost routine practice in this country.

### Proteins Cut Down Also

Also, all forms of animal protein food—meat, soups made from meat or meat stock, fish, shell-fish, eggs, poultry, and cheese—were placed on the forbidden list.

An exception was made in the case of milk, which could be taken liberally, if *sipped slowly*.

In addition to orange juice, of which he drank a dozen or more glasses a day, the doctor built up his alkaline reserve with lima beans (richest of all foods in calcium content), navy beans, string beans, almonds, beets, carrots, chestnuts, potatoes (rich in phosphates and potash), dried pea soup, cauliflower, radishes and turnips (although these might cause fermentation with some people), milk, and cottage cheese.

For cooked greens he partook liberally of spinach, watercress, beet tops, dandelion, chard, turnip tops, kale, artichokes, parsnips, asparagus, broccoli, sweet corn, egg plant, Kohl Rabi, leeks, mushrooms, onions, oyster plant, okra.

For fruits he ate melons, oranges, peaches, persimmons, pineapple, quince, strawberries, tangerines, tomatoes, olives, apples, apricots, berries, cherries, citron, currants, grapes, grapefruit, lemons, limes.

Sweet dried fruits were also found valuable.

Salads were eaten *ad libitum*, each day, and every day. They comprised cabbage, avocado, chicory, endive, cucumber, escarole, field salad, celery, romain, sauerkraut.

Cream, butter, and olive oil were used liberally—olive oil and lemon juice on all salads.

Vinegar was *absolutely thrown out* of the dietary.

The only medication taken was occy-crystine—for its laxative and alkalizing effect—one or two teaspoonfuls in a glass of cold water, first thing in the morning, followed by a glass of hot water.

Within a few days the doctor was relieved of his intense and horribly persistent pain, while inside of a month he was completely *freed* from all symptoms of neuritis.

This was more than four years ago, and there has been **not** the slightest indication of any return of the condition.

### The Truth About Buttermilk

It was Professor Metchnikoff who first startled the world with the assertion that the reason the Bulgarians grew to such a ripe old age was because they lived on buttermilk.

This may or may not be so: it has never been definitely proved that the Bulgarians live any longer than non-buttermilk-drinking races. Living in Bulgaria, it may only seem longer to them. And though they may look older, it doesn't necessarily follow that they are older. In fact, it is highly probable that, under identical conditions, these old men and women might be twice as old as they are—if only they had refrained from indulging in their Ponce de Leon beverage. Indeed, many of the most eminent dietists claim that, granting for the sake of argument, that Bulgarians live longer than buttermilk abstainers, it only proves that they do so in spite of their buttermilk, and not because of it.

### Bacilli Don't Always Make Good

Metchnikoff may have erred; for there is no conclusive evidence to prove that the microscopic vegetable organisms that flourish in the intestines are responsible for the development of old age. And there is still less evidence that the little lactic acid-forming bacilli in buttermilk can, or care to, destroy these minute plants. If they can, they are very backward about proving their prowess in the test tube, or on the laboratory

plate. And when invited inside a human being for a demonstration, more frequently than not they merely produce an active fermentation.

When this occurs, the patient is infinitely worse off than he was before; for, in addition to all his original flora and fauna, he has taken aboard a cargo of several million acid-forming germs that are as busy as a hive of bees doing the wrong thing.

Emphatically these remarks cast no reflection upon the value of buttermilk as food. It is food, and very wholesome and excellent food—if it agrees with one. If it doesn't, it is modified poison; for with some individuals, it "clogs the liver," loads the system up with under-oxidized acid, decreases the alkalinity of the blood, and produces biliousness. This is a most important point—usually overlooked by clinicians.

### Many Athletes Are Short-Lived

For, be it remembered, the liver is responsible for oxidizing all the acid that enters the body or is developed within it. It is the system's official clearing house. To illustrate more clearly: Many athletes are short-lived. The reason is not so much because of the strain put upon the heart and arteries, as because of the strain put upon their livers. A prize fighter or a ball player may be an old man at forty; not, as we were formerly told, because of his brittle blood vessels, but because his liver has been overworked in attempting to oxidize the excess amounts of acid generated in his system from the rapid breaking down of tissues due to the violence of his exertions.

Buttermilk in moderation is an excellent food, especially when it is freshly prepared by ferment tablets, so that it gets no chance to become contaminated—as the discard of the churn frequently does. Buttermilk freshly prepared from whole milk is best; for it isn't necessary to drink a gallon or two of it in order to get a decent amount of nourishment.

But however popular buttermilk may be as a food, it is now largely discredited as a life saver.

### Olive Oil

Has olive oil any medicinal value?

Olive oil may not be the cause of the clear complexions, the bright eyes, the robust digestions, the happy dispositions of our Italian brethren, but it has a good deal to do with them.

For the oil expressed from ripe olives is one of the few fats that stimulate the activity of the liver and gall bladder. And anything that will make the liver laugh will go far toward banishing pimples and skin eruptions, and also improve digestion and dispositions.

In the prevention of that inspissation (or drying) of the blood plasma, which is a chief cause of gall-stones, nothing equals olive oil. In large and frequently repeated doses it often cures, or very materially relieves gall-stone colic—when, of course, the condition is not surgical.

A tablespoonful of oil of olives, three times daily, with meals or half an hour after eating, also will have a gentle, persuasive action upon the liver which will accomplish more satisfactory and permanent results than a drastic course of cathartics.

### Hope for Dyspeptics

As a cure for the condition that produces acid dyspepsia—either fermentative or from too free secretion of hydrochloric acid—olive oil, in tablespoonful doses after meals, is wonderfully effective. Cases of many years' standing, that have resisted all the usual methods, almost invariably, are relieved when sluiced with this oleaginous fluid.

Owing to the ease with which it is saponified (prepared for assimilation in the small intestine) olive oil is more readily absorbed than any other animal or vegetable fat.

Therefore, in order to gain weight, it should be eaten or drunk religiously—either “whole” upon salads, or in soups. The Italians use it freely in their cooking.

As an inunction for thin, under-nourished babies or young children, olive oil has largely supplanted cod liver oil in the practice of many medical men.

And for that stiffness in the joints and spine—particularly in the aged—there is nothing much better than a good vigorous massage with olive oil. The massage, however, should be sufficiently vigorous to rub the oil in and the pain and stiffness out.

For dryness of the scalp, and for falling hair and dandruff due to excessive dryness, a small quantity of olive oil, rubbed into the scalp with the finger-tips, is most excellent. It is claimed also that the oil contributes, by its absorption, to the nutrition of the oil-starved hair follicles. In any event, it is one of the few fats that may be safely used on the scalp, as it does not become rancid so readily as do most other animal and vegetable products.

The Italians and other southern European races use oil almost exclusively in frying meats and fish. Those who have eaten their deliciously prepared and readily digested cookery will never, of their free will and accord, go back to the greasy food of our American cookery. Indeed, the objection to fried foods lies not so much in the frying, as in the stuff we employ to fry them in. Stomach distress and fatty eructations rarely result from eating chops, steaks, or fish that have been prepared with this delicate food product, olive oil.

### Stomach Disorders

The little Italian nobleman, Luigi Cornaro, who lived to be over a hundred, set a mighty good example for millions in the civilized world. When Cornaro was about forty, and what you might call a "high liver," he was given up to die. We don't know exactly what it was that ailed him. But we do know that he had practically lost all power of digesting and assimilating his food.

When the doctors gave Cornaro the "lowdown" on himself, the little Italian—who didn't weigh more than eighty-five or ninety pounds at the time—made up his mind to fool them all. He reasoned, and correctly, that if it was the wrong kind of food, or even too much of the right kind of food, that was killing him, his cure—if he was to be cured—could come only by finding out what kind of food was injuring him, and how much

he really needed of the proper kind of nutriment. So first he cut down his supply of food to the very minimum quantity. Then he tested every article of food he ate to see just what foods failed to agree with him. Anything that caused him the least distress he discarded from his menu. Then, by thoroughly chewing the food he could eat, and by regulating his hygienic habits, he got rid of all his ills, and became a centenarian. As he got along in years, one of Cornaro's chief sources of satisfaction consisted of punctiliously attending the funerals of all those doctors who told him, many years before, that he hadn't a Chinaman's chance of even reaching advanced middle age, let alone old age.

When he was about ninety-five, Luigi wrote a book telling how he cured himself of what all his doctors said was an incurable ailment, and lived to be a hundred. This book, even today, has provided helpful advice and invaluable information for thousands intelligent enough to follow this advice.

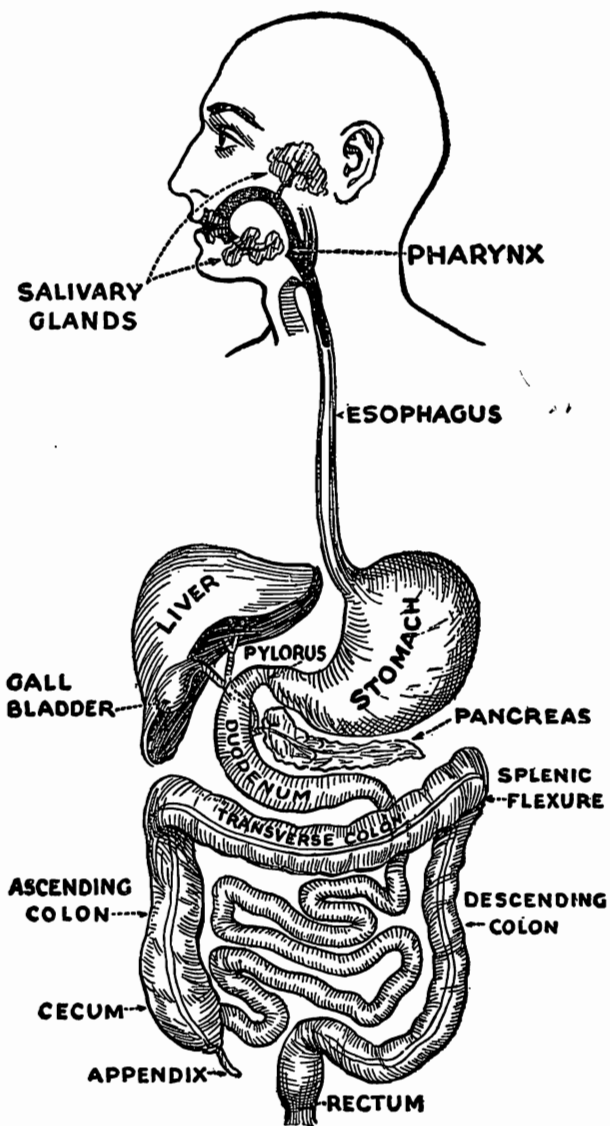
### The Most Common Digestive Disorder

The most common digestive disorder for which the physician is consulted is fermentation—gas in the stomach or bowels. Of course, as a general thing, the proper procedure in any of these troubles is to consult the physician, and by test meals and microscopic and chemical examination of the feces, or in other ways, find out just what the cause of the trouble may be.

However, this is not always necessary, especially in dealing with intelligent people. For there are certain fundamental facts and outstanding symptoms in connection with the more common digestive ailments that you can easily remember. These point to the cause of the trouble, as well as its method of cure.

For instance, if you should suffer from belching of gas, distention of the stomach and eructations of sour fluid immediately after, or within an hour after eating, you may be sure that your trouble is located in the stomach. For the disturbance is taking place during the period of gastric digestion, which is usually at its height in about an hour.





THE DIGESTIVE SYSTEM

If the distress or the bloating does not develop until from two to three hours after eating, you may be sure that your trouble is located in the upper intestine, in which event the fermentation may be due to an entirely different cause, and would necessarily demand different treatment. For the digestive enzymes of the upper intestine—operating in an alkaline medium—are entirely different, and fulfill, in the main, an entirely different function from the digestive fluids and ferments of the stomach.

However, the doctor, in order to get a bird's-eye view of the situation, and thereby be enabled to cope with it more adequately, will want to know certain fundamental things and will ask you such questions as:

"Did this condition come on suddenly, or has it been of gradual development?"

"What does your diet consist of, and have you made any radical changes in it lately?"

"Do you drink much alcohol, tea or coffee, and are you a heavy smoker?"

"Are you happily married, or do you battle with your wife and family twenty-six hours out of every twenty-four?"

"Does the stock market, your business, or your job sit on your chest most of the night or gibber at your right hand all day?"

"Are you one of those hardy individuals who eat hot biscuits or corn bread, wheat, or griddle cakes, pork and beans, doughnuts, fried foods—such as hashed brown potatoes, pork chops, or greasy fish?"

"And how about nice boiled cabbage (one of the most terrible foods any person ever put into his stomach), egg plant, chili con carne, chop suey and chow mein, raw bananas, pastries, pies, candy, and similar comestibles?"

"Do you drink a couple of glasses of ice water with every meal, and how about pickles, catsup, and chili sauce?"

Can you see, from the drift of these questions, how your indigestion could be readily traced to one or more dietetic causes and can you see how, merely by abstaining from the indigestible food or condiment—or whatever it may turn out to be that is

causing your trouble—all your digestive ills might be removed?

And this, without any test for the amount of free and combined hydrochloric acid, examination of the stomach content, lavage of the stomach, or medication of any kind whatsoever.

### **The Quickest and Simplest Way to Cure Fermentation**

Now, there is one good sensible rule to follow in fermentation or gaseous distention—no matter whether located in the stomach or in the intestines, or both. And this is to avoid, on general principles, eating all kinds of food that cause fermentation.

Among these, we may include peas, onions, corn, beans, lentils, cooked cabbage (raw cabbage, in the form of cold slaw, is usually well tolerated by most people), hot breads and biscuits, hot fried or waffled cakes of all kinds (or even fresh bread and crackers), raw apples and under-ripe pears, bananas, peaches, fried foods (especially if fried in grease or lard), fizzy (carbonated) beverages, syrupy or highly sweetened drinks, and most vegetables, such as turnips, carrots, potatoes, cauliflower, thickened soups of all kinds, etc.

It is well established that those who live largely on a carbohydrate diet (starchy and sugary foods) are much more prone to suffer from fermentative dyspepsia, than are those who live more on animal proteins (meat, fish, eggs, cheese, and milk) or fats. In fact, in most cases of fermentative dyspepsia, I advise that all carbohydrates be omitted from the diet. Subsist for a time on such protein nutrients as bouillon, and watery soups and broths generally, eggs, milk (if well borne), tender chopped meats, chicken, squab, and fats, in the form of cream, butter, and oil; custards, junket, jello, etc.

Then, after a short period you may add a small quantity of zwieback, or thoroughly toasted bread or rolls, well cooked oatmeal (it may be advisable to strain this for a while) and other cereal foods, including hominy, rice, noodles.

### **For Temporary, but Immediate, Relief**

For temporary relief from stomach fermentation, characterized by "sour stomach" and belching, I have found best results

from milk of magnesia. Where the fermentation is traceable to intestinal fermentation, I find that a combination of bile salts, pancreatin, and certain stimulating agents, give best results. Most druggists stock some of these preparations under the name of "Bile Tablets." Two of these before meals, with strict attention to the diet, will usually relieve these patients in a short time.

If you are troubled with pain in the "pit of the stomach," and a general feeling of distress after eating, but without gas formation or heartburn, you are probably suffering from a lack of hydrochloric acid, usually accompanied by a deficiency in pepsin also.

This is most noticeable after eating meat, fish, eggs, or animal proteins, and is due to the fact that there is not sufficient amount of stomach acid present to break up the albumin elements in this food and convert them into peptones—a most important process in the digestion of albumins.

In this variety of digestive trouble, it is the meats and animal products that should be curtailed—with the possible exception of milk, which is usually well tolerated. Fats should also be avoided, or greatly reduced in amount. Well cooked vegetables and cereals should form the bulk of the diet for a while. A few weeks of this dietetic restriction should be sufficient to relieve the ordinary tendency toward "sub-acidity."

#### **When There Is an Excess of Hydrochloric Acid in the Stomach**

When there is an excessive secretion of hydrochloric acid, you have an entirely different group of symptoms. These symptoms are found in almost fifty percent of all patients suffering from gastric disorders. You will find them most generally among nervous people or among those who have suffered some great shock or grief, or those who are run-down from any cause. Mental overwork is one of the most frequent of all causes, for "hyper-chlorhydria," as it is called, although our "sinks and coffee" and hit-and-run lunch counters, together with our na-

tional vice of bolting our food and drinking beverages that are either red-hot or icy cold, have a lot to do with it. Also, alcohol in concentrated form (such as "whiskey straight" or "brandy neat"), excessive tobacco smoking, or the use of pepper and condiments are largely responsible for the trouble.

When you have too much stomach acid, you usually experience an uneasy sensation an hour or two after eating, which usually grows more painful as stomach digestion progresses, until often, at the expiration of three hours, you may be in agony with violent cramps.

This is the form of dyspepsia in which you find relief by partaking of more food. For this extra food dilutes the stomach acidity, by providing more material for the acid to "work on." Very often, the stomach is extremely sensitive to pressure in this form of "stomach trouble." Also, you may have headache and dizzy spells.

I strongly urge everybody suffering from this form of gastric disorder to have a test made of the stomach contents. For this is the *only* way to be certain as to whether or not you may have excessive acid. Also, whatever you may do about either sub-acidity or fermentation, do not neglect to clear up this particular trouble in the shortest possible time. For hyperchlorhydria is one of the most common of all causes for gastric and duodenal ulcer. *And these ulcers, if neglected, frequently terminate in cancer.*

I might say, however, that as one principal cause of the disorder is mental overwork, grief, or worry, it behooves you to use a little psychology on yourself and change your mental attitude. Get off your strain and try to take things easy.

### It's Most Important That You Eat Slowly and Chew Thoroughly

Be particularly careful not to take anything very hot or very cold into the stomach. Eat your food slowly, so that you not only avoid irritating the stomach mechanically—by giving it big chunks of food to churn on—but also so that the saliva is thoroughly mixed with the food. Any food that is likely to

irritate the lining membrane of the stomach should be taboo. This includes every form of acid—even fruit acids—spices, pepper, horse radish, mustard, and condiments of all sorts.

In this form of indigestion, I always put my patients on a "salt free" diet. For salt helps to form chlorine and more hydrochloric acid—the very thing of all we must avoid.

Jacobson recommends fresh meat, potatoes, oatmeal, carrots, and cauliflower cut fine, to be boiled for hours with several changes of water; stewed apples, prunes, and apricots; very weak tea and coffee; butter free from salt by washing small particles thoroughly in running water; one egg and about fifteen c. c. of milk or cream per day, but no more. Distilled water is used for drinking. A sample diet for one day might be as follows:

Breakfast:—Oatmeal gruel with sugar and a little cream; apple sauce; very weak coffee with sugar and cream.

Dinner:—Fresh meat, boiled and hashed; potatoes boiled and mashed; carrots likewise; special salt-free butter; orange juice diluted and sweetened.

Supper:—One egg, raw, boiled or poached; boiled rice; puree of prunes; very weak tea with sugar and cream.

The food should be rich in protein and as poor as possible in starch substances. The total acidity of the gastric secretions is much greater with the protein than with the carbohydrate diet, but the amount of free hydrochloric acid is much less. Owing to the large percentage of extractives in meat which excite the flow of gastric juice, it is advisable to substitute some other form of protein, as eggs, milk, cheese, or vegetable protein. However, when meat is prescribed, it should be well cooked to remove the extraction. Raw meat should be avoided, owing to its excessively stimulating effect on the gastric secretion. Oatmeal, bread, cocoa, all of which are rich in protein, are useful food substances in the treatment of hyperchlorhydria.

Starches should not be eliminated entirely from the diet, but should be restricted. They may be taken in finely divided

form; that is, vegetables, such as spinach and cauliflower, must be taken as puree. Salads and fresh fruits are to be avoided. Sugar has been found valuable in the dietary of hyperacidity, inasmuch as concentrated saccharated solutions diminish not only the total acidity, but likewise the free hydrochloric acid, to a marked degree. Sugar may be given in a variety of forms, such as sweet dishes, jellies, jam, and honey.

## How to Use Fats and Oils

Fat fulfills the same rôle as sugar. It has been demonstrated that fat not only hinders gastric secretion, but diminishes the quantity of free hydrochloric acid. Bacon provides fat in an agreeable form. Milk, cream, and butter are indicated.

Oils of various kinds have also been employed with good results in the treatment of hyperchlorhydria. Olive oil decreases the gastric acidity at the end of the hour. The action of oil on the gastric functions is only a temporary one. It has no effect on subsequent meals unaccompanied by oil. In hyperchlorhydria, always take the oil before the meal.

There are many cases of dyspepsia which have their origin in putrefactive fermentation. These people show the characteristic symptoms of auto-intoxication from absorption of poisons from the intestinal tract—headache, sleepiness, disinclination to exert oneself, pains and aches of various kinds, loss of appetite, coated tongue, foul breath, and constipation.

One of the best treatments for this form of dyspepsia is through daily movements of the bowels and an exclusive milk, fruit, and vegetable diet for a time. If the milk seems to disagree (as it does with quite a few people) or if it should cause either diarrhea or constipation, I would advise that small quantities of rice, oatmeal, crackers, toast, or other cereal food be added. This increases the digestibility of the milk and helps prevent fermentation.

## Nervous Dyspepsia and Its Correction

Nervous dyspepsia is another common form of digestive trouble. If you are of a "nervous disposition," easily fright-

ened or greatly worried, you are often likely to suffer from this variety. However, one frequent cause of this condition, which is quite generally overlooked, is eyestrain.

In most cases of nervous dyspepsia, complicated by sick headache, loss of appetite, anemia, and various forms of malnutrition, an examination by a competent oculist will often disclose the presence of an astigmatism.

The profound influence of eyestrain upon the digestive organs is proved by the fact that people with normal eyes, if they try to wear the glasses intended for another person, will often become nauseated, even to the point of vomiting. I have cured literally hundreds of cases of nervous dyspepsia by giving that patient some good advice in the selection of his diet, and then having his "refractive error" corrected by means of a properly fitted pair of lenses. Also, there are a great many cases of "indigestion" which are really due to catarrh of the stomach or intestines. And again, we find that the most frequent cause for this trouble is some crime committed against the stomach, either by "stuffing," spices, hot soups, iced water, unripe or overripe fruits, soda water and ice cream, food that is starting to decompose (such as very "ripe" cheese), and "tipping the elbow" with our old friend John Barleycorn.

Many cases of indigestion are also traceable to colds, grippe, pneumonia, and other disorders that may affect the mucous membranes. The larvae of flies and other insects, when swallowed with contaminated food, are also responsible for many cases of this trouble. I have often found that patients whose chief cause of complaint was "weak stomach," suffered from this gastritis.

### What Eyestrain Does to the Stomach

In mild forms of gastric catarrh due to errors in the diet, the patients complain of a feeling of weight in the pit of the stomach, followed by a sensation of fullness. In some cases, there is nausea and in the more severe type of acute gastritis, the onset of the disorder is characterized by gastric pains, nausea, and retching, rise of temperature, loss of appetite. The tongue is



coated and the breath fetid. The region over the stomach is sensitive to pressure, and the stomach is slightly distended.

It is practically impossible to cure this form of stomach disorder without lavage—or washing out of the stomach. The process is really very simple, consisting merely of having the patient swallow a tube and then washing out the stomach with a solution of bicarbonate of soda (ordinary baking soda), a teaspoonful to a pint of warm water. I show my patients just how to lean forward so that the tube passes down the esophagus (food tube) readily, so that there really is very little discomfort.

In this trouble, only liquid food, preferably soup and gruel, should be taken at first. Then the yolk of an egg may be added. After which, milk (always well “chewed” so as to mix thoroughly with the saliva), minced fowl, ham, filet of beef, egg, or pulverized crackers, may be taken.

## Catarrh of the Stomach and How to Overcome It

If there is pain, you may usually gain relief from applying a “Priessnitz bandage.” The Priessnitz bandage consists of a towel folded several times dipped in warm water, and wrung out. This is placed over the stomach and covered with oiled silk or rubber, with a flannel binder to retain it in place. This bandage, which should be sufficiently tight not to slip down, is adjusted at night, and allowed to remain on until morning.

## How to Relieve Pain by Hydrotherapy

Dilation of the stomach is caused by the fact that this three-pint water bottle we call the stomach will only stand about so much stretching, without losing its elasticity—its ability to shrink back again. The lack of muscular and nervous tone in the organ, as well as diminution in its secreting powers, is traceable to the relaxation of the muscular walls of the stomach. All this, as may be readily seen, interfered with the normal evacuation of the contents of the stomach into the intestine. It constitutes a very serious factor in fermentative dyspepsia, as well as sub-acidity.

Dilation of the stomach, as well as the motility of the organ, can be readily determined by means of the fluoroscope.

If dilation is found, the diet should be selected so as to make the least possible demand upon the stomach. In my experience, milk holds first place in the treatment of this trouble—about eight ounces every two hours. Buttermilk and peptonized milk may also be found useful.

### How to Restore Tone to the Muscles Walls of a Dilated Stomach

In cases where the intestines, as well as the stomach, have "dropped," there is always a point of tenderness in the abdomen when deep pressure is made with the tips of fingers. This is immediately relieved when someone stands behind you and, putting his arms around you, lifts the abdomen inward and upward. To establish the diagnosis is simplicity itself. To cure the general relaxation, however, is sometimes a very difficult matter.

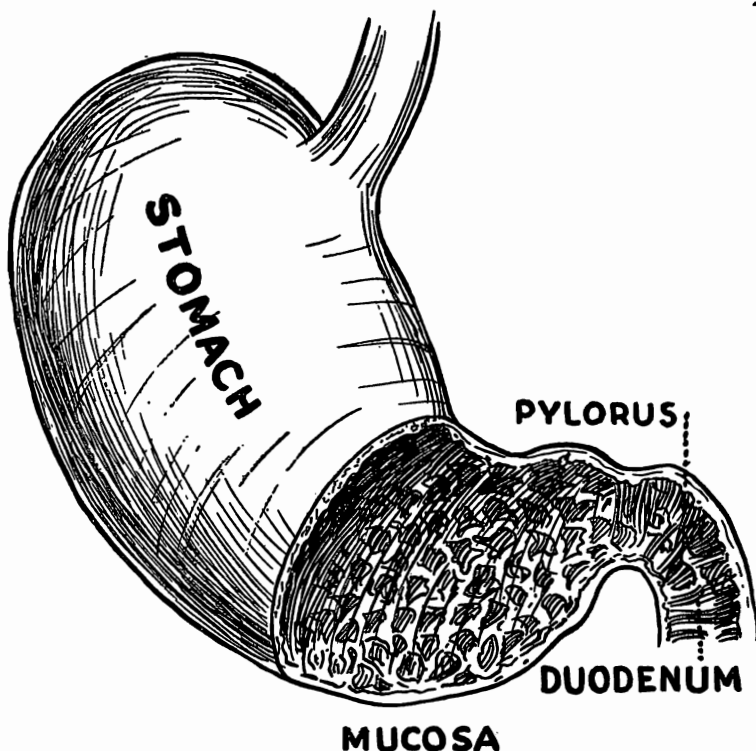
These are the cases that are greatly benefited by the use of a properly fitted abdominal belt (the Einhorn bandage) to be worn for a certain period each day. Also, I have found great benefit from special exercises, designed to strengthen the muscles of the abdomen.

One of the best of these is to lie prone on a quilt or a rug on the floor. Then elevate the legs slowly until the limbs are at right angles with the body. Now lower them again, with equal deliberation. Do this three or four times morning and night, increasing until you are raising and lowering the limbs fifteen to twenty times. If you have an opportunity to repeat this exercise as often as three or four times each day, all the better.

Try always, when you are walking or standing, to stand as erect as possible. Consciously draw the abdomen in and up and try to keep the organs from sagging. This correction in posture should help many misguided girls and young women to prevent or overcome that relaxation of the muscular walls of the abdomen that predisposes to general prolapsus of the abdominal organs.

## Do Not Dispense with Abdominal Binder after Childbirth

I may also say, in connection with this matter of relaxation of abdominal muscles and the viscera, and what this relaxation may mean in bringing about digestive troubles, that I cannot agree with the modern fad of discarding the abdominal binder



A SECTIONAL ILLUSTRATION OF THE STOMACH

following childbirth. It seems to me perfectly logical to assume that, after the walls of the abdomen have been progressively distended for many months, and subjected to the strain brought about by supporting the weight of an embryo and the other

products of gestation that, after the birth of the child and the relaxation of the viscera and the abdominal walls, there should, for a time at least, be some artificial support for the organs and tissues.

I am positive that I have seen a number of cases of prolapse of the stomach and intestines, with aggravated fermentative dyspepsia and chronic constipation, that had their origin in this neglect to support the abdomen, following childbirth.

The entire question of indigestion is complicated in the extreme. And yet, there are, as I have previously stated, certain fundamental principles, the application of which is ridiculously simple. It merely requires that one should use a little human intelligence. And this should not be beyond the powers of anyone who will cooperate in being saved from one of the most nagging, debilitating, and efficiency-destroying disorders that can afflict a human being.

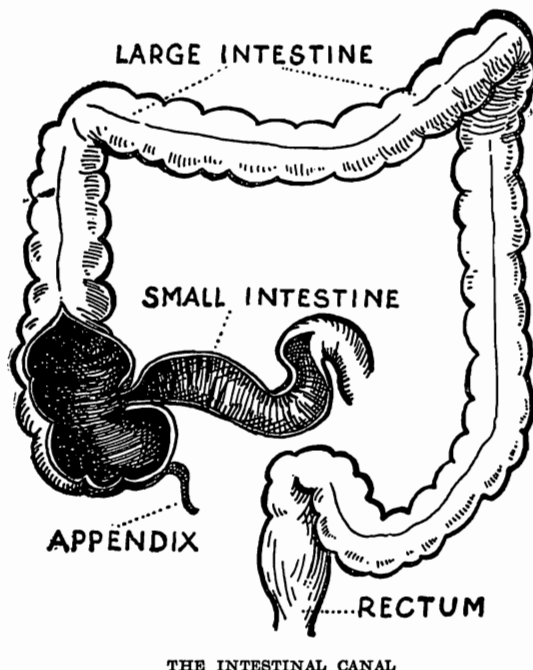
### Intestinal Stagnation

The most common cause for cancer today is self-created poisons—chiefly bowel poisons. Therefore, the subject of constipation must be of the utmost importance to everyone. For there is nothing that, given the proper amount of time, will kill a man more surely and definitely than the poisons he himself manufactures and constantly absorbs. In fact, it is now conceded that about ninety percent of all disorders that afflict the human race—except those brought about by direct infection with some micro-organism, such as malaria, typhoid, or syphilis—have their origin in some form of self-poisoning, brought about by constipation and by the abnormal retention of feces in the intestinal canal.

This may be the actual cause of the most agonizing, the most fatal and, next to tuberculosis, the most frequently met disease of civilization. I refer here to cancer, which now kills one woman out of every eight and one man out of every fifteen in the United States.

Sir W. Arbuthnot Lane, Bart., C.B., M.S., F.R.C.S., consulting surgeon at Guy's Hospital, London, England, says: "Most

of the cancer which horrifies the world today is due to self-created poisons, chiefly bowel poisons, which cause auto-intoxication. About ninety percent of all cancer cases can be traced to chronic poisoning, to the absorption of certain poisons which has gone on over a long number of years. This chronic poisoning may be due either to poisons received from without, to chemical poisons, or to the chronic stagnation of the bowels."



## Don't Be the One out of Every Fifteen Who Dies of Cancer

Remember that you may be one out of the fifteen doomed to die of this disease just about the time you are really beginning to enjoy life.

Also, if you go around, holding your back with one hand

and a cane or a crutch with the other, you should be interested in the subject of constipation. For constipation may be the *real* cause of your backache. This is because of the fact that it tends to produce acidity and to lower blood alkalinity. It favors the development in your system of excessive quantities of uric and other acid compounds, all of which decrease physiological tone and the power of resistance of the body. For, if there is more uric acid formed than you can convert into urea and excrete from your system, the acid circulated in the blood lodges in the tissues and often, by combining with an alkaline salt, forms relatively insoluble crystals.

When these uratic crystals are deposited in your muscles, the membranes around the joints, and in other vulnerable structures of the body, you may develop neuritis, lumbago, sciatica, articular and arthritic rheumatism, or various other painful and crippling disorders.

Also "putrefactive alkaloids," as they are called, are developed in the heat and moisture (conditions most favorable to fermentation and decomposition) in the sluggish and imperfectly emptied intestines. They are identical in nature with "curare," a deadly poison with which the Orinoco Indian tips his arrow heads and blow darts. The slightest scratch is inevitably fatal.

That the race is not annihilated by absorbing these poisons is due to the fact that, within the walls of the intestine itself, there are millions of tiny cells, one function of which is to change the deadly poisons into other poisons somewhat less deadly. This is done by a rearrangement of the atoms composing the various poisons, so that some of the worst of their virulence is neutralized.

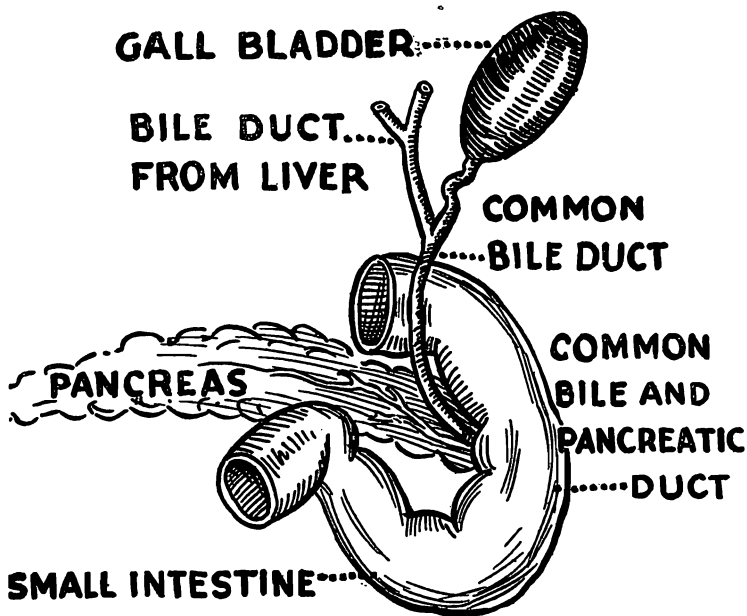
### Torpid Liver and Its Effects

Also, as is well known, constipation produces torpor of the liver, because of overwork in sifting out poisons from the blood. Hypochondria, or melancholy—colloquially called the "blues"—is a very frequent result of this condition. The most frequent results, however, are biliousness, sallowness, skin erup-

tions, headache, neuralgia, and an overpowering sleepiness, a sense of languor, and disinclination to exert oneself.

The irritating effect of the poisons on the nerves also causes nervous irritability and nerve exhaustion, insomnia, or restlessness. In fact, there isn't a vital process that is not adversely affected by the poisons absorbed from over-retained feces.

A large percentage of all cases of stomach and intestinal indigestion result from nothing in the world except constipation. It isn't a particle of use for you to dose yourself with



SECTIONAL ILLUSTRATION OF THE GALL BLADDER AND ITS CONNECTIVE ORGANS

pepsin and alkalies to try to force into action a digestive canal that is just staggering along under an overwhelming weight of poison.

### Would You Ever Believe that Anemia May Be Caused by Constipation?

The same with anemia. You might take a peck of pills or a barrelful of Bozo's Iron Tonic without producing the slightest increase in the oxygen-carrying power or number of your red cells. For the surfaces of your upper intestine may be absolutely coated with a solid mass of dried, hardened feces, that cling to the surfaces like a plaster clings to a wall. These masses—some of which may develop the consistency and hardness of stone—plug up the mouth of the villi, or little ducts that convey the digested pabulum into the blood stream, and prevent also the outpouring of the digestive enzymes of the upper intestine.

The result of this interference with the processes of digestion and absorption is anemia and lowered nutrition. This may often bring about malnutrition and emaciation, as well as a lowered resistance to the invasion of the body by all forms of harmful bacilli.

What is known as "atonic constipation" is perhaps the most common variety of this disorder. It is found rather more frequently in females than among males, due largely to an over-developed sense of prudery which prevents a woman from obeying the impulse to defecate, unless this impulse should come on at home, or when she is with someone with whom she may be very familiar.

### Wrong Habits of Eating and the Selection of an Improper Diet

The second most important cause of constipation is wrong habits of eating and the selection of an improper diet. The demineralized diet, forced upon the American people by cunning appeal, has robbed our population of vital mineral salts that are essential in maintaining many of the secretions in their normal alkaline state, as well as depriving them of the branny envelope of the grain, which helps provide the roughage required to stimulate the peristaltic action of the bowels and facilitate normal defecation.



Also, very few people eat a sufficient quantity of fruit and salads or drink enough water to provide the bulk and moisture necessary to excite peristaltic action of the bowels.

Chronic constipation may also be a symptom of a disturbance of the vegetative nervous system—manifested in neurasthenia, hysteria, nervous exhaustion, and other symptoms of nerve depletion. Anything that lowers the reserve power in your nervous system, such as worry, lack of sleep, too much excitement, or a slam by the stock market, is likely to cause constipation.

In order to overcome certain forms of constipation, it has been found necessary to feed the individual on stuff that even on ostrich would have difficulty in digesting. Many of the German experts employ sawdust for this purpose. For even the roughest forms of bran are digested like egg albumen in the marvellous digestive organs of these constipated people. So they give them wheat bread containing finely sifted beechwood sawdust, in proportion of one ounce to one pound of dough. The bread may contain as much as ten percent of sawdust, without differing in taste or appearance from ordinary whole wheat bread.

However, we would rather advocate, in these conditions, that all bread and cereal products be made of graham, whole wheat, or rye flour, and that if a more indigestible residue is needed, the patient eat several oranges a day, skins and all.

Also, plenty of potato skins (from baked potatoes), spinach, lettuce, cauliflower, raw cabbage, turnips, watercress and other fiber vegetables, containing a minimum amount of starch, should be used.

### Japanese Seaweed Splendid for Constipation

Where the need for rough treatment is not quite so great—as, for instance, in the common variety of constipation—the peristaltic stimulating properties of agar-agar—a form of Japanese seaweed—might be employed. Agar can be mixed in other foods and is relatively tasteless. As agar absorbs water readily and retains it, and as it is able to resist the action of intestinal bacteria as well as the enzymes, its value in the treatment of

chronic constipation is apparent. It gives bulk to the stools, without introducing any objectionable products of decomposition. In order to obtain best results, it is essential to take the agar in large doses (one to one and one-third ounces) every day, regularly.

In moderate or severe cases of constipation, you might try cascara-agar, a mixture of cascara segrada and agar, stocked by most druggists. This is to be taken daily, in doses of one to three heaping tablespoonfuls, best after meals, morning, noon and night, or only at noon and night.

As it is as dry as straw, it requires a vehicle. You will find either apple-sauce or mashed potatoes useful for this; it can be thoroughly mixed with either. If you prefer, you can take it dry and wash it down with some liquid without chewing it.

Another harmless remedy we might recommend, which is having a large use, is liquid petrolatum, a bland and relatively tasteless oil, sold under various trade names. Taken into the stomach, it passes through the whole intestinal tract unchanged; is not digested by any of the enzymes, and is thus able to exert to the full its emollient and lubricating action. It is absolutely non-irritating and a safe, mild laxative in tablespoonful doses, three or four times a day.

Ococy-crystine is also a splendid laxative, especially where gentle stimulation of the liver is required, and where acidity and its effects are to be overcome. It is best taken in one or two teaspoonful doses first thing in the morning, on an empty stomach. Add the ococy-crystine to two-thirds of a glass of water, and follow with another half glass of water.

### The Health-Bringing Action of Fruit

We have already discussed the effect of fruit in constipation. Oranges, the juice of a lemon in a glass of cold water—first thing on arising—grapefruit, cherries, lime juice, apples, pears, peaches, plums, melons, and all succulent fruit and berries are invaluable. However, berries containing seeds—strangely enough—have been found to be rather constipating. Blackberries particularly are to be avoided.



ONE OF THE MOST HEALTHFUL FORMS OF EXERCISE

What we have said about starch and its constipating effect applies also to starchy fruit—such as bananas—which, unless very ripe or else baked, had better be dropped from the bill of fare.

The grape cure—highly extolled in Europe—has been found amazingly effective in many obstinate cases of constipation. The idea is that you should eat three to six pounds of grapes every day—skins, seeds, and all—in addition to taking a diet rich in proteins, such as meat, eggs, and fish. The best results are achieved when the grapes are eaten to the amount of a couple of pounds, one hour before each meal.

### And Don't Be Afraid to Take Exercise

We need hardly mention the beneficial effects of all forms of exercise, particularly horseback riding, swimming, tennis, golf, climbing, rowing, or in fact any exercise that will bring into play the active use of the muscles of the abdomen.

Calisthenics and "setting-up" exercises are also of great help, although it is hardly necessary to say that those exercises that accomplish something and that are interesting are always to be preferred.

Massage of the abdomen is extremely helpful. You may massage your own abdomen, or some member of the household may help in this. Have him stand at your right side and make deep kneading motions across the abdomen in transverse directions. The hands should work in opposite directions—the right hand from right to left, the left hand from left to right, and then vice versa, in order to get the best results.

As a general rule, enemas, as ordinarily given, should be used for a short period only.

Many patients derive an immense amount of benefit from taking yeast once or twice a day. A certain amount of fermentation in the intestinal canal tends to overcome the inertia found in atonic constipation. It is in this type of case that yeast will be found most effective.

**Suppositories Sometimes Afford Very Satisfactory Results**

The use of gluten or glycerine rectal suppositories—especially with children, or as an emergency measure with adults—has also given excellent results. The presence in the rectum of this mild source of irritation is often just sufficient to provide the desired stimulative effect on the peristaltic action of the bowel.

We do not believe we can too strongly condemn the very general use of epsom salts, taken for laxative purposes. Epsom salts excite an outpouring of fluid from the walls of the intestine, which afterwards leave these structures abnormally “dry.” In other words, they are depleted of their normal fluid contents. This explains why most people are more constipated a day or two after taking epsom salts than they were before and also why it is often necessary to employ larger and larger amounts of the saline laxative in order to secure the same results.

While castor oil does not have the same “hydrogogue” effect as does epsom salts, it is, nevertheless, actively irritating for the time being. It leaves the intestine in a state of fatigue and inertia, following the irritation. It is an extremely effective cleansing agent. Hence, its frequent employment before surgical operations, childbirth, and in other conditions requiring a completely eliminated bowel. But, as most people who have taken castor oil will testify, the subsequent effects of this very irritating drug are almost invariably to increase the very condition for which it was first used. So, as a laxative for general and repeated use, castor oil is strongly to be condemned.

Bile salt compounds, on the other hand, are to be commended for the good and sufficient reason that they aid intestinal digestion while they are “working” on the liver. Also, they do not tend to produce a drug habit and a tolerance which requires increasing dosage to overcome. Nor are they “medicines” in the strict sense of the term—any more than liver, given in pernicious anemia, or any of the vitamins given to overcome a deficiency disorder—are to be classed as “medicines.”

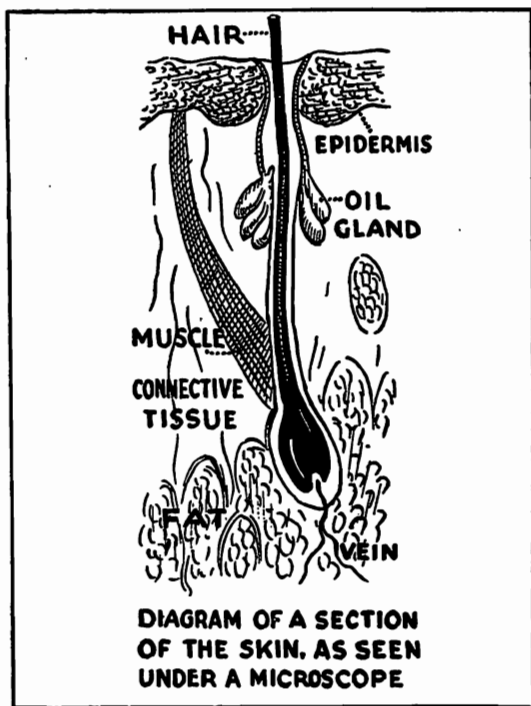
But, no matter what you use, get the bowels to move actively

## 334 SKIN — RELATING TO HEALTH

—a couple of times—or even three times—every day. Nothing you could possibly do would be as injurious as to neglect to evacuate the intestines regularly.

### What the Skin Tells About Your Health

The skin, instead of being merely “skin-deep,” is, from the standpoint of general health and physical well-being, as deep



as the deepest tissue or structure in the body. For the skin is an extremely complex organ, reflecting, as in a mirror, every signal of distress or discomfort of the individual about whom it is wrapped.

It is this wonderful “picture” that enables the veteran in-

ternist to translate, almost in the "stroke of an eye," the signs that indicate unmistakably the presence of various disease processes; and also to tell, as though by a flash of intuition, just how far those processes have progressed.

### **What an Experienced Doctor Knows at a Glance**

The veteran Sherlock Holmes of the hospital wards and the consulting room, by years of experience and close observation, develops an appreciation of these signs that is almost uncanny. With unerring accuracy he is enabled at one glance to say: "This case is septic; better have a surgeon look her over without delay. This is a cancer case; this looks suspiciously like tuberculosis; this like malaria; this like a liver case; this like heart disease; this man is in danger of an apoplectic stroke."

These are the fine points in visual diagnosis, accomplished only by grizzled disciples of Aesculapius. Yet there are any number of signs, so obvious that few observers can possibly mistake them, which should be recognized by any intelligent individual who has two good eyes—or even one good eye. And in this early recognition, and in the prompt treatment of the conditions thus indicated, may lie all the difference between a relatively easy cure of the trouble, or the unrestrained development of some malady which may otherwise be neglected, until it becomes incurable.

And remember that there is nothing in the world that will lessen mental and physical efficiency, and predispose to a thousand and one things that shorten life—and make it more unenjoyable while it is doing so—than these very conditions that could be readily avoided, if only they were recognized betimes, and the proper steps taken to correct them.

### **Anemia and Its Colorless Aspect**

Perhaps the easiest of all abnormal physical conditions to read from the skin is that lack of color which indicates anemia. Anemia is an extremely common disorder among our house-bred humans—and a very important one. For this lack of

coloring matter and red blood cells may be the precursor of tuberculosis and other wasting diseases. Or it may so lower the power of resistance that influenza, and all epidemic diseases may gain an easy foothold, and ravage a system ill-fitted to withstand this invasion of the Goths and Visigoths of bacterial life.

So if your non-flattering looking-glass tells you that you are growing progressively pale; that your lips, eyelids, ear-lobes, and the mucous membranes of your gums are lacking in healthy color—especially if, at the same time, you are losing strength and vitality, or suffer from lack of appetite, or dizziness, headache, shortness of breath, or palpitation of the heart—see a doctor. For, you are probably suffering from anemia, one of the most insidious of all the manifold foes of health.

While the diagnosis may not always be made from clinical appearances, it is more likely that your suspicions may be confirmed. Of course, pallor of the face, lips, and ear-lobes may be present with a normal blood count; while, on the other hand, you may be apparently in normal health—so far as outward appearances go—and still show a considerable degree of anemia. Yet skin pallor is always a suspicious symptom, and should be referred to a competent medical man for verification.

#### **The Microscopic Examination Will Determine This**

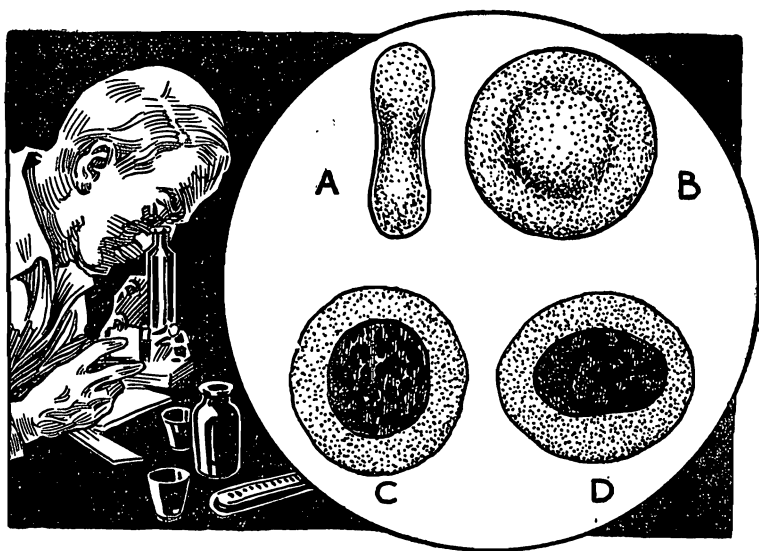
He will be able to tell, by examining microscopically a drop of blood taken from your ear-lobe or finger-tip, whether you fall short of the five million red cells (or the four and one-half million red cells, in case you are of the restless sex) which should be found in healthy blood.

By a course of iron-forming foods—as red meats, spinach, and other vegetables rich in iron—outdoor exercise, baths, proper eliminative and tonic treatment, he will probably bring you “into line” in a very short time.

If there is pernicious anemia, which happily is relatively infrequent, there will be a peculiar lemon, waxy pallor of the skin, with blanched mucous membranes. This condition is now supposed to be caused by the action of poisons absorbed from the



intestinal tract. These are developed either by bacteria, or by some perverted function of metabolism—that process in which food is converted into finished products for assimilation, while the system at the same time gets rid of the debris of dead cells and unused nutritive substances.



MICROSCOPIC REPRODUCTION OF RED AND WHITE BLOOD CELLS SHOWING:  
A and B, RED CELLS; C and D, WHITE BLOOD CELLS.

It may be here mentioned that the familiar “green sickness” of young girls is readily differentiated from the deadly pernicious anemia by microscopic examination of the blood, which will show the absence of those blood cells always found in progressive anemia. It is also interesting to know that in green sickness there is a “leathery look” to the skin; while in the pernicious form of anemia, the skin has a watery or transparent appearance.

### The Skin Aspects in a Condition that May Terminate in Apoplexy

At the other end of the color scale is the florid type of complexion, with the fine blood vessels standing out in torturous bas-relief. This condition is even more dangerous than anemia, for the danger is much more imminent.

It must be remembered that with the normal action of the skin, the body temperature always remains constant, no matter what the external or internal conditions may be. For the heat of the blood, even during the most violent exercise, rarely rises more than one degree Fahrenheit above the normal 98.2. Therefore, if during active working exercise, the skin should fail to function properly, there may ensue a decided rise in temperature from lessened evaporation, generally connected with a congested appearance of the face. This would point to a possible danger from heat apoplexy—a very grave condition, and one which all short-necked, florid individuals more than forty years of age, would do well to avoid.

### The Skin in Bright's Disease

The next most common condition which should warn middle-aged folks to be on their guard is that peculiar yellow, waxy appearance, usually accompanied by a puffiness about the face, which sometimes extends all over the body, even causing swelling of the hands and feet. This is almost invariably associated with a "bagginess" and wrinkling under the lower eyelids, and suggests a clinical picture that spells "Bright's disease" in no uncertain tones.

Bright's disease is a relatively easy condition to handle, if taken in time. Experts find little difficulty in adjusting the diet and turning up the metabolic functions, so that the pathological progress may be checked before mortal degeneration of the kidney structure sets in. The methods employed by these experts are now the common property of most well-informed physicians.

So, do not hesitate to learn without delay the actual con-

dition. Taken in time, you can almost certainly be restored to normal health—even from what was formerly thought to be an incurable disease.

### Jaundice Is Readily Distinguished

Jaundice is another very common condition, the visible symptoms of which are written obviously on the clear texture of the skin. Jaundice is usually caused by a catarrhal swelling of the gall duct—the little duct, no thicker than a lead pencil, that conveys the bile from the gall bladder to the upper intestine. When this tube is dammed up, the bile cannot be properly excreted. As a consequence, a considerable portion of it is absorbed into the circulation.

This paints the skin an unhealthy saffron color. The “whites” of the eyes become yellow. Life loses its rose-tinged hue, and everything takes on a “blue” tinge. Most people suffering from “yaller janders” are dejected and melancholy, from the toxic influence of the bile and the absorbed poisons.

In severe cases of jaundice—the so-called “black jaundice”—the skin may be darkened to a bronze, or even a greenish brown. Also there is likely to be considerable local itching usually accompanied by hives, and recurrent crops of boils in this condition. The two chief causes for jaundice are blocking of the bile duct, either by gall stones in the larger ducts or swelling of the lower cells, which swelling blocks up the inner end of the bile duct. Gall stones are the most frequent cause of “sudden” jaundice, while blocking of the internal end is more likely to produce either a partial or a chronic type of jaundice.

The skin in gall-stone blocking is apt to be intensely yellow, while in the other form, the color is less intense and much more “muddy” in appearance.

Both conditions obstruct the passage of the bile. The bile secreted behind this obstruction is absorbed by the lymph channels, and distributed throughout the body. This condition responds fairly well to medical treatment, although, not infre-

quently, it is necessary to call in the assistance of a surgeon before relief can be obtained.

### The Characteristic Appearance of Malaria

Malaria is comparatively easy to cure, when quinine or arsenic are properly administered. Yet the prevention of the recurrence of malaria is one of those problems the individual must solve for himself. And he can best solve this by giving the malaria mosquito—the female *Anopheles*—a wide berth.

If the skin is merely sallow and colorless, while the “whites” of the eyes remain unstained, you probably have to deal only with anemia and a sluggish circulation, both of which conditions are generally amenable to corrective treatment.

When the liver fails to strain out or neutralize the poisons in the blood, the skin becomes “blotchy” and dirty looking—“liver-y,” many people call it, and correctly.

This condition yields readily to appropriate treatment with dilute hydrochloric acid, ox-bile, citrus fruit, vegetables, exercise, allopathic doses of drinking water, fresh air, and the correction of the dietetic indiscretions.

### The Cause of “Liver Spots” and Skin Blemishes

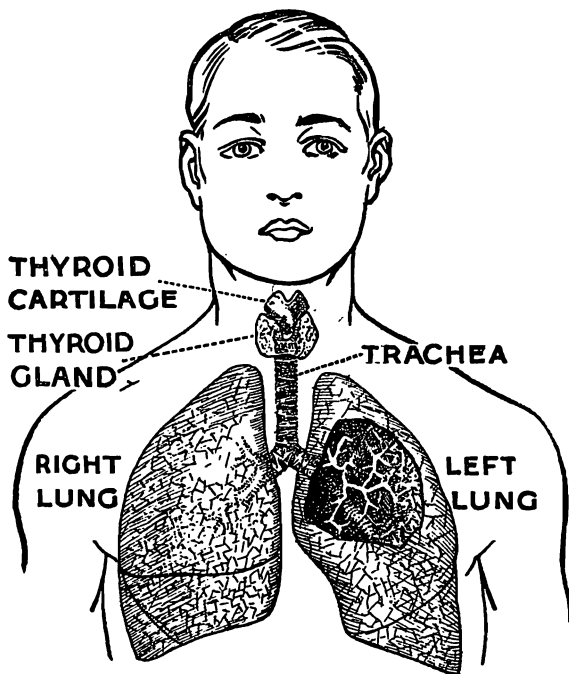
“Liver spots,” pimples, boils, eczema in its various forms, are also external symptoms of an internal condition—manifestations of weakened tissue resistance to attacking micro-organisms—and also of the presence of a superabundance of toxic material in the blood.

These so patently indicate disturbed function, however, and the information respecting their treatment is so general, that they hardly come within the scope of our present consideration. And the same may be said of dry, scaly skins, or “oily” skins.

### The “Plaster-Like” Face in Cancer

The “cachexia” of cancer, however—that plaster-like, ashy color of the skin, associated with malignant disease—is a grave

and important sign. Sometimes it is one of the earliest symptoms to show. For cancer, in the initial stages, frequently manifests itself without pain and the peculiar ashy color is, at times, very difficult to distinguish from the muddy aspect of liver inefficiency. Remember that cancer is alarmingly prevalent—one woman in every eight, and one man in every fifteen dying of its effect.



THE LUNGS AND THEIR RELATION TO THE THYROID GLAND

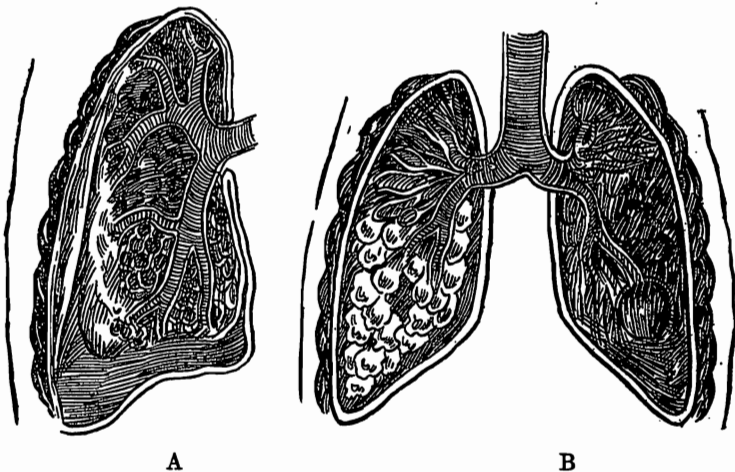
Inasmuch as the principal reason for this high mortality lies in the neglect to locate and remove either by some caustic element, or by the knife, it is obvious that anything that will assist in the early recognition of this disease must be a matter of tremendous importance.

So, women of forty or over, who, without the lassitude and debility usually associated with anemia, find themselves becoming colorless, opaque, and ashy as to skin, should consult their physician without delay—merely as a matter of health insurance, if for no other reason.

### The First Flush of Tuberculosis

The same might be said of those fine-haired, shining-eyed, red-lipped individuals, with translucent skins, who show a light, hectic flush just below the lower edge of the cheekbone.

At first glimpse, this flush might be mistaken for a blush, indicative of embarrassment in an over-eager individual. It is significant, however, that the flush of tuberculosis is not pro-



LUNGS SHOWING: A, PLEURO-PNEUMONIA; B, TUBERCULOSIS.

duced by strong emotion inhibiting the normal contracting effect of the vasomotor nerves on the capillaries of the skin, but is a constant signal—a ruddy flag flung out to warn of serious danger.

While the lips are carmine with the hue of apparent health,

they are red only because of fever. And while the eyes are bright, they glisten only because of the reverie produced by the toxins of the disease.

Do not be misled by these false signals. Remember that fully sixty percent of early-stage tuberculosis is absolutely curable if properly handled. It is necessary merely to recognize the disease in time, and to take the proper curative measures, to insure the conquest of this disease.

### Cancer

While the number of cases of tuberculosis is markedly lessened and the mortality from this disease has been definitely reduced during the past twenty years, the ranks of cancer victims and the mortality from this dreadful disorder have increased to an alarming extent.

Some authorities put this increase as high as 28 per cent during the past two decades.

And now it is estimated that, in average times, excluding epidemics, one woman in every eight and one man in every fifteen die of this horrible and seemingly hopeless disease. This means that approximately 100,000 people die each year in the United States alone from cancer.

There is perhaps no bodily disorder that is quite so loathsome as a last-stage cancer case, or so painful. And, it may also be added, so hopeless, in respect to the outlook for recovery.

The spectacle of the condemned cancer patient praying for death, begging the doctor to put him out of his misery, is one familiar to every physician who has ever had anything to do with these cases.

However, in the final stages there is but little to be done, except, while waiting for the end, to keep the patient as free from pain as possible, by repeated injections of morphine.

Meanwhile the family suffer in sympathy with the victim, and do the best they can to remove from the parts the foul discharge—assuming that this is an external or a uterine cancer, or one that may have an opening outward through a fistula—and keep fresh dressings over the area.

### The Causes of Cancer

Dr. William Mayo, in a paper on cancer read before the Cincinnati Academy of Medicine, October 15, 1928, says: "There are questions concerning the causation and progress of cancer which we cannot answer." He further states, "The excess of nucleus in the malignant cell over and above the normal cell is evidently due to an excess of the normal activating enzyme or oxidizing agent which controls combustion." But he does not attempt to explain what is behind this control.

Sir Arbuthnot Lane, one of England's most famous surgeons and physician to the King, claims that cancer is due, in a large percentage of cases, to the absorption of toxins from putrefaction of food products in the intestine, and that the form of this cancer—whether it is epithelioma, carcinoma, or sarcoma—depends entirely upon what particular organ or structure is attacked.

Dr. Rabagalati, M.A., F.R.C.S., M.D., of Bradford Hospital, England, an international authority on cancer, and Drs. Keith, Kellogg, Banks and other eminent men of science have said that cancer is due, in large measure, to faulty food.

We might add that the late Dr. Buckley, of the Skin and Cancer Hospital of New York, contended that cancer is a disease due largely to a diet too rich in meat and other protein foods. It is interesting to note that Dr. Buckley was fairly successful in his treatment of certain types of this disease, by putting his patients on a low protein diet, giving them a liberal amount of vegetables, fruit, milk, and other foods, rich in mineral salts and alkalies.

Other men contend that cancer is caused by a low state of blood alkalinity, for which they advocate large quantities of orange juice, milk, and the usual alkaline diet, described elsewhere in this book.

Still others claim that cancer is always due to irritation, or to some injury which destroys the integrity and the normal vitality of the tissues. For instance, cancer of the breast may be caused by the biting and sucking of a nursing child; cancer



of the uterus may develop from an unrepaired laceration of the cervix, or mouth of the womb, in childbirth; cancer of the stomach or intestines may develop from an ulcer, produced by irritating food or by an excessive acidity of the secretions; epithelioma of the lips and cancer of the tongue, by excessive smoking; and so on.

However, if the claims of a number of investigators should, after further experimental work and study, prove to be well founded, it would appear that all the causes for cancer given above are only contributory causes at best, and that cancer may be of germ origin.

The isolation of a cancer-producing germ is claimed by some investigators, who subsequently also developed a serum. This serum, when injected into animals afflicted with cancer, seems to improve their condition materially.

Many human cancer patients have been injected with the serum and the results are so suggestive that I have taken a profound interest in this matter and am studying every available aspect of the problem.

### Time an Important Element in Cancer

Whenever any "sore," growth, or lump appears on the body which refuses to heal under ordinary methods of treatment it may be cancer or developing into it. Therefore, lose no time in consulting a competent physician, and your life may be saved by this timely consultation.

Any gastro-intestinal disturbance of long standing, particularly during or after middle age, may be significant of cancer. Uterine bleeding or persistent discharge may be the forerunner of cancer and a gynecologist should be consulted at any early date. Do not wait until you suffer pain, for pain is usually a late symptom of cancer.

This lends support to the idea of having yourself examined by a physician annually or semi-annually. Many a victim of a would-be disease has been snatched from the clutches of death by early recognition of the disease.

Remember, not all cases of cancer are fatal and when diagnosed early, are curable.

### The Warning Color in Addison's Disease

Another malignant condition, first disclosed by the skin, is Addison's disease. Unlike cancer, this disorder manifests itself in an abnormal pigmentation of the skin—the entire surface taking on a bronze or copper hue, which extends even to the mucous membrane of the mouth—especially along the edge of the teeth.

Addison's disease is a disorder of the suprarenal capsules—those little ductless glands that sit like caps upon the tops of the kidneys, and exercise such a marvellous power over the circulation of the blood. Just how or why the extraordinary pigmentation of Addison's disease should develop is something that no one definitely knows. The grim and tragic thing we do know, however, is that it indicates the presence of an insidious disease that is usually fatal in from one to two years, and for which, thus far, no cure has been found.

### When There Is Lead Poisoning

The presence of lead in the tissues, absorbed by those who grind paint or work with lead, is often first noted by the "deadness" of the skin, as well as by the characteristic narrow, well-defined, black line in the gums, where they are in contact with the teeth.

Fortunately, this condition responds readily to appropriate treatment, the first and most important part of which, of course, is to avoid the cause that has brought about the original condition.

There can be no question of doubt, but that the skin is an extraordinarily accurate indicator of general health. It remains only then, for those who have an interest in their continued health to read the signs aright. And, having read them aright, to take intelligent action toward the correction of the evils so obviously indicated.

### Diabetes and Bright's Disease

One in every five of the adult population of this country is afflicted with some well-defined abnormal condition involving the kidneys. This manifests itself in the appearance of albumin, sugar, or casts in the urine—or in dropsy, blood tension, or heart irregularity. So that at the present time perhaps the *most dangerous menace* to life and health in America lies in the prevalence of these insidious disorders, the presence of which is rarely even suspected until the body defense has been undermined.

Especially are these conditions to be dreaded after creeping age has slowed the powers of repair and retarded recuperation.

Disheartening progress has been made in the treatment of these disorders. This is in part due to our failure to recognize their underlying causes.

This failure to take the *cause* into account results in the death of thousands who succumb every year to these insidious disorders.

The reason is plain. We have been taught that the only relief for Diabetes—usually pronounced incurable—is in rigorous and protracted diet, often lasting the remainder of the sufferer's life, coupled in many cases with periods of actual starvation. This same teaching largely applies to Bright's disease. Yet *nothing but* food—wholesome, nourishing, well-balanced food—can possibly rebuild a single cell of wasted tissue, or restore a particle of lost strength or energy.

Remember that food is the fuel of the human engine. *Nothing but food can possibly keep this complicated and delicate machine in operating condition.*

### The Menace of Diabetes

Diabetes is one of the penalties inflicted upon us by what we are pleased to call "civilization." It is estimated that there are, at this present time, at least a million cases of diabetes in this country. The number of nephritics is even greater.

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### Two Kinds of Diabetes

There are two chief varieties of diabetes—Diabetes Insipidus and Diabetes Mellitus. Diabetes Insipidus has thoroughly earned its name "Syphon Disease." For many sufferers from it have actually been known to drink from ten to twelve gallons of water a day—literally syphoning the water into the system, with, of course, a corresponding increase in urination.

The specific gravity of the insipidus urine is low—1.000 to 1.005. Unlike Diabetes Mellitus, it contains neither albumin nor sugar.

Often the health is only slightly impaired, although generally there is a dryness of the skin, with progressive weakness and emaciation, as in Diabetes Mellitus.

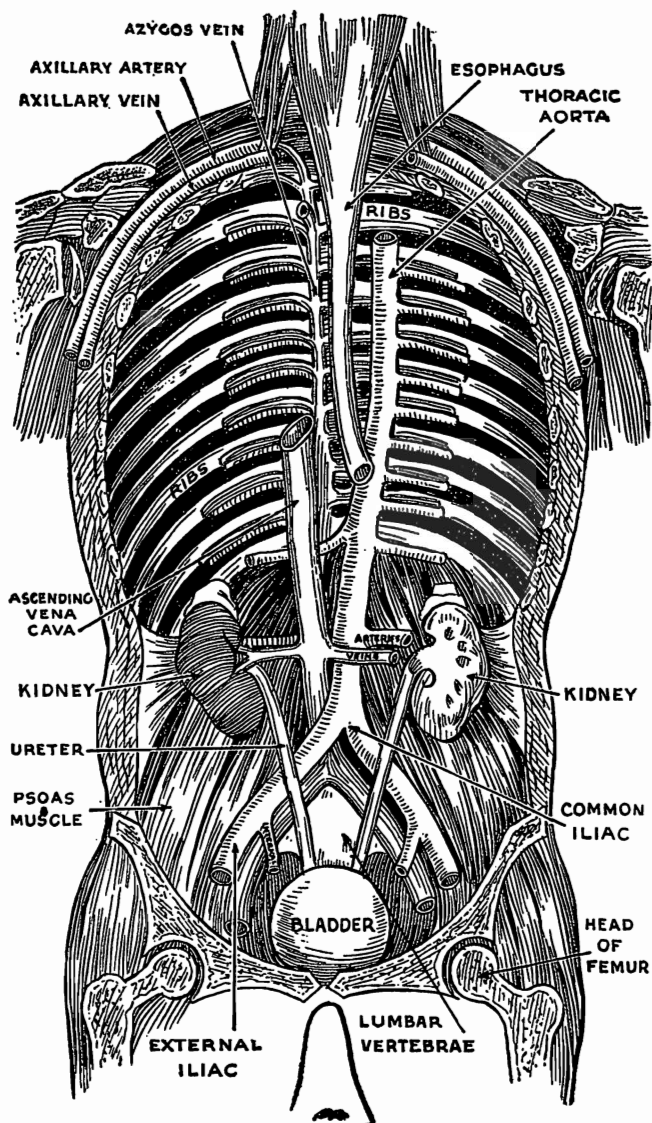
Nervous shock, the effect of blows or falls, pregnancy, syphilis, and possibly brain tumors or lesions, are supposed to be the most frequent causes for Diabetes Insipidus. Insipidus is not necessarily fatal, although it is a most incapacitating disease.

### "Honey Urine"

Diabetes Mellitus, on the contrary, is a grave and generally fatal condition. Indeed, it is quite universally contended that a well-developed case of Mellitus in a child under twelve years of age probably never recovers.

So great an authority as Dr. Nellis B. Foster, Assistant Professor of Medicine at Cornell University, has said: "With children and young adults, the progress and termination of Diabetes may be seen definitely. The children all succumb within a comparatively short period after the disease is recognized; two years from the time of the first symptom is the longest tenure that has come to my observation. I have known of no case of recovery."

In Diabetes Mellitus there is a hypersecretion of urine, highly charged with sugar. The specific gravity of this urine varies from 1.020 to 1.040, or even higher; the percentage of sugar from  $\frac{1}{2}$  to sometimes 10 per cent, or even more.



IMPORTANT STRUCTURES INVOLVED IN BRIGHT'S DISEASE AND DIABETES

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Diabetes Mellitus is found more frequently in the rich—who can afford to indulge their appetites—than in the poor, and is probably three times more frequently met with in men than in women. It is especially prevalent among Hebrews, and is only rarely found among Negroes.

### Onset Slow

The onset of Diabetes Mellitus is usually slow and insidious. As a rule the earliest symptoms are usually thirst and dryness of the mouth and throat and viscosity of the saliva. Polyuria (frequent urination) may either occur at the same time or be the first symptom noted, the daily output of urine varying from only a slight increase above normal to as much as twenty-five or thirty pints, and in some cases even more.

Pruritis (intense itching) is a common symptom, particularly among women, and one that may cause considerable annoyance.

The sufferer may sweat profusely under the influence of slight exertion or during moderately warm weather, or his skin may be dry and harsh. Bulimia (excessive appetite) is a common symptom, though the patient gains no weight, or even loses flesh and grows progressively weaker.

As the disease progresses, complications may be looked for. Neuritis is frequently observed. Gangrene may be readily produced by what under normal conditions would prove to be a trifling injury, an abrasion, a boil, etc. It is apt to begin in an extremity, especially the great toe, and extend upward. Gastro-intestinal disorders are frequently observed, consisting of indigestion, constipation, or diarrhea.

Successive crops of boils or carbuncles, intense itching, particularly of the genitals and in the anus, and eczema are common. Cataract is occasionally met with. The poisonous effect of the sugar-laden blood also induces loss of sexual desire and other manifestations of nerve exhaustion.

Coma is the terminal symptom, most justly dreaded in the diabetic. It is caused by the accumulation in the system of poisons of a highly toxic nature—including acetone and dia-

cetic acid—elaborated in the body of the diabetic by the disturbed process of metabolism. Coma is sometimes ushered in by cramp-like pains in the abdominal region, although often the only noticeable symptom of its presence is a drowsiness, gradually increasing, until profound coma develops.

Then usually follows the convulsion—the last scene of all in this strange, eventful history.

### A Few Causes of Diabetes

Brain lesions, degeneration of the “Island of Langerhans” in the “tail” of the pancreas, physical and mental overwork, overeating, and obesity are believed to be the most common causes.

Dr. Joslin especially stresses the influence of obesity in producing Diabetes and claims that 60 percent of diabetic cases are the result of overeating.

In a large proportion of cases, the trouble is brought on by the presence in the blood of an excess of the normal waste-products—toxins. The accumulation of these poisons is principally due to the ingestion of food in excess of the body's needs. Overeating becomes *more active* as a cause of Diabetes when alcoholics are used. This accounts for the fact that Diabetes is often observed in vigorous subjects who are large eaters, particularly those who partake freely or habitually of alcohol.

All conditions that impose excessive strain, wear, or tear upon the body, such as prolonged overexertion, mental or physical, worry, anger—which are all attended by excessive production of waste-products—favor the development of Diabetes.

### Diabetes in Every Box

To the fact that we are becoming a nation of “sugar-hogs” may also be attributed a rather rapid increase in the number of cases of Diabetes in this country. For the eating of sugar in excess of the oxidizing capacity of the system is pernicious in the extreme.

Our grandfathers and grandmothers, between 1800 and 1810,

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consumed but 11 pounds of sugar a year. At the present time it is nearly *90 pounds*. And heaven only knows how much farther it will go with a candy shop on every corner in the country, taking the place of the two saloons that formerly occupied these coigns of vantage.

And yet, there is nothing in the whole pharmacopea or in the diet tables that can supply the diabetic with the energy he gets in concentrated form in alcohol. This is because of the fact that alcohol is the only product that will yield heat and force without the expense of any digestive energy. For alcohol is immediately absorbed and promptly utilized as heat and energy, which materially aid in converting fats and oxidizing fats and proteins, thus preventing the development of acetone and diacetic acid.

### Why the Diabetic Is So Hungry

The body is a sugar-burning engine, running largely by the combustion of glucose derived from the ingestion of starch and sugar. When, for some reason, this glucose is lost to the system by being voided in the urine, actual starvation is produced. The hungry tissues cry out day and night for their fuel food. This creates the abnormally large appetite ("Bulimia") present in most diabetics—especially in the early stages.

The patient progressively loses flesh. As the disease advances, he becomes more and more emaciated, more and more weak and debilitated. For his diabetic process is robbing him of his only source of strength and energy—the tissue-building and energy-creating value of his food.

Albuminuria occurs in connections with a large number of cases of Diabetes—generally late in the disease. This form may be brought about by excessive strain of elimination on the kidneys, although frequently the same degenerative process responsible for the Diabetes is also responsible for Bright's Disease.

Drugs are not prescribed with the purpose of lowering the sugar in the urine in the most famous of our large hospitals.

Of course, there is the indispensable insulin, which, while not



a "medicine," strictly speaking, is extracted from gland tissue.

There is also soda bicarbonate, given by mouth or rectum, to help neutralize the dreaded oxybutyric acid, and stave off acidosis and the diabetic coma, which is the principal cause of death from Diabetes.

And whatever adjunct treatment the attending physician may prescribe—for in these grave disorders there should always be an attending physician to guide and warn and help as the occasion demands.

However, a fairly rigid low starch and sugar diet must remain one of the sheet anchors in the treatment of Diabetes.

## The Diagnosis Is the Easiest Part of Bright's Disease

Nephritis, commonly called Bright's Disease, is an inflammation of the kidney, and may be either acute or chronic in form. And that it is one of the most frequent causes for inefficiency, incapacity, and death is evidenced by the fact that it affects probably 20 per cent of the working population in this country.

With the acute varieties of Nephritis, we are not here concerned. Suffice it to say that they are dangerous because of their immediate consequences. Yet they are even more dangerous because they are likely to leave the kidney in a crippled condition, making it more susceptible to the chronic forms of the disease.

## A Few of the Causes

a. *Habitual overeating.* This common but dangerous habit in burdening the system with waste-products, thereby putting an overload on the kidneys that in time leads to irritation and congestion which may, under certain conditions, develop into Nephritis.

b. *The continuous use of alcoholic beverages* over a considerable period of time.

c. *Infectious diseases*—Scarlet Fever, Typhoid Fever, Smallpox, Malaria—cause a large per cent of the cases of acute Nephritis, a great many of which, because of neglect or improper treatment, run into chronic form.

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d. *Certain occupations* seem to favor the development. *Workers in lead and mercury* are especially prone to diseases of the kidneys.

It is also a well-known fact that engineers, firemen, and others whose occupations subject them to *constant vibration and jars* are particularly susceptible to Nephritis.

*Workers in cooling-rooms of packing houses* and others engaged in occupations that expose them to extremes in heat and cold are frequent victims of Nephritis.

e. *Pregnancy* has long been recognized as a cause of Nephritis.

f. *Acute gastro-intestinal disorders* appear to be the starting points of Nephritis in many cases.

g. *Heredity* plays a very important part in the development of kidney troubles. There can be no question that a tendency to Nephritis is *frequently transmitted*.

h. *Anxiety, worries, and high nervous tension* incident to modern business activity favors the development of chronic Bright's Disease, particularly where these causes are associated with over-indulgence in rich foods, alcoholics, and sedentary habits.

### Characteristic Symptoms

One of the early and most constant symptoms of Bright's Disease is an increase in the quantity of urine passed, coupled with a frequent desire to urinate, not only during the day, but often two or three times through the night. This may be aggravated by the hyperacidity of the urine and by an irritability of the prostate gland, so often associated with kidney diseases, particularly in those past middle life.

Other symptoms are progressive weakness, often accompanied by a gradual loss of flesh, disinclination to exertion, headaches, attacks of indigestion, a puffiness under the eyes, or swelling of the lower extremities, and shortness of breath.

Arteriosclerosis, or hardening of the arteries, is very frequently met with where Bright's disease is well defined.

The association of Bright's disease and Diabetes is well known to most laymen, as well as to all physicians.

## Starving the Starved

The whole philosophy of the accepted treatment of Diabetes is summed up in the question, "How can sugar be removed from the urine, or, in other words, how can the patient become sugar-free?" The answer is:—

"In mild cases, by eating less and exercising more, with consequent loss of weight. In moderate cases, by still greater care in avoiding unnecessary food, and often by reducing the quantity of carbohydrates, protein, and fat. In severe cases, by omitting the fat from the diet, by which procedure the danger of acid poisoning is prevented, and then reducing the carbohydrates and protein, or, in a few cases, by fasting." Thus says Joslin.

## Food Is Good Medicine if It Can Be Utilized

The orthodox method of rigorously restricting the diet in the treatment of Diabetes is about as sound as to expect an engine to continue to run without fuel.

If you put no fuel in the furnace there will be no ashes (refuse-waste material) but neither will there be any fire. And so it is with the human body. If you withhold all sugar-forming foods, no sugar (ash) will be eliminated; in fact, the urine may be made sugar-free by starvation—*but the disease remains*. And because of the weakening effect of the withdrawal of all heat- and energy-producing foods, the sufferer is reduced to a weakened, emaciated, helpless condition, and is an easy prey to coma or any of the infectious or wasting diseases, that are ever present and waiting a favorable opportunity to strike.

## The Value of Elimination

The most scrupulous attention should be given to insure thorough elimination, and to prevent the accumulation of

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poisons within the system. All drastic purgatives are usually to be avoided, as they tend to deplete a system already low in vital resistance.

The tendency toward acidity also is reduced by the use of soda bicarbonate, or else by the free use of one of the alkaline waters, which tends to alkalize the blood.

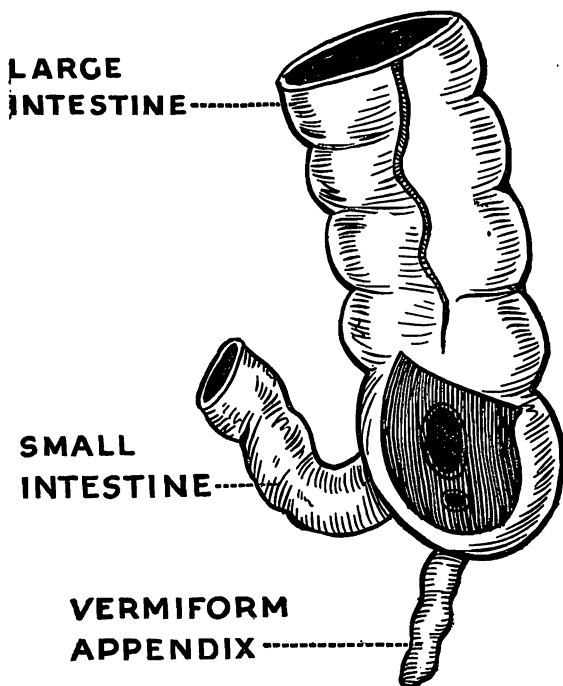


DIAGRAM SHOWING CONNECTION BETWEEN LARGE AND  
SMALL INTESTINES

### "Acidosis"

Acidosis is the *coup de grâce* which Nature reserves for the diabetic. It is the cause of the coma which ushers in the last chapter of his life. Acidosis arises mainly from the incomplete

combustion of the fats; for it is evident that *fats can be completely oxidized only when carbohydrate is being simultaneously burned.*

The philosophy of this condition is very simple. The facts are these: Owing to the inability of the system to utilize the carbohydrates, and to store the unburned product as glycogen, the carbohydrate is hurried through the system, and lost to the animal economy.

Therefore the energy required to run the body machinery must be provided for by the proteins and fats. The proteins are easily utilized, but apparently it takes so much draught to consume them that there is not enough oxygen left properly to oxidize the fats.

The products of this incomplete combustion accumulate in the system and overcome the patient. As Osler says: "He is suffocated quite as effectually as he would be from the carbonic oxide of a charcoal stove." The chief product of this incomplete combustion of the fats is B-oxybutyric acid, which in itself is a source of diacetic acid and acetone.

Perhaps the best means for noting significant lowered tissue alkalinity lies in the increasing languor, drowsiness, and disinclination to do anything—together with the sensation of not getting sufficient air, accompanied by the tendency to take deep, full breaths.

To overcome this take an alkaline enema of a strength of two ounces of sodium bicarbonate to the pint. Liberal quantities of soda bicarbonate should be taken by the mouth—a teaspoonful in a glass of water, repeated every two hours, is not too much.

Citrus fruits—oranges, lemons, and grapefruit—tend to prevent acidosis and may be freely used, as their weak acids are split off into alkaline bases by the digestive process, and help to alkalinize the blood and tissues.

### **A Baked Potato Helpful**

A diabetic can tolerate an average of three times as much potato (weighed raw) as he can of white-flour bread. The

whole potato contains approximately 20 per cent of sugar and starches, 2.5 per cent of protein, and a trace of fat. But the most valuable things it contains—considered for the purpose of warding off acidosis—are calcium, potassium, and iron. This, of course, only when baked or boiled in the skin, so as to retain the mineral salts.

#### **Oatmeal Also of Valuable Assistance**

Van Noorden's very excellent work has also done much to establish the value of whole oatmeal (not the scoured product) with a little butter fat—to make up the fat deficiency—in the treatment and relief of acidosis.

The oatmeal should be thoroughly cooked in a double boiler—using water slightly salted. While still hot, strain through a sieve and add a little butter, well stirred in.

Alcohol is one of the most valuable of therapeutic agents in acidosis, and may be used liberally in the form of wine, whiskey, or brandy.

#### **An Acidosis Victim Should Carefully Conserve His Strength**

And, last of all, an acidosis patient should carefully conserve his strength, and his heat units. He should go to bed and keep warm, thereby avoiding needless loss of body heat through exertion or exposure. Every effort should be made to keep him as quiet and tranquil as possible.

Plenty of liquids should be taken to help flush the poisons out of the system. These should be given hot—in the form of broths and soups, tea, coffee, and hot water or clam bouillon. An average of one quart of hot fluids should be given every six hours, until the urinary balance is improved, or until the system of languor and debility are relieved.

#### **Side-Stepping Seasickness**

How may one go on the water, and yet escape seasickness? Seasickness, it is interesting to note, is one of the most com-

mon land diseases. In fact, one can get seasick more quickly and more violently on board a camel than upon any ship. Also, many of us know that any little stomach upset, plus a trip in a swaying, reeling railroad train, will produce a violent mal de mer. For a constantly changing skyline and a sensitive stomach are almost as common on land as on the heaving main.

However, it is now believed that the actual cause of equilibrium nausea (if I may be permitted to coin a term) lies in the ears. Nature has inclosed a few drops of a watery fluid in the semicircular canals of bone directly back of the ears in both men and animals. These determine proper equilibrium, acting as a sort of level or balance.

This natural level controls our sensations or ideas of what is horizontal, in contradiction to what is perpendicular. Further evidence of this function lies in the fact that when these cells and their fluids are affected by what we know as "Menière's" disease, we suffer from the same vertigo, giddiness, and nausea that accompany seasickness.

Also, the eyes, tiring from the unusual and unnatural task of focusing upon the rapidly changing horizon-line, frequently communicate their tale of weakened muscular woe to the pneumogastric nerve. This nerve sympathizes with the eye-strain by making the stomach stand on its hind legs, or lie down and roll over. So, before taking a trip on either land or water, people subject to seasickness should first have their eyes thoroughly examined by a competent oculist. If any abnormalities are found, they should be corrected by a properly fitted pair of lenses.

### Diet Before Going on a Journey

Then, a day or two before starting, a saline aperient may be taken. The diet should be greatly restricted—a specific embargo being placed upon all heavy, greasy, or soggy foods. The good old practice of dining sumptuously and unwell, and topping off with a box of chocolates, is to be studiously avoided. Also, alcoholic drinks—particularly beer or malt liquors—should be tabooed.

When the boat or train begins its swayback gyrations, a small tuft of cotton, smeared with white vaseline, should be plugged snugly into each ear. This little precaution has in thousands of instances been an actual specific in seasickness. For it prevents the entrance of air into the canals of the ear, and the consequent rapid fluctuation of the fluids contained in these canals.

An additional help in overcoming the tendency toward nausea—and a very effective one—is to sip a few tablespoonfuls of milk of magnesia, poured over cracked ice, or mixed with a third of a glass of ice water. If this is not available, a teaspoonful of bicarbonate of soda (pure baking soda) in half a glass of water, frequently gives relief.

Sulphate of atropine, now recommended for seasickness, should not be used except under the definite instructions of a physician. For this powerful drug must be taken until its physiological symptoms (dryness of the throat and dilation of the pupils of the eyes) are apparent, in order to narcotize (or deaden) this equilibrium nausea. And in the hands of amateurs there is considerable danger of developing belladonna poisoning with this treatment.

Even should all of these suggestions prove ineffectual, it is hardly likely that they will not at least mitigate the severity of the attack. Also, it is comforting to realize that rarely or never is seasickness of itself a fatal condition—notwithstanding that, at the time, we most heartily wish it were.

### Avoid Fatigue—It Brings Early Old Age

One of the best and most effective combinations of whistle and red light with which Nature ever danger-signaled recreant and unthinking humans is fatigue.

Yet we have been trained, by centuries of immoral precept, to disregard fatigue—to ignore the well-meant warnings, and plunge bull-headedly along our devious ways. Which is the chief reason why scores, if not hundreds of thousands, of



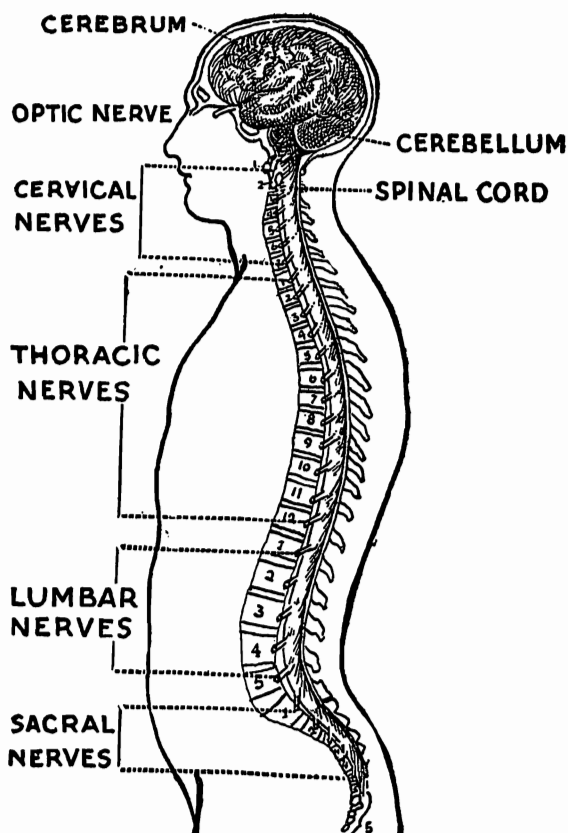


DIAGRAM OF CENTRAL NERVOUS SYSTEM

worthy, but misguided, citizens are now living on the border line of nervous and physical collapse, and very rapidly getting no better.

When these misguided ones break down from the accumulated results of this fatigue—as break down they must—they blink in dazed fashion, and look about for something or someone upon whom to hang the blame for their dereliction.

Yet the cause is usually as plain as a pike-staff—as simple as

finding the answer to two plus two on one of these superhuman adding machines.

Now, just what is fatigue? What causes it? And what does it do to us?

First, there is the chronic fatigue of Weary Willie, and his sister Wilhelmina. These worthies have an inherent disinclination toward exertion of any kind—an ineradicable distaste for contracting and expanding voluntary muscle fiber. This apathy may be a state of mind—just as bragging about Boston is a state of mind. This form of fatigue is removed only by death, or by some great psychical or spiritual regeneration.

Then there is *chemical* fatigue, due to the accumulation of fatigue wastes or fatigue poisons in the system. This is a thoroughly normal condition—when it doesn't go beyond normal bounds. Every living individual fortunate enough to earn this superb quality of fatigue is heartily to be congratulated. It's the soporific that brings the blessed nepenthe of sleep to heavy eyelids more effectively than anything that was ever poured out of a bottle, rolled up in a pill, or squirted from a hypo.

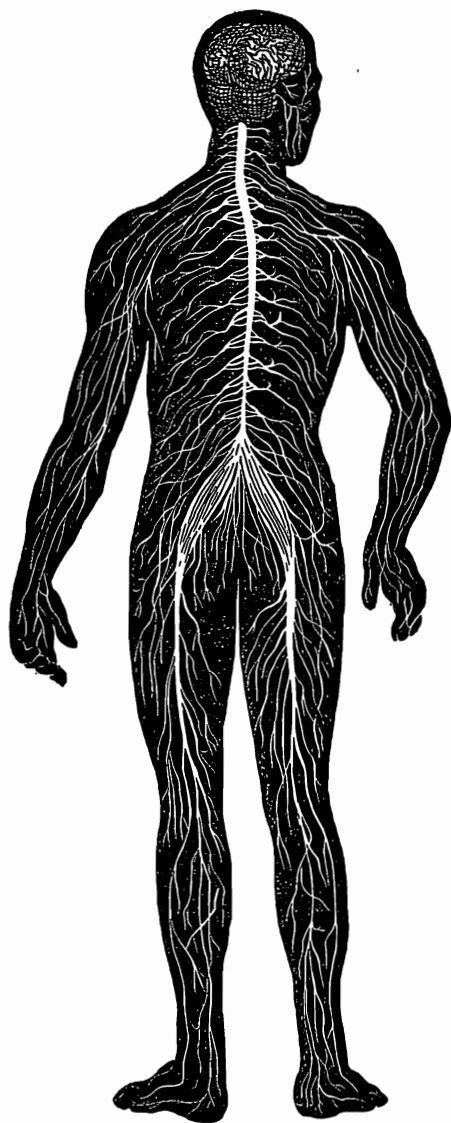
Focal infections and toxins from decaying teeth and septic gums may be contributing causes to fatigue—as are also the poisons absorbed by autointoxication resulting from constipation.

The reaction from excessive indulgence in stimulants—such as tea, coffee, cola drinks; or the direct action of narcotics—such as headache powders, tobacco, and mince pie—are also frequent causes of fatigue.

### The Exhaustion of Nerve Force

Then there is the fatigue that results from exhaustion of nerve force—from the draining of nerve cells of their vital energy. This is the type of fatigue that brings about most of the nervous breakdowns of modern life, and causes the vast increase in the army of neurasthenics.

To completely remove it—and *keep* it removed—is a lifetime job, with no vacation. It implies that one must make a



GENERAL ARRANGEMENT OF NERVOUS SYSTEM SHOWING BRAIN,  
SPINAL CORD, AND CHIEF NERVES THAT BRANCH FROM THEM

business of conserving nervous energy—of building nerve force—of scrupulously guarding the balance on the credit side of the column in the Bank of Life.

And yet most frequently the predisposing cause of fatigue from nerve exhaustion—the condition *back* of the nerve exhaustion that comes to produce depression—is chemical fatigue, and the presence in the system of the toxic products of chemical fatigue.

These chemical substances are varied in their nature, but consist chiefly in carbondioxide and lactic acid, which, as investigation has shown, are highly inimical to protoplasmic activity.

### Over-Activity of Wear and Tear and Under-Activity of Repair Processes

They are produced quite normally by an overdose of motion—and overactivity of wear and tear—or by an under-activity of the process of repair.

Now, this making and re-making of the tissues is a process continuous during life. Michael Foster likens it to the Dance of the Atoms, which, by the double process of making and un-making, are caught up from the foodstuffs and transformed into parts of the whorls of the living cells. Linked for a while in the intricate figures of the Dance of Life, they finally loose hands, and slip back into the blood as dead matter.

Whether the muscle be active or at rest, this change is perpetually going on. Some part of the capital of the living tissue is being spent—changed into waste matter. Some of the new food material is being raised to living capital.

When the muscle is called upon to expend extra activities, the destruction of living cells is naturally more rapid. More living capital is being spent than can be renewed. This leaves the tissue impoverished, and necessitates a period of rest to make good the loss of organic capital, and to restore the muscle to its pristine power.

### The Drain on Living Capital

The drain on this living capital, in excess of its production, brings about fatigue—inasmuch as certain substances (chiefly oxygen and carbohydrates) necessary for the activity of the organism—have been consumed, and an excess of waste products accumulated.

This creates a diminution in working power, manifested in different ways on different tissues. The various glands of the body secrete their fluids less freely—as everyone knows who has tried unsuccessfully to digest a full meal while over-tired.

The excretory organs are affected in the task of attempting to strain fatigue poisons from the blood. Kidney disorders may result from this inability to prevent the passage of albumin from the blood into the urine.

Over-fatigue may also cause the heart to become dilated. The heartbeat may be quickened—so that the normal resting power of the heart between beats may become shortened. If this abnormal activity is forced, day after day, for an over-long period of time, the consequences may be disastrous.

While many may suffer from lack of sufficient exercise of the muscles, and from the accumulation within the system of “end products” (which, under normal conditions, are squeezed out of the muscles, and eliminated from the system through the lungs, kidneys, and bowels) yet two-thirds of our population, it may safely be asserted, get considerably more muscular activity or work than they need—and suffer as a consequence.

For it is not possible to convert and utilize more than a given amount of food, or to force more oxygen into the system than can be utilized by the tissues. When the balance between orderly reconstruction and disorderly destruction is turned in favor of destruction we know—or we *should* know—that we are tired and need a rest.

### When We Need a Rest

If we don't know it, or don't heed it, we are most certainly hanging out the “Welcome” sign to Bright's Disease, a nervous breakdown, and to every conceivable disorder and infec-

tion that takes advantage of lowered resistance and chronic toxæmia.

Now, overwork combined with lack of nutrition has been recognized for fifty years or more as the chief cause of the high death rate among those who over-use their muscles. For, notwithstanding the introduction of gas, electricity, and all the labor-saving devices of modern times, the highest death rate—20.2 per thousand—is among those who gain their living by manual labor. Farmers come next, with 17.6 per thousand, while merchants die at the rate of only 12.1 per thousand per annum.

It is partly in recognition of this fact, and partly in recognition of the fact that the work output is increased and the waste from spoilage decreased, that the communal conscience now decrees the six-hour day, and the five-day week. And, strange as it may seem, this curtailing of the actual hours of labor brings about the production of more work per month, and more work of a better quality.

#### Lowering Labor Costs by Preventing Over-Fatigue

There is less waste, fewer hours lost by sickness or enforced absence from work, and lowered labor costs. In fact, in the United States, where the *highest* prices are paid labor for the *shortest* hours, labor costs are lower than in any civilized country in the world. On the other hand, Italy, with the lowest wages and the longest hours, has the highest per cent of costs. This may seem like Alice in Wonderland and Mad Hatter reasoning. Yet these are *facts*, the application of which should prove to every intelligent individual the advantages of interrupted work, as against continuous work.

Indeed, this principle has been judiciously recognized in the United States Army, which has adopted the plan of marching fifty minutes and resting ten minutes out of every hour. It has been proved that, while the troops may not march so far in two hours, yet they will march much farther in a day. And infinitely farther in a week.

Exactly the same principle applies to any other class of

work. This was demonstrated in the English factories, where a ten or twelve hour day, seven days a week, was discarded in favor of a much shorter day, six days a week. Yet the total amount of material turned out, as well as the better quality of the work, proved the wisdom of adopting a plan conforming so admirably to physiological law.

### **You Can't Do Good Work if You Are Tired**

So the crucial test of physical fitness is the capacity to work unfatigued. If the digestion is unimpaired; if the night's rest builds back the destroyed protoplasm; if the ability to perform a high quality of work is maintained; the bodily conditions may be said to be normal, fatigue will be only a transient phenomenon—effectually wiped out by the proper recuperative measures.

If, on the other hand, one wakes in the morning more tired than when he went to bed the night before; if the appetite is capricious, and the capacity for digesting food is lowered; if nerves and muscles alike cry out against continued exertion; it were the better part of discretion to obey old Dame Nature's ballyhoo, and slow up, pronto!

With a normal amount of exercise only carbonic acid is formed. With too violent, or too long-sustained exercise, however, lactic acid appears, together with a relative deficiency in the supply of oxygen taken up by the contracting muscles.

This is one reason why it is necessary day and night, to breathe into the system liberal quantities of pure air—one of the most important of all important essentials in overcoming fatigue, and in promoting physical, nervous, and mental efficiency.

### **You Need the Proper Amount of the Right Kind of Physical Exercise**

The most important method of preventing fatigue is proper physical exercise. If one is in the "pink of physical condition," his resistance to fatigue is increased—he is generally more "fit." Most adults, especially those whose work is done

more with the head than with the hands, are physically unfit.

By appropriate training, however, their endurance could be vastly increased, their resistance to fatigue enhanced, and their capacity to withstand prolonged strain greatly improved.

Experiments have shown that physical endurance can be doubled by strict attention to securing a proper balance in the diet. These experiments have also demonstrated that by proper exercise one's capacity is doubled.

So, by the same token, if both diet and exercise are properly adjusted, it is not at all unreasonable to believe that in some instances efficiency might be tripled—or even quadrupled.

Monotony of interest, and the repetition of some more or less mechanical action, are infinitely more likely to produce fatigue than are enjoyable occupation and diverse action.

Therefore, if it is at all possible for you to get more joy out of the job, or to get a job carrying joy with it, do so.

Indulge freely in hot baths, provided that they do not prove distinctly enervating—as happens with many individuals. For nothing opens up the pores and facilitates the expulsion of fatigue poisons more certainly than a good hot “soak.”

Massage is excellent for overcoming fatigue. When the fatigue poisons are actually squeezed and kneaded out of the muscles, and thrown into the circulation for rapid elimination, as they are with correctly employed massage, it stands to reason that the effects cannot be otherwise than highly beneficial.

For the fatigue of nerve tire there is the healing balm of music, the relaxation of laughter and social chatter, a change of air and scene, golf and fishing, freedom from effort, and *blessed rest*.

And for all kinds of fatigue, no matter what the breed, there is Sancho Panza's panacea, sleep. No better medicine ever was, or ever will be invented.

### The Water Cure

Water is indispensable to the organism. In fact it is, next to air, the most important substance taken into the system. It is even *more important than food*.





EXCELLENT FORMS OF PHYSICAL EXERCISE TO BUILD A HEALTHY BODY

This may seem incredible. Yet when we remember that a human being has been known to live for seventy-two days without food—as was done some years ago during a famous hunger strike in England—there is no record of a human living longer than eight days without water.

Also, while death from starvation is none too pleasant a method of shuffling off this mortal coil, it is, so we are told, relatively painless after the first sharp pangs of hunger have subsided—usually after two or three days. Death from thirst, on the other hand, is attended with unremitting torture and suffering.

There is a fundamental reason for this crying and insistent need for water. For, strange as it may seem, water is the principal constituent of our bodies. It is the principal substance that enters and leaves our body in various ways. It comprises from sixty-six to seventy percent of our total body weight. It is found in some form in every tissue of the body—even in the hair and fingernails.

Water maintains the proper dilution of the blood, the lymph, and all the body fluids. By moistening the surface of the membranes, it prevents friction. Anyone who has ever had an arthritic knee or an attack of pleurisy knows what it means to experience this lack of lubrication.

Without water, food pabulum could not be conveyed by the blood and the lymph to the cells, nor could waste material be removed from the system, either through the pores, the kidneys, or the bowels. Water thus promotes all tissue changes. It serves also to regulate body temperature by distributing heat through absorption and evaporation.

Whatever of pliability and elasticity there is in our muscles, cartilages, tendons, and even in our bones, is due to a large extent to the water in these tissues. In fact, the cells of the body may well be classed as aquatic structures continually bathed in sea water.

### How Much Water Do I Need?

The amount of water required during twenty-four hours by a healthy man depends somewhat on his occupation and upon

his degree of muscular activity. On the average this ranges between 1,800 and 2,100 cubic centimeters (about three pints) in addition to an extra 600 centimeters, taken as an ingredient in the food eaten.

It is estimated that about twenty-eight percent of the water lost from the body is evaporated through the pores of the skin, twenty percent is thrown off through the lungs, fifty percent through the kidneys, and two percent through the feces and other excretions.

When we consider the rôle played by water in our physical makeup, and appreciate the fact that a hundred pounds of a one hundred and fifty-pound man or woman is water—in some of its various combinations—we can understand the protest that the billions of body cells make when they are deprived of water for any appreciable length of time. We also see the profound importance of water in the preservation of health as well as in the relief of physical disorders and in the cure of many diseases.

There is some difference of opinion as to whether water may rightly be classed as an article of diet—in other words, as a food product. When reckoned as a force producer or a heat producer—from its calorie value—water admittedly has little or no value.

Much of the water drunk or taken into the system acts merely as a diluent, and passes through the body unchanged. However, there is no doubt that a certain amount of it is altered, or split into elements that go to make up other compounds. We do not know, as yet, the exact nature of these processes. But we do know that they are indispensable to our physical well-being.

### Life Could Not Exist Without Water

In fact, we know that life, of any kind, could not exist in the entire absence of water. This is one reason why all scientists agree that life, of some kind, must exist in the planet Mars. And that no form of life could possibly exist on the moon, which is totally lacking in water.

And so, the life-giving virtues of this indispensable fluid are as obvious as the multiplication table.

### The World Does Move

Until comparatively recent years, it was thought that the giving of water in any quantities prevented the cure of fevers and similar conditions. In point of fact, it was common among the old-school medical men absolutely to withhold water in these conditions. For some inscrutable reason, they got the idea that the use of water in typhoid, typhus, and other fevers, would cause perforation of the intestinal walls, and consequently peritonitis and death.

It is believed that this ridiculous theory received its death-blow on one occasion when a rather prominent personage, who was being treated for typhoid fever, eluded the vigilance of his nurse, and, crawling out of bed, drank the contents of the entire pitcherful of water.

Horror-stricken, the nurse sent post haste for the doctor, who came and, soberly stroking his whiskers, regarded the patient with what amounted to utter dismay. Greatly to his surprise, the patient, instead of joining the Celestial Choir without further ado, fell into a quiet, normal sleep, during which he perspired rather freely. On awakening, the patient had several normal movements of the bowels, and within another six hours, was well on his way toward recovery. Since that time, the giving of water has been one of the mainsheets in the treatment of intestinal fevers.

It makes possible the normal functioning of every cell in the body, and corrects many abnormal and most acid conditions in the system, reinforcing the normal alkalinity of the blood, by this means. Water is indispensable where the blood is loaded with by-products of cell decay, as well as to prevent the absorption and depositing of lime salts in the walls of the blood vessels.

### How Water Prevents Hardening of the Arteries

Because of its high affinity for lime salts, water is also given almost as a routine eliminant in most beginning (or incipient) cases of hardening of the arteries. Where the blood pressure is high, obviously it is not wise to increase arterial tension by taking into the system any great amount of fluid at a time.

While the eliminating effect of water is most pronounced on the kidneys and on the feces, there is also a great quantity of organic debris thrown off through the pores. For instance,

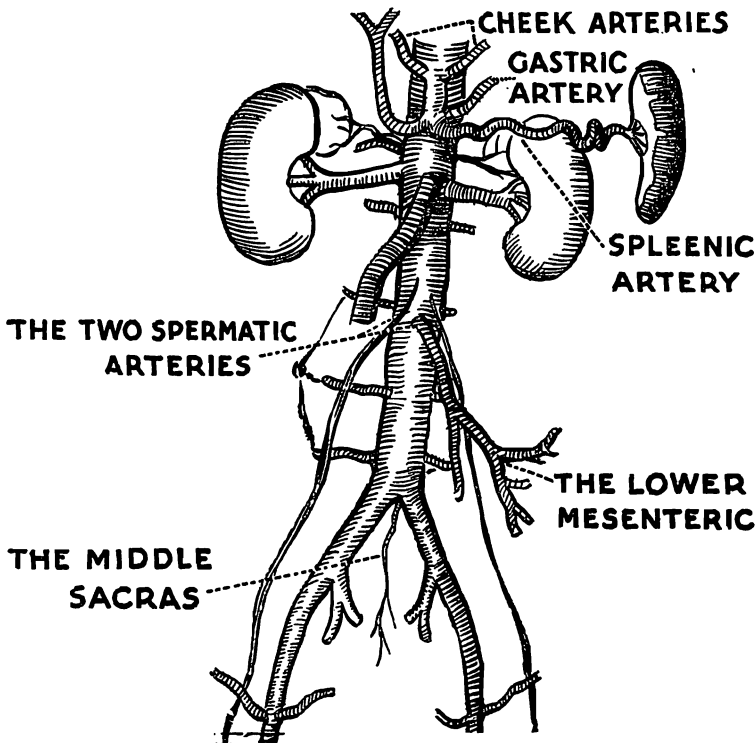


DIAGRAM OF THE LOWER ARTERIES

under certain conditions of extreme heat, as in the boiler-room of a steamship in the tropics, a man may excrete as much as forty pounds of fluid in a day. In the rough and tumble of a football scrimmage or in any intense athletic activity, practically all the liquid waste of the body is eliminated through the skin. Many wrestlers, after an hour's hard tussel on the mat have been known to lose as much as five or six pounds in weight.

### To Overcome Inflammation and Congestion

It is, however, as an emergency measure in the treatment of common disorders—colds, inflammations, congestions, bruises, skin eruptions, and as a sedative in certain nervous conditions, that water is perhaps our most valuable household remedy.

For instance, in addition to the wet pack, there is the local wet pack, which is used in treating disorders of the chest, throat or abdomen, such as bronchitis, laryngitis, tonsilitis, etc.

In these conditions, an ordinary crash hand towel is dipped into cold water and placed, dripping wet, on the chest, throat or abdomen, and covered with a dry bath towel. Outside of this a square of rubber sheeting should be spread to protect the bedclothes.

This form of pack does not produce so great a shock as does the full pack. Therefore, it can be used more freely and for longer periods at a time than can the body pack. For the first six hours this partial pack may be changed every hour. After this period once every two or three hours will be enough.

When the pack is finally removed, the surfaces should be dried by patting gently with a soft towel. Friction, either by the towel or by rubbing with the hand, should be avoided, as this tends to prolong congestion of the areas being treated.

If there is much pain, as in sprains, bruises or neuralgia, the local hot wet pack may be used. The results are often most gratifying.

### How to Take the Dry Hot Pack

But many people find the dry hot pack admirable for the

relief of colds, rheumatism and deep-seated congestions. The object of this form of pack is to drain away infection and remove internal congestion by actively stimulating the sweat glands.

To secure the best results from this pack, it would be well to immerse the patient in a full tub bath for ten minutes or more, so as to thoroughly open the pores. Then, without drying, wrap in a blanket or a sheet. The blanket is to be preferred, as it absorbs moisture better than does the sheet, and the patient is not so likely to chill. Then place a couple of hot water bottles alongside the patient and pile on blankets or comforters. A glass or two of hot lemonade will help stimulate perspiration. However, after perspiration is once started, the hot drinks may be discontinued and a glass of cold water given every little while, instead.

In nervous excitement, or in those forms of insomnia that result from overwork or brain fatigue, a general hot tub, followed by a dry hot pack, not carried, however, to the extent of promoting active perspiration, usually brings about complete relaxation of the nervous tension. This usually results in promoting drowsiness and quiet, restful sleep.

Perhaps one of the best and most universally employed of all the various baths is the hot foot bath, which so many find effective in breaking up a beginning cold.

The usual method of taking a hot foot bath is to sit with the feet in water, as hot as can be borne, for a half hour or more. The shoulders and body should be well covered with a blanket. The water in the pail or tub should be kept hot by pouring in more from time to time.

### Varicose Veins and Local Conditions

In the treatment of varicose veins, whether they are complicated by ulcers or not, immersion of the limbs in a tub of hot water, once every hour, followed usually by a brisk rub and a rest in the reclining position, often brings about most satisfactory results.

Also, it is worth remembering that in hemorrhoids and in

the itching of the anus and external genital organs, immersion of the parts for a half hour or more in a tub of water, as hot as can be comfortably borne, often gives complete relief. This effect will be even more prompt and gratifying, if the bowels are first emptied by an enema or if the vagina is first douched out thoroughly with hot water, or with the normal salt solution consisting of two teaspoonfuls of table salt, to the two quarts of hot water.

When there is a tendency toward excessive nervousness or hysteria, the cold shower tends to aggravate and increase the trouble.

In these conditions, it is very much better to use a bath, taken at a temperature of 100°—what is known as the “neutral bath.”

In fact, this neutral bath has largely replaced all restraining influences formerly used in insane hospitals and in the treatment of violent cases of delirium and mania.

The patients are immersed in a tub of water, the temperature of which is maintained at body heat or slightly higher, by gradual inflow of hot water, and kept there for hours at a time, their heads being supported either by a floating pillow, or by a strap placed at the rear end of the tub.

It has been noted that, not infrequently, the same yellowish discoloration that follows the use of the wet body pack is noticed in the water in which these patients have been immersed, showing that an immense amount of toxic material has been eliminated through the pores of the skin during this treatment.

### The Sitz Bath in Menstrual Disorders

The Sitz bath, or “half-bath,” as it is sometimes called is perhaps the most effective bath that can be taken for most forms of pelvic trouble, particularly where associated with disorders of the genital organs.

It is greatly to be preferred to the full tub bath, owing to the fact that one can remain in the Sitz bath for a longer period of time, without producing the debility that usually results from a long-continued tub bath.



In suppression of the menses, due to cold and other normal causes, and in painful menstruation, due to what is known as stenosis, or constriction of the neck of the womb, the hot Sitz bath will be found almost specific. One or two such baths will bring relief, and insure free and relatively painless menstruation.

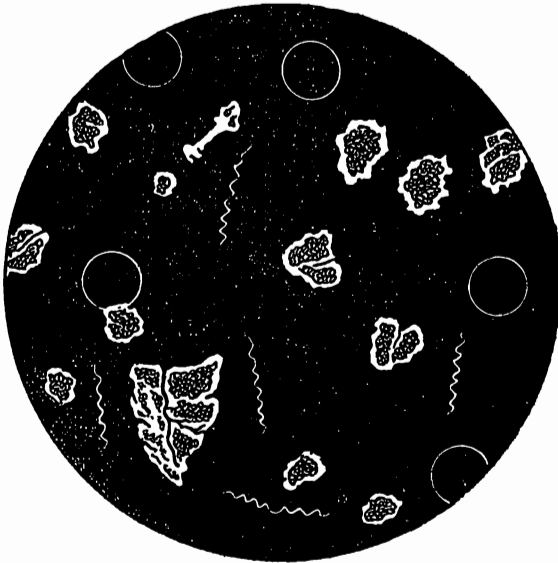
## **PART VII**

**Prevention of Venereal Disease**  
**The Tragedy of Ignorance**  
**Masturbation**  
**Is the Double Standard of Morality Practical?**  
**What Science Says about Smoking**  
**Reclaiming Drinkers and Drug Addicts**  
**Coffee and Your Nerves**  
**Sound Minds in Sound Bodies**  
**Sex and Psychoanalysis**  
**Stamping Out Malaria**  
**Tooth Decay and Health Failure**

## PART VII

### Prevention of Venereal Disease

It was back in 1905 that Metchnikoff, the famous Russian pathologist, who afterwards became head of the Pasteur Institute in Paris, published his experiments, proving that *syphilis can absolutely be prevented*. He discovered that a definite percentage of calomel added to some fatty base or unguent, when rubbed under the prepuce, or into the major and minor lips of the vagina, would invariably prevent syphilis, by destroying the germs. The efficacy of this method has since been established in many millions of experiences. However, while the



GERMS OF SYPHILIS HIGHLY MAGNIFIED  
(The Spirals are the Germs)

ointment was found to be a safe preventive of syphilis, it proved to be ineffective in preventing gonorrhea. Therefore, the use of antiseptics, in solution, as an injection in the urethra of the male or in the vagina of the female, came into common use.

### One Good Result of the War

It may here be stated that, while the War was a bestial, stupid and utterly futile undertaking, it nevertheless, developed certain techniques and advances which perhaps may not have been discovered for many years, but for its monstrous needs.

Among these are the Carrol-Dakin solution, now generally used as an antiseptic, improved treatment for trench mouth and other similar disorders, and certain noteworthy contributions to the science of surgery, particularly brain surgery.

However, the outstanding benefit accruing from massing some twenty million men in a death struggle, with all the debauchery, drunkenness and prostitution that accompany the herding of such multitudes of men, is our knowledge of how definitely to prevent venereal infection. Prior to the adoption of this method by practically every army in the World War, an average of two hundred soldiers out of every thousand were victims of venereal disease. After the general adoption of what is known as the Packet K in the United States Army, the incidence of infection was brought down to a negligible fraction.

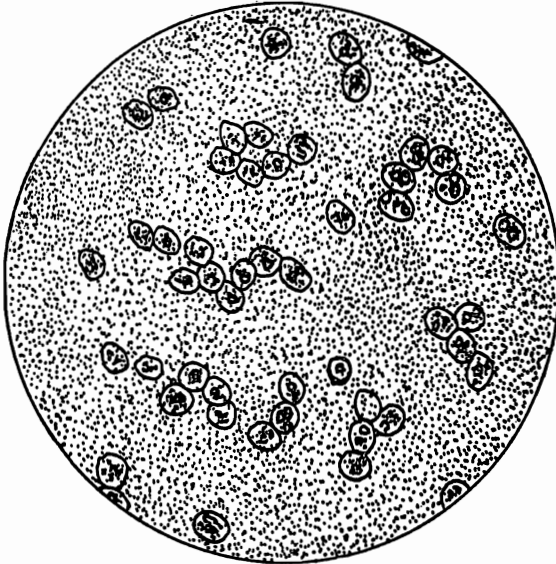
### Use of Antiseptic Compulsory

It became a routine in all the armies to provide every soldier or sailor on leave with a packet of these antiseptics. The man was instructed by the medical officers to wash thoroughly after intercourse, and then to anoint the head of the penis under the foreskin, as well as the meatus, the opening of the penis, with this unguent, containing mercury in some form.

In addition, he was instructed to use the urethral syringe

contained in the packet, and inject into the urethra a solution of protargol or other silver salt, which acted as an effective means of killing the germ of gonorrhea.

On returning from leave, he was obliged to report to the surgeon in charge of his company for what is known as "short-arm" inspection—which means that his penis was thoroughly examined for any evidence of venereal infection. If any chancre appeared on the glans penis or the foreskin, or if there



GERMS OF GONORRHEA HIGHLY MAGNIFIED

was any gonorrheal discharge present, it was assumed that the man had been careless in properly treating himself after intercourse, or that he had gotten drunk and was unable to use the prophylactic as prescribed.

In either event, he was condemned to the guardhouse and deprived of a month's pay, as a salutary lesson to be more careful in the future.

### Serious Penalties Imposed

In our own army, Major Russell, in charge of this particular matter, laid down, for the conduct of the army during the War, the following edict:

"We shall institute early treatment of venereal infection by all the so-called prophylactic methods. We shall make frequent inspection of the troops to discover concealed cases. We shall penalize a man who develops venereal disease by taking away his pay and his liberty until he is cured. If he develops venereal disease and does not avail himself of the facilities of treatment, he will, in addition, be court-martialed, and if found guilty, he will be placed in confinement at hard labor. If, in spite of these requirements, he develops disease, he will be sent to the hospital, put to bed, and given a course of intensive treatment, until he is no longer a source of contagion to others, and is well on the road to recovery."

### The Barrier of Hypocrisy

That venereal infection is one of the most prevalent, as well as dangerous, of all disorders that affect the human race there exists not the shadow of a doubt. That it can be prevented absolutely in practically one hundred per cent of cases, has been proven—also beyond the shadow of a doubt.

The question then remains, why, in the name of all that is sensible and decent, has not this method been made generally available? And why have its advantages not been promulgated among the laity generally, to the end that some slight modicum of the great good that accrued to the armies during the War could have been diffused among the lay public of the world?

It is only because of the fact that we have been too hypocritical to admit the necessity for such instruction, and to broadcast, in the completest possible way, such instruction, that the method is not now in universal use by every man and woman who has illicit intercourse.

As we have said elsewhere, it is useless to expect either men

or women to remain continent during the most virile years of their lives. It is ridiculous to assume that hot-blooded youth will be content to await that far day—which, in thousands of instances, may never come—when they will be legally entitled to cohabit by reason of some public affirmation of their desire to enter into this relation.

### Nor Will Fear Keep Them Chaste

And even though every young man and girl in the world were fully instructed as to the horrible dangers and often lifetime invalidism, or possible mutilation, that might follow venereal infection, they will still have intercourse.

For this urge—the second strongest urge in Nature—is, in the great majority of instances, an unconquerable appetite. No threats of hell or hopes of paradise, no moral chastisement, can prevail against the indomitable urge to indulge in the procreative act—or, rather, the act which Nature first developed for the purpose of procreation, but which, as we know now, in the case of human beings, has been evolved into one of the most potent and foremost of social contacts and blessings.

Therefore, every young man and woman in the world should acquaint himself or herself with the technic of venereal prophylaxis, and practice this technic whenever they have been exposed to possible contagion.

If this were done universally, and if every man or woman, now venereally infected, were to serve a prison sentence for deliberately communicating this disorder, while knowing himself to be infected, venereal diseases could be *absolutely wiped off the face of the earth* in one generation.

### Of Special Interest to Married Women

Not infrequently, a married woman is infected by her husband. Sometimes this infecting is done under what we might call a combination of ignorance and innocence.

The man may have had no evidence of his disease for years. In point of fact, he may have been assured by competent medi-

cal counsel that he was free of this disorder. And yet, lurking back in the seminal vesicles, in the prostate and in the posterior urethra, there remained certain of the Niesserian bacilli—the germs of gonorrhea—relatively benign, so far as he was concerned, but definitely malignant, when transported into what might be called virgin soil. In the vagina of the wife they might flare up and propagate enormously.

With this in mind, it might be advisable for a woman to observe precautionary measures, particularly if her husband has the gentlemanly decency to inform her that at one time he had contracted a venereal infection.

If she has any suspicions that the husband is in an infectious state, it would be well for them to abstain from any sex relations until both can be assured, by all modern scientific tests, that the man is thoroughly cured. Or, it might be well to adopt the general principle of "safety-first," by using the antiseptic douche, both before and after intercourse. This douche may consist of a seven and one-half grain tablet of bichloride, dissolved in two quarts of lukewarm or cold water. Or a tablespoonful of carbolic acid or of lysol or two tablespoonfuls of boric acid in the same amount of water.

A pint of this solution should be thrown up into the vagina before intercourse, on the principle that a small amount of the solution remains in the vagina and acts as an antiseptic, preventing disease. The remainder should be injected immediately after intercourse. In this way, the woman may *absolutely avoid any danger of venereal infection*.

### Simple Cleanliness Often Effective

It has often been found that careful washing of the external genitals with soap and water, together with vaginal douches, may definitely prevent venereal infection. This is because, by the simple mechanical application of water, infective material already deposited is carried away.

A similar purpose is secured by urination, which effectively washes out any gonorrheal pus which may have found its way into the urethra, and before the gonococci have had an oppor-



tunity to establish themselves in the mucous membrane lining.

Dr. Iwan Bloch, in "The Sexual Life of Our Time," states that:

"I know a number of patients who use no other means of protection in sexual intercourse beyond the observation of extreme cleanliness, by washing and douching, in both sexes, before and after sexual intercourse, and by passing water immediately after intercourse, and thus have remained free from infection; but who promptly become infected as soon as they discontinue these simple measures.

"For this reason, these measures, where possible, with the assistance of soap, which certainly exercises some antiseptic influence, cannot be too warmly recommended, although they naturally *do not offer any absolute security*. They have, however, the advantage that in the first place, they can always be employed, even when the protective measures afforded by prophylaxis are not available, and, that, in the second place, they can always be used *in addition* to this. It sounds perhaps absurd, yet it is true to say that washing and urination are the first and most important protective measures against sexual infection."

It may be wise, in addition, to remember that in thousands of instances women have contracted disease from contact with some public toilet. Wherever the slightest suspicion exists as to the cleanliness of the toilet, a paper should be placed over the seat, so that the vulva does not come in contact with any contaminated surface.

Fortunately, most public toilets now have the opening in front, so that this danger is obviated. However, where the continued rim is met with, it is wise to take this precaution.

### Other Dangers to Avoid

Needless to say, no one should ever use a public drinking cup, or a brush or comb that is used by other persons. Nor, under any circumstances, is it advisable to use a public towel, particularly the old-style roller towel.

Also, no one should run the risk of disease by sleeping in a

bed in which some stranger has slept. Insist on fresh, clean bed linen at all times.

Most dentists of today are scrupulously careful in regard to the proper sterilization of their instruments. Under no circumstances should any other kind of dentist ever be patronized, as syphilis may be transmitted with extraordinary facility by means of dental instruments. This is all the more insidious, inasmuch as a syphilitic never tells a dentist that he is a syphilitic. Therefore, if the dentist does not make a routine of sterilizing his instruments after every patient, one runs a very grave risk.

This same precaution should apply to a manicurist who may treat the nails of a syphilitic, and neglect afterwards to sterilize her scissors, files, etc.

And, finally, no young woman should ever indulge in promiscuous kissing. This constitutes a *real* peril, inasmuch as there are thousands of cases of syphilis that have been contracted, innocently enough, in this manner—the girl never suspecting, at the time, that the ardent young man may have had the little white sores, and mucous patches on his tongue, lips, or the inside of his cheeks, during the interchange of the social favors.

### The Tragedy of Ignorance

Every physician who has been in practice for any length of time has had innumerable experiences, often harrowing in character.

These tragedies are doubly distressing when they effect young married couples who really and truly love each other. One of these adventures in living involved a little patient of mine, Bessie —, whose experience was one that every parent and every young girl should take to heart.

I first met Bessie seventeen years ago, when I was called to attend her for a rather nerve-racking attack of convulsions, brought on by teething. This attack was quickly relieved by an enema and a five-minute immersion in a hot bath. Since that early day I have seen Bessie, as well as her younger brother, through most of the disorders that come to children, even in the



SEX EDUCATION VERSUS SEX IGNORANCE

best and most carefully regulated families. Until finally she came into that voluptuous young womanhood, characteristic of many Jewish girls of well-to-do families.

I had not seen Bessie nor any of her folks for some little time, when, one morning, a patient, who knew I was physician for the family, said:

"Doctor, did you know that our young friend, Bessie, was married?"

"No," I replied, "this is the first I've heard of it. When did the little rascal get married, and whom did she marry?"

"Oh," said my patient, "she was married a couple of weeks ago. Her father gave her a wonderful wedding. He had a big caterer serve the finest supper you could ever think of. And he had wine that they made the year Bessie was born—put away for the day she would get married. You never tasted such wine, Doctor. And afterwards, they went away on a honeymoon. They will be gone about two months."

"Yes, yes," I said, breaking in somewhat impatiently on my loquacious patient's narrative. "But whom did she marry?"

"Oh, she married Ben Eckler," she said. "You know him, don't you?"

"Good God," I exclaimed. "You don't mean to tell me she married that Eckler boy?"

My patient looked at me, astonished at my sudden outburst. However, I composed myself quickly, and changed the subject.

After my voluble patient left, I sat at my desk for several minutes, trying to determine my duty in this matter. But always I came back to the grim fact that we were not *two weeks* too late, but *five years* too late, in attempting to tell a girl what she should have learned at puberty, and also in trying to undo the damage that ignorance of fundamental hygienic and physical laws had brought about.

For I remembered distinctly, in a discussion one night with a colleague, a specialist in venereal diseases, my friend's condemnation of those reckless, indifferent and wholly selfish individuals who refuse to continue treatment until thoroughly cured. And I further remembered the doctor's mention of a particular case in point, a youth—too lazy, too heartless, or

perhaps too penurious to persist in treatment until he was completely cured. This youth was the same young man who was now "honeymooning" with Bessie.

What a travesty on the sweetest and holiest relation that could ever exist between a man and a girl!

The honeymoon was to have lasted two months, covering a very extensive tour through Niagara Falls, Yellowstone Park, the Grand Canyon, out to the Pacific Coast, and home by way of the Canadian Rockies and the Great Lakes.

However, I was not in the least surprised to hear that the honeymoon had been cut short. For within a few days of the time I had first learned of the marriage I was called in haste to see Bessie. I found her in agony, suffering from one of the most virulent attacks of gonorrhea I have ever seen. The inflammation had spread like a wildfire through the entire genito-urinary tract, infecting also the ovaries and the Fallopian tubes, as is usual among those who have never established any resistance against the disorder by having had the disease once before.

If the infection had been permitted to intrench itself somewhat more deeply in the membrane lining of the organs, it is quite likely that it might have meant a complete removal of the organs of generation, as perhaps the only means of preventing a general peritonitis—or even death itself.

It would have spelled also the end of any hope of prattling little children, to carry forward the torch of life, lit by this pair. And at forty, if she survived, Bessie would be a fat old woman, kept from actual grossness only by dint of constant feeding with ovarian extract and corpus luteum—dried material from the ovarian surfaces.

Fortunately, however, science, within the past ten years, has made great strides in the treatment of these major infections. For it is now possible, after intensive antiseptic treatment, thoroughly to clear up these conditions.

In about a month of active treatment, Bessie was sound and well again, so far as her physical condition was concerned. But mentally she was in hell. For her high hopes of happiness had been blasted. And she never has even put her foot inside the

door of the little home, completely furnished by the father and ready to receive the young couple in its welcoming arms.

Bessie has established a residence in New Jersey—going through the usual farce of renting a room over in Jersey City and receiving mail addressed to her there, in order to qualify her to apply for a divorce. For in our State of New York, a virulent attack of gonorrhea does not constitute grounds for a divorce. Nothing except adultery is considered of sufficient importance by our wise solons to warrant this relief.

The moral of this story—if it has a moral—lies in the fact that *knowledge and understanding*, not blind, bigoted ignorance, point the way to long life, health, and happiness. It should suggest to every intelligent father and mother that exactly what happened to Bessie could happen to their own girls, whom they have watched over so solicitously, ever since their baby days.

It should teach every mother and father that only by looking facts in the face, and not poking one's head into the sand, can we secure this life-saving intelligence that means locking the stable door before the horse is stolen—not after he has been taken into the next county, painted a handsome funereal black and re-sold to us.

Girls should be instructed in sexual hygiene and sexual biology at puberty. For a girl to come to child-bearing age—knowing nothing of venereal disease and its disastrous consequences, or without understanding the deadly possibilities of promiscuity in her potential mate—is a crime against the girl and an affront to every instinct of decency and fair play. It damns the ignorance of the girl and her parents, rather than extols her “innocence.”

Also, every girl, and every man as well—for I have found men frequently quite as ignorant as girls in respect to sexual physiology—should know something of the business of marriage before she engages in this partnership. And she should know that her prospective mate is *fit* to be a partner in this enterprise.

I might say here to every father, demand a clean bill of health from the man who aspires to become the husband of

your daughter. Let him have a little visit with your trusted family doctor before you order that nuptial feast. It may save a lifetime of misery and bitterness, and bring health and love and trust where otherwise there might be only weeping and wailing and gnashing of teeth.

### Masturbation

It is admitted by all students of this subject that modern economic stringencies have brought about a tremendous increase in, first, extra-marital sexual relationship, and, second, masturbation. The erotic impulse is widening and broadening, so that no longer are the old taboos effective.

This is particularly true in reference to masturbation, which was originally represented as a heinous sin and as an offense against the integrity of the body, punishable by insanity and death. Generations of boys, who have learned to do a little thinking for themselves, and who are familiar with the opinions of certain of the great modern students of this subject, are no longer frightened by the old boogy-man tales of our grandfathers. They know that there is probably not one single boy of their acquaintance who does not masturbate, or who has not masturbated at some time, and who nevertheless may have become captain of his football team, or valedictorian of his class in college, or achieved some signal success in later life.

### The Most Dangerous Result of Masturbation

Perhaps the most dangerous result of masturbation is what may be called the *mental* result. Thousands of young boys, as well as girls—who, by the way, are even more addicted to masturbation than are boys—have been led to believe that four-fifths of the inmates of all the lunatic asylums are there because of the fact that, at one time in their lives, they masturbated.

Unscrupulous quacks have fostered this belief, and by every form of insidious appeal, have attempted to deepen and widen the groove made by its argument. These quacks thunder their warnings against masturbation, and against the inevitable re-

sult of the habit of masturbating or of nocturnal emissions—by agreeing to cure him of a disease which is no disease at all, but merely a manifestation of a normal physical condition.

Practically every young man that ever lived has had seminal emissions, at some time in his life, and almost every young man *has begun his sex life with masturbation.*

### One of Three Methods of Relief

It must be remembered that every healthy man secretes over a stated period of time—varying with his physical potency—a certain amount of semen, together with the spermatozoa which the semen is designed to carry for fertilizing purposes. This secretion of semen tends to distend the testes and the seminal vesicles, and if not voided normally, after a time, tends to excite what are known as reflex symptoms. These symptoms usually manifest themselves in nervous irritability, insomnia, headaches, inability to concentrate, and sometimes a certain mental and bodily lassitude.

These symptoms can only be relieved in one of three ways: first, by sexual intercourse, which is the most normal, inasmuch as the exchange of magnetism which takes place during this act recompenses largely for any expenditure of dynamic energy during the act, or following the orgasm.

The second method, masturbation, may often be accompanied by auto-erotic desires and images, and is the next least harmful, especially if it is not indulged in to excess. The nocturnal emission, usually the result of an erotic dream, is *most* harmful. With many men, it is followed by extreme prostration and debility, which may last for from twenty-four to forty-eight hours. This is largely because of the fact that the orgasm in this form of ejaculation is spontaneous, sudden and unaccompanied by any exchange of magnetism, in *any* form.

### Popular Opinions on Masturbation

The generally accepted ideas on this subject were first promulgated early in the eighteenth century, when there were printed and sold in enormous quantities certain books by Bek-



kers, Tissot and others, which purported to prove the horrible results of "self-abuse," as it was called. This propaganda was so insidious and so effective that it was generally believed, even by physicians, that masturbation was the beginning of all evils, and a definite prelude to physical, psychical and moral decadence.

Almost every symptom of every disease that was ever known to the human race, was accredited to this insidious and horrible vice. One French physician, Pouillet, tabulated more than one hundred morbid conditions which he claimed resulted from masturbation. These ranged all the way from squint eyes to epilepsy and softening of the brain.

And yet, it has been proved by modern scientific investigation that masturbation is not responsible for one one-hundredth part of all these troubles. Such students as Griesinger, Berkhan, Christian, and Vogel, all agree that epilepsy, insanity, and convulsions cannot occur from even excessive masturbation, except in the person predisposed to these disorders.

There are some authorities who consider masturbation as a rather foolish and disagreeable habit but not as injurious as claimed by others. However, we must admit that very little can be said in defense of masturbation. It is unnatural in the first place, and in view of the fact that such practice is nearly always within reach, the tendency towards habit-formation is great. Like every uncontrollable passion it becomes master of the individual and creates a number of complexes deleterious to mental and physical health. Some of the outstanding complexes, are:—a guilty conscience and a feeling of inferiority.

Ultimately, it may also give rise to fear or dislike of normal sexual intercourse. Yet, healthy, untainted persons who may practice masturbation moderately need not concern themselves in the slightest with any fear that they are dooming themselves to an early grave, or deteriorating their nervous and physical system.

### Of Course, There Are Bad Effects

Do not get the idea, however, that if masturbation is begun

early in life, and continued to excess, that it may not result in a certain definite lowering of vitality. This may manifest itself in disorders of the skin, circulation and digestion, or in point of fact, in any disorder of metabolism which has its origin in a disturbed nervous equilibrium.

Again, excessive practice of masturbation, continued over a long period of time, may, and frequently does, produce actual sterility, and complete impotence. As a matter of fact, many a man who has masturbated assiduously for years, has married, hoping that normal relations would not only aid him in breaking this habit, but might also rehabilitate his physical strength and virility, only to find, on attempting intercourse with his wife, that he was completely impotent—unable to secure even a relatively satisfactory erection.

Remember that masturbation may be indulged in by the male with a relatively flaccid penis. On the contrary, a definite degree of turgidity, or tumescence, must be secured before the erect penis can be forced into the vagina.

Further than this, one or two such failures to effect intromission, as it is called—to enable the organ to penetrate its full length into the vagina—may add to the degree of impotence by superimposing upon this failure what is called “psychic impotence.”

This is a condition in which the erectile powers, or the erection center, which is probably situated in the spinal nerves—although some authors contend that it is located in the brain—are so inhibited by the fact of the inability to consummate the sexual act that this very fear, in itself, acts as a permanent block to any successful attempt at coition.

Also, there are, in many confirmed masturbators, undoubted symptoms of shyness and self-consciousness, which can be attributed to nothing else than the deteriorating effects of the habit upon their nervous organism, coupled, perhaps, with auto-hypnosis and introspection, consequent upon the realization of their condition.

In other words, the boy is self-conscious and exhibits this marked fear before other people, because of the fact that he be-

lieves he is doing something wrong. Also, he thinks that everybody realizes what he is doing and despises him for it.

On the other hand, girls very rarely exhibit any of these symptoms of excessive shyness or self-consciousness, because it has not been drummed into them, ever since they were able to read, that the practice of titillating their clitoris is unwomanly or likely to produce physical, mental and moral disaster.

Nor do they come in contact with the quack literature circulated so freely, particularly during the past three or four decades, visualizing to them the horrible example, and pointing the road toward the precipice.

### Influence of Erotic Images

It should also be mentioned, at this time, unless the masturbator establish normal sexual connections at a fairly early period in his life, he is likely to develop what is known as "auto-erotic images" to an abnormal degree.

In other words, he may place himself, in imagination, in sexual contact with any of the superlatively beautiful women of history, from Venus di Milo down to the latest marvel of feminine perfection, as portrayed in the films. This mental and auto-physical congress with this ultra-desirable being may afford him a sense of gratification far in excess of what he could possibly gain by contact with a wife, unless she were a paragon of beauty. In this event, an attempt to effect normal intercourse with her might develop the fact that he was completely impotent, as concerns normal sex relations.

### The Stigmata of the Masturbator

It was formerly taught, and generally believed, that it was a relatively simple matter to distinguish a masturbator from a boy or girl who did not masturbate, simply by their facial appearance.

Of course, as has before been intimated, practically all boys and girls would look alike if this were the case, because prac-

tically all boys and girls do, or did at one time, indulge in masturbation.

While it may be true that many boys and girls who masturbate have a plentiful crop of pimples on their faces, deep rings under their eyes, or sallow, anemic complexions, these symptoms have *nothing whatsoever* to do with masturbation.

In most instances, they are the result of improper elimination, wrongly selected diet, neglect to follow out the normal laws of hygiene as regards sleep, bathing, exercise and fresh air. From all of which it may be gathered that there are no signs or symptoms by which the masturbator may be distinguished from his non-masturbating compatriots.

### One Thing, However, Is Absolutely Certain

In the majority of instances, masturbation is merely a substitute for sexual indulgence. It is an act performed merely for the relief of certain physical stimuli. If these stimuli were present, as they might be if normal coitus were available, the habit would never be indulged in. As Helena Wright says: "Well fed people are not worried by thoughts of food; they eat when they are hungry and then think no more about it until the next meal time. The same is true of people leading a healthy sex life; they are not obsessed by thoughts of sex. Indeed, when the mind of any individual becomes over-filled with ideas and wishes relating to sex, it is generally a sign that he or she is sexually unsatisfied. In order to do the best possible work, the most important condition of mind is harmony."

As may be surmised, this harmony is best attained when the most perfect expression of normal activity is secured.

### Masturbation Not Confined to the Human Race

It is conceded that there exists a natural, physiological masturbation—what might be termed a normal auto-eroticism. The final cause of such manifestations cannot be found either in the category of vice or crime, but rather in respect to the dis-

harmony of the nature of man regarding inability to normally satisfy sex instinct.

In fact, these manifestations occur quite as frequently among the lowest races of mankind as they do among civilized peoples, provided the taboo is sufficiently strong and the opportunity for sexual intercourse is sufficiently infrequent.

Among South African tribes, so we are informed by Gustav Fritsch, masturbation is actually a popular custom.

### Instruments Used in Masturbatory Acts

Haverlock Ellis has described to us outfits for auto-erotic gratification. It appears from his account that the barbarous races manufacture and use stimulatory apparatuses, quite as frequently and generally as do civilized people.

The articles most frequently used for auto-erotic gratification in women are bananas, cucumbers, carrots and beetroots. Also, in the vagina and bladder there have been found pencils, empty reels, sticks of sealing wax, knitting needles, glass stoppers, candles, and occasionally hairpins.

However, even among animals, masturbation is quite frequent. This is observed among the monkeys in our zoological gardens, who can be noticed masturbating quite freely. The males, especially, in the presence of a female of the human species, will begin to masturbate, influenced undoubtedly by the same erotic thoughts which afflict humans under similar circumstances.

Also, stallions shake the penis to and fro until the orgasm occurs, while mares rub themselves against their stall or any available object. Any menagerie keeper will confirm the fact that the same thing is true of elephants and deer.

### Masturbation not Onanism

Before concluding this chapter, it might be well to correct the misapprehension regarding the use of the word "onanism," when the act of masturbation is meant. Most people regard masturbation as onanism. And yet, the "sin of Onan" or

"onanism" merely refers to what is known as *coitus interruptus*, which means withdrawal at the time of the orgasm.

This is proved by the words in the Bible itself, in which it is said (Deuteronomy 25:5:2:9): "If brothers dwell together and one of them die and have no child, the wife of the dead shall not marry without unto a stranger: her husband's brother shall give in unto her and take her to him to wife and perform the duty of a husband's brother unto her.

"And it shall be that the firstborn which she bears shall succeed in the name of his brother which is dead, that his name be not put out of Israel.

"And Judas said unto Onan, Go in unto thy brother's wife and marry her and raise up seed to thy brother.

"And Onan knew that the seed should not be his; and it came to pass, when he went in unto his brother's wife that he spilt it (the seed) on the ground, lest he should give seed to his brother.

"And the thing which he did displeased the Lord and He slew him also."

We see from this that the "Sin of Onan" was not what we call Onanism. It was merely a refusal to beget a child with his sister-in-law, in memory of his brother.

Onan was perfectly willing to enjoy the seductive beauty of Tamar. But after he had experienced sexual gratification, and felt the orgasm coming, he withdrew his penis and allowed the semen to fall on the ground. From which it will be seen that the story of Onan has absolutely no reference to masturbation. Indeed, there is no passage in the Bible that even *hints* that masturbation is a sin.

Unquestionably, masturbation is a bad habit, if carried to excess. Any man or girl would be better off were they to avoid it. Nevertheless, no one need worry if they have indulged in it in the past. Or if they still indulge in it occasionally.

### Is the Double Standard of Morality Practical?

In this age, when woman has won so much of freedom, and has evolved so far from the status of her grandmother—or

even her mother—there has arisen a really serious problem in what is known as the single standard of morality.

Hundreds of thousands of economically independent women insist that they have equal rights with men in matters of morality, just as they have in matters of suffrage, or business and social opportunities. In this matter, they have swung the pendulum too far. And the reason that they have swung it too far is that they have encountered the Gibraltar-like interdiction of old Mother Nature herself.

*Theoretically*, whatever is right for a man to do should be equally right for a woman to do. But *practically*, this does not work out, and for the simple biological reason that, following intercourse, *men do not become pregnant*.

If any method of prevenience could be developed that would be one hundred per cent successful, perhaps this objection would not be so strong. But, so far as we know at the present time, there is no such means of prevenience.

Consequently, the woman who insists upon full sexual freedom and all the rights and privileges of a man is taking a very grave risk. First and foremost, there are relatively few women whose positions in the world are so secure, and who are so independent of either the good or bad opinion of society, that they can afford to flaunt indiscretions in the face of the multitude.

The George Sands, the Sarah Bernhards, are relatively few. Even women of great wealth, if, or when, they do indulge in extra-marital or anti-marital intercourse, rarely do so in a manner that would evoke a great deal of public discussion.

No one denies the fact that so-called illegal sexual relations are practiced by hundreds of thousands of women. Yet it must be admitted that these relations are clandestine and surreptitious, and are rarely openly proclaimed.

The boy or the young man may indulge in sexual intercourse without the slightest loss of caste. As a matter of fact, if it should so happen—which is extremely rare, indeed—that he does not have a couple or a few dozen affairs in his pre-marital life, he is looked upon as a good deal of a sissy.

And, as a matter of fact, as we shall show in another chapter,

he is a good deal of a sissy, speaking from a physical and development standpoint. Even if he should be unfortunate enough to develop a venereal disease—which a very large proportion of young men do, at some time in their life—he is not considered immoral; nor is he ostracized or despised, nor does he lose his social standing. Even if it is known that he is a sufferer from gonorrhea, there is no cancellation of his dinner engagements or his social activities. And when he is cured, he has not the slightest difficulty in selecting one among the hundreds of women who may be glad to marry him, provided he has a good income and is otherwise eligible.

### The Girl Cannot Afford to Play Fast and Loose

The girl, however, who indulges in sexual intercourse before her marriage may, first and foremost, become the mother of an illegitimate child, with all the disgrace that this entails under our present social code. And, further, this child, except in unusual circumstances, is handicapped from birth by the very reason of his illegitimacy.

He may be the finest, cleanest, brightest and most perfect specimen, from the biological standpoint, yet he is regarded as outside the pale. The odium of illegitimacy will cling to him as long as he lives, unless he should happen to be another Leonardo da Vinci, or some other equally illustrious bastard.

As a usual rule, if the girl should happen to be self-supporting, and if her family should refuse to come to her assistance at this time, she is usually forced to place this child in an institution.

She is never free from the possibility of exposure of her so-called "sin," which mitigates in a serious manner her possibilities of a successful marriage. For, unless she is sufficiently fortunate to meet an exceptionally broadminded man, who will condone the indiscretion which produced this bastard child, she has a very slim chance of becoming a wife.

Should she conceal the details of this experience, its results will hang over her head like the sword of Damocles. She is living under constant dread of exposure, which may cause her



the loss of her husband's love, as well as his support, and possibly make her a social outcast for life.

As a matter of fact, in most states, divorce from a woman subsequently found to have been the mother of an illegitimate child may be gained for the asking.

### The Dangers of Abortion

Thousands of women, in order to save themselves from undesired maternity, and the disgrace of bringing an illegitimate child into the world, are forced to the expediency of undergoing an abortion. This abortion may or may not have bad results. Nevertheless, if performed bunglingly, it may result in death. Or it may leave the girl an invalid for life, and possibly sterile, also.

### The Risk of Venereal Infection

Needless to say, the girl runs the same risk of venereal infection, as a result of intercourse, as does the man. There is, however, this difference. The man, as a usual rule, need feel no embarrassment in placing himself in the hands of a physician and undergoing a thorough course of treatment. The girl, on the other hand, feels a distinct embarrassment in seeking out a physician and exposing her condition to him. She is much more disposed to take the advice of some woman friend, who has had a similar experience, and treat herself with various antiseptic douches and other makeshift treatments.

Right here, it may be mentioned that it is infinitely more difficult to cure a woman of gonorrhea than it is a man, particularly in the early stages. For the urethra in the male—assuming that the condition has not spread into the posterior urethra, seminal vesicles, and prostate—is relatively smooth and easily cleansed. It is also easy to apply antiseptics to this surface.

On the other hand, the voluminous folds of the vagina afford innumerable crevices in which the germs may hide. So that ordinary douching, no matter how thoroughly it may be done, is rarely sufficient to produce a cure of a well developed case

of gonorrhea in the vagina. In order to bring about this result, it is necessary for the specialist to dilate the surfaces of the vagina with a speculum, so that his argyrol solution, protagol, nitrate of silver, or whatever he may use, may come in contact with every part of the tissue of the vaginal canal.

Failing in this, the disease may infect the body of the uterus, attacking the endometrium, or intra-uterine mucous membrane lining. It may even travel up through the Fallopian tubes, affecting them in its progress, and eventually reach the ovaries, rendering the woman sterile, by subsequent closure of the tubes. When the disorder reaches this stage, it can only be cured by the most scientific of vaccine treatment.

Failing in this, the disorder may become chronic, and eventually result in such gynecological disturbances as will necessitate the extirpation of tubes, ovaries, and sometimes the uterus itself. From all of this, it may clearly be seen that the claim of modern advanced women for absolute sexual equality with men can have no rational foundation.

The girl, therefore, while she is no more immoral than the man as a result of her sex indulgence, is in an infinitely more precarious position than is he, in practicing this indiscretion.

### What Science Says About Smoking

In the Fifth Edition of the National Dispensatory, on page 1576, there is a bald statement of a fact. This fact is that "Nicotine stands next to prussic acid in the rapidity and energy of its poisonous action." Prussic acid is probably the most deadly of all known poisons. A drop placed on the tongue kills like a stroke of lightning.

Tobacco addicts are invisibly wounded men and women, suffering from chronic nicotine poisoning. Their livers, kidneys, and other vital organs, activities of which keep the blood free from poisons, are being permanently damaged by continuous over-work against narcotic intoxication.

The tissues of these blood-vessels, because of the increased tension placed upon them by the poisons of tobacco, have lost their elasticity. Hearts have become degenerated by the ab-

normal pressure of their diseased blood-vessels. Seeds of Bright's disease, apoplexy, and "heart failure" have been sown—seeds which will inevitably bear fruit in their early dissolution.

The delightful *dolce far niente* of tobacco, so loved of those who welcome the solace of the "drug," is merely a stupor, the easeful sedation of a poison. It is harmful to our physical welfare and depressing to our nervous system. Nicotine is a drug, the effects of which cannot be guaranteed under the pure man law.

### Whether You Inhale or Not You Are Still Poisoning Yourself

Practically all medical men agree that the excessive use of tobacco is dangerous. First, the smoke itself—by reason of the ammonia, carbon, and the carbonic-acid gas which it contains—is irritating to the respiratory mucous membrane, setting up a chronic catarrh or some other subacute inflammatory process; next, the finer particles of carbon settle in the throat or in the lung cells, causing irritation and "shortness of breath"; then the ammonia "bites the tongue," dries the throat, and also has a deleterious effect upon the blood. The carbonic-acid gas in the tobacco-smoke produces dizziness, headache, and lassitude—permanently subsiding only with the removal of the cause.

Also, nicotine, which is absorbed from the end of the cigar, or from the oil and water in the stem of the pipe, is a powerful narcotic poison. One drop, placed on the tongue of a dog (so we are told), will kill him "deader than a door-nail." In fact, if the nicotine contained in a single cigar were dissolved out and injected hypodermically into a human being who had not established tolerance for the drug, it inevitably would prove fatal.

It may here be noted that nicotine itself is not found in smoke, as it is changed by combustion into pyridine and collidine; still, these substances retain, in a degree, practically all the depressive qualities of their volatile ancestor. Also, the heavy

odor of dioxide of carbon—one one-thousandth part of which will pollute the air of a room—is very unhealthful and obnoxious, even to smokers themselves.

The inhalation of smoke and the absorption of toxic by-products into the circulation through the two thousand square feet of lung air-cell surface arrest oxidation. Like alcohol, opium, and other narcotic drugs, tobacco retards the burning up of dead tissue. It prevents cell metamorphosis, and consequently impairs nutrition; for, in perfect metabolism, it is as essential to get rid of dead material as it is to build living structures. And, further, we cannot build living structure until the debris of the wornout cells has been removed.

This explains why the use of tobacco in growing boys is most injurious; it *stunts* them, mentally and physically, and lays the foundation for the acquirement later of even more pernicious and reprehensible habits.

#### How Tobacco Over-Stimulates the Nervous System

Next, the excessive use of tobacco unduly stimulates the nervous system and the action of the heart. When the products of cell decay are stored up in the tissues the heart automatically pumps faster—in the effort to oxidize an excessive amount of fatigue-poison.

The heart is endeavoring to bring the cells sufficient oxygen to burn up and convert their metabolic poisons; that is, the poison developed in the repair and destruction of cell tissue. Vital energy is dissipated, for which there is no compensatory return. If this is long continued, the heart weakens, loses the regularity of its rhythm, or even “skips” an occasional beat.

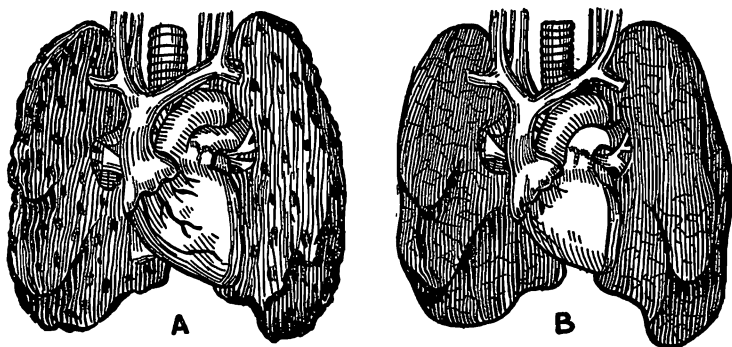
#### That Cause of Smoker's Heart

In addition, it contracts more rapidly and with unnecessary force, and then we have the serious state known as “smoker's heart.” If the cause is not removed, the smoker will keep on “skipping,” getting progressively worse, as the condition develops from functional into organic; and eventually he will

skip to another land—where there is nothing else to do but smoke.

Excessive use of tobacco, in many individuals, impairs the memory. It creates a sluggishness and apathy that reflect themselves in mental incorrelation—in an inhibition of the association impulses. It is asserted that in a period of more than fifty years no inveterate user of tobacco *has ever carried off the first prize at Harvard College*; and this is corroborated by the experiences of other schools where records have been accurately kept.

Here are a few of these records, of unquestioned authenticity.



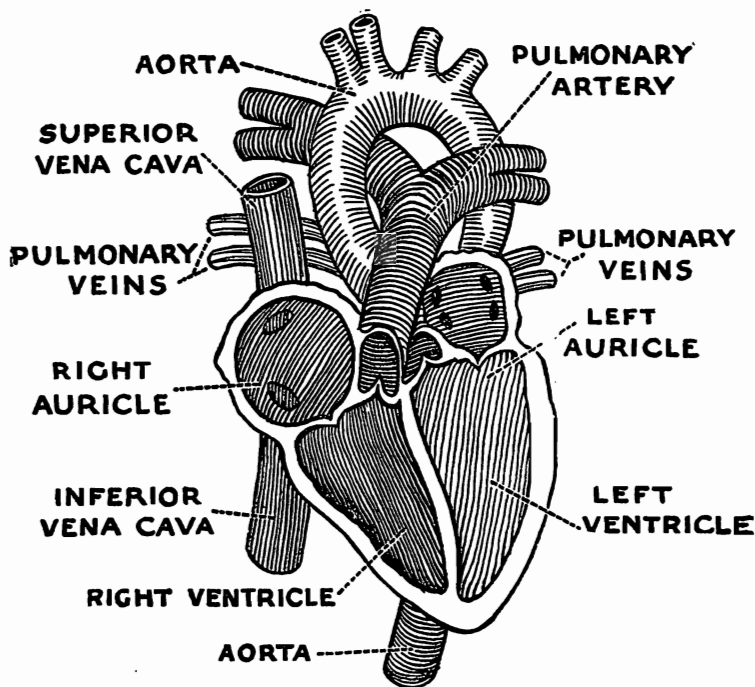
A, LUNGS AND HEART OF MAN WHO DIED OF NICOTINE POISONING  
B, ILLUSTRATING NORMAL HEALTHY HEART AND LUNGS

Dr. Edwin C. Clark studied two hundred students of Clark College and found the scholarship distinctly lower among the smokers than among the non-smokers.

Dr. George L. Maylan, of Columbia University, found that the ratio of failures of smokers as compared to those of non-smokers was ten to four.

In the study of eight hundred high school boys, Dr. P. E. Henry found a school record differential, ranging from seventeen per cent to twenty-eight per cent in favor of the non-smokers.

All college men—and even most schoolboys—know that, from the moment they begin training until they “break” again, the use of tobacco is absolutely interdicted. Experience has demonstrated that the “wind,” digestion, and heart are powerfully and unfavorably influenced by its use. No athlete who is called



CROSS-SECTION OF HEART SHOWING CARDIAC CIRCULATION

upon to expend his last atom of strength, skill, or endurance can afford the almost certain decrease in strength and skill or weakening of heart and “wind” which, trainers know, will inevitably follow dalliance with nicotine.

### No Trainer Would Ever Permit a Man in Active Training to Smoke

Dr. Frederick J. Pack studied two hundred and ten men who contested for position on an athletic team. Ninety-three were smokers; one hundred and seventeen were non-smokers. The non-smokers surpassed the smokers, with a difference of thirty-two per cent.

Dr. Pack also made inquiry as to this athletic situation in fourteen other universities, and learned that the non-smokers won with twelve per cent in their favor. He also found against the smokers, low scholarship, small lung capacity, and a uniformly low degree of success in "making the team."

Next—and this is interesting to the middle-aged who are developing a little blood tension, or whose arteries are losing elasticity—it has been shown that tobacco aggravates, if it does not cause, arterio-sclerosis. This is owing to its stimulating effect upon the adrenal glands—those little bodies that sit like caps on the tops of the kidneys. These glands, when overstimulated, secrete an abnormal amount of adrenalin into the circulation, which, in some inscrutable way, has the effect of increasing blood tension and hardening the arteries.

### Did You Ever See a Gangster Who Didn't Smoke?

Lady Nicotine's favorite method of winning young boys is to break down their will-power.

A typical boy "fiend" will lie, steal, and indulge in the most depraved and unnatural acts. In fact, the first step in the making of a "bad boy" is to teach a good boy to smoke, especially cigarettes. From this humble beginning, he may be depended upon to gravitate to liquor, "gangism," and most of the crimes that may, ultimately, land him in a reform school or the penitentiary.

Cigarette smoking is infinitely more pernicious than drinking; for the drink-habit in boys is readily curable, while the cigarette-habit is but seldom eradicated. In fact, this habit is far more injurious than is any other form of tobacco-addiction,

unless it be chewing. For, the by-products by combustion of cigarettes are even more deadly than are the nicotine by-products.

Among these cigarette by-products (in addition to those of the nicotine group) we have furfural—one of the aldehydes (an alcohol deprived of its hydrogen) said to be *fifty times as poisonous as ordinary alcohol*. This is the drug which is chiefly to blame for tremors, twitchings, and transient irritations, and which explains very consistently the characteristic handwriting of the cigarette-fiend.

Another member of the malodorous family of aldehydes found in cigarettes is acrolein (or acrolein, for short), an intensely stimulating drug, with a decidedly depressing after-effect. When furfural and acrolein are inhaled (the smoke percolating through the lung-cells), they cause a general irritation followed by narcosis, and by their continual use the nervous system is shattered.

#### **Cancer Frequently Traced to the Irritation of Tobacco Smoke and Pipe Stems**

While authorities differ as to the probability of cancer developing as a result of smoking, there is absolutely no doubt that li-cancer (epithelioma), and cancer of the tongue and the throat, have been traced to the irritation of the pipestem or the hot, acrid smoke.

Tobacco is a strangling-clutch on the throats of most singers and speakers, depositing, as it does, irritating and "drying" particles of carbon in the resonance-chambers of the nose and oral cavity, and inflaming the delicate vocal chords and larynx with its acidity.

Functional derangement of the digestive, nervous, and circulatory systems (manifested in headache, lack of appetite, dyspepsia, nausea, lassitude, lack of concentrative power, confusion of mind, indisposition to muscular effort, incoordination, and insomnia frequently follow our treading the primrose paths hand in hand with Lady Nicotine.

Accurate statistics are not obtainable as to the influence of



tobacco in causing insanity, although many of the world's greatest authorities on mental diseases are convinced that it is a predisposing factor in a large percentage of the victims. There is no doubt that in the presence of an unstable nervous organism, nicotine is extremely detrimental.

Dr. Bancroft, of the New Hampshire Asylum, at Concord, writes in no uncertain terms on this matter. He says: "I have known several cases of insanity, most unquestionably produced by the use of tobacco, *without other complicating causes.*"

Dr. L. Pierce Clark, speaking on the effects of tobacco on the mind, says: "Fully half the patients who come to our asylum for treatment are victims of tobacco."

The Superintendent of the New York Insane Asylum holds that "Tobacco has done more to precipitate minds into the vortex of insanity than spirituous liquors."

### Life Insurance Companies Not Convinced by the Shape of Bathing Beauties That You Should "Roll Your Own"

Life insurance companies also have neglected a very fertile field for investigation, in not obtaining more definite actuary and mortuary statistics in relation to tobacco-users, by listing smokers and non-smokers separately, as many now do with drinkers. One New York company (The Postal Life), taking this matter up in a bulletin said: "We believe the attitude of the medical profession is rapidly changing toward tobacco, as it has changed toward alcohol."

Dr. D. H. Robbins, for forty years an insurance examiner, in speaking of the pernicious effect of cigarette smoking on the body, said that one-half of the tobacco users he examined were perceptibly injured by it, and at least one-eighth had irregular or intermittent valvular action, commonly known as "smoker's heart." He said:

"This weakened condition of the human pump allows slight regurgitation of blood through improperly closed valves, preventing complete oxidation in the lungs, thereby retaining the

poisonous gases in the system, and eventually resulting in dropsy or some other systemic breakdown."

### Reclaiming Drinkers and Drug Addicts

The misery, suffering, domestic infelicity, and disharmony caused by drug and drink addiction are so widespread that there is scarcely a family in this land in which their disastrous results are not personally known.

Therefore, any means that promises relief in this matter, by reclaiming the dope addict or the drunkard, and relieving him of his systematic craving for drugs or drink, must be of transcendent interest to thousands of families.

Charles B. Towns, one of the world's great experts on drug, alcohol, or tobacco addiction, here tells us how victims of these habits may be freed from their cravings, and once more put in condition to do their work in the world, as well as their duty toward society and toward their family.

Dr. Richard C. Cabot of Boston, professor of medicine in Harvard Medical School and one of the world's leading physicians, in an article in the Boston Medical and Surgical Journal, stated that he had carefully observed the course of the Town's Treatment at different times of the day and night, and had become convinced that withdrawal under this treatment entailed vastly less suffering than any other treatment I have ever seen."

Now, every drunkard is a sick man. His tissues are poisoned, his cells are loaded with under-oxydized material, his elimination is imperfect, his nerves have "gone to smash." His circulatory system is affected, and his digestive apparatus is subnormal.

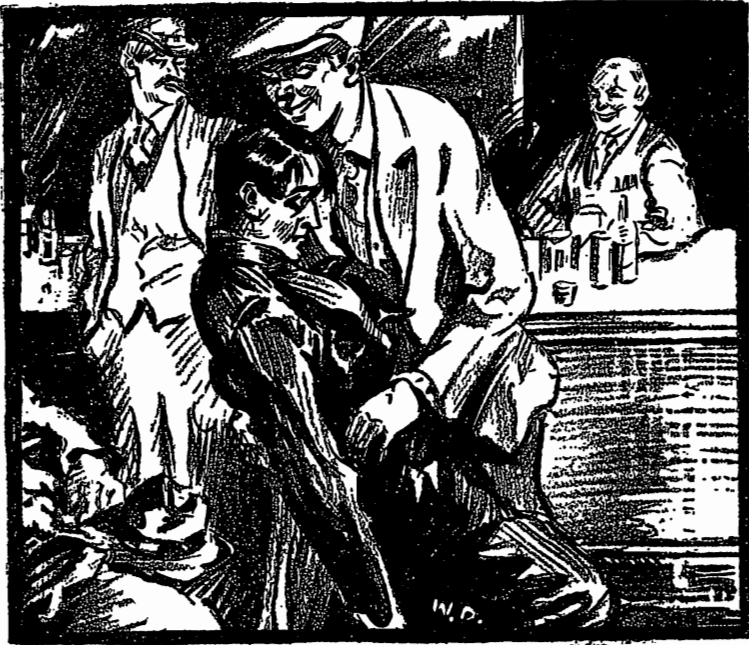
Assimilation and metabolism are perceptibly slowed up, muscle tone is lowered. In short, though he may not know it, the drunkard is a very sick man, and he must be brought to a better condition of health before he can ban from his system the devil of alcoholic desire.

In the great majority of instances the alcoholic reaches a state where he loses all control of himself and his alcoholic

appetite. Someone must take up his problem and act for him. Somebody else must take the initiative by trying to put the alcoholic where he can be helped.

However, there is hope for the man who declares that drinking is a bad business, and that he wishes to be helped to stop it. This man has pride and stamina, and *self-respecting pride is the main hope of the alcoholic.*

Now, no alcoholic can be *slowly* weaned away from his drink,



ALCOHOLISM PRODUCES DEGENERACY

if he is to be helped. For the *less* he gets to drink the *more* he *wants to drink*. If he must stay for a long period in an institution, or if he feels he must lean upon someone for support and guidance for some indefinite period, it may spell deterioration for himself. *If an alcoholic is going to be really helped he has*

*got to be helped quickly, and he has got to get through with the job.*

He must first be robbed of all his alcohol. He must not be left with some makeshift to lean on. There must be no strings fastened to him that can be pulled in. Nor must he be restricted, kept track of, and followed up, for some indefinite period of time.

#### Almost Impossible to Talk a Drinker Out of His Habit

And right here I wish to emphasize the fact that it is folly to try to *talk* a man out of his craving for alcohol. For there is nothing that bores the alcoholic so much as long lines of conversation about drinking, when he would give his very soul for a drink. He may make all the promises in the world, but he still *wants* a drink. So, no alcoholic is ever going to be freed of his addiction until he is first put physically and mentally where he has *no craving for alcohol*, and does not *feel* the need of it.

Nor do I believe that there is anything to be gained by the *purely mental treatment* of this disease—except in very rare instances. For alcoholism is a *disease*, with a *very definite pathology*.

Once in a great while perhaps there may be a drinker who is reclaimed by Christian Science, psychoanalysis, hypnotic suggestion, psychology, religious appeal, or some other form of mental treatment. But cases successfully treated by any of these methods are so rare as to be almost negligible.

#### You've Got to Get the Poisons out of His System

There is *only one successful method* of removing the craving for drink and thereby starting the drinker on the road to reclamation. And this is by *unpoisoning* him—ridding his system of every trace of toxic material stored up in the cells of his body. This is the only means of putting him in a condition where not even the faintest longing for liquor will remain in him.

Needless to say, this treatment should be supervised by a physician, as, not infrequently, the patient may require triple

bromides, valerian, strychnia, digitalis, or other medication, according to the indications.

### The Follow Up Treatment

Following the medical treatment there should be a course of baths, exercises, electricity in certain indicated forms, and whatever form of physical therapeutics may be found necessary, in order to bring nerves and body back to their best possible condition.

It is futile, however, to try to safeguard against exposure the man who has been drinking. For he is going to come in contact with alcohol in all walks of life. Yet, after he has been medically unpoisoned he has *no desire* for alcohol. Then, if you have been able to free his mind of any possible mental reservation or cause of discouragement and boredom that he may have tucked away there, results in his case will be perfect.

However, there are very few men who have been drinkers but who must be safeguarded against the unintentional drifting back into the taking of alcoholic stimulants. There is *no compromise* between these people and alcohol. They must become *total abstainers* for the *rest of their lives*. They could not drink  $\frac{1}{2}$  of 1 per cent beer *without re-establishing* the craving.

### The Treatment of Narcotic Addiction

The treatment of morphine, heroin, and other opium-derivative addictions, is along the same general lines as the treatment of alcohol, cocaine, tobacco, coffee, and similar habits—with the exception of the fact that a mixture of belladonna and xanthoxylum, the formula of which is familiar to most physicians, is administered for certain antidotal effects.

This mixture is administered hourly by mouth in a capsule, beginning with a minimum dose of six drops. The dose is increased or decreased according to individual tolerance. As the action of the most active agent, belladonna, can readily be noted by the dilated pupil, dryness of the throat, and flushing of the skin, there is never any necessity of bringing about the extreme physiological action of the drug—that is, delirium.

In addition, cathartics are given very freely, as needed—two to five compound cathartic pills, and five to ten grains of blue mass, at intervals of ten to fifteen hours for the first two or three days.

With certain characteristics of elimination, manifested in dark, thick green mucous stools—a complete and definite change is established.



THE RAVAGES OF DOPE

The patient is now treated to a good "house-cleaning" dose of castor oil, after which temporary stimulation by means of strychnine or some similar stimulant, or a little rhubarb, soda, ginger, or other stomachic is employed.

Within a week, unless it happens that it is an old chronic case, depleted to a lamentable degree, a definite medical result is achieved. That patient is *freed of his poison*, and of his *craving for poison*. Whether or not he will remain so depends, of course, entirely upon himself.

I feel sure that if doctors and hospitals everywhere would adopt the treatment outlined herein, as a routine measure, hundreds of lives, millions of dollars in earning power, and uncounted years of misery and heartache might be saved.

### Coffee and Your Nerves

Three years ago a young girl from a Vermont town came to New York to work in the office of a large real estate company. She was pink-cheeked, glossy-haired, vivacious—a bundle of life and vibrant energy, as a result of right living.

She had that rare and happy faculty of falling asleep within a fraction of a minute of the time her bright little head touched her pillow. What she ate concerned her but little. For she sauced her food with appetite. And what happened to it afterwards was a matter of equal unconcern—as what she ate never caused her the slightest inconvenience.

Every function of her body was normal, and she had a permanent residence very close to what the boys used to call “the top of the world.”

Within a very few months, however, the aspect of things changed. Instead of dropping off into a profound and dreamless slumber, when she tucked her bed clothes up under her chin, she would turn and toss for hours—in the clutch of the demon of insomnia.

She suffered from periodical, distressing headaches. Her food soured in her stomach. She was constantly troubled with belching of gas and heartburn. The function of her liver and bowels was interfered with, so that she was obliged to have constant recourse to pills and enemas.

She was forced to spend days at a time away from her work, to the great detriment of her business, and her chances of advancement.

Many physicians were consulted. They prescribed tonics and sedatives, and various other forms of treatment—without any appreciable benefit.

Finally she came under the care of a physician who had devoted some little attention to drug habits and their treatment. The first two questions this physician asked were, "How much tea and coffee are you now drinking?" and "Is this amount more or less than your usual allowance?"

The girl replied that she had been averaging from three to five cups a day, although at home in Vermont she had drunk only milk and a cereal beverage.

The doctor then said, "Stop taking medicine; and stop taking coffee, and let's see if this won't solve your problem."

It did. Within a week this girl was sleeping like a top, eating anything that would stand still long enough to be eaten, and gaining in vigor and vitality by the clock. She made two visits to this doctor, and was discharged cured. And coffee and she have parted company for life.

This is perhaps an unusual case, and an unusually quick and happy result. And yet, there may be thousands whose symptoms parallel those of this young girl, who might derive equally pronounced benefit by putting caffeine beverages on their taboo list, and substituting some less toxic beverage in its place.

### Almost Everyone Has the Coffee Habit

This is much more difficult than it might seem on first thought. For coffee and tea over-indulgence are habits so universally practiced that, from a little distance, they look exactly like dimple-cheeked virtues. And most everybody so regards them.

The tea table has become the nidus of hospitality; and the coffee pot the focal point around which family life gyrates from two to five times a day, regularly.

Perhaps this universality of the use of tea and coffee and the increasing dependence upon their stimulating influence comes nearer to explaining the physical and nervous decadence of thousands of American adults than any other one cause.



The reason for this suggests itself when we remember that coffee contains 1.23% of caffeine. Which means that each cup of coffee of average strength carries from 2 to 3 grains of a fairly poisonous drug.

When one multiplies this by the grand total of 15 pounds per individual, consumed yearly in the United States, it is clearly evident that the possibilities of nervous and physical disorders in America alone must develop along rather extensive lines. The small daily dose, taken the year through, totals up injuriously.

### Tea Sometimes Even Worse than Coffee

Tea, if freshly made by the "quick-steeping process," does not give up so much of its poisonous alkaloid as does coffee. The tea addict, however, usually makes up for this delinquency of "kick" by drinking two or three times as much tea as he does coffee.

As the caffeine in tea is combined with tannin—in the form of tannate of caffeine, the tea toper has the additional satisfaction of pickling his stomach and small intestines in a solution of tannin, and at the same time administering a deep coat of tan to every particle of meat and other albuminous food he puts into his stomach.

This naturally prevents the gastric juices from carrying peptic digestion forward. So when the food is finally passed along into the small intestine, it is insufficiently peptonized, and generally hyperacid.

The heat and moisture of the upper intestine unite to cause putrefactive fermentation in this mass. This results in the development of great quantities of highly toxic products, which are absorbed into the blood—where they still further poison the system, and lower the vitality.

The irritating effect of caffeine, combined with this intestinal poison, is observed in the nervous systems of many tea drinkers. In fact, it is conceded to be a very common cause of insanity in England, Ireland, and other countries in which tea is a national drink.

### A Frequent Cause of Constipation

The astringent action of tannin in a daily 5 to 15 cups of tea also brings about such a state of constipation as almost to make normal bowel movement the occasion for general family congratulations, and the singing of glad hosannas.

In view of all these facts is it any wonder that confirmed tea drinkers are usually the color of an old saddle—or sometimes even the color of the poor liver they so persistently abuse.

Everybody knows that the cells and the tissues of one who habitually uses alcohol to excess finally become saturated with the toxins formed in the system by the alcohol. The same is equally true of one who takes any other drug to excess—including caffeine.

When the cells, through the process of oxidation, or other means of elimination, finally get rid of a certain amount of the poisonous material developed by the action of caffeine, they immediately set up a howl for a new supply, just as the cells of an opium or a cocaine addict cry aloud for their new supply, when the stimulant, or the narcotic effect of these drugs wears off.

The caffeine cry for help manifests itself in headache, sickness at the stomach, irascibility, and intense nervousness—relieved only by taking “a little of the hair of the dog.”

Of course, there are many individuals whose nervous systems fail to react in the slightest degree to caffeine-containing beverages. These folks drink tea or coffee at any hour of the day or night, and in any amount short of the bursting point, without the slightest apparent effect.

They can even get up in the middle of the night, take a big drink of cold coffee, and go back for the second round of “great Nature’s second course.”

And there are others in whom the drug acts as a veritable narcotic, while tea is a tremendously active stimulant.

But these are idiosyncrasies, occurring in but a relatively small percentage of individuals.

The average person, with the average quality of nervous reaction to irritant poisons, is stimulated by the action of caffeine.

His nerves are harp strings, played by the rude hand of the brown-cheeked berry—sweet bells jangled out of tune.

### How to Tell Whether You Are a Coffee Fiend or Not

However, one of the surest ways to find out whether or not you are a victim of coffee excess is merely to omit your regular morning cocktail of coffee. Then see whether or not this omission makes any difference. If you have any of that "all gone feeling," or seem weak and spiritless, indisposed to tackle the job of the day, you may be pretty sure that you are dragging the ball and chain of the tea or coffee habit and that your condition is one of abnormality.

In other words, you are normal only when you are abnormal. And you may have a man's sized job on your hands, if you decide to break yourself of the caffeine habit. Charles B. Towns, who has had years of experience in treating drug addicts, has stated that of all the addicts that came to his sanitarium for treatment, a genuine, dyed-in-the-wool caffeine habitual is one of the worst—quite as intractable as is a cocaine addict.

Both kinds of addiction require the same kind of treatment—"detoxinizing" of the system by eliminative measures, followed by a general reconstructive program, including exercise, massage, baths, electricity, and general nerve and body-building measures.

However, tea and coffee excess is so common that most people deny that there can be any such thing. Indeed, the habit is so closely bound up with our national life that to point out its obvious evils is almost to invite the charge of fanaticism.

### What Authorities Say on the Subject

Yet in Gould and Pyle's "Encyclopedia of Medicine and Surgery"—recognized everywhere as a conservative and scientific work—you will find this statement:

"Coffee frequently causes excessive palpitation of the heart. In excess it disorders digestion and causes functional disturbances of the nervous system."

On another page of the Encyclopedia it states that "Caffeine is a rapidly acting stimulant to the brain and spinal cord. It quickens the action of the heart, raises blood pressure, increases the rate of respiration, and the secretion of the urine."

This wouldn't be very helpful to a neurasthenic, whose brain and spinal cord are already overstimulated. Or to an arterio-sclerosis patient, who already has more blood pressure than he has use for. Or to a diabetic or a nephritic, whose kidneys are being sadly overworked.

We have spoken of the prevalence of tea and coffee abuse and of the frequency with which the very definite symptoms of caffeine-poisoning may be overlooked. Hubert Hutchinson, M.D., clinical lecturer on Neurology and Psychiatry, University of Maryland, writing on this subject in the Dietetic Gazette, says:

"Coffee intoxication is a disease which is probably more common than is generally supposed, the profession not being alive to its symptoms—as it has not yet penetrated into the classics on pathology and hygiene." He adds: "Continuous headaches with intermittent attacks of great severity, preceded by acid eructations and vomiting, occur after the drinking of a cup of coffee." And again: "The most pronounced and tenacious factor of coffee intoxication is tremor, occurring in at least 60% of cases, and often persisting many weeks after the disuse of coffee."

Dr. George M. Niles of Atlanta, Ga., Professor of Physiology in the Southern College of Pharmacy, supplements this by the statement that "For those who are temperamentally unstable, or whose nerves are set on a hair trigger, coffee has no proper use. It is a drug, no matter under what flag it sails, and it tends to induce a drug habit, just as does any other stimulant."

### Sometimes Really Hastens the Effect of Fatigue

It is quite generally believed that the use of tea or coffee is potent in banishing fatigue. However, some modern physiologists, looking into the matter, are not quite so certain about

“the jolt” supposed to be derived from caffeine-containing beverages.

Dr. B. Nice, of the Harvard Medical School, in an article on “Studies on the Effect of Caffeine on White Mice,” said: “When taken in excess the stimulating action is so transitory, and followed by so great a decrease, that caffeine can be legitimately spoken of as an accelerator of fatigue.”

In brief, coffee and tea are drug-carrying beverages. Their effect depends upon the *quantity* taken—and the *quality* of the *resisting power of the one taking them*.

Nor can coffee be classed as a food; for it does not build tissue, and its nutritive value is negligible. It contains no starch; it carries only 1.26 per cent of protein; and its twelve per cent of oil (caffeine) remains mostly in the grounds.

Coffee does, however, contain trifling amounts of sugar and dextrine, as well as traces of alcohol, which are absolutely unimportant from a physiological viewpoint. So the sugar and cream added at the table are, by all odds, the most nourishing elements in a cup of coffee.

It is, however, the 1.23 percent. of caffeine contained in coffee, which is the *real* factor that has made coffee one of the most insidious poisons that now menace the health of the human race.

### One-Half of All the World's Production of Coffee Consumed in America

No one can deny that we are a caffeine-saturated race. One-half of all the world's production of coffee is consumed in America. It is estimated that our per capita consumption of coffee is now more than fifteen pounds for every man, woman, and child in the United States—as against about seven pounds consumed in England. Every pound of coffee carries about 1.34 per cent of caffeine. Estimating that each pound is sufficient for about thirty-five cups of coffee, of the strength ordinarily drunk in America, it can readily be seen that each cup of coffee carries from two to three grains of the drug caffeine.

This is just about double the usual dose prescribed by phy-

sicians who feel that their patients need this drug as a heart stimulant.

The marvel is not that we are the most neurotic race of civilized beings on the face of the earth, but that we are not more neurotic than we are. For we consume more caffeine-containing beverages than any other race, except the Arabs, and possibly the Turks.

We consume habitually, in the form of coffee and tea, and also in the form of chocolate and cocoa—which contain theobromine—a drug similar in its action to caffeine—drugs enough to drive a race of horses insane.

### Sound Minds in Sound Bodies

One of the earliest observations of the old Greek and Roman philosophers was that sound minds were usually found only in sound bodies.

There have, from time to time, been certain outstanding exceptions to this dictum. For example, Pope—a fine, clear thinker and an outstanding poet of his period—was afflicted with chronic headaches. Carlyle, whose “French Revolution” will last as long as language itself, was a cantankerous, fault-finding dyspeptic, a misery to himself, and a nuisance to everyone with whom he came in contact.

And so with a relatively small number of others—who were consumptives, drunkards, opium addicts, or what not, but in the main—excluding the geniuses, who perhaps would have been great, no matter where they had been placed—sound, receptive minds have been housed in strong, healthy bodies.

Therefore, we cannot avoid being concerned over the fact that physical defects bring more low marks to perhaps a third of our 27,000,000 children attending school than do actual mental deficiencies.

### How Physical Defects Lower Mental Efficiency

The U. S. Public Health Service tells us that poor eyesight, decayed teeth, adenoids, infected tonsils, and other physical

handicaps, together with a lack of properly balanced, nourishing food, will cause more "D's" and "E's" on report cards than lack of application to studies, or inability to learn.

The statistics reveal that between one-quarter and one-third of all school children in this country are handicapped by malnutrition. In other words, these children are not getting a sufficient amount of proteins, mineral salts, and vitamins to furnish material out of which they can build bone, tooth, muscle, and brain structure.

These children are not inattentive, lazy, sulky, or stupid. They are merely half-starved and physically handicapped by rickets or some other deteriorating disorder.

If we could spend the \$11,369,500 recently appropriated for enforcement of the utterly unenforcible prohibition law on vegetables and fruit to be distributed among the children, and then give these poor children *proper medical and dental care*, we would do marvels for the next generation of our citizens.

This would be building up our next generation of citizens in the most practical and constructive possible way. What we might accomplish by continuing the practice for the next hundred years would be *almost* in the *nature* of a *miracle*. This would be the most convincing demonstration in Eugenics that has been made since the days of ancient Greece, when health and perfection of body aroused almost worshipful adoration.

### Sex and Psychoanalysis

Many years have elapsed since Sigmund Freud first announced that he had gone down into the sub-cellar of consciousness, and had discovered where the bodies were buried, and why we murderers of desires and emotions suffer for our sins of commission and omission.

He told us how the ghosts of these desires, painful experiences, embarrassing emotions, and shameful longings came to haunt us as hysteria and other neurotic manifestations, as well as in dreams, during the witching hours of the night. And how, by understanding the symbolism, communicated to us in

dreams or passing fantasies, or by interpreting various symptoms, we could lay these spectres.

A strange and stirring story, Freud told, a tale which made even the child in arms its mother's own psychical paramour, and which stamped the hysterical adolescent daughter as merely expressing jealous hatred of her mother, because of the place the mother occupies in the father's affections, a place which, in the daughter's distorted viewpoint, she believes should rightly belong to her.

In other words, Freud tried to persuade us that hysteria in many girls is due to nothing more or less than the fact that, in their morbid imagination, they picture themselves as sexual lovers of their own fathers. And, even though they themselves do not know this, they are consumed with jealousy of their own mothers.

#### **Modifying Somewhat the Conclusions of the Old Master**

However, Jung, Adler, Coriot, Boris Sidis, and a score of other brilliant students of Freud have given the old professor a course of sedative treatment, and tamed him down somewhat. Each in his way has contributed to a clearer appreciation of the *real* values of a contribution to scientific medicine and psychology which unquestionably has done more to clarify and remove the cause of nervous disorders—especially those of sexual origin—than any other known form of treatment.

Yet, notwithstanding all that has been written and said on this subject, the average person is hopelessly at sea as to the *real facts* of the matter, battered by an atmstorm of conflicting gales. Even the psychoanalysts themselves have only a one-sided viewpoint of the subject—like those blind men who pictured the elephant in their minds' eyes as something that must be like the trunk, tail, leg, or side with which each individual first happened to contact.

#### **Psychoanalysis a Dangerous Tool for a Novice to Play With**

However, there is one aspect of the matter on which all informed men agree: and this is that psychoanalysis and its



practice may be a two-edged sword which, in the hands of a novice, is capable of doing infinitely more harm than good.

In fact, it would seem only reasonable to assume that, inasmuch as psychoanalysis deals largely with mental factors, those who practice it should have some knowledge of neurology and the pathology of mental disease, as well as a thorough understanding of the *physical* basis of disease.

This should be obvious. For, while treatment by psychoanalysis indeniably has a *real* value, yet its chief practitioners often overlook many conditions of infinitely greater importance in the cure of nervous and physical ailments than the mere uncovering of the repressing or inhibiting influence, and the opening of the trapdoor of consciousness, which allows the submerged idea to come out into the open and caper nimbly in the light of day.

### Looking at Disease from Only One Angle

Also, psychoanalysts are inclined, as are all specialists, to ignore the value of hygiene, diet, and therapeutic treatment. They ignore the fact that almost ninety per cent of the physical ailments of mankind are due to auto-intoxication from intestinal absorption, from violation of fundamental hygienic laws, from lack of fresh air and exercise, from improper eating or from food stuffing, from faulty habits of sex life—in fact, from anything that violates any of Nature's laws.

These men may live so close to the forest that they cannot see the trees. They may be so absorbed in analyzing the "free association of ideas," the psychology and the hidden explanation of dreams, and various other psychoanalytical concepts that they neglect to look into hollow teeth and focal abscesses in various structures of the body for the cause of their patients' troubles.

They may ignore a pair of improperly refracted eyes and improperly fitted glasses, flat feet, a prolapsed uterus, an impacted bowel, lack of a certain vitamin in the diet, the wrong kind of bath, or a hundred and one other causes, as a factor—

or *the* factor—responsible for their patients' pains, phobias, debilities, or abnormalities.

It may never occur to them that the headaches, stomach trouble, neuritis, or nervous irritability they are attempting to cure may be due to nothing more serious than a displaced vertebra, which any competent osteopath or chiropractor can restore to normal position in ten seconds, and which all the king's horses and all the king's men could not put back by mental means in ten years, or ten thousand years.

### **It Isn't Constructive to Encourage Dwelling on Symptoms**

There is one other phase of psychoanalysis which may, and frequently does, produce actual harm. This has to deal with the practice of analyzing and dwelling on one's symptoms. For this concentration tends, by the influence of self-suggestion, actually to develop neurotic and other symptoms.

On the other hand, the broader significance of sex and its reflexes, established by Freud and his disciples—while perhaps swinging the pendulum to the extreme—have provoked a bitter and widespread antagonism toward all things Freudian.

With this antagonism no liberal-minded man or woman can exhibit sympathy. We know that prudishness and hypocrisy have, from time immemorial, placed their taboo on things sexual, and that any reference to the matter is considered by many old maids—in pants, as well as skirts—as lewd and revolting.

This same puritanical spirit accounts for the indignation, expressed even by physicians of the old school, who know no more about sex than your maiden aunt's grandmother knew, unless it pertains to venereal infection.

And yet, it is undeniable that the sexual aspect of life is an extremely important one, even though it may not be quite as important as Freud and his disciples would have us believe.

### **A Couple Who Are Sexually Mated Rarely Need to Be Psychoanalyzed**

However, it is by far the most important factor in maintaining the barque of married love on an even keel. For, as Judge Lindsay and other students of the subject tell us, rarely does a couple who are sexually mated ever find it necessary to seek happiness through the ministrations of the divorce courts.

Also, we now know that, even without being abnormal or precocious, sexual life often has its beginnings at an incredibly early age. In fact, many students believe, with Freud, that sex and life are almost the same age, and that sex develops in three divisions—the infantile, the latent, and the adolescent period.

Freud contends that “the newborn child brings with it the germs of sexual feelings which continue to develop for some time, and then succumb to a progressive suppression, which is, in turn, broken through by the proper advance of sexual development and which can be checked by individual idiosyncrasies.”

There can be no possible doubt but that an overwhelming percentage of all causes of hysteria is due to some abnormality connected with the generative function, and that old-maidism is, if anything, even more harmful to physical and mental well-being than is its opposite, juanism, a condition which perpetuates the name and the well-advertised proclivities and activities of Don Juan.

### **I Don't Lose My Pocketbook Because I Hate Money**

However, the contention of the psychoanalysts that I leave my pocketbook on the counter of the delicatessen store, or my ring on the washstand, or forget to mail a certain important letter because of some hidden or repressed impulse in me which impelled these actions, is so ridiculous as to be placed in the category of childishness.

Absent-mindedness, lack of concentration, or distracted at-

tention are sufficiently common and sufficiently potent to explain any, and perhaps all, lapses of this character—without assuming that I am a money-hater at heart, and hence try my best to get rid of money in the most direct and expeditious way.

Or that I hate the lady who gave me the diamond ring, or the jeweller from whom I bought it, and hence take the earliest opportunity to leave it behind me somewhere, where I am sure I will never be bothered with it again.

Or that I neglect to mail a letter because it might bring me a very wealthy patient who requires an extended course of treatment—and I am too lazy to want to be bothered with this patient. I may be crazy, but I am not *that* crazy.

However, when we come to the interpretation of dreams, and their significance as hidden fulfillments of repressed desires, carried out subconsciously during sleep, we are dealing with a really valuable measure.

### The Scientific Interpretation of Dreams Is of Unquestioned Importance

No one who has investigated the matter can deny that dreams play a most important part in the psyche of the individual. Admittedly, many dreams are senseless, meaningless jumbles, inspired by too much potato salad and knockwurst before going to bed, or by reading some of the hair-raising stories of Edgar Wallace, or that other Edgar, whose last name is Poe.

Nevertheless, in the hands of expert psychoanalysts, dreams and their interpretative significance may prove to be invaluable aids in diagnosing and treating many forms of neurosis or psychosis of long and stubborn standing.

To understand the significance of repression, we must recall that the art of forgetting seems to be one of our most important functions—a protection thrown around us by Nature to help us keep our sanity in this mad world.

If it were not for this capacity for forgetting and for effacing painful and disagreeable experiences from our consciousness, no woman would ever have more than one child, no

man would ever take the second risk in the stock market, no rejected lover would ever again care to touch the soft hand of a woman.

We would still be heartbroken over the death of a mother, whose body was cremated twenty years ago. In fact, we would go back even further than that, and howl quite as vociferously and enthusiastically about the top, or the handful of marbles that was stolen from us thirty-five years ago, as we howled about them in that gray day in 1897.

Yet these impressions are not completely obliterated, as we might suppose them to be. The rust of time has not rendered them entirely illegible.

On the contrary, it would seem as though the memories of our disappointments, our rebuffs, and our humiliations lie perilously close to the surface of consciousness, and are only too eager to pop up at any and every opportunity and remind us of these disagreeable experiences.

### The Significance of "Day-Dreaming"

The state of mind—half conscious, half subconscious—found during the semi-somnolent condition of "day-dreaming," and more definitely during night-dreaming, affords the psyche the best opportunity for pushing its message over the threshold of consciousness.

Strangely enough, the psyche often finds that the best means of doing this is in the form of symbolism—a protective coloration which perhaps avoids shocking the virgin mind or the sensitive soul.

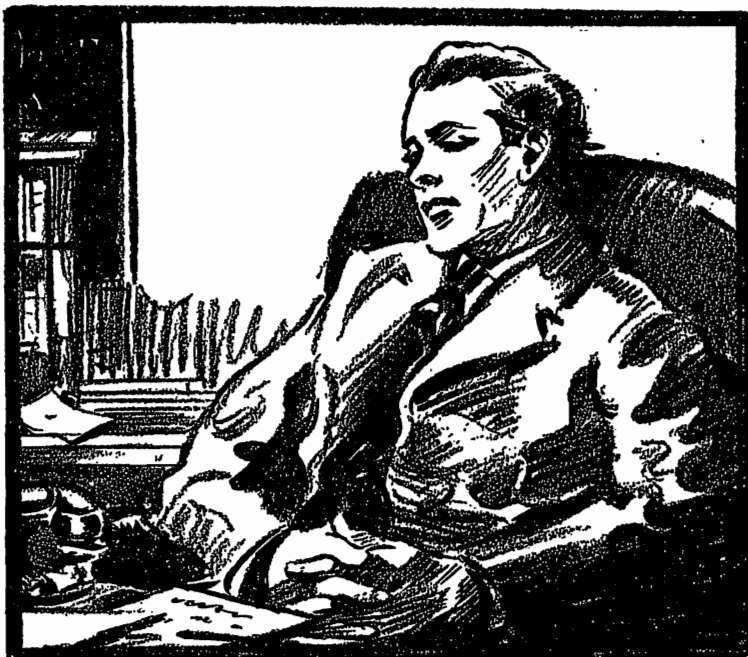
Thus, a young girl or a sex-starved woman will dream repeatedly that she is being attacked—stabbed by a knife or dagger—clear symbol of a wish fulfillment, relating to unsatisfied sex longings.

There are also those dreams which are susceptible of a rational interpretation. Not infrequently these are of a most constructive nature.

Such a dream is related by Dr. A. A. Brill, in his fascinating work, "Psychoanalysis" (Saunders and Company), in which

he tells of a man of thirty who dreamed that he saw his brother's head split open and bleeding. Yet he experienced no worry or anxiety over the matter.

Analysis of the dream disclosed the fact that this dream referred to his 16 year old brother, whom he had thought incorrigible. He had read recently an article in a Sunday news-



THE "DAY-DREAMER"

paper, stating that bad boys could be cured by trephining the skull and exposing the brain—which at once caused him to think of his brother. The dream, argues Dr. Brill, realized the man's wish, by showing him his brother with his brain exposed.

Thousands upon thousands of similar dream experiences

have been recorded, which seem to have been based upon these repressed or distorted desires, expressed in hidden or in symbolic form.

**The Explanation of the Expression "Free Association of Ideas"**

Actual or fancied experiences can be thus depicted, or dragged up into consciousness by what is called "free association." This is produced by what is known as the "stimulus word," a word given to the subject who is being psychoanalyzed. He is required to answer to this with the first word that comes into his mind. This word is known as the "reaction," or "response" word, and is supposed to be "snapped out" instantaneously, and without taking thought.

Thus, given the word "head," the subject will instantly respond with "hair," "brains," "eyes," or any one of hundreds of words that may be logically associated with "head."

The value of the experiment lies in the fact that a sluggish response to any of the "stimulus words" usually signifies that there is something connected with or related to this word which the subject is unconsciously attempting to conceal.

These are called "complex words" and often betray the inmost secrets of the person under examination.

However, once these "complex words" are uncovered and disclosed, the necessity for secrecy seems to be ended, and the patient not only can remember the incident he has been subconsciously concealing, but he is also automatically relieved of the further necessity for concealing this incident.

And this is the practical value of psychoanalysis. Once the hidden or repressed idea is dragged into the light of consciousness, it ceases to be a disturbing factor.

**Laying the Ghost**

It is as though you were to see, in the semi-darkness of your room, a white form, crouching menacingly at the foot of your bed. You gaze horror-stricken upon the specter, who is poised

to spring upon you at the first move. Suddenly, in a frenzy of desperation, you thrust your arm out from under the bed-clothes, grasp the chain of the reading lamp near your bed, and jerk this chain.

The room is immediately flooded with light. And what you hair-raisingly thought was a full-grown ghost turns out to be nothing more than your wife's white coat, which she threw over the back of your chair and forgot to hang in her closet when she retired.

Thus this particular ghost is laid. It is no longer capable of stimulating horror in you. And so it is with all these sub-cellular ghosts of ancient experiences, wishes, or repressions. Once you can grab them by the scruff of the neck and drag them up out of their dankness, you are forever free from their hauntings.

There is yet another connection in which psychoanalysis has broadened and deepened our mental channels, and this is in our understating of "complexes."

While these attributes are, in a measure, psychological, they are, so far as treatment or correction is concerned, *psycho-analytical*. For an explanation of their symptoms and an understanding of their reactions may go far toward correcting these abnormal aspects of their manifestations.

### The "Inferiority Complex"

Perhaps the most common among these complexes is the so-called "inferiority complex." Those afflicted with this form of complex have marked feelings of self-doubt. They have a sort of jellyfish lack of confidence in their own powers of self-assertion. They are what William James termed "tender-minded," strongly subjective by nature. They live rather in a world of thought and feeling than in the arena of action. They get their ideas from books instead of from people and are inclined to retire into the realm of their own ideas.

They are timid and shy in the presence of strangers. They shun responsibility, and are usually quite unable to speak in public, or even to maintain any active part in an ordinary conversation.

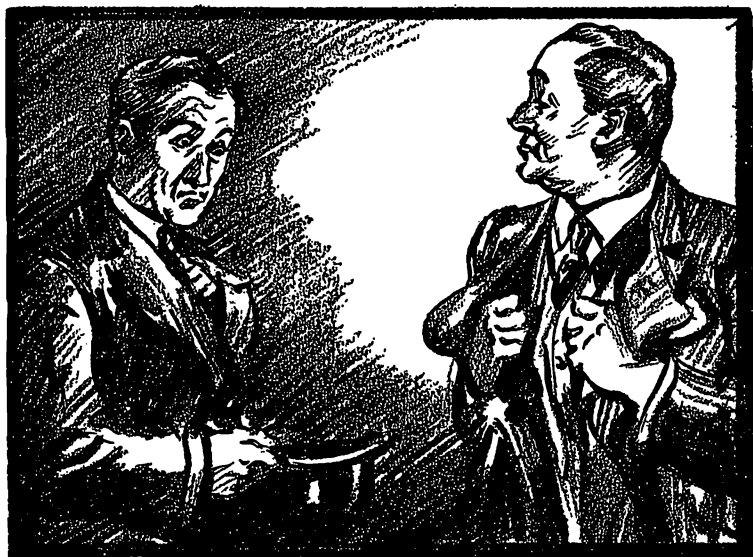


Many of them, however, build a defense mechanism over their lack of confidence. They take to boasting, and develop conceit. This serves to protect their inner sensitivity and keep up their courage and self-respect.

Many artists, musicians, poets, and writers have this complex.

**The "Superiority Complex"**

Those who show a "superiority complex" are usually self-assertive, excessively personal, often ruthless and aggressive in



A

B

A, CHARACTERISTIC FACE SHOWING INFERIORITY COMPLEX  
B, FACE SHOWING SUPERIORITY COMPLEX

action, and blunt and tactless in manner. They wound the feelings of others and contrive to have the final word in every discussion.

These are the radicals, the egocentrics, who know the answer to all the questions—pugnacious, domineering, and determined.

Those who have the "martyr complex" are super-sensitive. Their feelings are constantly being hurt, although frequently they are of the Ishmael type—their hands against everybody's and everybody's hands against them.

They are irritable and contentious, although often afflicted with an overwhelming "dose" of self-pity.

These conditions are found most generally in the "ingrown family" where parents are fear-ridden and domineering.

Girls are much more likely to exhibit this form of complex than are boys, particularly if they happen to have been born in New England, where it is believed there are more "martyr complex" individuals than anywhere else in the world.

The "persecution complex" is often confused with the "inferiority complex." Yet there is a marked difference between them. For the individual with an "inferiority" mental reaction is usually the victim of a long course of teasing by schoolmates, brothers and sisters, or by that lack of adaptation to society which makes the individual feel that he is a misfit.

With a true inferiority complex one is likely to be over-humble and apologetic. When the psychic pressure, however, gets to the "persecution" stage, there develops a marked feeling of resentment, combined with a perennial search for a friend or for someone who will understand and sympathize.

The condition really amounts to an inferiority complex, intensified by a compelling nervous struggle against the world, or else a passionate effort to escape its contacts.

It is people of this type who form by far the larger percentage of chronic melancholics and suicides.

### "Frustration" a Great Handicap in Life

The "frustration complex" is a curious combination of reactions, taking on, at varying periods and different occasions the inferiority, superiority, martyrdom, and persecution complexes.

It is found more generally among those who have had to struggle fiercely against some social, financial, or physical handicap, and induces a sense of personal hopelessness, rather than a desire to combat life, breast to breast.

Those who have fallen into crippling debt, or who are responsible for the care of relative dependents, or who have to scrimp and save and measure every penny's worth, are likely to be sufferers from this particular complex.

If your child seems to take no personal interest in matters that should interest every normal, healthy child, either in the way of sports, games, or youthful activities, if he withdraws into a very limited circle of friends, and lives only at "half-speed," make up your mind that the "frustration complex" is forming in him or her.

If a child is always obedient, polite, and adaptable, never emotional or impulsive, if his pulse never quickens or his face never flushes, if his manner is staid and sedate and he seems too old for his years, if he takes cold easily, and lacks the spirit that should send his blood jumping through his veins, he is either suffering from or rapidly developing the "frustration complex."

And it would behoove you, for the good of the child, as well as for your own future peace of mind, to shock and lead him out of this.

The "resignation complex" is very similar to frustration, except that it accompanies more passive natures. There is less conflict, and the results are likely to be less disturbing.

### **The Man or Woman who Lacks "Guts"**

The "resignation" individual combines the inferiority with the frustration reaction. He is thoroughly convinced that no matter how tough his lot may be, there is only one thing to do, and that is to accept his destiny without a struggle.

This individual is not exactly indolent or lazy, for he tries his best to achieve success in any endeavor, until finally he gives up the struggle in despair.

A "frustrated" individual rails at the conditions in life that have blocked him, while the "resigned" individual turns to some other easily chosen field of endeavor, and pursues this for a while.

There are many cases on record where men and women of

this mental type have tried ten and twenty or more vocations, only to give them up, one after the other. They lack "guts."

Every parent should learn to guard against developing a spirit of resignation in a child, for it is infinitely more destructive and deteriorating than rebellion and occasional disobedience. It is even worse than any of those instructive or emotional experiences that sometimes produce selfish actions. For resignation simply lets its victim slip into the quicksands of inertia—and this is the next thing to being dead—mentally, physically, and psychically.

A study of psychoanalysis and its practical application is of inestimable value to every intelligent human being who is desirous of overcoming his shortcomings and bringing out the best there is in him.

Its correct application may be the means of changing the entire current of your life.

"Know thyself," and then act on this knowledge.

### Stamping Out Malaria

Malaria is the actual cause of more than one-fourth of all the sickness in the tropics. Yet, while most prevalent in the tropical regions, it is no respecter of climate, for it is quite extensively distributed throughout the semi-tropical zones (except the high altitudes or in the exceedingly dry regions), where it is prevalent in the late summer and early fall.

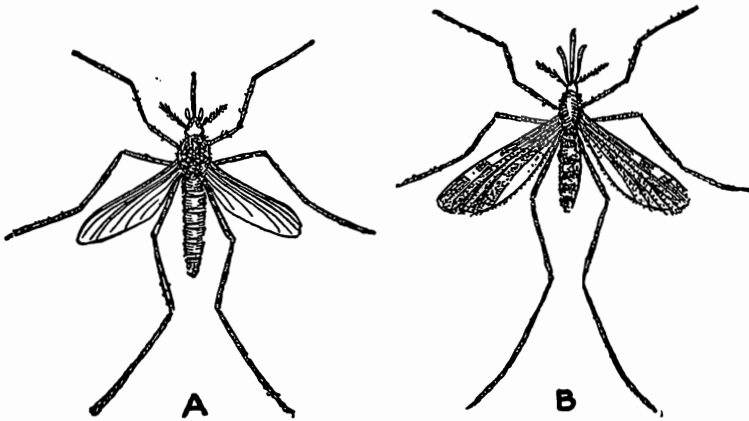
In fact, malaria is to be found in almost every section of the inhabited globe—except in the Arctic and Antarctic Circles.

It is definitely established that Negroes have built up a certain degree of immunity against malaria. This explains why the Negro race thrives in equatorial regions, and under conditions in which it would be quite impossible for a white man to live. It must be acknowledged, however, that if the "sterilizing" effect of quinine be maintained, white men can live quite as healthily in the presence of malaria as can the Negro himself.

### The Meaning of Malaria

Malaria, called also chills and fever, ague-fever and ague, intermittent fever, swamp fever, remittent fever, is a disease produced by the presence in the blood of a specific organism. This organism is a protozoal parasite—known as the hematozoon or “*Plasmodium malariae* of Laveran,” so called after the pathologist who discovered it in 1880.

The parasite develops in the blood cells, feeding upon the red blood corpuscles of the malaria victim, and causes paroxysms of fever of a more or less periodic character, depending upon the organism present. Or it may cause *continued* fever,



A, NON-MALARIA CARRYING MOSQUITO AS COMPARED WITH B, THE MALARIAL MOSQUITO

sometimes accompanied by frequent more or less acute attacks.

These organisms can be seen only by the aid of a microscope, but their effects can be felt without any outside aid.

The symptoms alone are usually well defined and sufficiently convincing. Therefore, to make an absolute diagnosis of malaria is relatively a simple matter. It is *merely necessary to examine a drop of suspected blood under the microscope*. The presence of the plasmodium parasite establishes a definite diagnosis.

### How Malaria Can Be Absolutely Wiped Out

There are two ways by which malaria can be effectively stamped out. The first is to *destroy the Anopheles mosquito*, the only means by which malaria may be transmitted. The second is to *cure all malarial patients*, so that, if all malaria-carrying mosquitoes cannot be destroyed, at least there'll be no malaria for them to carry.

For the first means, as far as possible, all places in which mosquitoes can develop must be drained or filled up, or else covered with a layer of kerosene, which will effectively destroy all the larvæ of the mosquitoes.

But perhaps the most important contribution to the good cause of malarial control is two teaspoonfuls of Paris Green, mixed with a cigar box full of ordinary road dust. Standing to the windward, this dust is thrown into the air, where the wind scatters it effectually over the surface of the water.

This scattered arsenic is sufficiently toxic to the mosquito larvæ to kill every larva in one thousand square feet of pond surface. And without destroying the life of any frog or fish in the pond.

Ponds or small lakes should also be kept stocked with fish known to feed on the mosquito larvæ. Salt-water marshes should be opened up so that tide water can enter freely and sweep the mosquito larvæ with it on its ebb. This free passage will also permit the killies and other small fish that feed largely on the mosquito eggs to help the good work along.

### Don't Let Stagnant Water Accumulate Anywhere

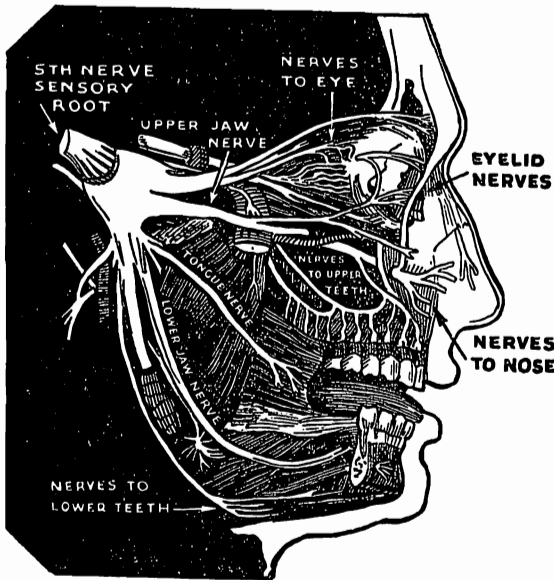
One very essential factor in malarial control is to *deprive the mosquitoes of breeding places*. Gutter and sewer openings should be so constructed as to prevent the accumulation of stagnant water. Rain barrels and cisterns should be carefully covered. Roof tanks, cesspools, and similar receptacles should be covered by screen or netting. Old tin cans, broken bottles, and other mosquito incubators should be buried, so that they will not fill with rain water.

The greatest care should be taken to avoid being bitten by

mosquitoes. To this end, all doors and windows should be screened during the mosquito season, and a relentless war of extermination should be waged against those winged argonauts that first find their way into the dwelling place.

### Tooth Decay and Health Failure

When Dr. William Osler said, "If I were called upon to state which of the two, in my opinion, causes more evil, alcohol



ILLUSTRATING THE TRIGEMINAL NERVE AND ITS BRANCHES  
IN RELATION TO VARIOUS PARTS OF THE FACE

or decayed teeth, I should unhesitatingly say decayed teeth," he spoke from well-considered data. And while at first, realizing the sorrow, sin, misery, and waste caused by alcohol, this seems grossly exaggerated, yet modern medical science endorses the statement. For unclean teeth, with broken-down cavities and necrotic pulps set into gums that constantly ooze pus, are dangerous to health, even to life.

Four hundred million defective teeth exist in the United States—about four defective teeth to each person.

If all these teeth were cared for properly an average of 10 years would be added to the life of every normal man, woman, and child in the land.

Among the school children dental disease is so common that only about three children in a thousand have perfect teeth.

These recent estimates by the Columbia University School of Dentistry reveal a source of untold disease, misery, and even death that might be prevented absolutely if we, as a nation, would learn how to take care of our teeth. Their importance can hardly be overestimated, for scientists have proved positively that the health of our bodies depends largely upon the health of our teeth. In fact, so closely interrelated are teeth and health that not even the greatest expert can tell where one leaves off and the other begins.

### Tartar and Its Meaning

The coating of tartar, which most people think merely unsightly, is really a vast aggregation of bacteria, encrusted in tiny sacs. These busy bugs spend their time generating acids which soften the tooth enamel, which is food and drink to them.

The myriads of microbes that have their domicile in the mouth, also in the putrescent material which results from decomposition of the food particles lodged between or in the hollows of teeth, or in the shelters of infected gum margins, enter the lymph and the blood through the mucous membrane, and thereby poison the entire system. These toxins and germs are also mixed with the food and swallowed with every mouthful taken into the stomach, there to produce gastric and intestinal disorders, catarrh, and ulceration, and to prepare the soil for the development of cancer, as well as for various life-shortening diseases of the liver and the kidneys.

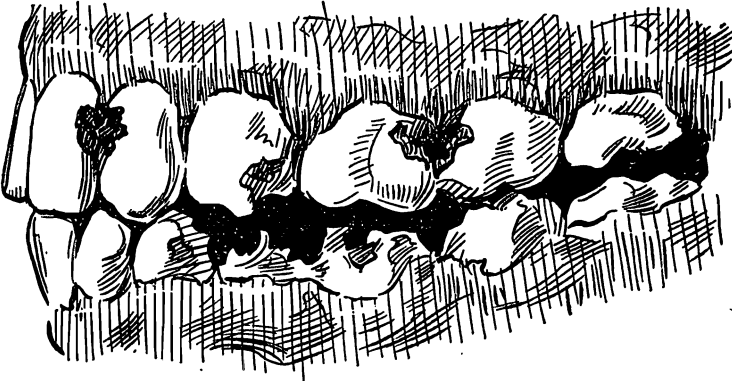
In the hollows of decaying teeth have been found thirty-three different varieties of germs, including those which cause disease of the eyes and ears, ulcerations of the tonsils, abscesses in the facial bones and their sinuses, tuberculosis, measles and



German measles, mumps, chicken-pox, whooping-cough, influenza, scarlet fever, diphtheria, and even smallpox. And anemia, diabetes, and "heart disease" occasionally have been traced to decay of the teeth and teeth sockets.

Rheumatism and rheumatic fever, as well as those painful joint involvements and enlargements which for centuries have been the bugbear of doctors, are now known to have their frequent origin in decaying teeth, or in some pus-producing foci or pyorrheal pocket at their roots or around their gum margins.

Imperfect fillings, badly fitting bridges and crowns, various



DECAYED TEETH POISON-FACTORIES THAT UNDERMINE HEALTH

artificial dental appliances which trap and hold decaying of food until decomposition has taken place, are sources of grave danger, and are being more and more closely inspected nowadays by the careful diagnostician.

So, if you suffer from "gum-boils" or from any inflammation or swelling around the roots or the necks of your teeth, lose no time in seeing a dentist and having the thing that causes these conditions removed.

Also, the poisons absorbed into the blood produce irritation or even inflammation of the nerves, causing headaches, neuralgia, neuritis, and nervous exhaustion—with the thousand and

one things that nerve irritation and nerve impoverishment mean.

There is a very close relation, too, between decayed teeth and a large number of diseases that apparently have nothing to do with the teeth, such as ulcers and cancers of the stomach, rheumatism, and diseases of the kidneys.

Pathologists tell us that, in many instances, the germ or strain of bacteria found in a diseased appendix was first developed in an infected tooth or an abscessed gum. The infected germ is carried in the blood stream until it finally lodges in the vulnerable appendix.

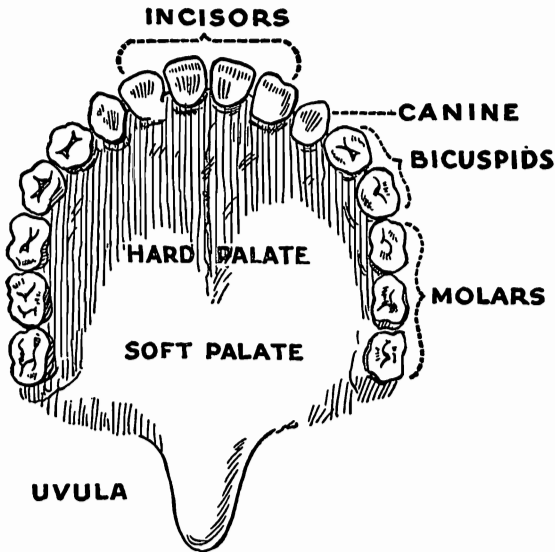
### Mouth Hygiene

The decay of teeth and their early loss is responsible for much of the dyspepsia and food fermentation from which Americans suffer. Moreover, our reprehensible practice of removing most of the mineral salts from our flour or meal is responsible for some percentage of tooth salt-starvation. Children who are fed upon white or barley flour, farinas, and soda-crackers, or meat or meat juices, are being deprived of indispensable tooth-forming elements. They should have whole wheat and other whole cereals, milk, eggs, and plenty of fruit and vegetables, from which they can secure potash and lime salts in abundance to supply the needs of fast-growing teeth and bones. And, while the need for lime salts is not so great among adults, the lack of these elements constitutes a grave fault in diet, one that is quite likely to be reflected in the softening and early loss of the teeth.

Now, inasmuch as tooth decay takes place only when the mouth secretions are acid, the most certain method of preventing dental caries is to keep the mouth fluids as nearly alkaline as is possible. This can best be accomplished by rinsing the mouth after meals, especially before retiring at night, with a teaspoonful of milk of magnesia, or other harmless alkali. This should be held in the mouth for five minutes and thoroughly worked into all the interdental spaces with the tongue before being rejected. No attempt should be made to rinse the

coating of magnesia off the teeth, as this affords an additional protection of these members during several hours of the night, when, owing to the inactivity of the salivary glands, the mouth fluids are most highly acid.

This practice should be persisted in as a routine mouth hygiene. It will soon be found that tartar forms less rapidly (sometimes not at all) and that the sensitive, "irritable" condition of the tooth enamel will be corrected. During the period of prospective motherhood, when all the organic secretions



**PERMANENT TEETH OF UPPER DENTAL ARCH**

are more highly acid than normally and when decay is much more rapid, this prophylaxis will be found invaluable.

Sugar, candies, pastries, bread, and crackers are especially likely to cause tooth decay if not carefully removed from the tooth surfaces and the interdental spaces. This is because in the process of fermentation they form organic acids which attack and destroy the alkaline tooth substance by dissolving their lime salts.

Inasmuch as only eight per cent of the total population of the United States have any adequate conception of what good health suffers from bad teeth, it is high time that we paid some attention to this important subject. Upward of seventy-five per cent of all school children stand in need of dental attention. And yet we have been, in the main, neglecting the most important branch of preventive medicine.

### Pressing Dental Needs

It is true we have the splendid and tremendously effective Forsythe Institute in Boston and clinics for school children in many other progressive American cities. But only the surface of the pressing dental needs of the world has as yet been scratched. It would require, at the present rate of progress, many decades of education to drive home the truth that a clean tooth never decays, but that a dirty one always does, and that while it is decaying other troubles may begin.

No tooth should ever be extracted while there is a reasonable hope of preserving it. This does not mean that a tooth, hopelessly loose in its socket, or a source of danger from abscesses at its roots, should not be immediately removed.

### Care of Infants' Teeth

Every parent should remember that the longer the "milk teeth" can be kept the more regular and perfect the permanent teeth will be. So the proper time to commence the care of the teeth is while they are yet under the infant's gums. The little gums, after each nursing, should be carefully wiped with a piece of clean linen moistened in warm water, with perhaps a little boric acid added. When the baby's first tooth makes its debut, the use of a very soft brush should be begun, and an appropriate brush should be used and appropriate cleaning be practiced five times daily ever after—on rising, after each meal, and before retiring.

The teeth should be brushed with a rotary as well as a lateral motion, and they should also be brushed perpendicularly from

the gums to the edges. Particular care should be taken to thoroughly cleanse the backs and all the interdental crevices, using a brush with a tufted end for this purpose.

In removing food particles from between the teeth, silk dental floss, used carefully so as not to lacerate the gums, gives best results.

### How X-Ray Aids Dentistry

The X-ray, without doubt, is the greatest scientific informer of modern times. It most nearly insures the certainty of determining whether or not a focal abscess exists at the root of a tooth, or whether a root canal is, or is not, properly filled.

Nearly every dentist in active practice has seen openings at the roots of apparently sound teeth, through which there is constantly draining poisonous material. Indeed, careful investigators now contend that before the X-ray came into general use fully 79 per cent of all root canals were imperfectly filled. Faulty dental work—even work done conscientiously and painstakingly by able men—may prove a definite source of danger. Crowns that fail to fit the necks of teeth, badly adjusted bridge work, faulty abutments, overhanging fillings that constantly collect food particles and facilitate decay, almost invariably can be checked by the X-ray.

In fact, there is no other method by which a dentist can determine definitely the presence of an impacted molar or wisdom tooth, whether a root filling is perfect, or whether a tooth which he proposes to use as an abutment for a bridge is sufficiently sound for the purpose.

### Dead Teeth Require Watching

The Dental Section of the Metropolitan Life Insurance Company has compiled convincing evidence of the value of X-ray in determining dangerous infection. In an examination of 2537 teeth with non-vital pulps, 1404 showed pussy conditions in the tissues surrounding their roots.

Strange as it may seem, it is now conceded that a dead tooth requires watching more than does a living, functioning tooth. With its source of nutrition cut off by local tissue degeneration, the dead tooth is much more likely to start putrefactive changes in its surrounding tissue. Abscesses therefore are quite common in these teeth.

From all this it will be clearly evident that one of the most important of all health measures is the prevention of dental infection and the proper care of the teeth.

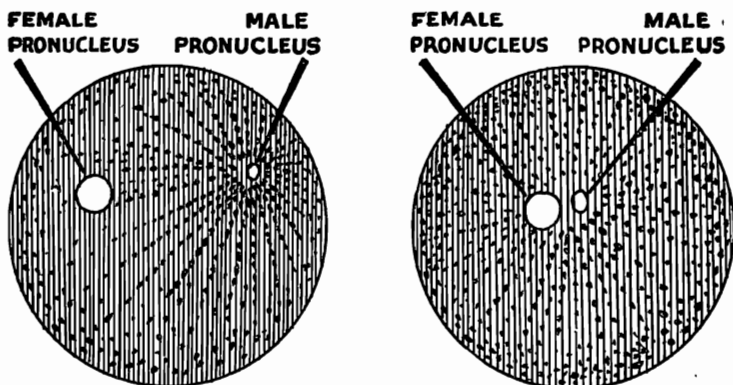
## **PART VIII**

**Maternal Impressions**  
**Ely's Table of the Duration of Pregnancy**  
**Alcohol as a Racial Deteriorator**  
**Children's Diseases Unnecessary**  
**Bringing Up Babies**  
**Is Your Child "Outgrowing His Strength?"**  
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**Physical Culturing the Mind**  
**Alcoholic Insanity and Its Prevention**  
**What Causes Sleep-Walking?**

## PART VIII

### Maternal Impressions

The old wives' fable that the mother, during the period in which she is carrying her child, is likely to mark this developing infant, as the result of sudden shocks, abnormal



FEMALE OVUM AND MALE SPERM APPROXIMATING EACH OTHER

appetite for pickles, lime, calves' brains, or other unusual foods, has absolutely no foundation in fact.

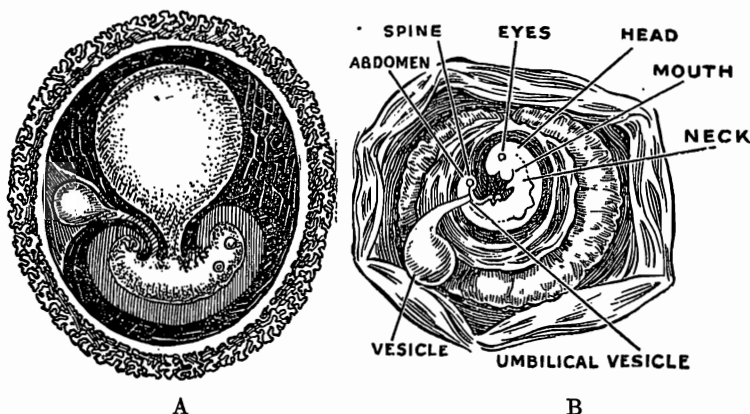
Nor is it possible for the woman, by standing before the statue of Diana of Ephesus, or the Apollo Belvidere, to aid her growing infant to a more perfect and beautiful face and body.

### The Universality of This Belief

Curiously enough, this idea of pre-natal influence and maternal impressions is almost universal. It is found among practically all the nations on earth that are capable of imagination and visualization.



Scarcely one person out of twenty, either man or woman, does not believe that the little brown mark on the back of the infant's head has definitely been caused by the fact that the mother, at one time while she was carrying the child, was frightened by a mouse. The little red mark between the shoulder-blades could never have been caused by anything except an insistent appetite for strawberries. And so, in a hundred other different ways, these birth marks and moles—which are merely manifestations of some disturbance in the pigmentation of the skin, or its appendage, the hair—are wrongly attributed to maternal impressions.



A, ILLUSTRATIONS SHOWING EMBRYO OF 21 DAYS; B, 30 DAYS.

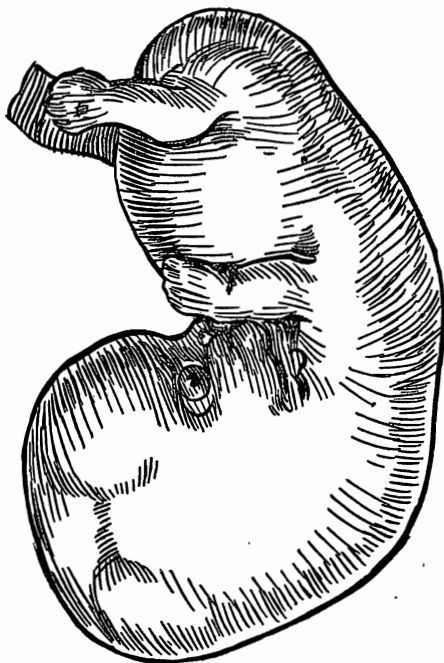
### No Cases of Authenticated Maternal Impression

Nevertheless, scientific men, who have investigated every phase of this subject, and have traced carefully scores of thousands of instances of birth-mark, as related to maternal impressions, assure us that there is absolutely no ground for this belief.

They have gone so far as to state that, emphatically, there is not *one single well-authenticated case of maternal impression on record.*

Dr. Erasmus Darwin, the father of the great naturalist, Charles Darwin, made a special study of some ten thousand cases, in which he was called upon either to deliver a child, or to see it afterwards in consultation, in one of the greatest lying-in hospitals in London.

In all these cases Dr. Darwin secured from the mother a written statement as to some fright she had sustained during

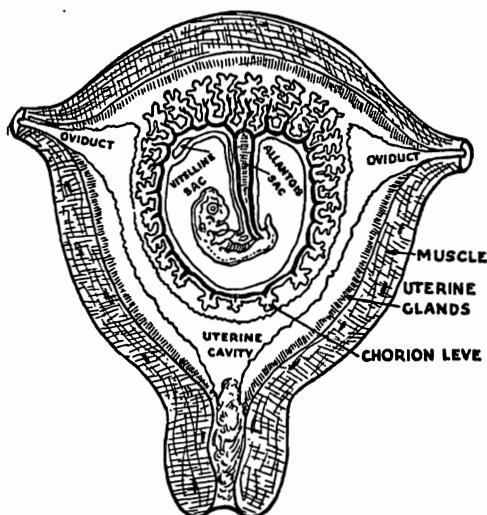


HUMAN EMBRYO OF 6 WEEKS

pregnancy, or some overpowering longing which obsessed her, yet in not one single instance was he able to trace the appearance of a mole or birth-mark to any of the recorded experiences of the woman who came under his care.

Scores of thousands of women are frightened by disagree-

able sights, or by the contemplation of horribly wounded or crippled men, yet in not a single instance had they produced a child who was similarly defective or monstrous or marked. Science has a definite explanation for the appearance of monstrosities—two-headed children, children born brainless, children completely covered with hair, who resemble some monstrous figments of a nightmare. Yet, this blasting of the germinal cell, which produced these strange abnormalities,



HUMAN UTERUS AND EMBRYO OF 7 WEEKS

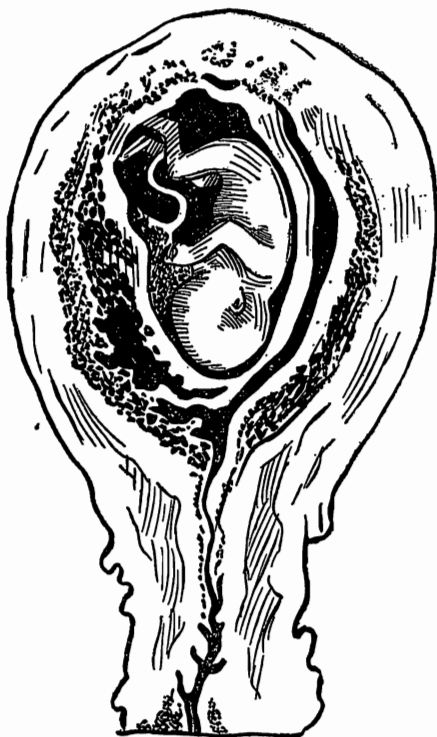
is due to a cause definitely understood by biologists, and by men who have made a study of embryology.

Because a result follows a certain manifestation, it cannot be assumed that this manifestation was the cause of the result.

### Even Doctors May Be Obsessed by Credulity

Strangely enough, the belief in this "marking" is so universal that even men who have received medical training have been found to give these ridiculous stories credence.

One physician states that at one time he attended a lady who had been greatly frightened by the sudden appearance of a large green frog at about the fourth or fifth month of her pregnancy. This lady, whom he subsequently confined, gave birth to a monstrosity, the head of which was shaped like



EMBRYO IN WOMB AT END OF TWO MONTHS

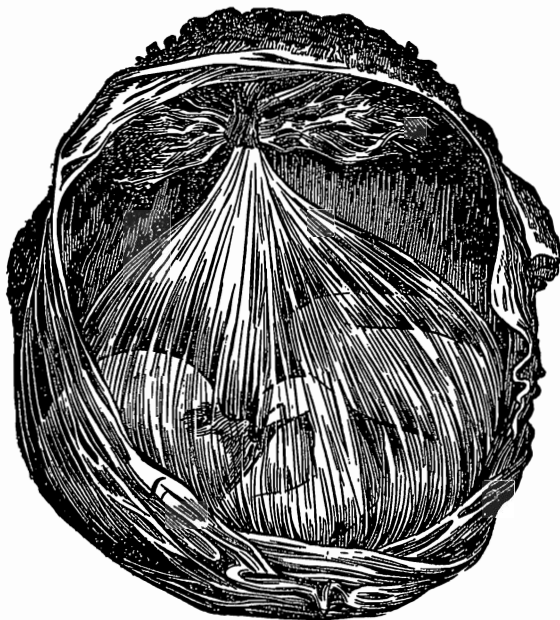
that of a large frog. Its eyes and mouth also greatly resembled the eyes and mouth of a frog. And it was even colored in a greenish tinge.

This doctor entirely lost sight of the fact that at the fifth month of pregnancy the child is fully formed. There could

be no more possibility of changing the shape of that child into that of the monstrosity which he subsequently delivered than there could be of changing a living cow into a rhinoceros.

### Beethovens Are Born, Not Made

In one respect, it is unfortunate for the world that, by concentration on certain studies, or by the development of certain



FETUS AT END OF 5TH MONTH SHOWING PLACENTA  
AND SAC

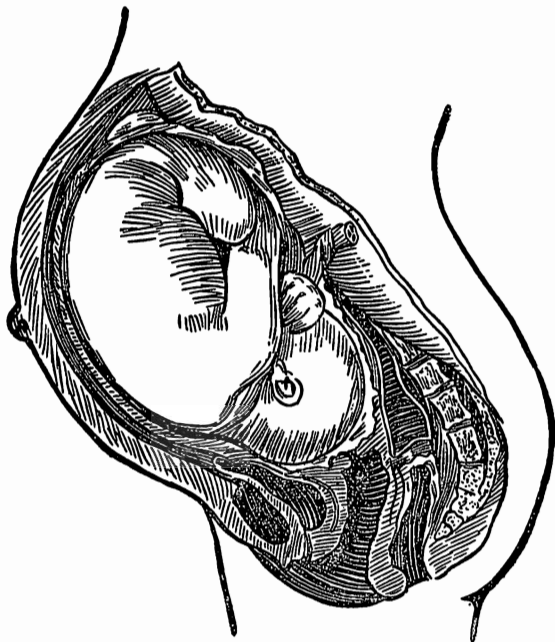
mental or psychic faculties, the mother is unable to transmit these impressions to her developing child. For if this were possible, how many Shakespeares, Beethovens, Mozarts, Michael Angelos, Leonardo da Vincis, Elizabeth Barrett Brownings, we might have in this world! What a wealth of love and longing, what a flowing font of splendid generosity and desire

for service might be developed from the altruistic and love-kindled efforts of these mothers-to-be.

And yet, the stern fact remains that Nature did not so intend.

#### Merely a Matter of Nutrition

For, between the mother and her unborn child, there is absolutely no means of nervous, mental, or psychic communication.



INFANT AT NINTH MONTH OF PREGNANCY

Through the umbilical cord and the amniotic sac and tissue, frequently known as the afterbirth, which envelops the child, there passes the most remarkable interchange of nutritive material, and elimination of effete material from the embryo which it is possible to conceive—a perfect system.

The mother gives to this growing child, through the blood

## Ely's Table of the Duration of Pregnancy

Explanation: Find in the upper horizontal row the date of appearance of last menstruation. Then figure beneath will show the expiration of 280 days, or 10 months of 28 days each.

Jan.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Nov.
Oct.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
Nov.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5				
Mar.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Dec.
Dec.	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	
Jan.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Jan.	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4		
Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	March
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Feb.	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
March	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	April
July	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Aug.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
May	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	June
Sept.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Sept.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
July	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
Oct.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Aug.
July	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
Nov.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Aug.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
Nov.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		Sept.
Dec.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Sept.	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	

circulating through this cord and tissue, everything needed for its perfect nutrition. All the sixteen elements which comprise the human body are taken up by this embryo and utilized for the building of nerve, brain, bone, teeth, and other structures.

And that is all the mother does, and all she *can* do. She can provide the child with the purest, richest blood. She can keep herself in the best possible condition, by seeing that her own nutrition and elimination are kept as nearly perfect as possible. And she can leave the rest to God, who intended the child to be developed in this particular manner.

So women who are obsessed with the idea that they may mark their children or bring calamity upon them by reason of certain experiences to which they are exposed, may lay the flattering unction to their souls that they have absolutely nothing whatsoever to do with the development of this child, other than to provide it with adequate nourishment and a good, clean heredity.

They have no more to do with any defects that may subsequently appear on this child than a hen has to do with any defect in the chicks which she hatches out by the warmth of her body.

### Alcohol as a Racial Deteriorator

One of the greatest crimes a mother can commit against her children is to saturate their systems with alcohol during infancy and during the susceptible years of childhood.

Even though the craving for alcohol cannot be transmitted, yet alcohol, when fed to infants or young children, may, and often does, cause a mental, moral, and physical deterioration that may last through life. This is due to a deterioration in the germ cell—either the spermatozoon of the male or the ovum of the female—brought about by the poisonous effects of alcohol, coincidental with impregnation.

This opinion is now corroborated by many of the greatest scientists in the world. In fact, science now contends that many an alcohol-cursed career had its foundation in the nursing stage, for the tender babe, at the most impressionable period



of its life, imbibes alcohol from its mother's breast. It has been proved, again and again, that alcohol is present in the milk when the mother has taken spirituous beverages in excess.

### **A Mother Can Create an Appetite for Liquor in Her Child Through Her Milk**

The appetite for liquor implanted by the mother—who, perhaps, even under a doctor's direction, is taking ale or porter to "strengthen" her and increase her supply of milk—tends ultimately to make her child an inebriate, if he grows to man's estate.

Professor Bunge, a well-known authority on the chemistry of nutrition, has shown, by most carefully sifted statistics, that the inability of many mothers to nurse their children is one of the hereditary results of alcoholism, and that the germ cell of alcoholic parents is defective and cannot evolve a normal body.

Our morons—grown women, whom the Binet psychological tests prove to have only the mental capacity of 12- or 13-year-old girls, and from whose ranks prostitutes are largely recruited—are thus cursed because of an alcoholized parentage. This also applies to gunmen and gangsters, many of whom show similar traits of mental decadence and moron incapacity.

One of the ablest of all investigators in alcoholic phenomena is Professor Demme of the University of Berne. While physician at the Jener Hospital for Children at Berne, Dr. Demme studied carefully the effects of alcoholism upon his charges. He submitted to the Christiana Congress a series of tests made upon boys between the ages of 10 and 15, in alternate periods of wine drinking and abstinence.

### **How Tests Proved the Deteriorating Influence of Alcohol on Children**

In May, June, July, November, and December, a half glass of red wine was given daily (but a third of a glass to the younger boys). During February, March, April, August, September, and October, nothing but water was permitted.

The subjects were all from wine-drinking families, and were accustomed, almost from infancy, to the use of alcohol. However, it was found that in the wine-drinking periods the nervous systems of these boys were less stable, and the boys were more excitable. They slept badly, were given to distressing dreams, and were more difficult to arouse in the mornings. They were sluggish and indolent, and had much more difficulty in fixing attention. Finally, the boys themselves recognized their superior comfort and well-being during the abstinent periods, and begged that they be excused from further tests.

### What Animal Experimentation Proves

The destructive or deteriorating influence of alcohol on body cells, particularly on the reproductive cells, is now admitted by practically every biologist of any standing.

This deterioration, to those who know the effects of liquor only in a general way, is one of the most difficult to understand of all the phenomena connected with the subject. And perhaps still more difficult to believe.

And yet, the significance of this blasting effect of the narcotic is, in many respects, the most important of all considerations regarding alcohol. For it proves that the biological reclamation of the race from the deteriorating influence of alcohol must begin with the parents.

Now, under the microscope, it is demonstrated that even a small quantity of alcohol absorbed into the blood paralyzes the white corpuscles (phagocytes). They behave like drunken sots, they can't move fast enough to catch the disease germs, and when placed in the midst of a clump of malignant microbes are unable to kill and devour them. In the chronic alcoholic the microscope shows that the fighting powers of the white corpuscles are permanently reduced. This accounts for the lowered vitality of heavy drinkers—and to a lesser extent of *any* drinkers—and helps to explain why pneumonia, typhoid, or grave infectious diseases are so fatal among them.

### Alcohol Dissolves "Nerve Fat"

In addition to paralyzing the phagocytes, alcohol has other methods of helping along the cause of degeneracy. The first centers in its fat-dissolving qualities. For alcohol has a much higher affinity for fat than an Esquimo has for blubber. Be it remembered that all fat-dissolving substances are narcotics; and furthermore, the facility and rapidity with which they dissolve fats determine their power as narcotics.

Thus, ether or chloroform, dissolving fat more rapidly than alcohol, are stronger narcotics than alcohol, although their effects are more transient, and therefore less disastrous.

But alcohol also has an affinity for oxygen. It combines with oxygen to form an aldehyde (one of the steps toward the dissolution of alcohol into its elements). This oxygen hunger causes alcohol to rob the blood of its loose oxygen. This retards normal oxidation of food products, and causes the accumulation of effete and under-oxidized material. These products act as actual organic poisons upon the nerve cells and tissues, preventing their active functioning.

### The Cause of the Horrible "Morning After" Thirst

Alcohol has an especial fondness for water, which it seems to like much better than does the man who drinks it. In its sense-deadening progress through the system it robs the tissues of this fluid. This accounts for the horrible thirst which follows hard upon the "morning after."

These, however, are but surface manifestations. It is not in transient effects that the dull alcohol flood leaves its imprint, but in the degenerative changes which take place in the brain and nerve cells.

All poisons have an "elective affinity" for special organs or tissues. Inasmuch as the brain and nerve cells are composed largely of fat, oxygen, and water, and as alcohol, by its principle of dissolving fats, combining with oxygen, and abstracting water, works its insidious will with all three, we can readily understand, on a purely physiological basis, why a drinker should be wit-stricken.

When the fat is dissolved out of the brain and nerve tissue, it paralyzes their cell function. This paralysis is, at first, only temporary, clearing up with the sobering process. But if the cause is repeated sufficiently often, the paralysis becomes chronic, and dementia, acute insanity, tremors, palsy, and various other brain and nerve diseases develop.

Again, alcohol is one of the few substances that can force an entry into all cells. The protoplasmic cells ordinarily possess great powers of resistance. They can throw off or overcome the action of most poisons and stop the entrance into their delicate interiors of substances injurious to them. But this is not the case in dealing with this Emperor among lethal drugs. For alcohol, in common with the other narcotic poisons, ether and chloroform, has the power to penetrate all cell walls with the greatest ease. And the more complexly organized the cell, the more easily and quickly the alcohol penetrates.

#### **The Same Thing That Happens to Guinea Pig Babies Happens to Human Babies**

This effect is even more marked with those delicate yet most unresponsive of all cells, the germ cells. Dr. C. R. Stockard, of Cornell, makes this clear in his investigation relating to the inherited effects of alcohol on guinea pigs.

Professor Stockard demonstrated that when guinea pigs were kept under the influence of alcohol for some time, their procreative cells were harmfully affected. Males so poisoned begat defective offspring, even when mated with perfectly normal females. The chief effect noticed was in impaired vision, and so profound an impression had alcohol stamped on the diminutive piggies that this defect was transmitted through three generations. There were also many instances of matings followed by negative results or early abortions, still-born young, or defectives.

Other experiments proved that by giving one-half dram of alcohol to guinea pigs during their period of pregnancy, the young, even though viable at birth, which occurred but rarely, invariably died within six hours of birth.

### Hereditary Influence

Professor Laitnen treated rabbits and guinea pigs to as much alcohol in proportion to their weight as an ordinary sized man would get in a half-pint of beer per day. The young of the animals receiving this fractional dose of alcohol showed far less vitality than the young of normal rabbits. Their average weight at birth was less, and they gained in weight more slowly during the time of observation after birth.

Professor C. F. Hodge reported remarkable hereditary effects of alcohol given to a pair of dogs. The amount given daily was not sufficient to cause any physical evidences of intoxication. Accepting the common idea that "moderation" is that amount of drink a man can stand without showing it, these dogs were only moderately poisoned. Yet but 17% of their young survived, while 90.2% of the puppies of abstinent dogs were sound and healthy.

The well-known practice of dwarfing puppies by giving alcohol in the food is another example of the toxic influence of the drug upon protoplasm. The most significant feature in connection with this is the rapid response to relatively small doses.

So, keeping clearly in mind alcohol's power of paralyzing and killing leucocytes, its insidious fat-dissolving properties, its high affinity for oxygen, and its voracious appetite for water, and remembering how these processes are related to physical economy, we can readily understand the various degenerative changes and conditions produced by its action, especially as concerns heredity and the welfare of the race.

### Children's Diseases Unnecessary

One of the most foolish fetishes that infests the human race is the belief that "children's diseases" are necessary and highly desirable. Also that the sooner they are contracted and gotten out of the way with the better off the child will be.

Children's diseases are not necessary; they add nothing to the well-being of the child; and they *invariably* leave the system worse off than it was before they came. In fact, in scores

of thousands of instances, they sow the seeds which sprout in adult life into grave disorders of the heart and blood vessels and degenerative diseases of the kidneys.

So, if children escape having any children's diseases, they are gainers in general health by just so much. It may be that years will be added to their lives, or an existence of chronic invalidism avoided by side-stepping these maladies of youth.

Get these points clearly in mind. *No disease of childhood, or of any other "hood" is desirable or necessary.* Many, if not all, of them are serious, and *frequently disastrous.* For instance, measles and the diseases that follow in its train, cause, according to the vital statistics of the latest census, more than thirteen thousand deaths annually in the United States alone, a mortality twice as great as from scarlet fever, and almost three times as heavy as from the much dreaded appendicitis.

True, all these deaths are not directly due to measles, but to its relapses and complications. Many are caused by permitting the child to go outdoors too soon; which means, naturally, either a chilling of the weakened and irritated bronchial mucous membrane, or an infection from grippe, bronchitis, or pneumonia. But the *predisposing* cause is measles. Not seldom the seed is sown for a visitation of that grim White Captain of Mortality, Tuberculosis; for this is just the opportunity he is seeking, this chance to catch the system in a rundown condition, when it is unable to fight him off.

And this is the keynote to the story: prevent disease, *any kind and all kinds* of disease, by *keeping the resistance always in an up-to-par condition.*

Germs aren't very successful in attacking a *healthy* body, in which the red blood courses vigorously, and in which the defensive elements are actively on the look-out for invading marauders. Children, or adults either, for that matter, who eat plenty of nutritious food, and who don't permit any of the debris of this food to accumulate in the system, who breathe deeply, who live in the open air as many hours a day as the exigencies of an increasing intelligent civilization will permit, who bathe regularly, and who keep their pores open by any



CHILDREN'S DISEASES UNNECESSARY

good wholesome exercise, are relatively immune to infectious diseases.

Young mothers should be taught that the average temperature is 98.6 degrees, and that any rise in this temperature, amounting to two degrees or more, means trouble. Also, that an increase of twenty pulse beats over the average of seventy or eighty to the minute, is a danger sign of significant importance.

This knowledge, plus a good, reliable thermometer, and the little knack of reading it correctly, would save her much anxiety about imaginary ailments, and would enable her early in course of what might turn out to be something grave, to get competent help, while there is yet time to mitigate the severity of the attack—perhaps kill the incipient disease entirely.

When measles is prevalent in a community, every child with a cough may be properly suspected of harboring something communicable, and *should not be permitted to play with other children*. It is not only stupid, but it shows a criminal indifference to the rights of other people's children for a mother to permit her child, suffering from a mild attack of measles, or recovering from an attack, to afflict others.

### How to Prevent the Spread of Infection

Children with measles—or without them, for that matter—should be taught always to hold a handkerchief in front of the face while coughing, and to be very careful not to sneeze or cough in such a manner as to distribute any mucus over the surrounding neighborhood.

Everything that comes in contact with a patient should be sterilized before being again allowed to circulate through the household. This applies particularly to all dishes, napkins, bed clothes, and towels—which are readily sterilized by boiling for twenty minutes.

The little measles patient should be isolated, and thereby prevented from infecting any other child. Remember, all these maladies can be spread in only one way—*by being communicated from one person to another*.



The child should be placed in a well ventilated room, the bed being protected from drafts by screens. The bed clothes should be light; otherwise the youngster is likely to get overheated and kick off the covers. A chill contracted in this way may result in pneumonia.

*Under no circumstances* should the young one be permitted to run around the house. The bed is the *proper* and *only* place for a sick person, particularly one ill with a fever.

### Give Plenty of Water and Keep Up Active Elimination

Plenty of water or weak lemonade should be freely given, and all avenues of elimination gently stimulated.

The patient should be kept in bed until the temperature has been normal—around ninety-eight degrees—for a week; then he should be confined to the house for at least one week longer.

For a time great care should be taken that too violent exercise be not indulged in, because there is frequently a considerable weakening of the heart muscle following fevers. Consequently, the heart must be given time to regain its normal tone before much strain is again put upon it by the violent exigencies of play.

The food should be extremely light. Fruit, nutritious broths, soft-boiled eggs, milk, jellies, junkets, toasts, and those dishes which experience has proved agree with the particular child, are best. Oatmeal and sweetened mushes, because of their tendency to cause fermentation, and thereby increase the fever, should be avoided.

Pet animals should be carefully excluded from the room of a measles patient. Children have a habit of fondling and nuzzling cats and dogs, and it has been definitely proved that pets have conveyed measles.

It is generally held that one visitation of measles confers immunity from succeeding attacks, yet there are numerous cases on record of second, or even third attacks.

Also, it may surprise many to know that measles, occurring among uncivilized peoples, is a dreadfully fatal disease, whole tribes being literally wiped out of existence by its ravages.

When it was first introduced into the Fiji Islands, and had a chance to breed in bodies that had not undergone a certain degree of immunization to it, such as exists in most civilized countries, the natives died by thousands. In fact, the epidemic did not run itself out until every person on the Islands had either died, or had the disease and recovered from it.

In the United States, at the present time, the annual mortality from measles is about thirty in one hundred thousand; not large, perhaps, considering the total number of cases, but just thirty in one hundred thousand more than there should be.

### Could Be Stamped Out by Proper Prevention

Measles has no more reason for existence than has plague or typhus. If we had thirteen thousand deaths in a year from plague, the whole country would rise in a frenzy of fear and determination to drive out this ferocious foe. But little, sniffly, piffing measles, and its grim sequelæ of tuberculosis, and eye, ear, and kidney troubles, attracts little or no attention. When the public is educated to realize the dangers, the foolish waste of life, and the economic loss to the country, because of the tremendous aggregate amount of illness and compulsory absence from school, a definite effort will be made to wipe measles off the earth.

The next most serious "small" ailment that afflicts children is whooping cough. The chief, sometimes the only treatment of this disease—except perhaps in the case of infants, in whom its gravity is generally recognized—is one of neglect and contempt.

In babies under one year, the mortality may be as high as twenty-five per cent. After that age it decreases, as one might say, almost in inverse ratio to the increase in the child's age; until finally it becomes a scoffing, a byword, or a very unpleasant joke, interrupted from time to time by ringing whoops.

Treating every case as though it were a most serious condition—which it is—and excusing the children from all care and exertion until they are completely cured, would prevent three-

fourths of the ten thousand deaths from whooping cough that annually shame the United States.

Most other children's diseases—scarlet fever, chickenpox, mumps, etc.—gain a respectful hearing by reason of the severity of the symptoms. But yet, they are not treated with the respect for their active or potential evil that is their real due.

If they were, they would cease to exist. For there is no more excuse for contracting and disseminating any of these children's diseases than there is for getting run over by an automobile.

It merely requires that we recognize their contagiousness, and guard the children against contact with them.

Educate the little tots to refrain from putting things, other than food, in their mouths, especially if these things have been in any other child's mouth recently.

Teach them to eat wholesome, nourishing food, food that will build strong, healthy bodies, and to live hygienic, sensible lives, so that they may grow up sound, sensible men and women.

### Never Mind Trying to Diagnose and Treat the Trouble—Call in a Doctor

There is not one iota of need for a layman or a mother to attempt to familiarize himself or herself with all the symptoms, as well as the method of treating children's disorders. Or *any other* disorders, which are serious in themselves, or which *might* develop serious complications.

Whether the condition is cholera infantum or cholera; measles, mumps, or mastoiditis; scarlet fever or scrofula; *call in a doctor*.

If it is some simple little trouble it will usually mean only a visit or two. If it is serious you'll be happy to know that the child will be receiving treatment by a man who *knows* what he is doing, and who is best qualified to bring the child through the trouble in the *shortest* time and with the *least possible* risk of life, or of the devastating consequences of improper and inadequate treatment.

### Bringing Up Babies

Every baby is intended by Nature to be a *perfect baby*. Which means simply that every baby must first be a *perfect animal*.

Of course, the babies may deteriorate pretty rapidly after they come into the world. But this is due to conditions that are man-made, not Nature-made. If the youngsters are poisoned by bad air, sickened by dirty milk, or immolated on the altar of maternal ignorance, it isn't Nature's fault. It's *our* fault, and the fault of educational, social, and economic conditions which are absolutely out of harmony with all natural laws.

And right here it may be pertinent to emphasize that if there is any transmissible physical or mental defect on the part of either of the parents, it is a crime—which a whole lifetime of expiation cannot condone—for them to bring a child into the world *at all*, at least, until such time as their mental or physical defect is remedied.

Of course, until such time as a public consciousness shall be aroused which will demand the free dissemination of information concerning prevenceptive measures, myopic, addle-pated, and brutal society—and not the parents, now unhappily ignorant of these measures, by fiat of law—must be held ultimately responsible for this crime.

Assuming, however, that both parents are free from transmissible defects, the most important essential for the welfare of both mother and child is *food*, nourishing food. Remember that “she who carries one, feeds two.” If a mother is to build sound, healthy tissue into her baby, without sacrificing her own in the task, she must eat, assimilate, and transform food into organic structure.

If her appetite is capricious, it must be coaxed into normality by daintily served food—little tidbits and “surprises.” There isn't anything much more appetite-destroying to a capricious appetite than to know that hash is what it is going to get for lunch tomorrow.

If the stomach is irritable and readily upset fatty foods, fried foods, and heavy, indigestible foods should be avoided.

## Overcoming "Morning Sickness"

It may be well to remember, also, that the "morning sickness" of pregnancy yields quite frequently to firm pressure with a metal comb on the top or "front" of the hands; although equally good results in pregnancy—as in all forms of sick stomach—have been secured by scratching the tops of the hands with the teeth of a metal comb, or with a wire hair brush, or even with the finger nails—stroking always away from the hands upward over the wrists, and well up the forearm.

Excellent results have also followed the use of a dessert-spoonful of milk of magnesia, taken with a little cracked ice. Also, the eating of salted pop corn has been highly extolled by many.

Foods rich in lime salts are necessary at any time—but they are *indispensable* during pregnancy. For they prevent the drain on the teeth or bones of the mother, which is inevitable if mineral-bearing foods are not freely eaten.

Of course, motherhood and the nursing of a child constitute a drain, but this is usually because of the fact that the mother doesn't eat enough at this time. Milk, which is particularly rich in bone-forming salts, whole wheat bread, and green vegetables, as well as fruit, should be constant features of the diet.

It is an old wives' fable that pregnancy necessarily means that tooth structure should be lost—or that there should be a tooth sacrificed for every child—but this loss can be completely replaced by increasing the intake of mineral-bearing foods, and by preventing the over-acidity of the mouth secretions.

The hyper-acidity of these mouth fluids—which is almost constantly present during pregnancy, by the way—can best be overcome by rinsing the mouth morning and night with a few teaspoonfuls of milk of magnesia. This not only neutralizes the acid oral-secretions, but it also deposits a protecting alkaline film upon the surfaces of the teeth, which maintains the alkalinity of the saliva for several hours.

Some find that the eating of apples very effectually cleanses the teeth, and stimulates the activity of the alkali-secreting glands of the mouth.

Lacking plenty of wholesome, nutritious food, there will also be a deficiency in the quantity and quality of the milk secreted. This may render the mother unfit to nurse her baby when it comes, or, perhaps, force her to wean it sooner than she should.

A diet rich in lime phosphates and lecithin (nerve-fat) found most plentifully in milk and in the yolks of eggs, will also prevent the vital exhaustion and nervousness so frequently found among pregnant women. At least ninety per cent of this depression and loss of vitality is due to cell starvation and to the lack of essential salts for the nourishment of two organisms.

### Feed Mother and Baby at the Same Time

So the chief factor in building a better baby is to feed the baby's mother better. It is, of course, wise to maintain as cheerful and optimistic a frame of mind as possible, but even this, excellent as it is for general effect, is of purely secondary consideration as compared with bone, teeth, and milk-making food.

Thus provided for in advance, the child should be safeguarded in its entrance into the world. For, if there is any one moment in the life of a human being when skillful, expert care is needed to insure future health, it is at the time of his birth. Carelessness or ignorance in the accouchement chamber may bring about results which a whole existence of subsequent care and tenderness cannot put to right again.

Our blind asylums and our homes for crippled and deformed children are full of poor little wrecks of humanity, cursed for the long age of their short lives by the ignorance of some midwife or obstetrician inefficiently equipped to render them the assistance which was their right at the time of their birth.

In the matter of feeding the young citizen, however, there is only one opinion worthy of the slightest respect. And this is that of all the baby foods ever developed, nothing in the world can equal the milk of a healthy mother for the proper nourishment of an infant. In fact, it is a matter of grim statistics that for every breast-fed baby that dies before the first mile-stone of its little journey is passed, there are ten bottle-fed babies who are killed off.

And when we say "killed off" we do not mean it in a figurative sense—but in an actual, literal sense. For these little men and women are killed just as surely as they would be if they had been poisoned. Which in truth, they are—by dirty, germ-infested milk, improperly boiled bottles and nipples, and incorrectly modified feedings.

When to these causes is added lack of cleanliness, heavy, weakening clothing, and sudden draughts, deficient oxygen, and the kissing and fondling of babies by someone with a "cold" or other infectious disease, the poor little shavers have an even more difficult time of it.

In the slums, and in the crowded tenements of manufacturing towns, the infant mortality from these causes rises to fifteen, or even twenty, as against one baby who dies while being fed from the breast, in any halfway decent environment.

However, no matter how unfavorable the environment, it cannot be successfully denied that the mother who nurses her child, at the very least calculation, doubles her baby's chances, not only of surviving the dangerous first summer, but of increasing his resistance and giving him the physical stamina which makes for a longer and broader life.

### Cow's Milk Not So Good for Babies as for Calves

For no matter how pure the milk, how carefully kept, or how skillfully modified, it must not be overlooked that cow's milk is intended by Nature as food for *calves*, and not for *young humans*. And that there are certain fundamental qualities and attributes in mother's milk that no cow, nor no laboratory specialist, has ever been able to duplicate.

We may be able to approximate mother's milk almost exactly in its cream, sugar, and mineral salt content. But there are certain vital differences—perhaps due to a different "breed" of colloids and vitamins—that give to mother's milk unique properties for nourishing human babies.

If there is a deficiency in the supply of milk, or in its nutritive properties, a remarkable improvement in both of these can frequently be brought about by having the mother drink lib-

erally of clabbered milk, fresh sweet milk, or malted milk.

Cocoa, eggs, butter, and olive oil also tend to increase the flow of milk, and are excellent foods, besides. Every nursing mother should look to it that her milk is of good quality and adequate in amount. These milk-stimulating foods will help her to this.



MOTHER'S MILK BEST FOR BABY

Of course, if it is absolutely impossible—by reason of a lack of milk-secreting power on the part of the mother—or if it is inexpedient, because of her own state of health, to nurse her baby, a very fair substitute can be devised for mother's milk.



**Best Milk Modification if Mother's Milk Fails or Is Deficient in Nutrient Qualities**

Perhaps the modification that meets the largest number of requirements—for no one formula will “fit” all cases—is a combination of six ounces of “top milk,” one and one-half ounces of milk sugar, one-quarter teaspoonful of milk of magnesia, and twenty-four ounces of filtered or boiled water. This is for an infant from three to ten days old.



A BATH A DAY KEEPS THE GERMS AWAY

From the tenth day to the twenty-first, take seven and one-half ounces of “top milk,” two ounces of milk sugar, one-half teaspoonful of milk of magnesia, and thirty ounces of water. From the third to the sixth week, ten ounces of “top milk,” two ounces of milk sugar, three-quarters of a teaspoonful of milk of magnesia, and thirty-two ounces of water are best.

And so on—up the scale of the baby's age.

Three-hour intervals of feeding are an average, with one feeding at midnight, up to the fifth month—after which the night feeding may usually be discontinued. Orange juice or prune juice should be given every day.

**Don't Neglect to Coddle the Baby a Bit**

There is one other factor which definitely increases a baby's chances of growing up, and which, only of late years, is being generally recognized. And this is that a judicious amount of coddling and "mothering" is almost as necessary to the welfare of the baby as is the proper kind of food.

We used to believe that when a baby was brought up by trained physicians and nurses, in an asylum or institution almost ascetic in its immaculate cleanliness, fed "scientifically" at proper intervals, on a modification planned by accurate clinical experience to meet the requirements for each particular baby, that the conditions were ideal.

But no matter how admirable—from every theoretical aspect—these institutions may be in their equipment of skilled medical attendants, trained nurses, and sterilization, they fail to give the baby the stimulus to life it requires, in the form of coddling, and the delightful little tendernesses that mothers instinctively lavish upon children.

Even the very best equipped institutions today show an infant death rate more than double that of the mortality rate of babies brought up on the bottle in their own homes. So, if a baby can't have a mother, the next best substitute is a wet-nurse. If this is not practical, the next thing is a carefully modified milk regime at home—or in some home that isn't institutional.

**Give the Baby a Bed of His Own**

But do not forget that, no matter how humble, home is not a good home for a baby unless he can have a little bed of his own. Entirely apart from the danger he runs of being rolled on and smothered by his sleeping mother, there is a definite drain on the vitality of any infant obliged to sleep with an adult. It is robbed of vital magnetism, its sleep is disturbed, its rest is never so complete.

Also, an important matter to watch at all times with a baby is its progressive growth and increase in weight. The Chil-

dren's Bureau of the Department of Labor at Washington issues a card which every parent in America should send for and fill out.

This card is a record in permanent form, giving the correct length or height and weight for infants and children up to sixteen years of age, compiled from absolutely authoritative sources. The height and weight for boys and girls are com-



BABY'S OWN BED MOST HYGIENIC

piled separately. These figures show at a glance whether or not the youngster is thriving as he should.

Send for this data, and keep it carefully, so that you may *know*, and not merely *guess* as to whether or not your child is up to the average for its age. If it isn't, radical means should be taken to see that it becomes so.

In fact, the Children's Bureau wants to educate parents—to the laudable end that the excessive mortality of American babies may be reduced. This can only be accomplished by *educating mothers*, and those who have the care of children, in the better and saner way of rearing babies.

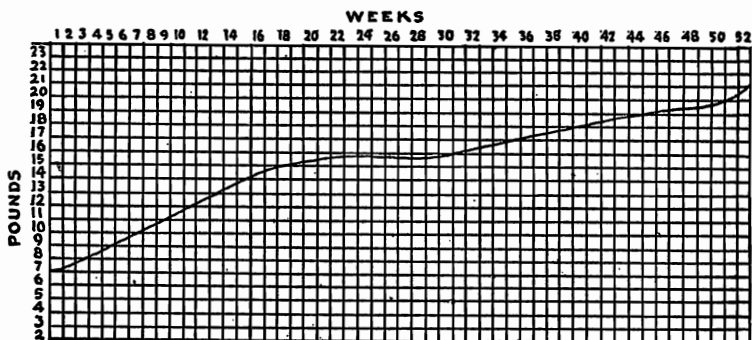


CHART SHOWING NORMAL GROWTH OF BABY IN A PERIOD OF FIFTY-TWO WEEKS

### One Hundred Thousand Babies Sacrificed Each Year to Ignorance

It is now estimated that there are, in this country, at least one hundred thousand infants who die needlessly, killed because their mothers, or their grandmothers, or their big sisters, do not know how babies should be cared for.

Merely to depend upon "mother instinct" for this care is not enough. For it is indubitably proved that in certain Central European countries, for instance, where the maternal instinct is presumably quite as strong as it is anywhere else, the death rate among babies less than a year old is twenty-five per cent—or one in four.

In New Zealand, where mothers are much better educated in the care of children, but one baby in twenty dies before passing its first year—or about five per cent.

### **Don't Forget to Give Baby Plenty of Water to Drink**

The fact should also be brought home to every mother that the baby needs water to drink as well as milk to eat; and that coffee, tea, beer, pickles, sausage, and beans are no more fitted for baby consumption than lobster a la Newburg or mince pie would be.

Also, that the baby is infinitely better off without candy, or patent medicines, or motion picture shows, or late hours, or too much company. And that flies are an insidious menace. Their increase corresponds mathematically with the increase in the number of deaths from diarrhea and inflammation of the bowels in infants.

### **A Dead Fly is the Only Good Fly**

In this connection, a chart prepared by the Pennsylvania Department of Health carries one of the most convincing arguments ever advanced in favor of the extermination of the filthy fly. It diagrams by months the infant mortality in Pennsylvania—the deaths averaging two hundred and forty, or thereabouts, until the first appearance of the flies in May—when it commences to climb. In August—the height of the fly season—it jumps to 2,213. Then it declines in September to 1,400; to 642 in October; to 309 in November; and back below the average of 240 for the winter months.

Too much has been written on this subject, and too much is known concerning the gravity of the connection, to warrant the belief that the matter has ever been overstated. And yet the fact that the terrible increase in fly-carried diseases occurs during the fly-plague months is proof sufficient that the great public has not yet fairly awakened to the realization of the peril, and that a propaganda of education is still imperative.

### **Turn the Baby Over Every Once in a While**

Mothers need to be taught that the symmetrical development of a baby requires that he be not allowed to sleep in the same

position all the time, but that he be turned on t'other side periodically—to the end that the muscles of the spine shall develop uniformly.

Mothers must realize that a baby's chief job in life is to grow, and that in order to do this job properly the baby's chief activities should consist in sleeping and eating. And that any "showing off" or excitement, or disturbance of the baby's schedule, is likely to result in the development of nervousness—which, if not actively combatted, may become a permanent liability to the child.

### **Discourage Thumb-Sucking, "Pacifiers," and "Teething Rings"**

Do not forget always to discourage the dangerous habit of thumb-sucking, as this practice tends to deform the mouth, by distorting the normal shape of the upper jaw. Many of the cases of "rabbit-jaw" or "buck teeth" that so detract from the appearance of thousands of girls and boys, as well as men and women, have their origin in nothing more serious than the habit of thumb-sucking as infants.

Also, the practice of mothers permitting or encouraging their children to bite and suck upon "pacifiers," teething rings, and other solid objects, should be discouraged, in the interest of the child's future good looks and symmetrical jaw development.

Not only are these out-of-date instruments likely to carry infection by being "pawed around" but they also deform the soft structures of the gums, dental tissues, and mouth arches. All of which cause mal-occlusion of the teeth in later life, so that the upper and lower sets of teeth fail to meet properly.

This not only produces protruding or receding jaws and improper mastication of the food, but it predisposes toward the development of adenoids, and the manifold ills that accompany nasal and throat troubles—particularly if the habit of mouth-breathing has been established.

These are only small things, perhaps. But remember that the baby is also a small thing. It doesn't require a very big

cause to throw his delicate little structure out of alignment with the normal physical development that every mother wants to insure to her baby.

### Is Your Child "Outgrowing His Strength"?

I have been consulted many times by mothers who feared their child was "outgrowing his strength," and who were apprehensive of a permanent condition of mental defectivism in the child, because of his obvious mental lethargy. It is difficult to convince the mother that the apparent mental dullness—particularly during the period of adolescence—is merely an expression of Nature's wise conservation, tending to divert not only mental, but physical energy, as well, into the constructive needs of child age.

To my mind, this is a subject of profound interest—one that is at present not generally understood. For psychologists cannot explain the various phenomena that present at this period. Physiology is equally inadequate. Endocrinology, however, makes clear this interesting phase of life and helps us, often in an amazingly effective way, to bring about the change that Nature is struggling to perfect. Therefore, it may be worth our while to examine this matter in some detail.

Now, perhaps there isn't a mother on earth who would believe it. Yet anthropologists and scientific men who make a study of the human race tell us that all babies of whatever race, creed, or previous condition of servitude, look alike, up to the time they are between two and two and one-half years of age.

They have the same disproportionately large head, the same short legs, the same button-like nose, the same little round "tummy." Then they begin to individualize and develop their racial and hereditary characteristics. Perhaps at first it might not be safe to lose a Negro baby in among a lot of white infants and try to pick them apart. Yet, within a few days, the little colored mite will proceed to pigment his skin and kink his hair, and stand disclosed to all, except the most color-blind—a little pickaninny.

The older human beings grow, the more they tend to differentiate themselves from all other human beings (that is, they would, if they did not wear the same kind of hats, shoes, collars, and other clothes) until they finally reach the sere and yellow stage. They then all start to look alike again. So that if you pass through the wards of a home for the aged, it is difficult to pick out the Irish from the Jewish.

### Growth and Differentiation Dependent upon the Activity of the Ductless Glands

Now, all this process of growth and differentiation in human beings depends, to a large extent, upon the functional activity of the various ductless glands. We are tall or short, fat or thin, big-boned or slim, smooth-faced or hairy, largely because of the preponderance in our system of the secretion of the thyroid gland, the pituitary, the adrenal, or the thymus.

This brings us back to the babies. For endocrinologists and biologists now tell us that the thing that makes all babies look so much alike at first is the fact that they are in the epoch of the *thymus* gland. During this period, the thymus dominates over the other glands. It inhibits the activity of their internal secretions.

It puts a special damper on the functions of the thyroid and the pituitary glands. This gives the baby time to grow in bulk—its principal job in life during the first two years of its existence. So, by the end of the first two years, the infant weighs four times as much as he did at birth. By the end of the fourth year the mass of brain and the nervous system has completed its growth. So far as the brain is concerned, all that remains to be developed, from the standpoint of the biologist, are its convolutions.

These, we must believe, are deepened by thought, by loving wisely or unwisely, by suffering, by joy, by human experiences, by hard grooving on the Wheel of Life. The student of psychology will understand just what I mean by this.



### Fly-Sized Frogs from Thyroid Feeding

Now, on this very interesting matter of growth, Gudernatsch and his colleagues have made some very wonderful determinations. Working in the laboratories with tadpoles, this scientist has shown that when fed with ground-up thymus gland, these tadpoles, instead of metamorphosing into frogs, develop into giant tadpoles. On the other hand, tadpoles, when fed on thyroid substance, undergo a very rapid metamorphosis into frogs. But instead of changing into natural-sized frogs, they develop into completely evolved frogs, the size of flies.

After the second year, the thymus gland begins to atrophy—to shrink in size and to lose its secreting power, until at about the fourteenth year, in a normal boy or girl, the thymus is relatively non-existent.

With the “regression” of the thymus, after the second year, the thyroid and the pituitary glands function more actively, until with the advent of adolescence, the sex glands begin, in turn, to exert their restraining influence on the thyroid and the pituitary glands. And so, each in turn, the endocrine glands direct and influence the metabolism and rate of growth of the child.

### Why the Child “Grows Like a Weed”

We know that when the child, in its period of most rapid development, starts to “grow like a weed,” and usually without maturing into adolescence, it does so because the thymus gland is not regressing as it normally should.

The function of the thyroid, in particular, is inhibited. As a consequence of this, the organism is deprived of some measure of the oxidizing effect of the secretion of the thyroid gland upon toxic material generated in the body from cell decay, or from the presence of under-oxidized products of food decomposition, absorbed into the blood.

This explains the so-called “rheumatism” so frequently met with in children, classified in old wives’ fable as “growing pains.” These strange aches are, in truth, “growing pains.”

But they are caused, not so much by growing too fast as by the fact that the poisons of cell decay are burned up too slowly.

One of the best means of overcoming this trouble is to put the child on an alkaline diet. Whole wheat bread and whole cereal products, spinach, celery, and fresh green vegetables of all kinds, oranges, lemons, and grapefruit, plenty of milk, furnish alkaline mineral salts to maintain blood alkalinity and overcome the tendency toward acidosis—ever present in these cases of abnormally rapid growth.

Also, active elimination should be secured at all times from the bowels, skin, and kidneys. An ample supply of pure water should be drunk to neutralize the acid products and flush them out of the system.

The best of all energy-yielding foods is fat. Fats should be taken up to the ability of the child to digest, without causing acid eructations or other signs of fat intolerance. Butter, cream, whole milk, ice cream, bacon, fat meat of all kinds, mayonnaise and olive oil dressings, and whipped cream are excellent forms of energy-yielding food.

### How to Make the Child Grow Normally

When puberty is well established—it may be as late as sixteen or even seventeen years of age—the sex glands, as before intimated, will act automatically to inhibit the over-enthusiasm of the glands that have been forcing an abnormal growth. Then, all of a sudden, the child will stop growing in height and start to fill out.

All his symptoms of lassitude and disinclination for study will gradually be replaced by an increasing activity—physical as well as mental.

So no matter how industriously young Bob or Betty may be growing, the mother may rest comfortable in the assurance that wise old Mother Nature will only let these growth glands occupy the center of the stage for just about so long. Then the overactive glands will “get the gate” and settle down to the regular job she planned for them from the beginning.

Once in a great while there are cases of abnormally rapid

growth that tend to excite alarm on the part of the mother. I have seen many such cases. In these children, the X-ray disclosed the presence of an abnormally large thymus gland, considering the age of the child. Carefully timed exposure to the X-ray, or appropriate treatment directed to the glands that had failed to function normally, brought an almost immediate end to the abnormally rapid growth, and permitted the normal "nutrition" or physical change of the child to progress in a normal manner.

In extremely rare instances, we have an overactive condition of the pituitary gland to deal with. Through the peculiar power of the secretions of this gland to stimulate the growth of bone and the connecting tissue, such as tendons and ligaments, an abnormal elongation of the long bones is developed.

However, even this condition, except in rare instances, where there may be a tumor or some disease process in the gland, is more or less self-limited. When the puberty of glands comes into full functioning power at an early maturity, their secretion, thrown into the blood, arrests the hyper-activity of the pituitary, and abnormal growth is stopped.

So again the mother may content her soul in peace. Someone once said that "most of our troubles never happen." This particular trouble of your child "outgrowing his strength" is one of them.

### The Limit of Endurance

One of the most curious paradoxes in life is that the average human being will cheerfully admit that there is a strain limit to practically everything in the universe—except himself.

Therefore, every rail spiked to the ties of a road-bed, every cable that helps suspend a bridge, every girder, every brick and stone, timber, and joint used in construction, must undergo rigid scrutiny and inspection. With retort, pressure test, and all the devices produced by science for determining accurately the strain and stress in any given material, we insure ourselves and those who look to us for protection from sudden death or painful accident.

So far as is humanly possible, we see to it that we do not overload or overwork the things that might "buckle" us into eternity. When engineers tell us that a building of a certain type of construction is capable of sustaining two thousand pounds to the square foot, we do not, as a general rule, load those floors down with heavy machinery or with ponderous material far in excess of support limitations.

If an elevator is tested and certified as safe for the carrying of seven or eleven persons, it would be a job-careless operator indeed who would dare to carry eight or fifteen persons in his car.

Also, we know just about how much a horse of a certain weight and build is capable of hauling, and it is the rare exception that we deliberately overload the animal. If we do, not infrequently the Society for the Prevention of Cruelty to Animals hales us into court. There our thick-headedness and thick-heartedness are impressed upon us in the most potent of all ways—i.e., by a hearty stab at our pocketbook—one of the most tender spots in our anatomy.

### We Don't Conserve Our Vitality as We Should

And yet, when it comes to the matter of conserving our own energy and vitality or the vitality and strength of those near and dear to us, millions of us are blind, deaf, and dumb, not to say paralyzed and *non compos mentis*. For we deliberately, and with malice aforethought, overload the machine we call our body, together with the dynamo that supplies the machine with motive power and energy. The result is that we pass the "strain-limit," full-tilt, with coat-tails flying, charging head-on for a fall. Many of us lay the flattering unction to our soul that it is necessary to half-kill ourselves for the reason that the job demands this feverish activity on our part.

When we finally "crack," as many of us do, and someone else takes our place, temporarily or perhaps permanently, our egotism not infrequently suffers a terrible jolt. For we realize that the organization functions quite as effectively as it did when we were shuttling and gyrating around the office—if not

more so. The enormous gap in the ranks and the awful "jam" we figured would develop as a sequel of our enforced absence forgot to make their appearance. In the vast majority of instances, there is no reason for all the hustle and bustle, the mad scramble, that hurls us past the straining point, and for which we must pay.

Curious that man, the noblest of all the animals, should be the only animal that ever deliberately works or plays himself to death. For remember, quite as many "breakdowns" are attributable to the attempt "to keep up with the Joneses" as to the demands of industry. A kitten will chase its tail until it is healthily tired, after which it will curl up and go to sleep. A pup will romp and frolic gleefully until such time as the novelty wears off, or until it accumulates a sufficient amount of fatigue poison in its system to warrant "calling it a day."

#### Wasting Time and Energy in Foolishness

The noblest work of God, however, will sit in a poker game for two nights and a day, with hardly an interval for sleep, and hypnotize himself into thinking he is having a good time. Or he will wear all the synovial fluid out of his knee joints pursuing a golf ball over a hilly course three hours too long for him, and spend the next day or two recuperating from his physical debauch.

A girl will dance ten miles a night—and every night—trying to catch up with what she mistakenly believes to be a "good time." If she is so situated financially that she can lie abed until noon and recoup the vitality she spent so lavishly the night before, there isn't much harm done—except that she has wasted a lot of time that might have been spent to infinitely better advantage in studying French, German, or music, or in reading some good book.

However, the girl who has to be downtown by nine o'clock and who has to keep busy most of the day at the "demnition grind," is certainly kissing Old Man Trouble on the brow and displaying the "Welcome" sign to a set of ragged nerves, in following the *ignis fatuus* of pleasure into the swamp of "good times."

For sleep time is building time for the human (or animal) organism. Indeed, many of the really important recuperative processes, as, for instance, the conversion of the finished pabulum of digestion into living, vital tissue, take place during sleep only.

### Sleep Is One of the Most Important of All Physiological Processes

To be sure, many of our New Thought friends contend that sleeping is more or less a habit-relie of an animalistic past. Also, that a considerable proportion of the time spent in sleep might advantageously be employed in developing a definite mental attitude, a denial of the necessity for sleep, or an exuberant enthusiasm which might make sleep superfluous.

It is admitted that sincere and consistent auto-suggestion along these lines has enabled many of our friends to get along with a minimum amount of sleep for considerable periods of time. Yet these good folks have no assurance that this strain on the organism is not paid for heavily during the subsequent course of years.

Men who have made a scientific study of the matter tell us that one principal reason we need sleep is that the accumulated fatigue poisons, the toxic effect of which helps produce somnolence, are oxidized during this period.

It must be remembered that each moment of our life there are two processes going on in every cell of our body. There is the building up process, *anabolism*; and the breaking down process, *catabolism*. The balance between these processes is called *metabolism*.

When our metabolism is perfect all our physiological functions are normal. The body "runs" like a well regulated, well oiled machine. When the building up or nutritive process is retarded, or when the cell debris accumulates more rapidly than it can be eliminated through bowels, kidney, skin, and lungs, something goes wrong. Strain and extra stress are experienced in some organ or in some functioning process that ultimately, if not corrected, must result in harm to the organism.

One of the surest and quickest ways to correct and overcome the condition is to correct the *cause* of the condition. Reduce the load. Or, better still, give the organism a chance for complete rest, so as to permit the cells to regain their metabolic equilibrium.

This cannot be accomplished by denying that there is anything wrong with the machine, or by ignoring the causes of the strain and stress that are heading the machine toward the precipice.

When our auto is "all gummed up" with carbon, or when it develops a "knock" or some form of engine trouble, we do not question the fact that attention is needed or that repairs are in order. Some time in the distant future we'll have sense enough to treat our physical engine as carefully as we do our auto or our watch.

However, there is one factor in connection with overwork and strain in an animate organism that is absent in a machine. This is the factor of the "mental whip." The auto can travel only so many miles on a gallon of gasoline. The watch can run only so long without re-winding.

### We Drive Ourselves Beyond the Breaking Point

Under the spur of necessity, or what they imagine is necessity, however, millions of men, women, and children toil far beyond the breaking point, often laying the foundation for lifelong invalidism thereby.

Industry seems to demand this last pound of flesh, although, and to its great credit be it said, that industry has become much more civilized during the past decade or two. First, hard-headed efficiency experts showed, by production figures and production costs, that the human machine ran more smoothly and developed a greater output when it wasn't overspeeded, and when it was allowed reasonable time in which to cool its bearings and re-charge its batteries.

And so, Henry Ford and other forward-looking industrialists have reduced the days and the hours of labor—not necessarily from any philanthropic or humanitarian standpoint,

but with a shrewd weather-eye upon unit cost of production and the conservation of their operative efficiency. Also, factory laws, in effect in most of the states in the Union, place upon those recalcitrant or short-sighted industrialists who have not yet digested modern values, a definite responsibility, enforceable by law.

The vacuum cleaner, the electric washing machine, the carpet sweeper, and scores of labor-saving devices have liberated modern woman from the thralldom that killed off scores of thousands of her sisters of past generations, years before their time. The old pioneer mothers of this country—who gave up their lives at the rate of about three to each husband in an effort to propagate the race and help tame a wilderness simultaneously—would get a marvellous thrill out of seeing what steam heat, running hot and cold water, telephones, movie theaters, and bridge clubs do to take the burden from the backs and to tickle the minds of modern women.

### Yet We Still Drive Our Children to Death

In one respect, however, we are still as cruel and stupid as ever, if not more so. This is in connection with the education of our children. It would almost seem, especially from the standpoint of a physiologist, as though the instructors—or whoever is responsible for the curriculum devised for school children—take a sadistic delight in immolating school children upon the altar of their pedantry.

The children are stuffed with an assortment of more or less useless knowledge until they become satiated, not to say nauseated, with this hodge-podge. They can bound Uruguay and tell the chief exports of Spitzbergen. But they haven't the remotest idea just why they need fresh air.

They may, by a terrific effort in concentration, be able to answer some intricate question in mental arithmetic.

### A Child in the Delirium of Fever May Have the Physical Strength of Several

But who, in real life, would be jackass enough to tax his



mind with the solving of any arithmetical problem when paper and pencils are so universally available?

From nine until twelve, from one until three, and rarely less than two hours of "home work" are entirely too many hours of study for growing children, who need air and sunlight more than any plant or kitten.

I have in mind one delicate little girl in our own family, just coming into adolescence, who is losing weight, becoming more and more anemic, and developing an increasing susceptibility to colds and infections—from nothing except the crazy treadmill of school work to which she is manacled. Anyone who insists that a growing child should be stuffed with what school boards fatuously designate as *knowledge* for seven precious hours every day needs a guardian—or an elementary course in physiology.

### Most of Us Are Using Only Ten Per Cent of Our Potential Mental and Physical Efficiency

It is contended, however, and with some element of justification, that the average human uses only about 10 per cent of his potential mental or physical powers at any time. Also, that he could vastly increase his mental or his physical efficiency by "putting himself in tune with the Infinite," and by letting the vibrations of the cosmic stream in which we are bathed flow through him, and effect a revivifying process.

It is, no doubt, true that few of us utilize all our forces. It is undeniable that, in the presence of some vital necessity, many of us may be capable of acts of physical strength or mental or spiritual endurance that would be unthinkable in our "natural" state.

Even animals are possessed of this same faculty for drawing upon this reservoir of reserve power. A friend of mine told me of an incident that occurred in his younger days, in which a horse of comparatively light weight, under the influence of fright, ran away, dragging a load up a long sandy hill that would have taxed the full strength of two horses of this weight.

Under the influence of exaltation, in the maddening ferocity of battle, or in mania or delirium, superhuman strength has been shown. It would seem that, with the removal of all inhibitions, or at a certain degree of concentration, a kind of psychic "possession" is manifested.

One of the most curious features of this manifestation of super-normal strength or agility is that it can be expressed in the flexion and extension of the delicate and totally undeveloped muscles of a little child. This is apparent in the wild delirium of fever, for example, in which the combined strength of two or three adults may be required to hold the frail little body in bed.

This whole subject of energy, and the excessive use of energy, is one of tremendous importance. For upon the proper understanding of this subject, and a sensible observance of its laws, depends much of the health and happiness which every normal human should enjoy.

### Physical-Culturing the Mind

The importance of physical culture, hygiene, diet, and what are generally termed the "natural" methods of overcoming innumerable physical ailments, has been emphasized time and time again. There can be no denial of the fact that through its practice countless lives have been saved, and scores of thousands of the afflicted have been turned into the path whose goal is perfect health.

This emphasis on the purely physical influence of physical culture, general hygiene, and proper diet, has directed the attention of thousands from the fact that *what is good for the body is equally good for the mind*. For, as the stream can rise no higher than its source, neither can the mind, in the vast majority of instances, rise any higher than its source.

In the main, mental health depends upon the same factors that insure physical health—good heredity, pure blood, active digestion, assimilation and elimination, and sound, restful sleep.

When we consider the immense number of people afflicted,

the economic loss entailed by both patient and family, and understand that an enormous number of these people may be definitely helped—if not completely cured—by comparatively simple methods, we can comprehend the importance of a careful study of mental deficiency, known to medical men as "*Amentia*."

The number of people afflicted with mental disorder is almost impossible to estimate. In fact, the gradation, or the almost insensible line of demarkation between those who are mentally sound and those who are mentally unsound is so slight that it is almost impossible to state just wherein this dividing line exists.

Indeed, thousands upon thousands dwell directly on the border line. Some part of the time, as during fits of intense anger, or while debilitated by excesses or by an attack of illness, many may be actually on the other side of the hair line. This fact will be attested by every gland specialist, or every medical man who specializes in the treatment of nervous troubles or diseases of women.

In fact, many authorities contend that any individual who is sick enough to have his general efficiency appreciably impaired may also show some symptoms of *temporary* mental illness.

### One Person out of Every 248 Mentally Defective

Complete statistics regarding the frequency with which these conditions are found are not available in America. However, assuming that the inhabitants of England, Ireland, and Wales are of approximately the same average—physically and mentally—as are the inhabitants of Boston, New Orleans, San Francisco, and points between, we may accept the statistical findings of the English Royal Commission as applying with a fair degree of accuracy to our own population.

Based upon a total population estimated at thirty-five million, the Commission found that 4.03 persons in every thousand—or one person in 248—was a mental defective. These, understand, include only those persons who have been definitely

classified as amentia cases (or amentics, to coin a word).

In addition to the definitely diagnosed cases there must be scores of thousands of border-line cases, not included in these findings. Also, it is contended, and by conservative men, that mental dereliction is *on the increase* all over the world.

It was either Emerson or Oliver Wendell Holmes who insisted that the best time to begin an education is with the grandparents. By the same token the best time to begin the treatment of any form of mental deterioration is with the parents. It would be even better if we could begin with the grandparents—so as to take advantage of the law of atavism which determines that hereditary traits are usually transmitted from grandparent to grandchild—skipping the intervening generation.

If men or women, with that spirit of gentle courtesy toward the unborn which should be a part of the heritage of the race, could only realize the *overwhelming importance* of maintaining their blood pure and their germ plasm sound and vigorous, mental defectivism *would be reduced by at least seventy per cent* in one generation.

This is the conviction of some of the greatest living psychiatrists and mental specialists. In fact, some experts, as for instance Professor Sir T. Clifford Allbut, go so far as to say: "I regard feeble-mindedness (if not accidental) as *always hereditary*. I have never met with a case of manufactured mental defectivism apart from some accident, either at birth or afterwards."

Even in insanity, while the exciting cause may be ill health, drunkenness, shock, worry, thyroid over-activity, severe stress or strain, or ill health, there exists almost invariably a germ plasm defect—a hereditary tendency toward mental instability.

### Am I Fit to Be a Parent?

Therefore, parents, before assuming the tremendous moral responsibility of bringing into the world a child who was not consulted as to whether he wanted to come or not, should ask themselves:



THE HAPPY HOME AND THE SORDID NIGHT-CLUB

"Am I fit to be a father or a mother?" "Can I transmit to my expected child a sound constitution and pure clean blood?"

If you cannot answer both these questions in the *emphatic affirmative*, you have *no right to breed*. At least, not until such time as you, by clean, wholesome living, and by proper care of your body, shall have made this body fit for its great work of propagation. Also, this is assuming that you have no epilepsy, no history of insanity, no alcoholism, lead poisoning, or tuberculosis which would tend to blast the germ plasm. If you have any of these conditions, you violate every law of God and decency if you breed at all—or, at least, until you are absolutely cured of your trouble.

### Often Caused by Lack of Proper Nourishment

It would also be well to remember that many cases of amentia (mental deficiency and backwardness) are due to insufficient nutriment. An undernourished, half-starved mother may bequeath to her child a body so thoroughly enfeebled and unsound that it would be only by a miracle that a sound mind could exist in it at all. Remember that food and proper environment are almost as necessary to good health as is pure blood.

Also, it is a matter of great importance to recognize early the signs of deterioration in your child and give him a chance to overcome these. Remember that the brain of the child grows very rapidly the first few years of its life. This is because of the fact that it is a little human being that has many hundreds of centuries of evolutionary growth to catch up with in a comparatively short time. He cannot do this unless he gets the constant stimulus of sensory impressions in the presence of an adequate quality and quantity of blood.

In other words, if his brain cells are continually starved, if, instead of a proper supply of rich, nutritive blood, he has to depend upon an anemic, watery blood supply, he is starting with a terrible handicap—a handicap that may cripple him mentally, as well as physically, for life.

### Vegetable Soup a Good Brain Medicine

We have seen, in scores of thousands of cases during the past twenty years, how this manifests itself. Underfed, undernourished school children, backward in their classes, incorrigible and insubordinate in their conduct or demeanor, below weight and height for their age, have, by virtue of a rich bowl of vegetable soup, bread and milk, or some other nourishing food, furnished them as an extra "school lunch," become rosy-cheeked, tractable, physically active, and mentally bright and alert.

The brain cells, as well as the body cells, are fed. Hence they tend to develop toward normality. *Should the brain cells be starved for too long a time, however, they may never recover.* The mind never makes up the ground it has lost, and a permanent degree of mental deficiency may result.

There can be *no substitute for nourishing food and hygienic living* in these conditions. For, in "primary amentia"—to which form most cases of mental deficiency belong—there is a diminished potentiality for development. In other words, the tissue that constitutes the physical basis for the mind is defective. Recognizing this, it is plain that no drug can have any specific remedial effect, except perhaps as it may contribute somewhat to a better state of nutrition.

These, understand, are the primary cases—those in which the germ cell has been blasted by alcohol, constitutional disease, lead poisoning, and other conditions before mentioned.

Cases of *secondary amentia*, in which brain development has been arrested or handicapped by poor food and poor environment, can *invariably be cured if taken in time and put upon treatment that conforms with the natural requirements of the body.*

### Surgical Treatment of Little Value

So far as surgical treatment is concerned, this is even less promising than is medical treatment. This matter was thoroughly tested as far back as the late years of the last century and in the early nineteen hundreds. Dr. Lannelougue, of

Paris, Sir Victor Horsley, of London, the late Dr. Keen, of Philadelphia, and many others operated on hundreds of these patients, on the idea that it was the *skull and not the brain and its nutrition* that was at fault. They lost about one out of every four patients operated. Those who survived rarely showed any mental improvement. Therefore, it is not surprising that the operative method of treatment should have been abandoned by reputable surgeons, and that today it is rarely attempted.

I do not mean here to imply that where there is any evidence, or even a reasonable presumption, that the mental deficiency may be due to fracture, to a splintering of the inner table of the skull, to a blood clot, or to any abnormal condition that may cause pressure on the brain, operation may not be justifiable. On the contrary, I emphasize that in these conditions, operation—followed by the most scrupulous observance of physical care—may offer the *only* hope of cure.

This value of the curative effect of Nature is now so definitely established that in many places it has entirely superseded *all* other methods of treatment. And not only with amentia cases, but even with those who ordinarily might be confined, or be subjected to rigid disciplinary measures.

### Treating Lunatics as Though They Were Sane

One of the first institutions to carry out this form of treatment on any extended scale was in the great institution for the mentally afflicted in Bedburg, Rhenish Prussia. In this very human and altogether sensible institution the word "ver-rueckt" (crazy) is never heard. These patients are merely "sick." And they are not "confined," they are merely "treated." Those who are not homicidal or acutely maniacal (that large body of the mentally unfit who merely are victims of delusions or hallucinations, paresis, dementia praecox, alcoholism, or melancholia) are accorded as much freedom as the out-patients in an ordinary hospital.

Simply because they are ill mentally, instead of physically, is not considered sufficient reason for treating them as convicts. The padded cell, the manacles, the straightjacket, the brutal



repression by brutal guards, have been replaced by the application of the Golden Rule.

To help bring about a return to sanity these individuals are treated as though they were sane. For the German doctors have proved by experience that the function of an asylum is to *treat* and *cure* patients—not merely to provide a secure place for their confinement.

At Bedburg, wholesome out-of-doors occupation, without restraint of any kind, takes the place of the padded cell and straightjacket. It would be easy for any of the inmates to escape. No guards are there to prevent them. But, so comfortable are they that “freedom” consists in coming “home” regularly to wholesome meals and their own quiet beds and nightly hanging their hats upon the same hook.

The Prussian alienists are translating Horace into everyday experience: *Mens sana in corpore sano*—a sound mind in a sound body—has to them a tangible significance. Blue sky, bright sunlight, pure air, the odor of fresh loam, and the well-being that comes from working with growing things and from contact with the magnetically charged earth, all these are essentials of the “course.” Upon these they place their greatest reliance in bringing balm to hurt minds.

### Almost Too Good to Be True

As an essential part of the “cure,” this home for the mentally unbalanced operates a model farm and raises all the requisite vegetables, fruits, and garden stuff. A complete dairy and creamery is run by the women inmates, who also do all the kitchen work of the institution. They have their own ice plant, bakeries, waterworks, tailoring and dressmaking establishments, workshop, slaughter-house, and laundry. All the work is done by patients, under competent supervision.

These shops differ from most others, in that all work is voluntary. Any workman may “knock off and call it a day” whenever he or she feels like quitting. Thus they enjoy some advantages that are not vouchsafed to their sane brothers and sisters “on the outside.”

Every reasonable opportunity for healthful and cheering amusement also is afforded. Games of every kind are played, and among the 2500 "residents" are many who excel in even such difficult games as chess or skat. Anyone familiar with the latter complicated forms of recreation will appreciate their value for mental discipline.

Within the last few years this method has yielded such excellent results that many of the patients who, at their arrival, were "full of sound and fury," can be discharged after but a few months' treatment. The restorative influences of unlimited fresh air, good food, regular habits, and unremitting attention to the physical by some of the world's most famous psychiatrists, are working wonders in knitting together the threads of the ravelled mentality of these unfortunate people.

#### Twenty Per Cent Discharged Every Year as Cured

In Gheel, Belgium, before war rode rough-shod over it, there was another institution of the same general character as the one located at Bedburg. Here the *malades* (patients) were housed in a colony, consisting of groups of cottages, each of which sheltered not more than three occupants. The latter were permitted absolute freedom—even more marked than at Bedburg. They were encountered everywhere in the little town. If, during conversation, they refrained from parading their particular hobbies, one often had difficulty in distinguishing between them and the town residents. Confinement was resorted to only as a last extremity. It was asserted that, on an average, rarely more than sixty out of nearly 2000 ever were restrained at any time. Fully twenty per cent of the patients admitted to this colony (being twice as many as in any other institution of its kind in existence) yearly were discharged as cured.

In our own country there has, within the last score of years, developed a widespread recognition regarding the value of outdoor treatment and physical exercise—preferably in some useful and interesting work. Also, in the various measures long advocated by those who believe in the healing power of

Nature, not only in physical but in mental conditions as well.

By the same token, the wider recognition of the *natural* method of treatment is rapidly superseding the old practices of restraint and the "chemical treatment" of the mentally afflicted.

This restraint consists in the use (or abuse) of temporarily paralyzing drugs, hyoscine being the principal "remedy" employed. By its use, obstreperous and troublesome patients are rendered unconscious, and kept so for hours at a time, perhaps, at intervals, even for days or weeks. Obviously, this injures the recuperative powers of the brain and body and greatly diminishes the chances of ultimate recovery.

### The Quieting Effects of the Neutral Bath

Hence, in our model hospitals, instead of employing mechanical and medicinal restraint, it is now the custom to substitute the continuous warm bath, into which an excited patient may be placed and kept for hours, even for a day if necessary, until his excitability gives way to a fair degree of repose. A canvas hammock with a rubber air pillow is swung in a large bathtub into which the warm water continually flows, maintaining an even temperature. Almost without exception, the patients enjoy this experience. The bath acts by equalizing the circulation of the blood, relieving the congestion in the brain or its coverings (meninges), and drawing through the pores accumulated toxins that irritate the nerve centers.

A normal human being constantly generates poisons from the breaking down of cell tissue (catabolism). If the pores were sealed with some impermeable substance and thus this most important of the four avenues of excretion cut off, it is believed that a person would die within forty minutes, killed by his own products of decay.

The relation existing between the bath and toxic elimination, therefore, is quite obvious. In fact, the tepid bath might be decidedly useful in calming hysterical women and nervous, fretful children, were it resorted to more generally in our households.

Early recognition of mental disease, as before stated, has a more profound bearing upon a successful outcome than is the case even in physical conditions, cancer or tuberculosis, for example.

After early recognition, there remains earnest and systematic treatment that will embrace every method known to strengthen and "healthify" the body. When this is done, amazing and gratifying results may not only be expected, but may be looked forward to with every confidence.

### Alcoholic Insanity and Its Prevention

There is one potent cause of insanity, and for the ever-increasing pressure of the unstable against the asylum walls. This cause is alcoholism, and its frequent result, alcoholic insanity.

Obviously, no one can become a victim of alcoholic insanity unless he has first been an alcohol addict. In only a relatively small percentage of cases can alcoholism be classed as a moral perversion. For alcoholism, in the truest sense, is an *acquired* disease, with a well-defined and demonstrable *history* and *pathology*.

This pathology is usually developed in the same manner as is the pathology in narcotic, or any other form of addiction. The frequent use of even small quantities of alcohol—as in our present-day "social drinking"—creates a demand for increasing quantities of the drug, for alcohol is a *drug*, in the truest sense of the word.

This demand grows by almost imperceptible degrees, until there is a more or less constant daily consumption of considerable quantities of alcohol.

And finally we have alcoholism, as a well-defined disease, with all its complications of incoordination, instability, deterioration, and frequently delirium.

And in delirium tremens we come to the crux of the development of alcoholic insanity, which is responsible for probably 25% of all cases of mental deviation.

The importance of these estimates will be appreciated when

it is understood that under proper detoxinizing treatment, alcoholic insanity is *absolutely preventable*.

We have it, on the authority of Charles B. Towns, of New York, who has treated an average of 1000 cases a year of narcotic and alcohol addictions for a score of years, that no case of delirium tremens that ever came under his care ever developed "wet brain" and alcoholic insanity.

Towns contends that no alcoholic case ever becomes an insane problem unless the individual has established a state of chronic alcohol tolerance, which means that when a patient is deprived of his alcoholic stimulant, or if for some physical reason he cannot retain alcohol, he will develop delirium tremens. As a matter of fact, if complete case histories could be had of these patients who have become insane problems, it would be found that in practically every instance *delirium tremens preceded the unfavorable physical and mental developments which make these patients eligible for commitment*.

### The Secret of Preventing Insanity

In an address delivered before the Alienists and Neurologists of America, held under the auspices of the Chicago Medical Society, Towns said:

"I believe that the secret of my being able to deal with this problem resolves itself into how and why the alcoholic developed delirium tremens. Delirium tremens is responsible for alcoholic insanity, and as I was able to avoid the development of delirium tremens in such cases I was able to get at the causes of alcoholic insanity.

"I also found that in cases of chronic alcoholism you could not substitute any other form of stimulant for alcohol and allay or avoid delirium tremens. Also, I demonstrated the fact that the chronic alcoholic will not, because he cannot, develop delirium tremens if he has had a sufficient amount of sleep. Sleep and delirium tremens do not go together. Our daily hospital experience proved that in these old chronic cases, the only way—and the inevitable way—in which delirium tremens could be induced was to keep the patient under strict surveillance and withdraw his alcohol."

Now, inasmuch as the prolonged use of alcohol is the sole cause of the pathological changes in the individual, and inasmuch as the deterioration in the nerve and brain cells is due chiefly to the storing up of toxic products in the system, it follows that the only way to avoid the dangerous consequences of alcoholic deprivation is to unpoison the patient.

If this treatment were to be universally adopted, and practiced as a routine measure, with every patient suffering from alcoholism and delirium tremens, no case of "wet brain" could ever develop. Alcoholic insanity could be absolutely stamped out.

### What Causes Sleep-Walking?

What causes sleep-walking? If an article has been hidden while one has been sleep-walking, how may it be recovered?

Sleep-walking is a form of self-induced or autohypnosis, and is practically identical with the somnambulism induced by hypnotic suggestion. The suggestion usually arises in a dream, in which certain actions are prompted by the subconscious mind of the individual, and subsequently performed by him.

Psychologists are quite certain of this, for most frequently, by an effort of concentration, the sleep-walker can remember the dream that "started him off."

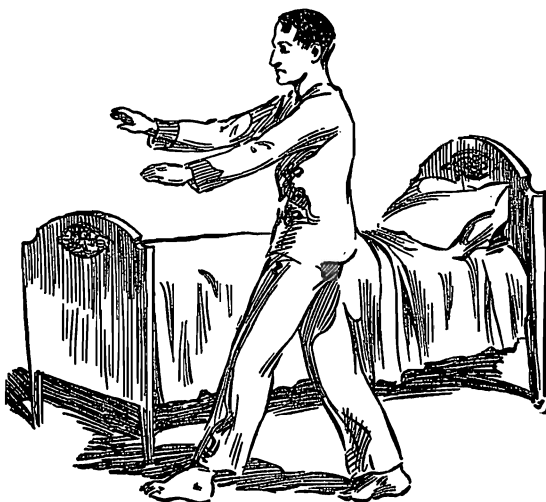
Somnambulism is most generally confined to children, or to the youthful—in other words, to those happy people who still preserve illusions. It does, however, accompany a neurotic disposition, or some nervous disturbance, such as hysteria, epilepsy, "fits," or nervous headaches. Or it may result from any great stress of soul, or mental agitation. The classical example of Lady Macbeth is an instance of this.

The antics of sleep-walkers are a never-failing source of wonder to those who may observe or study them, although the marvellous and hair-raising tales told of their exploits in negotiating sheer heights, and risking life and neck in some feat totally impossible to them in the waking state, must be taken with a saving grain of salt.

Also, the uniformly accepted belief that no accident ever befalls a somnambulist, unless he be suddenly awakened while

in the performance of some blood-curdling exhibition of aerial gymnastics, is entirely fallacious. Numerous deaths from accidents to sleep-walkers testify to this.

It is true that the sense of touch is greatly augmented during this peculiar state, although the sense of sight is usually in abeyance. In fact, most frequently the eyes of a somnambulist are closed, and when they are not, they might as well be, for all the information they convey to the sleeping brain. The



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sense of pain is also suspended, and innumerable bruises furnish proof that these sleep-walkers strike against furniture or otherwise injure themselves much more frequently than they are given credit for.

The muscular system, however, is usually intact, and permits the victim of somnambulism to do some extraordinary and annoying things. One of the most annoying and disconcerting of these is the hiding of articles while sleep-bound. The victim who robs himself in this way generally has no recollection as

to where he hid his plunder. To all intents and purposes, he might just as well have been robbed by an outsider, so effective has been his emulation of Raffles and Arsène Lupin.

### Propensities of Sleep-Walkers

There is only one way to uncover the treasure trove, unless one accidentally stumbles upon it, and that is to make the subconscious mind—the mind that was at work while its possessor was asleep—tell what it did with the treasure.

This can be done by placing the sleep-walker in a hypnotic condition—or even a thoroughly relaxed and semi-conscious condition is considered sufficient by many psychologists—and questioning him as to his actions during the period in which he was somnambulistic.

The mind that directs his answers has all the memory of these actions, and the information it gives can be depended upon as accurate. To men like G. Arthur Gayer, of New York, and others versed in the subject, these experiences are not at all infrequent.

Therefore, we would urge anyone who plays a joke upon himself while subconscious to permit a psychologist to place him in a quiescent condition and put a few leading questions to that subconscious intelligence.

And, while the psychologist is about it, he might give the sleep-walker some suggestions which will forever cure him of the habit of sleep-walking. This is the quickest and surest way of preventing a recurrence of the distressing and annoying occurrence.



## **PART IX**

**Disorders of the Prostate Gland**

**You Can Do with an Hour's Less Sleep in Summer**

**How to Stop Snoring**

**Cats and Dogs Communicate Disease**

**Tuberculosis**

**The Afternoon Slump**

**The Enema Habit**

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**Glossary of Terms Used in This Book**

## PART IX

### Disorders of the Prostate Gland

There are comparatively few men who have passed the half-century milestone who are entirely free from some form of prostate trouble. Especially if they have been unfortunate enough to have contracted gonorrhea in their youth.

The enlargement of the gland which takes place after middle age is so gradual, however, that it is almost unnoticed until the condition is well established.

The first symptoms noted are increased frequency of urination, the patient sometimes being called upon to empty the bladder every half hour or so.

Wherever this hypertrophy, or enlargement, persists there is usually a low grade inflammation of the gland.

The direct and reflex symptoms resulting from this trouble are familiar to thousands of men. Frequent urination, a sensation of heat or of pressure in the rectum—especially after straining at stool, an uncomfortable feeling after sitting in a hard chair for any length of time—nervousness, insomnia, loss of virility, or sometimes complete impotence.

Often there are imperfect erections, premature ejaculations, or nocturnal emissions (spermatorrhea).

The treatment in these conditions is highly successful. It consists of massage of the prostate and the seminal vesicles, and the application of electrical heat to the prostate, and such medication as may be indicated in each particular case.

### You Can Do with an Hour's Less Sleep in Summer

We need one hour less sleep in summer than we do in winter. In other words, the recuperative power of sleep is measurably greater in summer than it is in the bleak winter months. This is obviously true, although the explanation is somewhat involved. We must remember that every move we make causes us

to spend a certain amount of vitality. Every little thought we think squeezes a little life out of us.

This loss is partly made up by the food we eat, the fluid we drink, and the air we breathe. It is chiefly during sleep that the life principle flows back into us, that our loss in vitality is made good.

So wonderfully adjusted is this principle of restoration that our balance in the Bank of Life might at any time be computed by merely striking a balance between what we spend of our vitality during our waking life and what we regain of this loss during the night, multiplied by the length of time we have kept up this pace.

The answer will be found in terms of decreased resistance to mental or physical strain; in greater susceptibility to infections and to all forms of disease; in lowered vitality; in increased nervous irritability; in everything that makes for a downward drag, instead of an upward push.

There have been many theories advanced to account for the recuperative influence of sleep, but perhaps the most sensible and convincing of all these theories is the so-called "chemical theory."

### How Sleep Repairs Tissue Destruction

This explanation concerns itself with the fact that every contraction or expansion of any muscle cell, every nervous impulse that passes through any brain or nerve cell, causes a certain amount of breaking down of tissue in these cells.

This broken-down tissue is thrown into the blood stream, to be gotten rid of through the lungs, skin, kidneys, or bowels—the four great avenues of elimination. The more actively brain or muscles are used, the quicker they break down, the more rapidly the blood becomes overloaded with these toxic products, the more completely the nerves and body are poisoned by them.

During sleep, the cells and tissues that produce these poisonous products are at rest, all destructive activity is suspended. At the same time, there is going on within the body a con-

structive activity, a rebuilding of broken-down structure, a replacing of vital losses, a reinforcing of lessened defense.

Until very recently even scientists have regarded sleep as a purely negative process. When we slept, it was believed that bodily functions ceased, that we were busy doing nothing.

In fact, so sure were we that time spent in sleeping was a sort of theft of producing power, that a certain odium has crept into our conception of sleep. The term "sleepy-head" carries a definite measure of reproach. We feel a decent amount of sympathy with the farmer, who, after feeding the pigs, milking the cows, cleaning the horses, and doing a few more odds and ends of chores, greeted his new hired man, sliding into the barn about 7 A. M., with, "Well, where in thunder have you been all morning?"

But the old order changeth, and our ideas change with it. The conviction is gradually gaining ground that no one ever got too much healthy natural sleep, or did himself any harm by remaining in bed until he felt rested.

### Early Rising a Delusion and a Snare

We are steering clear of those bewhiskered old saws that extolled to a heavy-eyed race the wonders and advantages of early rising; and we are taking a lesson from old Mother Nature in learning to follow our instincts. We are finding out that when we do follow these natural impulses we are always right. And sooner or later Science wakes up, rubs its eyes, says "Heigh-ho!" a few times, and then corroborates what our instincts have always taught us.

We know that sleep, far from being the "death of life," is one of the most important of all living functions. *It is the thing that makes life possible.*

Instead of being a *negative* process, it is a very *positive* one; instead of stopping all activities, it only starts a new and tremendously important set of activities.

Sleep substitutes constructive measures for the destructive processes of active life. It reverses the downward trend that accompanies waking life. It lifts us back to the top of that

physiological toboggan down which we commenced to slide the moment we got up. It recharges the exhausted body batteries and fills up the organic furnace with fresh fuel, for the "anabolic" or building-up processes are in excess of the "catabolic" or breaking-down processes during sleep.

### Sleep Even More Important Than Food

In short, sleep, instead of being the waste of time and the necessary evil that we fatuously think we deserve medals for curtailing, is the most important thing in the world—more



REFRESHING SLEEP MORE IMPORTANT THAN FOOD

important even than food. For we eat to sleep, but we *sleep* to *live*.

*Men have gone sixty-three days without food, and a week without water. But they usually die in less than ten days if totally deprived of sleep.* It is said that rarely do the victims of the Chinese torturers keep their reason after the fifth or sixth day of their enforced wakefulness.

Our own infamous "third degree" is successful for the same reason that the Chinese method of punishing grave offenders is successful. It isn't humanly possible long to with-

stand the torture of loss of sleep. To gain respite from the continuous, brutal, day-and-night questionings, the victim, to obtain sleep, will agree to anything and sign any sort of a confession. And some fine day, when we become really civilized, this barbarism will go the way of the thumbscrew, the rack, and the Iron Maiden.

It is during sleep that the *final transformation of food into tissue* is effected, that the finished product of digestion is finally converted into new muscle, brains, blood, and nerve cells.

This explains the fattening influence of sleep, and shows why the dietitian, in attempting to reduce an overly-corpulent patient to reasonable proportions, first cuts down his hours of sleep.

### Loss of Sleep Really a Form of Starvation

Loss of sleep is really a form of starvation, not to be made up by increasing the amount of food taken into the system. "Endurance racers" prove this in an interesting and convincing manner. Those engaged in six-day bicycle races and other half-witted forms of diversion eat four or five times as much food as does the ordinary man. Yet the end of the contest finds them hollow-eyed and cadaverous. Loss of sleep—even more than their physical exertions—has prevented them from transforming food into tissue.

It is this positive reconstructive quality in sleep that explains why babies, whose chief business in life is to grow, spend from sixteen to eighteen hours out of every twenty-four in sleeping, a capacity which gradually diminishes as maturity is approached, until it finally settles down around the average of nine hours.

It is the loss of this reconstructive power that accounts for the short hours and the light character of the sleep of the aged. Old people do not sleep lightly and get up early because they need little sleep, but because they can't get much of it. They have lost the power of reconstruction that goes with sleep, and consequently the function of sleep itself is partly abolished.

### Cat Naps and Dozings of Old Persons Not True Sleep

The cat naps and dozings of old people are not true sleep. They are really little torpors due to weakness and exhaustion of the vital functions, and poisoning from faulty elimination. They foreshadow the final end of consciousness.

The deeper the sleep, the quicker the recuperation, and the more effectively all the vital processes of repair are carried out. The lighter the sleep, the slower the recuperation from fatigue and the longer it takes to effect repair.

This explains the difference in the quality of sleep, something that everyone has noted. It explains why sometimes a sleep of an hour or two under conditions of complete relaxation will accomplish more actual reconstruction than a whole night's restless, dream-racked sleep.

It also explains why some vigorous individuals who sleep deeply and wholeheartedly are able to recuperate fully and be fresh and thoroughly rested after four or five hours' sleep; while others who sleep "light," with one eye always open for dangers that creep out of their atavistic memories or their active imaginations require nine or ten hours, or even twelve or thirteen hours, to accomplish even less.

Indeed these exceptional individuals who for years on end have been able to do a tremendous amount of work on four or five hours' sleep nightly have set a pace which has been distinctly injurious to the race as a whole. Their iniquitous example has established false standards, until it has become almost a reproach to be a ten-hour-a-day sleeper.

True reconstructive sleep also *restores the oxygen balance* in the tissues. This has a most important bearing upon our state of health.

### How Sleep Restores the "Oxygen Balance" of the Body

During the day, the brain cells use up more oxygen than can be supplied them through the blood and the lungs. This oxygen starvation, to which the cells are subjected, is one of the things that help bring the unconsciousness of sleep.

During sleep, more oxygen is taken into the system than is spent. After a certain period of time—depending upon one's lung capacity and the depth of breathing, the freshness of the sleeping chamber, and the number of red cells in the blood to carry oxygen to the tissues (for this is the only way oxygen is conveyed through the body)—the oxygen loss is made up, the balance is restored.

The matter works itself out on something like this basis: During each twenty-four hours, the total outgo and intake of oxygen is 60 per cent given off, as against only 40 per cent taken in. During the sleeping hours, nearly 60 per cent of oxygen is taken in, as against 40 per cent given off.

So, during active waking life, the body spends twenty to forty per cent more oxygen than it takes in, while during sleep it reverses these figures and absorbs twenty to forty per cent more oxygen than it gives off.

Actually, the sleep period represents the time required to restore the oxygen balance in the tissues, recharge the organic batteries, build up the broken-down tissue, and oxidize and otherwise get rid of accumulated fatigue poisons.

When the oxygen balance of the tissues is restored, when the fatigue poisons are eliminated or burnt up by the oxygen, and when the worn-out cells are replaced, we'll awake—rested and refreshed. In fact, we couldn't sleep any more, just at this time, even if we wanted to.

### How to Get the Best Results from Sleep

On an average, most healthy grown persons require about nine hours' sleep in order to be thoroughly recuperated. Women should have half an hour or an hour more than men of the same age.

But this is entirely a matter of the individual's power to recuperate, which depends largely upon the *depth* of sleep.

If the sleeping chamber is stuffy and ill-ventilated, no amount of sleep is going to produce the feeling of restedness that should come from good, sound sleep taken under hygienic conditions.



And this indicates the reason why sleep in summer brings about recuperation an hour sooner than it does in the winter time. Summer is the open air season. It is the season of outdoor sports—swimming, boating, fishing, baseball, tennis, golf, and a hundred other recreations and pursuits that tend to increase our intake of oxygen, and our oxidation of depressing poisons.

All this makes for quicker recuperation during sleep, and a more rapid recovery from the fatigues of the working or waking hours.

Also, we are not so likely to stuff ourselves with heavy food in summer as we are in winter. Appetite demands—or what we permit ourselves to believe are appetite demands—do not drive us to over-indulgence in meats, fats, and sweets, the three principal forms of food that tend to rob the system of the oxygen that should consume or reduce the end-products of these foods.

On the other hand, there is usually in the summer an abundance of fresh vegetables and fruit. The liberal use of these tends to prevent the development of depressing poisons that help make the longer sleep period of the winter time a necessity.

There is no doubt that sound, restful sleep makes for clear thinking and better brain power—the ability to concentrate in a constructive way. We can't get too much of it—in either winter or summer.

### How to Stop Snoring

Man is the only animal in the world that sleeps flat on his back with his mouth wide open. Hence the snore; for, if we stop to think but a moment, the mechanics of snoring are readily understood.

When the head is held upright, and the respiratory passages are normally aligned, snoring is impossible. When the head tilts forward, there is a relaxation of some of the respiratory muscles, notably the soft palate. This membrane divides the air currents, so to speak, and under the stimulus of inspiration

and expiration this flaps free in the breeze—which relaxation is triumphantly proclaimed in a reverberating solo.

The cure for snoring is to breathe always through the nose. This is, perhaps, not so easy as it may sound; for, as in hay fever, in which condition almost invariably there is some abnormality in the nasal passages, the habit of snoring may depend primarily upon adenoids, enlarged turbinated bones, a twisted septum, or even an overfilled and spongy mucous membrane lining in the nose.

### **Be Sure to Have All Mechanical Obstructions Removed**

So, first of all, the advice of a nose and throat specialist should be sought, and if there are any nasal obstructions these should be removed.

If, after the nose is cleared, mouth breathing still persists, a piece of isinglass court plaster may be placed over the lips before retiring, and the mouth thereby kept closed. In fact, it might be wise for all who have a tendency to sleep with the mouth open to adopt this simple expedient as a routine measure.

Next, the height of the pillow—for every adult should sleep with a pillow in order to maintain normal alignment of the respiratory organs and tube—should be regulated; neither too high, for this will tilt the head forward, producing relaxation, nor too low, which stretches the muscles and causes a compensatory sagging of the lower jaw.

A German specialist even advises the wearing at night of a sort of yoke, which supports the chin and prevents it from “snugging down” on the collarbone. Equally good results may follow the wearing of a bandage passed under the chin and pinned tight over the top of the head.

Next, the snorer must be discouraged from sleeping on his back. A heavy cloth bandage or towel, bound round the waist and tied at the back in a large, fat knot, will effectually prevent this; for the offender will have either to sleep on his side or not at all.

If even the most hardened sinner can be induced to follow this line of treatment consistently, his cure is almost certain.



A FRIENDLY ENEMY

### Cats and Dogs Communicate Disease

Cats and dogs not only can communicate disease, but frequently do. It is quite certain that hydrophobia, smallpox, chickenpox, relapsing fever—a filth disease—typhoid and typhus, cholera, mumps, measles and scarlet fever, ringworm, lockjaw, tapeworm, asthma, common cold, grippe or even pneumonia, and many other germ diseases, have been contracted from animals.

The germs find lodgment in the nostrils, mouths, throats, or furs of our pets, especially of those permitted to roam sweet-willed among garbage cans and refuse piles.

Animals may convey diseases to their owners by harboring germ-carrying insects, the bite of which causes disease to man. Or germs may find entrance into our bodies through abrasions in the skin made by the teeth or claws of ill-tempered or rough-playing pets.

Of the two great families of pets—or pests, depending upon the viewpoint—which enliven mankind, the canine is infinitely less to be feared than is the feline. Indeed, the chief objection

## 516 CATS AND DOGS SPREAD DISEASE

to dogs is that they are sanitary nuisances—especially in the city. Also, that swarms of germs and entire colonies of the eggs of parasites, capable of conveying grave diseases if they find lodgment in food or drink, are distributed broadcast by them.

Yet all that applies objectionably to dogs applies equally to cats, with the additional charge that cats are perfect hosts for diphtheria germs, owing to the excellent mobilizing quarters the microbes find in their rough tongues, as well as on the corrugated roofs of their mouths, and around the soft palate, where the bugs increase and multiply—without harming Mrs. and Mr. Cat.

### Cats Even More Likely to Carry Germs Than Dogs

But from these coigns of vantage the bacilli can be sneezed or expectorated all over the neighborhood, or be most advantageously distributed over the cat's fur during the "cleansing" process. The consequences to a child handling a cat thus infected may be readily surmised.

The Bulletin of the New York Health Department tells us that dogs and cats frequently have been responsible for conveying "Foot and Mouth Disease" from one farm to another. Cats, especially, have been seen with the blisters and sores characteristic of this disease on the inside of their mouths and lips. In several instances the disorder was communicated by them to children.

Ringworm is another disease contracted frequently from "patchy" pets. And if a school child gets it he may contaminate a whole company of playmates before he is corralled, and before the germs can be killed. Most medical school inspectors will have little or no difficulty in placing their fingers and thumbs upon epidemics that had their triumphant origin in someone's mangy cat.

Indeed, the Veterinary Institute of Berlin, some time ago, found that five and nine-tenths per cent of cats have cancer—mostly cancer of the skin. It may be just as well to keep on the safe side of anything so dangerous and formidable as cancer.

Be very certain that every bite from either a cat or a dog is properly cleansed and cauterized. If there be the slightest suspicion as to the moral status of the animal, it would be well and eminently sensible to take the Pasteur treatment. If given within a week or ten days, the treatment is uniformly successful in preventing hydrophobia.

In many cities throughout the country a movement is afoot, calculated to fix by license the ownership and responsibility for all pet animals—cats as well as dogs. This is proper and most excellent. Even from the standpoint of the animals themselves, it would be much better to destroy all homeless vagrants of canine or feline extraction.

### Tuberculosis

While no one should attempt to treat tuberculosis without the advice of a physician, nevertheless there is a great deal that the patient may do for himself, in connection with medical treatment, which may prove to be of great help in bringing about a favorable result.

The first of these hygienic aids is to secure all the fresh air and all the sunlight it is possible to get. Also, it is necessary that the food be of the most nourishing character, and that the digestive and the assimilative organs be built up to their highest point of efficiency, so that the maximum of nourishment may be gained from the food taken.

Excesses of all kinds should be avoided. Sexual intercourse should be reduced to the minimum, and alcohol and tobacco used only in moderation.

Also, the most cheerful mental condition should be maintained. Fortunately, there is, in tuberculosis—as there is in most diseases that lie above the diaphragm—a normal tendency toward cheerfulness. Diseases that have their pathology in organs situated *below* the diaphragm, such as liver, stomach, and intestines, are much more likely to be accompanied by mental depression.

The Vitamin D, as obtained by direct sunlight on the semi-nude body, is one of the very best curative agents that has so

far been discovered for tuberculosis. This is because of the fact that the calcium loss, which is a fundamental cause of tuberculosis, is overcome by the Vitamin D rays of sunshine, which help to "fix" the calcium in the system, and prevent its elimination.

Remember that it is the calcium in the blood which surrounds and encapsulates the germs of tuberculosis, and confines them in these little limey caskets, thereby preventing their further propagation and proliferation.

This is one reason why milk, eggs, and lime-bearing foods are of such value in tuberculosis. They furnish the lime which the sunlight (or Vitamin D as obtained in cod liver oil), "fixes" in the system, thereby helping to overcome this disorder.

One thing that must be remembered is this. Tuberculosis is a disease that must be fought consistently *for life*, or a long period of years *even under the most favorable conditions*. Attack the problem with these facts in mind.

### High Blood Pressure

I have mentioned many times in these pages certain conditions in which high blood pressure (hypertension) is frequently found. And also the means for reducing this excessive pressure.

However, the matter is of such importance that I must again urge those who may suffer from the headache, dizziness, flushing of the face and neck, and thickening and tension of the arteries not to temporize with these symptoms, and not to ignore them.

Anyone who suffers from the symptoms I have mentioned above would do well to see his physician and have a test of his blood pressure made by the sphygmomanometer—an instrument for accurately measuring the tension of blood in the arteries—and then to ascertain the cause of this trouble.

For remember, blood pressure is only a symptom of the real trouble. This may be sclerosis of the arteries, Bright's disease, or any of a half dozen different disorders, of the gravest character.

*Do not take a chance with high blood pressure. You may be beckoning to the undertaker if you do.*



HAVE YOUR PHYSICIAN MAKE THIS TEST TWICE A YEAR

### The Afternoon Slump

Few men or women—especially among those holding down indoor jobs—are capable of putting as much “pep” into their work at 3 P. M., as they can during the morning hours.

Now, “pep” is largely a matter of proper rest, better nutrition, and more perfect elimination. So perhaps the most important cause for that afternoon slump is the lack of the proper amount and quality of sleep the night before.

Remember, it is only during sleep that the final transformation of food pabulum into finished cell structure is effected.

And that a man can be starved to death, if only he is kept awake long enough. The Chinese used to demonstrate this in a cruel form of capital punishment, which consisted of prodding a victim into wakefulness until he was finally killed off by cell exhaustion and fatigue accumulations.

So the first method of insuring "pep" is to get another hour or two of refreshing sleep every night, even if this should



DO YOU GET THIS WAY EVERY AFTERNOON?

necessitate curtailing social pleasures. Eight, or even ten, hours' sleep every night—preferably in a bed all to one's self—is time profitably spent.

### The "Fresh Air Cocktail"

One of the most invigorating of all stimulants in building vigor for the day is the "fresh air cocktail." To get the full benefits of this lung bath, one should stand by the open window, with shoulders thrown back. Then take ten or a dozen deep breaths, in rapid succession, or until a slight feeling of giddiness is felt.



This forced rapid breathing stimulates the action of the heart, sends the blood coursing through the veins and oxidizes the carbon-dioxide in the system. If you have no organic heart defects nor high blood pressure this exercise will prove an excellent tonic.

A frequent cause of afternoon sluggishness is a too heavy mid-day lunch. An excessive blood supply being required by the alimentary organs to facilitate the digestive processes, the brain suffers from temporary anemia.



THE "FRESH-AIR COCKTAIL"

A heart of lettuce salad and a cup of weak coffee, without sugar or cream, might lift many a man—who now eats a steak or a couple of chops for lunch—out of the afternoon slump-pit he has dug for himself with his teeth.

#### **You Need Something More Substantial than Dessert for Lunch**

On the other hand, many people—especially young folks—try to nourish themselves with a dish of dessert for lunch.

This is an even more reprehensible practice than over-eating.

For there is only one material out of which tissue loss can be replaced—and that is protein. There isn't enough of it in a piece of cake and some syrupy soda water. Nor in a lettuce sandwich and a piece of pie.

Starches, sugars, and candy furnish only heat and energy. And these constitute *only one leg* of the food tripod—which embraces protein for building starches or sugar for energy, and fats for heating.

A person who is anemic, or who is using up considerable vital energy (and one can sometimes use up quite as much energy in intense mental concentration, or in nervous effort, as is ordinarily used up in physical labor) needs *foods* as well as *fuel*, in order to keep going.

### The Enema Habit

The enema is reputed to have been first used by Haroun-al-Raschid, that old Caliph of Bagdad, who spent so many of his nights prowling around the city in disguise for the purpose of securing first-hand information as to just how his subjects were getting along and what they thought of him and his rule.

This, however, is difficult to confirm, although it is quite definitely established that following the return to Europe of the Crusaders, who brought much of refinement and the appreciation of physical cleanliness back with them from the wars, the habit of taking and giving enemas became quite common throughout Europe. Subsequently, the "barber-surgeons"—who were the physicians of that period—made the giving of enemas, or "clysters" as they were known, an important part of their work.

As an emergency measure, there is a great deal to be said in favor of the enema. In those conditions in which quantities of fecal matter lodge in the rectum—which often develops a pouch-like character because of the long-continued distention brought about by these accumulations—one can often obtain immediate relief by an injection of warm water.

The efficacy of this injection may often be increased by the

addition of Epsom or Rochelle salts to the water, or by "lubricating" the fluid with soapsuds, agar-agar, or some emollient mixture.

### A Veritable Life-Saver Where the Bowels Are Clogged

It must also be admitted that the enema is invaluable in those intestinal faults in which an impaction (clogging) has developed. In many of these conditions, laxative foods, abdominal massage, or medicines of every kind have absolutely no effect so far as the removal of the bolus of obstructing material is concerned. It is in these cases that the high enema may often prove a veritable life-saver—washing away, little by little, the mass of impacted material, until the bowel is once more clear.

Where there has been a long history of constipation, and where the bowel may be more or less coated with fecal material—sometimes dried into a solid mass, blocking the opening of the tubes that convey the digested food into the circulation—high enemas are of unquestioned value. They bring away concretions, almost stone-like in density, and free the surfaces of the intestines for their functions of digestion and absorption.

But, when this is said, it is *all* said. As an emergency measure there is *nothing* to equal the enema. As a routine measure, however, there is nothing more harmful and more inhibiting to normal physiological functioning.

### The Constant Use of the Enema Weakens the Bowel Muscles

First and foremost, the nightly use, or even the frequent use of the enema, tends to overcome the normal peristaltic action of the muscles of the lower bowel by establishing a tolerance for the presence of larger quantities of water, which is, moreover, irritating and unnatural in the bowel.

Secondly, the pressure of the water injected tends to dilate the rectum, and "pouch" it out of all normal proportions, so that the presence of a normal accumulation of feces fails to

excite in the nerves and muscles of the rectum any desire for the expulsion of this material.

Thirdly, the frequent use of the enema removes from the rectum and the lower bowel a considerable amount of the protective mucus with which the bowel is lined. The absence of this protector of the delicate membranes facilitates the absorption into the circulation of the toxins and poisonous substances developed by putrefactive processes in the intestinal canal.

Fourth, the constant use of enemas destroys the normal contractility of the muscular fibres of the lower intestine and rectum. This may result in such relaxation of the structures as to produce actual prolapsus (the falling down of an internal part of the body) of the lower bowel.

It unquestionably will bring about engorgement of the hemorrhoidal veins, resulting in piles, and in an irritation or inflammation of the sphincter muscle of the bowels, which brings about a painful and aggravating condition known as proctitis.

So, use the enema as an "emergency measure." But don't become an enema addict.

### Headache—Its Causes and Correction

Headache is one of the most valuable and sensible pains that infest humanity. This is because the head—notwithstanding its apparent hardness—is the softest and most sympathetic member of the body. And accommodating to a degree.

If the liver, the malaria-infected blood, the stomach, the ears, or eyes—or, in fact, any member in the partnership of organs we call the body—doesn't like the way it is being treated, all it has to do is to tell the head about it. Be it ever so humble the abused one commands the head to ache, and the head cheerfully and promptly acquiesces. Thus, the cause of headache is the cause of all the ills that visit the tired human flesh.

Perhaps the most common form, particularly as it afflicts the most susceptible sex, is nerve irritation. Loss of sleep, a spoiled skirt, a too-talkative visitor, a dull play or book, grief, or a fit of crying, a corn stepped on by some heavy-

footed clod—anything, in fact, that worries or hurts the nervous system can and does make the head ache.

### Many Headaches Come from Poisoning

The next most common cause of headache is poisoning, arising from the absorption into the circulation of toxic materials generated in the intestines. These retained products of putrefactive fermentation are among the most dangerous poisons known to man. If isolated, and injected directly into the blood,



WHY DOES A HEAD ACHES?

these putrefactive alkaloids—as they are called—would kill like cobra venom. Fortunately, in passing into the blood by absorption, their virulence is partly neutralized and overcome. But they are still poisonous enough—in all conscience.

Hence, the relief of constipation, and a mild course of cathartics are perhaps the most useful and indispensable of all headache cures.

Another condition of self-poisoning develops from loading the system with fatigue poisons—toxic material which accumulates in the blood faster than the oxygen of the red cells can

burn it up. This causes the shopper's and shop-girl's headache, and that dull throb resulting from muscle tire. The head is imperatively demanding rest—rest and quiet.

The "stuffy room" and "sermon" headaches are fatigue poison pains—turned t'other end to. In these conditions we not only are not getting sufficient oxygen to overcome the poisons we ourselves are constantly generating, but we are breathing in, in the form of carbon dioxide, poisons emanating from several hundred other humans.

### Biliousness a Frequent Cause

Good, old-fashioned biliousness is a fine, adequate cause for headache—headache actually mulish in its obstinacy. A judicious amount of starvation, together with a copious flushing of the system with lemon water, or some mild alkaline liver stimulant, usually works wonders for these.

Over-eating is a sore provoker of cranial pains. The toxic material generated by fermentation of too much food, or too much of the wrong kind of food, circulating through the delicate nerve fibres of the face and head, manifests itself as pain. This is the variety of headache that most frequently punishes high livers and low thinkers.

Eye-strain is probably the next most frequent cause of head pains. It is really surprising how strongly the eyes object to such trifles as being exposed to the glare of sand, sea, or bright light, or to too long-continued focusing on a moving picture screen, or to being forced to read, work, or embroider, hours on end.

One would think that these muscles would have, by a process of evolutionary development, become accustomed to all such manifold abuses by this time. But emphatically, such is not the case. And so, every once in a while competent oculists instantly and permanently relieve some bad case of headache, perhaps of years' standing, by correcting the imbalance of the ocular muscles—either by operation, or by "fogging" the vision with lenses.

### Look Out for Blood Pressure Conditions

In chronic headache, where no specific cause can be elicited—especially in men or women who live a sedentary life and partake freely of lobster-a-la-Newburgh and a high proteid diet—careful urinalysis and blood pressure tests should be made at least once a year, to determine whether or not the kidneys are acting normally.

Decayed teeth are not infrequently causes of neuralgic headaches—as they are of many much more serious pathological conditions. In this era of competent dentistry and free dental clinics there is no longer any logical excuse for poisoning oneself by decay from teeth.

Catarrh, and long continued irritations of the nasal cavities from twisted septums, enlarged turbinate bones, or thickened mucous membranes are prolific sources of headaches. The service of a good nose and throat specialist are necessary here, although if the cause be merely congestion of the nasal membranes strong pressure on the centre of the tongue morning and evening with a tongue depressor—after the FitzGerald method—has often given complete relief.

Headache powders or tablets, most of which contain acetanilid, a heart depressant, should never be used, except under the advice of a physician.

Headache invariably means something, and however else it may be treated, it should never be treated with contempt. Headaches that cannot be relieved with cold towels, smelling salts, rest, elimination, regulation of the diet, or some of the simpler, non-harmless methods, invariably should be referred to a doctor for treatment.

The real and tremendously useful function of headache is to serve as a combination fire-alarm and police whistle for the body's protection. Any system of living which silences this alarm must, of necessity, be a health help and life insurance of the first water.

### How to Avoid Colds

The common cold, especially during the winter and spring,

is the most prevalent of all disorders. It occasions more absences from school and work, and more loss in working hours, together with a greater decrease in general efficiency, than all other diseases combined. It lowers physiological resistance, decreases the number of the fighting white corpuscles (or phagocytes), and lays the foundations for more different varieties of physical disturbances than anything that can be picked out of pathology.

### **How the Common Cold May Develop Most Serious Disorders**

It is the mother and father of scores of thousands of cases of pneumonia, pleurisy, middle ear inflammation, mastoiditis, sinusitis, chronic nasal, pharyngeal, stomach and intestinal catarrh, and tuberculosis. It sows the seed and fertilizes the ground for many of those disorders due to, or complicated by, under-oxidation of waste products of cell decay—such as certain forms of rheumatism, Bright's disease, diabetes, neuritis, neuralgia, and lumbago.

It prevents the proper elimination of body poisons by inhibiting normal activity of the bowels, kidneys, and skin. And finally, it lowers activity and depletes the secretion of the adrenal and thyroid glands—causing the low blood pressure, slow pulse rate, languor, and inertia of protracted convalescence.

Yet there is hardly a disorder that yields more quickly to proper treatment than does the average cold. In fact, the only reason colds "hang on," as we know they do, is because they are not properly treated.

To begin with, very few people have sufficient gumption to make the necessary sacrifices for the intelligent treatment of an attack of cold or influenza. These good folks would rather take a swig of old Uncle Hiram's Never-failing Panacea or Aunt Lizzie's Infallible Influenza Bouncer every little while—especially of the alcoholic content of these nostrums averages fifty per cent or better—than to take a good laxative, soak in a hot tub bath for ten minutes—so as thoroughly to open the



pores. Then get into bed, drink a tumblerful or two of hot lemonade, pile on three or four extra blankets and *stay there*—no matter how uncomfortable they may be—until they have had a thorough sweat. An hour or two of this might save two weeks of “dragging around.”

Remember that the chief problem is one of elimination. The *catarrhalis buccalis*, or any of the other dozen or more varieties of germs associated with various forms of respiratory disorders, are only incidental. Their activities rarely are inhibited by direct local antiseptic measures. In point of fact, while these germs undeniably carry infection, it is now contended by many able men that the bacteria and bacilli responsible for respiratory disorders are really *scavengers*, rather than *incendiaries*, starting the fires of fever and germ infection.

But, whatever their status may be, the first thing to do is to make their present camping ground untenable for them. This is accomplished by detoxinizing the body. Get rid of all the organic rubbish, through all the four great channels.

### Secure Thorough Elimination and Neutralize the Acid

Thorough elimination from the bowels is demanded. Then flush the filter system, the kidneys, with twelve to fifteen glasses of water daily. Stimulate the activity of the sweat glands—for the four and one half-million pores of the skin constitute a most important part of the sewerage of the body.

Then increase blood alkalinity. Remember that most species of pathogenic germs cannot live in body fluids or tissues of normal alkalinity. They thrive, instead, in acid conditions. This is why copious draughts of lemonade, orange juice, or grapefruit juice are so valuable in colds—or in any *acid* condition. The alkaline salts of these citrous fruits counteract tissue acidity and reinforce the alkalinity of all body fluids.

Total abstinence from *all* foods for a period gives the system a chance to rid itself of a mass of accumulated toxins in the alimentary canal and elsewhere.

Fresh air, also, is of primary importance, for oxygen fires the physiological furnace, and helps consume the poisonous

carbon compounds that otherwise would remain to depress the system and hamper its normal functions.

Daily baths help also to remove from the mouths of the pores the immense amount of toxic matter these little glands bring to the surface for elimination.

The diet should be light and easily digestible in character; milk (if it agrees), fruit, and green vegetables, an egg or two a day, broths, soups, and light desserts—such as junket, jellies of various kinds, and custards—all are wholesome and nourishing.

Meat should be eaten sparingly. Fried foods of every kind should be studiously avoided. Doughnuts, pies, heavy cakes, plum pudding, candy, and similar items, masquerading as food, should be carefully saved and then thrown into the garbage pail.

Remember that over-eating, or food-stuffing, by overtaxing the digestive, assimilative, and eliminative systems, and clogging the body sewers, is one of the principal causes for colds.

After the fever has left, and after you have been thoroughly detoxinized, a little light exercise, preferably by walking in the open air, is admirable for helping to restore normal digestion and assimilation and to shorten the period of convalescence.

At all times—before, during, or after a cold—if there exists any chronic catarrhal condition in the nose or throat, a good atomizer may be used. Some alkaline antiseptic solution may occasionally be employed with advantage; as a usual rule, a mild oil spray is to be preferred. For the oil spray is more bland.

But, above all, don't wait a week before waking up to the fact that you have a cold, and that you should do something constructive for it. *Do it now*, if you are going to do it at all.

### Why You Need an Annual Physical Examination

When your friend asks, "How are you?" do you know?

You probably tell him that if you felt any better you'd have to send for a doctor. Then he laughs, and tells you, "It serves

you right; all your own fault." And both of you are immensely pleased. Yet you have something or other the matter with you—especially if you are more than forty.

The chief reason for this depressing state of affairs is that you don't know nearly so much about yourself as you do about your automobile. Nor do you have yourself looked over as often as you do your automobile. This is where you lose many valuable years of life and much physical efficiency.

For, while it is true that the average of longevity is increasing, it is also true that men and women are dying off faster



BETTER BE SAFE THAN SORRY

than they did a generation or a half a century ago. Many good folk are confused on this simple point. They are prone to tuck their thumbs into the armholes of their vests and inflate, in consequence of their plentiful lack of knowledge on this subject.

Now get this clear. The principal cause of the low average of life in former years lies in the enormous infant mortality. Our great-grandmothers and grandmothers bred like rabbits—and their children died like rabbits.

### How the "Average Span" of Life is Determined

If you take a million infants, for example, who died before they were a year old, and add them to the men and women who died at the age of thirty, forty, fifty, sixty, or seventy, the average length of life would be greatly decreased.

Our slightly increased intelligence enables us to cut this million deaths of infants to a half million, or even a quarter million, in exceptionally favorable seasons and surroundings. Naturally, this increases the average of life.

But this doesn't mean that men and women live longer than they used to, despite all the wonderful advances science has made in helping them preserve their lives. On the contrary, the opposite is true.

The life expectation at forty is less than it was twenty-five or fifty years ago.

As we have stated elsewhere in these pages, and as will well bear repetition, because of its enormous importance—diseases of degeneration, particularly diseases of the heart, kidneys, and blood vessels, are increasing to an alarming degree—especially among mental workers, and those in sedentary occupations.

Kidney diseases alone claim approximately 100,000 victims a year in the United States. The death-rate from these diseases is increasing at an abnormal rate.

If we continue our mad rush and scramble, if we persist in ignoring the common rules of health—of hygiene, exercise, diet, rest, recreation—the withering leaves of our lives will fall faster and faster, while the outlook for doctors and undertakers is most promising and alluring.

At present the average death-rate in the United States is about fourteen a year to each thousand of population; of which proportion alcohol and syphilis can be credited with a goodly two per cent.

And then bear in mind that all venereal diseases could be stamped out in a generation—by using restraint and prophylaxis—either of which is effective.

However, it is the insidious character of the degenerative diseases that makes them so dangerous.

### What Medical Examination of New York City Employees Disclosed

To illustrate, consider the results of the routine examination of the employees of the Department of Health of the City of New York. These results are especially significant since the average age of these employees, namely  $33\frac{1}{2}$  years for the men and 32 years for the women, represents the period when preventive measures might most profitably be begun.

Of the 700 employees 20, or 2.8 per cent, were overweight to such a degree as to menace their health. For forget not that a big load of that perilous stuff that doth weigh upon the heart—and the other vital organs as well—is a serious handicap in Life's Hurdles, and has a definite, measureable effect in shortening life—so recognized by insurance examiners. For no one can rock his abdomen to sleep in his lap and last as long on the job as an individual of merely human proportions.

The emaciated, under-nourished individual, however, is equally handicapped, for he hasn't anything that disease can feed upon before it feeds on him. He has just thirty per cent less chances of recovery from typhoid or any wasting disease than one who is comfortably plump.

An abnormally high blood pressure, with some albumen in the urine, was found in 25, or 3.5 per cent, of these employees.

While there is some difference in opinion, even among the most able men, as to the significance of an excessive blood tension, it is quite generally accepted that persistent high blood pressure represents a condition that is bound to put extra work on the heart and the circulatory apparatus, and that ultimately the kidneys and other eliminative organs are bound to suffer, because of this excessive work. When albumen appears in the urine as a constant factor the portent is ominous. And when finally casts, especially fatty casts and epithelial cells appear, the condition is grave. For these mean degenerative changes in the kidney structure.

Also, some derangement of the heart, more or less dangerous in character, was found in 92 of these city employees, or 13.2 per cent.

### **Very Few Among Those Examined Ever Suspect There Is Anything Wrong with Them**

Hardly a one of these men and women had any suspicion that there was anything the matter with them. Altogether, the number of persons who needed medical advice or treatment, or both, was 327.

This means that 44 average men and women out of every 100, presumably in the prime of life, had, without knowing it, some physical defect which might, and probably will, even in spite of treatment, shorten their lives.

Many physicians are strongly of the opinion that degenerative diseases are rapidly on the increase, because we eat too much. They think the proper course for a man around forty to pursue is to ask himself what he wants to do, and then don't do it.

There is a modicum of good judgment in this. For, even allowing for the factors of syphilis, over-indulgence in alcohol and tobacco, for gout, rheumatism, muscular overwork and occupational diseases, there is a big increase in degenerative diseases, which seems to be accounted for by assuming an over-indulgence in food.

But our ancestors were also valiant trenchermen. They ate anything and everything that didn't eat them first. And they ate all that they could hold—and a little more on top of that, for good measure. And they drank anything and everything that wasn't too hot and hearty to swallow.

Still they thrived and labored by the sweat of their brows—and got tougher and tougher—until finally a tree fell on them, or they were struck by lightning, or some other accident befell them that cut them off in the prime of their youthful old age.

### **A Minimum of Worry and a Maximum of Exercise**

But they didn't worry much, and they *did* exercise a whole

lot. This probably explains their longevity, in spite of all the horde of life-shortening things, the cure for which was not discovered until far too late to do them any good.

The main thing they worried about was what "mother" had for dinner and supper, although they knew without being told that, whatever it was, there'd be enough of it.

But we, their effete descendants, became too prosperous. The average American over forty, for instance, has more money to spend than the average European. What does he do with it?

First and foremost, he eats it. Lots of it, especially translated into meat. This might not be so bad if he were to limit the amount of starch and sugar he takes with his meat.

For the individual has only so much oxygen in his tissues. He can only oxidize and convert a certain amount of food product.

Starch being so much more readily oxidized than protein, takes advantage of this oxygen, leaving none for the albumen molecule. This, lacking the necessary oxygen to complete its oxidation and convert its end products into harmless substances for elimination, emulates the example of the hunchback Richard—"Since I cannot be a hero I am determined to be a villain." And it does.

It forms compounds which have a powerfully depressive effect upon the nervous system. And also upon the organs and vessels subject to degenerative changes.

Then, too, we ride around in automobiles, if we can afford them. If not, on top of the bus, in electric cars, in subway trains, or in anything and everything that runs on wheels.

Perhaps there is no one reason so potent for early decay and dissolution as our tendency toward a sedentary and luxurious existence. This is true not alone of the wealthy, but of those of even moderate incomes.

Next, take Old Man Worry down to the wharf, tie a stone around his neck, and kick him overboard. For worry never helped anybody into anything—except an early grave. Worry is the effect, as well as the cause, of many physical delinquencies. So to completely eliminate worry it is frequently neces-

sary to find its pathological, as well as its mental cause, and remove them both.

There's another reason for early old age and physical degeneration—another important reason for a periodic physical stock-taking. This is tooth decay. I have referred to this matter elsewhere. But it will bear repetition.

There is the very intimate connection between decayed teeth and a large number of diseases that apparently have nothing to do with teeth. Ulcers and cancers of the stomach have been traced to decayed teeth; so have rheumatism and diseases of the kidneys. Tuberculosis can be traced directly to the malnutrition resulting from improper mastication of food, or from direct infection of foul mouths.

### The Stomach Has No Teeth

Perhaps there is no one thing wherein the patient may minister to himself more effectively than in the proper mastication of his food. Fletcher had a death grip on a big idea in his doctrine of the "Long Chew," even though he didn't live long enough to test it out thoroughly, and use a well-balanced ration while he was doing this.

For there isn't a particle of doubt but that seven out of every ten persons bolt their food, fondly imagining that the stomach is amply provided with teeth.

That food bolting is one of the chief causes of indigestion no one will deny. This would be bad enough if indigestion stopped where it was, with a mass of rotting food (for that's exactly what it is) in the stomach or the upper intestines.

But it doesn't. It produces a breath reminiscent of the Cloaca Maxima of Rome. It fills its victims chuck full of poison gas, which interferes with the proper action of the heart and lungs, and hinders intestinal digestion. It loads the nerves, causing irritability, insomnia, neurasthenia, functional heart troubles, and all manner of distressing symptoms, not the least of which is the intensification of the original trouble—digestive failure through atony—or lack of tone and digesting power in the alimentary tube.



### An Examination by an Expert

Having done all we can for ourselves there is yet another thing we can have done for us. We can have an expert overhaul our physical machine and provide it against a breakdown.

An analysis of the urine once, or better still, twice a year, will disclose the presence of Bright's disease or of diabetes, in a stage in which these diseases are curable, or in which their progress may be arrested for years.

For most cases of breakdown of the kidneys, or of the processes of metabolism responsible for the failure properly to convert and oxidize starches and sugar, come about slowly and painlessly, without any objective warning signals. The result is that when the discovery of nephritis or diabetes is made the disease may have gained a tremendous and discouraging lead—it may be eternally too late to do any good.

But a semi-annual urinalysis will uncover the condition, even in its most incipient stages, long before there is any other evidence, patent to the victim, that he should be "getting busy."

No doubt thousands of lives could be saved each year by a careful urinalysis, and an examination of the lungs by a skillful physician.

Also, any abnormal increase or decrease in the blood pressure should immediately attract attention, the one because it indicates a lowered state of vitality and a lack of resistance, and the other because it shows the presence of tension, either from nerve strain or from the insidious irritation of some poison or toxin. In either case—but especially in the high pressure conditions—there is a likelihood of developing degenerative changes in heart, kidneys, or blood-vessels, unless the cause of the pressure is corrected.

So, if you have any love for yourself, or any desire to adorn and gladden the environment in which you happen to be, find out what's the matter with you. Or else, have everything done that lies within the power of medical science, to render your disorder as mild and harmless as it is possible to make it.

### How Long Will You Live?

If the fairy godmother who watches over the destinies of each human being—and who develops a fine crop of wrinkles and gray hair in so doing—were to offer 'most any of her god-children the choice of three gifts, about nine out of ten of us would choose, as the first gift, that we should be given the boon of long life.

This is perfectly natural—from a philosophical angle. For self-preservation is the first of all natural laws. There is, therefore, in every one of us, a very definite satisfaction in the death-defying achievements of our ancestors, and we take unto ourselves real pride in the fact that we come of "long-lived stock."

And justifiably so, from this standpoint of longevity. For if your ancestors lived to an average of, say 84—accidents aside, and all other things being equal—your "expectation of life" is measurably increased by this fact.

If you come of long-lived stock, and if you have sense enough to observe such measures of hygiene, sanitation, diet, and exercise as shall give your ancestors a chance to demonstrate the fact that they have made a success of you, physically speaking, you will probably achieve the distinction of hale old age.

### But Don't Take Any Chances of Tangling Yourself Up

If, however, you presume on the blessing of the good constitution your ancestors bequeathed to you, and take all sorts of foolish liberties with this good constitution, you are hanging a fine garment of chains around your neck that will inevitably tangle up your toes in the race you are running against the old gentleman with the sharp scythe.

And, by the same token, if your ancestors died comparatively young, and you have the excellent good sense to be warned by their example, you can, by cultivating health, and by living in conformity with Nature's laws, turn the liability of a poor inheritance into the asset of a sound constitution.

It is true that you can't select your parents and your grand-

parents. But you *can* select your mode of living so that, in a great measure, you can keep your vital organs in good running order, increase your resistance to disease, and materially enhance your constitutional strength.

### **We Don't Appreciate the Favors the Gods Have Showered on Us**

These are the conclusions arrived at by Dr. Alexander Graham Bell, and by many of the most eminent students of eugenics, the world over, who place the blame for the abbreviation of human life squarely up to the five-sixths of our population who wilfully, or ignorantly, refuse to make the most of their physical inheritance.

These are subjects that must interest every intelligent person in the world, because we are all vulnerable. So, more and more, as we approach the vulnerable age, we interest ourselves in the means by which the very old became so, and in the methods they employed in achieving this distinction. A voluminous literature has grown up around the problem, and rapt audiences can invariably be found for the man or woman who speaks with authority on the subject.

Now, gauged by the number of million years *we* and our furred forebears have been practicing the art of living, our achievements in the field of longevity have been singularly futile. So far as we know, the extreme western boundary of life has not been materially extended. We die just as regularly and inevitably this side of the century mark as we ever did, notwithstanding the marvellous advances in scientific knowledge.

### **The Average Longevity Has Increased Because We've Learned to Save the Babies**

It is true that the *average* of longevity has steadily increased—that the *mean* age of civilized humans has been enhanced. But this is due largely to the fact that we have learned to “save the seventh baby”—the baby who, in the “good old days”—which were really very bad old days—died before the second

year of its life had passed. Science, in cleansing the cities, in providing great sewers and clean water supplies, in disposing of accumulated garbage, and in instituting precautions against infections, has put down a protecting barrage against the hosts of the Pale Horse Cavaliers.

Mothers have been taught the value of bathing and sanitation and fresh air. They have learned *not* to feed the baby frankfurters and sauerkraut. They are instructed by the visiting nurse—and she is one of the most wholesome and healthful institutions that has ever come down the Pike of Time—to properly modify the baby's milk and to boil the bottles and the nipples from which the baby is required to drink its milk.

Cholera Infantum, which, in the lifetime of men and women still young—used to make the summer a time of terror—is now practically *non est*. Great epidemics, such as cholera, typhus, yellow fever, typhoid, and malaria, have been wiped out by science and sanitation.

Our municipalities keep a vigilant eye upon the milk can. The careless Borgia who debonairly dumps a mess of sewage—or polluted products of his slaughter-house, or tannery, or glue factory, into the water-supply—is haled to court, and fined until his whiskers curl.

Discouraging ills, which could be depended upon to kill thousands upon thousands, fifty or sixty years ago, now claim only a few victims each year. Tuberculosis, diphtheria, and dangerous acute infections show an amazing decrease in their death rate; as is proper.

The disease-breeding trinity of flies, fingers, and filth, have been Bertillioned, and have had their thumb-prints taken. We know them for what they are—pestilence-producing life shorteners, and strive—although not nearly so vigorously as we *should* strive—to keep them from contaminating the material that goes into our alimentary tracts.

### Plans to Kill Off the Excess Population

We have reduced the death-rate to such an extent that certain strabismic-minded asses—who have read only one side of

the Malthusian page—even insist that it is necessary periodically to cook up a war, in order to kill off the excess population.

And certain other jackasses, who do not know, and who do not permit others to know, the simple and scientific means of controlling the birth rate, argue addle-patedly and disgustingly, that the “survival of the fittest” will poison with rotten food, or starve with no food, the excess population which, they claim, is what Nature intended in the first place.

Yet, at no time in the history of the world have human beings been so persistent and so successful in coping with disease. We have, indeed, gone far in the good work. For, in the three hundred years ending in nineteen hundred, the general death rate has dropped from 30.7 per thousand to 17.6. In the registration area of the United States the death-rate for 1890 was 19.8. In 1930 it was 3.1.

#### **Yet the Forty-Year-Old American Is Not Likely to Live as Long as Did His Father or His Grandfather**

And yet, in spite of all this progress, in spite of all the tomes and libraries that have been written on the subject, the forty-year-old American of today has an even smaller chance of a hale old age than did his father or his grandfather. In other words, his “expectation of life” at forty is decreasing every year.

Why is this?

For one thing, it is because the average American doesn’t marry so young nor so often as did his grandfather. Notwithstanding the half-witted contention that married men don’t live longer than single men: it only *seems* longer to married men—grim-visaged statistics prove that married life has one compensation anyhow—an increased life expectancy.

Prof. Willcox of Cornell University, and the New York State Board of Health Department have *proved* this.

For, of men between the ages of 20 and 29, the death rate among bachelors is 57 per cent greater than among married men.

Of men between the ages of 33 and 39 the death rate among bachelors is 119 per cent greater.

Of men between the ages of 40 and 49 the death-rate is 105 per cent greater.

### **Married Men Actually DO Live Longer Than Single Men**

So the man of thirty, who has given a hostage to Fortune in the shape of a helpmate, has twice as good a chance of living to celebrate his fiftieth birthday as has the man with no wife.

There are a number of reasons for this. But the chief one is that the married man is not nearly so liable to contract venereal disease as is the single man. And venereal disease is the greatest of all disasters that can befall the physical life of man. Venereal disease causes more rheumatism, heart and kidney degeneration, paralysis, insanity, and general physical incompetency than any other five diseases rolled together. Indeed, as a prime life-shortener and constitution-crippler, venereal disease is in a class by itself.

The married man, as a rule, gets better things to eat. Of course, he may not admit this. In fact, he may lean strongly to the opinion that what his wife doesn't know about cooking would fill the lexicon of youth—and a lot for outside trimmings.

The average restaurant, which he might normally be expected to patronize, is even worse, with a little to spare around each end, and a tuck in the middle. And what Class B4 food—treated as only Class B4 cooks can treat it—does to a man is a joy forever to the doctor and the undertaker.

So, while the alternative may seem a cruel one, it is really a sort of liberty or death choice—with the odds in favor of both—which the bachelor makes.

### **Why the Forty-Year-Old American Doesn't Live as Long as the Forty-Year-Old European**

Statistics prove that the increasing death-rate above forty is *effective only in America*. In England and on the Continent the death rate above forty has been lowered proportionately to

the lowering of the infant death rate, and, paradoxical as it may seem, this strikes a note for Americans. For knowing what it is that makes them so vulnerable, the means for decreasing this vulnerability is most manifest. There are the very poor, and the equally very rich. The poor man is vulnerable because he cannot get sufficient nourishing food, rest, and recreation to keep his resistance at par.

Both of these would be better off if they could average their lives, and strike a happy medium of moderation.

However, the poor man of today, especially the working man, is in a fair way to improve his social condition. The great majority of artisans can now afford necessities—not to say luxuries—that their fathers would never dream of being able to secure for themselves. By the exercise of thrift and discrimination in purchasing the man who is not too terribly poor can enjoy a diet that is adequate and nourishing.

The well-to-do person, on the other hand, will benefit by learning “to cut it out.” If he has any interest in continuing to make this earth his happy home, he must learn to chew more and eat less and *always* and *always* get rid of the debris.

He must learn that the best health and life insurance in the world is to use his muscles and his body. Early and late, winter and summer, rain or shine, he must remember never to ride when he can walk; to exercise and perspire; and never to let himself drift into sedentary habits.

### Rest Spells Rust

For rest spells rust; and rust means a break-down in the body machinery, sooner or later—usually sooner.

It is the sedentary life—whether it is practiced by the millionaire, or by the clerk—that is the chief cause of middle-age vulnerability. It is the body stagnation—from over-use of the alimentary canal and the under-use of the muscular system—that invites the plagues that work, like thieves in the dark, to rob the physical citadel of its power of resistance.

The evils that result carry the attack to the vital organs—the heart, the liver, the kidneys—above all, to the arteries, in

the form of nephritis, heart disease, diabetes, arterio-sclerosis, and chronic digestive and intestinal troubles.

### **The Insidious Character of These Diseases Is Their Greatest Danger**

The insidiousness of these degenerative diseases, however, is their gravest source of danger. In hardening of the arteries, one of the most common of these disorders, the condition may develop so quietly that the average victim learns of its presence only when the disease is so far advanced that little can be done, except to stay its progress.

In those past middle life, the chances are that in nearly one out of every two, the arteries have already begun this thickening process—and without arousing the least suspicion. This statement is based upon an examination of one thousand persons engaged in sedentary occupations, made by the Life Extension Institute, and in which 42 per cent showed various degrees of arterial degeneration.

And remember, also, that while we do not know the actual cause of cancer, it is, not infrequently, tied up with some of the degenerative conditions, particularly those cancers affecting the digestive organs.

In fact, Dr. Mayo, in his address as President of the American Medical Association, has declared that, in his opinion, cancer of the stomach and intestines is quite generally the result of irritation of these organs, brought about by digestive troubles.

One man in every ten and one woman in every eight, over the age of 35, die of cancer. Therefore, the obvious thing for a man or a woman who doesn't want to be numbered among the victims of this grim tragedy of the body cells, is to be reverently careful in avoiding the things that cause it.

It has been noted by ethnologists and students of racial characteristics, that certain races are shorter-lived than others.

This may be due to unfavorable sanitary, hygienic and dietetic conditions, affecting such races. As, for instance, the Esquimos or the East Indians.



Nevertheless, among our Negroes and American Indians, living in the worst possible conditions, as regards sanitation and health prophylaxis, some extraordinarily old men and women are often found.

Races living in warm climates mature earlier and die earlier than races that live in the great temperate zones, although, even among these are frequently met those who have attained exceptional age, judged by their appearance and what meager history they can marshal.

As examples, the Turks and the Jews, for some inscrutable reason, boast a most enviable longevity record. It may be noted, however, that among the wealthy members of both these races, there is a tremendous mortality from diabetes and Bright's disease.

This is undoubtedly due to their insatiable addiction to sweets and to rich pastries exhibited by both Jews and Turks.

### **You'll Pay for the Sins of Youth in Your Old Age**

If we realize that every physical transgression of youth must be paid for with compound interest in old age—granting, for the sake of argument, that the transgressor will ever get this far—and that wild oats, booze and excesses of any kind inevitably shorten life, we'll likely adorn this Bank and Shoals of Time much longer than we otherwise would.

If we exercise the muscles, and breathe deeply, and load up on oxygen, and get rid of the body debris, we'll still further increase our chances.

If we adjust ourselves peacefully to the fact that we don't need the amount of food we did when we were growing up to 25; and if we realize that pure milk is one of the best of all foods; and that frequently we need only a glass or two of water when we think we need more food; and that tobacco is a narcotic poison, with a definite pathological action on the nerve and body cells; and that worry, anxiety, and nervous apprehension play hob with normal metabolism; and then govern ourselves accordingly, we'll still further increase our chances for a hale old age.

**Always Think and Act as Though You Were Ten Years  
Younger than Your Age**

And then, if we refrain from thinking and admitting that we are growing old, and act always as though we were at least ten years younger than we are, we'll do still more to increase efficient longevity.

None of us, in all probability, will ever live to be a hundred. In fact, it is gravely to be doubted—in spite of the weird tales of the Parrs and the Jenkinsons, and the old Indians and Negroes—who knew Christopher Columbus and Julius Cæsar—whether many ever really *did* live that long.

The World Almanac, which publishes a list each year of all the famous living old people, contains the name of no centenarian. The oldest is but 96; and only eight are in the nineties.

However, that needn't concern us. To live to be "An Olde, Olde, Olde, Very Olde Man" is no great achievement. It merely denotes persistence of vitality. And it's not how long we live, but what we *do* while we are living that counts.

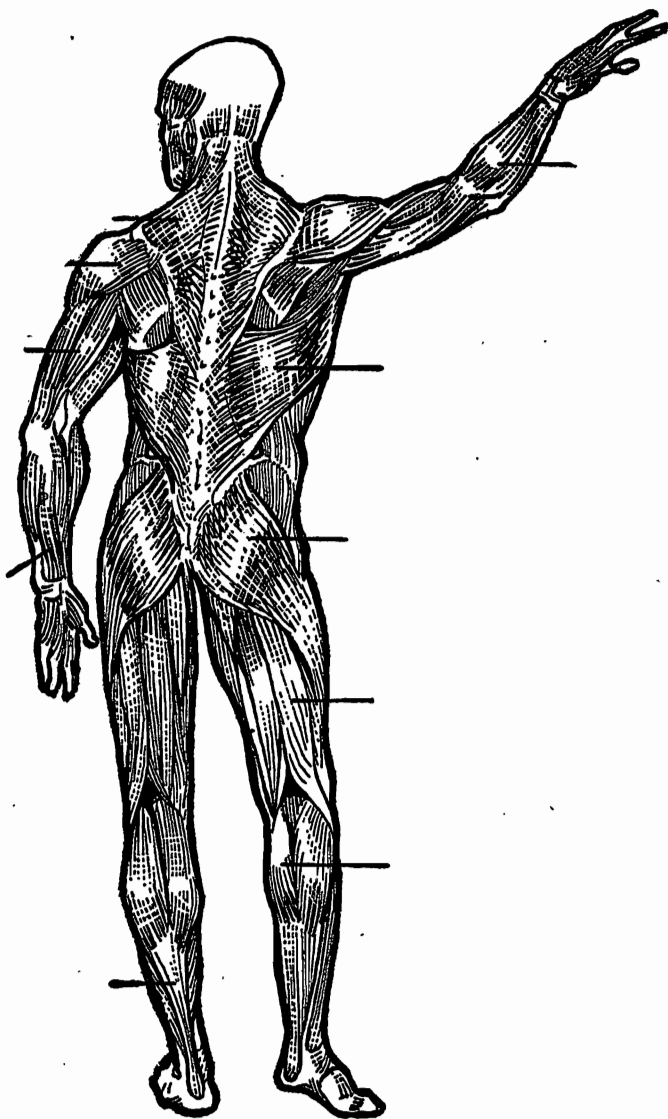
That we may have smoothed the road just a little for those who are to come, and helped make the world better for our having lived; that we have stilled a child's cry, dried a woman's tears, lifted the burden of sorrow from some stricken soul, and backed the faith in himself of one who fought unselfishly for the right—these are *real* achievements.

HEIGHT (in stocking feet)		AVERAGE WEIGHTS FOR WOMEN (IN BATHING SUITS)									
Feet	Inches	Age. 15-19	Age 20-24	Age 25-29	Age 30-34	Age 35-39	Age 40-44	Age 45-49	Age 50-54	Age 55-59	
5	0	110	112	117	121	123	126	128	129	130	
5	1	112	114	119	123	125	128	130	131	132	
5	2	114	117	121	125	127	130	132	133	134	
5	3	116	120	124	128	130	133	135	136	137	
5	4	118	123	128	131	133	136	138	139	140	
5	5	121	126	132	135	137	140	142	143	144	
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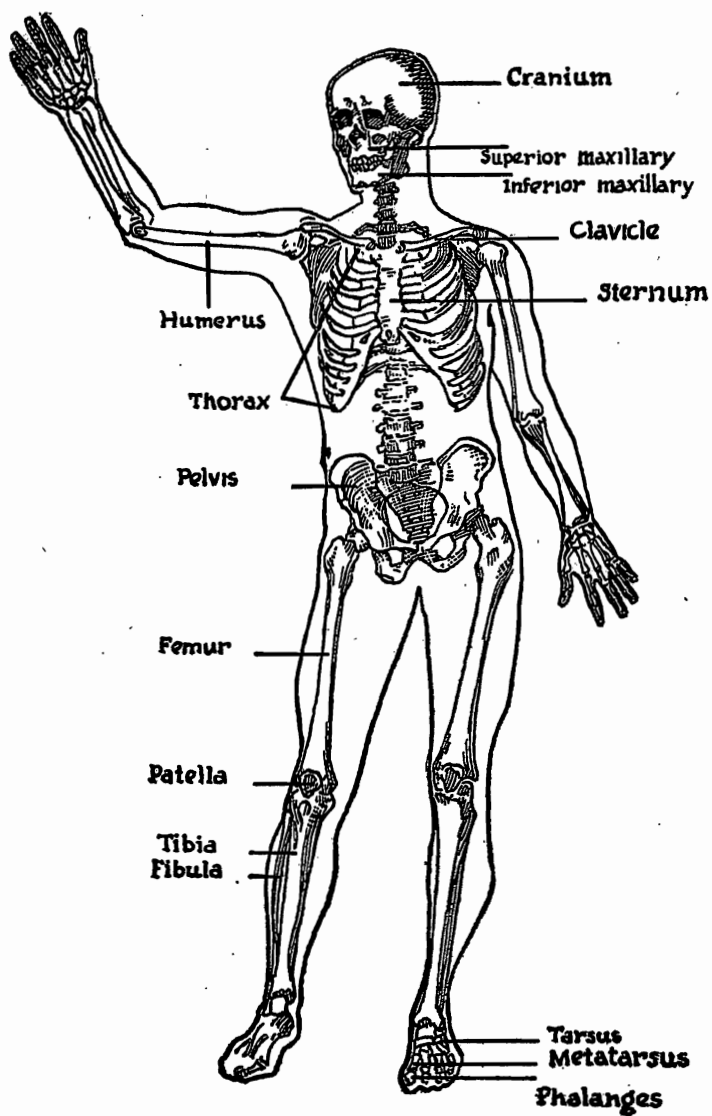
WHAT A WOMAN SHOULD WEIGH ACCORDING TO HER AGE AND HEIGHT

### What a Man Should Weigh According to His Age and Height.

HEIGHT (With shoes on)		WEIGHT IN POUNDS ACCORDING TO AGE (As ordinarily dressed)								
Feet	Inches	15 to 19	20 to 24	25 to 29	30 to 34	35 to 39	40 to 44	45 to 49	50 to 54	55 to 59
5	0	113	119	124	127	129	132	134	135	136
5	1	115	121	126	129	131	134	136	137	138
5	2	118	124	128	131	133	136	138	139	140
5	3	121	127	131	134	136	139	141	142	143
5	4	124	131	134	137	140	142	144	145	146
5	5	128	135	138	141	144	146	148	149	150
5	6	132	139	142	145	148	150	152	153	154
5	7	136	142	146	149	152	154	156	157	158
5	8	140	146	150	154	157	159	161	162	163
5	9	144	150	154	158	162	164	166	167	168
5	10	148	154	158	163	167	169	171	172	173
5	11	153	158	163	168	172	175	177	178	179
6	0	158	163	169	174	178	181	183	184	185
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THE MUSCLES OF THE HUMAN BODY



THE BONY STRUCTURE OF THE HUMAN BODY

## Books and Works Consulted

The following is a partial list of books and monographs consulted in the preparation of this work.

To those whose ideas or statements of generally known facts we may have borrowed, our sincere thanks are due.

To those authors whom we have quoted literally, due credit has been given by the usual quotation and reference.

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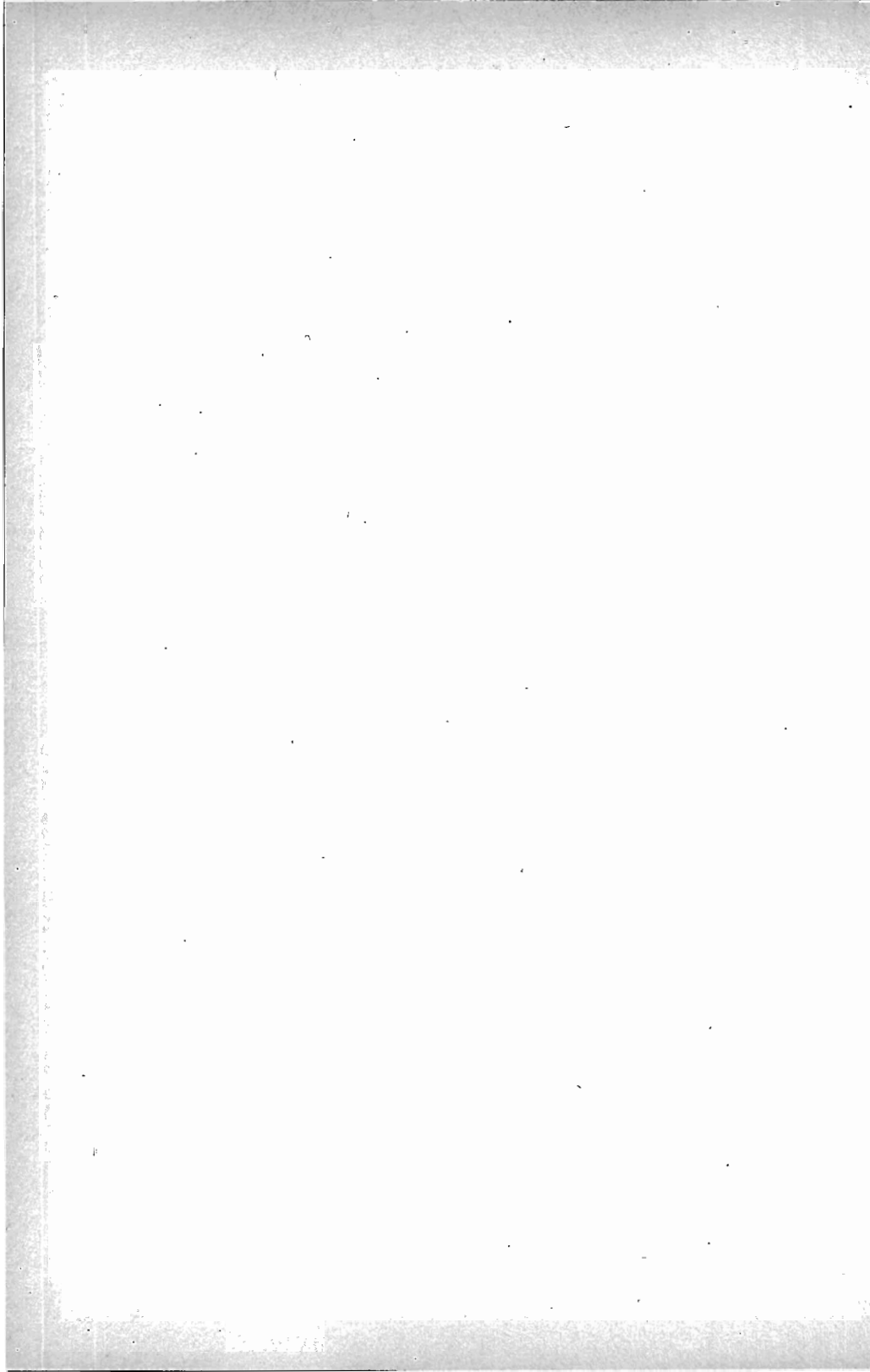
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## **PART X**

### **Glossary Of Terms Used In This Book**

## PART X

### Glossary of Terms Used in This Book

#### A

**ABORTION**—Expulsion of the product of pregnancy during the first three months. From the 3rd to the 6th month, it is generally called "miscarriage"; from the 6th to the 9th month, "premature labor."

**ADOLESCENT**—Period of puberty; changing from childhood into adult life.

**AFTER-BIRTH**—The tissue, consisting of the placenta and coverings, expelled from the uterus after childbirth.

**AMENORRHEA**—Suppression of the monthly period.

**ANEMIA**—A diseased state of the blood, in which there is a lack of red blood corpuscles and red coloring matter in the blood.

**ANUS**—The outlet from the lower bowel.

**ASEXUAL**—Lacking sex; non-sexual.

**APOPLEXY**—The bursting of a blood vessel in the brain, causing death or paralysis.

**ARTHRITIS**—A form of rheumatism, affecting the joints.

**ATROPHY**—The shrinking or wasting of any organ or tissue.

#### B

**BARREN**—Unfruitful, sterile.

**BULBOUS**—Structures or organs having swollen or distended end, as the glans penis, or the head of the clitoris.

#### C

**CALCULUS**—Stone-like substance formed in the kidneys or gall-bladder.

**CAPILLARY**—The smallest of all blood vessels, which joins veins and arteries.

**CASTRATION**—The removal of the testicles. In the female animal, the operation of removing the ovaries is called "spaying."

**CATABOLISM** (often spelled katabolism)—The breaking down of cell structure; the reverse of anabolism, which signifies the building up of cell structure.

**CEREBRUM**—The upper portion of the brain.

**CERVIX**—Neck, usually used in connection with describing lower portion of the womb.

**CHANCER**—An ulcer which symptomizes the development of syphilis.

**CHANCROID**—"Like a chancre," although not connected with syphilis.

**CHOREA**—Twitching of the muscles, as seen in St. Vitus' Dance.

**CLIMACTERIC**—The menopause.

**CONCEPTION**—The beginning of pregnancy.

**CONGESTION**—An excessive amount of blood in any organ or part.

**CONGENITAL**—Any condition or state which exists from birth.

**CONJUGAL**—The married state.

**CONSANGUINEOUS**—Persons who are related by blood or birth.

**CONSTIPATION**—The sluggish state of the bowels.

**CONTINENCE**—Self-restraint as regards indulgence in sex practices.

**CONTRACEPTION**—Preventing conception.

**CONTRACEPTIVES**—Drugs or other means used to prevent conception.

**CORPUSCLE**—The small body or cell, usually applied to the blood cell.

**COWPER'S GLANDS**—Two small glands connected with the urinary canal of the male which furnish a lubricating secretion.

## D

**DEFECATION**—The act of passing feces from the bowels.

**DENTITION**—Process of cutting teeth.

**DYPSOMANIA**—Uncontrollable desire for alcohol.

**DOUCHE**—A stream directed into a cavity of the body or against the surface of the body. Usually refers to flushing the vagina.

**DROPSY**—Fluid collected in the limbs and cavities of the body, usually by diseases of the heart, liver, or kidneys.

**DYSMENORRHEA**—Painful menstruation.

**DYSTOSIA**—Difficult childbirth.

## E

**EFFETE**—Worn out by age.

**EJACULATION**—Sudden expulsion of a fluid, as during the orgasm.

**EMBRYO**—Applied to the child during the first three months.

**ENDOMETRIUM**—The lining membrane of the womb.

**EPILEPSY**—Convulsions with frothing of the mouth and unconsciousness.

**EPITHELIUM**—Little plates of tissue fitted together, forming the outer layer of the skin and the lining of the body.

**ERECTION**—Applied to any organ or part of the body which becomes hard and firm through increased pressure of the blood within the organ.

**EROTIC**—Pertaining to sensual love.

**EUGENICS**—The science that treats of the improvement of the human race.

**EUNUCH**—A boy or man who had been deprived of testicles or of all external genital organs.

**EXTRA-MARITAL**—Relations conducted outside of the married state.

## F

**FALLOPIAN TUBE**—The tube by which the eggs descend from the ovaries to the uterus.

**FECES**—Effete material discharged from the bowels.

**FECUND**—Prolific or fruitful.

**FERTILIZATION**—Impregnation of the female egg by the male seed.

**FETISH**—An idol worshipped by savage tribes.

**FETUS**—The child after the fourth month of pregnancy.

**FIBROID**—Hard, gristle-like tumor.

**FISTULA**—An unnatural passage from the body, usually caused by an abscess.

**FLATUS**—Gas in the bowels.

## G

**GENERATIVE ORGANS**—The reproductive sexual organs; genitalia.

**GONADS**—The testicles or ovaries, a term largely used in endocrinology.

**GONOCOCCUS**—The minute germ which causes gonorrhea.

**GONORRHEA**—A venereal disease characterized by inflammation and a free discharge of pus from the urinary passages.

**GRAAFIAN FOLLICLES**—Little sacs which form the outer surfaces of the egg-bags, enclosing each egg. In bursting, they set the egg free to travel to the womb.

**GUMMA**—Soft tumors formed in various parts of the body during the last stage of syphilis.

**GYNECOLOGIST**—A physician who confines his practice to diseases peculiar to women.

## H

**HEMORRHOID**—The vascular tumor in the rectal mucous membrane; a pile.

**HERNIA**—The escape of a part from its usual place; a rupture.

**HERPES**—"Shingles"; a disease of the skin accompanied by a formation of blisters.

**HOMOSEXUAL**—Belonging to or connected with the same sex.

**HYBRID**—Having parents of different species, like a mule or mulatto.

**HYGIENE**—The science of health and its preservation.

**HYMEN**—The fold of the outer orifice of the vagina of a virgin; "Maidenhead."

**HYSTERIA**—A disease of the nerves in which the patients have little or no control over their acts or feelings.

## I

**IMPOTENCE**—Lack of sexual power.

**IMPREGNATION**—Fecundation of a ripe egg by the male element.

**INFANTICIDE**—Infant murder.

**INHIBIT**—To check some impulse or function.

**INTERCOURSE**—Sexual association; coitus.

**INTERSTITIAL GLANDS**—The testicles; refers chiefly to the secreting power of the testicle, in what is known as the inner secretion.

## K

**KARYOPLASM**—The vital essential portion of cells which go to make up our bodies.

**KATABOLISM** (often spelled catabolism)—The breaking down of cell structure; the reverse of anabolism, which signifies the building up of cell structure.

## L

**LABIA MAJORA**—Meaning "large lips." Two folds of skin at the outer opening of the female genital organs.

**LABIA MINORA**—"Small lips." Two smaller folds of skin which lie inside the labia majora.

**LACERATION**—A tearing, rending, or wounding.

**LACTATION**—The period during which the infant is suckling or nursing.

**LEUCORRHEA**—A yellowish white, or greenish discharge from the vagina.

**LIAISON**—Illicit intimacy between a man and a woman.

**LIBIDO**—Sexual urge or craving.

**LIBIDINOUS**—Strong, lustful desire.

**LOCHIA**—A discharge which follows childbirth.

**LOCOMOTOR ATAXIA**—A degeneration of the cells of the spinal column which produces a staggering walk and general paralysis, due to syphilis.

## M

**MAMMAE**—The breasts.

**MASSAGE**—Pressure, friction, or kneading of the body for health purposes.

**MATERNAL**—Pertaining to mothers.

**MEATUS**—The outer aperture of the urinary canal.

**MENOPAUSE**—Change of life.

**MENORRHAGIA**—Profuse or excessive menses.

**MENSES**—The periodic flow of blood which occurs once in every lunar month with women.

**METABOLISM**—The building up and breaking down of cell structure.

**MICTURITION**—Passing of urine.

**MONOGAMOUS**—Marriage with but a single person.

**MONS VENERIS**—The rounded cushion of fat at the upper side of the external genitals in a woman.

**MUCOUS MEMBRANE**—Parts which secrete mucus.

## N

**NEPHRITIS**—Bright's disease.

**NEURASTHENIA**—A disorder of the nervous system.

**NEUROSIS**—A functional affection of the nerves in which there is disturbance without change in their structure.

**NOCTURNAL EMISSION**—Discharge of the secretions of the sexual organs during sleep.

**NUPTIAL**—Connected with weddings.

## O

**OS**—The entrance of the womb, or the entrance into any cavity. (Also Latin for "bone.")

**OVARITIS**—Inflammation of the ovary.

**OVARY**—The egg sacs in which the eggs are formed and ripened.

**OVIDUCTS**—The narrow canals through which the eggs come down into the womb. (Fallopian tubes.)

**OVUM**—The egg after its fertilization by spermatozoa.

## P

**PARESIS**—Softening of the brain.

**PARTURITION**—Childbirth.

**PATHOLOGY**—That branch of medical science which treats of abnormal conditions.

**PATRIARCHATE**—Descent which is reckoned from the male line, as contrasted with matriarchate, in which descent is reckoned from the female line.

**PELVIS**—"A basin"—the bony ring formed by the hip bones on either side and the backbone behind.

**PERINEUM**—The triangular portion between the anus and the entrance to the vagina.

**PERIPHERY**—The outer edge or circumference of any organ of the body.

**PERISTALSIS**—Contraction of the bowel, by which food is forced along toward the anus.

**PERITONEUM**—The lining of the abdominal cavity.

**PERITONITIS**—Inflammation of the peritoneum.

**PHIMOSIS**—A condition in which the foreskin of the penis or clitoris is so tight that the head of the organ cannot be exposed.

**PHOBIA**—A dread or fear of some condition. Acrophobia



is the fear of high places; clostrophobia, fear of rooms and enclosures; etc.

**PHYSIOLOGY**—That department of science which treats of the body functions.

**PLACENTA**—The after-birth.

**PLETHORA**—A condition in which there is too much blood.

**POLYANDRY**—Marriage of a woman with more than one man.

**POLYGAMY**—Marriage of a man with more than one woman.

**PORNOGRAPHY**—Literature dealing with obscene subjects.

**PRECOCIOUS**—Early development of function.

**PREGNANT**—Being with child.

**PREPUCE**—The foreskin of the penis and of the clitoris.

**PROCREATION**—Generation, reproduction.

**PROPHYLACTIC**—Any method used to prevent the spread of disease.

**PROSTATE**—Gland which surrounds the lower end of the bladder in the male.

**PSYCHIC**—Of or pertaining to the mind.

**PSYCHOLOGY**—A department of science which treats of the mind and its workings.

**PSYCHOSIS**—A mental disturbance.

**PUBERTY**—That period of adolescence when reproduction becomes possible.

## Q

**QUICKENING**—The first movements of the child in the uterus, as noted by the mother.

## R

**RECTUM**—The lower bowel.

**RESPIRATION**—Breathing.

**RETROFLEXION**—A bending over of the womb.

**RUPTURE**—The breaking or laceration of an organ or structure.

## S

**SALPINGITIS**—Inflammation of the Fallopian tubes.

**SATYRIASIS**—A form of mania in men, which usually results in sadism or sexual insanity.

**SEMEN**—The seed of the male and the secretion in which it floats.

**SEMINAL EMISSION**—Escape of the semen during sleep.

**SENILE**—Old and worn out.

**SEPSIS**—Blood poisoning.

**SEXOLOGY**—That topic which considers the sexes of mankind and their relations.

**SPERMATORRHEA**—The escape of the male sperm at other times than during sexual intercourse.

**SPERMATOZOA**—The fructifying agent of the male.

**STERILIZE**—To render instruments or clothing free from infection; also, by an operation or exposure to X-ray, to make it impossible for a man or woman to have children.

**SUPPOSITORY**—Masses of wax or cocoa butter which are inserted in the lower bowel or vagina for medical purposes.

## T

**TABOO**—Places of worship or objects, the approach to which is forbidden.

**TAMPON**—A wad of cotton wool, used to plug cavities of the body, and to carry medication up into the vagina.

**TESTICLES**—The organs of the male which manufacture the seed.

## U

**UMBILICUS**—The navel.

**URETERS**—Two tubes, one on either side, which bring the urine from the kidneys to the bladder.

**URETHRA**—The channel which conveys the contents of the

bladder to the external orifice of the penis or vagina for purposes of voiding.

UTERUS—Latin name for the womb.

## V

VAGINA—Passage from the vulva to the womb.

VAS DEFERENS—The tube through which the seminal fluid escapes from the testicles.

VENEREAL—Disorders transmitted through sexual relations.

VIRGINITY—That state of women who have never had sex relations.

VULVA—The external genitals of the female.

## W

WASSERMAN TEST—Reliable test for the detection of syphilis.

WOMB—The muscular bag which holds and protects the embryo until time for it to be born.

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