A most efficacious thing, especially for one suffering from female or seminal weakness, is, in urinating to forego complete evacuation, by drawing up these organs in muscular contraction. Also, of following the practice of not urinating immediately on rising; for, even in a rugged system the urine from long repose is overcharged with life essence in solution, which, if the urine is retained, later active movements of the body absorbs.

The individual should never attempt to urinate from habit, when he really has no need to do so, as on retiring at night. The painfully nervous feeling prompting such effort, among so many civilized people, is the result of the chastisements forcing them to make it in early childhood. This feeling may be relegated to the rank of a distressful dream of the past by the exercise of persistent firmness in ignoring such false calls.

It is safe to say the predisposition to female, seminal, bladder and kidney weakness, in the majority of cases, was fastened on the sufferer, when, as a child, he was forced to stool prematurely; and I enjoin on parents immediate desist-
ence from this wholesale persecution of their young and unreasoning war on nature.

An evacuation of the bowels ordinarily causes an involuntary one of the urinal organs, or vice versa. Immediate corrective endeavor must be applied to these unintentional actions. While I enjoin this habit of continence on all humanity it ought to be imperative with the class suffering disabilities above related.

The urinal and rectile organs are each of different sex polarization, having independent calls and requirements; and, to enable them to pay a maximum health and glow to their possessor, must be reclaimed each and individually from the realm of involuntary action in common. Several years of muscular endeavor in this direction will not only reclaim these organs from painful states of weakness and incontinence, in both sexes, but yield a continual preservation and vigor to the entire sense powers of the individual.

As the male by this simple drill accomplishes control over the semen, does the female acquire a more wonderfully mysterious blessing by demonstration over the menstrual flow. This gradually ceases to be involuntarily periodic, (though still an optional matter with her,) and child-bearing, as a natural sequence, becomes an act of her consent, wish and will. Thus is the hope of the race realized, in putting the perfect control of generation in the hands of the female participant to the Mysteries.

The secret of royalty to earth birth lies, not in celibacy, and its torture of unrest; but in the measure man rescues the involuntarily acting members of his body and puts them under voluntary control.

Students have looked far in the kingdom of folly for amelioration from the things that thrall the flesh, yet the sublime ointment is in each man’s heart and is the quality to make himself what he wills to be.

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