

# PRIVATE SEX LESSONS

*By*

DAVID H. REEDER, PH. D., M. D.

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Lecturer on Eugenics and Dietetics. Founder of the Home Health Club, Editor of the Health Department of Many Daily, Weekly and Monthly Publications.

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The Science of Birth Control. Fewer but Better Babies Should Be the Aim of Every Married Couple.

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The Time of Appearance and the Sex of the Child Under Absolute Control of the Parents.

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## VITAL SEX LESSONS OF A PHYSICIAN.

Was I a welcome child or was my coming dreaded, is a question the child of the future will want answered. Those contemplating matrimony should consider whether their union will result in generation, regeneration or degeneration. You can take your choice. The ignorant and unthinking adopt the first and the last.

### THE CONTROL OF SEX.

How to control the sex of your next child. A simple solution of the question. Rules that have never been known to fail.

### PURE FACTS.

The Bible speaks in plain language about sex relationship. When God made man He did not create a complete and finished work. Over 30,000,000 complete animal bodies in every man. Lust has decreased the length of man's life by two hundred years. The Creator has provided a way to recover from the degeneration caused by lustful indulgence. There is no limit to what may be accomplished in the way of adding to the health, happiness and longevity of man. The study of eugenics of tremendous importance. The cause of degeneration. The herculean task of the author. The union of husband and wife can be made to furnish them with a thousand times more pleasure than has ever before been known. How many a young wife is sent to an untimely grave after intense and agonizing suffering. The first two children are generally welcome, but the continuous successions of undesired appearances becomes a tremendous burden. Why many are refusing to marry.

### FEWER AND BETTER CHILDREN.

There is an intense desire for children in all normal human beings. The fear of too large a family causes many to avoid all of the responsibility. The old fashioned large family is almost impossible problem. Fewer and better children is the more desirable plan. How parenthood can be controlled.

### THE VITAL FORCE THAT CAN BE DEVELOPED.

How an obscure preacher was able to benefit the sick physically by merely visiting them. His almost miraculous cures. The valuable ductless glands in the ovaries and the testicles. How physical perfection can be reached. When certain glands become defective the bones cease to grow. The internal secretions essential to health and life. These are subject to the will power of a man. The fundamental reasons for the biblical statement that "The Kingdom of Heaven" is within you. Why the various healers, scientists and medical doctors are able to effect such miraculous changes. The reason why you can control the act of generation and thereby regenerate yourself. Why you grow old and decrepit. The ductless glands secrete certain substances, and these secretions may be controlled by the mind. The vital fluid which contains the potential forces of all other glands combined.

### HONEYMOON LOVE.

Why the honeymoon love fades. Why husbands and wives seek indulgence outside of the holy bonds of wedlock. The interchange of a vital fluid of a dynamic nature that is more exhilarating than any other act or thing that the mind can conceive of. The development of storage batteries of conserved energy. How to awaken love after the husband and wife have ceased to care for each other.

## **THE CELLS CONTAIN BRAIN, OR A DIRECTING FORCE.**

There is a gray matter wherever there is a living cell. It is the brain part of the cell that causes it to unite with other cells. It builds a perfect physical body. Your mind is capable of controlling every muscle, every nerve, every gland and every cell in your body. How to gain the greatest joy of human beings, perfect and unselfish love. You may regain that sweet pleasure of the honeymoon days.

## **THE VITAL SPARK.**

The first religious worship was sex worship. The force that perpetuates the race can perpetuate you through regeneration, and give you youth, strength and vitality never before dreamed of. The strong sexual desire is not a mark of depravity, but a high and holy desire. How the vital spark can be reabsorbed and vitalize every atom of the body. How to reach that exalted stage of perfect accord which should fill the lives of every husband and wife. How to make the human body a dynamo of unlimited power. You can keep yourself young and vigorous and retain the fires and enthusiasm of youth. The vital spark revivifies and makes us more alive physically. The real elixir of life. The revived power and vigor. Why the union of the male and female is as necessary for the regeneration of their lives as it is for the perpetuation of the species.

## **MENTAL SICKNESS.**

A severe fit of anger has caused many a severe illness. Babies have been permanently injured by their mother's anger. Proof that the mind has control over the ductless glands. How all healing is done in plain language. The master gland of the body. How the mental scientist or the Christian Scientist affects a cure of diseased conditions. How you attract disease to you. Your body can be made whatever you desire it to be. The cause of loss of the creative desire. Some private sex secrets. How the wasted or exhausted forces may be replenished. Nature has a cure for every ailment.

## **CREATIVE POWER.**

When peace that passeth all understanding comes. When you can be healed of every physical ailment. What should be the most highly prized and jealously guarded of the attributes of man. How to restore the vitality and energy of those that have commenced to decline. The rich bloom of vigorous health can be regained.

## **THE CONTROL OF THE SECRETIONS OF THE GLANDS BY THE WILL.**

The discoveries of Schuessler. If through errors of diet certain elements are lacking the glands become starved. They therefore cannot secrete the substance which they are designed to supply. The importance of the pituitary gland. How to supply the necessary elements with which to replenish the exhausted secretions of many of the ductless glands.

## Vital Sex Lessons of a Physician

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Quo Vadis, is to many people merely the name of a book. To the student the words ask a question.

“Whither goest thou?”

There is another question, one which indicated the first glimmering of intelligent reasoning in primitive man.

“Whence camest thou?”

It is the child's question of today, but he asks it from the physical viewpoint. By and by as he gradually absorbs the accumulated knowledge of all the ages the physical question is answered and then comes one more profound, one that is still being asked by millions of people who have not yet learned for themselves the simple yet occult mystery of all time.

Where did I come from and where am I going?

It's not hard to ask questions, but to give an intelligent answer is a different thing.

Most people drift, they ask questions of themselves and because the answer is not at hand the matter is dismissed from their minds.

One of the questions that recurs with disagreeable persistency is this, "Was I a welcome child or was my coming dreaded by my parents and tolerated simply because I was the natural result of their own action over which they had been taught to believe that they had no control? Am I here as a result of a loving union of my parents or am I merely the undesired result of lust?" Serious questions when considered by a young man or woman who contemplates matrimony.

There are, very properly speaking, three things for every man and woman to consider when contemplating, as all must, the subject of matrimony, from

the sex standpoint. Will my union with this woman or man result in generation, regeneration or degeneration?

You may take your choice; you may, if you choose to follow the paths of the unthinking, the ignorant, merely drift and accept the consequences, in which case you will in all probability adopt the first and last proposition, generation and degeneration. The two go together in the lives of the ignorant and unthinking.

Knowledge ennobles you and gives you the power to choose generation and regeneration or regeneration alone, but only in its highest, holiest and noblest sense.

To the seeker after clandestine knowledge for the selfish purpose of lustful indulgence without the responsibilities of generation or procreation, I say emphatically, close the book, your desires cannot be gratified through its reading.

## The Control of Sex

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For over two decades I have been a teacher of diet, hygiene and natural methods of living. How to avoid sickness, how to get well, how to keep well and how to keep young. Thousands and thousands of people from all over the world have appealed to me for help. One of the most urgent pleas from those who already have children is "How can I control the sex of my next child?" In many hundreds of such cases I have been enabled to answer satisfactorily.

The control of the sex of the future child depends entirely upon your control of yourself. If real love, not lust, predominates in the union of husband and wife and the union is for the expressed purpose of generation, then a practical working knowledge of nature is all that is necessary.

Here is the simple solution of the

question. There are certain periods in the life of every normal woman when an ova or egg is passed. This, as you undoubtedly already know, occurs usually once in twenty-eight days. It is estimated that the body of each normal woman contains from sixty to seventy thousand of these ova or eggs, and yet so wonderful are the plans of nature that as a rule only one of these ova or eggs is ripened or developed and passed from the ovaries through the fallopian tubes at a time or once every twenty-eight days. Occasionally two or more may ripen or develop and be passed into the womb and if at that time the fertilizing element of the male should be deposited, twins may result. This, however, is the exception to the rule of one seed or ova at a time. While it might appear to be untimely to speak of the wonderful provision of nature for perpetuating its products

by supplying from sixty to seventy thousand seed or eggs to each female, yet we see this same tremendous extravagance throughout all nature.

An apple tree in full bloom in the spring of the year contains so many thousands of blossoms that if each one should develop into an apple the tree itself would be destroyed. The object of the tree in growing the apple is to supply seed for another tree. Each apple contains many seeds and if it was possible for all to develop into a tree there would be no standing room. Comparatively few of the blossoms will develop fruit and still fewer of the fruit will be allowed to deposit their seed in a fertile seed bed from which another tree may develop.

Out of the sixty or more thousands of ova perhaps one or two, possibly a dozen, may be fertilized and developed to maturity as a human being.

Each and every one of the entire

number of ova or eggs that ripen and are passed into the womb is capable of development into a man.

Every one of them is male.

When the ova or egg is first passed into the womb the shell or covering about it is quite soft and easily penetrated by the spermatozoa or seed deposited by man.

The seed of the man is always female.

The seed of the woman is always male.

If the female seed from the man reaches the male seed of the woman while the shell or covering is soft, that is during the first four or five days after it is passed into the womb, the seed of the man will predominate and the union will result in a female child. If the union takes place before the fourth day I have never known this rule to fail. After the fourth day the covering of the egg grows thicker and

while sufficiently open to become fertilized, the sex of the child conceived between the fourth and sixth day after menstruation ceases, is as likely to be male as female.

Should the union occur after the seventh day the child will positively be a boy. I have never known this rule to fail.

It is a curious fact that while stockmen have recognized this law for many years and successfully observed it in securing the desired results in cattle breeding, there seems to have been but little attempt to make careful observations in the much more important problem of generating human beings. Altogether too much has been left to impulse or chance.

As I said before, the control of sex is dependent upon the control of self. If the act of procreation is planned for as it always should be there need be no mistakes.

## CHILDLESS HOMES

The second appeal that comes to me from all over the world is the most intense and appeals to me with tremendous force. It comes from childless homes. In many cases there is deep despair. My heart goes out in pity to the childless couple. True, some of them do not deserve it because they have for purely selfish reasons purposely avoided the natural and God-given privilege of parenthood when it would have been easy. They wanted to have a good time, couldn't afford to have babies around, wouldn't be bothered, and sometimes it occurs that "she who will not when she may" finds that she cannot when she wills.

Nature is, however, exceedingly kind to those who know and respect or observe her laws, and she supplies in the fields and woods, in the byways

and the gardens the simple herbs and plants which I have always believed contained a cure for every ailment to which mortal man is subject and to these I have successfully turned for help whenever I found a childless home. As a rule I have seldom found it necessary to have the herbs used more than a month, from the beginning of one period to the ending of the next. During the entire month both the husband and wife should use the herbs (see Vol. 5 of the Home Health Club books, Medical Plants of America) and also should each night just before retiring take a cold sitz bath as follows:

Fill a bathtub or ordinary washtub with cold water, fresh from the well or faucet, to the depth of at least six inches. Step into this and sit down. Do not put the hands into the water. Keep the knees also out, simply the feet and haunches. The cold water

will entirely cover the sexual organs and when it touches the abdomen will cause an instantaneous catching of the breath. Sit still for twenty seconds or until you deliberately count twenty, then get out and rub thoroughly and briskly dry and go to bed.

During this entire month of preparation the husband and wife should sleep apart, intercourse is positively forbidden. Control yourself first before you can hope to control any other thing in the universe, especially the creative power. Now, remember you are seeking aid in order to accomplish your supreme desire of parenthood. *A union must not take place until the third day after menstruation has ceased.* On the evening before, the woman should take a complete warm douche, but the union should not take place until the following morning, after which the wife should remain quietly in bed and lying upon her

back for several hours. The husband should at once get up and out of the room. Remember that the wife is not even to arise to a sitting position for at least four hours after the union takes place. If the demands of nature should require that she get up it should be done before, not after, intercourse.

There must be no further union of the two for the present. Within five weeks you will know whether or not the first attempt is successful, which it is in 99 per cent of all cases where directions are followed; and the child will be a girl.

The reason I always direct this plan for a girl first is that conception takes place more easily about the third day. If the desire for a boy is very great indeed the union should be postponed until the morning of the eighth day, when, if conception takes place, the child will be a boy. Repeated efforts

may be necessary, however, and disappointments may occur several times. If, however, my plan is carefully followed and the baby girl is cared for until about her second year it will then be an easy matter to impregnate at the deferred date and be certain of a boy baby.

## Pure Facts

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There are misguided people who think the Bible is immoral and indecent and will not allow it to be placed in the hands of their children because it speaks in plain language about perfectly natural functions of the body and of sex relationship. I am glad to know that such people are in the hopeless minority and pure education will cause their complete extinction. Because of the fact that, during the dark ages, lust was the predominant action in the lives of most men, the idea has been handed down from generation to generation that anything pertaining to the frank and free discussion of the creative impulse, the highest possible function of created beings, was essentially and inherently impure. Believe in truth and purity and let it sink deeply into your innermost consciousness, for to the pure-minded all things are pure.

We have learned in the previous lesson on the control of sex that Mother Nature has supplied to the human body of woman between sixty and seventy thousand ova or eggs, all of which contain a potential man. In the body of a man the estimate is almost beyond the power of the mind to comprehend. Some well-posted students claim that as high as thirty million complete animal bodies are passed at one time or at the climax of a union or intercourse by a vigorous, strong man.

It is estimated by various authorities that there are between 2,000 and 5,000 feet of tubes or pipes in each of the testicles and it is from the highly specialized cells forming the lining of these tubes that the spermatozoa or male contribution to the creation of life in the human form is manufactured. It is not, however, my intention to give you a lesson in anatomy,

but simply impress upon you the tremendous resources of nature and ask you to tell me, please, the reason for all this superabundance both in the man and in the woman, because I want you to study, think and reason out the answer to the far-reaching proposition that is to be opened up to you as we proceed in the study of life, generation and regeneration.

When God made man he did not create a complete and finished work, and in order to finish a perfect work he made woman, or the other half of the man. Neither is complete or whole without the other. A union of the two is required in order to perpetuate humanity. During the earlier period of humanity, generation or reproduction of the species was the highest ambition. Physical life was the predominant motive and thought and it seems to have reached such perfection that a man would actually live

out the number of years which at the present day science tells him he ought to live, several hundred years.

When lust became the controlling factor and humanity began to seek for means to avoid the natural result of their action, degeneration began, before that it was generation only.

The Creator provided a way for us to recover from the degeneration caused by lustful indulgence and by reaching out and laying hold of the tremendous power that He implanted in man in the beginning, we find there is hardly any limit to what may be accomplished in the way of adding to the health, happiness and longevity of man.

“THOU SHALT NOT”

The reason why the law of “Thou shalt not” has always and will always be broken is that it presents no substitute for the forbidden thing. When

the rabid prohibitionist tells the drunkard to stop drinking, he wastes his breath unless he supplies something better than drink to take its place. The Bible and our common laws say, "Thou shalt not steal," but so long as our present system of jails for punishment and dens of vice continue, stealing will continue.

The moving picture shows have put out of business more saloons and stopped more drinking in one generation than the same number of prohibition orators could have done in ten generations. Why? Because it gave something better than the saloon and the drink, at the same price.

The Bible and our common law says, "Thou shalt not commit adultery," and as it is only within recent years that mankind, and only a small portion at that, has come into the knowledge of the wonderful provision made by the Divine Creator for a

higher, holier, nobler way, mankind has continued to violate the law to this day.

Evil can be overcome only with good. Drunkenness or intemperance can be easily overcome by proper knowledge supplemented by a more attractive form of entertainment. Stealing can be overcome by the proper education of all children supplemented by co-operative industrial methods that will guarantee to every individual just rewards for his toil and assure him of food and raiment while preventing another class from exploiting their abundance in order to inspire the envy of those less bountifully supplied with this world's goods.

I might remark just here that it is likely to be a long time before the laws against theft are obsolete. Marriage license laws are theoretically correct, but practically they don't work. The study of eugenics is of

tremendous importance and to be encouraged in every possible way.

It's the constant ambition of every normal man and woman to become the parents of children that shall be bigger, stronger, healthier and wiser than the children of any other man and woman. True, this ambition may be suppressed and an ambition for wealth, power and position substituted, but the creative desire is inherent and must find expression.

Where the creative desire is understood only from the standpoint of a physical desire for lustful indulgence, a mere lustful desire for momentary sensual pleasure, degeneration always follows. Surely I have set myself a herculean task when I attempt to teach mankind a better way. To teach him that the union of husband and wife can be made to furnish them with a thousand times more pleasure than has ever before been known and

at the same time put within their power the ability to determine always whether the union is for the purpose of generation, regeneration or degeneration.

#### FEWER AND BETTER CHILDREN

I know whereof I speak, I make no claim of original discovery, but I have gathered a fragment of knowledge here and there and through the help of the many thousands of earnest men and women that have appealed to me from time to time I have been able to supply a workable plan which places within the power of the parents the decision as to when a child is desired and what its sex shall be.

The uncontrolled indulgence of lustful desire by the husband has sent many a weak wife to an untimely grave and her last moments were of intense and agonizing suffering because she must leave motherless a

large brood of helpless children. The first one or two were proudly welcomed, although it was hoped that their coming might be delayed a few years until they could be more comfortably cared for. After that, however, the continuous succession of undesired appearances became a tremendous burden. You know the story all too well. I do not need to enlarge upon it.

In many cases where this distressing condition has been steadily observed by young men and young women, they have refused to marry. In other cases they have sought counsel from those who had avoided the blessings and burdens of parenthood and received information which enables them to degenerate rapidly and through means that lead to the divorce courts or to misery untold, both of mind and body.

I receive pitiful appeals from over-

burdened fathers and mothers—a houseful of children, old age coming rapidly on and a slender income, a rented home and yet a sturdy principle which has prevented them from resorting to the murderous practice of abortion.

In nearly every home there is an intense desire for children, and the greater the love of husband and wife for each other, the greater is the desire. It is the fear of too large a family that causes so many to avoid all of the responsibility. Economic conditions have rendered the old-fashioned large family an almost impossible problem. Fewer and better children, better cared for and better educated is a much more desirable plan.

To such an extent has the dread of large families progressed that many physicians are constantly appealed to by exhausted mothers for aid and some will even go so far as to seek a

surgical operation for the removal of the ovaries, any desperate means, although they love and cherish those they already have and love their husband.

Now, what's to be done?

Controlled parenthood, means not only generation under control, but it means regeneration as well.

Generation uncontrolled means degeneration of not only the beings generated, but the generators.

Uncontrolled passion, lustful indulgence mostly for the temporary sex pleasure resulting in unwelcome children, cannot hope for children of a quality higher than the source. The offspring of such unions are themselves filled with passion and lust. They are degenerates, morons and frequently physically unfit. Happily for them, many fail to reach maturity. They come as a burden; so live and die.

## The Vital Force That Can Be Developed

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A number of years ago an obscure preacher, filled to the brim with the fires of enthusiasm and surcharged with vital force that had been developed in his body through a pure, wholesome life, found that when he visited the sick and prayed for them they were benefited physically. In some cases where his hands, while kneeling by their bedside, came in contact with theirs, there were almost miraculous cures. He began to study the matter.

One day a little girl was brought to him. She was fourteen years old. Infantile paralysis had rendered her helpless since she was eight years of age. She had no use whatever of one leg and the other was weak. The bones had developed equally, but the helpless one had practically no mus-

cle, she could not walk a step. A deep pity welled up in the innermost being of the man, and, taking both her hands in his and looking steadily into her beautiful eyes, he talked to her of a perfect leg. He told her that her soul and spirit were perfect. Her mind and spirit body could dominate and control the physical body and make the poor helpless leg as strong and well and useful as her mind could desire it to be.

The child believed. Her mind ruled her body and she stood up. In a few weeks she was walking to school and the formerly useless leg became whole and both became strong.

The preacher gave up his preaching and created a sensation as a healer. His poverty was turned into plenty, but he became a physical wreck. He had a tremendous power, but it was uncontrolled. Until long afterwards he, himself, did not know how the lit-

tle girl, just budding into womanhood, was healed. Even then he only secured a part of the truth, but even that little part enabled him to regain his own health and go on helping others.

Possibly you may refuse to study more deeply into this matter if I at this time mention Christian Science, but let me tell you first, that for over half a century I have been studying the ever new, ever old problem of humanity and I know of a truth that there is "Good in Everything."

Science, physical science, tells us that there are in the human body certain glands that are called the "ductless glands"; the most powerful and prominent in the average matured body are those of the sex organs, the ovaries and the testicles.

Next in importance, and during the period of development of the greatest importance, are the thyroid glands. It

would not be wise for me to attempt to tell you of the various glands and their known functions and secretions. The pituitary, adrenals, pineal, thymus, and so on; whole books have been written, many of them upon the single subject of the ductless glands, and the result of all the tremendous scientific research partially accomplishes in a mechanical way what Christian Science and the ex-preacher and all the mental scientists accomplished through the control of the body by the mind.

The ex-preacher finally decided that through the power of the creative impulse all of the bodily functions were controlled and that when the secretions of the sexual glands were controlled by the mind, physical perfection would positively result. The mental and Christian Scientist holds that mind is everything and the rest is ignored.

## DUCTLESS GLANDS.

The student physician, that is, most of him, sees only the physical glands and their secretions. He knows that when these secretions fail there is physical trouble, defects and disease. A wasting of the secretions of these glands causes degeneration. When certain portions of the glands are defective and fail the bones cease to grow in length and we have a dwarf. When certain others fail and those which give length to the bones are overactive, we have an extraordinary growth of the bones in length, but lacking in breadth, so the student physician seeks to supply to the physical body the secretions that are lacking, by taking healthy glands of the same nature from sheep, goats, chickens, etc., and giving them to the defective humans.

Tremendous results have thus been

secured and almost miraculous cures wrought, but no more wonderful were these results than were those brought about by the other kind of scientists, except perhaps in cases of what were supposed to be idiotic children that have been made whole through the thyroid extracts.

The effect of the mind is not, however, wholly ignored by the medical healers, for, as a prominent medical writer points out in one of the journals of the profession, "the various bodily manifestations caused by nervous shock or emotional excitement must be reckoned with, because thereby we frequently observe the same results as are brought about by disordered internal secretions." He wisely concludes that emotions affect the mind and through it the pituitary body, an organ which regulates certain internal secretions essential to health and life. These secretions nat-

urally affect the nervous system, and the reaction is responsible for various disorders.

Now, as a reasoning human being is it not a logical supposition that if sudden fright, or emotional excitement, will positively affect the secretions of the ductless glands through the brain, then it must be a fact that they are subject to and must derive all of their activities either from the active and conscious or the subconscious brain and are, therefore, subject to the will power of a man?

I believe that you really want to know the why and the wherefore for all of the things which I am seeking to unfold to you. In going at the subject in the way that I do, it may at first appear somewhat disjointed or disconnected, but as you proceed you will find the reason for all of the various statements and explanations. I want you to know the real and funda-

mental reasons for the biblical statement that "The Kingdom of Heaven is within you." I want you to know the reason why the various healers and scientists as well as the medical doctors are able to effect such miraculous changes in the physical, mental and moral condition of a suffering human being. I want you to know the reason why you can control the act of generation and thereby regenerate yourself, and I want you to know the reason why you degenerate, grow old and decrepit when you do not understand and exercise that control. Science, physiology, anatomy and common sense, tells us that the ductless glands secrete certain substances and that certain results follow.

Experience teaches us that these secretions may be controlled by the mind. We know that the various six senses convey to the brain certain in-

formation and the brain, acting upon the information, protects the body.

To illustrate: the sense of sight tells us of a beautiful ripe apple within reach of our hand. The brain instantly directs the hand to get it and at the same time certain glands are directed to secrete a substance that will digest the apple and convert it into blood. The order is instantly obeyed.

The sense of hearing warns us of danger or tells us of beautiful music, as the case may be. The sense of taste and smell aid in the selection of our food and in other ways convey pleasure or disgust, while the sense of feeling has so many uses that it is well nigh impossible to enumerate them. The sixth sense, so recently located, that of poise, corresponds to the spirit level of the mechanic and tells us how to maintain our equilibrium. Without it we could not

walk. A sudden blow behind the ear disarranges the fluid and we fall instantly to the ground, while a blow on any part of the head that only partially disturbs it will cause us to stagger.

The subconscious brain controls the action of various involuntary organs and causes them to perform their duties. The conscious brain, controlled by the active will of man, as taught in my greatest work, \*Dynamic Magnetism, has the power to control the secretion of any and all of the glands of the body.

The sexual glands either secrete two substances, as claimed by some, or the one substance can be made to serve two purposes. I believe with the medical scientist that it secretes only one substance of vital importance and that we have learned at the outset

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Footnote No. 1, Home Health Club Series, Vol. 2.

it is the vital fluid of life and is capable, under certain conditions and when united with the substance secreted by the combined man-woman, of developing into another human being, so that this vital fluid must contain within itself the potential or dynamic forces of all of the other glands combined.

## Honeymoon---Love

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Now, let us look at another aspect of this matter. Why does the honeymoon love fade? Why do so many wives dread the embrace of their husbands? Why do so many husbands and some wives seek after lustful indulgence outside of the holy bonds of wedlock? During the honeymoon there was no desire for another woman or man; why this change?

Degeneration has begun simply because this man and this woman were ignorant of the fact that when the mind does not control the secretions of the sexual glands, these secretions are wasted, diverted from their natural use of generation or regeneration and "wasted in riotous living."

A vast majority of women are either entirely passive and merely tolerate the embrace of their husbands or shrink from it with positive dread,

amounting in some cases to pain and loathing. From a sense of duty, for their children, for their home, and, worst of all, in some cases for their bread and butter, are they held to their marriage contract. One philosopher, after observing these things, has said that "Man is by nature polygamous, while woman is by nature monogamous."

Under the law of generation this is true, for have we not learned that while the woman is supplied with from sixty to seventy thousand ova or eggs, a man is supplied with nearly that many times thirty millions, and while the passive woman may not, does not, reach a climax during coitus the man does. She does not, neither does he, receive physical benefit or relief. Both are dissatisfied, disappointed and in time become almost repulsive to each other.

Under the law of generation the cli-

max is usually, but not always, reached by both and there is an after-glow of exhilaration instead of the usual depression.

Under the law of regeneration the climax is seldom reached by either and yet *there is an interchange of a vital fluid of a dynamic nature that is more exhilarating than any other act or thing that the mind can conceive of. The vital fluid is reabsorbed into the cells of the body, and it is energized and regenerated thereby.* The union is one of love and it is a mutual love unspoiled by fear, disgust, toleration or dread. The bodies of the pair, made one by this union, become storage batteries of conserved energy. Dynamic power is developed for future use, the light and energy is readily recognized.

There must first be a mutual understanding of the fundamental principles of regeneration. In cases where

the husband and wife have long ago ceased making any pretext of love or mutual desire, it will be a matter of careful preparation; there must be at least a mutual desire to better conditions.

To get back to the starting point of their first love, it won't be hard if both the husband and wife are willing to try to develop the Heaven on earth which every home should be, and when that greatly desired goal is reached you will find that man is *not* by nature polygamous, but that he has found his other self and is perfectly satisfied.

## Cells Contain Brain, or a Directing Force

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There are learned scientists who tell us that the living cell comes first and that there is no brain or mind until long after, that the brain and mind are a result of combining many living cells into the animal man. I do not believe it just as they explain it. I believe that there is gray matter wherever there is a living cell and it is in due proportion as to size. It's the gray matter or brain part of the cell that causes it to unite with other cells. In time a concentration of the gray matter or brains of all of the cells combined produces the thinking, reasoning man.

This brain or mind knew enough to properly direct the various cells in the formation of a perfect physical body and if it is allowed to follow its own way, would continue to develop the

body after birth to full maturity in a perfectly normal and healthy manner.

The subconscious mind is not, however, allowed to direct the course of development. The body of the infant after its birth is subject to the mind of the parent, who has forgotten to obey the primal instincts and directs the development so far as possible along lines laid down by the active or conscious mind.

Now, you ask, what has all this to do with the subject under discussion? Simply this, I want you to know why certain mental conditions bring about such wonderful results. The mind, the brain, the power that dominates and controls every conscious or unconscious movement in or throughout your body is capable of development and control by the active will.

When I was a boy of ten years I was tall, thin and sickly looking. I was not called a strong and rugged child.

One day when I was in a field, perhaps 60 rods from our home on the farm, I saw smoke coming out of the roof of the house. I called to the hired man, who was working near by, and then started on a run for the house. The hired man was, as I remember him, quite an athlete, but I outran him and up the stairs to see how far the fire had progressed. I had never before seen a house on fire and as the blaze was rising to the ceiling I decided instantly that it could not be put out. I told the hired man to help me get the furniture out and then as he went ahead fighting the fire I went to the furniture alone. Before he and some neighbors had put out the fire I had carried out much of the furniture from the living room.

A sewing machine I had carried across the yard and into the road. The five drawers of a bureau with their contents I had also carried

across the road. When the fire was out and the hired man wanted men to help him carry the sewing machine back, it was found that I could not hold up one end of it, neither could I lift one of the bureau drawers. They asked me how I got them out and I did not know, I just did it.

I have seen an insane woman, after having refused food for many days and whose body appeared to be nothing but skin and bones. Forced feeding was resorted to, a nurse, a strong vigorous well-nourished woman, with the help of two doctors, either one of whom would weigh close to 200 pounds, was required to strap the sick woman's feet together and bind her arms and body down to the chair in which she was to be fed. The younger of the two doctors then stood astride of her knees while holding her head back and the nurse stood back of her, also holding the head while the

other physician attempted to force the feeding tubes down her throat.

I saw her with the bound feet throw the young doctor headlong to the floor and apparently without effort shake off the nurse and scatter the liquid food over the other doctor. Then she laughed at them for a bit until they began to fasten her even more securely. Then began a tirade of the most violent swearing that I have ever heard, and yet the woman, so far as known, had always lived a quiet christian life. Yes, she got well and so far as I know is a vigorous, hearty, old woman today.

Where does strength and vitality come from? Is it in ponderous muscles through large quantities of so-called hearty food? If so, how did I carry out the furniture? The boys used to call me Skinny and Gangle-shanks because I had no muscle. Where did the strength of the insane

woman come from, her muscles, or a disordered mind that did not know anything about the limitations of physical power?

What gives strength to the muscles of the sickly looking hypnotic subject and enables him to do what strong vigorous men in control of all their faculties cannot do?

There is practically no limit to what a man can do if he cultivates the active will through dynamic magnetism. He can do whatever he *believes* that he can do.

Study that statement well. Not merely what he asserts that he can do, but *what he actually believes that he can do*.

When the Apostle Paul was told that even the bite of a deadly serpent would not harm him, he believed it. His faith did not prevent the serpent from fastening onto his hand, but it was so great that he merely shook off

the serpent and felt no harm.

An old man who had been a successful family physician always had believed that if he could spare the time he could paint beautiful pictures. Failing eyesight caused him to retire from practice, but he believed that the rest would help his vision and he would paint. His belief had complete possession of him and before he died he finished many beautiful oil paintings.

I think there is a difference between what we call faith and actual belief. Faith will cause you to take up the study of dynamic magnetism, and as you see the progress of your own development, belief in your own ability to accomplish the desired ends, becomes a reality and you do accomplish.

Your mind is capable of controlling every muscle, every nerve, every gland and every cell in your body.

You can control yourself. *If the other half of you, your wife, will join in a desire, the combined force of your united minds will bring you into the most exquisite harmony and you will taste of the greatest joy of human beings, perfect and unselfish love.*

You may not accomplish this greatly to be desired end without a struggle. There are few desirable things in this world that are to be had without a struggle, and the good things that cost us the greatest effort are the most highly prized. If the power to perfectly control your own body and enjoy perfect physical and mental health is worth anything to you, then have faith enough to take up the study and practice of Dynamic Magnetism, alone if you are unmarried, with your other half if married.

Abstain from the marital relationship until you understand fully just what power you have and how to con-

trol and use it. You know the close relationship between your mind and the glands of the sexual organs. You know the sweet thrill that passes through your entire body when you receive a loving caress. Even the pressure of the hand by a beloved husband or wife is a source of most exquisite pleasure where real love exists and, I say it boldly, that sweet pleasure again may be yours, no matter how far you may have strayed from the honeymoon days, if you will unite your wills in a pure desire for its return. If your marriage was consummated without love, but both of you are true and loyal, you still have the way of true happiness and conjugal bliss before you.

## The Vital Spark

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Humanity, like all animal life, is perpetuated through sexual union. There are students of ancient historians and philosophers who claim that the first religious worship was sex worship.

Primitive man, when first he began to reason from cause to effect, discovered the connection between the sexual union and the perpetuation of the species and he concluded it to be some supernatural thing that controlled and originated all life.

While we know that the physical source of life is dependent upon sexual union, yet we believe there is still a higher source.

You have the power within you, to prove in your own physical life, mental life, spiritual life and in your health, happiness and prosperity that as the sexual union perpetuates the

race it can under control perpetuate you and give you, through regeneration, youth, strength and vitality never before dreamed of by you.

Undoubtedly sexual intercourse has two functions: generation, which is well known, and regeneration, of which you are now learning. Both are under the control of the husband and wife; when it is desired to regenerate their own individual lives they may do so through controlled sexual union. I readily agree that generative association should take place only when a child is desired. With the true husband and wife, this form of association will take place and the normal, healthy children will come as desired.

We have learned, however, that the Creator has supplied an almost incomprehensible amount of material to both the husband and wife and at the same time rendered it physically impossible to utilize it in that way.

Without knowledge this valuable surplus, intended for the regeneration of the individual, has for thousands of years been wasted and degeneration has been the result.

The strong sexual desire is not a mark of total depravity, but a high and holy desire for a grander, bigger, broader, fuller and more abundant life. *Through the conservation of the vital fluid that is developed through the union of the husband and wife under control of the active will, the dynamic force generates a vital spark which, reabsorbed, gives to each abundant life, vitalizing every atom of the body.* The power of the brain is rapidly increased and the normal secretion of all the ductless glands is surcharged with power.

In order to accomplish this greatly to be desired result there must, as before stated, first be a perfect under-

standing and agreement between the husband and wife.

THESE TWO MADE ONE

“Come, let us reason together,” must be the watchword, a supreme desire to discard all selfish thoughts and actions. Until such time as both can perfectly agree that there is a real and sincere desire for the development of pure love and a regeneration of their lives, there should be no sexual union. Reason together, talk it over lovingly. Mutual expressions of love and loyalty with tender caresses should continue at every opportunity for days and weeks, or even months, in order to reach that exalted stage of perfect accord which should fill the lives of every husband and wife. When this kind of preparation has been perfected, the physical condition of both will have been improved along with the mental, and as the happy

hour approaches when the union is to be consummated, the old thrill of the sweetheart days is found to have returned with all of the added vigor of mature manhood and womanhood.

Any coarseness of conversation, action, or even lewd or vulgar thoughts will in a measure destroy the power to control the vital spark. Let there be no haste, a gentle, loving union after prolonged interchange of affectionate caresses.

The power of electricity is in its vibration, we generate it by friction or through its vibration, control and utilize its power. If the vibrations are conveyed back to the earth, from whence they came, through the grounding of the wires containing the current, then the power originating the energy is wasted.

*The human dynamo is charged with the precious fluid that will generate a new being or regenerate the*

*bodies of the united pair. Friction in most cases, especially the younger married couples, will cause the ejection of that fluid, in which case either generation or degeneration follows. Without friction the ecstasy of the union is increased a thousand-fold, and what before was the dross of lustful passion is converted by the alchemy of nature into the pure gold of regenerated lives and the energy stored in the body so abundantly that it becomes a human dynamo of unlimited power.*

It is claimed by some of the more ardent enthusiasts who have rebuilt their lives physically, mentally and morally, that the complete regeneration of the body may be made so perfect that it becomes immortal and is capable of living its present physical life indefinitely, just as long as the active will desires the physical body

to live, but this I do not believe. I know that a man can keep himself young and vigorous, that he will grow in mental power and retain the fires and enthusiasm of youth. How long I do not know, but I believe that as succeeding generations go more deeply into the subject and our children's children continue to observe the laws of generation and regeneration, they will ultimately conquer the degeneration brought about by ignorance, and will again live out the full term of natural life credited to Methuselah and his immediate ancestors.

Every living thing that is composed of various elements will finally be decomposed, but I believe that as the vital spark revivifies and makes us more alive physically, the soul or elemental being will grow and develop to such perfection that it will continue conscious life, independent of the

body. The mortal shall take on immortality.

Both the husband and wife must not only be in accord, but the union must be quietly and reverently entered into. Quiet and loving verbal communion or silent contemplation of the desired result should be observed. So far as possible, remove the thoughts from the physical pleasure and mentally affirm the mutual desire for regeneration, physical health and perfection, as well as mental growth and purity.

This exhilarating period will, after your active will has gained complete control, last for some time, an hour perhaps; with some a much shorter period and with others longer, but as the thrilling nerves begin to draw into themselves the vital spark, the real elixir of life, the erectile manifestations is abated, the desire for physical union is perfectly satisfied and

there will come over the entire being a miraculous peace and tranquility, as well as a consciousness of revived power and vigor.

Under proper conditions, where there has been careful preparation and mental harmony, the vibration of the vital spark as it passes and re-passes from the positive to the negative body of the man-woman, made one by this union, it is found that all of the needs and desires of the flesh have been fulfilled—only the love remains, and it is made stronger and more enduring by each union. The old lustful desires for a frequent repetition of the union passes away, altho the pleasure of proximity is vastly increased.

Under the law of degeneration, the physical body was always more or less exhausted, and in many cases the climax of the sexual union was followed by a revulsion of feeling, sometimes

amounting to loathing and positive hatred. Under the law of regeneration the very opposite results.

The continent single individual appears to be even more frequently subject to physical suffering and degenerates just as surely as do the ignorant married people, so that it may be readily seen that abstinence from sexual expression does not regenerate the individual. The individual is not complete—a union of the pair, male and female, is just as necessary for the regeneration of their lives as it is for the perpetuation of the species.

## Mental Sickness

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One of our world-famous surgeons has reported many cases of severe illness, some of them amounting to conditions requiring a surgical operation to save life, and the entire trouble caused by nothing more than a severe fit of anger. In one case he tells of a wife and three weeks old baby. The wife became very angry because her husband was called suddenly away from her bedside by important business. Not only was she made so ill by the anger that her life was almost despaired of, but the baby, through nursing her, was made severely ill and the doctor believes it was permanently injured.

I have personally known of such cases. In one, a woman of about 32 years had a violent temper. She had passed successfully through a severe operation for laceration and was

about ready to go home. The attending surgeon knew that she was practically well and had told her she could go as soon as she desired. She liked a great deal of attention, however, and on the following day, when he did not call on her during his daily rounds of the hospital, she flew into a terrible rage. Later in the day she was violently ill, but refused to let the surgeon attend her. Another was called at her request, and, although in practically perfect condition three days before, he found a severe case of hemorrhoids and the wound made by the operation in a frightful condition. Another operation had to be performed, and just before she was again ready to go home she had another fit of anger from which she was six weeks in recovering.

I have seen the face of a strong man turn ashy pale and then green around the nose and eyes from fright when

he thought he was about to be accused of a crime of which I was afterwards satisfied he was guilty. He never was publicly accused, but the fright caused a severe breakdown in his physical condition.

I have seen a strong man come face to face with a faithless wife and for their children's sake he made no outward sign. They never knew why the mother went away and never came home. He had wonderful control over the outward expression of his emotions, but within two hours he suffered with a violent diarrhoea, green, watery discharges that became so severe that it was feared for a time that he could not recover. Still he made no outward sign and his physical condition for a number of weeks was quite serious. One evening while taking a light supper he overheard a young lady singing, and as he listened to the beautiful voice tears came to

his eyes and he cried for fully half an hour. When I was called to see what could be done I told them that if anything was necessary it would be more singing, to let him cry, and then go to bed and to sleep. From that day on sweet peace came to him and he grew back into health and strength.

If you have never read the story called "The Healing of Sam Leach," as told by himself and distributed free to all who ask for it, I would advise you to send him a couple of postage stamps and get it. Address C. A. Judah, Trustee, Croker Bldg., San Francisco, Cal.

Sam Leach was once a prominent and prosperous newspaper publisher and politician, but he became, according to his own story, which is readily verified, a common drunkard. No, not a common drunkard, but an uncommon drunkard, for his was a continuous performance, and yet he was

healed, not with drugs, nor jails, but, well, you read the story. It will do you good anyway and will reinforce my contention that there is good in everything.

Now, what was it that made the woman sick after anger? Does the mind have any control over the ductless glands? If not, what made the man, a prominent business man, turn ashy gray and green when he thought his crime was known and he must suffer? Didn't he have a very good foretaste of hell right there in his mind, and didn't he suffer all the torments of the damned through his mind? No external physical injury came to him, but so great was the power of his mind over the body that real physical suffering followed until his mind was again at ease.

You have yourself seen people who were desperately ill and the attending physician could do nothing. Another

physician is called, and even before he gives the order for treatment the patient is better. He prescribes the same remedies in identically the same way and the patient speedily recovers.

Now, I fully realize that I am going to startle some of the old "stand pat-  
ters" and call down upon my head an avalanche of criticisms and contradictions from the profession of medical scientists and from the christian and mental scientists when I undertake to tell you the crux of the whole matter in plain, practical language; how all of this healing is done, the why and the wherefore; but I must do it as I see it. I must tell you things just as they come to me. If I were to follow the beaten path I could tell you nothing new.

Pick up any of the so-called medical authorities, and in books of 300, 400, and even 1,000 pages, you will find that nearly 90 per cent of the matter

is quoted from some other writer upon the same subject. In the preparation of this work I have purposely kept away from my own library and also from all books previously written that discuss the same subject and have endeavored to give my own ideas, investigations and observations as the panorama of life has been unfolded to me through my contact with the people in my Home Health Club work.

Although contrary to the accepted instructions of science, I tell you that the brain is the master gland of the body—either the conscious or subconscious mind dominates all of the other glands of the body. The active will, built up and controlled through Dynamic Magnetism, compels the perfect performance of all of the functions of the glands. Health is then perfect, life is full and complete.

## Creative Power

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Throughout the entire universe known to man the power to create living things is sex power. Back of sex power is mind power, either conscious or subconscious. By building up the active will through the practice of Dynamic Magnetism, all of the functions controlled by the subconscious mind can be brought under the control of the conscious mind or active will.

The power to create mechanical things, to organize, to teach the things one individual knows to another, resides in the mind. Without mind, no living thing exists. There is mind, subconscious, of course, in every living cell and without that mind there would be no joining together of cells in growth.

The ultimate object of the atom is combination, organization, and final development into the highest known

intelligence—man—in whom the concentration of mind is slowly but surely and continuously developing. The ancients recognized, through clairvoyance, the powers which we may now know through the conscious power of the active will.

Let us look fairly and without superstition at the method of the mental scientist or the Christian scientist in affecting a cure of diseased conditions. The first requisite to a cure is confidence, and this is readily inspired.

Second, the removal of fear, hatred, anger and worry.

Third, the inspiration of love, divine love.

Fourth, belief.

The invalid may deny any belief, but the very fact that he seeks a cure here after all else has failed, denies his denial. He has faith, possibly not greater than “a grain of mustard”

seed," yet it has mighty power when the great central dynamo, the controller of all of the glands of the body, takes hold of that little faith through both the conscious and subconscious mind and starts into activity this life-giving secretion. Instantly a change is brought about, and as the faith, strengthened by works and results, grows stronger, positive knowledge through experience justifies belief and the cure follows.

About the only fault I have to find with Christian Science is that, while it teaches positive and unqualified belief in the promises of the Bible, pure, holy and upright living, and all other good things that come to us through love, they deny that portion of the Bible which tells us that we have both a physical and a spiritual body.

The fact that the mental scientist and the hypnotist as well as the physician, through suggestion accomplish

the same result, should lead us to accept the entire teachings of the Christ, and especially when He tells us plainly and emphatically that "The Kingdom of Heaven is within you," and "Seek you first the Kingdom of Heaven and its righteousness and all these things shall be added unto you." In other words, "Know thyself," and develop and control the power, the heaven, the health, the happiness that is within you and all other desirable things will come naturally.

"As a man thinketh in his heart, so is he." If your being is filled with fear, anger, hate, jealousy and belief in disease, you will attract all of these things to you. The glands that are acted upon by these emotions will bring forth fruit in kind, and disease, disappointment, failure, enemies and poverty will be your portion. Let love, confidence, gladness and belief in your own power control your mind

and there is no limit to what you may accomplish.

The mind is the master, and, acting through the brain, the solar plexus and the glands, controlling every secretion, will make of your body whatever you desire it to be; and, as the perfected body more and more fully comes under this tremendous dynamic power, the mind itself grows and draws unto itself still greater knowledge and power, so that all legitimate and lawful desire is fulfilled.

#### UNSEXED

As before stated, the creative impulse is the primary and most powerful of all our instincts. It is manifested by the erection of the sex organs. When degeneration has proceeded to certain stages this manifestation of creative desire and ability is frequently lost, not permanently, however.

The vital spark is still there, but is taken in hand by the subconscious mind for the purpose of conserving the vital fluid for the maintenance of the body. If it were true that when erections ceased there was no longer power to secrete the vital fluid of the sex organs, the man would to a certain extent become effeminate, his voice would change and the fighting spirit of all vigorous males would be absent. His condition would be the same as that of a eunuch. Many of the women who have been unsexed through the enthusiasm of surgeons become more or less coarse and mannish.

I have never known of a case of positive and aggressive spiritual, mental or moral development in either a man or woman that for any reason has been unsexed.

What's to be done in order to restore the lost ability exhibited by the lack of congestion in the erectile tis-

sues? In most females this is unnoticed, and in fact unknown. Few women, outside of the professional nurses and women physicians, are aware of the fact that the clitoris of woman corresponds to the penis or male organ of man, and has the same erectile function. They are aware of the fact that there is no sexual desire and no pleasurable sensation during coitis, but the cause is to them unknown.

While it is true that the erectile ability may be lost through mechanical causes, through obstruction of the blood vessels, most of the cases that come under observation are due either to purely psychic causes or to exhaustion of the vitality by reason of non-use, misuse, or overuse. The subconscious mind, residing in the brain, the king of all the glands, has demanded restoration by the robber glands of the sex organs, and the full

supply is used in the pressing needs of the physical body.

How shall the wasted or exhausted supply be replenished?

#### POWER RESTORED

I have stated that I believed that nature has a cure for every ailment to which mankind is subject, and I have good reasons for my belief. I know that we have not found all of these remedies and I also know that some of you will say that I am contradicting my own positive statement regarding the power of the mind to control the body and to heal it and keep it perfect, but I think I can convince you of the correctness of my position.

God is my father. He made me a spiritual soul. He gave me a physical body for a temporal abiding place. The brain which He placed in the physical boy is for the care and control of that body and the education

and development of the soul. He placed here on earth, under this physical body and the mind that controls it, all manner of things useful or necessary for the protection, development and happiness of man. All of these things are in the natural, crude, or raw state. He gave me wheat and I made bread. He gave me gold and I made ornaments. He gave me clay and I made bricks. He gave me iron ore and I made the pen with which I write. He gave me fibrous plants and I made cloth. He gave me wood and I made houses and furniture, and best of all, He gave me the leaves of the trees, the herbs and their roots, the fruits and flowers; "and the leaves of the trees were for the healing of the nations."

He did not make medicine, neither did He make a box spring for my bed. He did not make bread, nor did He make a diamond ring.

Now, to my mind, the person that tries to heal a broken limb, or an ulcer, or any other ailment of this physical body the cause of which is material and not psychic, through Christian Science, mental science, mental healing, or any other occult method, should also be able to keep warm during zero weather without clothes, or houses, or any other man-made device.

All is mind, yes, but use all of the means that God placed here for the mind to use, not a part and then deny the rest.

*“The peace that passeth all understanding” comes to a mind that has overcome fear, that has ceased to worry, and has overcome envy and hate, and that believes in the power of God to forgive sin. When that peace of mind is yours, then use rightly the right leaves of the trees and you will be healed of the physical ailment just*

*as surely as you will cure the hunger of a starving man by giving him the foods provided in the fruit of the trees and in the seeds of grain and the roots of plants.*

#### MIND AND MATTER

There has not yet appeared among us one man that could supply all of the various articles for our comfort and happiness in this day of invention and progress, and if such a man should be found, he could not in a lifetime achieve the perfection of workmanship that is achieved by those that devote a lifetime to the perfection of their trade. It is for this cause that we have, as reasoning, thinking beings, organized ourselves into society and fitted ourselves as specialists in the arts, crafts and professions.

The particular place in which I seem to be able to serve my fellow man and contribute to his comfort and happi-

ness, appears in my ability to select and combine the "leaves of the trees" into pleasant and palatable foods that have their specific effect upon various portions of the body and to impart information of a helpful nature to those whose time and attention has been devoted to other departments of human endeavor. As a doctor or teacher my work has been satisfactory to me at least. I also have satisfying evidence in the form of over one hundred thousand letters from those whom I have taught, that they have been benefited and wish to express their gratitude.

One of the combinations of herbs which I have recommended to many thousands of expectant mothers who had suffered greatly in previous confinements is a simple syrup preparation of cimicifuga and caulophyllum, more commonly known as black cohosh and blue cohosh. During many

years in which I have recommended this simple preparation to be used for six weeks prior to confinement, I have known of only two cases in which the labors lasted over three hours, and in a great number of cases labor lasted not over half an hour. Of course, I also directed the diet and exercise or non-exercise of the patient and found that the health of both mother and child was far better than in previous confinements.

I have also made many observations of animal life and habits, and much of what I am able to tell you is knowledge obtained direct and then confirmed by other observers and investigators.

When one looks at the powerful stallion that is reserved by men for exclusive breeding purposes, it impresses us with its tremendous vigor and vitality. What its powers of pro-creation are in the wild state when it is able to select its own food I do

not know, but under the best system of feeding and care known to man his limit of reproduction is from 20 to 40 colts within a year.

The bull, whose picture is frequently used to symbolize virility, is capable, under most favorable conditions of food selected by his owners, of reproducing from 40 to 60 of his species during a year's service, while the ram and the goat, left to roam the byways and the woods and called the scavengers of the field because they eat weeds and leaves or almost every plant, are said to impregnate from 50 to 100 ewes within a single day.

I know of no manner of testing the ability of the animal man, but in observing the history of those that have lived polygamous lives, we find no record of such procreative ability. Indeed, I have not considered it to be essential or of value to investigate that phase of man life, but I do know

that both men and women are unhappy and as a rule do not enjoy life and health when the sex force is diminished, or the powers of pleasurable sexual enjoyment lacking.

*Man is practically the only living animal that makes of the sexual union a sacrament and expression of love.*

The power and ability to express love through the blending into one of the pair should be the most highly prized and jealously guarded of the attributes of man.

How to conserve, while enjoying beyond the limits of the degenerate man's wildest dreams, this beautiful expression of love, I have fully explained in the foregoing pages, and now comes the task of aiding those that have, through ignorance, lost those powers of expression. Here we find that the lessons brought home to us through observation of the lower

animals may be applied to man's advantage.

The horse is great and powerful in his physical beauty. His diet is usually confined to two articles—grasses and grains. We might say one article, for the seed is a part of the grass—corn, wheat, oats, barley, clover and timothy are all of the grass family. To these things both the wild and domestic horse confines his diet. He is a splendid specimen of animal life, but his life is short and his progeny limited. The wild horse lives in health about twice as long as the best cared for domestic animal of the same kind, and this, according to my observation, is because he gets more of the grass and less of the starchy grains than his domestic brother.

The diet of the bull has a somewhat wider range than that of the horse, and, in addition to the food of the horse, he thrives upon roots and herbs

not listed as grasses; he also is short-lived and of limited reproductive ability.

The ram and the goat eat the grasses and the grains, but they also devour greedily the herbs and leaves that are rejected by the larger and stronger animals. His powers of reproduction, however, are almost unlimited and when I observed these things I sought in the fields, among the weeds and flowers and roots, for that which so quickly restored these vital powers, and I found them.

My own conclusions were confirmed by the experiments and provings of many others, but in a manner that fell somewhat short of what I believed to be the perfection that could be reached by the brain of man and therefore I did not stop the search when I arrived at the common ground of nauseous tinctures, syrup and pill or salve. I wanted to prepare these things into

palatable and pleasing foods, so that the same gustatory enjoyment might be had in their use that caused the ram and the goat to eat them with avidity. The effect, even in the common form, has always been good, and if you were to search through the quaint and almost forgotten writing of that good old blacksmith-botanist, Dr. Samuel Thompson, you would find that he used some of these same herbs in his simple home-made infusions for the purpose of restoring the vitality and energy to those that had lost ambition and appeared to be going into a decline. That was about 100 years ago, and many changes in the practice of the healing art have taken place, but the "Botanic Medicine" which he then gave to the people and for which he was arrested many times and thrown into jail by the so-called regular physicians are still used, not only by many of the laity, but by the pro-

fession as well, and they have an honored place in the United States dispensatory. His favorite formula he called "Compound Gentian," and it consisted of the following herbs:

Goldenseal.

Gentian.

Balmony.

Wahoo.

Dwarf Elder.

Prickly Ash.

It's a splendid tonic, but I must confess that it is one of the most nauseous draughts ever compounded. I spent two years and much money in experimenting, changing, combining, adding to, and taking from, until I was about discouraged and almost ready to give it up, when at last, quite unexpectedly, I made a combination including a herb recently discovered to be of greater value than any previously used, and then was able to make a dainty and palatable little wafer

which even the children would eat as eagerly as they would mother's best cookies. This I have been using with splendid and satisfactory results for several years, with the knowledge that the prattle of children is now heard in many homes that were, prior to its use, silent and lonesome, while the rich bloom of vigorous health is plainly to be seen in the happy faces of the parents.

The unfortunate part of my discovery is that it cannot become, in the dainty wafer form, a home-made remedy that the good mothers might prepare in their kitchen, as the cost would be too great, but some day in the near future it will become a practical commercial commodity as easily obtainable as a box of candy.

## Lesson in the Control of the Secretions of the Glands by the Will

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Now to go back or fulfill my promise of harmonizing my statements regarding the use of "the leaves of the trees," after I had expressed unqualified confidence in the power of the mind. It is true that under the dynamic power of the active will, the mind can control the secretions of the glands of the body and thereby heal every ailment, but, the mind cannot control these secretions unless they are there to be controlled.

The discoveries of Schuessler have conclusively proven that there must be an equilibrium or due portion of all of the various salts of the body. If any one of the important twelve chemical elements or cell salts be diminished in quantity there is lack of balance, disease, or lack of ease. In a properly

balanced ration all of these elements or salts are supplied and the cells take up their required amount, and health is normal, provided the body is mechanically in order, the mind is normal, and that fear, hate or worry are not disturbing the operation of the various glands.

Mankind, as well as all animal life, is subject not only to accidents, but to conditions and surroundings which sometimes prevent him from receiving the various food elements that create and maintain health. If we experiment upon a dozen strong, healthy young men by feeding them all they want of a certain kind of very palatable food from which various elements have been extracted and give them nothing else that will supply those missing elements, they will sicken and die.

You might surround them with a dozen of the best metaphysical healers

that could be found; they might themselves be thorough believers in any of the excellent systems of mental science, but the result would be the same.

If, through an accident, there is a subluxation in the bones of the spine and the nerves are pinched or impinged, there will be pain and lack of proper activity in the portion of the body in which those nerves terminate. Remove the cause by a proper adjustment of the vertebrae and nature soon heals the pain.

If, through errors in diet and living conditions or accident, certain elements are lacking and the glands are starved, they cannot possibly secrete the substance which they are designed by nature to supply.

To illustrate: At some time during pregnancy, just how we do not yet know, but in some manner the action of the pituitary gland has been interfered with; it is not able to perform

all of the duties assigned to it in the formation of the body, and the child is born without hands, or perhaps with only one hand, while there may be one or two rudimentary fingers upon a short arm. Sometimes both arms stop at the elbow and a few fingers may be shown.

In another case there is over-activity in this gland and the bones of the body are extra large; there may be six or seven fingers on each hand and as many toes on each foot. This child is quite likely to develop to abnormal size, while the one that is defective in development is quite as likely to be a dwarf.

The Bible tells us of the giant Goliath and of his brother, whose spear was like the weaver's beam, a man of "great stature, who had on every hand six fingers and on every foot six toes, four and twenty in number." The evidence goes to show that he was

a stupid fellow and was easily slain by Jonathan, the brother of David.

The pituitary gland was probably the first of the ductless glands formed in the head of vertebrates and it has the function of stimulating and controlling the formation of the bones, as well as the activities of other ductless glands, and there appears to be a special connection between the pituitary and the sexual glands.

Now I have given you the key to the entire system of mental and physical healing. I have not elaborated and produced a ponderous volume of words over which you might spend many hours seeking for the facts.

Here is the crux of the whole matter and you may add the details.

The true physician seeks to find in his patient the cause of his ailment. His first search must be for a mental cause. Is this man or this woman harboring fear, hate, or worry? If so,

the treatment must be of the mind—remove the cause.

The history of humanity proves that in the Bible and its teachings, overcoming evil with good, inspiring perfect love and perfect faith will remove these causes and nature does the curing.

Next, the true physician will seek for physical injuries, mal-position of the bony structure of the body, malformations, phymosis, adhesions, eye strain, and other conditions that are easily found and corrected. Repair the injury, remove or overcome the cause and nature then does the curing in that case.

Then the true physician, having found none of those things in some cases, must from the symptoms be able to judge accurately as to what elements are lacking in the system and he must be able to supply those elements in an acceptable manner and in

a manner as near to nature's method as possible. As soon as these elements are supplied the ductless glands are able to secrete their natural and normal supply to the various portions of the physical body and nature does the curing.

Now the body is again normal. Under the dynamic force of the brain, controlled by the active will, the mind can keep the body in perfect health, so long as it exercises itself and supplies the proper balance of the elements demanded. You would not try to mend a broken iron rod by welding to it a piece of wood or of cloth; you would not try to mend a silk dress with willow reeds. Use iron to weld the broken iron, use cotton to mend cotton cloth, and use silk to mend the silk dress. Use, again, the same common sense in mending the broken or sick body.

In a combination of goldenseal,

gentian, dwarf elder, damianna, and medicago sativa I found the necessary elements with which to replenish the exhausted secretions of many of the ductless glands. I made of them a palatable food and children came to gladden the homes of those that had been impotent.

In other cases I found mechanical causes. One splendid specimen of physical manhood, while doing manual labor in order to pay his expenses through college, met with an accident to his spine. After a few hours of severe pain he supposed he was all right and returned to his labor. Within a year his sexual powers had disappeared and there were pains in his legs. At times he would fall to the ground. He was liberally dosed with all manner of drugs that did no good. He was discouraged and thought of suicide. He came to me finally and I found the trouble to be

in the spine. I relaxed the tense muscles by the application of moist heat and adjusted the spine to a normal position. The man is now a successful attorney and has a fine family. Incidentally, I might say that he married the best nurse we had in the sanitarium, and the last I heard from them they were very happy.

A man came to me from a distant state, his appetite was poor, and during the past six months he had lost flesh rapidly. From a strong, active farmer he had degenerated into a whining weakling. Being well off financially, he had sold his farm and moved to the near-by city to live at his ease. The farm had been well sold for all he asked and there should be nothing to worry about. After an hour's severe examination and questioning I pronounced it a case of nostalgia, and told the man to go and buy back the farm and move to it, that the

city did not agree with him and he must have the freedom of the fields and smell of the flowers to keep in health. He was about as happy a man as one could wish to see, and although he had to pay \$2,000 profit to the man who had purchased his farm, his health was soon normal and has remained so.

I might fill a large book with descriptions of cases, all tending to show how very wise I am in finding out the cause of specific ailments, and you would be properly impressed, but what I want to impress upon you is that a vast number of the ailments presented are due to mental disarrangements and that the cure is in you. This applies to your financial as well as to your physical condition, a lack of harmony, an over-supply of fear, hate, worry, etc. That is why the absent treatment of the mental healer does sometimes work wonders

in the financial affairs of their patrons.

The skilfully worded literature secures the confidence, the counsel is to believe in love and plenty, opulence, and it is so.

Thus it endeth—not.

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