

Reasoning Power

or

Practical Logic

By W. W. ATKINSON AND EDWARD E. BEALS

"And first with Reason, which is also best;
Reason that rights the wanderer, that completes
The imperfect; Reason that resolves the knot
Of either world, and sees beyond the veil.
For Reason is the fountain spring of old
From which the prophets drew, and none beside.
Who boasts of other inspiration, lies;
There are no other prophets than the wise."

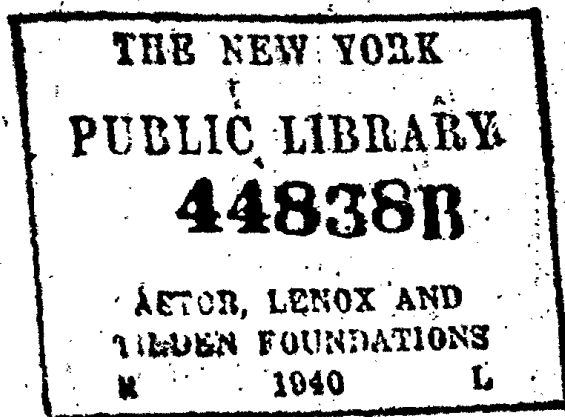
—Jami, the Sufi Poet.

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REASONING POWER

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opponent), the leading questions: "What is it? How do you know it? What of it?"

An observance of the ten general points set forth in the foregoing pages, and of the several general rules briefly stated above, will serve to furnish you with what a writer has expressed as: "An equipment of tests and requirements which would save many people from wasting their time and thought upon discussions, arguments and reasoning, of which they realize neither the origin nor the end."

The Master Formula

In your task of attaining efficient Reasoning Power, you will be aided by a study and the observance of the principles of the Master Formula of Attainment which forms an important element of our instruction. The Master Formula, precisely stated, is as follows: **I. Definite Ideals; II. Insistent Desire; III. Confident Expectation; IV. Persistent Determination; V. Balanced Compensation.** Reduced to popular terms, it reads: "You may have anything you want, provided that you (1) know exactly what you want, (2) want it hard enough, (3) confidently expect to obtain it, (4) persistently determine to obtain it, and (5) are willing to pay the price of its attainment."

THE PERSONAL POWER BOOKS

We announce the publication of the first twelve volumes of an important series of practical, helpful, inspiring, efficiency-promoting books known as "The Personal Power Books." Additional volumes of the series are in process of preparation, and will be announced later. The writing of these twelve books represents several years of earnest, careful work on the part of their authors, Mr. W. W. Atkinson and Mr. Edward E. Beals. They are the fruit of many years of active research and investigation, of extended preparation and experimentation by their authors and others whose aid has been sought and obtained. The principles and methods set forth in them have been carefully tested and tried, and have been found to work out effectively and efficiently in actual practice—they have met the pragmatic test and have "made good." The treatment of their subjects is eminently practical, efficient and effective.

These "Personal Power Books" preach the Doctrine of Positive Individuality—the Dynamic Power of the Master Self. They teach that every individual is the Master of his Fate, the Captain of his Soul. They hold that you have at your disposal certain Natural Forces which, when recognized, realized, and properly applied and directed, are sufficient to carry you forward on the Path of Attainment until you reach the summit of the Mountain of Achievement. They have as one of their fundamental and basic axioms that which is called the Master Formula of Attainment, viz., "Definite Ideals, Insistent Desire, Confident Expectation, Persistent Determination, and Balanced Compensation"; or, in more popular phrasing, "You may have anything you want, provided that you (1) know exactly what you want, (2) want it hard enough, (3) confidently expect to obtain it, (4) persistently determine to obtain it, and (5) are willing to pay the price of its attainment." Thus, they preach and teach the value and efficacy of the Laws of Ideals, Desire, Faith, Will and Service.

Those who acquire and apply the principles taught in these books will be able to plunge into the midst of the

activities of Life, filled with the spirit of the old Berserkers, fearing nothing, daring everything, sure of ultimate victory. Inspired by their new Battle Cry of Freedom and Power: "I Can, I Will; I Dare, I Do!" they will be able to plough their way through the ranks of the hordes of inert negativity and sheeplike passivity, triumphantly to reach the victorious heights of the Mount of Achievement.

Here follow the titles of the first twelve "Personal Power Books":

- I. PERSONAL POWER; or, Your Master Self.**
- II. CREATIVE POWER; or, Your Constructive Forces.**
- III. DESIRE POWER; or, Your Energizing Forces.**
- IV. FAITH POWER; or, Your Inspirational Forces.**
- V. WILL POWER; or Your Dynamic Forces.**
- VI. SUBCONSCIOUS POWER; or, Your Secret Forces.**
- VII. SPIRITUAL POWER; or, The Infinite Fount.**
- VIII. THOUGHT POWER; or, Radio-Mentalism.**
- IX. PERCEPTIVE POWER; or, The Art of Observation.**
- X. REASONING POWER; or, Practical Logic.**
- XI. CHARACTER POWER; or, Positive Individuality.**
- XII. REGENERATIVE POWER; or, Vital Rejuvenation.**

Each book is complete in itself and covers thoroughly its particular subject.

Each of these books contains 192 pages. They are bound in convenient "pocket edition" size and form, in beautiful dark blue flexible leatherette (Fabrikoid) cover, embossed artistically under the famous BurkArt process, resulting in a volume worthy of a place on the shelves or table of the best library. The price (postpaid) of each volume is but ONE DOLLAR. They are sold subject to your approval; your money will be refunded cheerfully upon demand in case you are not perfectly satisfied with them upon their receipt.

PERSONAL POWER COMPANY, Detroit, Mich.

VOLUME XII; PERSONAL POWER BOOKS

REGENERATIVE POWER

OR

VITAL REJUVENATION

By W. W. Atkinson and Edward E. Beals

This book deals with an important, though comparatively little known principle of Nature, and involves several facts of tremendous importance to the human race. Its basic truths were known to the ancients, and have also been stumbled upon by several modern teachers, but for the most part they have been distorted by reason of being attached to some weird, fantastic doctrine. "Regeneration" means: "The generation of new life, strength, or vigor to a living being." "Rejuvenation" means: "The art or process of renewing youth, or the qualities of youth." Vital Rejuvenation, then, means: "The process of regenerating the individual by imparting to him new life, new energy, new vigor, and, thereby renewed youth." The Secret of Regeneration is this: "Nature's Generative Power may be employed as Regenerative Power." The Generative Power, commonly known as Sex Power, may be employed to give new life to its owner, just as it may be employed to transmit life to a new being. This book contains valuable instruction concerning both the fundamental principles involved in Regeneration and the efficient and effective methods of employing them. Though it deals with the essential principle of Sex Power, yet it is not in any sense a "Sex Book" of the usual (and often objectionable) type. Its teaching is advanced, but it is in no way contrary to the highest principles of conduct approved of by the best teachers of morality and religion.

Here is its Table of Contents: **I. Regeneration; II. The Power of Sex; III. Derivative Sex Attributes; IV. Transmutation of Sex Energy; V. The Ductless Glands; VI. The Genital Glands; VII. Gland Transplantation; VIII. The Secret of Regeneration; IX. The Practice of Regeneration; X. Transmutation.**

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Price, (Postpaid), One Dollar

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Regenerative Power

or

Vital Rejuvenation

By W. W. ATKINSON AND EDWARD E. BEALS

"Every bit of evidence points to the internal secretions as the holders of the secrets of our inmost being. They are the well-springs of Life, the dynamos of the organism. * * * Life emerges from the activities of the magic ooze of their silent chemistry, precisely as a tree of tin crystals arises from the chemical reactions started in a solution of tin salts by an electric current."

—Louis Berman, M. D.

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REGENERATIVE POWER

I

REGENERATION

In this book we shall present for your consideration certain facts and principles concerning the conservation and the efficient employment of the Life Forces or Vital Force generally known as Vitality, or rather of certain of its subtle forms. This instruction proceeds along lines which are not generally recognized by or known to the average individual, although the facts and principles in question were known to the ancient sages, and have been taught and practiced for many centuries by many persons who have had the benefit of this ancient wisdom which was formerly the exclusive property of the secret schools of esoteric philosophy in Oriental lands and in ancient Greece.

This knowledge also was imparted thousands of years ago by the great Hindu sages to their chosen pupils, and formed a part of the occult instruction given to the student of the Inner Teaching of the Brahmans and Buddhists of that land. There is every reason to believe that a similar teaching was given the

Later, it formed a part of the secret and occult doctrines which were held and taught by the arcane schools of philosophy in the Middle Ages, traces of which are now found in the rituals of many of the modern secret orders and societies, though their real meaning and spirit has been lost and only the verbal outer covering or shell remains. It was this knowledge which was the real and true underlying reason for the advocacy of celibacy in the priesthoods and holy orders of many religions, including those of the Early Christian Church. It was this knowledge which was the animating spirit of the early schools and orders of asceticism, which afterward developed into fanatical phases and forms, the true spirit and meaning of the teaching having been lost.

Modern Science, true to its customary procedure, for a long time was disposed to regard this ancient teaching as fantastic superstition, ignorance, and supernaturalism, and to deny to it any virtue or validity. However, in time the physiologists discovered the existence and activity of certain principles concerned with the reproductive organism, and with its effect and action upon the entire physical and mental system of the individual. The investigations and observations of the effect of certain glands of the body upon general health and vigor gave new interest to the subject, and certain recent experiments along the lines of

gland transplantation have revealed marvelous results.

There is every indication that the present century is destined to witness many important discoveries along these particular lines. However, it is not necessary to wait for these anticipated discoveries in order to benefit by what is already known to careful thinkers concerning this subject. While such discoveries may be regarded by some as necessary before the seal of authority of Science may be formally placed upon the general principles and facts concerned with the general subject, nevertheless there are thousands of careful investigators and conservative thinkers who feel that sufficient is already known concerning these facts and principles to justify their being accepted as a basis for theory and practice by all persons of average intelligence. Such individuals have long known of these facts and principles, and have had practical demonstrations of their value to mankind when properly and intelligently applied.

The essence and spirit of this body of knowledge, principle and mass of facts, is indicated by the term "Regeneration" employed with a special meaning and content. We ask you to consider carefully this term in such special meaning, to the end that you may "catch the spirit" of the idea and principle embodied in

person is said to be "regenerated" physically when by any means or method he acquires "new life, new energy, new vigor." The theologians, recognizing the strength of the word, employed it more or less figuratively in the sense of: "Being born anew in spirit"; in such usage the term is frequently employed in theological expression and religious teaching. This theological usage, however, is noted here merely for the purpose of general statement: our present employment of the term has no reference whatever to such special usage and meaning.

In the special meaning of the term "Regeneration," which has grown around it in the course of thought along the lines of our subject, the "giving of new life, strength, or vigor" to the individual is literally true, and not merely figurative. By means of such Regeneration, the individual is given continued new life, strength, and vigor—mental as well as physical. Just as every living thing has been given original life, strength, and vigor by Generation, so may it be given new life, strength, and vigor by Regeneration. In both Generation and Regeneration, moreover, the same potent forces of Nature are involved and set into activity, i.e., the forces concerned with the sexual or reproductive organism.

The "secret doctrine," "inner teaching," "arcane wisdom," etc., of the ancient philosophies

and religions, and of the more modern secret societies and schools, concerning the secret of Regeneration, is this: **"Nature's Generative Power may be employed as Regenerative Power; the same forces which bring man into life, strength, and vigor, will renew and reproduce his life, strength, and vigor, if rightly applied and directed."**

This is a somewhat startling doctrine when announced for the first time to the average individual. To him it seems contrary to common sense and opposed to common experience. It is only when he begins to understand the basic principles of the idea, and when the misconceptions concerning it have been removed by explanation, that the light begins to dawn upon him. When he has fully grasped the fundamental principles, and the essential reasoning involved in the idea, he tends toward becoming quite enthusiastic concerning it, and to him it seems self-evident. The more he considers it, the more reasonable and certain does it become; and when he learns of the discoveries of modern Science concerning it, he passes beyond the point of possible doubt or distrust.

Before presenting to you the conclusions of advanced modern scientific thought concerning this subject of Regeneration, we shall ask you to undertake a general, brief and cursory consideration of the history of this idea of Regen-

and of the changes wrought in mind and body by the quickening of the reproductive power in puberty and adolescence, and by the decrease of such power in old age, led these ancient thinkers to the conclusion that in the generative forces were to be found a highly concentrated Essence of Life which, if properly controlled and directed, was capable of renewing and continuing the vital strength and vigor of the individual almost indefinitely.

In the very ancient Yoga Philosophy of the Hindus, dating back to long before the Christian Era, are found many references to this control and application of this Regenerative Power, i.e., of the Generative Power employed for the purpose of increasing and maintaining the mental and physical energy, strength and vigor of the individual, in addition to its more familiar offices and activities. This Regenerative Power was known as the "Ojas," and was conceived as of a fiery, ardent, highly concentrated and highly active nature. It was taught that by means of the direction of the Ojas along certain physical and psychical channels not only might the Yogi greatly increase his physical strength, energy and vigor, but that he might also thereby cultivate great mental powers and psychic qualities.

Swami Vivekananda, the celebrated Hindu teacher who visited Europe and America about thirty years ago, and who taught Yoga to

western students for several years, says of this Ojas Force in his book entitled "Raja Yoga":

"The Yogis claim that of all the energies that the human body comprises, the highest is that what they call Ojas. Now this Ojas is stored up in the brain, and the more the Ojas is in a man's head, the more powerful he is, the more intellectual, the more spiritually strong will that man be. This is the action of Ojas. One man may speak beautiful language and beautiful thoughts, but they do not impress people; another man speaks neither beautiful language nor beautiful thoughts, yet his words charm. That is the power of Ojas coming out. Every movement coming from him will be powerful. Now in mankind there is more or less of this Ojas stored up. And all the forces that are working in the body, in their highest form, become Ojas. You must remember that it is only a question of transformation. The same force which is working outside, as electricity or magnetism, will become changed into inner force; the same forces that are working as muscular energy will be changed into Ojas.

"The Yogis say that that part of the human energy which is expressed as sex energy, in sexual functions, sexual thought, and so on, when checked and controlled, easily becomes changed into Ojas; and as this lowest centre is the one which guides all these functions,

IV

TRANSMUTATION OF SEX-ENERGY

In the preceding section of this book we have considered the more commonly and better known secondary or derivative attributes and characteristics of Sex. Therein, you have perceived that Sex-Energy is directed by Nature not alone along the channels of the primary activities of Sex concerned directly with the performance of the sexual functions and with the processes of the physical generation and development of the offspring, but also along certain special channels which are concerned with the evolution and maintenance of certain special physical, mental, and emotional characteristics of the living forms—which special characteristics would not have been developed, and would not be maintained, were the Sex-Energy inoperative.

In the present section you are asked to consider an additional, and very important, derivative manifestation of Sex-Energy—one in which the general physical, mental, and emotional nature of the individual (apart from its employment in purely sexual activities) is strengthened, invigorated and given power by the indirect activities of Sex-Energy. In short,

great number of intelligent and competent authorities available.

Dr. Kellogg, advocating the continent life, says: "The sexual function is double in its purpose. First, the sexual organs are always active, even when not excited to such a degree as to obtrude their activity upon the consciousness, as they supply the body with a needed vital stimulus and regulator. Secondly, they furnish the only means by which the physical life of the individual and the perpetuation of the race may be accomplished. In neither of these important functions is the personal gratification of the individual the primary consideration. The exercise of the sexual function with a purely selfish purpose would seem to be a debasement of the sacred function in which man approaches most nearly to the creative power, of which he is the image."

Dr. Nicholas says: "It is a medical and physiological fact that the best blood of the body goes to form the elements of reproduction in both sexes. In a pure and orderly life this matter is reabsorbed. It goes back into the circulation ready to form the finest brain, nerve and muscular tissue. This life of man, carried back and diffused through his system, makes him manly, strong, brave, heroic. The suspension of the use of the generative organs is attended with a notable increase of bodily

into harmony with other secretions. The tears, the saliva, and the perspiration, are always required in small quantities, and the secretion is continuous; but if required in large quantities, the secretion becomes great almost instantly. The mother's milk is chiefly secreted just as it is required for the infant, and when not required the secretion entirely ceases; yet it recommences the moment the birth of another child makes it necessary. * * *

"A man accustomed to abstinence will not suffer from any accumulation of secretions, while a man whose absorbing glands have never had trouble to take up the secretions, will be in trouble; just as a dairy cow which has not been milked will be in trouble, though if running wild she would never have any necessity for milking. The objection that man needs physical relief from a continuous secretion, is answered by the admitted fact that men, not deficient in sexual vigor, live for months, and probably for years, in strict abstinence, without the physical inconvenience such as is often complained of by men who happen to be deprived of their accustomed indulgence for a week or two at a time."

An anonymous writer on the subject of "Sex Polarity" (the identity of whom, however, is known to the present writers), several years ago, said:

"Nature devotes a great amount of energy to the task of reproducing living forms. Many of the lower forms of life seem to live merely for the purpose of reproducing life—of passing along the flame of life from torch to torch. Nature's reproductive energies are highly concentrated, and are wonderfully potent. The amount of creative energy concentrated and compressed into the mustard seed is equal to that diffused over a whole large plant—in fact, the essence of the entire creative energy which is to serve the plant for its lifetime must be stored up within the seed itself, for the vital force cannot come from outside, although the outer nourishment is needed to build up the physical shape, form and substance of the plant. The germ of the animal contains within itself enough stored-up energy to carry the creature through its normal period of life. In the processes of reproduction and procreation, Nature avails herself of her inner powers, and every minute she works miracles of concentration and conservation of energy.

"The ancient occultists recognized the wonderful power stored in the reproductive organism, which is given out not only in the act of actual reproduction and procreation, but which may also be dissipated in the unnatural excesses and practices to which the race is addicted. They soon discovered that this wonderful concentrated power could be used not

only for the purpose of generation, but also for the purpose of re-generation of the life activities within one's own body, the exhaustion of which occurs if the vital forces be given out in procreation or waste. In other words, that the wonderfully concentrated forces of the sexual functions, if not otherwise used or dissipated, might be used by the individual himself or herself in re-energizing, re-charging, or re-generating the vital powers within his or her own organism. This was one of the reasons that continence was enjoined as a duty upon the members of the ancient esoteric and occult brotherhoods and sisterhoods. * * *

"Outside of the list of the occult brotherhoods, all of whose staunch members were strictly continent, history gives us a long list of eminent men who followed the practice of continence, which indicates the correctness of the old occult teachings of generation. Newton, Kant, Paschal, Michael Angelo, Plato, and many other eminent men were strictly continent. All the great occultists and mystics of ancient times observed strict continence. The Greek athletes training for the great Olympic games were required to observe strict continence, the experience of the trainers being that by following this course the athletes were able to conserve their strength and vigor much better than otherwise. The prize-fighters of today are compelled by their trainers and back-

OFFICES OF THE GENITAL GLANDS

One of the important results of the investigations of the Ductless Glands which have occupied the attention of advanced physiologists of recent years, and one which has been combatted by certain of the more orthodox physiologists for some reason, is the discovery that the Genital Glands are true Ductless Glands manifesting internal secretions of certain substances apart from those primarily concerned with the primary reproductive processes. This discovery has afforded a scientific explanation of the facts which for ages have been asserted by the occultists and other heterodox thinkers, i.e., the facts concerned with the processes of Regeneration.

In the preceding section of this book we have called your attention to the fact that there is a disposition on the part of certain ultra-conservative physiologists to question even the fact that the Genital Glands are true "glands" at all. These orthodox scientists strive to maintain the antiquated idea that the Genital Glands "are not in any true sense 'glands,' for they do not produce any chemical substances peculiar to themselves, but are simply the por-

festation, and exemplification in actual experiment.

It was the natural, logical evolution of this thought which caused the early investigators among modern scientists to arrive at the conclusion that, if the Genital Glands actually do produce these internal secretions, then if these secretions could be introduced artificially into the system there should result a marked and definite physiological change. This was accompanied by the belief that certain abnormal physical conditions caused by a deficiency of such secretions might be remedied by the supplying of the particular elements contained in them. From this basic position the experiments of the early investigators proceeded.

Brown-Sequard was the pioneer in this experimental work, although he was aided by the earlier investigations of Berthold and Bernard. Brown-Sequard, an eminent physiologist, the professor of experimental medicine at the College de France, in the year 1889, announced the startling results of certain experiments conducted by him over a period of several years. He started with the basic hypothesis that: "All glands of the body, whether they are excretory canals or not, give to the blood useful principles, the absence of which is felt when the glands are extirpated or destroyed by disease."

Upon this basis, he reasoned that from his experiments he had demonstrated conclusively that human life, and physical and mental vigor, could be prolonged by means of the administering of a hypodermic injection of a fluid extract in which the testicles of sheep had been macerated: this extract being the afterward famous "Brown-Sequard Elixir." The value of this discovery, and the reputation of the discovery, were seriously affected by the sensational announcements of the newspapers concerning the "Elixir of Life," and by the ridicule and abuse which came as the result of the reaction of the disappointed general public who had been lead to expect a miracle—the boon of Eternal Youth and Physical Immortality.

This unfortunate reaction, and the resulting ridicule, operated so as to bring disfavor upon the discovery and the experiments which had led to them: the real merits of the theory and experiments were lost sight of for a long time. Later, however, interest in the discovery was reawakened by new experiments which served to substantiate them, and at present Brown-Sequard is regarded as a pioneer in the now important branch of medical theory and practice. A leading reference work says of him and his work: "Recent experiments serve to substantiate the views and statements of Brown-Sequard. His famous Elixir, consist-

VII

GLAND TRANSPLANTATION

We shall now ask you to consider the plain, actual facts of "Genital Gland Transplantation" as reported in serious scientific works, and which are now receiving extended notice on the part of the scientific reviews and similar publications. Ignoring the fantastic reports which have already been begun by certain more or less sensational newspapers, the facts of the case as they are reported by the serious and careful scientific publications are substantially as follows:

Steinach, an eminent Viennese surgeon, startled the scientific world several years ago by announcing that he had succeeded in transforming male animals into females, and vice-versa. His experiments were conducted upon small animals, generally upon rats and guinea-pigs, and consisted of the transplanting of the Genital Glands from the animal of one sex to the body of the animal of the opposite sex. The rats or guinea pigs were first castrated, and then the ovaries or testes (as the case might be) were transplanted, or implanted.

When the operation was successful, the animal subsequently lost its original second-

to the future, and is but tentative conjecture at the present time.

The gland-transplantation is usually effected by implanting the Genital Gland of a young male goat into the body of the man; and the Genital Glands of a young female goat into the woman; the transplanting being performed within a few minutes after the removal of the glands from the living goats. Sometimes the whole gland is implanted; again only a portion. Women are reported as responding to the treatment even more rapidly and more decidedly than men, so far as is concerned the return of youthful physical appearance, youthful spirits, and youthful mental vigor.

The following selected quotations from an article appearing in "The New York American," of March 14, 1920, will furnish some further interesting information concerning the details of this form of surgical treatment. The article in question contains an interview with Dr. J. R. Brinkley, an American surgeon, who has performed a number of these operations during the past several years. Dr. Brinkley is reported as saying:

"Where substitution of glands of any character is essential, they should be taken from the goat operated upon immediately before the human implanting, and be inserted at once. Glands should not be taken from the ape or other animals for human use. The goat is im-

IX

THE PRACTICE OF REGENERATION

In the practice of Regeneration according to the methods of the ancient sages, modified by the discoveries of the later investigators of the subject, and employed in the light of the modern scientific knowledge concerning the nature of the internal secretions of the Genital Glands, the following three general principles are to be employed:

General Principles of Practice

(1) The employment of the psychological powers in the direction of the normal production of the internal secretions of the Genital Glands for the purposes of physical and mental reinvigoration, recuperation and revitalization; (2) The employment of the psychological powers in the direction of a sane and rational temperance in the matter of the expenditure of the sexual energies in the primary activities of the sex nature, and (3) the employment of the psychological powers in the direction of an efficient distribution of the internal secretions and sexual energies to the general physical and mental organism. These three several principles of the practice of Regeneration we shall now ask you to consider in detail.

is a great need of a mighty Teacher who will cast out from the Temple of Sex these false leering gods and grinning devils.

The understanding of the scientific principles of Regeneration will do much toward bringing about in the individual a sane mental balance concerning Sex. This sane balance and knowledge will set into operation and activity the natural powers of the sexual organism whereby the regenerative secretions are produced.

When the mind clearly perceives that the sexual organism has as one of its purposes the secretion of certain powerful substances containing energies which will produce mental and physical invigoration, energy and power, and that this energy is largely dissipated by the sexual excesses of the average individual, then will it gradually adjust itself to this new view, and will employ its subconscious powers in that direction rather than in the old way.

The new need being recognized, the subconscious mentality will proceed to supply it; the old need being seen to have been exaggerated, the subconscious mentality will no longer over-supply it, but will limit its supply to normal and natural proportions. A new, proper, normal and natural balance will be established, and the old, abnormal, "lop-sided" adjustment will be replaced by the normal, well-balanced equipoise.

Regenerative Substances by the Genital Glands, and add to the idea or picture the details of the purpose and certain effect of such secretions upon the entire mental and physical system. So far as possible, visualize the production of these regenerative elements, and the concentrated power latent within them. Desire earnestly and ardently that your organism shall secrete these substances in sufficient amount, and with sufficient power, to effect the results wished by you. Confidently expect that Nature will perform this work for you, through the processes of the subconscious mentality and the mechanism of the sexual organism. And, finally, set your will into operation with determination—persistently will that your subconscious mentality and your physical organism shall operate along the lines which you have clearly and strongly pictured, idealized and visualized, which you confidently expect to be actualized, and which you are now willing into operation. If you do this, Nature will do the rest.

Finally, do not permit yourself to be deluded by the teachings of certain mistaken teachers of Regeneration, and their followers, who hold that in order to produce a full secretion of Regenerative Power it is necessary, or at least advisable, to direct the thought and imagination toward amatory subjects or exciting images for the purpose of stimulating the sexual

glands to additional secretion. Not only is this unnecessary, but it is positively contrary to the spirit of the true teachings of Regeneration; and the practice of such methods tend to produce results diametrically opposed to those of Regeneration.

We warn you positively against any such teachings and the methods based upon the same. Instead of "holding the thought" of sexually exciting things, you should hold the mind firmly and steadily upon the regenerative offices of the sexual organism—its re-generative functions, not its generative ones. The ideal should be that of Conservation and Regeneration, not of indulgence, dissipation and the thoughts and objects leading up to them. We expressly caution you to use wise discrimination in this matter, and to beware of this wolf-teaching disguised in the garments of the Truth.

In the psychological principles and methods outlined in the single paragraph of instruction given a little further back you will find all that is required in the way of instruction along these special lines. You will find in that paragraph a complete working theory of practice, and an efficient practical working method of employing that theory, the application of which will set into activity and operation the psychological forces concerned with the Production of Regenerative Power.

Determination." If you will practice this method you will soon have actual proof of its effective performance, for you will experience the increased energy and power resulting from its employment.

II. Sane and Rational Sexual Temperance.

The excessive use, or rather the abuse, of the sexual organism in the direction of sexual indulgence is logically followed by the depletion of the regenerative powers of the general system, as well as by the waste which arises by reason of the diversion to the reproductive organism of the vital energy which Nature intends also to be distributed to the other organs, glands and centres of the system. The individual who wastes or dissipates his or her sexual energies inevitably draws upon Nature's reserve forces intended for other purposes, and at the same time diverts from its legitimate channels the regenerative energies which Nature has provided for the invigoration, strengthening and vitalization of the whole system.

Wisdom plainly dictates a change in this respect. One who gives serious thought to the subject cannot well escape becoming impressed with the need of a hardy temperance in the employment of these important energies and secreted substances. The theory is plain, but the actual practice and application is soon perceived to be fraught with difficulties. Many of the teachers along the lines of Regeneration

pearance of the acquired, abnormal race-habits, and will bring the desire and will of the individual back to the normal standard. In the same way, the same causes will operate to remove the abnormal dread, fear and hatred of Sex from the minds of those who have entertained these feelings, and will thus remove the peril of the dangerous reactions from such mental attitude which we have noted, and will bring the individual back to the normal standard of a sane mental attitude toward Sex, with its inevitable accompaniment of temperance, moderation and desirable restraint and control.

In this connection we would add that the habit and practice of directing the sexual energy to the general system, in the method of Regeneration, will strongly tend to inhibit and neutralize the inordinate sexual cravings and urges toward indulgence which have rendered the practice of sexual temperance and moderation so difficult for so many persons. The diffusion of the sexual energies in this general direction will be found to relieve the localized pressure toward manifestation in sexual indulgence, and will serve to free the individual from the tyrant desires which in the past have led him astray from the path of wisdom, and often from the path of duty and morality. The transmutation of the sexual energy into mental and physical energy works a tremendous change in the nature and character of the struggle with the old acquired race-habits: this fact is at-

seem to possess a potent quality of attraction for persons of the other sex; in many cases such attraction and its results proving embarrassing and in the nature of a temptation. The explanation of this fact is found in the Law of Polarity which is found manifest in all natural activities; we shall not go into details concerning this law, but merely wish to indicate the nature of the explanation. The person understanding the principles and methods of Personal Power will have no difficulty in meeting successfully these results of his attracting power.

Concerning this attractive influence, the following comments of Dr. Hiram E. Butler, may prove interesting and instructive. Dr. Butler, a life-long and earnest investigator and teacher of the principles of Regeneration, though perhaps somewhat of an extremist in his views and methods, says:

"Those following these methods will have all the bloom of health, and in addition will possess that personal magnetism which is so attractive, and which is really one of the strongest factors of success even in a business way; it is, in fact, the main requisite for the success of speakers, teachers, lawyers, doctors and salesmen. We have often heard that those who are living this life have added power of attracting the opposite sex. Now, here lies one of the greatest dangers—that of attracting to oneself those who will use every means to ensnare one. Young people who live

The Master Formula

In the application of the principles, and in the practice of the methods upon which this instruction is based, you will be greatly helped by the careful study and the faithful observance of the spirit of the Master Formula of Attainment which is frequently referred to in the series of books of which the present volume is one.

The Master Formula of Attainment is as follows: "(1) Definite Ideals; (2) Insistent Desire; (3) Confident Expectation; (4) Persistent Determination (5) Balanced Compensation." Reduced to popular terms, it is as follows: "You may have anything you want, provided that you (1) know exactly what you want, (2) want it hard enough, (3) confidently expect to obtain it, (4) persistently determine to obtain it, and (5) are willing to pay the price of its attainment."

FINIS