READ AND PONDER
ALL WHO SEEK
Enjoyment
Beauty
Virtue
Healthy Offspring

To Know How to
Conserve the Vital
Sex Powers Requires
More Than Physical Training
Pens have written, orators have spoken, but all have failed to dwell on one of the most important subjects of this fair land SEX.

Wives have suffered, homes have been broken up, husbands and wives have been separated. Why is there so much trouble existing in the World now?

Ignorance exists in the homes of many of our greatest statesmen, ministers, doctors, lawyers and those engaged in all professions of life.

This work has been written to arouse the slumbering World and bring joy and gladness to the sorrowing heart. We may say that this work has been written with the object of enlightening those who are in darkness.

Read carefully and act accordingly and your life will be peace, joy and happiness.

The Author
Nature itself usually portrays the healthy condition of the female in her beauty and sexual system. Large limbs, indicative of strength to sustain the body during the period of pregnancy. Broad hips, indicative of a large pelvis, giving abdominal support during pregnancy, and easy delivery. A relative narrow waist, indicating freedom from suppressed menstruation, and a proper expansion of the hips. Breasts standing out prominently, firm in texture with large nipples and a bright pink areolla surrounding the nipples, free from discolorations, all of which indicate a correct condition of the womb. A graceful carriage of the body, a springing, vigorous, rythmical step, a sweet breath, good teeth, clear complexion, pleasant musical voice, a well shaped neck and back-head, red and full lips and a well developed chin, projecting forward slightly, clear, bright, animated eyes, all these are indispensible indications of a good sexuality, and any departure from these portrayals of nature, is a warning that the female is in whole or in part unsexed and should be avoided as a mate in matrimony. These points apply equally as well to estimating the sexual strength of the male, with the addition of broad shoulders, deep chest and a contour of body, broadest at the shoulders and tapering toward the feet. References here stated as indicative of a healthy condition of the sexual organs applies with equal force to the general health of the whole body. Following are certain indications of inherited weaknesses which may be found very valuable.
ary sexual organs, to marry through the universal ignorance which exists on this subject. Of course, such persons are incapable of sexual desire or intercourse in any form, and yet they are frequently selected by ignorant men as wives. The consequences are deplorable in the extreme, resulting in the most frightful injury by attempting it where it is manifestly impossible. This rudimentary condition results from arrested development, caused by paralysis of the organs in infancy. The same condition exists in the case of many men, whose sexual organs have never developed owing to paralysis, neglect or disease. Such men are incapable of correct intercourse, or of satisfying the desires of any normally organized woman, and it is a truth that persons of either sex afflicted in this way can never expect anything in marriage but disappointment, unhappiness and personal injury.

When there is organic incompleteness of the sexual organs of the body, it is always evidenced by a deficient development of the organs of love in the brain, and by a deficient chin, and also by a deranged condition of the circulation evidenced by clammy cold hands and feet. The eyes are cold and glassy in expression, and the mouth is always repulsive in appearance.

It is a safe rule never to fall in love with a woman unless you can love her eyes and mouth; this applies to both sexes.

It is a peculiar fact, that the organs of love in the brain may be so deficient that the individual may be incapable of affection, and yet he may be sufficiently intellectual to learn to repeat the most ardent expres-
fewer faculties of intelligence with which to sweeten the expression. The more complete the manhood or womanhood of a person, the sweeter and richer will be the kiss. It is this fact which gives to the kiss its great value as a test, and those persons who are afflicted with organic incompleteness will give kisses which are as destitute of flavor as those of the lower animals. The same comparison holds good with a woman using tobacco.

Assuming that you have made a successful selection according to the principles announced herein and that the man is himself a complete specimen of manhood, alluding to the man for conventional reasons, for there is no difference in the application of the principles in the case of a woman.

First, remember, that in order to make the proper impression, both parties must be well informed on these topics, otherwise you are likely to waste all of your magnetism where it is not appreciated; when a man and woman know the facts, and they test each other intelligently, great benefit results from the mutual respect called out by the display of each other's powers. To enable you to make all the necessary tests, study carefully the strong and weak points of the proposed mate, and remember, that all the organs manifest themselves by positive action, and that this action gives the greatest enjoyment to the possessor. When you want to make a fine impression, call all your powers into action and let them have full expression; the person thus experimented upon will enjoy your company exceedingly and think you have given her an opportunity to display her powers.

When dealing with a receptive and attentive listener
difference in capacity in persons as to love, as there is in tea cups. Some delicate and undersized capacities are overwhelmed, surfeited and disgusted by the expressions of those of large and perhaps coarser organizations, while these are, in turn, starved by the inability of their consorts to give them the full, rich expression for which they crave. Measure the capacity carefully and do not overtax it at first. Many a woman has been disgusted by the extreme passion of a man, who would have responded fully to it, if she had been given time to comprehend it; it is a fine art to know just how much passion to express so as to fill the measure to happiness, but not to overflow and surfeit it. Sexual passion is like the appetite for food or any other appetite. It is attractive while hungry; it revels in satisfaction, but it is repulsive when surfeited. Love your sweetheart passionately and devotedly, but do not overdo it. Keep your dignity. Give kisses and caresses when they are gratefully received, but be on your guard and quit at the right time. Go home before midnight and leave her in a condition so she will welcome your next visit. Preserve these harmonies when they have been secured.

Remember that the present form of marriage ceremony is problematical, and that because a woman has agreed and promised to love and honor you, it does not follow that she can do it, even if she tries. You must be lovable and honorable in your conduct, and in the words of the new marriage ceremony, given in "love and cherish", present yourself to her daily in the most lovable and companionable aspect of which you are capable. This rule conscientiously applied on both sides, will come pretty nearly solving the problem of a magnetic courtship and happy marriage.
toilette at all times preserve the strictest privacy, if you find yourself at a disadvantage. Many good but ignorant people think, that any indecency is permissible between persons who are married. The nowadays form of marriage undoubtedly educates people to forget all the privacy and decency just as soon as the marriage ceremony is over.

Love cannot exist except under constant culture, and wretched are they who forget this rule of nature. Make the general rule of your sexual intercourse, kisses and caresses correspond to the facts set forth herein and let your entire associations be a magnetic courtship, never carried to a disgusting lust, never characterized by the indulgence of lust, but always a feast of unselfish, considerate love.

Jealousy is the legitimate child or offspring of a marriage, in which the husband and wife are educated to believe that each is the property of the other. Men and women are naturally selfish and suspicious; the selfish idea dominates and when a selfish individual has won a desirable mate in the matrimonial market, he naturally wishes to deprive all others of the pleasures she may be able to bestow, and vice versa. The man or woman who submits to the selfish dictation of such a mate, is a slave and sacrifices all happiness and self-respect, as cowards and slaves generally do.

When the association of the mates is entirely exclusive, as it usually is in marriage, and intercourse is indulged in to an extent which creates a surfeit, a specie of insanity is developed and the individual is guilty of absurd and insufferable actions. He treats his mate with suspicion and acts as if he believed she
peared, and the first of the objects is a failure, when mutual, perfect love has been destroyed, and the production of good offspring is impossible, and the production of depraved offspring is assured, then the union should be dissolved in the interest of humanity as well as of the parties.

When the parties have become antagonistic, mutual support of themselves is in a large measure destroyed; their improvement and progress is arrested and their offspring already in existence is neglected, and consideration for future offspring should be exercised; it is better for a well organized offspring to suffer neglect for the time being, than for one to be borne of an unhappy union, foreordained to suffer all his life the ills of unnatural conditions.

Capricious rupture of the marital relations for trivial pretenses is not to be sought; but, every man and woman is the final judge of the question of his or her relationship, and should not be made to suffer disagreeable conditions. Therefore, the court is there for a remedy. However, the knowledge that either party is free to sever the union, puts the other party on his or her good behavior to maintain and preserve it. Most of the disagreeable and tyrannical actions of husbands and wives, which produce the misery of matrimony, grow out of the inability of the other party to find ways and means of escape.

When this philosophy is recognized, and sexual association is placed upon the plane of love instead of being, as now, a commercial commodity, happiness will be possible and education will make it a certainty; when a matrimonial mistake is committed the parties should be permitted to rectify it.
Rescue

To talk health, happiness and prosperity to every person you meet.

To be strong, that nothing can disturb your peace of mind.

To make all your friends feel that there is something in them.

To think only of the best, to work only for the best, and to expect only the best.

To look at the sunny side of everything, and make your optimism come true.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet, a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong to fear, and too happy to permit the presence of trouble.

To be just as enthusiastic about the success of others as you are about your own.

The Author
Dr. Krauss’
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