

HOW TO CREATE THE PERFECT BABY

By Means of the Art or Science Generally known as
Stirpiculture, or *Prenatal Culture and Influence* in
the Development of a More Perfect Race.



By R. SWINBURNE CLYMER, M.D.
College of Medicine and Surgery
Chicago, 1902

Other books by the same author: Diet, a Key to Health; Dietary Guide; Race Regeneration, Mystery of Sex; Nature's Healing Agents, etc., etc

Printed and Distributed by
PHILOSOPHICAL PUBLISHING COMPANY
"Beverly Hall"
QUAKERTOWN, PENNSYLVANIA

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DIETARY GUIDE

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Author's Notice

The author of this text assumes full personal responsibility for every statement made; for its publication and circulation.

All that is said is based on the *facts of experience*, hence no necessity for apology.

We sincerely believe that if the instructions given will receive only a partial application, those following them will be greatly benefitted and doubly blessed. Why not TRY? The cost is slight; the effort will repay itself *as all* efforts do.

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1950

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Quakertown, Penna.

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To Women — The Mothers of Future Generations

An old maxim has it that: "The hand that rocks the cradle rules the world."

This is all too true, as we well know, but *how* has the world been ruled? How is it being ruled today? What is the outlook of future generations?

Are mothers themselves proud of their sovereignty? Are they satisfied with the results of their achievements?

Women rule through the men they have brought into the world, not by being career women; not by winning honors in social, political or national affairs.

That the world has been, is being, badly ruled, no one will deny. In fairness to women, we must admit that this is not wholly woman's fault. TOO LONG SHE HAS BEEN KEPT IN IGNORANCE OF THE STRONGEST FORCE OF HEAVEN AND EARTH—A FORCE THAT, ONCE IN HER POSSESSION, WILL ENABLE HER TO RULE, PROUDLY GLORIOUSLY, MAGNIFICENTLY. This force is CORRECT KNOWLEDGE.

Once woman awakens to the realization that BY CAREFULLY PLANNING AND RIGHTLY CHOOSING, PLUS CONTINUED APPLICATION OF DESIRE AND EFFORT, SHE WILL BE ABLE TO BRING "MENTAL GIANTS" INTO THE WORLD, EVIL WILL DISSOLVE ITSELF AND "SILENTLY SLINK INTO THE NIGHT."

THIS SHALL BE WOMAN'S GREATEST HERITAGE: TO GIVE BIRTH TO NOBLE MANHOOD—MAN FASHIONED IN THE IMAGE AND LIKENESS OF GOD; FULFILLING HIS SUBLIME POSSIBILITIES.

Introduction

A Perfect Baby for Every Mother-to-Be

Time was when the world was in need of men—*any kind of men*. Time is *now* when the world is in need of *real* men; *choice* men; *strong* men; *honorable* men; men with *vision*; men who see the need of *action*; *right* action that will benefit, not the few, but *all* who deserve it, and who are willing to do all in their power to make this great, beautiful world a really fitting place to live in.

This idea of the need of *real* men is not something new; something which we have only *now* begun to realize. It is an age-old idea; the Biblical writers were conscious of it and many of the world's great women—great, not because of birth or intellect, but because they had a glimpse of the *vision*—dreamed of becoming the mothers of such men.

Men, *thinkers*, have burned the mid-night oil in their studies, seeking ways and means to help women do what they themselves were unable to do: to find a way that women with ideals might follow and bring into the world a generation of giants; giants not in physical strength, but of *honor* and with the Will to achieve; unselfish men, strong men, men also with vision; the *vision of a regenerate humanity*.

In this little text we do not propose to deal with personalities; nevertheless we must give a thought to those who, mostly unnamed, sought, suffered and experimented to find the *via dolorosa* whereby women, an *ever-increasing number*, might realize their dream of bringing perfect men into the

world by means of what science knows as stirpiculture—that is, by pre-conception, prenatal culture.

Towering among these men who labored, wrote text after text and led many women to achieve their desire, was P. B. Randolph, M.D., and to him in whose foot-steps we also have followed, we give all credit.

Almost all of that contained herein was written by him, perhaps in different words and terms, by others who also followed him and by ourselves, during our fifty years of experience. No originality whatever is claimed or pretended.

Our one thought is to present to the millions of women who seek to become mothers and have thus far failed, *a simple, workable, means* of success.

To other uncounted thousands who are *not* readily able to conceive, we offer the equally simple means whereby they may realize their fondest dream of giving birth to the *perfect* child; perfect physically, mentally and spiritually; this last equally important, if not more so, than the perfect physique.

This can be accomplished by the double means of following a truly natural and normal life, and in addition, the active employment by the mother-to-be of her God-given creative or *impressive* ability, that is, impressing inner *desires* upon the child-to-be. This actually amounts to *heart prayers to God*, so strong, so continuous, as to resemble the printing press, which stamps an impression—an impression which had its beginning in the *thoughts and desires* of man—upon a blank sheet of *prepared* paper and it becomes a bank note, good as gold and silver in exchange.

The body of the child in formation is this *blank sheet of paper*; the life led by the pregnant woman is the *preparation of that paper*, and, lastly and greatest of all, *her thoughts*

and desires, held in heart and Soul, stamp that prepared body with what she wishes it to become.

IN THESE FEW WORDS ARE CONTAINED THE SECRET OF STIRPICULTURE* or PRENATAL CULTURE. It is simplicity itself, though not so easily observed, because it is SOMETHING TO BE LIVED, NOT MERELY THOUGHT OF. But, as in the instance cited at the end of the book, if woman really desires a perfect child, she will be willing to "follow through," and she will find herself repaid a thousand-fold, and the blessings upon her and her offspring will be untold.

The cold scientist and the materialist may laugh in scorn at the ideas advanced; nevertheless, every stock breeder is fully aware that there are means and methods which, if followed, perfect the breed. He is also fully aware that feed is of primary importance to the well-being of live-stock and that careless feeding will quickly bring undesirable results. He knows full-well that proper housing, that is, environment, is of vital importance and, finally, that proper mating combined with favorable *impressions* can produce miraculous results.

These facts have been proven time and again. It is also recognized by cold, scientific Psychologists, that though much is known of the dynamic power of the human mind and Will, we have not even begun to sound the depth of its force. Why then deny the assertion of those who have given the subject life-long study and who are convinced that the *thought, Will and desire of the mother* has the power to impress her forming child with the power of good or ill?

**Stirpiculture*: The Art or Science of improving a stock or the race by observing strict laws of mating, breeding, feeding; and, in the case of mankind, the governing and directing of thoughts, feelings, desires and emotions.

We have in our favor, or in favor of the instructions advanced, two powerful factors. These are, first of all, a science proven by long and *actual experience* of those engaged in this great work of *borning a greater and more perfect humanity*. These men base all of their conclusions on scientific records covering a continuous period of more than an hundred years. We submit that there is *no truer science than experience*.

The proof of such experiences are all embodied in the carefully-kept records of these workers in "the Lord's vineyard of a better humanity."

The second factor is of a material-spiritual concept. It is the story in *Genesis* relative to Jacob and his sheep:

"And Jacob took him rods of green poplar, and of the hazel and chestnut tree; and peeled white streaks in them, and made the white appear which was in the rods.

"And he set the rods which he had pealed before the flocks in the gutters in the watering troughs when the flocks came to drink, that they should conceive when they came to drink.

"And the flocks conceived before the rods, and BROUGHT FORTH CATTLE RING-STREAKED, SPECKLED AND SPOTTED."—*Genesis* 30:37, 38, 39.

Yes, we are fully aware that materialism is on the rampage throughout the world, but pitted against this same materialism is the *indestructible inner spiritual feeling resident within the hearts of women*. Cold science cannot destroy this, *especially not* in the hearts of those multitudes of women still so womanly that they can dream and *vision* themselves becoming the mothers of the perfect child. It is for

these we speak; for these we prepared the instructions contained in this volume.

The examples of prenatal influences are cited merely to prove the influence of the habits of life: the fact that the thoughts and the desires of the pregnant woman may have a powerful effect upon the future life of her child, and to show her that it is as easy for her to bear a god in embryo as it is to bring forth a devil. Is this statement not borne out by the same Bible to which we have referred:

"And now the sons of men have become gods."

How could they change their human origin into that of *becoming* gods, if the foundation had not been carefully laid in their mother's womb?

DO YOU REALLY DESIRE TO BECOME THE MOTHER OF A PERFECT CHILD?

You, and you alone can, and must answer this question. If this is your desire, then this volume outlines the means and methods, simple but potent, which, if followed, will make your dream a reality.

Sincerely Given,

R. SWINBURNE CLYMER

"Beverly Hall"
Quakertown, Penna.
October 28, 1949

Prenatal Culture

The Science Governing the Birth of Perfect Children

An unknown author has well written: "God gave woman the ability and *privilege* to bear children so that she might become a co-creator with Him and share the glory of motherhood with Him."¹

Another author, equally unknown, has just as truthfully said: "A mothers' hands may be too tired to hold a torch on high to glorify herself, but never too tired to light the candle in the nursery."

Prenatal culture—Stirpiculture—preparation for a child *before* conception and *during all of gestation*—is almost as little understood as are the laws governing creation itself.

Very few understand, or have given thought to the fact that in a little germ or sperm—the Spermatozoon—so small that thousands are contained in a drop of liquid and to be seen only by the aid of a powerful microscope—is contained the ego, *the entire picture or plan of the future man*. Few mothers, or those who expect to become mothers, fully realize that a child's education and training *must* begin *before* birth, if it is to attain to its highest degree of mental, physical and spiritual development.

Despite the universal lack of knowledge on this all-important subject, the child's education, whether for good or

¹This is well and beautifully told in the many stories woven around Mary, the mother of the Nazarene. In all history, where will you find any man, however great he may have been, or how widely honored, who is so deeply venerated as this mother of the man who manifested Godhood?

ill, began generations ago—began with the ego's beginning, and is merely RE-commenced in the life of those who are to become its present parents.

A child is far more than something that merely grows. Few recognize this truth and because they do not, suffering comes to the child, and through the child, to the parents and the State. Children are usually conceived with little or no thought. If conception receives consideration at all, it is usually with the thought of aversion, and this is the *source* of all the evils of the world.

If conceived despite all precautions, or, to be fair, even with desire, little or no thought is given to the new creature prior to birth. It *just grows*, and may the Lord help it in the manner of its growth.

The devout mother-to-be has her trust in God, but unfortunately, this trust in God without preparation on her part is much like the Biblically-frowned-upon "faith without works" which, as the Biblical narrative has it, "is dead."²

Who Is Responsible for Equipping an Unborn Child With a Talented Brain and a Perfect Body?

Humanity as a whole, fathers, mothers and legislatures, should be brought to a high degree of consciousness that a child is *more* than something that just "grows," "becomes," or "is." One child may be born with the power to either destroy or to regenerate a nation, if not a world.

Today, as through countless ages, the seeds which produce

²In all fairness to womankind generally, the blame does not rest with them, but is due to the general ignorance on the subject and the lack of literature dealing with this most-important phase of life. A recent canvass of various libraries in one of our large cities failed to locate a single text dealing with the problem.

these children are just thrown broadcast, without preparation of the "ground" in which they are sown; without a thought of what they will become or what they might be; though in some instances there is a more or less sincere trust in God.

Mankind, especially educators, priests, ministers, and those who have the welfare of man in mind, should be willing to give just a little serious thought to this *most important* of all subjects.

Anyone having a knowledge of Divine Law should quickly recognize that God, having given man *free Will*, will not and cannot, interfere with the working out of His own Laws for the perpetuation of the race.

Parents are responsible for: (a) properly preparing themselves for parenthood; (b) arranging proper conditions and environments; (c) living properly as regards rest, food, exercise, and especially mental attitudes and emotional stresses; (d) recognizing the fact that impressions during pregnancy shape the destiny of offspring for the good or ill of themselves and the nation as a whole.

It is seldom that a mother-to-be actually realizes her awful responsibility in this regard. If she has even a little knowledge of the subject, just think of the fact that this little knowledge may enable her to bring a highly talented Soul into the world, instead of a failure or ne'er do well.

It is necessary to admit with shame that prospective mothers by and large, give *far* more thought and time to the selection of the wardrobe for the prospective child than to the preparation of its physical, mental and moral equipment and character. By her LOVE, EXPECTATION AND PLANNING for the child's expectant sixty or eighty years of life, she can perform miracles in the upliftment of mankind.

A child has the right to infinitely more than shelter, food and clothing—selected, not actually for the child's comfort, as a rule, but as a showpiece to display before friends and neighbors; well and desirable in itself, but actually no more than a side issue.

It must be generally admitted that if ever there is to be a real reformation—the re-form-a-tion of the world; if ever the millenium of purity, chastity, righteousness (right-ness), and supreme peace—sometimes known as happiness—are to be achieved on this earth, it will result from correctly—wisely and rationally—directed parental laws.

Napoleon must have had this in mind, for he is given credit for having said: "If you would reform the world of its vices and errors, begin by enlisting the aid of the mothers."

A Wisely Conceived Child Cannot Be Led Astray

The destiny of the individual, hence of the nation, of the *race* itself, depends upon the mother and the prenatal conditions arranged for her child. In the propagation of the species, if undertaken *knowingly* and *understandingly*, the father and mother, working harmoniously in conjunction one with the other, can do more toward fostering the reforms so urgently and sorely needed, than can all the temperance, vice and reform societies, religious denominations and corrective (after birth) institutions in the world.

A CHILD DESIRABLY CONCEIVED, WISELY NURTURED IN THE BOSOM OF THE MOTHER-TO-BE and GUARDED BY THE LOVE BETWEEN FATHER AND MOTHER, WILL NEVER GO WRONG AND CANNOT BE LED ASTRAY. If there is a God there must be a Law; if there *is* a Law, then it certainly follows that "everything is *after its kind*; the fruits of a good

tree, well-husbanded, cannot be of a bitter nature." If this were not true, there would be no "God of Love," and the Laws governing the earth and mankind would be an illusion and a mockery.

Woman, if *true to her feminine nature*, is an advance over man; not because of her beauty, her accomplishments or the nature of her love when *correctly* awakened, BUT BECAUSE SHE POSSESSES THE WOMB, the *laboratory* wherein are fashioned the millions of denizens to inhabit the world; where she cooperates with or is an assistant to God in the formation and final completion of a human creature.

She must be an artist, a willing assistant if, from an uncertain beginning, she is to mould that new form and bring into being a perfect specimen of the human race. Nevertheless, she *can* do it, if she possesses the Will and the patience to perfect the work under her care.

Pre-generation³ is far more important than any possible after-education. The manner in which children are conceived and brought to birth predetermines to a vast degree their moral and immoral inclinations, talents, mental capacities, possibilities, abilities, state of health and even longevity.

A fundamental error is found in the idea that all children are born much alike; that the only agency in bringing about the difference between boy and boy, girl and girl, are the result of application and moral effort; the direction by outside influences. There is nothing in Sacred writings, or in philosophy, sacred or profane, or in the teachings of basic science, which would indicate that God, or if you prefer, the Divine Law, holds *all* men responsible in *like* degree.

³Everything done by both parents in preparation for conception and all that is done during the period of gestation.

There is no such actuality as *natural equality* for the very good reason that men are not equally born—with *like* mental and physical equipment—nor with *like* loves, hatreds, the Will *to do*, or the deadly inertia *not* to do. Of a truth, men are differently conceived; differently nurtured, differently born; and, to an equal degree, differently educated and guided.

All experiences of men, from the nurseries to the universities—whether universities of formal education or practical, hard knocks—refute such a concept. It is necessary to willingly, aye, gladly, acknowledge the mighty power of education and social influence in the development of the human mind, just as it is admitted that exercise in any direction or of any part of the body or faculty brings about development, *but*, and this is uncontradictable, THERE MUST BE SOMETHING TO BE DEVELOPED; there must be a moral fibre on which to build the moral life, the mental equipment, latent or active, to bring a genius into manifestation.

The child born of vicious stock, irrespective of how hard he tries, will have a most difficult task developing into a spiritual leader governed by spiritual instincts. The environments *may* bring about a mental *revulsion* or *reaction* and cause such a child to become active in a manner totally contrary to the manner of birth and the initial environment. This we willingly acknowledge; BUT IT IS THE EXCEPTION, NOT THE RULE. Such experiences OFFER HOPE AND ENCOURAGEMENT EVEN TO THOSE BORN UNDER THE MOST DEPLORABLE CONDITIONS. The child born into a careless shiftless family finds it far more difficult to become an Edison or a Steinmetz, than one who sees the light of day in a well-regulated family; *but the possibility of its super-development does exist.*

Ishmael, the Symbol of Evil

The old family Bible has become a much-derided book in this age of modernism, jazz and the decline of honor in man's word, but we nevertheless turn to it for some of our examples.

Who, having studied that book of books, is unfamiliar with the story of Hagar and her son Ishmael, the evil genius, founder of the Ishmaelites,⁴ "whose hand was against every man." The character of the man, the manner of his life, his every thought and act, were the visible incarnation of his mother's, Hagar's hatred and bitterness of mind, during her period of gestation.

During this period she was *not* God's assistant in the creation of His image, but personified destructiveness; the gall and vinegar of the human Soul, lacking even a semblance of the honey of love which should govern woman's heart and Soul and temper her thoughts, desires and feelings, during this period of life's greatest and deepest moments.

Ishmael's malicious and resentful nature and the ferociousness of the Ishmaelites—both his followers and progeny, throughout the history of that nation—is an example of the force and power of the influences released by the feelings of the mother-to-be upon the child she carries within that inmost laboratory. It is an illustration of the manner in which Prenatal laws operate, even though unconsciously, on the part of the mother with the child.

Hannah—Mother of Samuel

Hannah, the mother of Samuel, offers an unusual contrast. Who, believing there are Laws of God, Laws that govern

⁴Ishmael, a symbolization of resentment, bitterness and malice.

in all things, both great and small, will believe for a moment that Hannah's holy vows, vows which were the result of her inward *feelings*, her devout piety, while she was *enceinte* with Samuel—who will believe that this love in her heart had nothing to do with Samuel's nature and the manner of his life? If it did not, then why make Hannah the symbol of piety, holiness to the Lord and, above all, love for the child within her bosom? Why is this so strongly dwelt upon?

Mary—Mother of Jesus

Why did the Lord not select a woman of vicious nature, a neurotic, or an emotionally unstable woman for the mother of the Nazarene; His chosen messenger of a new age to the people? Was not the *graciousness* of all womenkind, of all motherhood, condensed in Mary's one statement: "My soul doth magnify [glorify] the Lord."

The Self-Made Man

The familiar statement, a "self-made man" is, with few exceptions, a misnomer. If a man does not possess the *qualities*, received from either one or both parents, necessary to success, transmitted to him, he cannot—or perhaps more correctly, he *will not*—rise above the characteristics of the mediums of his birth. Certain essential characteristics must predominate, among them: ambition, stability, concentrated effort, and above all, *Will* power.

Exceptions to the Rule

The exceptions must be recognized. The life of the parents, the environments of birth, and the associations, may exert such an influence upon one unfortunately born, as to

bring about, first, resentment, and then, an iron determination that he *Will* prove his life to be exactly the opposite to that of his parents, contrary and greatly improved over his early environments and associates. Wonderful improvements are possible when a man rebels against his condition in life and *determines to do something about it*.

Famous People Who Overcame Handicaps

The inertia of Lincoln's father, the kindness of his mother, brought about such a revolution as we have just mentioned, and a new determination was born in Lincoln: "I will show them!" This determination was not directed against his parents, but to the people of the community in general.

Napoleon was another such example, though in him the selfish trait finally became manifest.

Theodore Roosevelt, born physically weak, manifested this same power of the "I-will-show-them!"

These are exceptions, and in all of them, the trait of kindness, of physical strength, or of selfishness, can be traced.

In each instance the child inherited a general aptitude for some special activity; the brain being fashioned by the thoughts, desires and the blood of the mother, though it might also have been imbedded in the ego part of the germ (spermatozoon) which was the beginning of the new creature.

In the ultimate, the "self-made" man may be but an indication of a *worked out* plan (by the Law) and a developed quality transmitted to the unborn infant, *vide* reincarnation; potentialities, possibilities, even certainties, all modified or strengthened by what we roughly term prenatal influence.

There are those we may rightly class as "self-made," because they had an idea and they concentrated their entire energy and time upon bringing that idea into fulfillment, permitting nothing to interfere in such an effort. Some of these became great as a result of an inborn unbendable Will, which merely required proper development. This is entirely possible if the mental ideal is of sufficient strength.

Such men must be given full credit and may rightly be held up as examples to those who, born weakly and unfortunately, possess an ideal, an all-devouring desire to achieve. *Such examples afford uncontradictable proof that all men may rise to worthwhile accomplishments, despite the misfortunes of birth,* IF THEY ARE WILLING TO PAY THE PRICE, READY TO MAKE THE EFFORT, and continue to do so until success crowns their activity. These, as previously mentioned, are the exceptions and lend encouragement to all. It is better, however, if all men are to "the manner born," thus better able to take their rightful place in a better world.

Alexander the Great

Many of the world's recognized men were not *in fact*, as the world supposes, self-made. Alexander-the-Great is given credit for being one of the greatest geniuses. HE WAS ACTUALLY BORN GREAT. His genius manifested itself at the moment boyhood changed into manhood and he became personally responsible.

He may be considered as the Soul of a near-genius who required only a rebirth for his genius to become manifested, and in this the prenatal desire of perhaps both father and mother, or at least one of them, was demonstrated. When

but sixteen, he governed Macedonia while his father was absent. At twenty he succeeded to the throne; then began his career of conquest. He died at thirty-two; the flower had turned to seed; his destiny was fulfilled.

His father, Philip II of Macedonia, was an illustrious general and statesman; possessing a magnificent physique; a commanding presence; eloquent of speech and wise in the command of men. Olympias, the mother of Alexander, was an ardent enthusiast ["Enthusiasts are the Ambassadors of God."—*Randolph*], possessing strong passion. It is but natural that two such people should ardently desire to bring into the world a mighty Soul. DESIRE IS A MOST POWERFUL PRENATAL INFLUENCE; AN INFLUENCE SO GREAT THAT LITTLE, IF ANYTHING, CAN SWAY OR TURN IT ASIDE, and those possessed of such a desire generally live and act accordingly.

Napoleon's Prenatal Influence

Referring again to Napoleon as an example: His mother was an ardent student of History. The stories of history filled her mind, hence governed her desires. She accompanied her husband, not an extraordinary soldier, in the wars of Italy. Naturally, her prayers were that her son should not be an ordinary, but an EXTRAordinary soldier; a commander of men.

She rode for hours daily during her pregnancy; sat by the campfires and listened to the tales of heroism, and the plans for battle. All of these forces played in her mind; fired her imagination, gave birth to great imaginings for her child, and impressed that child with all the experiences and passions of the world of war.

In many respects, most of the truly great men resembled their mothers in temperament and adaptability. It has been said, and accepted as a truism, that it requires a *great* woman to become a superior mother, to produce a great son. This is actually a fallacy unless, when we say "a great woman," we have in mind a woman truly great because of her kindness of Soul; the generosity of her spirit; the motherliness of her heart; the feeling of compassion for all who suffer or have been misled.

It is such as these who are truly *great*; not those whose intellect competes with that of man; whose desire is for dominion in politics or business; who seek to govern by force instead of by love and *feeling*, kindness and *graciousness*.

Only those are *truly* great who love deeply and unselfishly; serve with joy; who rejoice in the mothering of men and who, deep within their innermost being, actually feel that woman's greatest destiny is to be, first of all, a sweetheart; second, a good wife; third, a good housewife; fourth, a good mother; fifth, a good grandmother, and lastly, a real companion to her husband when the "sowing of the fields" is finished. If, for one of all too many reasons, she is unable to be a good mother, she *can* fulfil her *destiny* by being a good sweetheart, wife, homemaker and companion.

Old fashioned? Of course, but do not forget, it was the old fashioned women who gave the truly great men to the world and not the career-women; the women who became bitter because of some mistake and could not, or would not, re-adjust themselves.

It remains for the truly great women, by proper training, careful preparation and lofty outlook, to "bring forth out of

the waters of the deep" as the old Bible would have it, poets, inventors, statesmen, physicians and world leaders whose honor, absorbed at the breast of the mother, is so great as to be unmistakable and unsullyable.

The Greatest Phenomenon in All the World

The secret of a mother's ability to transmit to her children any desired quality, goodness, greatness, talent, potentiality and possibility, **EVEN THOUGH THE DESIRED QUALITY IS NOT POSSESSED BY THE PREGNANT WOMAN**, is the greatest of all the phenomena in the universe and is **BASED ON HER DESIRE AND LOVE FOR THAT WHICH SHE IS ENGAGED IN CREATING**. This is a mystery only because it is so simple. Few are willing to fully recognize the true facts and make use of them in an effort to bring forth beings who will re-shape and regenerate the world.

The Story of Four Sons

An early writer on the subject known as *Zeville*, gives many case histories taken from real life. Here is one of exceptional interest because of the variety of results achieved by a single mother.

"A woman gave birth to four sons. The first of these was ordinary, much after the majority of men. The second was conceived after the mother had learned some of the laws governing prenatal culture and in whose heart had been born the ideal of an eloquent son, an orator.

She interested herself in the lives and orations of those truly great in the field; imagined herself in the place of the mothers who had given birth to these men. She attended lectures whenever possible, listened understandingly to great

speakers, and *always* HELD A DEEP DESIRE THAT HER CHILD WOULD BECOME A GREAT ORATOR. A son was born to her, and, nurtured by the breast wherein there dwelt, like an ever-burning light, this great desire, became a world renowned orator.

Her third son was to be an artist. While *enceinte* she studied art whenever she had the opportunity. She visited galleries whenever possible; she feasted her eyes on beautiful paintings and, in her innermost thoughts, was herself an artist. The son is (at this writing) one of the great painters in Europe.

For her fourth son she had in mind the career of a master architect. As with her other children, she blended her inner self, the heart and Soul, with works of architectural beauty; she never for a moment let go of her ideal; never had a doubt, but that it was to be a son who would truly be successful in the career she had mapped out for him. Her desire was fulfilled; her 'dream' came true."

The Problems of Two Friends, and How They Were Solved

Clara F. and Margaret E. were friends living in a mid-western town of some three thousand population. As is now so frequently the case, there was no resident physician, the nearest being a considerable distance away. In case of child-birth, the women depended upon midwives.

The family of Clara F. was made up of what she described as "ordinary country people." They were honest, intelligent people with a country school education.

Her husband was a farmer without any great ambition. He wanted a family as had his father before him, but there

it ended. Children were children. Some good and others not so good, *but what could one do about it?*

His wife, Clara F., was different. In some manner she had obtained literature dealing with *race improvement* and the overcoming of physical and mental weaknesses in offspring. She had become sincerely interested in the subject, being determined that if a mother *did have* the destiny of her offspring in her hands, SHE would do all in her power to bring superior children into the world.

As she described it, there existed in her family a decided physical handicap; the body structure was of such a nature that bones would break very easily and heal slowly; the teeth deteriorated at a very early age, and there appeared no available remedy. Consultation with a dentist was difficult and the physician⁵ consulted could give her very little information.

Clara F. did considerable reading and her desire to become the mother of superior children, both physically and mentally, had been aroused by statements in a book which she quoted in her letter to us asking for instructions:

"Any mother *can, if she will*, produce offspring that shall be superior to either parent, by avoiding all disagreeableness of whatever nature; by *believing* [active faith] she shall and will produce a superior specimen of the race, and by firmly resisting discontent, anger, jealousy, hatred, and all evil [tendencies] — DWELLING ONLY ON THAT WHICH IS TRUE, BEAUTIFUL AND GOOD."⁶

⁵This was at a time when physicians generally, other than "empirics," knew little of what are now known as the "organic mineral elements and the vitamins." "Empirics," physicians not governed by stereotyped formulas, depended more generally on experimentation, research and experience. The now freely acknowledged great physician, Paracelsus, was an empiric.

⁶*Eulis*, by P. B. Randolph, M.D., written and published in 1874.

A second similar statement was quoted from the same work:

"When a woman is pregnant, her whole desire should be that of giving to the world a perfect specimen of her maternal work, *allowing nature to determine the sex*; then we shall behold no more improperly constructed human beings on this fair earth of ours."

She was fully aware that she would receive no active co-operation from her husband because of his plegmatic nature; on the other hand, he was a "good" man and an equally good husband, though in a negative sort of way. THE ENTIRE PROBLEM WAS UP TO HER.

Clara F. was instructed to have a physical "check-up," which she did, and it was found that her physical condition was excellent with the exception of what we now know as a deficiency in both minerals and vitamins. She was then instructed how to prepare herself for a period of no less than three months before pregnancy should be attempted; eating only foods known to be decidedly rich in iodine and in the organic mineral elements and vitamins, at that time known to the empiric as *vital* elements in the food. These instructions in every way are similar to those more completely described in the back section of this book.

She faithfully followed all the instructions. In due time, a boy was born. He was normal in every respect and developed as a normal child should. Mentally, he was decidedly bright and, at the proper age, had a beautiful set of teeth which required no attention whatever until he was fifteen years of age. He became naturally interested in athletic sports, developed a strong physical body; mentally became very brilliant; took honors in school and college,

and is today highly successful in his profession and widely known.

It should be needless to say that his mother, following the Indian traditions in that section of the country, by taking *Squaw vine tea*, was able to feed him at her bosom and after weaning him, continued to supply him, as well as the rest of her family, with the proper food.

Four more children were born to her; two boys and two girls, neither one of whom was cursed with bone deficiency. Each developed properly, both mentally and physically, proving to her the absolute truthfulness of the statements she had read and which pointed out to her the Road to Health and Happiness.

Margaret E.

Margaret E., being a close friend to Clara F., had an entirely different problem. She had long shared her confidences and problems with her friend; had read the same statements and was fired with a similar ambition. She, like her friend, was raised in an ordinary country family, had little education, very few of the world's blessings, but was fortunate in that her husband, though rather suspicious of "the reading of books," nevertheless was anxious that his wife should have "everything that would make her happy," hence was willing and agreeable to help her in every way he could.

In this family there was a strong facial feature which was highly disagreeable to both the husband and wife. Though married several years, they had avoided bringing children into the world for fear that these might inherit this undesirable characteristic. Reading the positive statement that "when a woman is pregnant, her whole desire should be to

give to the world a perfect specimen of her maternal work," and that if she did so, "she could produce a superior specimen of the race," she received renewed hope and courage, then decided she would obtain all the information available and "follow through" by obeying all instructions.

She was instructed in all the general and specific information for her preparation to conceive. While thus preparing herself, she was firmly instructed *not* to give any thought to facial features, but instead to obtain pictures of both a boy and a girl with features such as she desired for her children. She was told to hang these where she would see them many times a day and NEVER TO FEAR DIFFERENTLY, BUT TO FIRMLY BELIEVE THAT HER CHILDREN WOULD REALLY BE SIMILAR⁷.

In due time, a normal, healthy little girl was born to Margaret E., its features were different, taking somewhat after the other features of the family, but as perfect as the pictures that hung on the wall of her home. Since then, three sons and another girl have been born to her, each minus the undesired feature of the family.

Both Clara F., and Margaret E., are evidence that the "mother is the sculptor capable of moulding the mind and the features of her children."

The Child's Temperament Is Decided Before Birth

Every child, mentally, morally, physically and even spiritually, is the result of all that has proceeded; moderated or intensified by either the wisdom or the ignorance; the "goodness" or the carelessness, of the mother-to-be.

⁷This, the reader will recognize, follows the method practiced by Jacob to bring forth cattle such as he *wanted*, AND BELIEVED POSSIBLE—ring-streaked, speckled and spotted.—*Genesis* 30: 37-39.

The child's temperament, in great part, is determined before it is born; may be made wholly so by the wise and understanding mother-to-be. Even its possibilities and capabilities are charted, or may be charted, long before actual conception takes place. Irrespective of the training a child may receive after birth, the trail has already, knowingly or unknowingly, been blazed, and the tendencies toward a given end, unless modified by careful direction and training, will be followed.

Goethe—the German Poet

The brilliant, successful men and women, whatever their activities in life, have seldom been the result of education and environments alone, but of circumstances and experiences, consciously or unconsciously directed. It is said of Goethe, the great German poet, that he was a composite, or intermixture, of his parents.

His father was a well educated, proud, formal man, with uprightness of spirit, much fascinated by beautiful women. His mother was of a happy disposition with a deep love and great aptitude for telling stories. Mentally, she was as brilliant as her husband was proud and learned. She was vain in dress and proud of her ability for correct selection. The son was a "wanted" child; the characteristics of the parents blended; the son inherited, and in his own life, *blended* the qualities of the parents.

Buffalo Bill—Wm. F. Cody

"Wm. F. Cody, better known as 'Buffalo Bill,' the hero of our own youth, greatly resembled his mother. He was as brave as he was honorable. He was born during the early days of Missouri, then a wild and ungoverned country. His

mother had need to be brave and fearless, *a trait from which honor is born.*

"Early in his life, his father was assassinated, and his mother undertook, with success, to be both father and mother to him. Wm. F. Cody became in life the manifestation of the experiences of his father and mother; experiences and feelings impressed upon him during gestation, and after birth; feelings and experiences, and the *reactions* upon his mind and Soul, as the result of the life lived with his father and mother."

Mary, Queen of Scots

An adverse illustration is that of Mary, Queen of the Scots. Before the birth of her son, who became James I, of England, she witnessed the plunging of steel into the heart of her secretary, and, what was even more unnerving, she was forced to listen to the wild ravings of his ignoble fear of death and who, bathed in his own blood, clung to her skirts for the protection he did not receive.

Her son, King James, never knew such a thing as tranquility. He was filled with conflicting emotions; inordinately timid, fainting even at the sight of blood; a tyrant and vindictive, as have ever been moral and physical cowards.

The horrible impressions upon the mind and heart of the pregnant woman became the pattern of an ignoble king; a man guilty in fact but not intent; because his destiny was shaped for him; the pattern drawn, before his mind possessed conscious ideas of his own.

The often repeated claim that environment, one's surroundings, are alone responsible for the difference in the life and actions of men is mostly a fallacy. It is admittedly

true that the influences of environment are constantly at work from the moment of conception. These influences can be *vastly* modified for good or ill *by* the pregnant woman, and these influences of environment prove the Law governing Heredity, rather than otherwise.

The Law of Heredity

Heredity is the force or power which *stamps* upon the child a certain *picture of being*, and apparently foreordains that the child-in-the-making shall be in the likeness, *and of the nature*, of one or the other, or both the parents. The force of Heredity and prenatalism fixes the natural bent of the inner inclinations; education and environment develop this; the two together determine the capabilities and possibilities of man UNLESS modified or accentuated by the *conscious* and *determined* effort of the mother, with or without, the co-operation of the father.

Heredity is the mysteriously operating law which foreordains that the offspring *shall* be in the likeness of one, both, or a mixture of the parents. This is *true* in the animal world where there is no modifying influence; no law applicable to retard or advance the traits, shapes or tempers.

Heredity and prenatalism fix the natural bent or tendency in man-to-be; education and direction, plus environments, develop these traits or leanings; the two determining the possibilities of man. The Will, feeling, desire and active effort, on the part of the pregnant woman, *may completely reverse* heredity and natural tendencies, not to mention future possibilities.

Heredity, in so far as man is concerned, and we have only man in mind, has been made synonymous with fatalism,

feeble-mindedness, insanity and viciousness. Admittedly, in the animal man, and unmodified, that is, heredity permitted full sway, would so result, but the mind of man, aided and abetted by true desire—that of heart and Soul—is capable of *redirecting* all the Laws of heredity and environment. This we know as Prenatal Culture.

If this were not true, then man would indeed be the plaything of vicious, inhuman, unfeeling nature and *not* in any way responsible to Law or God for what he is or does. Foolishly and illogically enough, the evils of man are accepted as the result of heredity, while the possession of virtue, morality, honorableness, graciousness, and even genius, are attributed to other and generally unknown influences. What utter nonsense and senselessness!

The potential influences of heredity may begin even before the union of the two cells, the spermatozoon of the male and the ovum of the female. The beginning of a new creation may be either animal or spiritual, or a balance of both. In the spermatozoon is the *picture*, the *architectural drawing* of the new being; be it a future Nazarene or a Hitler; in it also is imbedded the latency of tuberculosis, insanity, deformity; the genius or the *Christos*. But the spirit of the *Christos* may be turned into that of a satan or a modern Stalin; that of a potential inhuman beast into a Saint—all by the inner love and desire of the woman that will mold the body, and build virtue or vice into the mind. *She* it is who has the power to neutralize the virus of disease into the virility of powerful manhood or womanhood.

The minute speck we know as a spermatozoon is, in embryo, an individual who will, in time and space, become either a success or a failure; temperate or a sodden drunkard; chaste and honorable or one given to license; depending

almost altogether on the influences and the efforts brought to bear upon it by various means, both mental and physical, by the "moulder of the clay," the mother-to-be.

The unappreciated fact, aye, wonder, to be considered is that two almost unperceivable cells can contain within their infinitesimal selves and convey from parents to child, not alone the racial peculiarities, but also the individual traits, weaknesses and strength of the one or both parents, as well as trace characteristics of generations before them.

"Breed Is Stronger Than Pasture"

George Eliot made the cryptic remark that "Breed is stronger than pasture." Heredity is admittedly a powerful influence in the life of man, but, well understood and correctly directed, prenatalism is *all-potent to neutralize or offset the influences other than racial characteristics. Even these may be greatly modified.*

In the animal kingdom, heredity all but completely governs and, in general, that is, in all but the exception, like produces like. But—is this true in the human family? If it is, how can you explain the differences so very marked within the same family?

Do we not frequently find one child of sunny disposition and altogether lovable; while the other is morose and even cruel, perhaps, at heart, a criminal?

Environment is unable to offer an explanation here, since the environment of both is identical; both of the same parents, born in the same house, under identical conditions, WITHOUT GREAT EXCEPTION, THE MOOD, THE INCLINATION, THE FEELING AND THE DESIRE OF THE MOTHER BEING THE GOVERNING FACTOR.

Heredity and *prenatalism* offer a key to the difference. Patient investigation would quickly prove this to be a fact.

Why Is There So Much Evil in the World?

Why is there so much of the commonplace in the world? So much of the base and cruel? So much of the vicious and dishonorable? In reverse, so little of the beautiful and spiritual; of inner spiritual humility and native graciousness; so little of lovely kindness and true fineness of human nature?

This question can be reversed and continued: Why are there so few really *wanted* children born into the world? Children, during gestation, should have all of the human warmth and the heart's love *poured constantly over the developing embryo*, like, if you will permit the homely comparison, the REALLY GOOD COOK BASTES THE ROASTS IN HER OVEN AND PROVES BY THE RESULTS ACHIEVED, THAT SHE *is* A GOOD COOK.

It is not stretching the truth to say that *hardly one out of every ten thousand children is conceived with "plan and desire aforethought."* The others, that vast army of the unwanted are an "accident," each the result of a moment of seeking satisfaction of physical passion, often induced by an inflamed ovary or congested prostate. An ugly statement, but a truth with which all physicians are familiar. How can such a conception result in physical, mental and moral soundness and spiritual greatness?

Unfortunately, for Humanity as a whole—and this deeply concerns each and every one almost as much as though it WERE IN OUR OWN HOUSEHOLD—the remaining nine thousand, nine hundred and ninety and nine are accursed with

the gross accumulations of the sins, weaknesses and vices of the parents, who, themselves, because of IGNORANCE OF THE RIGHT WAY OUT, are weighted down to earth, wholly earthly, and who recoil with a sense of dissatisfaction, if not with downright antipathy, at the very thought of being plagued with an unwanted child. Thus, the coming of one of God's little ones to all too many households is looked forward to with dread and doleful apprehension instead of what might be: THE ANTICIPATION OF A TRULY BLESSED EVENT; THE OPPORTUNITY OF GIVING TO MANKIND AND THE WORLD A TALENTED SOUL TO HELP AND GUIDE HUMANITY TO A GREATER DESTINY.

With this certainty of actualities in mind, is it any wonder that we find so much weakness, sickness, suffering, viciousness, drunkenness, licentiousness, murder and rape among all classes? Is it to be wondered at that we find so little of actual purity, chastity, manhood and womanhood, honor—and that little understood but much-wanted generosity and graciousness of heart and Soul?

This treatise is prepared for those who up to now, have not believed in Prenatal preparation, or the influence of heredity and who possibly have little faith in God or an *absolute governing law*. It is hoped that all these will be reminded rather pointedly of the ever-increasing number of institutions for either the training or imprisonment of the children who cannot be controlled in the home.

Most of these children were born *with*—as part of their make-up—the propensity to lie, steal or kill; or lean toward degrading practices and viciousness, all too ready to manifest themselves at the slightest provocation. These, now numbering into the millions, are *naturally* criminal. They have not learned of the world of evil by contact. Many of them have

never been away from the farm, have lived in small communities, or remote places before being incarcerated in these institutions.

No Such a Thing as Chance

It is necessary TO BE POSITIVE, *and to realize that there is no such thing as chance in the life of man from the cradle to the grave.* GOD'S LAW is. IT IS EVER PRESENT AND CONTINUALLY OPERATING. IT IS AS CHANGELESS AS IS THE COURSE OF THE SUN. Were this not true, *then there would be neither God nor law.* This law is active from the birth of the lowest to the highest form of life, as implied in the creation of "EVERYTHING AFTER ITS KIND."

Another way of saying this is to positively assert: "*Everything according to its nature.*" The fig tree does not produce acorns; nor the apple tree, plums. Everywhere there is law; but man in his blindness either does not recognize its operation, or fools himself by believing that the Law can be circumvented or set aside.

The non-observance of Law, whether as the result of ignorance or defiance, enforces upon its violators the penalty of weakness and sickness; as well as mediocre or even criminal offspring. Observance of law, not merely in letter, BUT IN THE SPIRIT OF THE LAW and with LOVING OBEDIENCE FOUNDED ON THE HEART'S DESIRE, clothes the newborn with the cloak of near perfection of form, feature, mentality and the possibility of achievement.

At present, the Divine Command "to multiply," the conception of children, with rare exception, IS NOT FULFILLED UNDER THE LAW—is mostly without the observance of a single principle of the Law. There is first, and most regret-

table, neither desire nor plan for a child. There is not even a thought of preparation for body, mind and Soul by either parent. All is left to chance, and, as is often the case with games of chance, *the dice are loaded*.

The birth of a truly "love-child" is, indeed, rare. More often than not, the term is applied in derision to the child born out of wedlock—the so-called illegitimate child; but deny it as men will, these children are usually the superior children both in mind and body and, as history proves, have achieved the greatest success. This is not a plea for the birth of illegitimate children, but is a slur on the millions of legally wedded fathers and mothers whose progeny are inferior. At this point we may well ask mothers, the world over, the question: "How many of *your* children were conceived in affection and brought forth into the world with rejoicing?"

We need not wait for the answer to this question. The answer is all too plainly manifested in the ever-increasing number of the lame, the halt, the blind, the dumb, the idiotic, the drunken, the degenerate and the vicious; all of them suffering because, *in most instances*, their parents made them what they are through disregard or ignorance of the Creative Law.

What Manner of Child Is Desired?

It is well to ask prospective mothers in all sincerity and kindness: WHAT MANNER OF CHILD WOULD YOU GIVE BIRTH TO? Answer that question and there follows another, just as disquieting: Are you possessed of a conscience that may suffer from self-accusation? IF YOU HAVE—USE IT! Accept the statement as an uncontradictable, irrefutable fact, that all the missionaries in the world, all the reform societies

and all the human aid societies cannot do as much during your lifetime to bring a savior into the world to help humanity, as can one mother during her nine months of prenatal effort, when she works in harmony with the law, in wise desire and loving effort.

There can be no denial that the mother during the *silence of the night of nine months* builds the "house not made with hands," which a Soul is to inhabit and that, unless modified by her desires and efforts, this body will take on the contour of either of the parents or an intermixture of both. This is demonstrated by Mendel's Law. If science admits this, and it does, and hence if physical heredity is beyond dispute, why should there be any room for doubt that there is also a Law governing mental and moral heredity? *The mother can, if she will*, control the building of the brain cells as surely as she can the body cells. The brain structure, determines the child's ability, or the lack of ability.

The positive statement is repeatedly made so far to impress all who run and read, that tendencies which might be or would be, inherited, can be greatly modified, and in many instances, *completely* changed, by the *feelings* and *desires* of the mother-to-be during her pregnancy. Under this Law it is entirely possible that a heart-reformed Magdalene can become the mother of a Saint.

The child born to ordinary parents may, by force of the Will power of the mother, based on desire and affection, be converted into a great and lofty Soul or a genius. How sorrowful, then, for women endowed with intellect and culture, and the power of choice, to bring into the world a mentally small, physically puny, miserable, unfit, feeble child!

Dr. Randolph was correct when he so positively stated that: "Every breath should be a protest against the horrible injustice of casting a human being into the world with barely enough of the fires of life to keep it from going out, because most human reproduction is the result of pure, unadulterated selfishness or downright base passion. "The human race, up to the present, almost as a whole, springs from the indulgence of individual pleasure WITHOUT THE SHADOW OF A THOUGHT OF THE RESULTS OF SUCH PLEASURE."

Most humans, unfortunately for themselves and the world as a whole, are the "accidents of passion." Such offspring pay the penalty; but worst of all, man continues blindly to follow in the footsteps of his progenitors, giving as little thought to the Laws underlying proper procreative methods as did they.

Three Important Periods

For the guidance of those sincerely interested, the period during which the mother-to-be may transmit influences to her offspring has been divided into three divisions:

1. Preparatory period.
2. Gestatory period.
3. The nursing period.

In a brief treatise of this nature, it is impossible to give even a condensed consideration to states and conditions of periods before marriage.⁸ Among these states and afflictions

⁸See *Race Regeneration; The Mystery of Sex* and *Eulis*, both books by Philosophical Publishing Company, Quakertown, Penna. The first of these is now obtainable in English, Spanish and Portuguese languages.

are the hereditary taints of cancer, consumption, syphilis, insanity, mental states which develop into imbecility, the epileptic, the would-be suicide, the pathological drunkard and the degenerate, all of them marrying and "given in marriage." What present known factor is there to prevent the gradual extermination of humanity; more especially that portion that would be worth saving—the *sane* portion?

Man learns his lessons slowly and painfully, and frequently only as the result of loss or suffering, or by being brought face to face with unpleasant facts such as will *shock* him into a realization of his mental imbecility. Improvement of the human race is one of *the* most important subjects that can engage man's consideration. But what has man done? Has he not given to it the least thought of all subjects clamoring for his attention? Instead of becoming a co-creator with God and helping to create man in "His [God's] own image," he has ignored *human* creation entirely, but *has* given attention to animal husbandry, taking real pride in winning prizes for new or better stock.

What breeder of stock would be so utterly foolish as to select animals weak and diseased, and with numerous faults, to parent either new stock, or stock with which to "lord it over other breeders" through the winning of prizes? Is it not a foregone conclusion, by anyone who has given the matter any thought, that he will select his choicest horses or cattle in his attempt to outclass other breeders? Is he not likely to exercise the most meticulous care in feeding and rearing these prize animals? MOST CERTAINLY! But, strangely enough, where his offspring are concerned, *there is not a care, not a thought, not even any indication of a desire that they be superior.* WHAT A TRAVESTY ON THE MOST SUB-

LIME RIGHTS AND PRIVILEGES VOUCHSAFED TO MAN—
THAT OF "BRINGING FORTH" A SUPERIOR RACE!

Preparatory Period

If at all possible, the preparatory period should extend over several months, or even a year. This period should, first of all, be governed by a keen desire for what is to be; of careful thought and planning. Every thought, desire and act should be as carefully scrutinized as when one is selecting material for the building of a beautiful home, *only more carefully*.

Everything that is undesirable, everything that will not contribute to the welfare or benefit of the mother-to-be and her maternal progeny should be eliminated. This includes alcoholic drinks, tobacco, foods and liquids not conducive to her health and well-being; unsavory stories or conversation; profanity; in short, everything that is detrimental to the body or degrading to the mind and finer feelings. These should be sacrificed, without exception, because *all* of them will have a profound influence upon the *ego* in the ovum which is to give life to the seed.

The Secret of Creating Superior Children

Careful thought and mature discussions should be adopted by the prospective parents as a means of determining the qualities, characteristics and habits they wish to transmit to their offspring. If such qualities are not a part of themselves, *they must be built into the ego by desire and Will and in that manner made as much a part of it as though they belonged to the parents.* THIS IS THE VITAL SECRET FOR THE

CREATION OF SUPERIOR CHILDREN. If, as an instance, as so often is the case, one is given to untruths—not vicious, but, nevertheless, inclined to stray from the facts,—this must be brought within reason.

All too many parents debase the unborn child's nature by falsehoods continually voiced with the solemnness of truth. Later, these same parents bewail untruthfulness in the child, wondering by what means, or in what manner, the child could have developed into such a profound prevaricator.

This weakness of untruthfulness in the parents is a trait that may readily be transmitted to the child in embryo. When one or the other of the parents is given to fibbing, every statement should be carefully considered before it is given voice until the weakness is overcome. This way of overcoming undesirable traits must be followed in every respect, whether these take the form of nursing feelings of hatred, malice, resentment, selfishness, or any other ignoble quality. Every trait, whether noble or ignoble, is transmittable to the unborn child. REMEMBER: *The fruit of the tree is after the nature of the tree.*

An Accursed Son Is Born

As an example, here is an instance of the manner in which undesirable attributes in parents combine to produce criminal-mindedness in the offspring.

In this case the father was large of build, strong of mind, wilful, headstrong and positive. He was not given to any grave sins; was considered a moral man although stubborn and unforgiving of an injury. Aggressive, opinionated, he considered his family, church, and his politics as the only

right ones. There was neither thought nor intent in his mind to commit a wrong or a crime—he was, in short, a moral man.

The wife, a genuinely good-natured woman, but possessed of a violent temper that erupted at the slightest provocation, and just as quickly subsided, leaving her mentally depleted. To this union was born a child—a boy, and in this boy were united the strong, positive, unforgiving nature of the father and the quick, explosive temper of the mother, without the slightest tendency in his nature toward tenderness, compassion or forgiveness. The result was a cold, calculating nature; a criminal tendency with complete lack of control.

At nine years of age, he was placed in an institution; at nineteen he almost killed a man and was placed in a State's prison. Friends were puzzled and wondered greatly why such upright, moral parents should be accursed with such a wayward son.

Was the son actually to blame?

The reader can doubtless call to mind the well-known Biblical statement: "Evil must come into the world, but woe unto him through whom it cometh."

How many who think themselves guiltless are actually free from this stigma, even though not consciously guilty?

Carelessness—Lack of Order

If one or both of the parents in preparing for a child, lack order or system, corresponding penalties will be imposed by law and nature. It is therefore of the utmost importance that during this period of preparation every effort be made to cultivate neatness, system and orderliness. This effort should be continued throughout the entire period of gestation until it becomes a fixed habit. Order—and let

us not for a moment forget this, is THE FIRST LAW OF NATURE. ORDER IS HEAVEN'S FIRST LAW. Order is the *bridge* leading into heaven; into the haven of peace and self-satisfaction. Order of thought, action; orderliness in appearance of person and surroundings; constitute the first step toward success in any endeavor; whether this be the creation and bringing into being of a child, or of a new universe.

Commercial Traits

A sane and sensible commercial trait should be cultivated. Money should be recognized as something to exchange. There should be saving where practical, but *never* hoarding. All plans should be made with the thought of saving money intelligently but never at the expense of quality. Whatever money must be spent should be spent cheerfully and with full satisfaction; NEVER with a thought of regret.

Nothing must be done in a miserly spirit or with a feeling of resentment that others possess more abundantly than we. Neither should one harbor a desire to possess the things belonging to others. Rather, we should cultivate the feeling that it would be well to possess things of a like nature with perfect readiness and willingness to make an effort to earn them. Such a feeling is both legitimate and desirable and builds into the brain cells and possessive nature *the desire to labor and achieve*.

Another Personal Experience

A case in point: We had known Mrs. S., very well, for a long period of time and our association with her had always been very pleasant. She was not a cultured woman in any sense of the term. Born of common, ordinary, even mediocre,

but honest parents, she had little education; was barely able to read, but possessed a heart of gold, an all-inclusive affectional nature, and a deep sympathy for every suffering creature.

She was married to a man who was much the opposite of herself: cold, critical, unfeeling, with little affection and of a positive nature—even cruel at times. He had little belief in God and it is questionable whether he recognized any law except his own desires. It is certain that, to him, "nature was nature," and sex was for one purpose only. As for such a thing as prenatal culture, that was just plain foolishness, a lot of prattle and nonsense for the weak-minded. Added to his other undesirable qualities, he was cruelly abusive at times.

Mrs. S. became pregnant and, despite the fact that she was shown little affection by her husband, actually rejoiced in the fact that she was to become a mother and one would frequently hear her hum some homely folk-tune while she went about her household duties.

To us, who knew her well, there was nothing, except her own affectional nature, and the fact that she was happy to be with child, that could possibly have been, in any sense, favorable for the child. However, during her entire period of gestation she did not once permit herself to be perturbed by conditions about her, by the sacrifices—and they were many—she was forced to make, the affections which were refused her, but lived in the thought and anticipation of her coming child.

She lived normally as to food, had plenty of exercise doing her daily tasks, but lacked pleasurable recreation. IT MIGHT BE SAID IN TRUTH THAT, DENIED ALL THE AFFECTIONS A

WOMAN CRAVES, SHE LIVED WITHIN HERSELF AND WITH THE EXPECTATION OF BECOMING THE MOTHER OF A NORMAL, HEALTHY and—CERTAINLY, ON HER PART—A DESIRABLE CHILD.

A boy was born. He was affectionate, positive and gentle. He worshipped his mother; respected, but feared, his father. He grew to manhood with deep respect for law and order; engaged in the work of reconstruction and today is known the world over.

This mother did not possess sufficient prenatal knowledge to even give a thought to what she wanted her son to be. All she knew was that *she wanted the child*. She gave this child all her silent affection; nurtured him at her bosom, and through this inborn affection CHARTED HIS COURSE. To her it did not matter what his business or profession might be, all she wanted WAS A LOVING SON; and her constant, silent, inward prayers were answered.

The Experience of A Different Type

Mrs. T. was of an entirely different type. She became a patient during the early years of our practice and at a time when Dr. Randolph was our hero, his books a text second only to the Bible. That is to say, in modern parlance, we were completely "sold" on his ideas.

Mrs. T. was a strong-minded, strong-willed woman. She was somewhat embittered and her affections almost entirely suppressed for the reason that she had married a man younger than herself, a man well-born but weak-willed.

There was little doubt he loved his wife, but was actually afraid to permit his feelings to manifest themselves in her

presence, though in fact, and wholly unknown to him, this was what she most wanted.

Their "love-embraces" were naturally sporadic and without display of affection. She became pregnant and now, more than ever, despised her husband, failing to recognize that a little display of affection on her part would have at once called into play all the affection for her which the husband repressed.

When we first saw her she was bitter with the strong inclination to avoid motherhood if possible. Here was an instance wholly unfavorable to the unborn child.

Shortly after her pregnancy she felt that she could not, in her own words, "bear it any longer." She came to us for sympathy and advice. The entire problem was discussed and we pointed out to her that unfavorable for the child as the entire situation appeared to be, it was in her power to give birth to a perfect child, physically, mentally and spiritually, as perfect as any child ever born, if she were willing to follow instructions to the letter and in the proper *spirit*.

She agreed to do this and we proceeded to explain to her that her strong-mindedness filled her husband with fear of her, that this wilfulness on her part was actually a masculine trait and that, during her pregnancy, at least, it should be replaced by affection; even for her despised husband, and certainly for the child to which she was to give birth.

She was told that all the affection she had suppressed, and which caused her to have these bitter feelings, should now find an outlet in her feelings for the forthcoming child. She proceeded to make these changes within herself.

Almost unconsciously, and certainly imperceptibly, her husband was drawn to her; and his own affections, so long

repressed, were at first timidly conveyed to her and then the child. Peace and understanding followed; the child was welcomed almost as a saviour and, after maturity, became renowned in his chosen field of activity. His name, if mentioned, would be known to most of our readers.

Love was here born out of resentment and bitterness. Success was achieved in the face of conditions that had all the indications of failure. In this instance, as in the former, the mother, before pregnancy, and later, when with child, had not even a thought of what her child was to be; all she wanted, was to become the mother of a *real* man, or an ideal woman.

What Trade or Profession for the Unborn Child?

Undoubtedly, a vital question in the minds of most married couples who are to become parents, or plan to do so, is: What trade or profession shall we select for the child? Shall it be that of a merchant, diplomat, author, musician, chemist, architect, minister or priest, physician or lawyer, or shall it be a farmer to help feed the world?

Admittedly this *is* a most difficult and perplexing problem; *especially so because there can be no certainty whether the child will be male or female.* This uncertainty being a fact, *the fundamental desire should be for true greatness in the child, irrespective of its sex.*

This "greatness" includes all the noble and desirable qualities men and women should, *and can* possess. ONE THING IS A CERTAINTY, THE MOTHER-TO-BE MUST *feel* WITHIN HERSELF ALL OF THE NOBLE EMOTIONS AND THE DE-

SIRABLE QUALITIES SHE DESIRES HER OFF-SPRING TO POSSESS. *This is the key to greatness in her children.*

The ordinary and commonplace in a woman cannot produce the extraordinary in her children. However, another fact equally true is this: the mother need not actually possess any of the knowledge she would wish to convey to her offspring; nor is it necessary that she be in actual possession of any of the great, noble virtues she envisions for her unborn child. She is able to transmit and convey these attributes and talents to the child if she will but learn to *feel* and to *desire* these things to be part of the birthright of the child-to-be.

IMAGINATION IS FAR GREATER THAN POSSESSION. Without the imagination awakened in man's mind, men, and women too, would still be living in caves and caverns. A powerful imagination, because based on the strongest of all emotions—love—can almost unbelievably influence the unborn child being nurtured within the woman's bosom. LET US NOT FOR A MOMENT FORGET THIS.

To be more specific, let us suppose that the parents-to-be desire their child to be an inventor, although they themselves, know nothing whatever about inventions. They may, by study, thought and desire, cultivate the requirements of an inventive genius. They can, and should, affirm, believingly, that the child is developing a brain capable of inventing wonderful and useful things for the future. They should go further than this, and make a realistic study of treatises on inventions and allied subjects, read the biographies of inventors, and if possible, attend lectures on the subject of inventions.

An Edison was not a mere incident; many more Edisons are yet to be born. Moreover, the term "inventor or inventing" is a generic one. Everything new, in whatever avenue of the activities of life, is actually an "invention." One cannot go wrong in working along the lines suggested—and the possibilities are unlimited.

Nature Cannot Impart a New Talent After Birth

If at all possible, parents should work in harmony with each other during the period of gestation. They should agree on one certain idea or desire, and having proceeded thus far, plan carefully what the child is to be; *fully* comprehending this one great Law: NATURE CAN NEVER INSERT, SUPPLEMENT OR ADD TO, A QUALITY OR A TALENT, AFTER BIRTH.

The process of bringing into the world children of a desired type, whatever the classification may be, is DEPENDENT UPON TRYING, WITH THE WHOLE MIND (DESIRE) AND SOUL (FEELING) *during the months of gestation*. First, the imagination must be brought into activity in forming the ideal of the child-to-be. Imagination in turn gives way to desire and desire is followed by effort; EFFORT BRINGS INTO FRUITION AND MANIFESTATION THE RESULT FIRST IMAGINED AND THEN DESIRED.

Mozart Heard the Music of the Spheres

The mother of a Mozart is required to possess two distinctive qualities: (a) a true, deep, sincere love for music at its best; for the music which is not altogether of this world, but "out of the spheres;" (b) be of a religious nature; not merely subscribing to a formal belief in God, but inspired

by a feeling that is deeper than belief or faith; something that *is*. Why?

Because of the all-important fact: although Mozart "wrote" music, or composed music, he did far more than this; he would sit silently and listen; and, as he listened with a keen sense of devotional peace that drowned out all exterior sounds, he would "hear" the music from the spheres; and, hearing, would write down the notes as he heard them.

To transmit these qualities or talents it was necessary for the mother to envisage them, and personify them, in her daily life. These qualities being active within her, developed the brain of the growing child within her bosom so that he would be born *with* these faculties. LOVE, WHICH IS DESIRE IN ITS HIGHEST FORM, is truthfully said to be able to "OVERCOME ALL THINGS."

IF LOVE IS GOD, OR GOD IS LOVE, then we will readily be able to understand that there is no limit to what can be accomplished if undertaken in love; and what greater love can there be than that of a mother for her child, born or unborn.

It is unquestionably true that the majority of the parents of the greatest men and women the world has ever known were not themselves renowned for the qualities their children displayed. They simply, as the result of the operation of the absolute law, consciously or unconsciously, projected these qualities into their offspring. It is certain, however, that men of genius are almost invariably born of parents who possessed markedly strong characters along some one direction, or who, as a result of deprivations or suffering, developed some

special desire so strong as to almost completely dominate their thoughts or inclinations along some one direction.

True, genius has been generally considered as abnormal because many of the men whom the world considered as geniuses were actually more or less off balance; subject to hallucinations, epilepsy, some slight form of insanity or chronic morbidity; hence genius has been considered undesirable despite the Edisons and Steinmetzes.

In these instances where morbidities were present, who is there competent to prove that genius developed because of either physical or mental illness? On the contrary, it is entirely probable that they inherited both the genius and the ailment, whether mental or physical. Were we to limit genius to those suffering from some form of mental or physical abnormality, we would thereby limit God and we *know* that even puny man is limited only to the degree that *he* limits HIMSELF.

The Randolphian Concept

The sexive principle and instinct in the human creature is in practically every respect diametrically opposite from that in the non-human kingdom. To obtain the proper concept of sex and its relation to other than the creative instinct, one must recognize that it has, in all but the lowest of the human species, a base in both the love and the affectional nature, and in addition, the devotional (sometimes termed the "religious") nature.

Once this is understood, it is easy to conceive the power which desire, *a mental faculty*, combined with love, *a heart emotion*, has over the unborn. These forces, wisely directed,

control the destiny of the child before it is born and almost forever thereafter.

In the organic kingdom outside of the human, and even in the undeveloped human, the sexive or creative instinct is blindly obeyed. Self-seeking there, as in all else, and not propagation, is the all-powerful motive, if there actually is motive, other than *urge*.

All living creatures, aside from man, whether bears or horses, cats or dogs, fishes or flies, or any other living thing possessed of gender, invariably are not concerned with self-reproduction, or propagation of the species, until such increase appears; by which time Nature has brought new instincts and passions into play. This being true, the paralleling of man to animal, as is so frequently done by the materially-minded, is neither correct nor just.

In animals, sexive and parental instincts are distinctly separate. In man—at least in the morally developed man—they coexist. In animals the offspring and parents separate at maturity. In the human, an affectional relationship is maintained not only throughout life, but even into the beyond of life.

Frequently we are told that animals obey the impulse once a year, or in season, and that man should do likewise. These materialists forget, if they ever knew, that in the deeper sense, sexive expression is also the highest affectional or love expression. In true love it is secondary to the passionate release. Man expresses *his love for woman* by the true marital embrace as he does *his love and devotion to God by prayer*.

The lower type of man is governed more by the instinct or biological urge; the beast. Some men, at least up to a given

point, risk all for the satisfaction of the urge. They display little or no affection, and care not in the least for the consequences; leaving that to nature and the abused woman.

Woman and nature then, do the best they can with the material at their command. The average man—*and this explains why humanity almost as a whole is what it is*; as well as “man’s inhumanity to man,”—has an insatiable “urge” to satisfy himself, or more correctly speaking, the “irritation,” for such it is, and this is all he cares for at the time. While consequences are more or less foreseen, some sort of provisions are generally made; for men, even of the lower type, marry and mate, while beasts only mate.

The unfortunate part for the welfare of mankind, as a whole, is in the fact that rarely do the participants, even those who believe themselves truly in love, consciously and willingly create a new being. In the animal world, one hour seals the origin of the progenal result; and the men mark the time, knowing to a day when to expect the new animal.

It is lamentable, unquestionably a shame upon mankind, that almost all of the members of the human species have been brought into being accidentally, *rather than as the result of a planned effort*. Births, for the most part, are most unhappy events, hence the misfortunes, maladies and the inhumanities of the races. Stirpiculture, or the propagation of superior children, will never succeed as a result of selection alone. This must be left to the practice of the agricultural stock farm and barnyard principles.

An Example from Mother Nature

In Nature, a rich soil is required if a superior grade of fruit is sought, whether this “fruit” be human or any other

sort. In the human sort, she demands the richest of "fertilizer" and its name is *affection and love*. Given affection and love, plus nature as her helpmate, woman will make your eyes glisten with the beauty and perfection of the work she is capable of doing.

If you deprive woman of these two ingredients of a deeper, higher life, the result will be gnarled "crab apples," and the human crab is the gnarliest and most bitter fruit in all of God's gardens.

In Nature two forces are at work. In the animal kingdom she does her best to produce a superior grade of *body* only. In the human, Nature works almost wholly to produce a loftier order of beings; beings possessed of intellect, imagination and emotion.

Given the help of an ordinary intelligence, and the assistance of a kind, loving, *feeling* woman with a vision or an ideal, she will produce a *Christos* of spirituality or the genius of an Edison, not to mention the names of other great men; names with which all of us are familiar, and who are foolishly believed to have been just "accidents."

Mating of the sexes, and by this we mean marriages, is to be understood as the *nuptive union of the sexes*; but actually is nuptive only when love is the prompter. If there is no love, it becomes a desecration and is destructive to the participants. Aside from this, the act of mating is productive of a series of effects and results beyond the perpetuatory or propagative one, wherein men and animals are alike—but there the similarity ends. In the animal, sex distinctions are bodily only.

IF THERE IS TO BE RACE PERFECTION, MATING, IN THE HUMAN, SHOULD INVOLVE, AND ULTIMATELY MUST INVOLVE, AND EMBRACE, *the vast domain of mind, body and Soul*, ALL INTERWOVEN BY AFFECTION AND LOVE. In the non-human, the sexive office ceases when the reproductive germ has become lodged in the female. With human beings, ITS OFFICES HAVE ONLY BEGUN; FOR THE RESULTS WILL CONTINUE THROUGHOUT TIME. WHAT THE ULTIMATE RESULTS WILL BE DEPENDS ON THE ENLIGHTENMENT OF THE WOMAN AND THE EFFORTS MADE BY HER, THE PRODUCER. She may, of course, be infinitely helped in her task by a mate who is sufficiently enlightened and possessed of that measure of affection which will induce him to assume his full share of the labor involved.

Contrasting Two Kinds of World Leaders

Glimpse the two opposite results of the identical act, but in different *tempo*; look at the Jugurthas, Attilas, Neros, Hitlers and Stalins and that type of *liquidators* with which the world has been, AND CONTINUES TO BE ACCURSED, *by permission, aye, abject submission, of millions who should know better.*

These leaders were called into being in an instant of time to lash the earth in agony, the spawn of brute passion, of beastly desire, without even a thought of love or affection.

Then turn the pages and behold a *Christos*, St. John, Buddha, Confucius and others, nurtured by mothers who had proof of love and affection in the manner in which they were *approached* and protected, cherished and guided during their period of pregnancy.

In these instances, as nowhere else, is displayed the power of prayer (desire), of affection, of Love and the willingness to bring into the world true "laborers in the Lord's vineyard," on the one hand; and on the other, brute force, ugly passion, lack of affection and aversion to even the thought of the marital embrace.

The creative function, *overshadowed by affection and love*, is, by all odds, the highest force in man. It is the God, the Jehovah of creation. In the creative function, two principles are interwoven, *reciprocally* acting and reacting upon each other.

This is in evidence everywhere and in all things in the universe of which man is conscious. On the one side it is governed by a brute, beastly passion; on the other and truly human-Divine plane, it is governed by affection and love.

To this creative ability and energy all things are subservient; to it, all things bend the knee in acknowledgment of its supremacy. Without it, the ALL THAT IS would become a blank and starless void; terrible as eternal night; cheerless as the grave of those who died without hope. The deciding factor and the ultimate result produced by this creative energy depends upon whether the nuptial bed is overshadowed by the angel of love and hope, or the mere satisfaction of passion.

God is a dual being; and man, patterned after his Creator, however greatly he may deviate from the pattern, is likewise dual. The Deity is dual in a double sense; being positive male and receptive female. Man is aware, or if not, he should be, that his *better* side is the "she" or mother side. From this phase

of his being spring all the major elements of both his goodness and his greatness, and right here is the *reason* for the present philosophical dissertation.

If this gentleness, graciousness and loftiness of spirit is not *impressed* upon him by his mother-to-be while she is *enceinte, he will never have it*. All men admire the intellectual man; few love him, but all humans do love, or are drawn to, the man possessed of much affection; because humans *instinctively feel that from his love, NOT HIS INTELLECT*, arise all the goodness, inspiration, and the generosity of the Soul which characterize him. Of such a nature was Joseph, father of the Nazarene.

We are all proud of a Plato, but we worship at the shrine of the Christ. It is the softer, the affectionate (not the weaker) side of the Soul of man, that generates moral greatness and grandeur of whatever form, and mighty (constructive) deeds become possible to man.

In the love nature, alone, resides the power which has the potency to transmute the savage man into an incarnate demi-god; or, as the Bible would have it, "ye have become the sons of God."

The Grand Secret

The greatest excellence in man's offspring can never be attained by parents who are merely physically perfect. The woman who may be in every way inferior except in her love, IN LOVING AND BEING LOVED; IN DESIRING AND RECEIVING, is able to give to the world children who are truly great, grandly "good" in the real sense of the word.

The STRONGEST FORCE, GREATEST MENTAL POWER, and CREATIVE ABILITY IN THE DOMAINS OF ART, SCIENCE, PHILOSOPHY, LITERATURE, STATESMANSHIP AND LEADERSHIP are invariably manifested by those who have been conceived in, nurtured in, and born in the affection of their mother, and in whom the feminine side slightly overbalances the masculine, positive constructive side.

The man everywhere most welcomed, respected and caressed—if that be a proper term to be used in conjunction with true manhood—is the man who is the most magnetic, hence truly affectionate. He is IN NO SENSE EFFEMINATE, *let it be understood*, but radiates the qualities of true manhood—MANHOOD MODIFIED BY HIS MOTHER'S SPIRITUAL NATURE.

It is a maxim that whenever you find a truly great Soul in a male body, he is more than half his mother. It is the woman side of him that gives him power, mental vigor and enables him to write his name in the annals of time; and by an understanding of the eternal creative Law, all women who truly Will, may mother such sons.

Love and the Creation of the Super Man

This treatise deals with facts as positive as does the farmer in raising his crops or cattle. He must know his soil, his seed, the time of planting, cultivating and harvesting. He must know his cattle, the proper mating, feeding and raising. But in all this there is one all-important factor the farmer and cattleman does not deal with, and to which he need give no thought—even in raising the finest crops or cattle: LOVE

AND AFFECTION, AND THE EMOTIONS, FOR GOOD OR ILL, BORN FROM THEM.

It is in the presence or absence of Love and affection, wherein is found the key to the production of supermen or super-devils—the murderous egomaniacs of the ages. Fortunately for the races of men, if the mother-to-be has the knowledge and the desire, i.e., the willingness, she also has the power to substitute her own love for that lacking in her mate, and bring forth into the world a saint or master-man.

It is our mission to guide her in this holy work for the benefit not only of her own peace of mind and happiness, but also that of her child, and mankind in general. Regrettably, in all too many instances, the entire responsibility falls upon the mother-to-be; but the ultimate reward is well worth the effort necessary and more than offsets the price she must pay.

Love and affection, terms usually accepted as different names for the same thing, imply much more than mere attraction between the sexes and, unfortunately, one is as little understood as the other.

In the marital act woman faces heaven when she gives herself to love and man, whether this be willingly or unwillingly on her part. Partly this is because of the way nature created her, but, more importantly, it is her celestial mission on earth. She receives both the human and the divine in her transfer of affection; even though it is no more than a duty imposed upon her by man-made law.

Man, on the contrary, looks toward the earth's face, for he is almost entirely of the earth, earthy; whereas *woman in love*

never is. The woman may be indifferent, even horrified at the part she is forced to play, but with it all, she looks into the heaven above, and from that source receives a measure of Divine Love; for, low as she may be, if the right chord within her be touched, she is able to mother heroes and give Marys to a waiting world.

Excessive pre-conceptive marital pleasure may be productive of dyspepsia, not only of the body, but of mind and Soul as well. When, peradventure, offspring follow in the wake of such abuse, they usually lack in all the grand essentials of genuine and complete manhood or womanhood.

In all such instances, more or less prolonged continence is desirable to permit full recuperation in order that full vitality and virility be re-established before pregnancy takes place. This is one of the essentials if a perfect child is to result.

The Mystery of Human Reproduction

No sooner is the human spermatozoon, seed or germ, lodged within the sacred and utterly mysterious, transcendently holy and divine—because reproductive-creative-Godly established—chamber of the womb, and its filamental doors closed, shutting in its treasure—perhaps another savior—from all eyes, than the woman's mystic-spiritual self within her Soul, draws its attention from the womb and begins its all-important work upon the womb's contents.

If she, the woman, be truly a woman who is to become a good mother, then from that instant on, until her task be finished, she loves man no less, **BUT HER UNBORN CHILD MORE.** Why? Because up until then, her love, her Soul's

welfare, depended on man. Now that a new Soul is in the process of making—a Soul whose destiny and future welfare rests wholly upon her LOVE, her desire, her wise and continued efforts—she rises to the occasion through an extension and expansion of her emotional nature.

What the Mother Must Give to the New Being

The mother-to-be must give, unconsciously, but by willing desire, the very best particles of her blood, brain, food, drink, air, light, muscle, bone, lymph, cartilage, carbon, and a million chemicals to build a new body, wherein a Soul is to dwell for a time and until it is cast forth into eternity. The unconscious spiritual self must give forth all of the earth's salt to make the body healthy and strong.

She must build canals, reservoirs, pumps, cylinders, flutes, columns, domes, cellars, crucibles, retorts, ovens, and a multitude of chemical and mechanical laboratories of the most marvelous kinds; build telescopes, a telegraph and telephone system; following which, unconsciously except by means of conscious desire and love, she must go aloft and bring down the *fires from heaven, spiritual flames without which the Soul cannot exist*; lodge angels all over the little mansion; music here, science there, mathematics and memory; ambition, hope, joy, sorrow, love, affection, *graciousness*, generosity, and, above all, *ambition to become and attain*.

What is the new Soul to become or attain?

Whatever is held in the mind of the mother-to-be; her idealism; her constant wish; her unending prayer.

Her work, still perhaps unconscious, *except for desire and*

expectation, now takes another, a lower flight; she must call up the tempters from the depths of being to offset and balance the angels. Now come avarice, greed, anger, falsehood, and a fearful host besides; because if the new Soul is to reach heaven, it must make its flight alone; must toil and sweat, and tread upon the red-hot sands of sorrow and suffering; wade through a million hells on its own feet; fight its own way with its own efforts, while God looks on and smiles; well knowing that the goal is sweet, even though the road be rough and rugged, assured that victory is certain, because of the material the MOTHER BUILDS INTO THE NEW BEING.

Why, one may ask, are not the good things alone sufficient? Why add the evil ingredients?

Because God and Nature have decreed man a *dual* being, and he must win the fight and attain the heights by using the good within himself against the evils, and thus become strong and powerful by the manner in which he wages his fight.

All this being true, should we not readily understand that a *true* woman, while *enceinte*, has little, if any time for frivolities, being engaged in so grand a work?

The Change in the Locale of Woman's Love

Is there any wonder if the pregnant woman's love changes almost completely from her uterus to her bosom; to the breasts that must nourish her child?

Nevertheless, the vast millions, because they have given little, if any, thought to the subject, NEVER HAVING BEEN

CHALLENGED TO THINK ABOUT IT, cannot understand this change.

They feel and insist that during this period woman should be all that she was before. They are unable to comprehend that a whole universe exists between the two states; that, in fact, a NEW WORLD IS IN THE MAKING. This woman, formerly so sweet and so gentle, now dispossessed of an understanding of herself and her moods, may be queer, short, snappish, soft at one moment—cranky the next. Why?

First of all, because she has never been taught to understand herself or the great change that takes place during pregnancy, and so has no means of control, no way of knowing how to transmute the undesirable into the desirable, as in the process of sublimation.

Secondly, human nature within her is in the making; unfinished; hence, unstable. Nature is, as we know all too well, changeable in her moods; sunny, tempestuous, coarse, mean, genial, calm, and then blustery.

Engaged in the formation of a NEW BEING WHICH IS TO BE BOTH GOD AND DEVIL, UNTIL ONE OR THE OTHER FINALLY WINS, she is forced to incarnate all of these moods, passions and emotions into the body, mind and Soul of the new pilgrim about to begin his or her journey through the valleys of the world to the throne of the *Ineffable God*.

This new creature should be well fortified by the mother's Love, affection and Idealism; but it will be better still, if also clothed with the shield of a father's manhood, strength and honor.

Woman's Labor Made Easier

If the mother-to-be is aided in her mysterious work—it *is* mysterious, despite all that we think we *know* of procreation—by a husband and father who is truly a man; one with strength and with foresight; with patience incarnate; with gentleness, *not weakness*, and who, in loving, kindly forbearance lends his assistance, her work of reproduction will be made that much easier and have far greater assurance of success.

Preliminary Essentials

We have been philosophizing; trying to teach vital, *arcane* and natural Laws governing reproduction, in pleasant doses, but there are *vitally important* pre-conceptive requirements that should not be neglected if a normal, healthy child is desired.

FIRST: The husband should have his physician make a *thorough* examination, or direct him to someone capable of doing this, to make certain he is not suffering from any infectious or inheritable form of disease, or from any condition, mental or physical, which would indicate that he should *not* father a child.

SECOND: The wife should follow suit. It is highly important that she does not suffer from any inheritable disease; that there be no anemic conditions of the blood; neither high nor low blood pressure; heart, lungs and kidneys in good condition and, equally important, no form of Neurosis.

THIRD: A period of waiting and thorough preparation so that the vitality of both be at the zenith.

FOURTH: Thorough discussion, with full understanding and agreement that the child is really desired; that there is a willingness on the part of both to meet sympathetically the moods resulting from a state of pregnancy and that each will help the other in every way possible to overcome such moods; *not by weak sympathy*, but by seeking the cause and removing it. BOTH SHOULD FULLY COMPREHEND THAT THEY ARE ENGAGING IN A WORK SECOND ONLY IN IMPORTANCE TO

THAT OF THEIR CREATOR WHEN HE FIRST CALLED MAN INTO BEING AND SAW THAT HIS WORK WAS GOOD AND WELL DONE.

Gestatory or Prenatal Period

Let us suppose now that the preparatory period has progressed to within a month of the time arranged for pregnancy to take place. If the mother-to-be has a full consciousness of what she desires the future of her child to be and the father equally realizes the grandeur of the act that is to take place, they will also realize that just as the farmer carefully selects the seed he is about to sow, so must the seed of the new life also have proper and most careful consideration. This is accomplished by abstaining from the marital embrace for a short period before impregnation takes place.

If the expectant father is naturally strong, affectionate and of pure mind, then the spermatozoon being generated will be filled with a vivifying force, vitally strong, incorporating the manhood and character of the father. "Like produces like," and whatever is the nature of the father will be impressed or be the nature of the seed germs.

The mother-to-be, in desire, purity and with expectation, consecrates herself to that which is to be; and will do nothing that might have an adverse influence, or impression—mentally, physically or spiritually—upon the ovum to be deposited in the uterus and impregnated.

Both father and mother-to-be, during the pre-conception period, should arrange to obtain plenty of sleep, good, plain food, fresh air, exercise, pleasant recreation and desirable companionship.

This will provide the foundation for both mental and

physical health of the child to be conceived. The marital embrace, hence impregnation of the ovum, should take place as soon as possible after the menses cease and purification has taken place. The egg or ovum, is then held in the womb ready for its fecundation. The longer the egg remains there before impregnation occurs, the less its vitality, hence the desirability for impregnation while the ovum is at its highest state of fertility; when the woman's desire is strongest, and she is able to return the deepest degree of affection.

The great majority of women wait for from six to ten days or longer before they permit the marital embrace and allow the semen, a natural magnetic force, to enter. The greatest number of children are conceived at this time; generally undesired and unprepared for, and when the ovum has lost much of its elasticity and firmness; with fear of pregnancy still present. The result, in all too many instances, is a puny child; weak, with an inborn liability to all manner of illness on the least provocation.

Men and Women Differ in Their Love Nature

Women, married in love, or what they believe to be love, uninformed of the Laws governing love and its natural termination, permit what we now recognize as false modesty and shame that has no basis in fact, to interfere with their full, or even partial realization, of the *vital* importance of normal, natural passion.

They have never been taught, hence do not fully realize, that it is PHYSICAL LOVE WHICH BRINGS ABOUT CONCEPTION; the means to the creation of the child. This passion, BASED IN LOVE AND AFFECTION, should be strong, vital, alive with intensity. The father, if in reality a man, is nor-

mally and naturally strongly *impassioned*, though unfortunately, he may permit his passion to overshadow his love or affection.

The woman who permits conception to take place while sexually passive, fulfills but a small portion of her maternal duty; irrespective of how well and carefully she takes care of the child after its birth. Her first, greatest and most important duty, consists in being sexually and affectionally fully awakened when the seed of a new being is received by the laboratory that is to fashion it and bring it forth into life. Only in this manner can strong, healthy, vitally robust children be brought into life; children fit to meet the battle cry of the strong, and even the vicious.

All too many of those we know as "good" women deny passion's natural sway; hence are suppressed and depressed. They are, because of false teachings, or some other cause, ashamed of the Divinely-inherited, God-given power and potency which at first belonged to Him alone, and then was graciously transferred by Him to His creation.

It is undoubtedly true that more of the safely married "good" women are in dire need of the cultivation of normal passion, than there are of those in need of subduing it. Potentially, all except those wholly wrongly conceived and ignorantly born, possess passion. It is latent in nearly all, waiting only to be aroused and fanned into a flame; a flame which, if rightly directed, will save and glorify the individual. Conversely, if abused, it will react negatively and ultimately destroy the individual. Like all things both high and low, its nature is *dual*.

The instinct for love and affection, the feeling of passion, is not omitted in any normal creature. Unless based on pure selfishness, the desire of women for marriage, for tenderness, compliments of the opposite sex, are all phases of love-passion, in their various ramifications.

Words are worse than wasted in trying to prove the universal existence of passion. Passion is necessary to normal life and constructive existence. Even in religion, it is the basis of the *feeling* which we know as *devotion*. The passionless creature has neither love, affection nor devotion.

A Woman's Desire Should Be the Governing Law

The final decision in the matter of marital relationship should unquestionably belong to the woman. She is the arbiter of destiny. The male human, in common with all animals, should be subject to her desire, even when she is arbitrary, unjust or unfair. *Where is the moral, self-respecting, manly man who would force his attentions on any woman?* The desires of the female govern even in the jungle; even in insect life this is true. In the design of life as now obtaining, only the human male ever forces himself upon an *unwilling* or *unprepared* female.

True, general lack of passion in so many of our "good" wives is deplorable, and the disappointed, unhappy husbands, plus the haggard, flabby appearance of so many wives while still in the middle years of life—when both should be in their glory—fully attests to this unhappy state. To this situation, largely growing out of ignorance and misconception, are due all too many of the premature deaths of puny children and the almost unbelievable number of women who

suffer from what is generally termed "female trouble" on the one side, and the hell of prostatitis and attendant ills of men, on the other.

When a woman does not respond to the marital embrace with an aroused passion, the results are, necessarily, injurious to her generative organism. Passion prepares the way by the extension and enlargement of the sexual organism and properly lubricates it in preparation for the creative act. Passivity in a woman renders her taut, unprepared, unlubricated, inert, hence the act almost automatically disrupts the equanimity of her delicate organism—created expressly and most exquisitely for this purpose, and which has the ability when correctly aroused of adjusting itself, with all its minute blood vessels, to respond freely and joyously to every amatory desire and movement. We must never forget that in woman, at least, thought and desire are the great arousing forces. Man unless he has feelings of positive dislike, responds almost automatically.

The weakly-sexed and the self-righteous woman who disapproves, BECAUSE SHE DOES NOT LOVE, actually brings about an inertia and a shrivelling of that portion of her being which would, if permitted to respond, prove her salvation in more ways than one. Awakened desire—call it passion, if you will—enlivens these delicate organs and permits them to receive life's magnetic forces from the contact; adding health and longevity to her who wisely follows Nature's laws. Those who foolishly or unwisely refuse, pay the penalty all too frequently in some form of prolapsis, lacerations and other so-called "female" ailments caused by suppression or abuse.

Co-operation Brings Peace and Harmony

The woman who is married, and no longer free to act as she otherwise might, should learn to co-operate with her wedded husband unless he is in fact an unfeeling brute. Through such cooperation, she will bring happiness to the home and family and avoid much suffering. If there are children, as there usually are, it will help to give them a desirable, even if not an altogether correct, heritage.

The deeper the passion and affection felt during the embrace when conception takes place, the greater the intensity of life conferred upon the offspring. Parents—especially the mother, if her desires are pure and deep—confer upon, or transmit to, their children their physical constitution, intellect and morals. On the part of the woman, this is largely limited to the strength of her desires; and, in the case of man, to the degree of sex-power at the time of conception. The entire parentage, with all its temporary states, is transmitted at this time to the offspring. Dormancy of these functions, at the time of the creative period, will have a strong tendency to weaken the children.

The love union, *i.e.*, the marital embrace, when deep affection or love is present, activates all of the organs of the body; especially the mind, the nervous system and the heart, and arouses every elevating emotion. The child conceived as the result of such a union will be endowed with great vital energy and emotional possibilities, and therein is laid the groundwork for success, if not actual genius.

The desirability, in woman, of passion under control is readily conceivable. If we contrast this state of mind, heart and nerves with the passiveness, listlessness and even aversion

of the average woman during the marital embrace, we will readily foresee the difference in results to follow.

Greater love and affection are essential if a higher humanity is desired. *Love should be thought, felt and acted.* Love is the creative, activating force of the universe. Lack of love, and lack of keen desire, is the cause of moral, mental and physical weakness. Where there is lack of love, the entire being is out of tune with the universe and with humanity in general. The new creature should be the offspring of a love that is passionate; the deeper the love, the more human the child.

The combination of love and passion in both of the parents results in the blending of both of the parents in the child. In instances where the child, as so often happens, resembles only one of its parents in features, habits, temperament and inclination, it is a clear indication of one of two things; either the parents were not united in Soul, or one of the parents was physically and passionately weaker.

Conception should be a deliberate, prearranged affair. Even the time for birth should be given consideration. All things being equal, August and September are good months for conception to take place because the birth will then be in the Spring when new life begins to express itself in all the world.

Why are the hours of darkness thought to be the proper time for the creative act? There is a reason for it, though not a sound one. Throughout the ages the creative act has been considered as something shameful; something to be hidden from all the world. The statement that has been repeated billions of times and continues to be repeated: "Man

is born in sin [as the result of a sinful act], of a few days, and of much suffering," gives us the key for this idea. THERE NEVER WAS A MORE UNTRUTHFUL IDEA THAN THIS.

If creation is a sin, then God has been guilty of the *greater sin*, because He was the first creator, or cause of the creation of man and nowhere is it written that He created man in shame or during the hours of darkness. On the contrary, after He had made man He looked upon His handiwork and saw that "it was good." Why then the taboo on man's creation? There is no shame in creation, nor in the act of creation unless it be the result of passion alone, without the help of God's handmaidens: Love and affection, and the sooner man's mind becomes enlightened on this vitally important subject the better for all of humanity.

Physiologically, the best time for conception to take place would be during the light of day and more especially during the early hours of the day while the sun is rising in the East and man's vitality is at its peak. Man is so steeped in ignorance and superstition; so obsessed by race belief that the conjugal embrace is sinful, that, with rare exceptions, he has no desire for the embrace at this time of day. On the contrary, this Divinely creative act is reserved for the hours of darkness, as if to hide the face of the actors. It is as though they were committing a crime against man and God when, in fact, they are, *or should be*, co-creators with Him.

LIGHT IS LIFE; LIGHT, LIKE LOVE, IS GOD. Light, sunshine, love, these imply health, strength, happiness, mental clarity so much needed in the world. Light with its attendant heat, is the source of life. Darkness is weakness, fear, inertia; all synonyms for decay and death. Physical man never has the amount of vital power during any other time

of the day that he has in the morning after a night of rest, recuperation and rebuilding. No one is in possession of his greatest strength when the hours of darkness fall. Conception should not occur when only the shreds of physical strength remain. The universal rule should be: Choose that period when vitality is strongest, when desire is greatest.

The impressions upon the future child are at no other time more marked than at the time of actual conception; the most holy period in life when the trinity: God, man and woman in love, unite that they may create. It cannot be too often repeated that sex—the creative force—is the strongest of all forces in man. With this force are impressed the desires of the parents upon the child at the moment when the human seed, *containing as it does, the image of the future being*, is projected into God's divinely-designed laboratory, where it is to be fashioned into a human being.

One of the Great Secrets of Life

Passion cannot be separated from Love, nor the two in the creation of a perfect child—and why? Because true passion is one mode, and important one, of Love's expression. Its offices are triplicate. Once people understand this one great secret it will be the beginning of the end for many of the ills from which the world as a whole suffers. Brains and intellects differ almost as much as do physical forms. Hearts and affection are ever the same.

Through the latter, alone, man can attain Godhood, while woman will reign as queen and be his equal, where she now, for the most part, is a drudge or a toy, depending

upon the position she holds. Woman, as such, whatever her position, because of her nature, has most of love crystallized in her being and for that *one* reason, if there were no other, is Divinely entitled to be the peer of any man as long as she directs her love and its power wisely.

This is not by reason of either her beauty, accomplishments, wealth or position, but because she has the womb, *God's laboratory*, wherein she may, IF SHE BE WISE AND WILLING, fashion and complete that which it took God, Nature and puny man, singly and combined, to barely begin, and that so badly, it is ever a wonder that the world is not more of a madhouse than it is today. IF SHE BUT WILLS IT, woman can be so great an artist that, from the worst seed, she is able to raise, she *has* raised, many a splendid mental giant; redeem the race from savagery; greatly improve the arts, science, even religion and make the earth truly inhabitable; a beautiful, heavenly place in which to live.

All this being true, it follows that when a woman is pregnant, her whole desire should be that of giving to the world a perfect specimen of her art, and if she does this truly, sincerely, we shall soon no longer behold such sadly misshapen human beings as now walk this fair earth of ours.

The woman carrying a child in her bosom, judiciously loved and properly treated; not spoiled and pampered, or kept on a dead level of life, can, during every ten days of her pregnancy, add more Soul—the God side of man—strength, beauty, compactness, energy, power, capability and possibility, and force of character and genius to the baby she is carrying, than she possibly could in all the weeks of her gestation if neglected in these several respects.

She will be able to build more greatness in every hour she lives under desirable conditions, and each step or stage of gestation will be carried one or more degrees further toward perfection. The only difference between a genius and a human weakling is, the first is *finished* step by step as the work proceeds. He is well-kneaded, as must be good bread; and he is *needed* too; well risen; well baked; therefore, well flavored; well done; will keep well; will be wanted by all, and wept over when gone.

The weakling is well described by the often-heard expression: "Oh well, he is only half-baked." This is a fair description of all too many of those who pass as men.

These misfits would be the result of accidents only, if men, and women, too, fully understood the one great immutable Law: LOVE LIETH AT THE FOUNDATION. Love is CONVERTIBLE, passion, enthusiasm, affection, holy desire, fire, *Soul*, God. That the nuptive moment, that instant wherein the germ (spermatozoon) of a new being is lodged; when a part of man's essential self is implanted within the matrix of the woman with intent and purpose, is the most solemn, serious, powerful moment that can be known to man on this earth.

A Great Truth Expressed by Dr. B. P. Randolph

Dr. Randolph never wrote a greater truth, and no other writer ever stated a truth one-half as great or more important than this:

"Whenever you see a rich, jovial spirit or power in a boy or girl, wherever you behold force or genius, you may rest

assured that the conception of which they are the result, occurred when their parents both loved and were *impas-sioned*. Au contraire: whenever you come across genuine meanness, lean, weazelish, deceitful, slanderous, lying, scrawny, white-livered people; grab-allish, selfish, and accursed generally, you may safely wager your very life that such beings were conceived of force, and were mothered by passionless, sickly, used-up wives, without the slightest danger of periling your stake!"

Whatever the dominant *thought*, desire and/or *feeling* at the time of conception, it is instantaneously impressed upon the impregnating cell and impregnated ovum. If the parties partaking in the conjugal act are sane, sensible, cheerful, affectionate and *graciously inclined*—a term the meaning of which is but little and imperfectly understood—the child will at the outset of its life be endowed with like desirable qualities. If the husband at the same time be governed by reason and the qualities of true manhood, the child will become a power in the world and affairs of men.

On the contrary, if the parents be weak, fearful, fretful and uncertain of intent and purpose, the child is equally certain to be frail, unstable, and more or less incompetent; hence a liability, and not a blessing, to society generally.

Important Facts to Remember

During the nine months of her pregnancy, the mother-to-be is truly engaged in God's vineyard; doing God's work. If the product of her labor is to be as nearly perfect as possible, reverence and encouragement should be her portion.

Nothing that is impure should pollute the sacredness of body, mind or Soul.

Sexual *intemperance* is to be avoided. Of the many evils to be most shunned, inordinate indulgence in the conjugal act is worst. THE DESIRES OF THE WOMAN MUST GOVERN; SHE SHOULD GOVERN HER DESIRE. If sacredness were allowed to govern, many deformities and weakness of body and Soul would be avoided.

Purity in EVERY RESPECT is essential during the process and period of maternity, if best results are to be obtained. All too many parents transmit to their children tendencies which will later sully the family honor; yet these children are not guilty in the slightest; they are merely manifesting that which is inborn in them.

Any form of vulgarity, whether in reading, conversation, thought or desire, is to be religiously avoided lest it be impressed upon the cells of the brain in formation and manifest as a habit during life. Any such tendencies should be eliminated by substitution. This is possible by recalling to mind something pleasant and beautiful immediately when a vulgar thought comes to mind. This is a form of sublimation and is the means of overcoming all evil tendencies of this nature.

What Causes Criminal Tendencies?

All too many children are born with strong criminal tendencies because their mothers-to-be constantly read tales of rape, arson, vice and murder in newspapers or novels and the feelings aroused were impressed upon the forming cells in the child's mind. Mother-to-be, wherever you are, whatever you are engaged in doing, draw a circle of purity, virtue,

goodness and kindness about you. Do not permit any impression of evil to enter your mind or heart. If it does, immediately "root it out" by recalling an experience or vision of beauty. Think no evil, speak no evil, permit no one to discuss evil with you. Hold in mind constantly the thought of mental and spiritual well-being as well as physical health for the baby in the making.

Every form of true, kind, ennobling emotion you feel and experience will be reflected upon your unborn child. Every intellectual effort on your part will be an influence toward its thoughtfulness and the development of talent and intellectuality. On the contrary, and even with greater force, every thought and feeling of anger, all fretfulness on your part, will impress upon the unborn child's mind the spirit of maliciousness and be a handicap all the days of its life.

Maternal irritability is all too frequently the inducing cause of ill-tempered children. The destructive, quarrelsome boy, insulting to his mother, tormenting to animals, the bully of his companions, is the more to be pitied the meaner his disposition, just as he should be had he inherited the *predisposition* to tuberculosis or insanity. HE IS A VICTIM OF THAT WHICH WAS IMPLANTED INTO HIM, knowingly or unknowingly, by the passions of his mother while pregnant. It is she who is most guilty, even though unconsciously or unintentionally so.

Let Temperance and Reason Govern

TEMPERANCE AND REASON MUST GOVERN. COMMON SENSE MUST BE THE CAPTAIN AT THE HELM OF THE SHIP PLYING THE SEA OF MOTHERHOOD. If unbridled desire

is permitted to run rampant, a girl of the street or a libertine may be the result, of which there are far too many now. If, on the other hand, normal desire is denied or suppressed, the child, especially if a girl, may be love-hungry, a vampire, and the world is full of the unsatisfied and unappeasable. Be reasonable, rational, and the results will be desirable.

No sane, sensible, reasonable husband will force marital attentions on any woman, and especially not upon his pregnant wife. To do so may give rise to an aversion sufficiently strong to impress itself upon the child—whether girl or boy—with disastrous results. Self-restraint at this time will pay dividends beyond expectations.

On the other hand, the woman with child who is hungry for the embrace should make this known to her husband by one of the innumerable methods familiar to woman; and he, if at all possible, should respond with vim and affection, remembering that all that is done during this time will make its impression upon the child as certainly as happened with the cattle of Jacob in Biblical times:

“And Jacob took him rods of green poplar, and of the hazel and chestnut tree; and peeled white streaks in them, and made the white appear which was in the rods.

“And he set the rods which he had peeled before the flocks came to drink, that they should conceive when they came to drink.

“And the flocks conceived before the rods, and BROUGHT FORTH CATTLE RING-STREAKED, SPECKLED, AND SPOTTED. *Genesis* 30: 37, 38, 39.

EVERY TREE BEARS FRUIT ACCORDING TO ITS KIND. This is true in the human tree, but with this exception: THE

PREGNANT WOMAN, WITH OR WITHOUT THE HELP OF HER HUSBAND—though the cooperation of the husband is highly desirable—MAY BRING FORTH A CHILD POSSESSED WITH NONE OF THE TWAIN'S WEAKNESSES, AND WITH QUALITIES NEITHER OF THEM POSSESS, BY IMPRESSION; that is, *by her thoughts, desires and efforts*, and herein is the *mystery of Prenatal Culture*, and its almost unbelievable possibilities of bringing into the world a more desirable human family.

Beware of Sweets

All too many women during pregnancy, DUE TO DEFICIENCY IN THEIR OWN SYSTEM, become possessed with a desire to consume inordinately undesirable foods, especially sweets of all kinds. Normal desires should be satisfied, but at the first indication of an unnatural desire restraint must be exercised and the desire itself be eliminated by the practice of wise substitution.

Sweets in one form or another have their place in a normal diet, but when at all possible, natural, undenatured sweets should be consumed and these may be most generously found in honey, dates, figs, raisins and other such fruits. Desserts should *not* be part of the diet. If there is a desire for the various foods generally known as "desserts," then, when not very hungry, a meal should be made of the desired dessert such as *real* ice cream or pure gelatins, and milk, with no other food at such a meal.

Diet During Pregnancy

The diet for the woman while pregnant is of the utmost importance. It is not for a moment to be forgotten that *all*

of the material to be used in the building of the *body* of the child-to-be, MUST BE OBTAINED EITHER FROM THE FOOD AND DRINK PARTAKEN BY THE MOTHER WHILE BUILDING THAT BODY, OR FROM HER OWN BODY.

Since we know that under modern conditions, subsisting on foods which have been greatly *denatured* or grossly adulterated, the mother-to-be is herself already under-nourished, that is, has not been consuming foods of a nature supplying her with the required material for body, bone, nerve and brain building¹⁰, HOW IS IT POSSIBLE FOR HER TO SUPPLY THE REQUISITES FOR THE BUILDING OF A HEALTHY BODY FOR HER CHILD IF SHE DOES NOT POSSESS THEM HERSELF, AND IF THIS IS NOT DONE, HOW CAN THE CHILD BE NORMAL AND BE RESPONSIBLE TO NORMAL ACTION?

The selection of foods should be a wise one. *All* denatured and devitalized foods should be refused. The pregnant woman requires additional energy because her labors have been doubled. There should be an abundance of good protein selected from milk, cheese, eggs, *every kind of sea food*¹¹, beans, soy-beans, peas and lentils—all proteins, and, for those whose diet included or includes meat, the various meats, WITH THE EXCEPTION OF PORK (especially) and veal.

There must be a plentiful supply of vegetables, both raw and cooked, because these contain the essential minerals and

¹⁰Contradiction of this statement is impossible. Witness the consumption of millions of dollars worth of vitamins and minerals; self-prescribed or by physicians. If natural, *undenatured*, *non-devitalized* and *unadulterated* foods were the rule, these so-called food *accessories would be unnecessary*.

¹¹Sea food in general contains organic Iodine so essential to proper mind functioning. Without this element there could be no sanity. The Iodine in the Thyroid glands not only possesses a powerful influence on all mental activity, but also upon the functioning of the other important glands.

they also neutralize the acids and toxins in the proteins. There must be starches, especially those obtained from potatoes with their skins, peas, beans, lentils, barley, rice and the various whole grains, all rich in vital starch and the minerals; some of the grains also containing rich lecithin, the nerve and brain builder. A certain, but not too great amount of fats must be included as a lubricant, and the fruits for their vitamins and minerals and their ability to help neutralize bodily and food acids and toxins.

Danger of Lack of Calcium

Very few women, pregnant or not, have as much Calcium (lime) in their systems as is required for health, and certainly not enough to furnish a sufficient amount for the bony structure of the child being developed. For this reason, foods consumed should be natural and possess plenty of Calcium. With rare exception, sweets, whatever their nature or name, do NOT possess this essential building material; hence no great amount of sweets should be consumed; only enough as required for heat and energy.

Alcohol a Great Danger

Many women during pregnancy develop a desire for alcoholic drinks. Alcohol, during pregnancy, especially, should be recognized as an actual poison both to the pregnant woman and her child. Alcohol in any form is fattening to the woman with child. It is a fiery, liquid fuel that will set her already sensitive nerves on fire. It is irritating to the mentality. It stimulates the appetite. It arouses the emotions that are already unbalanced: *It is a corroding poison to the brain cells forming in the child; those cells that must guide*

the child on the path of life. If these brain cells become poisoned or are made abnormal in any manner before birth, it is almost certain that they will continue so throughout life.

The woman who is given to partaking of alcoholics, irrespective of how temperately, and who seeks to become a mother, should discontinue their use entirely during the months before she conceives, so that no effects will remain when she does conceive.

Avoid Condiments

Condiments, with the exception of a *very small amount* of white or red pepper, just enough to season food, come under the same classification of stimulants as does alcohol, but with much less potency for evil.

The Evils of Tobacco

The use of tobacco in its effects upon the pregnant woman and her unborn child is second only to alcohol. An unknown author penned these lines:

"Tobacco is an Indian weed:

It was the Devil who sowed the seed."

He no doubt had in mind the poisonous, hence evil influence, tobacco has on the delicate nervous system of women, and especially so on women in pregnancy.

Tobacco contains, as all physicians and those who have investigated know, an *active* poison; so active that at its first use the partaker may, and frequently does, become "deadly ill." It is only by continued use that the *natural* resistance of the body is overcome and Nicotine becomes the master.

Tobacco has a direct influence on the generative system,

especially the ovarian and uterine system of the woman; on the nervous system and the brain. Like alcohol, it may first activate the brain and then be followed by weakness or inertia.

Irrespective of what we may wish to believe, tobacco has an ill effect, both on man's nervous and his mental system. Man's system, however, is not nearly so finely sensitive or delicate as that of woman and more readily adjusts itself. Moreover, the nervous system of man does not readily affect his emotions, because he is governed by his reason rather than his emotions.

Woman is governed by her emotions and these emotions are in turn greatly influenced by the state of her nerves. During pregnancy these nerves are "on edge" as it were, and are readily affected. Whatever affects woman's nerves, and, especially, her emotions, *directly affects the child being fashioned in her inner laboratory.*

As with alcohol, the woman desiring, and preparing, to become a mother, should give up smoking as she should alcohol, months before pregnancy is to occur, especially if she has in mind giving to the world an exceptional child.

In all of these matters it is well to constantly bear in mind a powerful Law:

Self-preservation—that is, preserving one's-self from all that is harmful and undesirable and not conveying anything of a like nature to others—and self-respect—refraining from those things which may degrade or harm ourselves or others—will go a long way toward freeing the world from evil. Is this not the innate desire of the woman seeking to give to the world a perfect child?

Physical Weakness in Children

A constantly-increasing number of children are born without the vital energy necessary to the proper functioning of body and mind. They are "*born tired*." The causes for this are numerous. The pregnant woman performing tasks almost beyond her strength is undoubtedly a cause, but far from the main cause.

Our foreparents traveled to the new world in search of a home, labored beyond what we would now recognize as endurance, and in addition, suffered innumerable hardships and dangers; nevertheless, the mothers of those days BECAME THE MOTHERS OF THE MEN, REALLY STRONG MEN, WHO DEVELOPED THE COUNTRY AND MADE IT GREAT. The main cause of widespread weaknesses in our present generation is that the race as a whole, and women in particular, suffer from lowered vitality, due to denatured foods and a conglomeration of what are called "foods"—preparations made to look attractive and taste well, but denatured, devitalized and adulterated to such a degree that, in many instances, they work as a poison in the system, rather than a food.

These concoctions, easily procured and prepared for consumption, are the main cause of the lowered vitality from which man suffers. In addition to this is the lack of proper rest, recreation and exercise; the constant on-the-go-ness; the late hours plus sweets, tobacco and alcohol. All of these things help to denature and devitalize the body of both men and women, and as a consequence, the children suffer even before birth.

ALL THINGS PRODUCE AFTER THEIR KIND. It is equally and most certainly true that ALL THINGS PRODUCE AFTER

THEIR CONDITION! Because this is a certainty, it follows that the more vital and healthy, both physically and mentally, the procreating mother, the more so will be the child. Herein is the secret of a perfect generation; this cannot be too frequently repeated or too strongly emphasized.

Idleness as an Evil

Idleness during pregnancy is one of the worst evils and is to be avoided at all cost. There should be constant activity, but it should be of such a nature as not to deplete the system. Activities having no special aim and not of a constructive nature, should be avoided. All duties, whether congenial or not, should be performed in patience and with a sense of being necessary; they are important, and being important, they are constructive; hence confer an honor and not an indignity. There should be recognition of the fact that all necessary labor is honorable and that honor is man's—and woman's—highest estate. This inbreeds honor in the unborn child, and, certainly a new sense of honor is badly needed in the race as a whole.

The Father's Place During Gestation

Great emphasis has been placed on the part played by the mother in the drama of bringing forth into the world a new being. This would make it appear that maternity is exalted at the expense of paternity. This is not meant to be so. The father is certainly a great deal more than an incident in procreation. If he will take a part, or be permitted a part, in the preparatory and gestatory period, he will most certainly be greatly interested in the growth, education and govern-

ment of the child from the time of its birth until its development into manhood or womanhood.

*Isolation Is To Be Avoided—Need for
Companionship*

No woman, no woman in pregnancy, no mother, can live an ideal life in isolation. At best she is but one part of the whole; one-half of a sphere; one part of a little world. Neglect is as destructive as is abuse. Some men, perhaps all too many men, are ashamed of the appearance of their wives during pregnancy. A degree of modesty is commendable. There comes a time when the home, rather than the social function, is the proper place for the pregnant woman. All things within reason; so should be woman's life toward the end of her pregnancy.

In days past the pregnant women were honored at home and in public. Maternity was a god to whom the Romans paid tribute, and woman was paid exalted deference. Without doubt, this homage paid her gave her a feeling of *superiority* which was impressed upon, or imparted to, her unborn child.

Rome, during her age of greatness, before her manhood and strength were dissipated by idleness and in riotous living, was the envy of all nations; chiefly because of this homage, nobility and sense of honor. In nations where the mother is relegated into the background, or feels a sense of shame or inferiority because of her pregnancy, she is unhappy and dejected when she should feel proud. If she feels embarrassed because her form is, for the time being, misshapen, her forth-

coming child cannot escape the impression or impact of this feeling which becomes a most serious handicap to his future welfare and success.

A Truly Fearful Condition

It is now generally estimated that almost one-third of all children born into the world are more or less *mentally unbalanced*. This mental abnormality ranges all the way between feeble-mindedness to actual idiocy. DO YOU WANT YOUR CHILD TO BE A MENTAL WEAKLING INCAPABLE OF MEETING OTHER MEN IN COMPETITION IN THE ACTIVITIES OF LIFE? IT IS FOR YOU TO CHOOSE. In forty years of active service in this field in all parts of the world, NOT A SINGLE MENTALLY INFERIOR CHILD WAS BORN IF THE INSTRUCTIONS HEREIN GIVEN WERE FOLLOWED. However, *it should be emphasized that men and women whose families have a strain of insanity should not become parents.*

The Great Factors Involved in the Creation of a Normal Child

***Calcium — Iodine — Thyroid,
Phosphorous — Iron, Vitamin D and C***

Estimates based on careful investigation clearly indicate that not five percent of either children or adults have a sufficient amount of calcium in their systems for proper functioning of the human machine. The importance of this mineral element is only beginning to be understood. The deficiency, in general, is due to the lack of consumption of foods rich in this element.

Without sufficient calcium there cannot be perfect nutrition. This may cause what is commonly termed malnutrition, and affects the mother before conception takes place. There is consequently imperfect nutrition during gestation; the child in the human laboratory is not properly nourished; perhaps actually undernourished to a degree developing an abnormality. Also, unless this deficiency is remedied, the mother will not be able to properly nourish the child after its birth.

When the amount of calcium in the food ingested is insufficient, the blood must take the calcium it needs from the bones. If the pregnant woman does not consume foods rich in this mineral; rich enough to supply HER OWN REQUIREMENTS WITH ENOUGH LEFT OVER FOR THE PURPOSE OF BUILDING THE BODY STRUCTURE OF HER CHILD,

THEN THE DEFICIENCY MUST BE MADE UP FROM HER OWN BONY STRUCTURE.

THIS DIRECTLY AFFECTS THE DEVELOPING CHILD. MORE THAN THIS, THE MALNUTRITION INTERFERES WITH EVERY OTHER PART OF THE CHILD'S DEVELOPMENT AND HAS A POWERFUL INFLUENCE ON THE BRAIN STRUCTURE. *The two most important sources* of calcium are milk—natural, untreated, unheated milk—certified when at all obtainable, and *bone meal* in one form or another.

Bone meal tablets are also rich in the important brain and nerve element Phosphorous. They can now be readily obtained and every woman contemplating motherhood should AT ONCE BEGIN TO TAKE SUCH CALCIUM AND CONTINUE THROUGHOUT HER PREGNANCY AND LACTATION—THE BREAST FEEDING OF HER CHILD.

Another source of calcium is egg shells. This is second only to bone calcium. Egg shells may be crushed, placed in a jar, covered with fresh lemon juice, stirred frequently for a few days, and this calcium-vitamin elixir is ready for use: half a teaspoonful three or four times a day. Bone calcium may also be prepared at home by boiling soft bones until they are edible.¹⁸

Milk, of course, is an ideal calcium food and should form a great part of the diet before, during and following pregnancy. It contains a perfect combination of fats, nerve and brain food, and the organic mineral elements required for normal growth and development. Second to this as a food is

¹⁸These instructions are given because there are millions of women, not only women, but others also, living in out-of-the-way country places where it is difficult, if not impossible, to obtain either bone meal or egg shell calcium in tablet or capsule form.

cottage cheese. Both milk and cottage cheese are highly concentrated foods and must be combined with plenty of vegetables, both raw and boiled.

Iodine

It is certain that there cannot be proper brain (mind) functioning without Iodine. Iodine is essential for mental balance. It is as important to the mentality of man as is calcium to the bony structure and nutrition of man. Experience covering many years has demonstrated that in many instances of the Change of Life (Menopause), mental disturbances during Change of Life, and some forms of Neurosis, organic Iodine in conjunction with calcium offers almost immediate relief and gradually wholly eliminates the deficiency, restores mental balance and removes disturbances coincident during Menopause. In severe disturbances, the biological Thyroid with calcium may be necessary.

This essential substance in a highly developed condition and readily assimilative form, may readily be obtained from the sea vegetables such as sea-kelp, dulse, sea-lettuce, Irish Moss. Sea-kelp is not alone rich in Iodine, but in almost every other mineral element required for perfect body building. It is readily procurable in tablet form and should be taken regularly in conjunction with calcium.

Irish Moss is a good food before and during pregnancy, and during lactation (breast feeding). It is not only a perfect mineral-carrying food, but it can be made into truly delightful dishes.

These plants grow in the ocean, the *cradle of life*. The ocean is rich in practically all minerals and supplies the sea weeds with a large amount of *organic* Iodine. Our foods today

are not entirely devoid of the essential brain building Iodine, but certainly do *not* contain nearly enough of this *absolutely essential element*; the Iodine having been soaked or leeched out of the soil in many parts of the country and carried to the ocean by the rivers. For this reason vegetables and other land-grown foods are wholly unable to supply the necessary Iodine, with the result that both humans and animals suffer proportionately from lack of Iodine. Animals do not suffer this lack as much as humans, because, with them, there is no need of it in mental activity or balance.

The organic Iodine derived from these marine plants not only supplies this element for certain parts of the body, but also assists the body in the proper utilization of other minerals and food factors.

DULSE (*Rhodymenia Palmata*) generally known as Sea Lettuce. It is a beautiful purple color and liked by many for its odd taste. Most people prefer to take it powdered in capsule or in tablet form.

KELP (*Mycrosistus Pyrifera*) This plant differs from other sea weeds because it grows partly above the water exposed to the sunshine. May be powdered and sprinkled on salads or other foods or taken in capsule or tablet form. Eight to sixteen grains of the powder is the usual amount to be taken at a time.

IRISH MOSS (*Chondrus Crispus*) is also known as Carrageen. This not only supplies a vital Iodine, but also furnishes an equally vital protein in the form of gelatin; one readily digested. Delicious dishes, such as Blanc Mange, Irish Moss Jell and other puddings may be prepared. So important is this article of food to the woman who truly desires to give

birth to a perfect child that we here give instructions for its preparation in various desirable forms.

BLANC MANGE
(Vegetable Gelatin)

Before pregnancy, during Gestation and Lactation

3 cups milk	2 tablespoons honey
1 cup water	2 egg yolks
1/4 cup granulated Irish Moss	1 teaspoon vanilla
Pinch of salt	

Add the water to the moss and boil ten minutes, then add the milk and reheat until lukewarm, strain through cloth or fine strainer. Add the honey, egg yolks, salt and favorite flavoring. Set aside and chill. Serve with milk or cream.

IRISH MOSS GELATIN
(Without Milk)

1 quart water	1/4 cup Irish Moss, granulated
1/4 cup honey	1 mellow apple
Pinch of salt	1 banana
3 tablespoonsful lemon juice	

Boil moss ten minutes, strain through cloth. Add honey. When cool, add other ingredients, set aside and chill. Other fruits can be used.

To make salads more interesting and tasty, plain gelatin just flavored with lemon (without fruit or vegetables) is used. Cut into small cubes and add to salad.

Some do, others do not, like the sea flavor. To change it, tart fruits or tart fruit juices like plum juice, fresh or preserved peaches, cranberries, cranberry juice or raw, chopped cranberries help to make the Blanc Mange simply delicious.

Any preserved or stewed fruit, berries with juice, extra milk or cream may be poured over moss gelatin. Fresh fruit or berries can be served with it. Berry, fruit or vegetable powder can be sprinkled on top of it.

The moss gelatin is particularly suited as dessert for dinner if made either with crushed pineapple or grated carrots, celery or other vegetable or mint powder—not so well if made with fruit and milk.

MEDIUM FOR PUDDING

1/4 cup granulated Irish Moss 1 quart water

Put moss into kettle, add water and boil for one-half hour; strain. This makes a gelatin that is used for puddings instead of corn starch.

MOSS BEVERAGE—I (A Pleasant Drink)

1/4 cup granulated Irish Moss 3 pints water

Wash and drain moss. Bring to boil and strain. Flavor with honey, vanilla or other flavoring.

MOSS BEVERAGE—II (Soothing Drink)

1 pint water 1 tablespoon honey
1/4 cup granulated Irish Moss Juice of 1 lemon

Wash moss and drain thoroughly. Put into kettle and cover with water. Simmer for 30 minutes or until slightly gelatinous. Strain, add honey and lemon juice. Said to be soothing to the throat.

IRISH MOSS POWDER

Sprinkle a little of the finely powdered moss over, or in,

any food. A shaker comes in handy here. An easy method, no cooking or preparing necessary. This is one way to increase the Irish Moss consumption with children and those who object to taking anything in dosage form.

We cannot too frequently or too emphatically repeat: Our years of experience has convinced us that in the present age and under present conditions, a physically perfect, and mentally normal child is impossible without an abundant supply of organic Calcium and Iodine.

Thyroid

In all instances where there is a history of any form of feeble-mindedness, mental irritationality, "queerness," partial or actual insanity, on the side of either the father or mother of the child conceived, Thyroid should be prescribed during the entire pregnancy in addition to the calcium and Iodine. **WARNING:** This is to be taken *only* by direction, and under the observation of a competent physician. The thyroid gland, a highly important one in the proper functioning of the human machine, requires a certain amount of Iodine which once more emphasizes the importance of that element.

To Women Who Want Children, But Have Failed to Conceive

It is roughly estimated that there are millions of women who are most anxious to conceive and become the mothers of families, either large or small; who have made every effort to conceive but who have failed.

There are many reasons and causes which prevent conception; one of the most general is that known to the laity as an "acid field." Where this is the cause, three to six months may

be required to change this "field," but it *can* be done and it is neither difficult nor unpleasant.

This method of procedure *very* seldom fails where neither organic disease nor pathological conditions are deterring factors.

A little patience, a little effort, a little stick-to-it-ness, and millions of childless women may become happy mothers¹⁴.

The Nursing Period

Physicians who formerly endorsed the artificial feeding of children are now rapidly becoming convinced that it is far from the proper method and that, for many reasons, breast feeding is far more desirable, both from a purely physical and a psychological standpoint.

If the mother-to-be is to be capable of perfect lactation—with a plentiful supply of milk carrying all the elements of nutrition, she **MUST PREPARE FOR THIS DURING HER ENTIRE PERIOD OF PREGNANCY**. This is done in part by eating a plentiful supply of good and properly selected and combined food; but, in addition to this, there is another necessity, one not at all difficult to obtain.

The agent used is both a *natural* and a *legendary* one. We would not make so bold as to claim it to be a recognized scientific formula. However, many physicians who have used it during years of practice claim for it two things: **EASY CHILD BIRTH** and generally a plentiful supply of milk.

This remedy is actually as old as man—not only the white

¹⁴ It is not possible to give full instructions in this little book. For full information, write to *The Humanitarian Society*, Quakertown, Penna. No charge involved. This *Society* was organized on a non-profit, non-fee basis during the first World War.

man—but the red man in America. It was a remedy well-known and universally used by the red man; in fact, it was his only remedy for these two very important purposes and it has universally proven itself in our hands.

Mitchella, or Squaw-Vine
Normal, Easy Childbirth—Lactation

It is most generally known, especially to the common people—to whom the Obstetricians and Baby Specialists are unknown—as *Partridge-berry*; *Squaw-vine* (an Indian term); *Squawberry* (also an Indian name), *Checkerberry*, *Deerberry*, and *One-berry*. It is found in the woods of most states in America. Its present day use is based upon the traditions and practice of the American Indians and later upon the practice by Botanic, Physio-Medical, Eclectic and *Natura* physicians.

Its influence is specifically upon the reproductive organs of the female. This influence is desirable during the entire period of pregnancy and nursing. Under its influence, it is possible to eliminate many of the frequently experienced erratic pains and unsatisfactory desires from which pregnant women so frequently suffer.

The nervous system becomes tranquil in place of emotional. Reflex symptoms are removed. The urinary function becomes normal. The bowels become more regular. Labor is approached without the appearance of the usual irritating, aggravating symptoms; dilation becomes completed more rapidly; the expulsive contractions strong and effectual; involution is rapid, and in most instances, there are no subsequent complications to contend with; childbirth is comparatively easy and nursing the child becomes a normal and simple matter.

Mitchella or *Squaw-vine* should be taken regularly beginning with the third month of pregnancy and continued until nursing is finished. It is most satisfactory in its results if taken three times a day. A tincture of *Mitchella*, 5 to 30 drops; a syrup of *Mitchella*, 15 to 30 drops; or an infusion may be made of it.

Threatened Miscarriage

Many women labor under a constant fear of miscarriage during the entire period of pregnancy, more especially those living in districts where the service of a physician are not easily obtainable. If *Mitchella* is taken throughout the entire period of pregnancy, then, barring accidents, placental diseases, syphilis or acute infection of the mother, there is little need of fear as far as miscarriage is concerned, especially if the mother-to-be is fortified with vitamin E and K.

Breast Feeding Alone is Normal and Natural

Before the birth of a child, its character, temperament and physique are conveyed to, or formed by, the pregnant woman's blood, and her *desires* and mode of life. After birth, the milk of her breasts and her general behavior continue to do the same thing. It is our contention that, psychologically, if both mother and child are to be normal, *breast feeding is essential*.

The mother should *continue to think, desire and live* during the nursing period, exactly as she did during pregnancy. Every globule of her milk is saturated with the character, the *feelings* and the mentality of the mother who ingests the food and alchemically turns it into milk—the life for her child.

ONE THING NEITHER A PREGNANT NOR THE NURSING MOTHER SHOULD FORGET FOR A MOMENT is the fact that it is now scientifically proven that every passion such as fear, worry, anger, hate and jealousy actually manufactures a specific poison, and this poison becomes part of the blood and affects the unborn child as it does the child being nursed by its mother.

On the other hand, every desire, every lofty emotion, likewise creates what might be rightly termed an *elixir of life* which has a constructive, elevating effect.

Let us cite this example: Here are two pieces of paper identical in every respect. One of them is worth a few pennies, the other a thousand dollars. *What makes the difference?* JUST A SIMPLE IMPRESSION. One of these pieces of practically worthless paper is a blank, on the other the Government has stamped, printed or impressed the words and symbols making it a thousand-dollar negotiable note. To accomplish this there had to be a *desire* and an activity.

The child in *embryo* is such a blank paper; the desires, the efforts and the activities of the pregnant mother do the stamping, the impressing, the printing. Naturally the material—the seed germs received from the father have as much to do with this as has the properly prepared paper, in making a good bank note.

The mother who is capable of breast-feeding her child and refuses to do so *commits a crime against herself, her child and the Race.*

During the entire period of nursing, as during pregnancy, the marital rite should be engaged in only when *desirable* and *agreeable* to the mother, and this should be in *moderation.*

Who is there who does not admire the mother animal patiently nursing its young? The nursing mother is intended by both nature and God to be contented, filled with health and vigor to convey to her child, the bright eyes and pink cheeks expressing fullness of life; in short, an expression of general happiness and beauty.

Unfortunately, all too many mothers are unhappy, drawn of face, dull of eyes, figure emaciated and generally listless. This is usually attributed to nursing. This is utterly in error, the cause lies far deeper and the same condition, possibly worse, would be present if she did not nurse her child. MATERNITY IS THE CENTRAL FACT IN LIFE. Child-bearing, as is child-nursing, is an entirely natural phenomenon. Nature ever rejoices in her period of reproduction.

WOMAN IS PART OF NATURE.

In the hands of woman—not in the acts of legislative bodies—is found the means for the salvation of the race. It is she who molds humanity for good or ill. She is God's handmaiden in the work of creation. The sooner this fact is fully recognized the better for humanity.

The subject of procreation and regeneration is at once both simple and difficult. Plain terms may seem to confuse, but should never be the cause of shame. The things that God in his wisdom and the depth of His Love has created should not bring a blush to the cheek of any man or woman to read, discuss or investigate. *Only the prude can be shocked, and he only because he has a guilty conscience.*

The knowledge of sex in all its normal, natural and

spiritual functions—*and it has a spiritual function*—being so essential to the well-being of mankind, cannot by any stretch of the imagination, be in any manner destructive or degrading to moral purity. Maternity is the creative office made use of by Divinity according to His own design and is sacred as humanity may become Divine, *Holy as God is Holy*. THE INTENT AND EFFORT GRACIOUSLY EXECUTED HOLD THE KEY TO THIS ACHIEVEMENT.

A Most Interesting Case History in Tabloid Form

In order to convey these vital instructions in simple words and form, let us forget time and begin the narrative in the year 1921 and thence retrace our steps.

The physician sat quietly in his office, studying his texts as he usually did when not occupied with his professional duties. The bell of his office rang and, being alone, he himself opened the door to be met with a surprise in the form of a rather petite young woman whom he recognized as a little girl he knew years ago; the daughter of a friend of many years past.

"Why, Mary Jane," he greeted her, while at the same time inviting her to the office, "What brings you here and at this time of day?"

"Doctor," she answered, somewhat hesitatingly. "I just had to see you. You were a close friend of my father and we often talked about you. I am in need of the help I feel you can give me, but it has taken me a long time to muster enough courage to come to see you."

"Mary Jane," he said encouragingly, "you know well enough that any help I can give you is yours, not only for your sake, but also for the sake of your father, who was both a close friend and fellow student with me."

"That is just it," she commented, "and it is one reason for my hesitation. If you will not think hard of me, you will permit me to recall that at the time you knew me, what you

then believed, was considered just a little "queer" by our neighbors and friends. You were known to be engaged in a study of books which among our German-American people bordered on what they called a "strange belief," but lately I have read some of these books still in my father's library, and it is because of this study I am here to see you."

"No matter why you are here, or what the neighbors thought, I am wholly at your service," he assured her.

"Doctor," she continued, "I am married to a man who is far above the average, but more or less average in his ideas. He is truly a good and kind husband; is successful in business, and is satisfied with things as they are.

"You know, of course, that I was humbly born. My father was a good man, but had many old-fashioned ideas, among them that a girl's place in life is to be wooed, married, have children, be a good wife and mother, and an excellent house-keeper and lastly, a good companion. Education had little or no meaning to him insofar as girls were concerned. For that reason I had only a common school education.

"My mother, as you also know, was a good woman. She was most kind, *gracious* I should say, and ever ready to help a friend or neighbor. She was much like your own good mother. Her education, like my own, was sadly neglected. Her sun rose and set in her husband and family. So much for my background.

"I have been married three years, but there are no children to bless our home. During these years I have been reading and a strange thing has happened. Whether this is due to my reading or whether it was inborn in me from my parents, I do not know, but one thing is certain; I have an intense desire to follow in the footsteps of some of the women so

much praised in these books; I DESPERATELY WANT TO GIVE TO THE WORLD SUPERIOR CHILDREN. I do not care whether these be male or female, if they will really *glorify* God. Can I do this? Will you help me?" she pleaded.

As the physician in this story, we had been interested in this subject for many years. We knew what was necessary, because in previous instances of this nature, wonderful results were secured in each and every instance where the mother-to-be was willing to co-operate by following a more or less strict set of instructions.

We were therefore enthusiastic about the prospect of adding one more mother-to-be to the numerous others who had been highly successful in bringing perfectly formed and mentally superior children into the world.

After a moment's pause we said: "I will gladly help you in every way I may, but before we go into the ways and means, I must ask you a few very important questions.

"DO YOU DRINK ALCOHOLIC BEVERAGES?"

ANSWER: "Only occasionally."

Question: "Do you smoke?"

A. "Not very much."

Q. "Are you given to the eating of much sweets, cakes, candies?"

A. "Not regularly."

Q. "What about tea and coffee?"

A. "Not as a habit."

Q. "Now then, the *most important question of all*. YOUR ANSWER WILL DECIDE WHAT THE ULTIMATE RESULT WILL BE.

"Are you willing, perfectly willing, aye, even anxious, to begin at once to give up all alcoholic drinks and smoking, and to continue tea, coffee and unnecessary sweets only in moderation, in order to prepare yourself to conceive, and give birth, to the perfect child you desire?"

"Are you willing, and do you think yourself capable of governing such passions as hatred, resentment, malice, discontent and the rest of their kind, so that these will not find a medium in your child to manifest themselves?"

A. "I honestly assure you that I am perfectly willing to do all of these things and I know that my husband will be most anxious to cooperate."

"Then listen," we continued. "Listen well and follow my instructions as closely as possible. Consult me whenever you feel in need to do so. I will be your father confessor and your guide to the best of my ability."

"To begin with, it is well to remember that you need *not* deny yourself anything that is not detrimental to your own health and happiness. All that is actually necessary is for you to live a *natural* life."

"You will begin at once by giving up entirely and as quickly as possible, both alcohol and tobacco. Tea and coffee you will partake of sparingly; a cup for breakfast, and possibly one during the day if you feel tired and in need of a stimulant."

"Unnecessary sweets such as cakes and candy must be used very sparingly. They replace necessary vital foods, and lacking the calcium required to build the bony structure of the child, they do much harm."

"Your diet, beginning now, and following throughout pregnancy, is to be simple. Good food and plenty of protein, such as was the diet of your family. These are, in their order:

MILK and COTTAGE CHEESE; dishes made of the various sea weeds for their essential Iodine and mineral contents to help build a normal body and brain. All the sea foods such as the various fishes and oysters for their iron; shrimp for their Iodine; crabs, lobsters and clams for their vital food content; peas, beans and lentils for their vital starch as well as their protein and, lastly, if you eat meat, eliminate veal and pork. These protein foods should form almost half of your diet.

"Next in order are the vegetables, both raw and cooked. These are highly essential for two reasons: First of all, they furnish the absolutely essential mineral elements; secondly, they neutralize the acids and toxins of the proteins. There is a third and also an important reason; they furnish the roughage required for proper elimination.

"Starches are also highly important. The best of these are whole rice and barley, all of the whole grain products; all rich in an organic starch, the mineral elements and lecithin—a nerve and brain food element. Then there is the common potato, best prepared by baking and eaten with its skin.

"Lastly, the fats. These are obtained by combining cream and milk in your diet. They are also a part of all sea food and of some of the other articles of diet."

"What about desserts?" she suddenly interjected.

"Delicious," I assured her, "but truthfully, an abomination to mankind as at present consumed.

"In the first place, they usually follow the meal, and after the appetite and need for food has been fully satisfied. Being actually a *surplus*, they often are the cause of indigestion, and frequently the cause of congestion in the system.

"Secondly, in these modern days desserts are mostly composed of denatured and devitalized foods(?), hence rob the

system of calcium and other necessary elements, instead of furnishing these elements.

"No desserts then," she accepted.

"Not necessarily so," I replied. "There are many desserts rich in food value. Among them are pure ice cream; all of the dishes that may be made from the sea weeds; rice and egg puddings, the pure gelatins and even berry pies, *but note this carefully*. Whenever you have a desire for any of these desserts, NEVER EAT THEM FOLLOWING THE MEAL WHEN YOU ALREADY HAVE EATEN ENOUGH. *Eat them before you start eating other food and you will not over-eat. Or better yet, select one of these desserts and a glass or two of complete, certified milk, and let this be your meal.*

"See to it that there is proper and complete elimination so that there will be no congestion in the system.

"Get a sufficient amount of sleep.

"Get plenty of exercise, in the open air or sunshine.

"Do not neglect recreation. It is not material what this may be. The opera; good music; good plays; no heavy dramas; playing cards if you can prevent yourself from becoming angry at your partner's misplay, or being emotionally upset; dancing if you wish, but not after you become tired; see ball games if you enjoy them. No constructive recreation is forbidden you; but do not overdo anything.

"During all of this time, both before and after you conceive, and during all of your pregnancy, ever keep several things in mind:

"Do not permit yourself to become emotionally upset or downright angry. If there is cause for it, remember that *to become overwhelmed by it will not correct the cause*

and it will do you harm. It will manufacture a poison which, coursing through your system by means of the blood, will likewise flow through the body of the child being fashioned within your laboratory.

"Always and forever, hold your ideal before your mental vision as an all-consuming fire. Remember that your DESIRE is the *means of impression*—the printing press that will make a thousand dollar bank note out of a plain, though correctly prepared, sheet of paper. YOU ARE THAT PRINTER; YOUR CHILD IS THE SHEET OF PAPER; YOUR DESIRE DOES THE IMPRESSING.

"Two or three months after conceiving, begin to take *Squaw-vine* in some form. This will prepare you for a normal, natural, easy childbirth as well as develop the mammary glands and assure you an ample supply of milk to breast-feed your child.

"During all of your pregnancy, see to it that you ingest a plentiful supply of calcium in the foods you consume, or by taking bone meal in one form or another. This you continue while nursing your child and after that to replenish your own supply.

"Should you become abnormally mentally fatigued or become conscious of your Thyroid glands, see me or consult your local physician. You might be in need of Thyroid substance as so many women now are.

"During the last months of your pregnancy, further prepare yourself for a natural, normal delivery by taking short warm sitz baths. When the first pangs of labor are felt, call your physician and then take warm sitz baths of half-hour duration."

As a doctor I was keenly interested in this special case, because of long friendship with her father and also due to the fact that the father was more or less in harmony with these beliefs, and I kept a careful record.

In due time a child was born. It was a boy. The delivery was almost painless and of less than an hour's duration. The child was of normal weight, perfectly formed. The mother was easily able to nurse him until it was time to wean him.

He possessed a keen mind and graduated from high school at fifteen, graduated from college, then prepared for his chosen profession.

Today (1949), he is becoming internationally recognized, even though still below 30 years of age.

Since the birth of this boy, two other boys and girls have been born to this mother. All of them nursed at the mother's bosom. All are strong, healthy, beautiful of form, keen of mind and give every indication of becoming members of a regenerated race. The mother is healthy and happy; youthful, the pride of her husband, and seeks no other happiness than her home.

This doctor's book of records is filled with instances such as this; it is a large book, becoming larger by the day; and there is no record of a misshapen body or a mentally weak child.

Summary

1. A new age has come and the call for a new race. To accomplish that requires the raising of better offspring through directed efforts of improving desirable qualities and eliminating undesirable qualities. In the animal world this is called stirpiculture and consists of a systematic attempt at improving a stock or species by selection, suitable environment and attention to the laws of breeding. It can be accomplished in the human family by preconceptive and prenatal culture.
2. In man this requires following a healthy, natural and normal life and the active employment of the pregnant woman's power to mentally impress upon her forming child the qualities she desires it to have.
3. A child's training must already begin before birth, if it is to attain to its highest degree of mental, physical and spiritual development. Proper preparation for conception and care during gestation is far more important than any possible after education.
4. Parents are responsible for properly preparing themselves for parenthood; living properly as regards rest, food, exercise, and especially mental and emotional stresses, and recognizing the fact that impressions during pregnancy shape the doom or fortune of the offspring.
5. The destiny of the individual, hence of the nation, of the race itself, depends upon the mothers of the world and the prenatal conditions arranged for their children. Salvation from extinction lies in propagation undertaken

knowingly and understandingly. The parents working harmoniously in conjunction can do more toward true reforms than all the temperance, vice and corrective societies of the world. A child desirably conceived, wisely nourished in the bosom of the mother-to-be, and guarded by the love between father and mother will never go wrong and cannot be led astray.

6. The secret of a mother's ability to transmit to her children any desired quality, goodness, greatness, talent, potentiality, and possibility even though she does not possess it herself is the greatest of all the phenomena in the universe and is based in her desire and love for what she is creating. "Any mother can produce offspring that shall be superior to either parent, if she so *will*, and by dwelling only on that which is true, beautiful and good."
7. Heredity foreordains that offspring shall be in the likeness of one, both, or a mixture of the parents. This is true throughout the animal world where there is no modifying influence, or applicable law to retard or advance the traits, shapes or tempers of the progenitors. In the human race, both prenatalism and heredity fix the natural bend or tendency of the child to be. The *will*, feeling, desire and active effort on the part of the pregnant woman may completely reverse heredity.
8. The period of transmittable influences has been divided into three divisions: 1. The Preparatory Period; 2. The Gestatory Period; 3. The Nursing Period.
9. The preparatory cycle begins with a preconceptive period when the prospective parents should train and fit themselves mentally, physically and spiritually for their responsibility. This to be followed or preceded

by a thorough medical examination of each to be certain that both are free of infectious disease or any other condition, physical or mental, prohibiting parenthood. Every mode of life that is undesirable should be eliminated, including alcoholic drinks, tobacco, devitalized foods and every form of profane thinking. Everything that is weakening to the body or degrading to the mind and the finer feelings must be abolished. Only clean and elevating thoughts should be entertained. Every effort should be made to cultivate neatness, system and order, as well as cheerfulness, gentleness and *graciousness*. If these qualities are not part of themselves, then they must be built into the ego by Will and desire so as to become a part of the offspring. If a mother-to-be wants her child to be a great musician or artist, or excell in any profession, even though she herself is not such, she can do so by constantly thinking about it and fervently desiring it for the child. This is the vital secret for the creation of superior children.

10. The strongest force, greatest mental power, and creative ability in the domain of art, science, philosophy, literature and leadership is invariably manifested by those who have been conceived, nurtured, and born in the affection of their mother. It is in the presence or absence of love and affection wherein is found the key to the production of supermen or super-devils; murderous egomaniacs like Attila, Nero, Hitler, and Stalin, or a *Christos*, St. John, Buddha or Confucius.
11. The preconceptive medical examination for detection of infectious or inheritable disease, or any condition, men-

tally or physically, which would indicate that they should not have a child, must ascertain that the wife is not suffering from anemia; neither high nor low blood pressure; that her heart, lungs and kidneys are in good condition; the bony pelvis not too small, deformed or obstructed and, equally important, no form of neurosis.

12. As soon as a woman realizes that she is pregnant she should, if at all possible, at once report to her physician and have him begin a series of monthly checks, to make certain that no complications develop, or detect them in inception when they can still be taken care of. Each visit must include a urinalysis and blood pressure determination to discover the earliest onset of a possible impending uremia.
13. The mother-to-be should closely watch her diet. She should beware of candy or white sugar and its seductive by-products. She should use only natural undenatured sweets as honey and generously found in dates, figs, raisins and other such foods. Beware also of white flour and its culinary enticements. Use only whole grain products. The fare for the pregnant woman is of the utmost importance. The female parent cannot give her baby any building material she does not possess herself. Subsisting on highly denatured or grossly adulterated foods the modern potential mother is herself already greatly under-nourished, so it becomes imperative that from now on her selection of menus should be a wise one. There must be an abundance of proteins, which are the building blocks of the body, a plentiful supply of vegetables, both raw and properly cooked, because these together with fruits contain the essential

minerals and vitamins and also neutralize the acids and toxins in the proteins. There must also be the proper proportion of starches and fats to make a balanced meal.

14. Among the mineral requirements of the pregnant woman calcium ranks highest. Most women do not have enough to furnish a sufficient amount for the bony structure of the child being developed. Next in importance come phosphorus, iodine and iron. Because of the poor mineral contents of our depleted soil it may be necessary to make up the mineral deficiency of our common foods with so-called supplementary mineral preparation feeding, such as bone meal tablets for calcium and phosphorus. Another excellent source of organic calcium is the shell of eggs. Seafoods, both animal and vegetable, are rich in iodine which is essential to the thyroid gland and mental balance.
15. Alcohol is a great danger and an actual poison both to the pregnant woman and her child. The woman who is given to partaking of alcoholics, and who seeks to become a mother, should discontinue their use entirely during the months before she conceives, most assuredly after. The use of tobacco in its poisonous effects upon the pregnant woman and her unborn child is second only to alcohol and should likewise be abolished.
16. Physicians who formerly endorsed artificial feeding of children are rapidly becoming convinced that breast feeding is far more desirable both from a physical and psychological standpoint and alone is natural. However, if the mother-to-be is to be capable of perfect lactation — with a plentiful supply of milk, containing all the necessary elements of nutrition, she must prepare

for this during her entire term of impregnation, already beginning with the preconceptive period, by eating an abundant supply of good and carefully selected and combined foods.

17. As far as labor and lactation alone are concerned there is fortunately another very effective agent, both a natural and legendary one. This was the universally used remedy of the aboriginal red race of America, and their only remedy for easy childbirth and a plentiful supply of milk. It is the herb *Mitchella*, or the Indian name, Squaw-Vine or Squawberry. It is found in the woods of most states of America and its present use is based upon the tradition and practice of the American Indians and later the Botannic and *Natura* physicians. It is not a generally recognized modern scientific formula but the mothers of such great men as the patriotic Pontiac and the noble and dignified Tecumseh did very well with it.
18. An important thing the pregnant or nursing mother should never forget is that as the mother's character and desires are conveyed to the unborn child through the maternal blood so it is also transmitted through the milk of her breast. She should continue to think, desire, and live during the nursing period exactly as she did during pregnancy. It is now scientifically proven that every passion, such as fear, worry, anger, hate and jealousy actually manufactures a specific poison, and this poison becomes part of the blood and affects both the mother and the nursing child.

Conclusion

The mere fact that you have this book is proof of your interest in the birth of better and more perfect babies. You may desire to become a mother of superior children; you may have a daughter or friend in whom you are interested or, as many others, you may simply enjoy knowing the Laws and truths as here explained, so as to be able to give others the benefit of your knowledge.

If you, yourself, desire to give birth to superior children, it IS in your power to do so, but you should not, for one moment, consider the methods herein advocated as being new or untried. Much of this knowledge has been known for centuries. Even the Biblical writers were versed in at least some of these methods, as is proven by the quotation from *Genesis*, which you will find in this book.

The actual fact is, *we* have taught this system for the past forty years to numerous women, not only in America, but also to many living in other countries. This teaching, for the most part, was carried through personal letters, and there never has been a single instance of dissatisfaction or failure.

Those who have faithfully followed the instructions have been more than satisfied. Many have voluntarily expressed themselves by letter, telling us, in no uncertain terms, that the instructions have proven valuable beyond price.

On the day before these lines were written, we received a letter from one of these friends, telling us of the wonderful results obtained, enclosing an extra free gift of large proportion in expression of her appreciation.

It should perhaps be mentioned that these instructions were originally prepared especially for the women who live in the smaller towns and in outlying districts where it is difficult, and often impossible, to obtain instructions and guidance from a physician who has a true knowledge of the Laws and methods which enable women to bring superior children into the world. It has been our great pleasure to help these splendid women, and *through them*, the race as a whole.

THE CONSTANT, INSISTENT DEMAND BY THOSE WHO RECEIVED THESE INSTRUCTIONS IN CONDENSED FORM, HAS INDUCED US TO ISSUE THIS BOOK, SO THAT THESE, AS WELL AS ALL WOMEN INTERESTED, CAN OBTAIN THIS INSTRUCTION WITHOUT TOO MUCH DIFFICULTY AND WITH THE COST OF THE BOOK AS THE ONLY OUTLAY OF MONEY. AS a result, *you* and *your* children may have the benefit of this priceless information.

*Dangerous Period of Life**

Menopause



AS AT puberty, the temple doors of the creative being are opened so that God's universe may be peopled, so at Menopause are they closed and if all has been well, Nature bespeaks the benediction: "As thou has been faithful despite all thy suffering, now may thou know the joys of life without the shadow of fear."

The period of a woman's fruitful years are varied. In some instances menstruation may commence as early as the age of nine or ten and continue until fifty. In others the lunar season does not appear until the fifteenth or even the eighteenth year, ceasing at thirty-five to thirty-eight.

Many conditions influence both the commencement and the cessation. Heredity frequently governs, and the girl whose mother changed from girlhood to womanhood after reaching the age of fifteen, and from fertility into Menopause at thirty-eight, may expect the same rule to govern in her life, although this is not always true.

Women who have borne children do not usually enter the menopause as early in life as those who have not. As a

(*) Before publication, the manuscripts for both *PRENATAL CULTURE* and *RACE REGENERATION: THE MYSTERY OF SEX* were read by (1) physicians interested in the subjects treated, (2) women who had been previously instructed along these lines, and (3) co-workers representing widely different walks of life. These readers, almost without exception, expressed the wish that this chapter from *Race Regeneration* be included as part of the present volume — the physicians so that they might provide copies to patients approaching the Menopause; the others, that they might present copies to their friends and loved ones in need of such guidance.

general rule, the more children a woman has had, the later she may expect the "Change of Life" to occur.

A fallacy which has been universally accepted as a truth, and from which we hope to free suffering womanhood, is the race belief that as a woman approaches the years when menopause should occur, she will commence to suffer all the misery, both physical and mental, that the flesh is heir to.

Nothing need be further from the truth; physical ailments and mental morbidity are not generally necessary and, when present, merely indicate either ignorance or an abnormal life.

At this period of life the creative organism does undergo a change, the ovaries atrophying, reducing in size and ceasing to function as previously. It is also generally believed that the uterus, like the ovaries, will atrophy. No doubt this does occur in some instances, *but it is entirely unnecessary. If the laws governing woman's sexual life and activity are understood and obeyed, women undergoing menopause may remain as youthful in their desires and their capacity to exchange the full love embrace with husbands as before the change, and one of the chief causes of divorces at this period of life—in plain words, the wife's frigidity and lack of response—will have been removed.*

During the period when menopause takes place the entire nervous system must undergo a thorough re-adjustment. One of the first symptoms of the approach of a normal change of life is irregularity in menstruation. Sometimes the lunar flow will be missed for several months. Then it may appear regularly for some time; again ceasing for a shorter or longer

period. This continues until the process of reconstruction is completed.

Undoubtedly, even in the strongest women who have lived in obedience with natural laws, the various changes require greater strength than did the monthly periods of cleansing. Because of this, the food should be especially vitalizing and free from congesting material, while the body should have less active exercise and the mind longer hours of rest.

Teaching by illustration is by far the easiest method. We recall the case of an average woman who, during her youth, received no instructions in the care of her physical organism; who refused all opportunities for gaining this important knowledge. She was the mother of several children, suffering severely when giving birth to most of them, by reason of improper food, worry, overwork and many other unnatural and unnecessary factors.

This woman is now in her fourth year of the change. A day or two before the commencement of the flow there is a disturbance of the stomach, then a bilious headache so severe it becomes necessary for her to go to bed. This headache may continue twenty-four to forty-eight hours. During this time she is practically unable to see, so great is her suffering.

Then the flow of an odorous fluid commences and continues for possibly five or six days. The woman is irritable, at times extremely nervous, and next to irrational. From present appearances, the change will not be completed for another year or two. Our experience indicates that, with slight variations, this is the usual "hell of middle life" through which most women pass.

We also have in mind an acquaintance, a woman who was blessed with an enlightened mother by whom she was fully

instructed during her girlhood years. This lady no longer believes that she need be ashamed of any portion of her body, but feels that she has a perfect right to be proud of it.

She has long since thrown into discard the age-old idea that she is the plaything of her husband, with no right to refuse his request, or indicate her desires; also the belief that when she passes through the gates of the menopause she will no longer be a desirable companion for her husband, and incapable of offering him the pleasures of youth.

This lady, the mother of nine children, at the age of forty-eight, had neither a thought nor an indication of the approaching crisis until the lunar flow ceased to appear. A day or two after the period when menstruation should have commenced she was aware of slightly hot flushes and a desire to rest.

Instead of giving way to worry, *woman's usual companion*, she took a warm douche, a tepid bath with a quick rub, a hot cup of tea and went to bed. In a few hours these flushes passed and she felt wide-awake, though slightly nervous. In place of asking for an opiate, she dressed and took a long walk, swinging her arms and breathing deeply.

For the next few days she changed her diet to luscious fruits and fresh green vegetables, such as lettuce, celery, corn, peas, and plenty of milk and fresh eggs. During the time of what had formerly been the lunar season she abstained from meats, sweets, spices and stimulating drinks.

The next periodical flow appeared as usual, but she continued the former treatment. After an intermittent appearance for about a year, the flow ceased entirely and for six months past there has been no indication of its ever again appearing.

During all of this period she never for a moment permitted herself the thought that *now* she would be less a woman or less desirable to her husband, but remained firm in the belief that there should be no change in the conjugal relationship, and acted accordingly. As a result, her husband was barely aware of the change taking place. This is the *natural* way of the change.

Cases vary even when an enlightened regime is faithfully followed, but it is safe to say that every abnormal and undesirable symptom can be quickly overcome by rest, abstaining from certain foods, taking proper exercises and a correct outlook on life, and adopting such remedial agents as may be necessary.

Generally, the greatest enemies woman must contend with during the menopause are indigestion, dyspepsia, sluggishness of the liver, over-work, abnormal indulgence in food and drink, unhygienic surroundings, etc. If these be removed and normal habits of life established, there need be no reason for worry.

It is a universally accepted delusion that with the cessation of the periodic flow, woman naturally ceases to enjoy the embraces of her husband, and is no longer capable of conferring upon him the former satisfaction, supposedly due to the atrophying of the ovaries, and shrinking of the vaginal walls. This is a race belief which has been the cause of more misery, sorrow, broken hearts and disrupted homes, than almost all other combined influences.

This thought, always present in the mind of woman long before the time of the approaching change, has been a "thorn in the flesh." Many women look forward, with *dire* foreboding, to the period when the *fires-of-love*—keen desire—will

no longer burn within her and she will become incapable of giving the former pleasure to the man she loves, with the altogether natural expectation that he will seek satisfaction elsewhere than at his own fireside.

This constant fear and expectation unquestionably have much to do with the unnatural and undesirable change taking place, as well as with the gradual decline of the woman's desire for the usual love embrace, so that by the time the "change of life" is actually completed, her entire organism, no less than her desires and capabilities, have become paralyzed and she becomes frigid in her nature, totally at variance with her former self.

There comes to us the psychological law expressed in the Bible as a religious truth: "The thing thou feared has come upon thee," and nowhere else in Nature is the working of the law more certain than in the domain of the emotional nature.

As a matter of absolute—and saving—truth, we can assure every woman living that there is no foundation for this destructive race belief. She may avoid becoming a victim of this inertia. She can, if she will, become many times more capable of both experiencing and giving affectional pleasure *after* the menopause, than during any other period of her life, with the possible exception of the first few times she permitted the embrace.

If a woman will keep the affectional fires burning while passing through the change of life by *willingly, and with conscious desire, accepting the conjugal embrace at least once a week between the lunar periods, being watchful that she experiences the complete climax in its highest perfection each time, she will not only keep the love nature alive and*

fully awakened, but she will delay the atrophying process of the ovaries and the shrinking of both uterus and the vaginal walls; becoming thereby capable of giving more intense and prolonged pleasure to her spouse than ever before, because the constant fear of pregnancy will have been entirely removed.

Up to a comparatively *very* short time ago it was thought that only women passed through a *change of life*. Physicians, like the laity, labored under this belief. Now we *know* that men, as well as women, pass through such a *change* and at about the same age. The symptoms are very much alike in both instances:

Uncertainty and a growing lack of faith in one's ability often makes its appearance. This symptom is more pronounced in men than in women. The fear of becoming incompetent; mental depression; a seeming dullness of memory and the inability to concentrate as well as formerly, are usually more pronounced in men than in women. Other common symptoms are: Lassitude and inertia; a desire for inaction; palpitation of the heart; asthma or other ailments heretofore unknown, and fears of various kinds, all without actual reason. Danger is frequently sensed, though none is present. Men easily become excited or worried without actual cause. Numbness, due to a decrease of circulation, may be felt; nerves may be taut and "on edge" much of the time. There is frequently a loss of interest in things formerly considered essential to life and happiness—a sense of failure and insecurity. Irritability and loss of control are often experienced, even in trifling, inconsequential affairs. There

may be a lack of *Libido*, i.e., the former urge for sexual relationship. In fact, this may become pronounced; more so in men than in women.

In general, Nature is giving warning that insofar as she is concerned, she is withdrawing from the scene; that the parties concerned will be obliged to follow other than former methods, and bring other forces into play if they wish to *remain* competent and fulfill the role of true *men* and *women*.

WHY SHOULD THIS BE SO? Why is it that, up to the years of forty or forty-five, the normal, healthy man is moved by a sex urge almost beyond control, and supplied with the vim and vitality to indulge inordinately, and then—almost overnight—becomes apathetic and indifferent? Why is it that the woman, who formerly had to be aroused by fondling and caressing, may now be an entirely different nature? Why all this change?

It is as though a man had been sustained for many years to a point near heaven by some force or power, other than his own, and permitted, aye, even urged, to enjoy life to the full without personal effort, and then, suddenly being cut off, as it were, in mid-air, with the stipulation: "If it be your desire to enjoy what has been yours for so many years, YOUR PERSONAL EFFORT MUST COMPENSATE FOR THAT WHICH WAS FREELY GIVEN YOU UP TILL NOW. If you fail to make this effort, and make it constantly, then all that has been yours will be lost to you."

Nature is utterly selfish. She concerns herself solely and wholly with her own interests. Beginning with adoles-

cence she sets into motion certain emotional longings and desires which automatically create forces and energies that MUST find activities and outlets in one form or another, and the most "natural" is the *biological urge*—desire for exercise of the *libido*. This desire, almost incessant, is an incentive not so much to create as to enjoy and satisfy the urge. Nature is wise in this respect, because it assures her continued creation of the species. In man, this is a *carnal urge* which Nature instigates and keeps active so long as it serves her. In woman the desire is aroused by love's activity, or what she believes and accepts as such; induced by petting, fondling and coaxing. Man is the tempter; woman the tempted.

During this period, effort, on the part of man, except in direction of self-control, is unnecessary. Whatever efforts he exerts are to hold his emotional urges in check, rather than arouse or awaken them.

But all things must come to an end. There comes a time when Nature has obtained from man all she desires or all of which he is capable. His days of virility over, Nature arranges thus:

"Up to the present time I have given you all the power and energy required to enjoy yourself to such degree that you have been unable to resist the urge within you. I, Nature, have been the incentive of your acts. I have been your 'devil' of pleasure. You, in turn, have been the tempter of your mate. Between you, you have served me well. You are now no longer useful to me; hence I sever my connection with you and yours. IF YOU DESIRE TO REMAIN A *man*,

AND YOUR MATE A *woman*, then YOU MUST HENCEFORTH DO FOR YOURSELF THAT WHICH I HAVE PREVIOUSLY DONE FOR YOU."

NATURE IS CRUEL, BUT IN HER OWN WAY SHE IS ALSO MERCIFUL TO MAN THOUGH HE IS GENERALLY UNAWARE OF IT. ALTHOUGH SHE FORSAKES HIM AT THIS CRITICAL MOMENT, SHE DOES NOT ENTIRELY LEAVE HIM HELPLESS. HE STILL HAS THE OPPORTUNITY, AND THE ABILITY, TO DO FOR HIMSELF EVERYTHING THAT SHE HAD PREVIOUSLY DONE FOR HIM *with the exception of the capability of procreation.*

At this stage of life, what is man (this includes women) to do? Nature gave man his virility in order that he might enjoy himself freely, and, as a result, procreate the race. God gave man something far greater than that which Nature did—HIS IMAGINATION. When the INCENTIVE of nature is withdrawn, the IMAGINATION MUST STEP IN AND TAKE ITS PLACE.

One of the first symptoms of the oncoming "change" is the lack of the *libido* on man's part, and the loss of desire *to be* aroused on her part. THIS IS AN INERTIA WHICH IS DEATH IF PERMITTED TO CONTINUE. This inertia is truly a prolific source of excuses: too tired; business has been difficult; I have a headache; my back hurts. Although there is a *feeling* of guilt, each has a pet excuse with the result that instead of bringing the imagination into play to arouse the desire for embrace, they turn about and go to sleep, and weakness is added to weakness.

It is truism: "Constant watchfulness is the price to be

paid for continued MANHOOD AND WOMANHOOD." Both husband and wife should have a full understanding of the mysteries of their being, comprehending both their strength and their weakness and work in harmony with each other. They must become *fully conscious* of the fact that since Nature will permit their virility to die out, it is incumbent on their part to MAKE THE NECESSARY EFFORT TO KEEP THEMSELVES SEXUALLY AWAKE, ACTIVE, ALIVE. *They should agree that, if their own physical natures will not respond automatically to a desire for the marital embrace, they will bring the Imagination—God's greatest gift to mankind—into activity.* This should be done no less than once a week.

This is most readily accomplished by retrospection—by looking into the past and recalling to mind some exceptionally pleasant experience of the marital pleasure which was unforgettable. In doing this, the imaginative faculty will do what Nature formerly did for them: SEND THE BLOOD COURSEING THROUGH THE PROCREATIVE ORGANISM; AROUSING THE DESIRES AND BRINGING BACK THE ABILITY TO ENJOY THE EMBRACE AS FULLY AS BEFORE. If this method is followed from the very beginning when Nature ceases to give help, then within a short period of time, a NEW CYCLE OF AN AFFECTIONAL NATURE IS ESTABLISHED and the *libido* on his part, and the response on hers, will become natural and automatic, and life will go on as before.

Question: Is it worth the effort? Is a man *man* enough to do what is necessary to remain a *man*? Does the

woman possess enough affection to make the necessary effort to continue a worthy object of affection? These are questions every individual must answer for himself or herself.

If we can be successful in spreading this *law of nature* broadcast so that all men and women may come to an understanding of its potency for the continued retention of youth, then countless homes that would otherwise be disrupted, will continue happy and content in the knowledge that all is well.

Let every man and woman look forward to a greater fulfillment of life *after* the menopause, giving extra care and attention to the entire system while passing through the change, keeping alive the entire being—mind, body and Soul—by recreation; the mental faculties awake and active, the body virile through exercise. Let them attend good plays, associate with refined, cheerful people; enjoy life; never mention the change that is taking place, except to the physician; consistently refuse to recognize a morbid side of life. Let them eat only those foods which will continue to rebuild the mental and nervous system; creating the vital forces to maintain balance and equilibrium.

Once the change has been completed, she may no longer require the extra strength and vitality previously necessary for her well-being; nor will she need to recover the loss sustained every month by the lunar flow; thus will she be stronger, capable of greater effort, and possess the power of showing deeper affection for her husband.

A serious error of the past, and one still prevalent, is the

generally accepted opinion that menopause is a disease; an evil from which there is no escape. Undoubtedly, there has been good reason for such a conclusion, because those who previously enjoyed health, strength and marital pleasures no sooner enter upon the *change in life*—for such it is—than they become afflicted with various ailments and weaknesses, all more or less serious in themselves, and becoming more serious if neglected.

Menopause is an entirely natural functional change from *creative usefulness* to *creative rest*. Instead of heralding disease, misery and, not infrequently, life-long suffering, it should be, and *can be*, the herald of health and strength; a time for the enjoyment of the fruits of the past period of life.

During the change of life, any latent weakness that had not been actively manifested previously may exhibit itself and at a time when the system is unprepared for the extra strain. Instead of displaying wisdom and seeking the actual cause, usually to be found in lack of exercise, indulgence in congesting foods, overwork, unsanitary conditions, unwholesome surroundings and sexual abuses, the menopause is blamed for it. Actually, menopause has nothing whatever to do with such weakness or suffering other than possibly furnishing an avenue for their manifestation.

The change of life should never be an occasion for fear and dread, but should rather be welcomed as an opportunity for greater peace and contentment; a deeper mental, physical, and spiritual satisfaction. If harmony has been established in the system, menopause will proceed normally and

the body will enjoy freedom from many of its former weaknesses.

One fact cannot be too strongly impressed upon the mind of every woman, namely: if afflicted with what is usually termed "female weakness," she will suffer more or less during the change *unless corrective measures are taken*, and should hardly expect the change itself to be a cure-all, or the means of freeing her from such ailments. In fact, the change of life may even intensify the condition; establish chronic invalidism, hysterical, nervous or irrational moments with the result that life will be made miserable for her and all members of the family.

Recommendation: Immediately after it becomes apparent that the "change" is beginning or has commenced, a reliable physician should be consulted; blood count checked; blood-pressure taken; cardiograph and a urinalysis made.

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