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**THE SECRET of  
YOUTH AND  
CHARM**

—  
**PLAIN SEX TRUTHS  
FOR WOMEN**



By

**Dr. M. SAYLE TAYLOR, D.S., Ph.D.**

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DR. M. SAYLE TAYLOR  
COMMERCIAL PTG. & LITHO. CO.  
AKRON, OHIO

**I**T IS a very great pleasure for me to introduce this remarkable little series of brochures to the men and women of America.

An unusually wide experience in endocrinological, gynecological, and psychological problems has long convinced me of the very urgent necessity for some explicit form of guidance in the delicate problems of marital relations, and I know of no one better fitted for this important task than Dr. M. Sayle Taylor, who, by his unusual insight, his most unique study in the "human laboratories" of the under-world, his far-reaching researches into the sex-problems of the average American home, and his remarkable work of reclamation in the field of the juvenile delinquent, has more than earned the title conferred upon him by some of the leading jurists, medical men, and clergymen of the country, "The Sex-Evangelist of America."

*Wm. McKay Davidson,  
M.D.-F.R.M.S. (London)*

## INTRODUCTION

**M**Y purpose, in the presentation of this plain, matter of fact treatise on the functions, uses, and abuses of the female organs, can be summed up briefly as follows:

To help break the shackles of sex ignorance; to enhance the sum total of health and happiness by dispensing knowledge regarding the seat of these human attributes; to explain briefly the chief contributing causes of chronic female disorders; and to reveal the ideal sex life in the home, with a view toward aiding wives in overcoming frigidity, unresponsiveness, and sex starvation and thereby insuring greater domestic happiness for themselves and for their husbands.

That this frank discussion will be accepted in the spirit of helpfulness in which it is written, is the sincere wish of

THE AUTHOR.

# The Secret of Youth and Charm

That the secret of the youth and charm of every woman has been locked up in the archives of mystery for, lo, these many years is entirely due to the fact that the seat of these two most important attributes is in SEX, and the subject of sex has ever been "taboo."

That this is a fact is not a debatable subject, for the truth of the above statement has been proven beyond any shadow of a doubt. This being the case it is not only advisable, it is essential that every woman, who wishes to enhance her love and conserve her health, understand this vital part of her anatomy. To this end a brief description of the parts of the reproductive system are given together with their functions and inter-relationship.

## Functions of Female Progenitals

While the Vagina is recognized as the female sex organ, this forms but a small part of the complicated sex anatomy, and is by no means the most important part of this system.

Associated with the Vagina are the Ovaries, Fallopian Tubes, Uterus or Womb, the Vulva, the Mammary Glands, and the Endocrines.

THE OVARIES are two in number and are situated one on each side of the Uterus in the upper part of the pelvic region. They are not directly connected with the Fallopian Tubes or the Uterus, but are held in suspension by the broad ligaments of the Uterus. These gonadal glands can truthfully be termed the real seat of a woman's youth, her charm and her magnetism for the other sex.

These glands perform a three-fold duty: First, they are the seat of a woman's youthfulness and charm; Second, they constitute the dynamo which generates her energy and virility; Third, they are the seat of the function of ovulation which makes motherhood possible.

As well as being an organ of external secretion, the Ovary is an organ also of internal secretion. And from the standpoint of the individual, this function is of far greater importance than the first. For this internal secretion is made up of Harmones, and the hormone is a most important factor in the life of every woman. These harmones are manufactured by the millions by these glands, are picked up by the blood, rushed to all parts of the body, and these harmones change the awkward girl, at the age of puberty, into the gracefully curved young woman. It is these Harmones that give to woman her beauty of body, her charm of personality, her magnetism for the other sex. Diminish the quantity and

quality of the Harmones, and you detract from the femininity and youthfulness of the woman. Add to them, and you enhance her charm and desirability. For this reason it is most essential that a girl or woman who wishes to retain her youth, her charm, and her attractiveness, conserve the vitality and life of her ovarian glands. Means of accomplishing this, together with ways in which women ignorantly rob themselves of the tone and functioning power of their ovaries as the dynamo for generating their energy, will be given in another chapter.

The part that the Ovaries play in the function of ovulation and menstruation are mentioned elsewhere in this volume and are explained in detail in the companion booklet, "Natural Birth Control and Pre-determination of Sex."

**THE FALLOPIAN TUBES** are the oviducts leading from the ovaries to the uterus or womb. These ducts, three and a half to four inches long, are not physically connected with the ovaries, but end in a tentacle-like fringe which accepts the egg as it is emitted from the ovary and conducts it into the tube itself. These fringes are called Fimbria.

**THE UTERUS**, or Womb is situated in the front and center of the pelvis, and is held in place by muscles and ligaments. This condition allows freedom of movement of this organ during pregnancy. In



its normal state it is about three inches long, is pear shaped, with the small end downward, and opens into the vagina at its mouth or "Os." This organ is capable of great distension during pregnancy, in order to accommodate the growing child. It is lined with mucous membrane.

THE VAGINA is the female sex-organ of receptivity during sexual congress and also serves as a vent for the uterus. It is a muscular organ, lined with mucous membrane, is very flexible and capable of considerable distension. At the external opening of the vagina is located the hymen or "maiden head" which has erroneously been considered a sign of virginity. The hymen is a membrane which narrows the entrance into the more capacious upper cavity of the vagina and is usually broken by the first entrance of the male organ. However, a great many contributing causes may rupture this little membrane, and no woman's virginity can be determined by the presence or absence of an unbroken hymen.

THE VULVA, or external sexual organs, include the major and minor labia, or lips, the Venus' mountain, the clitoris, and the opening of the urethra or canal leading from the bladder for the voidance of urine.

Venus' mountain, or the promontory just above the lips, and the major or outer lips are covered with hair in the adult, while the inner folds of the major lips have a

mucous membranous lining as have the inner or minor lips. At the upper union of the outer and inner lips is located the clitoris, an erectile organ of  $\frac{1}{4}$  to  $\frac{3}{4}$  inches in length. This is the super-sensitive organ of female response and compares with the penis of the male. It is covered with a prepuce or foreskin which acts as a shield or protector. This must be un-sheathed in order to give full play to the glans, or head, of the clitoris during sexual congress. More will be explained of this important organ of sex in a later chapter.

## Menstruation and Sanitation

The physical change which every girl undergoes, which changes her from a child to a potential woman, is the birth of the active functioning of her ovaries. A girl is said to have reached puberty when this great phenomenon takes place, and she enters the productive period of life.

Every 28 days an ovum or egg leaves the ovary and finds its way into the fallopian tube to await fertilization by a male cell for the creation of a new life.

Attendant with this change come the regular periods of menses or menstruation commonly known as "monthlies." Often these start quite irregularly, but after a

short time they become regular, making their appearance in the normal young woman every 28 days.

Inasmuch as mothers have been victims of prudery and mock modesty, much worry and ill health has attended the appearance of this phenomenon in the daughter because it has not been properly and intelligently explained before it makes its appearance. Much depression and melancholia could be avoided if mothers would explain life in detail to the daughter before she reaches the age of puberty.

A great deal of unnecessary pain, clotting, and headaches attend these periods because of ignorance of laws of natural hygiene. For the normal healthy girl does not need to suffer either pain or abnormal discomfort from this natural expression of womanhood. It is a matter of understanding, of eliminating fear, of avoiding violent exercise, of keeping the pelvis warm and flexible, of avoiding colds and damp feet from undue exposure, of keeping the bowels open, of refraining from standing on the feet for too long periods without sitting down to rest, of occupying one's mind with thoughts that centralize the blood in other regions than the sex-anatomy—in short it is a matter of accepting a minor discomfort stoically and not brooding over it, for to concentrate on any point of discomfort is to augment the discomfort until it becomes pain.

If on account of pathological disturbances in this region, simple observance of hygiene and care do not free one from the distress of headaches, pain and illness at these periods, an interesting and most effective aid will be mailed upon application.

### Sanitation

Due to the complex structure of the sex-anatomy of the woman, and also because of lack of understanding of the need of internal cleanliness, a great majority of women are bothered with an unpleasant odor in their sex organs, and by the time they reach twenty-five, are subject to more or less discharge known as Leucorrhœa or "whites." This is a catarrhal condition of the uterine tract and should not be neglected. Unless the contributing cause is pathological, the lack of tone in this region can be corrected, and both the odor and the discharge eliminated.

Cleanliness is necessary not only from the standpoint of health but also for attractiveness. If girls realized how odors of perspiration and other body odors detract from their appeal and winsomeness, they certainly would use every means at their command to overcome them. Many a girl has lost favor in the eyes of her lover because, in the proximity of the dance and under the stress of exercise and excitement, her body has given forth an odor

stronger than the pungent perfume with which some try to drown this tell-tale affliction. It is just as essential for a wife, who wishes to ever seem "sweet" to her husband, that she use all care in cleanliness of her sex organs, and in keeping herself absolutely free from body odors of all kinds. More about this in a later chapter.

## Ideal Sex-Life at Home

Let me preface this discussion by saying that pure, unadulterated ignorance on the part of prospective husbands and wives is responsible for more marital strife, more female disorders, and more divorces than all other contributing causes. This is not an individual opinion, but is a statement of fact, substantiated by the histories of thousands upon thousands of wrecked homes as recorded in the annals of our divorce courts, and in the surgical records of our hospitals.

Nor do the marital conditions that exist seem at all extraordinary in the light of circumstances that pre-ordain them. The potential business men or women are trained during boyhood and girlhood for their respective professions. The skilled laborer serves his apprenticeship as a boy in his chosen trade. Millions of dollars are spent annually in this country alone in preparing our young people for a life of

business, but scarcely a dime is expended in educating them for the "business of life."

So much of secrecy has surrounded the sex differences between the male and female, due to a prudish, mock-modest attitude of society in general and parents in particular, that each succeeding generation has been allowed to grow up in complete ignorance of sex-hygiene and the mating instinct, except for what perverted information has been "bootlegged" to them by older or more precocious companions. It is little wonder, then, that the bridal chamber, wherein a virgin bride faces for the first time the sex-equation, is fraught with grave dangers, when we realize how utterly ignorant are both contracting parties of what marriage is all about. True, the young bride knows that the *unusual* is expected and is prepared for the worst in many instances. For it is a known fact that man, in his sex life, has been a selfish animal, and the thousands of unhappy wives who submit to the sex-act as a painful or unpleasant part of family duties, bear testimony to the woeful effect of pre-marital ignorance both on the part of the male and the female.

Let that husband who feels that he has a frigid wife take heed for in all probability her coldness and unresponsiveness to his sex-advances are not natural, but the result of his own ignorance regarding her

sex-anatomy and his own crudity and selfishness in the performance of the act. I wish it were possible for me to sit down with each reader who has this kind of a husband, as I have with hundreds of such wives, and confidentially review the whole situation because I KNOW that in over ninety per cent of cases a most unhappy situation could be cleared up by such an interview. Past experience is my basis for this assertion.

Although a generalized discussion is never so satisfactory as a personal interview, where intimate matters of a specific character can be freely discussed, nevertheless I feel that the information I shall try to convey in this chapter will prove invaluable to every reader who will put it into practical application. With this idea in mind, and with no thought of publicizing the intimacy of home life, let me try in as wholesome and chaste a manner as I can to enlighten my readers regarding the female side of sex-compatibility.

Not only does there exist a vast anatomical difference in the progenitals of the male and female, but just as the glands of internal secretion determine a man's manliness, so do these secretions in the woman give her her feminine qualities. And because a woman's temperament and disposition, her sociability or frigidity are not only affected but largely determined by her progenitals, does it not behoove a woman to thoroughly acquaint herself

with the cause of her actions and reactions, with the source of those characteristics that make her so desirable as a mate? And it is just as essential for the husband to know his wife. For to know her completely, is to understand her peculiarities and seeming eccentricities, to forgive her flighty demonstrations, to flatter her petty vanities, and to make her more lovable in response to an understanding love. The seat of love, remember, is in sex; and the seat of sex is in the reproductive system.

The first essential is that we know the female sex-anatomy, what the function of each part is, and have a fairly definite idea of the location of each part in its relation to the rest of the body. A brief description of the anatomical parts of the female progenitals and their functions appears in an earlier chapter.

The marital act, or sexual congress, if it is to successfully play the important part it should in cementing the love of husband and wife and in closing all the avenues of desire for illicit relations on the part of both, must contain the essential requisite of *mutuality*. If the wife habitually fails to realize the complete satisfaction justly due from the exercise of the copulative function, she soon commences to view the act with distastefulness and this not only makes the act a nauseating one for her, but because of her lack of response, detracts materially from the pleasure of the act for the husband.



The reason for this failure to respond is largely due to the erroneous idea of the husband that the wife has nothing to get ready for the act. The average man seems to think that after retiring, a few minutes proximity of sparsely clad bodies which is sufficient to arouse the male to the point of erection, should be sufficient to arouse the female to the point of receptivity. This is only true in the overly sexed woman and does not hold good for the normal wife. Even in the animal world the immediate readiness of the male does not enlist the instantaneous response of the female. Watch the actions of your own house cat and learn a lesson. The chase that she gives the tom-cat is not one of avoidance but one of preparation, of stimulating the glands of excitability to a readiness for full enjoyment of the act.

To be successful and fully enjoyed by the female, three distinct stages must be experienced and in each of these full co-operation of the male is essential.

The first is the period of preparation or preliminary stage. This is wholly voluntary and under the control of the will power of both male and female. If congress is to take place immediately upon retiring at night, this period of preparation can best be begun before any move has been made to disrobe. Expression of love, (for a woman ever revels in being told that she is loved) accompanied by kissing and other acts of affection will, if tactfully

given, bring reciprocal acts of affection. In this period there should not enter any overt sex advances because premature desire often defeats its own purpose. Her husband should make her know he loves her for her own sake, not for what he is expecting her to give. If these advances are made with gentleness and real concern, and with a complete cloaking of sex-desire, it is surprising with what alacrity further advances are accepted after preparation has been made for bed. Nor should the period of courtship end at once, for a continuation of exchange of caresses and the gradual merging into suggestive petting, excites the female organs to a point of anticipation and properly prepares the organs for the reception of the male.

For it is abnormal for woman not to respond to tender advances of the husband and experience excitation and desire for a real response in the normal way. She should permit of petting and fondling at the points of ultra sensibility for this arouses two little glands known as the "Bartholin Glands" located in the labia or lips and these emit the fluid which acts as a lubricant and makes possible a pleasurable union of the copulative organs.

Nor should any union of the progeneral organs take place until these glands of Bartholin have become active. For in its normal state the vagina is acid, while the pre-coital fluid furnished in profusion by these glands of Bartholin is alkaline in con-

tent. This neutralizes the acidity of the canal, avoids a great deal of pain and discomfort and is nature's method of preparing the canal for penetration by the male organ.

Nor should the wife be afraid to give vent to her feelings and allow herself to become responsive to her husband's courting. Many women feel that it is unwomanly for them to show excitability and in this they are wrong. It is natural, it is necessary.

The second stage is the physical union of the progenitals and at the outset is still a voluntary act and completely under the control of both wills. The gentle undulations, however, which follow this union gradually increase and intensify the sex sensations until the movements of the bodies of both male and female become involuntary and frequently become uncontrolled by the will of either male or female, ending in the highly electrifying sensation of culmination on the part of both.

This is followed by the third stage, the period of relaxation during which frequent involuntary nerve reactions add additional pleasure to the act until the sex emotions subside into a quiescent feeling of repose.

Simultaneous orgasm is essential for mutual satisfaction and this is effected only through experience and practice. As in the art of dancing, a man and woman, both excellent dancers, will not dance

nearly so well together during their first terpsichorian effort as they will after they have learned to anticipate each the steps of the other, so in this act, "practice makes perfect," and if the male will conduct himself unselfishly, he will be richly rewarded in the growing responsiveness of his mate.

The parts of ultra-sensitiveness and response in the female are not deep in the vagina, as is commonly supposed, but in the glans clitoris and in the labia or lips, and the man who conducts the act so as to bring these parts into most prominent play, is not only insuring gratification and satisfaction of sex desire on the part of his wife, but is making possible a fuller enjoyment for himself in developing the mutuality of the act. A wife can help much to this end by her conduct, her position and her willingness to relax and enjoy.

Too little concern is shown by the average man regarding the stage of preparation and therein lies the secret of seeming frigidity in so many wives. Love to a man is a thing apart, but to a womanly woman, it is life itself. And the husband who fails to realize this suffers for his own ignorance in the lack of response in sexual congress on the part of his wife. Many a husband who is otherwise kind and generous to his wife, through his own ignorance, is most unkind and selfish in the exercise of his mating instinct, and then wonders at the petulant, unresponsive attitude that develops in the object of his affections. Wise

is the husband and happy the wife where gentleness, unselfishness, and love characterize the male in his sex relations, and where full consideration is given to the importance of proper conduct in the preparation of his wife for *mutual* enjoyment of sexual congress.

The woman who fears pregnancy and therefore holds herself in check lest she spend at the end of the act, and thereby lay herself more liable to pregnancy, is not only doing herself and her husband an injustice, but is laboring under a false impression. For spending by the wife has nothing whatever to do with pregnancy. She spends with the Bartholin glands and not in her inner sex-anatomy at all, and the amount of response of the wife in no way determines her susceptibility to impregnation. Thousands, yes millions of women have become pregnant without spending at all, and many others spend regularly and never become pregnant.

A wife owes it to her husband to contribute to his sex happiness, but she owes it to her own health to see that she is not sexually starved through lack of intelligence in the performance of the act. For if the husband in his selfishness or lack of knowledge does not conduct himself so as to bring into play at all times the clitoris of his wife, he not only starves her sexually, but contributes to a condition that may rob her of her health. Many

women are nervous and high strung largely because they are victims of sex starvation.

“It takes a lot o’ lovin’ to make a house, a home.” It is hoped that this frank treatise on the sex relationship will awaken some wives and husbands to their full duty and responsibility in this important phase of home life, and will aid them in finding fuller enjoyment of happiness and health.

## Conclusion

When a woman stops to consider the great importance to her health, her youthful appearance, her vitality, and her happiness, of the conservation of her “dynamo” which generates these attributes, surely she will be awakened to a keener desire to conserve this vital part of her anatomy by intelligent care. And what woman doesn’t value these four attributes?

Millions of dollars are spent by women on cosmetics and other external beautifiers, and at the same time they ignorantly undermine the functional power of the seat of their beauty and charm. For intelligence in keeping active the seat of these characteristics will bring permanent results, while external treatments are at best only temporary. For just as the motor of the automobile is the determining fac-

tor in the usefulness of the machine to its owner, no matter how graceful the lines of the car nor how beautiful its finish and upholstery, so the dynamo of the woman determines her womanly qualities, no matter what her external appearance may be. And just as a rundown motor is a liability to a car, so a rundown dynamo is a detriment to the woman. And both, at times, need overhauling, re-activating, and re-energizing.

Because so many women have requested personal interviews for the purpose of asking questions about the care and upkeep of this vital part of their bodies, I will answer three general questions which I feel are of universal interest.

First: What is the best method for taking an internal bath or douche for sanitation? In my opinion the most effective way to completely cleanse the canal is to use a fountain syringe or a constant stream from a tube attached to the spigot of the bath tub in the following manner: Insert the nozzle in the vagina, then using the index and third fingers as a vise or clamp after the nozzle is inserted, close the lips firmly between these two fingers, allowing the cavity to completely fill with water. As it balloons out like a bladder, the little folds are stretched and all parts are reached by the water. When the cavity is so full that the water can no longer be

held, it should be aided in expulsion by loosening the fingers and a sudden tautening of the abdominal muscles, as though one would "cough" out the contents of the vagina. A few repetitions will completely cleanse this organ. The best temperature for the water is about or a little above blood heat. The Vulva should be sponged regularly. It is a fine habit, when convenient, to sponge these organs after voiding the contents of the bladder.

Second: What is a reliable, harmless remedy for Leucorrhœa (Whites) and for body odors and where can it be procured? Many women who have been using a strong astringent or deodorant with harmful effects, will be interested in knowing that there is available an excellent astringent and deodorizer combined, which has no tell-tale odor of its own and, although very powerful, is guaranteed to be absolutely harmless and very efficient. It will not stain the most delicate fabrics. It is my own formula and is the result of many years' experimentation. It is called "Vagitone" and can be procured at the drug store or by writing to The Hygienic Orificial Co., 711 North Sedgwick Street, Chicago. This preparation sells at 75c, and will be found to produce wonderful results.

Third: How often should a normal, healthy husband expect his wife to contribute to his physical desires? This question is asked me very frequently and in all



seriousness. In the same spirit I wish to give a generalized answer. One reason for the existence of a so-called double standard is because of the fact that man is by nature much more animalistic than woman. To woman love means more than this physical expression of love. To man, the average man, I mean, the physical expression is primary. The reason for this difference is easily explained to the real student of Psychology and of Endocrinology, but to others it must suffice to say that lack of mutuality in wishing this union is attributable to the different planes on which the average husband and wife live. It is impossible for her to lift him to her plane, she rebels at his too frequent attempts to force her to lower herself to his. Lack of understanding of the laws governing the endocrines is responsible for this almost universal disparagement. The best reply, then, to the question of frequency is this: Harmony is the keynote of success in any home and harmony requires mutual understanding. Let the wife then who wishes to hold her husband's love remember that this side of his nature must be appeased, for if it is not at least largely catered to by the wife, the temptation of promiscuity is augmented in the heart of the husband. This naturally involves a determined attempt on the part of the wife to be natural in her physical responses. If this part of home life is attended with nausea and repulsion, it means that there is something

radically wrong with the mental attitude toward the act or the physical technique of the act. In either case where harmony and true understanding cannot be reached by mutual consent, the advice and sane council of an experienced endocrinologist will often avert suffering and possible separation.

I am not an alarmist, simply a way-shower, and am urging compliance with nature's laws in the interests of the American Home, the foundation of which is sex-happiness. And sex-happiness can only come from a strict compliance with these laws.

That this intimate, confidential discussion with wives and prospective wives will be accepted in the same spirit of clean-mindedness and helpfulness in which it is written is the sincere wish of

THE AUTHOR.



*A friend who holds a mirror to my face,  
And hiding none, is not afraid to trace  
My faults, my smallest blemishes within—  
Who friendly warns, reproves me if I sin,  
Although he seem not so, he is MY FRIEND!*

*But he who, ever flattering, gives me praise—  
Who ne'er rebukes, nor censures, nor delays  
To come with eagerness and grasp my hand,  
And pardon me, ere pardon I demand,  
He is my ENEMY—although he seem my friend!*

Life Verse  
of  
Dr. M. Sayle Taylor

*It ain't so far from Right to Wrong,  
The way ain't hard to lose;  
There's times I'd almost give my horse  
To know which way to choose!*



*There ain't no signs or guide boards up,  
To keep you on the track;  
Wrong's sometimes white as driven snow,  
And Right looks awful black!*



*I don't set up to be no judge  
Of Right and Wrong in men  
I've lost the trail sometimes myself  
I may get lost again!*



*So when I see a friend,  
Who seems to've gone astray;  
I want to shove my hand in theirs,  
And help 'em find the way!*

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