



LIBRARIES

UNIVERSITY OF WISCONSIN-MADISON

Sex vigor: how retained, how regained. 1927

Voice of experience, 1889-1942

Akron, Ohio: Commerical ptg. & litho. co., 1927

<https://digital.library.wisc.edu/1711.dl/O37I4SPUWJTDB87>

This material may be protected by copyright law (e.g., Title 17, US Code).

For information on re-use, see

<http://digital.library.wisc.edu/1711.dl/Copyright>

The libraries provide public access to a wide range of material, including online exhibits, digitized collections, archival finding aids, our catalog, online articles, and a growing range of materials in many media.

When possible, we provide rights information in catalog records, finding aids, and other metadata that accompanies collections or items. However, it is always the user's obligation to evaluate copyright and rights issues in light of their own use.

SEX VIGOR

HOW RETAINED
HOW REGAINED



By

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

COPYRIGHT 1927 BY
DR. M. SAYLE TAYLOR
COMMERCIAL PTG. & LITHO. CO.
AKRON, OHIO

SEX VIGOR

HOW RETAINED
HOW REGAINED



By

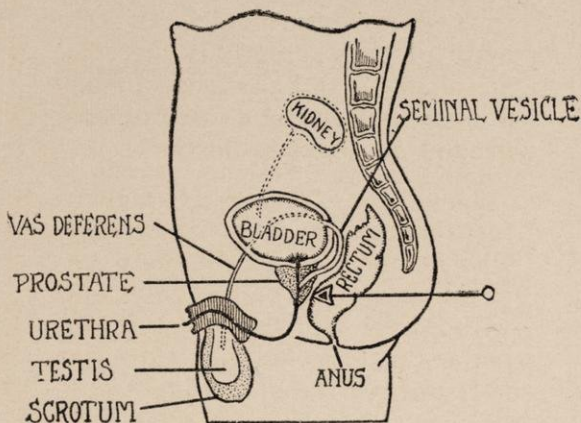
Dr. M. SAYLE TAYLOR, D.S., Ph.D.

IT 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)*

Diagram of Male Reproductive System



~THE MALE PROGENITALS~

The above chart shows position and relationship of the male organs. The arrow is used to point out the proximity of the Prostate Gland to the Rectal Cavity. Explanation of the advantage of this proximity in cases of disordered prostates is discussed in chapter on Rejuvenation.

Introduction

“Knowledge is power”—“Forewarned is forearmed”: Of the truth of these epigrams there is no doubt; but knowledge unapplied is useless and a warning unheeded gives no protection.

This brief treatise is written for the seeker after knowledge who is amenable to reason, open to timely advice, and of sufficient will-power and self-interest to make the knowledge acquired a part of his code of living.

MY PURPOSE: To help break the shackles of sex ignorance; to expose the dangers of promiscuous sex relations; to discuss some pernicious sex habits with attending results; to explain briefly the latest scientific methods of combating old age, both natural and

premature; and to reveal the ideal sex life in the home, with a view toward aiding some readers in finding greater domestic happiness.

MY HOPE: That those of my readers who are in the prime of life may have fuller and longer tomorrows through intelligently retaining their sex vigor today; and that those who are on the shady side of forty may lighten some physical burden of today, imposed in many cases by yesterday's indiscretions; that greater domestic tranquillity may be the reward to those who make practical application of the truths we shall try to present.

The Seat of Sex Vigor

Ignorance, Carelessness, False Pride, Neglect: This quartet of human characteristics are big factors in filling our hospitals, our asylums, and our cemeteries with men who should be in the prime of life. Ignorance, regarding the source of his energy; Carelessness, in the profligate abuse and exposure to disease of his vital forces; False Pride, in trying to hide a contracted social disease; Neglect, in the care and repair of his sex organs; these constitute the four principal chapters in the story of premature old age in man.

It is a scientific fact that man's health, usefulness, and very length of life depend on the care and conservation of his sex-energies. How important, then, that a man acquaint himself with the use and functions of his progenitals and the dangers of carelessness and neglect, and applying this knowledge to his everyday life, insure for himself the freedom from those maladies so prevalent among men of all ages, and so noticeable among men past forty.

Functions of the Progenitals

While the Penis and Scrotum, or Sac, are generally recognized as the chief male parts, they form only a small part of the sexual anatomy and from the standpoint of man's health and sex-vigor are by no means the most important. Contained in the reproductive system are glands that function in the procreation of a new individual, but they also act as glands of internal secretion and to this function man owes his manly qualities of strength, virility, and sex-attractiveness.

When a male calf is robbed of its testes, it is not the fact that he is unable to breed that makes of the potential bull only a sexless piece of beef, a steer; it is because in removing the testes, most important organs of internal secretion are lost and the harmones which they manufacture are absent. It is these harmones that give the male of any species his monarchical dominion.

The prostate gland, probably the most abused and least understood of all body glands, is located between the bladder and the penis and is about the size and shape of the horse-chestnut. It is separated from the rectum by a thin membranous wall. This gland is equally important with the testis in the manufacture of internal secretions and its removal is just as effective as the removal of the testes in rendering a

man useless to himself and the rest of the world.

Nor is the surgeon's knife the only means of robbing a man of his manhood—social disease, while slower, is just as effective. Because of the position of the prostate gland, its proximity to the seat of usual infections and the effect of its disorders on bladder, rectum, and other pelvic organs, together with the lack of knowledge of its care and attention, this little-understood gland has received little attention in the past and its disorders have caused more universal suffering among men in the prime of life than has any other organ of the human anatomy. Further discussion of this important gland and its disorders will be found under "Rejuvenation."

It is not the effect of disease on the penis itself that robs it of its power of erection, but the after-effects that are unseen in the hidden parts of a man's sex anatomy. The inability to function sexually is only a symptom of hidden disorders that are undermining man's health and life. And to rob the body of the harmones produced by these glands of internal secretion is to shorten its life by years.

True indeed are the epigrams "You cannot eat your cake and have it too" and "You cannot burn down your house and live in it." It is just as true that you can-

not burn out your human motor and expect it to perform for you indefinitely.

Nature has a number of very definite ways of warning a man that his "motor" is knocking, but man, in his ignorance of this vital part of his anatomy, is unable to interpret these warnings, accounts them of too small consequence to consult a physician, and allows them to go unattended, usually with dire results.

A number of these warnings have been listed in the chapter on "Rejuvenation," and the man who would retain his manhood, his virility, his memory, and his success in a business way, **MUST** learn to pay heed to these warnings that all is not right, and act accordingly. When your automobile motor begins to knock, you take it to a reliable mechanic; do you think more of the life of your auto than you do of your own? If not, then use the same discretion with your motor and seek the intelligent care of a competent, ethical, medical man and thereby add years to the length of your manhood and life.

Let us note, then, some of the chief ways in which a man, wilfully or carelessly, undermines the health of his motor, and by so doing joins the class of "those grown old at forty."

Pernicious Habits That Rob Men of Health

Much has been written by quacks, charlatans, and would-be moralists on the terrible effects of masturbation as practiced by boys, only to be disproven as these boys reach adult life and find that their sanity is not impaired, their health is normal, they have not lost their sex-desires, and that many other theories advanced by these writers are not sound.

Practically all of the so-called "sex-knowledge" disseminated by this class of writers has been grossly exaggerated and presented from the standpoint of an alarmist with the result that much more harm than good has been accomplished by their efforts.

It is not the intent of the writer to in any way ameliorate the consequences of habitual self-abuse as practiced by the adolescent, nor to excuse in the least this vicious practice, but facts are facts and no amount either of exaggeration or under-

estimation will change them. The conclusions presented herewith regarding the practice of self-abuse are the result of years of research and include findings from questionnaires covering thousands of cases.

There are comparatively few men, whose memory serves them correctly, who can look back on a boyhood absolutely devoid of any phase of this practice. And in many cases the habit was begun long before the age of puberty had been reached. Usually, when begun in early boyhood, it is a social rather than a solitary game. Other boys, older or more precocious, oftentimes with nothing other than the exuberant spirit of play in their minds, initiate the younger boys into a gang or neighborhood clique, using exposure and some form of competitive "game" as a part of the initiation.

Fortunately most boys go through this stage just as they do the stage of petty-thievery—when cookies, pies, and jam are "swiped"—without becoming an addict. But when the habit carries over or is begun after the age of puberty has been reached, it then takes on a grave aspect. The sex anatomy, just budding into adult form, is taxed far beyond its capacity.

When the practice is carried on over a period of years excessively (beyond Nature's recuperative ability) the harmful effect becomes so self-evident that it does not take the trained eye of the physician to discover what is wrong. The victim becomes sallow and anaemic. The face loses its expressiveness, the eye becomes shifty, and the whole body takes on a languid air. Cowardliness, listlessness, slovenliness, and absent-mindedness are some of the characteristics of the victim of excessive self-pollution.

But, fortunately, this vice is carried to this excess by comparatively few; and so strong is the natural force of recuperation at this period of life that, when not carried to great excess, the effects of the habit are not noticeable either in the late youthful or early adult stage of life. But how many men there are in the forties and early fifties who are now repenting in sackcloth and ashes the youthful hours they spent in practicing this solitary sin.

Let me urge upon those readers who are fathers of boys the value of obtaining your son's confidence to the extent that he will permit of your discussing freely with him the serious aspect of such a habit. Do not try, as the alarmists do, to frighten him

into avoiding this evil by exaggerating the *immediate* dangers, but rather instill in him the ambition to conserve his energies for that period of life when the rightful exercise of sex-energies is normal and show him that if he is to prolong his sex-life as Nature intended, he *must*, during his period of development, assist Nature by refraining from this pernicious habit.

Voluntary Interruption

One of the most pernicious forms of contra-conception practiced by man is technically called Coitus-interruptus or "Onanism" which, in every-day English, means the interruption of sexual-congress before completion, or "Withdrawal."

On the surface, this may seem a harmless practice but scientific research has proven that, if habitually carried on, the one who practices it will find himself victimized to the extent of a great lessening of the tonal qualities of the progenitals, and particularly of the Prostate Gland, his motor. And, as has been shown in earlier chapters, anything which interferes with the efficiency of man's manufacturing plant, directly shortens his years of potency and in many instances his years of life.

Let him who feels that he is acting wisely

in catering to the fear of his wife or to his own desire to avoid parenthood take heed: The day is coming when he will pay, and pay dearly for his early years of caution. For premature impotence (inability to cohabit) and chronic disorders are sure to follow in the wake of Onanism habitually practiced.

Over-Indulgence

To try in a few brief paragraphs to cover the subject of over-indulgence comprehensively, is to attempt the impossible. To give a general definition that can be individually applied is equally as impossible. Much has been written of a generalized character but very little of this material can be translated into individual advice. The reason for this is that what for one would be excess for another would be infrequency. No two individuals are constituted exactly alike. The type and age of the man; the temperament and age of his mate; the kind of food that he eats; the nature of his occupation; the climatic conditions under which he lives and the season of the year; the racial characteristics that are his heritage; all these are determining factors in establishing the normal sex-life of a man.

It requires a balanced mind and a strong will to cope with the call of physical passion in the individual who is strongly sexed. And all too frequently this combination does not exist. Hence, there are many thousands of cases in this country alone of men whose biological age is far greater than their chronological age; whose glands and tissues are aged far beyond their years.

Impaired health, irritability, neurasthenia (acute nervous disorder) and serious disorders of the progenitals are the inevitable results of the dissipation of one's sex energies beyond Nature's ability of recuperation.

Let us stop and reason a moment: If a man is at all interested in the preservation of his general health and insuring for himself a long postponement of his period of incapacity (and every man *should* be *vitaly* interested), it is worth while to analyze from the selfish standpoint what is taking place as the result of over-indulgence in early adult life.

Just as is the case in any well regulated factory, so in the human factory, every department has its regularly assigned duties to perform. In the manufacture of the

semen and other fluids not only the glands of excretion immediately involved, but much of one's abdominal nervous and blood energy is called into action. In Nature's attempt to keep plenty of reserve fluids and germ cells on hand in their respective reservoirs, the constant dissipation of these fluids means not only the loss to the man of the emissions but overtime work for the manufacturing apparatus in replacing the loss and a continual diverting to this duty of energy very much needed in the manufacture of internal secretions, so essential to the health of the entire body. In other words, a man deliberately robs his health in his mad desire to pay high tribute to his favorite goddess, Venus.

So much for the selfish angle. There is another very important aspect to be considered as regards the practice of over-indulgence, and that is the effect of this habit on the home. A further discussion of this very important point will be found in the chapter on "Compatibility in the Home."

Rejuvenation

Rejuvenation is the term applied to the scientific methods of re-energizing the sex anatomy by surgical or non-surgical means thus rendering a man more nearly normal and thwarting the results of earlier indiscretions or high living. This is accomplished by re-activating the glands of internal secretion and restoring to these organs some or all of their lost tone and functioning power. The return of the faculty of producing hormones for distribution throughout the body in the blood brings results that are nothing short of marvelous.

Space permits of only a brief mention of these methods and their adaptability to the average man of middle or advanced age who feels the need of re-invigoration.

The famous Steinach operation, originated by Eugen Steinach of Vienna, is called a Vaso-ligation or Vaso-ligature. This involves the severing of the vas-deferens, the duct leading from the testis to the Seminal Vesicle. This testis then ceases to manufacture cells for reproduction and becomes

solely an organ of internal secretion. A toning up of the entire system follows this operation. When the effects of a first operation have worn off, the other duct may be severed, thus adding a new impetus from the second testis. The second operation automatically renders a man sterile.

Voronoff, the famous French surgeon, fathered the method of gland transplantation. The transplanted gland is a testis. While this operation has proven very successful in the experiments carried on in animals, where virile glands for transplantation purposes are easily procured, it is not adaptable to general use among men because of the difficulty in procuring suitable glands.

At the present time neither of these methods are practical for universal use because of the cost involved in reaching the clinical centers where the skilled technicians in this branch of surgery are to be found.

Of greater interest to the average man are the non-surgical methods of Diathermy and Electro-Thermy, or the application of Thermic Energy with Infra-red radiation. The first of these, Diathermy, while very effective, involves the presence of a skilled

technician to administer the treatments, while the second, Electro-Thermy, although used very effectively by skilled surgeons, is adapted to general home use and many of the surgeons who employ this method of treatment, prescribe the use of a home appliance to augment the office treatments and therein lies the success of this method.

The theory involved in the non-surgical methods is simple, yet logical and sound. The effect of heat directly applied to swollen, congested, or inflamed parts of the body is known to every household as shown by the millions of hot water bottles in use today. Electrical inventions have made possible the application of heat direct to the infected or inflamed region of the sex-anatomy, and the results have been phenomenal in the reduction of congestion, elimination of inflammation and the return to normal functioning power of organs that have been disordered for months and even years. Heat, wherever applied to the body, causes a rush of blood to the point of contact, hence, when heat is applied internally to a disordered organ, the blood rushes to this point bringing added nutrition and augmented ability to carry

away the extraneous materials that are causing the congestion, inflammation, or disorder. In this connection, the radiation of Infra-red rays is most potent on account of their penetrating qualities and, in the case of disordered prostate glands, this method has been used most successfully by thousands of men in regaining lost vigor and vitality.

While no claim is made by the sponsors of any of these methods that they will cure any form of venereal disease, they have proven most efficient in clearing up congested gland conditions following Gonorrhoea and its after-effects. The prostate gland, because of its location and consistency, suffers most as a result of Gonorrhoeal infection and many men who think they are suffering from bladder or kidney disease in reality have a disordered prostate gland. Nor do these disorders always come from a Gonorrhoeal infection. Exposure to cold, excessive use of alcoholic beverages, habitual withdrawal in intercourse, or long hours spent on a hard seat are also contributing causes. Typhoid Fever, Mumps, Small-pox, Chicken-pox, Scarlet Fever, Measles, and Stricture may also cause prostate disorder in after years.

Some of the symptoms of a disordered prostate are: Frequency of urination; pain during urination; difficulty in voiding urine; cloudy urine; discharge from penis at time of bowel movement; pain or fullness in rectum; discomfort in perineum (space between thighs from scrotal sac to anus), especially when seated on hard object; pain in lower back; any marked sexual disorder; acute susceptibility to worry, anxiety and melancholy.

One seldom finds more than a few of these symptoms presenting themselves in the same individual, but any one of them is sufficient cause for alarm. A disordered prostate is a distinct liability and if neglected too long may mean the early loss of manhood and often proves fatal.

Reliable medical authorities tell us that 65% of all men past 50 years of age have some form of prostate trouble and a large percentage of men in their forties are ignorantly suffering from the same disorders though generally in milder form. With these statistics coming from authentic sources, it certainly behooves a man who comes in this range of years to watch himself most carefully and the moment

conditions warrant, to seek treatment for the immediate relief of these congested parts. Early attention means not only the retaining or regaining of sex vigor, but a happier and longer life. Neglect, if continued, is always disastrous.

To any man in need of further information of an individual character regarding any phase of sex-debility or incompatibility, a letter addressed to Dr. Taylor at the theatre or at the address shown on the inside of the back cover explaining the kind of information desired, will receive prompt attention. I have no desire to usurp the place of your own physician either in diagnosing or prescribing but I will be glad to answer frankly and thoughtfully any questions referred to me.

I have just issued a pamphlet on "Causes and Aids for Premature Ejaculation" (lack of control in spending), which will prove most valuable indeed to any man who is troubled in this regard as well as to any who are bothered with nocturnal emissions (wet dreams). The aids recommended in this pamphlet involve no expense, and the pamphlet will be mailed upon request without charge. Simply write to me asking for this special pamphlet and it will be mailed to you in a plain envelope. Please enclose a 2c stamp to pay for mailing.

Compatibility at Home

The degree of sex compatibility that exists in the average home directly determines the degree of happiness of that home. And with the secrecy that has ever been wont to surround the conjugal act by prudish and mock-modest individuals, it is little wonder that our divorce courts are filled with cases of incompatibility and many homes are no homes at all, simply because the sex-relation, which is the basis of marriage, is an experiment to be solved, without rules or regulations, by each new couple that commences playing the game of life together. Both parties to the marriage contract are, as a rule, ignorant of the structural anatomy of their mate and out of this ignorance has grown discord, infidelity, and broken homes, to say nothing of the female disorders that are directly attributable to the ignorance and selfishness of the average husband.

It is my purpose, without in any way

publicizing the home-tie and with the highest regard for the sanctity of the sex-relationship, to discuss as wholesomely and chastely as I possibly can, the reasons for sexual frigidity in women and the means for correcting this seeming inequality. The wonderful results that have followed my private consultations with seemingly mismated individuals, in bringing about a happy marital relationship, where discord and chaotic strife had existed, warrants, in my opinion, a brief talk with husbands on their duties to their wives in this part of the home life.

The reason given by so many married men for "stepping out" occasionally, is that they are married to an under-sexed woman; that "the wife" is either unresponsive or sexually frigid. Comprehensive investigations have revealed the following facts: Approximately 50% of married women accept the sex act as a necessary part of family duties and neither receive nor give the full enjoyment to be normally expected from sexual congress; to about 15% of women the act is nauseating or painful and is avoided on every provocation. In other words, to over half of the married women, the sex-relationship is

not the big part of married life that it is to the man. Nor is this because these women are naturally unresponsive or frigid; it is simply that they have never experienced the full satisfaction that is their just due. And the fault lies not only in their own ignorance, but is largely attributable to the egotism, selfishness, and ignorance of the husband. I firmly believe that over 90% of all so-called unresponsive wives could be made ultra-responsive if the husband would study the fine points of sex-compatibility and unselfishly conduct himself in the practical application of this knowledge to the sex-life of his home.

Men: Did you ever stop to realize how much the pleasure derived from cohabitation depends on being able to culminate the act? How would you feel if you were married to a woman who habitually terminated your sex-relation right in the middle of the act and forced you to cool an aroused passion without culmination? Answer for yourself what this would do for your nervous system and for your feeling of regard for the wife and for the act. Yet the majority of husbands inflict exactly this situation on their wives year in and year out, either through ignorance or selfishness, or both, and wonder why their

wives do not enthuse over the marriage couch.

The happy home is one wherein the sex-relationship carries the requisite of mutuality, or mutual enjoyment, for it is the woman's right as well as the man's to experience complete satisfaction and relaxation from pent-up sex energy on each occasion of sexual congress and this act is only successful when simultaneous orgasm is effected by husband and wife. The timing of mutual culmination is a matter of practice, but it is most essential if the sex-act is to play the important role it should in cementing love of husband and wife each for the other. The success in attaining this result lies in the husband's willingness to follow a definite course of action at all times in the sex life of his home; the more religiously and lovingly he follows this course, the greater will be the response on the part of his wife. This is not a pet theory but a demonstrable fact.

The seat of love is not, as commonly supposed, in the heart, but in the glands of sex. The great Virchow has gone so far as to term woman as "an appendage to her ovary." This because to man love and sex are things apart, but to woman they are

life itself. Woman's relation to her husband, her motherhood, her life centers in her sex anatomy, and many women are unhealthy, nervous, irritable, and even unlovable solely because they are sexually starved.

Four elements enter into a man's successful wooing of a bride: Constant declaration of love; Adoration, involving the flattering of pet vanities; Tangible expressions of love and thoughtfulness in the form of candy, flowers, shows, etc.; Faithfulness and fidelity to the point of making her believe she is the *only* woman in the world.

But many men after the sweetheart becomes a wife, forget that it takes the *same* four elements to keep love that it took to win it. A woman of forty, like the girl of sixteen, likes to be told she is loved. She will strive to look her best for her husband as she did for her lover if only she receives the same attention, flattery, and encouragement. A careless wife is the product of an unobserving husband. And she will respond in life's caress as she did to the lover's kiss if the same devotion and unselfishness dominate the husband's actions which guided the lover's.

For the wife to become ultra-responsive and to experience full gratification with the husband in the sex-relation, three distinct stages must be passed through, in each of which the full co-operation of the husband is necessary.

The first is the period of preparation. This period, to be successful, is best begun before any preparation is made for bed. The husband should make love to her as he did as a sweetheart. Make her know he loves her for her very self, not for what she can give, and the freedom at this stage from suggestive words or acts excites the very response in the woman's sex anatomy that the husband is seemingly avoiding. Premature reference to the act by word or action will often defeat the plan. And even after retiring the period of courtship should not be ended abruptly but should merge into suggestive posture and fondling, with ease and as a matter of course. In this way the sex anatomy of the wife, often without her realization, anticipates what is to follow, and nature begins preparation for reception.

The second stage is the physical union of the copulative organs and much care should be exercised by the husband dur-

ing the progress of this stage. If the female organs are not thoroughly lubricated, penetration should not be attempted immediately. A few moments of reconnoitering brings into play the most sensitive portions of the female organs. For, contrary to general belief, the points of ultra-sensibility are not deep in the receptive chamber, but in the folds of the labia or lips and in the glans clitoridis, which is located near the upper union of the inner and outer labia. This little bulb-like organ compares with the penis of the male and plays an important part in the successful orgasm of the female, due to its high state of sensitiveness. When full penetration is effected, rocking undulations will bring into play these points of super-sensitiveness and if the husband conducts himself unselfishly, he will soon find his wife (with perhaps a little assistance from him) responding in voluntary undulations thus helping herself to bring more prominently into play the parts of highest feeling. This period should end in mutual culmination at orgasm, and should always be followed by a third stage, the period of relaxation, during which time frequent involuntary nerve reactions add additional pleasure to the act until the sex emotions

subside normally into a quiescent feeling of repose.

Patience must be exercised by the husband and no disappointment shown at failure of immediate success. In this, as in other arts, practice makes perfect. And the patient exercise of unselfish devotion practiced in man's sex-life will bring its own reward of reciprocity of love, greater understanding, and mutuality of sex-happiness and joy throughout the years of married life.

The growing number of cases of frigid, nervous, and chronically disordered wives can be very largely attributed to lack of intelligence, selfishness, and over-zealousness of husbands in their sex-relations. The penetrative and withdrawal movement, carried on with such energy as characterizes the average husband's methods of self-gratification, not only breaks some of the fundamental laws of Nature, but is highly injurious to the vulnerable parts of the wife. Her subsequent suffering from frequency of urination, prolapsed (tilted or fallen) womb, bearing down pains, leucorrhœa (whites), and other uterine and vaginal disorders, while not associated with this cause by either the husband or wife,

are, in a large number of cases, the direct result of this ignorant perversion of Nature.

Marriage is not ordained as a legalized means of a man's appeasing his own passion. It is a natural phenomenon through which Nature attempts to establish a medium of exchange between male and female of electro-magnetic currents. Due to the difference in sex-polarity, each manufactures a life current which is lacking in the other and this relationship when correctly indulged, allows of this exchange to the mutual benefit of both. As I try in my public appearances to show, this cannot be effected if the back and forth movement is used because nerve contacts are spasmodically broken, the insulation provided by the pubic hair of the male and female is not kept established with the result that the electro-magnetic currents are dissipated instead of being concentrated, and this method, followed by "withdrawal," as is many times the case, completely perverts Nature's means of revitalizing the husband and the wife, and makes of the act itself only a means of expressing passion.

As Dr. Crile, internationally known surgeon of Cleveland, Ohio, has shown, our bodies are electrical batteries and life is

the history of the charging and discharging of these batteries. If, through ignorance of Nature's laws, we continue to discharge these batteries regularly without concomitantly recharging them, we rob ourselves of power, of sex-potency, and of length of life. It is difficult to make many husbands understand the significance of regularity in habits and mutuality in sex-expression and is much more difficult in the case of the majority of wives. Nature, however, will not brook the continued practice of ignoring her laws, and deals out retribution to the law breakers in the form of lost manhood, neuresthenia, chronic disorders, unhappy unions, unnecessary divorces, and shortened lives.

I am not an alarmist, simply a way-shower and am urging compliance with the above warning 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 Nature's laws.

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

THE AUTHOR.

OTHER BOOKS BY
DR. TAYLOR

Include

Pre-determination of Sex and Natural Birth Control	50c
How to Know Your Affinity	50c
Sex Vigor for Men	50c
Facts for Wives	50c
Social Diseases	50c
The Story of Life and How to Tell It to Children	50c
Sex Knowledge for Children	50c
The Secret of Youth and Charm	50c
The Lindsey-Taylor Debate on Marriage	25c
The Male Motor (Cloth)	\$1.50
The Male Motor (Paper)	\$1.00

Address all orders to

DR. M. S. TAYLOR, President
HYGIENIC ORIFICIAL CO., Inc.
711-725 No. Sedgwick Street
Chicago

