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Man's Sex Life



MAN'S SEX LIFE

LOST MANHOOD; SEX LIFE IN THE HOME; HOW WOMAN IS AROUSED; PROLONGING SEX EXPRESSION; WOMAN'S SEX NATURE; FREQUENCY OF SEX; SELF ABUSE AMONG BOYS; JEALOUSY IN WOMEN, ETC., ETC.

By

DR. HEREWARD CARRINGTON

AUTHOR OF "LIFE; ITS ORIGIN AND NATURE," "DEATH; ITS CAUSES AND PHENOMENA," "VITALITY, FASTING AND NUTRITION," "THE NATURAL FOOD OF MAN,"

"CHEMISTRY FOR BEGINNERS," ETC.

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MAN'S SEX LIFE

HOW WOMAN IS AROUSED

Every man knows the important part that sex plays in his life. Even before he reaches the age of puberty, sex thoughts come to him, and he in all probability passed through that period of practising the "solitary vice," as it has been called, which led on to sexual cohabitation later in life. There is in itself nothing unnatural or immoral in sex; it is in the promiscuous exercise of this function that the danger lies. There is no reason why sex should not be discussed freely and openly, as any other bodily function is. Only prudery and mock-modesty prevent this. At the same time, the facts regarding man's sexual life should be imparted in the right manner, and properly understood, and it is my purpose in this little book to have a frank talk with my readers regarding these vital questions.

Men should realize, in the first place, that women are very different from themselves, in these respects. I mean by this that their attitude toward sex is different. Man is largely a creature of passion, a slave to his desires. With women, their emotions, sentiments, thoughts, feelings, etc., are deeply involved in the sex act. It means much more to women than it does to men. She craves and desires a preliminary period of love-making in order to prepare her for the act itself. A certain period of preparation is necessary, since she is not instantly ready for sexual union-as a man is-when her thoughts are turned in that direction. Lovemaking, kisses, fondling, etc., are an essential preliminary with her; and if the husband approaches his wife too brusquely and roughly (particularly at first) she is apt to be frightened and repelled by it. The result is that a certain "resistance" to the sexual act is set up in the subconscious mind, and this often lasts for years before it is finally overcome. "Cold" wives, and those who appear to be more or less frigid and indifferent, are often so because of the wrong method of approach on the part of the husband. He should "woo" her as he did in the days of courtship, as a preliminary to any sexual union. This not only affects her mental and emotional nature, but has an actual physical effect upon her body organism—gradually rendering it desirous of the union, and prepared for it. In the vagina are certain small glands, which, under proper influence, will secrete a fluid which lubricates the internal passage—thus rendering the sexual act easy and pleasurable. This only takes place after a certain amount of emotional stimulation, however. So, let me impress upon you very strongly, and right at the start, the importance of this preparatory period of love-making, if you would insure your wife's pleasure and happiness in the marital relation, and indirectly insure the same things for yourself, because of the greater mutual pleasure thereby derived.

WOMAN'S SEX NATURE

If a woman's sexual nature takes some time to arouse, it is also true that, once awakened, it remains at a high level of excitement for some considerable time. Many men are extremely selfish when it comes to this question of the wife's feelings at the time. So long as they are satisfied (often in a very short time) it never occurs to them to inquire as to whether the wife has been similarly satisfied or not. In the vast majority of cases, this is not the case. Her nervous system is left tingling and expectant, ---with the result that she becomes nervous, irritable and depressed. An antagonism to the act itself may be aroused within her. She no longer desires her husband in this capacity. Psycho-analysis has shown that there are many thousands of cases of precisely this character. The only way to overcome this, and restore happy marital relations, is for the husband to appreciate the differences between his wife's psychology and his own, and gradually to approach the sexual act by the preliminary period of love-making, as before mentioned. By this means, any normal woman who still cares for her husband, can be won over and made to enjoy once again the ecstatic rapture of sex.

PROLONGING SEXUAL EXPRESSION

I have just stated that women desire a protracted period of sexual intercourse, once this has been begun. Their nervous

and glandular systems demand this. It is the law of Nature. The average man is far too quick; he reaches the sexual crisis too rapidly. He should if possible prevent this from occurring. There are various methods by which he can do so, and thus protract the period of pleasurable sexual stimulation to both parties. When the man reaches the stage when he knows that ejaculation will result very shortly, he should cease all movement and voluntarily relax the "solar plexus," at the same time inhaling deep breaths. This practice of deep breathing and solar plexus relaxation is known to postpone the sexual crisis more effectually than anything else. It has been recognized in the Orient for centuries, and may be found in many of the Hindu writings dating from four to five centuries B. C. It is a most valuable secret, and is practically infallible, if utilized in time. By prolonging the period of coitus in this way, the wife's love-nature will be satisfied, as the result of the union. and this will be manifested in greater emotional calm, nervous stability, mental peace and happiness.

FREQUENCY OF SEX

The question is many times asked: "About how often should married couples cohabitate,-taking into account the general condition and health of the two parties?" And of course no general rule can be laid down, suitable to all types of individuals. What would be "frequent" for one couple would be infrequent for another. All young married people rather overdo sex during the first year of their wedded life, and they will probably continue to do so, no matter how much advice to the contrary they may receive! Some couples are far more passionate than others. A man is, as a rule, more physical and animalistic than a woman, and love or affection which he may feel finds its natural expression in this channel. He should remember, however, that a woman may feel and show her affection in other ways, and that fondling, kisses and loving words mean as much to her as the sexual act itself. A husband should never force sex upon his wife when she does not feel so disposed. If he does, he will arouse a certain aversion in her mind. which will react to his own detriment later on. A woman's organism is differently constituted than a man's, in this respect, and has frequent periods of quiescence, during which sex is not craved, and will only be tolerated under protest. Mutual understanding in this matter will insure greater harmony and continued marital happiness. Above all, the husband must never let the act become "mechanical," but should surround it with a certain air of romance, tenderness and affection. The one thing the average woman cannot stand is **crudity**. Surround the sexual act with a certain glamour, and the wife will be found to respond to it naturally and willingly. Greater pleasure will result, in consequence, for both parties.

MISTAKES TO BE AVOIDED

This leads us naturally to one or two points of considerable importance. The first is that too great familiarity, at first, is a great mistake. Rightly or wrongly, every woman feels that she wishes to "keep something back," to have something yet in reserve, one mystery yet unsolved! Many men will brush all the bloom off the peach at once, and then complain that there is none left! Let the wife have her boudoir and toilet "secrets," then, and leave these undisturbed. Every woman, like every man, desires—and should have—a certain amount of privacy, no matter how intimate the lives may be. This should never be intruded upon, and if husbands and wives recognized this, they would preserve the charm and romance of married life far longer than it is preserved at present.

Another mistake which men frequently make is to assume that a woman's sexual life ends with the so-called "change of life." This is not at all the case, and many women are even more passionate after the cessation of the menses than before that time. A woman's sexual attractiveness by no means ends then. A woman may become nervous, moody and irritable during those years; but the husband should make allowance for this, knowing that these are merely symptoms of the vital physiological changes going on within her. A little consideration and thoughtfulness at that time will safely bridge over this dangerous period, and insure many more years of happy married life, to those who have journeyed thus far upon the road of life.

Men should realize that they also pass through a certain crisis at about the same age, and that, while this is not so evident, it is nevertheless present, and may be manifested in mental and physical disturbances. There are many cases on record in which men who have led more or less hum-drum. normal lives until that time have suddenly changed, and become either saints or libertines. This period of life should be very carefully watched, therefore, and great care exercised as to the mental and physical health at that time. This crisis safely passed, the man will doubtless continue fairly "normal" during the rest of his life.

MASCULINE DELUSIONS

The majority of men seem to believe that the actual size of the male organ determines the degree of pleasure which the wife receives from the sexual act. This is anything but true. It is not "size" which counts nearly as much as the general angle of approach and the subsequent movements and contacts. The most sensitive part of a woman's sexual apparatus is not far in the interior of the body, but immediately surrounding the opening of the vagina. The "labia," or lips, and the erectile tissue just above the passage itself, are the most sensitive spots of the woman's sexual apparatus. They are consequently the most responsive to stimuli. Nature insured the proper angle of erection, and if men and women mated naturally-as other animals do-it would be found that this would stimulate all parts of the feminine sexual apparatus effectually. Much more could be said regarding these vital topics, but suitable advice in these matters can only be given verbally and individually. Instructions in sexual physiology are sadly needed, and it is my belief that the day will come when Centers will be established, to which all those seeking information on these important matters can go for advice and counsel. Such a Sexual Clinic already exists in Berlin, and married couples, or those about to be married, may go there and have everything from a blood-test to a psycho-analysis! Doubtless, every civilized country will have many such centers in the not-too-distant future, where wholesome sexual advice will be given to the public, just as our hospitals give other medical treatment in their free clinics.

VENEREAL DISEASES

While on the subject of medical diagnosis, and treatment, a few words should be said regarding the two most common venereal diseases: gonorrhoea and syphilis. The former of these can be contracted in only one way—sexual contact. Many young men are under the impression that this is not at all serious, hardly more so than a "cold in the head." This is a terrible fallacy. The germs of this disease may remain latent for years, developing the active symptoms again when least expected. Many an innocent wife has been infected by the husband, years after the original disease was supposedly "cured." These develop in the vagina, and may result in blindness for any child born, because of its passage through the infected canal. Stricture may also result later in life-most painful an ddfficult to cure, and so may gonorrhoeal rheumatism. of which the same may be said. Various affections of the prostate gland, and premature loss of manhood and virility are among its after-effects. In short, gonorrhoea is a disease difficult to cure, and its consequences often last throughout the entire life. How mistaken are those, therefore, who believe that it is a disease hardly worth mentioning! It is one of the most insidious and destructive diseases known to man.

The dangers of syphilis are perhaps more generally recognized, and may at times be innocently contracted, though it is generally "caught" as the result of sexual union, also. However, it may be communicated by means of kissing, etc.hence the necessity of exercising care when indulging in this delightful pastime! The only advice which need be given here is: see your doctor immediately the first symptoms appear, or immediately after sexual contact, if there is the slightest doubt in your mind as to the health of the person with whom co-habitation has been practiced. Even a few minutes may make all the difference, and prevent your life from being ruined. If young men realized the serious consequences of these venereal diseases in after life, they would exercise far greater care than they do at present. Without "preaching" in an way, it must be pointed out, in all seriousness, that "the game is not worth the candle," nor a few minutes' pleasure worth subsequent years of suffering. Be sure to secure expert advice, from competent physicians, in these matters, and avoid all quacks, home remedies and patent medicines as you would the devil!

THE PROSTATE GLAND

This is a small gland situated just below the bladder, in intimate association with the whole sexual apparatus. It is an extremely important gland, subject to many disorders, and having an effect upon a man's feelings and general health. For one thing, any disorder of the prostate makes a man feel far older than he really is. Gonorrhoeal infection is one of the commonest contributory factors. Stricture, resulting from this infection, is another. Various diseases may result in serious prostatic trouble; and so may excessive masturbation, alcoholism, irritation, chilling the extremities, catarrhal conditions, etc. Over-indulgence, sexually, is undoubtedly a contributing cause. Pain while urinating, difficulty in urinating and frequent urination are all symptoms of prostatic trouble, and pains in the back and lower extremities which are often thought to be due to kidney disease, etc., may be due to this cause. It is an exceedingly prevalent disorder, some physicians going so far as to say that approximately 65 per cent of all men past fifty years of age suffer from it in a greater or lesser degree.

When prostate trouble develops, various aches and pains are felt, and in particular a feeling of premature senility results. Impotency in varying degrees may also develop. These are most difficult to cure, and the majority of men feel that their lives are largely ruined,-almost over,-when these symptoms appear. Prompt remedial measures should be undertaken: care in the diet, abstemiousness, practical abstention from sex, hot water sitz baths and irrigations, light treatments. etc., as prescribed by some competent physician. However, the point to bear in mind is that "prevention is better than cure," and that prostatic trouble only develops because of years of neglect and abuse of the genito-urinary apparatus and the body generally. If proper care were taken of the health. these disorders would not result, and it cannot be too strongly emphasized that prostatic troubles should be prevented, rather than cured, and that the feeling of premature senility would to a great extent be prevented also, were such measures taken in time.

"LOST MANHOOD"

Nothing is more distressing to the average man than the feeling that his sex-virility is gradually slipping away from him, and that he is rapidly approaching senility and impotency. There is an old saying that "a woman is as old as she looks, and a man is as old as he feels." Hence, a woman is bent upon preserving her youth, charm and general appearance, while a man is anxious to maintain his health and vigor as long as possible. We now know that the ductless glands play an all-important part in the life of every individual. Of these, the "gonads," or sex-glands, are among the most important. There is an intimate connection between the testes and the feeling of virility and manliness. When they are removed, in castration, the whole body changes its contour and characteristics, and assumes a feminine appearance. The voice becomes highpitched, fatty tissue covers the body, etc. We see examples of this in the cases of eunuchs. The man with well developed testicles, on the contrary, possesses great strength and vitality; his voice is resonant, his personality powerful and dominating, etc. These sex glands, then, seem to represent the motor-power behind the bodily organism, and the degree of its sex-virility is determined by the health and activity of these organs.

Throughout the ages, some elixir vitae has been sought, capable of rejuvenating the individual and restoring youth to those who were growing old. Of late years, various treatments and operations have been suggested, and even tried with more or less success, in experimental cases. The "monkey gland" joke has been worn almost threadbare! Without going into the details of these various methods, however, it may be said that none of them has, so far, proved lastingly beneficial in the cases of human beings. A certain period of re-invigoration has usually taken place, followed by a rapid return to the former. enfeebled condition. However, rapid progress is being made in this direction, and it is not too much to hope that medical science will, in the near future, devise some method, or combination of methods, which will appreciably lengthen the life of man, and render possible some method of "rejuvenation," so that the sexual vigor and energies may be maintained far longer than they are now, in the majority of cases.

Let it be emphasized once again, however, that prevention is better than cure, and youthful vitality can be maintained by proper attention to diet, exercise, etc., coupled with fair abstemiousness in the matter of sex, and the prevention of any sexual diseases. By these means the vital energies may be retained at a high level until well advanced in years.

SEX DANGERS

In America, the professional prostitute is more or less a

thing of the past. Many such exist. of course, but "under cover." and not openly, in "red light districts," as they did formerly. Now-a-days, every young man knows of the danger involved, when having sexual intercourse with a woman of this type: but it is not generally enough recognized that what might be called the "amateur" is also a grave danger to the community. Investigations have shown that a suprisingly large number of young women are infected with either gonorrhoea or syphilis-in many cases guite unknown to themselves. Shop girls, factory girls, clerks in stores and offices, etc., are frequent spreaders of infection-having contracted the disease from one man and passed it on to another before they were aware of its existence themselves. Young men cannot be cautioned too often, therefore, of the grave danger the run in having sexual relations with girls about whom they know next-to-nothing, for an infection may quite possibly result therefrom, the aftereffects of which may prove disastrous, and be regretted for vears afterwards.

SEX LIFE IN THE HOME

This question has already been touched upon, to some extent, but it contains many complicated and difficult problems, and we must now return to it, after our detour into the diseased, the pathological and the morbid sides of sex.

There are those who contend that sexual union should be for one purpose only—the procreation of life. They also maintain that it is "sinful" to think of the "pleasures" of sex, which are given us only to propagate the species. These ideas do not appeal to the modern progressive mind, and practically everyone would now agree that the pleasure-side of sex is as legitimate as its other functions. We derive a certain degree of pleasure from eating and drinking, from listening to beautiful music, from viewing lovely scenes. If some forms of sensual pleasure and gratification are normal and legitimate, therefore, why not all? The pleasure-side of sex is perfectly natural; and, regardless of "reformers" and fanatics, men and women will doubtless continue to seek it in the future, as they have in the past.

Whatever may be the object of sexual intercourse, then, whether intended as a love-embrace merely, or as a generative act, it is very clear that it should be as pleasurable as possible to both parties. Indeed, when it is otherwise to either party, it is a cruelty. The desire for sexual union should be **mutual**, and the pleasure derived from it should be mutual also. Sexual intercourse should never be indulged in when either party is mentally or emotionally depressed, nor when too excited, nor when in a condition of great bodily fatigue, nor soon after a full meal, nor when the mind is intensely preoccupied; but always when the whole system is in its best condition, and most free from all disturbing influences.

There may be much good common sense in the words of Tristram Shandy, when Sterne makes him say:

"I wish my father or my mother, or indeed both of them, as they in duty were both equally bound to,—had minded what they were about when they begot me; had they duly considered how much depended upon what they were then doing; that not only the production of a rational being was concerned in it, but that possibly the happy formation and temperature of his body, perhaps his genius and the very cast of his mind, and perhaps the fortunes of his whole house, might take the humors and dispositions then uppermost. Had they duly weighed and considered all this, and proceeded accordingly, I am verily persuaded I should have made a quite different figure in the world from what the reader is likely to see me. Believe me, good folks, this is not so inconsiderable a thing as many of you think it."

JEALOUSY IN WOMEN

And now a few words regarding this important question, which gives rise to so much misunderstanding between men and their wives, and often leads to serious consequences, and even divorce. Men and women are differently constituted, not only in their bodies, but in their minds also. Neither can "understand" the other. In woman, it must be understood, the sexual act almost invariably means that a certain amount of love and affection go along with it. Money considerations aside, it may be said that, whenever a woman gives herself to a man, it is because she is fond of that man, and desires to please him. Every woman knows this, and judges man from the point-of-view of her own psychology. She says to herself: "If I were tempted to have an affair with another man, it would be because I loved him and had transferred my affections to him. So, if my husband is tempted to have this relation with another woman, it must be because his affections have strayed also; he must be to some extent in love with her, and is giving his love to her instead of to me!" Accordingly, the wife determines that this shall not be the case, and becomes jealous—often rendering the husband's life almost unbearable, without just cause for her recriminations.

Man is so constituted that he can, on occasion, desire another woman physically, without actually loving her in the true sense of the word. The desire for physical gratification or possession is the impelling motive. It is purely a case of physical magnetism, irrespective of the affections, which may or may not be involved. Wives should understand this fact, for a great amount of unhappiness would be prevented if they did so, and many homes would be preserved, which are now broken up by reason of a divorce. It is useless to shut our eyes to the fact that innumerable cases of this character exist in our modern world, for they would continue to exist whether we recognized them or not. Human nature is human nature, much as it has been in the past, and as it doubtless will be for ages to come in the future. At the same time, this is not saying that nothing should be done to remedy this difficult problem, which everywhere exists. Man should be taught to exercise more selfcontrol, physically, and woman should be taught to exercise more, mentally and emotionally. Now-a-days, men and women are doubtless beginning to attach less importance to the sexual act than formerly, while attaching more importance to it, from the point of view of hygiene and eugenics. Here, as elsewhere, mutual understanding will doubtless lead to greater mutual tolerance on the part of both sexes; and, with the increase of sound sexual knowledge, the time will doubtless come when a frank and wholesome airing and discussion of this whole question will be undertaken, and will constitute an essential part of the education of every young man and woman approaching the age of puberty.

SELF ABUSE AMONG BOYS

Many of my readers may have sons, and this question will naturally come to their minds, when discussing this all-important subject of sex. Many a father doubtless thinks to himself: "Does my son practise masturbation; if so, how may I cure him of the habit?" While it is true that the concensus of expert medical opinion now favors the view that this habit is not nearly as harmful as the "alarmists" of the last century depicted it to be, and while it is true that nearly every boy, and very many girls, go through a period of their lives when they are subject to it, nevertheless it is true that masturbation has a detrimental effect upon the nervous system and the general health, and the boy would be better off if he did not practise it. Mere prohibition and moral lectures will rarely effect a cure. Right associations are certainly important, and frank instruction would doubtless prove far more efficacious than methods of fear-creating intimidation. I am convinced, from long personal observation, that the best possible method of curing this habit is to arouse in the growing boy a love for athletics and outdoor sports of all kinds. Let him indulge in baseball, football, tennis, boating and track-meets to his heart's content. These will arouse in him a desire to attain a certain degree of physical perfection, to make himself "fit," by means of active training, so that he may successfully compete with his fellows, and beat them at their own game. As his interest in his own body grows, he will naturally and inevitably be led away from all those practices which tend to deplete his energies, lessen his nervous coordination and shorten his "wind." A frank talk, by the father, at this time, may work wonders, and cause him to resolve to give up the habit altogether. In giving this talk, the father would do well to make it as impersonal as possible. He should not even hint or suggest that his son has ever done anything of the kind-much less make him feel that he has committed a "sin" by so doing. This merely plants fear-thoughts in the boy's subconscious mind, coupled with a certain resistance. He should merely point out that this is a habit which "some boys" indulge in, dwell very briefly upon its harmful effects, and then dilate upon the glorious physical energies of the body, as manifested in sports and athletics of all kinds, and tell how the habit depletes these. This would do far more than any amount of "lecturing," to cure your boy of the habit; and, coupled with a course of wholesome reading, would soon result in its being broken off altogether. Once voluntarily given up in this manner, it is very rarely resumed later on in life.

WOMAN'S IDEALS-AND MAN'S

To return, finally to the all-important subject of sex life in men and women, a few words should be added, by way of conclusion, regarding the thoughts, ideals and aspirations of the two sexes, in these respects. Physical love (sex love) is the basis of a happy marriage; of that there can be no doubt. If husband and wife are antipathetic and ill-suited to one another in this respect, faithfulness and a happy married life cannot be expected. It would be contrary to the law of Nature, which says that every man and every woman should be contented and happy and sexually satisfied. If this condition is not present, then something is wrong with the marriage relationship. It is the object of these little books to supply just the sort of information which is required to correct these conditions, and restore harmony and happiness to the home. The companion volume, devoted to the sexual life of woman, gives suitable information, and will doubtless be found helpful to many wives. Constructive, common-sense advice along these lines is needed more than anything else at the present day, and this I have endeavored to supply in lecture and book form.

What makes a woman happy? Not only the big things of life, but primarily the little things. Thoughtfulness, understanding, sympathy, gifts, attention, a little flattery, kind words, petting-these are the things which count in her life and last in her memory. Above all, she must be told that she is loved -not occasionally but constantly! She wants her husband to remain a lover, in other words, and she will remain his sweetheart in turn. Her love-nature must be satisfied, and by this is meant not only her affectional nature, but her sex life as well. Husbands would do well to remember the advice given in the first part of this book, when it comes to this. It is sound, and based upon thousands of observed cases, taken from actual life. By following the suggestions and advice contained herein, you can make your sex-life a success; and, this assured, the greatest single obstacle to marital unhappiness will have been removed! Always remember that Love is the Key to a woman's heart, and constitutes the basis of the Eleventh Commandment.-that Ye Love One Another!

FEMALE SEX ANATOMY

Here we find a clear-cut explanation of the female sex machinery. A new human life springs into existence, when the female seed (orum) becomes impregnated by the male cell (spermatozoa). The female organ of sexual excitement (clitoris) has been clearly shown in the accompanying diagram. Every thoughtful husband should acquaint himself with the exact location of this little nerve



center, since it is his duty to gratify not only his own sex desires, but the desires of his wife. Proper bodily motions are important and the wife can be of aid in presenting herself freely, relaxing and enjoying the function. A cradle-like motion will be found the most enjoyable. Husband and wife should rotate in opposite directions. This means more happiness and healthier off-spring.

RESULTS OF IGNORANCE

The woman who fails to take care of her body faces the prospect of a miserable existence through misplaced sex organs. Over-eating, which causes a distended condition of certain muscles and ligaments frequently



causes this condition. Exercise is necessary, also to maintain a healthy body. Conditions shown here often lead to operations which completely unsex a wife.



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