

**CHAPTER I**  
**THE FIRST STEP**

## THE DESIRE FOR KNOWLEDGE

Minnesota

I have just been reading your inspiring book on 'Woman and the New Race' It is a wonderful explanation for a great many things but it fails to answer so many questions so I am taking the liberty of writing you personally and begging you to answer some questions that are vital to my happiness I am twenty years old and although I have travelled about quite a bit I have led an extraordinarily sheltered life I am beginning to believe Until my mother was taken from me I had no desire to associate with boys except as friends and my mother never forbid me to have them in that way But now that I have met the man I am going to marry in the spring as soon as my school term is up there are many things I feel I must know I have had a shrinking feeling against sending for various books printed on the subject by physicians but I must do that if you can't help me I don't know how this will strike you but the only person to whom I can talk about this is this boy His knowledge is limited but was gained in the very best way—from his mother and father At first I felt that the urge I felt when I was with him and which I knew he had aroused within me was something never to be mentioned It developed however that he had understood and realized exactly how I felt and guessed at my ignorance of it all I don't believe I could have been as happy with him as I am if he had not told me that the feeling was as old as the human race and nothing to be ashamed of Up to this time I had thought that marriage meant loving one another and in some distant time having perhaps one or two wonderful little children to help perpetuate

the race, and for us to love. But now, I know that there is this other phase of life which you refer to as the love life. At first I thought it must be some base passion but I know it is not as we love each other more dearly than I had ever thought was possible. I know that this feeling will probably become greater after marriage, and as you say will then be sanctioned by law. But—what can be done about it? It is evidently a very normal phase of almost every person's life yet no light on the subject can be given publicly because of the law. I know I am overstepping the bounds of convention and imposing on your patience by writing such a long letter but you are the only person I can go to who really knows and is intensely interested and informed on her subject. I will wait very very anxiously for a reply and a definite answer if possible to my question. If such an answer cannot be sent through the mails is there any other suggestion you could make?

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## CHAPTER I

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"**A**ND so they married and lived happily ever afterwards. Such is the conventional ending of most love stories. In life, however the real love story does not end with marriage. It begins with it. Happiness is not the inevitable consequence of marriage. Marriage does not necessarily create happiness. Too often it destroys it. If husband and wife are to live joyously together, they must create their own happiness. Most people agree that happiness in marriage is often the exception rather than the rule. It is not a prize guaranteed with every marriage certificate. Even though bride and bridegroom be romantically in love with each other they may find after a few months of life together that this mysterious reward has been withheld from them. They often discover that love is gradually fading. Married love died a long, lingering death. They awake to reality disillusioned surprised to find themselves deprived

## 14 HAPPINESS IN MARRIAGE

of that abiding happiness they had expected

This tragedy of modern marriage is usually the outgrowth of ignorance and misunderstanding. Happiness in marriage is not a matter of chance. It is a growth. Like all other living and growing organisms it must first germinate then strike root and then after careful tending and cultivation be brought to maturity. Only thus may it bloom and bear fruit. Sex attraction alone or the instinctive love of husband for wife and wife for husband is not enough. Self sacrifice is not enough. Romantic generosity is not enough. Fidelity is not enough. All these fine traits may enter into the marriage relationship and yet notwithstanding marital happiness may be destroyed.

Fear and ignorance are the greatest destroyers of love. Fear alone will often kill the happiness that is born of real love. Therefore where marriage is bound by fear and ignorance there can be no happiness. The first essential in the establishment of happiness in marriage is the uprooting of fear and the banishing of sex ignorance. When this is done the foundation of happiness is laid.

Let us not forget that ignorance and fear

often assume the form of shame. Married love is possible when men and women have acquired a clean healthy conception of sex and through it a clean wholesome fund of knowledge. In modern life particularly in this country the reproductive and sexual functions have been fenced off as mysterious facts separate and distinct from the other activities of every day life. Modesty has defeated itself in prurience and prudery. For women to remain in ignorance concerning the most important phase of their nature was until a few years ago considered good taste. Even biologists of the past generation ignored the facts of reproduction and sex as not intricately and organically connected with the well being of the individual and the race. Sex remained a deep dark mystery to be spoken of only in whispers or not at all. This mystery was the cause of ignorance. Ignorance was the cause of disease and disease in its many forms was the cause of unhappiness and innumerable family tragedies.

The cost of this shameful sentimentality is too great. We cannot afford to remain in ignorance. Our own personal health is at stake. The future well being of the human race is at

## 16 HAPPINESS IN MARRIAGE

stake We must learn to view sex and sex love as something other than physiological functions unrelated to the rest of our bodies and minds Modern scientists are showing us that there is no part of our being that is not organically and intimately related to the love and sex life

Romance based on ignorance cannot bear healthy fruit In the past when men and women were the victims of a huge conspiracy of silence concerning sex, experience was bought at a high cost Young men were tacitly permitted to sow their wild oats' venereal scourges resulted Tragic and widespread and destructive as syphilis and gonorrhoea are, spiritual destruction is even worse Promiscuity, prostitution and disease destroy, sometimes forever, a clean and reverent attitude toward the physical sex relation Pre marital promiscuity has created in man an attitude of ruthless selfishness More than any other single factor this has been destructive of mutual happiness in the lives of married people

But women have, in the past, been too willing victims of this conspiracy of silence Even today, with all our education, with all

our organizations for social uplift girls are brought up in absolute and fatal ignorance of the true meaning of the sexual function To their normal healthy curiosity the only answer has been that the sex instinct is in some mysterious way either a lewd lascivious and unmentionable subject or too sacred and holy to mention

Marriage based on a young man's experience without knowledge and a girl's ignorance without experience is foredoomed to inevitable failure If love survives despite such an initial handicap it proves its greatness As a matter of fact few marriages do Divorces separations ruined lives cynical husbands hysterical wives infidelities and all manner of family tragedies attest to the failure of the traditional approach to marriage If they dared to give a frank answer most men and women would tell you that love after marriage disappears and happiness is a gamble

For marriages built upon the shifting sands of fear shame and ignorance can never lead to happiness yet if contracted with a frank recognition of the central importance of the beauty of sex in life alike in its physiological psychological and spiritual aspects hap-



## 18 HAPPINESS IN MARRIAGE

piness becomes a glowing possibility This is a buried treasure to be unearthed by true lovers It may be imbedded in the rich soil of mutual respect and consideration Carefully nurtured it will strike deep roots in both lives entwine and unite them together in ever growing joy It will grow mature bear fruit

Few as they are marriages of this type are nevertheless possible To such unions we must look for guidance Participants in happy relationships of this type are creators in the truest sense Their intimate experience becomes a guide for all to follow All the world loves such lovers These are the creative artists pointing the way to spiritual awakening that is possible to all men and women of the next generation affecting all generations to come

Sex educators today insist upon the so-called single standard of morality The wild oats theory and its practice have proved ruinous After years of effort the educators have broken through the Chinese wall of silence erected by misguided prudery and insist upon the necessity of purity and cleanliness of both parties in the marriage relation

This is undoubtedly a step in the right direction, but let us not delude ourselves into believing that the single standard is a cure all and end all of sexual difficulties

Such a practice may succeed in protecting our youth from the grosser evils of venereal infection and the dangers of promiscuity but it does not touch the real problem of mating. No man or woman should leave to chance or the play of blind instinct the most complex of all human ties. For even though young men and women bring to the marriage bed clean bodies and minds they bring at the same time a lack of experience and understanding which may forever destroy the foundations of happiness. Even for those who believe the procreative act to be solely for the propagation of the race it would be necessary to master and guide and have knowledge of the powerful instinct of sex.

Sex expression is not merely a propagative function nor the satisfaction of an animal appetite. It should not be considered merely as a necessary evil preliminary to the production of a family. Sex expression rightly understood is the consummation of love its completion and its consecration. Sex expression

## 20 HAPPINESS IN MARRIAGE

is an art To become artists in love men and women must learn to master and control the instruments by which this art is expressed

These instruments are not merely the so called sex organs isolated and unrelated to the body or personality If marriage is to be fully consummated the entire body and spirit as units must participate in the union

Think long and deeply over the importance of this truth Until husband and wife have come to a realization of the necessity for complete union of body and spirit happiness cannot grow out of the marriage relation This union is possible only when both have acquired mastery of the physical instruments of expression The body is not an enemy of the spirit Our bodies are a visible expression of our inner selves Every factor every gesture every organ and function of our bodies is given us for the expression of our impulses thoughts and desires More than any other bodily act sex expression is a sacred gift which awakens men and women to the innate beauty of life We must learn to use this gift instead of misusing it We must learn how to master the instrument of bodily expression so that passion is transmuted into poetry, so

that life itself becomes lyric. In his grotesque attitude and use of sex in life the average man today is truly said to be like an orang outang trying to play a violin. Discord instead of harmony has resulted.

Before reading the chapters which follow cleanse your mind of prurience and shame. Never be ashamed of passion. If you are strongly sexed you are richly endowed. You possess the greatest and most valuable inheritance a human being can enjoy. To be strongly sexed means that the life force can suffuse and radiate through body and soul. It means radiant energy and force in every field of endeavor. It means driving power, ambition, attainment, but on condition that this great dynamic power be mastered and directed, stored and controlled, instead of dissipated and misspent. Without passion love would be a flaccid lifeless thing. Passion is the driving power of life. It cannot be denied, destroyed, or thrust aside. It must and it will find expression in some way—in destruction if its power be denied or not directed to creative ends. While it is a cruel master it is also a willing slave.

Men and women have been endowed with

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## 22 HAPPINESS IN MARRIAGE

this dynamic energy which we name passion for the rounding out the development the fulfilling and the beautification of their natures Those who deny it expression who combat it or who refuse to participate in it cut themselves off from the zest and the poetry of life They lead narrow warped onesided lives On the other hand those who become the slaves of passion or misuse it mainly through selfishness or in rebellion against the narrow traditions of the nineteenth and early twentieth centuries also deprive themselves of greater development and attainment

You men and women who stand at the threshold of maturity learn to steer skillfully between the ascetic rocks and the sensual whirlpools As George Meredith expresses it Onward to the creation of certain nobler races

It is not enough to avoid the pitfalls of venereal disease to trust to luck or blind instinct in the pursuit of happiness in marriage It is not enough great and invaluable as this gift is to bring virility and passion to the nuptial bed Clean bodies and minds you must bring but romance knowledge poetry and art as well and above all keen anticipation

and appreciation of the meaning of the most intimate and the most thrilling adventure life can offer you

This is the first step towards happiness in marriage