

**CHAPTER II**  
**BUILDING UP LIFE FORCES**

Texas

DEAR MRS SANGER

You have helped so many may be you can help me I m in love with a young man It is the first man I have ever really loved (tho I have gone with a number and have been very good friends with them) Now we have had a plain talk I m sure it would shock my mother but I believe it is best He has never told me that he loves me nor I have never told him how much he means to me but he tells me that I arouse his passion that when we are together that his passion is so great he can hardly stand it. Tho we have gone together over two years he has just recently told me this He says he never was that way with any other girl and he is thirty and has gone with the girls for years I m not a flirt or flippey but what I want to know is what causes such passion What is the reason I m not unduly passionate my self I m afraid to think of marrying him as I m afraid the sex attraction is all he will ever have for me and that he will soon tire of that. A friend tells me that a marriage like that is the strongest I never did allow familiarities but seems like his passion for me was always great It will help me considerable if you will kindly tell me what causes such attraction and if marriage with a man like that would be satisfactory or likely to be happy I have such a deep feeling and high regard for marriage Thanking in advance I remain

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## CHAPTER II

### BUILDING UP LIFE FORCES

To everything there is a season and a  
Time to every purpose under the heaven  
—*Ecclesiastes III 1*

**E**NDURING happiness in marriage can not be won merely by the selection of the right mate or the observation of certain rules of sexual hygiene. Love is essential. Passion is essential. Virility is essential. Mastery of the instruments of expression is essential. But if they have been wasted and dissipated in premature and premarital profligacy none of these essentials can be brought to marriage.

In this chapter therefore we must consider the period of body building, the conservation and developing of life energies from infancy to maturity.

In many respects the first period of life is the most important. By the first period I mean that which includes childhood, youth and early manhood. In primitive and uncivilized people maturity comes at a very early age.

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Reproduction follows swiftly. The new generation likewise rapidly passes through the life cycle. One generation follows another in rapid succession—childhood, youth, old age—all come too swiftly. Individuals are consequently seldom able to attain a full development and consequently in those races in which the life cycle is short and swift are backward in individual development and in their civilization as well.

This same process may be seen in our own country. We see many boys and girls who cannot or will not remain young. Prematurely they rush into life's most serious experiences. Precociously and thoughtlessly they leap into marriage and often become old before their time. They waste their inner energies, scatter their powers, glide over the surface of life instead of conserving their forces to prepare for intense and mature experience. In the end those young men and women who clamor for immediate and premature sex expression cheat themselves of that lasting happiness all men and women crave.

Childhood, youth and early manhood are not merely given to us as periods of preparation. It is a grave mistake to hurry through them.

Youth must not try to cut them short. The greatest thinkers today assert that life can be most fully realized only by the prolongation of this period of preparation for maturity by the conservation of early powers.

The foremost educators no longer aim to turn children into little men and women but rather to develop the full possibilities of childhood to bring out all its hidden potentialities. Similarly with adolescence, youth and early manhood. People try to make short cuts through these periods or to dispense with them altogether instead of growing and developing through them. They find themselves nevertheless forever chained to the unfulfilled desires of those cheated and stunted periods.

Some years ago a girl who had married at the age of fourteen came to see me. The first thing we knew this girl wife was playing marbles with my children in the garden.

Married women don't play marbles, exclaimed my shocked laundress. I would rather play than be married. The girl wife retorted.

Many women of thirty or even forty go back when there is the opportunity to the innocent gaieties and pleasure they have missed during their adolescent period. They were

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thrust at too early an age into the more serious realities of married life My husband is kind, but he doesn't understand me we are so uncongenial one of these women confessed to me I like to go to dances and parties and have innocent flirtations I like pretty clothes and admiration My husband cannot understand why at my age I am so frivolous This woman had been married at the age of seventeen and the legitimate and innocent pleasures of adolescence had been denied her As maturity developed these instincts clamored for expression

A man was sentenced to prison at the age of twenty one When he was released he was a middle aged man He resumed his emotional development at the point where it had been cut off when he was sent to prison He desired to associate with girls of the age attractive to him before his conviction Altogether in every other respect he was mentally mature In fact this man of fifty two eventually married a girl of fifteen

Innumerable instances of arrested emotional development caused by forcing young men and girls at too early an age into the problems of maturity and marriage come readily to mind

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Both physically and mentally the first twenty years of life and preferably the first twenty three years of life should be the period of upbuilding and conservation

The whole process of building up the body its bones muscles sinews nerves in fact its very architecture is dependent upon the internal secretions and is intricately connected with the sexual system

During the period of body building especially between the ages of twelve and twenty three, the coordination of those secretions hormones or chemical messengers absorbed directly into the blood stream are modeling the bone structure and the fine symmetry of body that makes for virility and beauty In this vital and all important process of body building the sex glands play a part of equal importance with the other ductless glands the importance of which modern science tells us cannot be overestimated The symmetry the strength the vigor of the body with its bones its sinews its delicately coordinated muscles its internal organs (heart lungs, liver etc ) is dependent upon the harmonious activity of these glands

To tamper with the sex organs, to interfere

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with their development to dissipate or to divert these secretions which should be contributing their chemical powers to the upbuilding of virile and beautiful bodies means actually to throw the whole process of construction out of balance. Even though the body building continues a discord not always noticed by unobservant eyes has entered and the full complete and well rounded development and the full maturity and harmony of physical and mental powers by this interference are some times forever defeated.

All activity—mental and physical—during this period when the foundations of life are being laid and the structure of the body is being erected should be determined by this process. No one can go back and build his life anew. The mistakes men make during the teens must somehow be paid for. Too often they are paid for in the thirties and forties. Whoever begins to waste life at an early age shall inevitably find that his bank account of virility, strength and passion is exhausted when he most needs it.

Human bodies are both dynamos and motors. Before the nervous and emotional power can be directed and expended it must be cre-



ated and stored up This is what is going on for the first twenty or twenty three years of life The more vital power stored up in bones muscles, nerves and sinews (instead of dissipated) the greater the force of its expenditure during maturity the later its use the longer the period of virility To store away vitality and sex energy in youth means a greater power and fuller use of it in maturity

A fruit tree planted in rocky poverty-stricken soil cannot produce its full quota of fruit It cannot store up nor drink in the necessary elements necessary to produce a full harvest It withers and dies So it is with a human life Before we can mature and produce the fruits of maturity we must attain a full growth

There is a time when love and sex expression become of primary importance to our well being But before that period arrives in order to prepare fully for this consecrating experience the young must learn to refrain from lesser sex experiences and temptations which may and often do render impossible the greater drama of love of which all humans are desirous

Each process each period of life has its own

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reason Life is a chain each period a link Each link dependent upon the preceding for its power and strength We cannot hurry through neglect or shorten them The growing period the controlling and storing up period the self creative period is not only beautiful it is a necessary preliminary to that which follows Sex energy and passion is not only controlled but stored up for without this great latent passion this deep reservoir passion cannot at the great moment express its power nor the overwhelming poetry of life find full expression

If you don't start life with a head of steam you won't get far says Lord Dawson of Penn Let us remember that this head of steam does not just happen It is generated stored up in a miraculous way acknowledged and partially understood only by scientists but ready to be converted as the mysterious miracle of sex love, into ambition