

Sex (Continued)

Motherhood and Eugenics

LESSON XXIII.

Motherhood with mucusless diet, before, during and after pregnancy is the development towards the Madonna-like, holy purity principally different from the dangerous so-called "ordinary" childbirth, with its ever-present risk of life, known in our present civilization.

If the female body is perfectly clean thru this diet, the menstruation disappears. In scripture it is called by the significant word "purification," which it in fact is; clean—no longer polluted by the monthly flow of impure blood and other waste. This is the ideal condition of an inside purity capable of the "immaculate conception." When seen in the light of this truth the entire "Madonna mystery" is easily understood.

Every one of my female patients reported their menses as becoming less and less, then a two, three and four months' intermission, and finally entirely disappearing, which latter condition was experienced by those who went thru a perfect cleansing process by this diet.

Headaches, toothache, vomiting, and all other so-called "diseases of pregnancy" disappear, and painless childbirth, an ample sufficiency of very sweet milk, babies that never

cry, babies who are very differently "clean," as compared with others, are the wonderful facts I have learned from every woman becoming a mother after having lived on this diet.

It is not advisable to start a radical change in diet during pregnancy, or while nursing; this should be done at least two or three months before conception.

"Eating for two," with a special diet is unnecessary if the body is clean. Modern babies are overfed, hence these dangerous childbirths. The only reasonable change is to increase the eating of natural sweets such as figs, raisins, dates, grapes, etc.

Feeding the Baby

If mother's milk is found to be insufficient or bad, do not use plain cow's milk; it should be diluted with at least one-third to one-half water and sweetened with milk sugar or honey. Start feeding the baby as soon as possible a teaspoonful of good fruit juices (juice from stewed beets is also good), and honey diluted in water between meals. The baby's craving is sweet, and proves that fruit sugar is the "essence" of all dietetics.

What is considered a well-fed and healthy looking baby, of average normal weight, is in reality pounds of waste of decayed milk.

Whether the baby is sick or not, as soon as you commence feeding it fruit juices and stewed mash fruits, you will learn from the elimination that I am correct. The

change must therefore be made very carefully. Babies and children must go thru the same cleansing healing process as do adults. I believe that a baby well nursed by good mother's milk on this diet and without "special" protein foods will grow wonderfully, and after the weaning period is over could be raised on apples alone.

As stated before, if a change of this kind in the baby's diet is made, they must be healed first—whether sick or not—cleansed from the waste of their "latent disease." That is the point that everyone refuses to believe, realize or understand.

Natural sweets are necessary for the growing child for building a strong skeleton. Lime is also important. (See Berg's Tables.)

I learned thru the few examples that we had in Europe, that the character, the mind in general of the growing child, is greatly and beneficially influenced by this diet, with the progress of the purity of the body. The "troubles" of raising children from which you can be saved are enormous. No more children's disease!

Thousands of pregnant mothers, innocently thru over-eating, half kill their children before they are born. Here then is the only correct way to fight infantile mortality. *There is no higher moral duty of any kind than to produce a perfect being.*

Eugenics of a Diseaseless, Superior Race

Using a plant as a comparison, "motherhood" can be

said to represent the QUALITY of the soil; "fatherhood" represents the quality of the seed—of the germ.

A relatively poor, almost barren soil but a good quality of seed produces a fairly good plant, but a *defective* seed, even though planted in the best of soil, NOTHING.

Breeders of animals, especially horse breeders, know *that the quality of a thoroughbred father goes thru endless generations, even spanning over a chain of "indifferent" mothers.* This is why inheritance of good and bad qualities (tuberculosis for instance) skips a whole generation.

As in every respect of life this problem is different also, and, of course, is different in the case of a clean body on natural diet. Medical doctors and Naturopaths alike will hardly believe at all in the new principles and arguments which I have brought out, and postulated in this work. They reason and figure with the facts and experiences of the filthy body living on the unnatural diet of civilization.

One cannot reason about colors with a man born blind. You cannot use the old arguments and the old physiology to gainsay my statements.

Until you have personally experienced on your own body the truth of my teachings, you will have to accept and believe the new ones.

Realize, please, what this means—SUPERIOR FASTINGS—as they were taken by the prophets of old.

During a period covering some decades, and even partly

emanations become so wonderful that love combined with gluttony appears as a crime.

For the young couple to fast on their wedding day is a Jewish religious custom, but it is only a reminder of a hygienic law of that great statesman Moses—to generate geniuses thru superior waves of love thru the infinite.

It is the principle by which the male stock, when living on "clean" food has the opportunity to generate a diseaseless, superior one.

Everyone who travels a little further upwards on the road towards the "paradise-like" conditions of man will soon sense this truth. Man was once a higher, superior kind of being, not a species of the monkey family! We are only a shade of the original man, caused thru our degeneration, but you may yet experience what cannot be described, that this kind of eugenics is the fundamental truth of evolution into "Heaven on Earth!"