

The human individual is flesh and spirit. Woman is the sex representative of the spirit, as man is of the flesh. Only as the woman is set over the man in the family can the spirit fully triumph over the flesh in the individual. The triumph of the woman over the man, and of the spirit over the flesh, are the triumph of the heart over the loins, of sweetness over fire, and they all go along together. As the heart triumphs over the loins in a man will he stay a lover all through life. This is the one sole way to purify the heart.

And now, if those who altogether differ from me in theological views, will allow me, *without controversy*, a little space on neutral ground, seeing that there is no other, to address those who are of like views with me, in such language as is current coin among us, I will say thus much further:

By sin man lost paradise. For the sin by which paradise was lost the husband was laid upon the woman: *Thy desire shall be to thy husband, and he shall rule over thee*; that is, that the woman should be the slave of the man. Jesus Christ came to destroy sin and restore man to paradise; that is, he came to restore man to the paradisiac state, and establish men in the paradisiac institutions and relations in society. In establishing the paradisiac society Jesus must restore woman to her original relation to man as it was in paradise. As sin is the very opposite of righteousness, so the relation of woman to man under the curse, which came because of sin, must be the very opposite of what it was at the first and before sin. We know what the relation of the woman to the man is under sin. In all the world and through all time she has been his subject. Then in paradise she was not his subject, but was free from him,—she was sovereign over herself. And hence in the organic relation of the family she was head and ruled; and such is manifestly the relation of the sexes in the lower order of animals. Therefore as the personal work of Jesus will culminate when he has conquered sin in the individual, so his societary work will culminate when he has given to woman the power to bear rule over man in the family relation; and in doing this he will restore mankind to paradise on this earth, and bring down the New Jerusalem out of heaven; and in doing this he will give to life the complete victory,—will purge the seeds of death out from the blood of the human race, and so lift mankind, while in this natural flesh, up into the realm of the *deathless born*. Then will the everliving God have brought into existence a race of creature children like unto himself, ever living, ever sinless, miniatures and shrines of Jesus, who, having lived out to the full their term of life here, shall ascend alive, as Jesus did, from this into the superior state,—and so “shall be with the Lord.”

[FOR DR. FOOTE'S HEALTH MONTHLY.]

Letter from the Editor of the Alpha.

WASHINGTON, D. C., Sept. 15, 1881.

TO THE EDITORS OF DR. FOOTE'S HEALTH MONTHLY—*Dear Friends*: I have desired to write you since reading your July number of HEALTH MONTHLY. But our national calamity, illness in my family and the intense heat, which has well nigh suspended the world's work, has prevented me up to this moment.

I wish to thank you for your report of the Institute of Heredity meeting in Boston and your criticism upon my paper from your standpoint. But will you for a moment look at the question from our standpoint and reply to a few interrogations?

1. Did you ever treat a case of sexual or mental disease caused by pure continence? or know of a person losing his health from this cause alone?

2. Do you not find devitalized cases the result of nervous shocks, disappointments, imagination stimulated by novel reading, *wrong* instruction or no instruction at all, the want of useful, energizing, attractive employment, stimulants—alcoholic and narcotic—demoralizing dress, and most of all, self-abuse?

3. How many cases have you known, men and women of all ages, that were broken down in body and mind, caused by sexual excesses in the married?

4. How many incurable cases have you met with that you have known to have come from the use of *checks* to population? They are *perversions* of sexual uses, and do they not cause derangement of the nervous system, congestions, sterility, impotency, prolapsus, tumors, and all the horrors that come from the perversion and desecration of the most sacred endowments of our person? It has been my experience that these unfortunate persons that have used these injurious devices have soon, one or both, come under medical treatment. I have two such cases under my care now, with shattered nerves, mental depression, almost despair, uterine induration and hypertrophy from repeated congestions, caused by using injections after coition; and a third whose husband's nerves and digestive organs are wrecked, the result of habitual *incomplete* coition. All along my thirty years labor in my profession do these cases present themselves.

I am fully persuaded that all these ingenious devices of men are *cheats* and *frauds* and fall under the double condemnation that follows the infringement of moral and physical law.

I believe in the wise use of the sexual organs, for the obvious purpose for which they were created, *viz.*, procreation—the propagation and improvement of our species.

Children are blessings and blessings *only* when desired, loved and prepared for as they should be. *There will never be too many births under such circumstances*, and fifty per cent. less premature deaths, and fifty per cent. less suffering, mental depression or frenzy; and just so much more physical, moral and intellectual strength to perform the work of human regeneration. Every year I see more and more clearly the observance of the law of continence for the married and single is the door of salvation from disease and death, domestic infidelity and crime. It is the only cure for the social evil, the only means of effectually stamping out syphilis, scrofula, insanity and the innumerable causes of wretchedness that afflict mankind.

You think this impracticable—not to be attained. It is very possible and easy comparatively with right thinking and hygienic living and dressing and the cultivation of a noble ambition for self-control and self-respect, with heart-love reaching out to bless those that by inheritance and untoward circumstances still grope in darkness.

These are subjects such philanthropists as you should consider. You teach physiological law as a means of salvation, and this is part of your work.

Let me entreat you to give the subject a dispassionate and careful investigation. Light will break upon your soul and you will be constrained to use your great influence for the spread of the *whole* truth, and thus becoming God's worker you will cease to prepare measures or give service that will encourage the desecration of God's temple for sensual purposes.

Very truly yours for purity and the best welfare of humanity.

CAROLINE B. WINSLOW.