

there must be more intelligent and devoted mutual helpfulness between men and women and boys and girls. Men and women who desire social reform and personal regeneration, the safeguard and development of the home and individual, must see to it that the "want to's" are properly equipped. The teaching of "Sex Hygiene" is one of the most effective weapons available.

Remember the words of Tennyson

"Self-reverence, self-knowledge and self-control,  
These three alone lead life to sovereign power."

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