

that no fewer than ninety-five of the headaches will disappear within a few minutes after their sewers have been cleaned.

*Q* From all you say about the intestinal tract, I gather the impression that mastery over the physical appetite for food means also mastery over the habit of neglecting to keep the intestines clean?

*A* Yes, that is true. It is just as important to eliminate the waste matter of the body and the unused portions of food as it is to take the right amount and the correct combinations of food.

*Q* I never thought of auto-intoxication as being one of your devices of control over people, and I am utterly shocked to know how many people are victims of this subtle enemy. Let's hear what you have to say of the other two appetites.

*A* Well, take the desire for sex expression. Now there is a force with which I master the weak and the strong, the old and the young, the ignorant and the wise. In fact, I master all who neglect to master sex!

*Q* How can one master the emotion of sex?

*A* By the simple process of transmuting that emotion into some form of activity other than copulation. Sex is one of the greatest of all forces which motivate human beings. Because of this fact it is also one of the most dangerous forces. If humans would control their sex desires and transmute them into a driving force with which to carry on their occupation—that is, if they spent on their work one half the time they dissipate in pursuit of sex, they would never know poverty.