

It gives quickness and definiteness to one's physical and mental movements.

It gives one persistence and perseverance in the pursuit of one's major purpose in life.

It is a great antidote for all fear.

It gives one immunity against discouragement.

It helps to master laziness and procrastination.

It gives one physical and mental endurance while undergoing any form of opposition or defeat.

It gives one the fighting qualities necessary under all circumstances for self-defense.

In brief, it makes winners and not quitters!

*Q* Are those all the advantages you claim for controlled sex energy?

*A* No, they are only some of the more important benefits it provides. Perhaps some will believe the greatest of all the virtues of sex is that it is nature's method of perpetuation of all living things. This alone should remove all thought that sex is vulgar.

*Q* I gather, from what you say, that the emotion of sex is a virtue, not a fault.

*A* It is a virtue when controlled and directed to the attainment of desirable ends. It is a fault when neglected and permitted to lead to acts of lust.

*Q* Why aren't these truths taught to children by their parents and the public schools?

*A* The neglect is due to ignorance of the real nature of sex.