

and flow around the dam. The person who has self-discipline understands the emotion of sex, respects it, and learns to control and transmute it into constructive activities.

*Q* Just what damage is there in over-indulgence of sex?

*A* The greatest damage is that it depletes the source of man's greatest driving force, and wastes, without adequate compensation, man's creative energy.

It dissipates energy needed by nature to maintain physical health. Sex is nature's most useful therapeutic force.

It depletes the magnetic energy which is the source of an attractive, pleasing personality.

It removes the sparkle from one's eyes and sets up discord in the tone of one's voice.

It destroys enthusiasm, subdues ambition, and leads inevitably to the habit of drifting on all subjects.

*Q* I would like for you to answer my question in another way by telling me what beneficial ends the emotion of sex may be made to attain, if mastered and transmuted.

*A* Controlled sex supplies the magnetic force that attracts people to one another. It is the most important factor of a pleasing personality.

It gives quality to the tone of voice and enables one to convey through the voice any feeling desired.

It serves, as nothing else can serve, to give motive-power to one's desires.

It keeps the nervous system charged with the energy needed to carry on the work of maintaining the body.

It sharpens the imagination and enables one to create useful ideas.