

Tucholsky Wagner Zola Scott
Turgenev Wallace Fonatne Sydon Freud Schlegel
Twain Walther von der Vogelweide Fouqué Friedrich II. von Preußen
Weber Freiligrath Frey
Fechner Fichte Weiße Rose von Fallersleben Kant Ernst Richthofen Frommel
Engels Fielding Hölderlin Eichendorff Tacitus Dumas
Fehrs Faber Flaubert Eliasberg Eliot Zweig Ebner Eschenbach
Feuerbach Maximilian I. von Habsburg Fock Ewald Vergil
Goethe Elisabeth von Österreich London
Mendelssohn Balzac Shakespeare Rathenau Dostojewski Ganghofer
Trackl Stevenson Lichtenberg Doyle Gjellerup
Mommsen Thoma Tolstoi Lenz Hambruch Droste-Hülshoff
Dach Thoma von Arnim Hägele Hanrieder Hauptmann Humboldt
Karrillon Reuter Verne Rousseau Hagen Hauff Baudelaire Gautier
Garschin Defoe Descartes Hebbel Hegel Kussmaul Herder
Wolfram von Eschenbach Darwin Dickens Schopenhauer Bebel Proust
Bronner Campe Horváth Aristoteles Voltaire Federer Herodot
Bismarck Vigny Gengenbach Barlach Heine Grillparzer Georgy
Storm Casanova Lessing Tersteegen Gilm Gryphius
Chamberlain Langbein Lafontaine Iffland Sokrates
Brentano Claudius Schiller Bellamy Schilling Kralik Raabe Gibbon Tschchow
Katharina II. von Rußland Gerstäcker Raabe Gleim Vulpius
Löns Hesse Hoffmann Gogol Morgenstern Goedicke
Luther Heym Hofmannsthal Klee Hölty Kleist
Roth Heyse Klopstock Puschkin Homer Mörike Musil
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Machiavelli Kierkegaard Kraft Kraus
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Nietzsche Nansen Lassalle Gorki Klett Leibniz Ringelntz
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**Sane Sex Life and Sane Sex Living
Some Things That All Sane People
Ought to Know About Sex Nature
and Sex Functioning Its Place in
the Economy of Life, Its Proper
Training and Righteous Exercise**

H. W. (Harland William) Long

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TO
MY FELLOW-MEMBERS OF THE MEDICAL PROFESSION IN-
TO WHOSE HANDS THIS BOOK MAY COME, AND TO ALL
WHO MAY READ IT UNDER THEIR DIRECTION, THIS VOLUME
IS MOST SINCERELY DEDICATED
BY
THE AUTHOR.

NOTE TO THE READER

IN ORDER TO GAIN A CORRECT IMPRESSION OF THE
BOOK, IT IS ESSENTIAL THAT IT BE READ FROM THE BEGIN-
NING TO THE END WITHOUT ANY SKIPPING WHATSOEVER.
ONCE READ, IT CAN BE RE-READ, HERE AND THERE, AS THE
READER MAY DESIRE. BUT FOR A FIRST READING, IT IS THE
EARNEST WISH OF THE AUTHOR THAT EVERY WORD BE
READ, FOR IN NO OTHER WAY CAN THE PURPOSE OF THE
BOOK BE REALIZED.

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INTRODUCTION

As we have moved down the ages, now and then, from the religious teacher, the statesman, the inventor, the social worker, or from the doctor, surgeon, or sexologist, there has been a "*vox clamantis in deserto*." Usually these voices have fallen on unheeding ears; but again and again some deliver in books, some student of men, some inspired, self-effacing, or altruistic one has taken up the cry; and at last unthinking, unheeding, superficial, self-satisfied humanity has turned to listen.

Aristotle by the sure inductive method learned and taught much, concerning the sex relations of men and women, that it would profit us today to heed. Balzac, Luther, Michelet, Spencer, and later, at our very doors, Krafft-Ebbing, Forel, Bloch, Ellis, Freud, Hall, and scores of others have added their voices. All these have seen whither we were drifting, and have made vigorous protests according to their lights. Many of these protests should have been heard, but were not, and only now are just beginning to be heeded. Such pioneers in the field of proper, healthful, ethical, religious, sane daily sex living, have been Sturgis and Malchow, who talked earnestly to an unheeding profession of these things, and now, I have the honor to write an introductory word to a book in this field, that is sane, wise, practical, entirely truthful, and unspeakably necessary.

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I can endorse the teachings in Dr. Long's book more fully because I have, for nearly a quarter of a century, been holding similar views, and dispensing similar, though perhaps less explicit, information. I know from long observation that the teaching is wholesome and necessary, and that the results are universally uplifting. Such teachings improve health, prolong life, and promote virtue, adding to the happiness and lessening the burdens of men, on the one hand; on the other, reducing their crimes and vices. A book like this would have proved invaluable to me on my entrance to the married state; but had I had it, I might not have been forced to acquire the knowledge which enables me now to state with all solemnity, that I personally know hundreds of couples whose lives were wrecked for lack of such knowledge, and that I more intimately know hundreds

of others to whom verbal teaching along the lines he has laid down, has brought happiness, health and goodness.

Dr. Long advances no theories; neither do I. He has found by studying himself and other people, a sane and salutary way of sex living, and fearlessly has prescribed this to a limited circle for a long time. I congratulate him for his perspicacity, temerity, and wisdom. He offers no apology, and there is no occasion for any. He says, "All has been set down in love, by a lover, for the sake of lovers yet to be, in the hope of helping them on toward a divine consummation." That is, he has developed these ideas at home, and then spread them abroad, or, he [pg 5]has found them abroad and brought them home; and they worked.

I also speak somewhat *ex experientia* and have some intimate personal knowledge of many of these things. Therefore, I advocate his doctrine, the more readily, and maintain that humanity needs these ideas as much today as when M. Jules Lemaitre wrote his late introduction to Michelet's *L'Amour*. He said: "*Il ne parait pas, apres quarante ans passes, que les choses aillent mieux, ni que le livre de Michelet ait rien perdu de son a-propos.*" Twenty years more have elapsed and things have not yet become much better. Frank sex talks like Dr. Long's teaching are as a-propos today as was Michelet's book when it was written, or when, after forty years had passed M. Lemaitre wrote his introduction.

Idealism is right, and we all approve it; so much so, that many of us cannot see that ultra-idealism, extremism in right, (it is foolish to attempt to attain anything better than the best) may be wrong. Undoubtedly, entire devotion to the material and physical, is also wrong; but we never must lose sight of the palpable fact that, unless we have a proper, stable, natural, well-regulated physical or material foundation, we must fall short of all ideals. Proper physical adjustments enable the realization of realizable ideals. Unrealizable ideals are chimeras pursued into futurity, while a world that should be human and happy waits in vice and misery. I gather that Dr. Long believes that reducing this vice and misery, and increasing human happiness and improving [pg 6]health are suitable works with which to companion a faith in the Arbiter of our destinies.

If thus he develops his idea of the integrity of the universe, I agree with him fully. His book, since it delineates the numerous details of a normal sex life, can be sold, thanks to our prudish public, only to the profession. I believe it should go to the larger public as it has gone formerly to his smaller community.

In spite of imperfect ideals the Orient has endured, while we of the Occident are fast becoming decadent. We, by learning something of the art of love, and of the natural life of married people, from the Hindoos, may perpetuate our civilization. They, by adopting the best of our transcendentalism, may reach higher development than we yet have attained.

The time has come for a book like this to command the attention of medical men, since now an awakened public demands from them, as the conservers of life and the directors of physiological living, explicit directions in everything pertaining to the physician's calling, not omitting the intimate, intricate, long taboo and disdained details of sex life and procreation.

W.F. ROBIE, M.D.

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INTRODUCTION

By Dr. W.F. Robie, author of "The Art of Love"

Need for facts about sex and love – Present ignorance of sex relations – Sex information improves health, prolongs life, promotes virtue, adds to happiness – Frank talks needed – This book describes details of normal sex life, describes art of love, gives explicit instructions pertaining to intimacies of sex life.

FOREWORD

Answers problems of sex life in the delicate relations of marriage – Most people too timid to reveal reasons for their sexual difficulties – Knowledge in a book less embarrassing to gain – Never before could people find facts they wanted to know most – This book prepared especially to help husbands and wives to live wholesome sex lives – Gives them facts all married people should know – Explains how to use that information to make marriage a success – Especially valuable for newlyweds if read on honeymoon – Those now married who do not get on well together will find in this book relief from suffering and woe.

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Book written with purpose of helping lover on towards divine consummation—Two final instructions—Become master of the Art of Love—Learn science of Procreation.

About married people who cannot have children—A guide to happiness—Chief facts of true marriage.

FOREWORD

To Members of the Medical Profession into Whose Hands This Book May Come:

The following pages are more in the nature of a manuscript, or heart-to-heart talk between those who have mutual confidence in each other, than of a technical, or strictly scientific treatise of the subject in hand; and I cannot do better, for all parties concerned, than to explain, just here in the beginning, how this came about, and why I have concluded to leave the copy practically as it was originally written.

In common with nearly all members of our profession who are engaged in the general practice of medicine, I have had numbers of married men and women, husbands and wives, patients and otherwise, who have come to me for counsel and advice regarding matters which pertain to their sex-life, as that problem presented itself to them personally. As we all know, many of the most serious and complicated cases we have to deal with have their origins in these delicate relations which so often exist among wedded people, of all classes and varieties.

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For a number of years I did what I could for these patrons of mine, by way of confidential talks and the like, my experience in this regard probably being about on a par with that of my medical brethren who are engaged in the same kind of work. It is needless to say that I found, as you have doubtless found under the same conditions, many obstacles to prevent satisfactory results, by this method of procedure. My patients were often so reticent, or timid and shame-faced, that it was frequently difficult to get at the real facts in their cases, and, as we all know, many of these would, for these and other reasons, conceal more than they revealed, thereby keeping out of evidence the most vital and significant items in their individual cases. All these things, of course, tended to make bad matters worse, or resulted in nothing that was really worth while.

After some years of this sort of experience, and meditating much on the situation, I came to the conclusion that a very large percent-

age of all this trouble which I and my patrons had to go up against, was almost entirely the result of ignorance on the part of those who came to consult me; and because knowledge is always the antidote for not knowing, I came to the conclusion that, if it were possible to "put these people wise" where they were now so uninformed, I might at once save them from a deal of harm and myself from much trouble and annoyance.

Further than this, I remembered once hearing a wise man say that often "what cannot be said [pg 15] may be sung"; and I realized that it is equally true that much which would be awkward, or embarrassing, if said to a person, face to face, might be got to them in writing with impunity. This I found to be especially true of my women patients, some of whom might become suspicious of a wrong intent from the things said in a private conversation, when they would have no such fears or doubts if they read the same words from a printed page. It was these considerations which first suggested to me the writing of the following pages.

Still other reasons why I did as I did were as follows: You see, at once, if you stop to think about it, that the writing out of the knowledge I proposed to impart was really a matter of necessity for me, because of the *saving of time* which would thereby be secured. To get any results that would be worth while in these matters, I would be required to tell about ever so many things concerning which they were totally ignorant; and to tell about ever so many things, by word of mouth, to each individual patient, *takes time*—ever so much time, if the work is well done, and it had better not be done at all if it is not well done. So I really was forced to write out what I wanted to teach these patients of mine.

And let me say further that I was compelled to write these things out for my people as I have written them, because, in all the range of literature on this vital subject, I knew of nothing which would tell them just what it seemed to me they ought to be told, and what they ought to know.

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And so it was that I wrote the manuscript which is now printed in the following pages. I did not write it at first just as it now stands, because experience showed me, from time to time, where my first