

# LIVING A SANE SEX LIFE

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**VOLUME 1 — SEXUAL HYGIENE**  
**VOLUME 2 — MARRIAGE]**

## PREFACE

0:0.1 THE past quarter of a century has witnessed a great change in the attitude of the public toward the discussion of sex problems. The “conspiracy of silence” which characterized the subject of sex throughout the nineteenth century was gradually broken down with the dawn of the twentieth century, more particularly following the social and economic upheavals which attended the World War and the succeeding decade.

0:0.2 From year to year the literature dealing with the psychology of sex, both normal and abnormal, and that discussing the problems of sexual relations, both in and out of the marriage state, have become more and more frank. Books are freely circulating today that would have been banned from the United States mails twenty-five or thirty years ago. The time has come when lay readers may have access to the scientific thought and medical opinions which formerly were available only to physicians and other professional readers.

0:0.3 There has been a liberalization of both public opinion and statutory requirements as concerns the dissemination of contraceptive information. The general attitude toward the sex problem in all its angles has been so changed that physicians may now speak and write freely regarding these matters. One of the best illustrations of this change in public opinion is the recent enactment in many states of laws requiring thorough examination of prospective brides and grooms before marriage licenses will be issued, and still more recently, the national campaign against venereal disease. The newspapers talk about syphilis freely and openly. No longer is sex taboo; the conventional “hush” has disappeared.

0:0.4 It is our intention in this book to speak freely, to tell in plain English those facts which should be known about sex and sexual relations. The reluctance to discuss these matters in the past has resulted in untold misery to the human family, not only as regards disease, but in sexual worries, in unnecessary feelings of “sex guilt,” and in other pathologic states of mind which were born of fear and ignorance. We hope to be able to speak plainly and yet to employ a delicacy of phraseology that will avoid offense even to the most fastidious. We are not unmindful of the fact that in this changed attitude regarding the private and public discussions of these problems much that is unfortunate and even offensive has been said. It is our hope, while dealing plainly and frankly with sex relations, to avoid the mistakes made by some of the pioneers who had the courage to take up the modern cause of sex enlightenment.

0:0.5 Of all phases of biology, sex is certainly the most intriguing, and as regards human health and happiness, important, and it is cause for rejoicing that the day has past when it is looked upon as something ugly, unclean, and unholy.

0:0.6 The authors are beholden to many recent books dealing with this subject which have been drawn upon in the preparation of this volume, but more especially are we indebted to such authors as Havelock Ellis for their modern, helpful, and scientific manner of looking at sex problems.

0:0.7 It is the sincere hope of the authors that this book may do much to dispel the widespread ignorance in sex matters and to contribute to a wholesome appreciation of, and a normal attitude toward these hitherto much-misunderstood human relations.

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