

DISCREET behaviour is an important part of respectability, and has assisted men and women to be virgins for their weddings, yet some had been to UNIVERSITY and other places of advanced learning, and had sexual friends at that time, and were very passionate, too. Being discreet helps to keep these people —faithful in marriage, as well. See page 4, line 21.

EIGHT PASSION PROTEINS WITH CARE

This booklet would benefit more, if it were read occasionally. And it deserves to be read at all changes of life: marriage, expectancy, menopause, retirement, old age, new situations, etc.

.. or PROTEIN WISDOM

Proteins are for body building; for body maintenance; and for reproduction involving the build up of passion for mating.

Most foods contain —some protein; but the eight passion-proteins are foods that have much protein, and that individuals eat frequently. So, how obvious it is that we should regulate passion, by regulating our eating of these eight classes of food.

Those who do not have to work hard with their limbs, and those who are inclined to sit about —will STORE UP their protein for passion, during these spells of easiness. — Retirement could be a time of boosted passion and marital discord. —During prolonged extreme inactivity, one's needs of protein, could be very small.

The EIGHT passion-proteins are MEAT, FISH, and BIRD; CHEESE, EGGS; PEAS(incl. lentils), BEANS; and NUTS.

MEAT, FISH, and BIRD, mean any creature of the land, or water, or air. —Fat is not protein. —There are many sorts of cheese, eggs, peas, beans, and nuts —all generally rich with protein.

Mostly, the protein of plants lacks the completeness of protein derived from and of creatures: but another food taken at the same meal could make a plant as efficient. Likewise, plant-protein could make creature-protein more efficient. Synthetic meats of some sausages and snacks, and protein-concentrates are very efficient.

When protein-material is building-up the spent reproductive organs again and gradually, this is —recorded in the sensitive brain, and this is increasingly fascinating —the mind wanting —more and —more of it. This is passion. 1

ENERGY is not passion. Sugars, starches, and fats, are the right foods for energy and warmth: never making passion. Nor will alcohol. Alcohol relaxes one's discretion, and FREES passion, at wrong times, in the MEANtime. —Some, might need more ENERGY for married-love. —If protein were being wrongly used to provide energy, because INSufficient energy-foods were being eaten, and then if sufficient energy-foods were eaten, THEN the amount-of-protein that had been MISused and that were still being eaten —would NOW be available to passion. Only APPARENTLY would the extra energy-foods be boosting passion; in fact, the formerly MISused amount-of-protein —would be the boost.

At some time in our twenties, when the body comes to adult perfection and size, we cease to require protein for body building, and so passion gets a bonus of protein, if we do not eat less of protein, correspondingly. During late youth, energetic games would help to keep the passion gentle and help to develop the growing body, too. Yet, even a growing youth could eat more protein than the body required for health and development, and thus, by having strong passion, it might be very hard to be well behaved with a sexual friend, and to be headstrong in one's lonely bed: HARD to follow a responsible moral-code, in the unmarried years. —Use your unaided will, for as long as you can, to develop your character; but do not let passion defeat you, ALONE, nor with a sexual friend. These are important disciplines, in the still formative years.

Discipline in the single years, prepares us for the essential discipline of happy marriages. The fornicator becomes

an adulterer provoking jealousy in the other spouse, and unsettling the children. —Some men have a child-like irresponsibility. Like cheats, they take mistresses, withholding the ASSURED protection and care of a husband and father, staying free to DECAMP.

PARTED spouses, AND PRISONERS should keep their passion gentle, in the meantime, for their contentment. And thus a lonely MOTHER would not be bad tempered with her children, while there were no married-love. —Husbands whose wives are 'expecting', should make their passion MORE and MORE gentle, until their wives are strong again, by having LESS and LESS of protein.

Nursing mothers must not be weakened by too much married-love.

Some will not be lucky enough to marry, and others are conditioned AGAINST MARRIAGE; but they would find the essence of happiness, in having gentle passion all the time: free of fleshly longing, particularly at bed-time.

The REPRODUCTIVE SYSTEM is an extension of the SURVIVAL SYSTEM, and both systems function, in mating. The survival system works on and on; but the reproductive system rests for much of lifetime. The reproductive system could be permanently inactive; but the survival system would work on. The survival system has its needs of protein material, FIRST, and the reproductive system has the excess. For many people the surplus protein is always too excessive, making them too passionate, all the time. —If the survival system is disrepaired, or exhausted, the body is below MEAN-FITNESS, and the brain is distracted from mating-preparation, concentrating upon survival. In these circumstances, we do not develop passion for mating. When the bo-

dy comes again to the level of mean-fitness, then surplus protein builds up passion again. The mind is then readily fascinated by sexual notions, and the more fascinated we are, the faster the brain frees protein material to the reproductive system. —M. Fitness-level varies between people.

The reproductive system could become a parasite upon the survival system. For example, when a person's mean-fitness is sub-normal, and the body is building up passion and preparing for mating, while the survival system is still impoverished. It is conceivable that a person might be over addicted to fleshly pleasure, through years of weakness in the lonely bed. A spouse could be too fascinating, so that an environment of married-love could be taxing the other partner's strength, all the time. A husband might be anxious to keep an over passionate wife contented, with sufficient married-love, or anxious as some young men, to prove their worth as husbands. Such husbands might need to over exert themselves, so that other aspects of their lives should not be neglected, and through stimulants, might need to borrow strength that could not be repaid. Sometimes, both spouses look very weakened. Even a gentle person who stays long enough under the influence of sexual fascination **BECOMES POWERLESS** to resist it. Wives particularly, should not dress to seduce, too often. Single women: never.

Married-love is not for single people. And any kind of false married-love is shameful. Therefore, they should have only a **GENTLE RISE AND FALL** of passion. The will-power is usually defeated, in some way, by higher levels of passion. **SPOUSES** should be with their partners, when their passion is strong: avoiding temptation. —If married-love is

lacking, and death is only a generation of years away and you are tempted to take a last fling, before you do any dishonourable lustful thing, do remember to be a good example to your grandchildren STILL.

Rarely, a little more lust might help a spouse. However, a spouse's natural capacity for married-love, might never equal the partner's, and the more passionate husband, or WIFE, usually would need to have LESS PASSION. —When we are regulating our proteins, we do not want more than is kind of married-love, and married bliss is secure, and without the burden of too much lust, our children are dear to us.

From the unhappiness that too much passion might bring, never escape into 'drinking'. Alcohol is a killer, and dulling the senses, it will not make you more pleasant to live with. LESS protein would moderate your passion, mend your marriage, and tend to restore health and affection to everyone involved. Contented people do not need to resort to drinking, smoking, and to other harmful, escapist pleasures.

LOVE-PLAY retards the husband, and hastens the wife, and in time, a wife too could reach the climaxes in married-love. However, a jaded wife is not likely to respond pleasantly to love-play, though she would permit married-love. A wife who is always jaded, so that the climaxes are not possible for her —will not sleep after married-love, and she is likely to suffer from ill health eventually. And be a poor mother, too.

Married-love takes its toll of men as well. And for how many is it the last straw? —Do you find it hard to satisfy your husband, or is it an anxiety for YOUR HUSBAND to know how to keep YOU sweet, with enough married-love? —Mothers particularly, should remember that excessive passion is some-

times expressed, by smouldering bad temper towards the children too. Furthermore, when affection between the parents —has soured, home life is bitter for the children as well. Children need affection and tit-bits of adult wisdom, more than sweets and toys, to make them into UPright people: from BOTH parents.

Passion develops from that extra protein that we are not needing for health. Therefore, we should make ourselves quite gentle, for as long as we need to be. Later in life, the body loses its resilience for married-love; but even the spouse that fails FIRST, could be discontented and bad tempered, through eating too much protein. Both spouses should have less and less of protein, as married-love diminishes and old age advances, for life is 'running down'.

When the reproductive system becomes gluttoned with protein, further protein could turn to unwanted fat. In this condition, we would not have much to be smug about, and we might be dreadful people. —Bad temper, discontent, and violent outbursts, are some other ways of passion. We are keyed up, when we are passionate, TENSE, so that we have not only a heightened sense of fleshly pleasure, but also an increased sense of discomfort, to respond swiftly and aggressively against hurt and irritation. —People on high-in-protein diets, for remedial reasons, can utilize only a limited amount of protein, in this way, and the surplus will build up passion, perhaps excessively and UNHAPPILY. You can infer from this, that mean-fitness tends to assert itself again, and to adjust

itself sometimes, to extended disEASE. —Excessive married-love could bring physical or mental illness, to shorten life: an over-worked heart cannot maintain effective nutrition to keep the body well.

The TENSION of passion disorders our homes, lives, and society generally. It obstructs rhythmical processes of the body, and so contributes to serious disease, when the gentle spells between passion are too short to restore us.

This tension makes us restless for distractions which ruin us, like SMOKING DRINKING DRUGGING GAMBLING. This unease of passion(lust), if it be the burden of too much lust, could make us greedy, envious, and selfish, dragging at the bonds of family-life, denying our children companionship and conversation, compensating them, with dead things, like sweets and toys, posing as parents; but concerned more for —our pleasures and ease, as if having a family were no joy, and as stern strangers, we would fail to give our children a moral code to live by.

Alas! When such denied children have come to youth, they are often primed with a sort of foolish self-reliance, to make for themselves a world of fantasy and pleasure. They are without shame, or discretion, and unaware that moments of abandon bring misery.

—When this protein-MANIA has passed, there will be more— happy homes; fewer criminals, delinquent youths, and psychopaths; fewer suicides; and not so many patients in hospitals. —Taking tranquillizers is unwise, when a LOWER LEVEL of PROTEINS would calm you.

The right level of protein for you, is wrong for someone else. ROUGHLY and GRADUALLY estimate your daily needs of rich-in-protein foods. Kindness and peace

of mind, in you, would be pointers to how much you need of passion and protein. —'Gentleness' is feeble passion, and is consistent with robustness; but feeling weak is different, and should be corrected, by less toil or a little more protein.

Weakness could be from a lack of energy-foods.

Advancing far into adulthood, we live more and more slowly, and married-love becomes harder to achieve, and so the cells of the body need less and less of protein. Elderly people are inclined to eat much more of protein than they need for health, so that some are stout; discontented and bad tempered: too passionate. Some old people could get their protein, mostly from milk, bread, potatoes(steamed), and other low-in-protein foods. Flesh foods and entrails are mostly coarse and fatty, and demand much DIGESTIVE EFFORT from aging constitutions.

All living cells contain FATS being often pleasant to the palate, perhaps pleasanter than the PROTEIN of cells. And is not the popular sausage very rich with fat? And how little meat, it has! And herbs flavour it nicely, too. But, we may eat only judiciously of fat and oil, to make other foods nicer to the mouth. Then MORE would disorganize digestion.

Less protein would make some people thinner. Married-love keeps some men lean; but if they should put on some fat, by giving up some married-love, this would signify that they were now eating too much of sugars, starches, and fats, of energy-foods. To stay thin, let them walk more; or eat less of these energy-foods.

For a little or much less passion, reduce ALL your protein foods by a quarter or less, a half or much more, for a week or two. At the end, a question, did you reduce too much or little, must be answered. With a changed amount, do another period, and so on, until you have judged your protein needs, in the present state.

Protein Wisdom could assist with the Rhythm Method of family planning. A woman's PERSONAL MONTH depends largely upon the amount-of-protein that she eats, and upon the extent of her activity(in terms of the rate of the cell life of the body). The body is made up of developing and dying cells. —To adjust the personal month, more protein shortens the 'month', and less protein lengthens it. Similarly but contrariwise, more activity lengthens the personal month, and less activity shortens it.

A wife could make herself RHYTHMICAL in menstruation, by living to a pattern repeated every personal month.

—Ordinarily, a wife lives to a weekly pattern, and this fits into the CALENDAR month; but her personal month is quite independent of the particular days of the week and of the calendar month: the beginning and the end of her cycle, falling on any day.

A personal month could have more, or less, Sundays than another 'month'; Mondays too; and so on. —If, for example, there were MORE Sundays in this personal month than in the next, and if Sunday were an idle, feasting day, for a wife on RHYTHM, then she would be eating more and be less active in this personal month than in her next one, if less food(principally protein) and more activity on another day —did not offset these irregularities. Thus this personal month would be shorter than her next one. What has been said of Sundays, applies to weekdays too.

In the rhythm method, a wife's SCHEDULES OF WORK AND OF EASE, should be SEVEN-DAYS schedules: not weekly schedules. When her month ended, the seven-days schedule would re-start: on the FIRST fully-menstrual day. —Days of roughly equal exertion, would be INTER-changeable to implement the new personal month, because, for example, if this wife washed yesterday and her FIRST fully-menstrual day were today, and washday were the FIRST day of her schedule re-starting to-

day, she could not have another washday today. During this 'month', her washday would fall on every SEVENTH day, and the substituting day(perhaps turning out a room) would fall on every FIRST day. Inter-changeable days could be MADE to balance each other: taking a little work off one, and putting it on the other. A diary and a plan of the days, would be helpful as a guide.

The SCHEDULE would ensure that each personal month had the same number of hard days, as another; the same number of easy days; off days; and so on. —About three or four seven-day schedules would make up each personal month. If a seven-day schedule were different from the others, because, for example, a day off were squeezed in,

this would not matter, as long as this variation occurred in the same place, every personal month, and so formed part of the personal-monthly pattern. —Eating too would form part of this pattern: not gorging, just when tempted to do it. —Some tasks, like sending off father and the children, in the mornings, would have to fall into the schedule of the ORDINARY week, still.

It is conceivable that a wife might learn to off-set unavoidable, unregular activity, by eating —more protein, and such INactivity, by —less protein. The ample 'FERTILE DAYS' allow some variance of rhythm; but —good R. pays.

(A wife's own-temperature readings improved the R.M; but now a certain fluidity is significant during fertility.)

A wife might be inclined to be more active, in the first half of her cycle; but this would not matter, if every personal month were the same, in this respect. —**IDEALLY** and perhaps naturally, married-love would form part of this personal-monthly pattern.

The **HUSBAND**, by regulating his eating of protein, could be gentle, during the fertile days; but he could be ready for married-love, as soon as the **INFertile** days came round. His wife being unable to adjust **HER** passion, would be very ready.

MENOPAUSE: Its onset marks the **LOSS** of physical wholeness, and the individual needs less protein, permanently.

For unusual exertion, the heart sometimes needs to be strengthened, by gradually increasing amounts of protein and exertion, first. Beware of habitual excess. —Rest, when you are tired: do not take a stimulant like tea. —Watch for changes of season and work —that could alter your protein needs.

Animals kept from **MUCH** exercise, do not need much protein. Watch their tempers. —Some idea that you have hardly noted in this booklet, could be helpful to you, later. So keep it to read, again.

SEXUAL ATMOSPHERE

Boy and girl companionships, co-education, love literature-and-pictures, day dreams, and inactivity, from the start of sexual awareness, —TEND to bring early lust to youths, —with SICKLINESS and adult hazards. —The reproductive system must not be developed quickly, sacrificing HEALTH.

A young person with a personal month, might need to lengthen it, to have better health: by thinking—less of sexuality and by following lines 10-13, page 9.

It is important to marry, with good health.

Married people slowly killing themselves, with compulsive married-love, must lengthen the phases of recovery, by having healthy pursuits, away from thoughts of sexuality, and if necessary, by always having a lower level of protein.

Your excessive lust— could be fatal to your compulsive spouse.

*ASSIMILATION: Strict vegetarians that cannot plan their meals note: when the conversion of protein into benign protein, halts between meals, for —lacking particular protein-parts, the unused protein-material becomes merely 'sugar' for energy. cf., p.1, bottom.'

Without a knowledge of food-values, a meal consisting of a little of each of a number of items, would be better than a meal with a larger amount of each of fewer items.

Contraception is possible by not developing the 'monthly' womb-lining, by eating less protein; but it could be a serious hazard for a wife careless —of health proven by a good colour, vivacity, and no ailments. A womb-lining could creep-up on a wife lacking skill and constancy.

And could you, a —gentle wife, reach the climaxes in married-love, with only sexual fascination and love-play?

CHILDREN and CONVERSATION.

EAGERNESS to know of life, draws children to lewd talk, which could condition a child to be promiscuous; but let lewd talk be supplanted by SIMPLE explanations. And implanted rules of behaviour would be a strength to young people, when the sexes mix.

The parents have abdicated from parenthood, for ambition and pleasure. They have forsaken their children, for sexuality.

Are you a dull, unhelpful parent tired and weakened by too much married-love? Have you sweets and toys only, for your children?

You have so much to tell your children, if they are not to go wrong; but do you ever talk, very much, to your children? Are they drawing away from you, and learning bad ways? Have bad children and adults, more credibility with your children than you? PARENT CREDIBILITY begins in the pre-school-years, by parents' being interesting to their children.

When the children become teenagers; then we shall see how bad their parents were; then children start smoking and drinking and using drugs, become vandals, thieves, gamblers and motorists, and without being married, sons and daughters,—lose their virginity,—if they had bad parents.

And how many nice children are spoilt by parentless, DORMITORY years?

.. and now the Prince— Royal up-bringing and royal parents are lacking, too— We should be very concerned at the extent of sexual immorality, among students. Broadcasting, publishing, and acting, with their stock-in-trade of sexual arousal and intrigue— recruit from the colleges and academies.

The BBC — the great monitor, spreading sexual— indiscretion, indiscipline, and indecency —virtually denies marriage, to young women, particularly; but what else could we expect from its public-house mind nurtured in the filth of deprived adolescence?

When parents laugh at sexual misbehaviour, they are saying to their children— 'IT'S FUN.. YOU HAVE A GO..' This is how the wordy-amusements industries, infect children and youths, through not only their parents, but teachers, youth-leaders, and ministers of religion as well.

When the indulgent Archbishop Runcie varnished, with smooth words, the sexual promiscuity of the infamous Boswell, he drew from the synodal gathering, a gale of laughter that would flatter any 'dirty' music-hall comedian.

The GOOD TIMES'S write-up July 1990, shows that haste and memory reporting produce lies.

BEWARE of the fun of indecent suggestions; of the amusement from the titillating scandal of private lives; of the diversion of the undress of low journalism etcetera. These things erode our morals and twist young minds.