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# Secrets of Sexual Science.

FROM HIDDEN SASTRAS

(ILLUSTRATED)

OR

THE HIDDEN SCIENCE FOR ALL.

BY

K. DEYER.

FC 6123

A Highly Useful Book For  
Every Married Couple.

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## PREFACE.

A great necessity was felt by the English knowing world to get acquainted with the important sexual laws as given by the ancient rishis of the Hindus.

In this small booklet I have tried from my knowledge of the books on the subject, to elucidate some of the most important points relating to this vital science with the help of illustrations.

The further progress of the world depends upon the coming generations, their bodily fitness and mental energies. The seekers of the future greatness of their nation should try to aim at the production of a healthy progeny. This booklet will afford to them a sufficient knowledge of the sex in a way so as to produce the good citizens of the world.

K. DEYER.





## IMPORTANCE OF SEXUAL SCIENCE.

*Mahadeva*, the well known Hindu god says. "There is no Sastra (knowledge in writing) on the earth more useful than the one dealing with sexual matters, as on it lies the foundation of the three worlds (the physical, the moral, and the intellectual)

## DESIRABILITY OF DIVISION BETWEEN MALES AND FEMALES.

It is desirable that one kind of lady may well be united with a special type of man. The pair can only be happy if their bodies, natures, and genital organs have some sort of relations. It is with such ideas in view that the division between males and females was deemed necessary.

## CLASSIFICATION OF MALES.

There are four kinds of males:—

- I. *Sasak* (hare class).
- II. *Mriga* (deer class).
- III. *Brisa* (bull class).
- IV. *Aswa* (horse class).

I. *Sasak* (hare class).

Hare is never very passionate and lustful. It is said that after copulation hare falls on the ground. Similarly this type of man is never very strong in sexual matters.

1. A man of this type is neither too tall, nor too short.



2. He is beautiful in appearance.

3. He worships and fears God. He is obedient to teachers, and dutiful to parents.

4. He associates mostly with pious men.

5. He is too pure of mind and does not think of satisfying his lust by means of illegal intercourse.

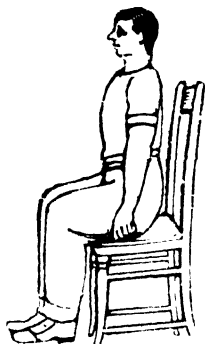
6. He is kind, polite, well-behaved and merciful.

7. His organ is 6 fingers.

II. *Mriga* (deer class).

Deer is a very active animal. A man of this type is also very active in habits.

1. He possesses large limbs, and is strong in body.



2. He walks as if jumping, (dancing).
3. He generally wears a smile.
4. He delights in singing songs in praise of God.
5. He can eat sufficient quantity of food.
6. He is hospitable.
7. He is a man of strong will.
8. His organ is 8 fingers.

### III. *Brissa* (bull class).

1. He is strong and robust in constitution.
2. He is short in stature.
3. He has a long tongue.
4. His body is fat.
5. He has many children.
6. He eats like a bull.
7. He has a keen appetite of looking at girls.
8. He always looks gay and cheerful.
9. He has an impious intent towards female kind.

10. He is very lustful and his appetite for passion is never satisfied.

11. His organ is 10 fingers.



#### IV. *Aswa* (horse class).

1. He is black in complexion.
2. His ears are big.
3. He is fat in body.
4. He does not sleep much.
5. He always talks ill of others.
6. He is a liar, a wicked and a cheat
7. Any type of woman, whether beaut

ful or ugly, weak or strong can please him.

8. His organ is 12 fingers.

## ORGAN MEASUREMENTS AND DISTINCTION OF PERSONS.

Different classes of men can be distinguished simply from their appearance by the following methods:—

1. Measure the length of the nose and the circumference of the two nostrils. If it comes to 6 fingers, the man is *Sasak*, and if 8 fingers, he is *Marigu*, and so on.

2. The length of the hand also comes generally equal to the total measurement of the nose and the two nostrils.

3. Some men of knowledge are of opinion that the measurement of the two lips also shows the right length for the distinction of different kinds of men.

## CLASSIFICATION OF FEMALES.

- I. *Padmani* (Lotus kind).
- II. *Chitrni* (Painted beauty).
- III. *Sankhni* (Conch kind).
- IV. *Hasthni* (Elephant kind).

### III. *Sankhni* (conch kind).

1. She possesses long and shining hair on her head.



2. She has a long stature and a lean body.

3. She speaks loudly, and is heard at a distance.

4. Her smiles excite sexual desires.

5. She is very lustful; and always desires to satisfy her passions with men other than her own husband.

6. She feels no respect for elder members of the family.

7. She has a long nose.

The measurement of her nose and the nostrils comes to about 10 fingers.

IV. *Hasthni* (elephant kind).

1. Her body smells of wine.

2. She has scanty hair on her head.

3. Her eyes possess a reddish-tint.

4. She has smiling looks, and is tolerably beautiful.

5. She is very lustful, and is mad after satisfying her carnal desires with men other than her own husband.

6. She is unmanagable and often leaves her husband's roof and spends her life in an impious way.

7. The measurement of her nose and nostrils comes to 12 fingers or more.

**THE FITNESS OF THE SUITABLE PAIRS.**

The pairs shall be happy and suitable ones if.

(1) *Sasak* (I type of man) is matched with *Padmani* (I type of woman), or



(2) *Mriga* (II type of man) is conjoined with *Chitrni* (II type of woman), or

(3) *Brisa* (III type of man) is married to *Sankhni* (III type of woman), or

(4) *Aswa* (IV type of man) is united with *Hasthni* (IV type of woman).

### CHARACTERISTICS OF CHILDREN BORN OF FIT PAIRS.

1st pair—Sons and daughters very chaste and pious of mind.

2nd pair—Children very beautiful.

3rd pair—Son, a famous warrior; and daughter a demon.

4th pair—Son, possessing giant-like strength; daughter, lustful and passionate.

### CHILDREN OF UNSUITABLE PAIRS.

If *Padmani* (I type) is married to *Aswa* (IV type) their children shall be unhappy and discontented throughout their lives. They will have evil and impure habits.

If *Sankhni* (III type) is conjoined with *Sasak* (I type) their children will be pious but hot tempered.

If *Padmani* (I type) is united with *Brisa* (III type) the children will be very lustful and passionate.

### SIGNS OF A FORTUNATE GIRL.

1. Possessing rosy cheeks, pearly teeth, big round eyes, and a beautiful face.

2. Having small, scanty and smooth hair on her body.



3. Having modest, graceful, and attractive movements.

A lady possessed of these virtues would undoubtedly make a good auspicious and a fortunate wife for any one.

### SIGNS OF AN UNFORTUNATE GIRL.

1. Possessing black colour, long and uncommonly thick teeth, sunken eyes with bluish and yellowish tint.

2. Having hairy legs and a big round waist.

3. Void of modesty, hot tempered, ill behaved, and given to fierce out-bursts of laughter.

Such a girl even though a princess should never be courted. She would bring untold miseries and ill luck to her husband.

### SIGNS OF A MIDDLE CLASS.



The following are the signs of a middle class girl fit to be chosen for marriage purposes according to the Hindu **Sastras**:-

1. Neither too tall nor too short.
2. Having long and shining hair on her head.
3. Active of habits.
4. Always smiling.
5. Always polite in talk.
6. Lover of cleanliness.
7. Satisfied with a small quantity of food.
8. Pure minded.

Girls possessing such signs may be accepted with advantage for betrothal purposes.

**BEDS LIKED BY THE FOUR WOMEN.**

1. *Padmani*—would like a silken bed scattered over with sweet scented flowers.

2. *Chitrni*—wishes to lie on a cotton bed perfumed with sweet scents.

3. *Sankhni*—would be satisfied if she gets a beautiful soft and white bed.

4. *Hasthni*—is well satisfied with lying down on the ground leaving aside even the excellent bed.

,

**HOW TO PLEASE THE FOUR  
TYPES OF WOMEN.**

*Padmani*—take pleasure in religious talks.

*Chitini*—In order to please Chitrni, sit by her with sweet and lovely talk, and impress upon her mind your entire subjection to her will.

,

*Sankhni*—is very happy if she gets valuable ornaments and diverse kinds of clothes. Love tales also please her mind.

*Hasthni*—is never happy with ornaments and fine dresses. She loves to take a large

amount of food, and has a constant association with men for the satisfaction of her vile carnal appetite.

## MENSTRUATION.

*Period*—A girl's menstruation begins as a matter of course when she is 12 years of age, and continues till the age of 45.

The menstrual course lasts for three days every month during the specified period of life.



## EFFECTS OF THE MOON ON THE FIRST MENSTRUATION.

*If the first  
menstrual course  
begins on:—*

*She experiences  
the following  
effects:—*

1st day of the moon	Loses her life very shortly.
2nd „ „ „ „	Gets dull headed and often mad.
3rd and 4th „	Gets barren and unfit for producing children.
5th and 6th „	Faces premature death.

7th day of the moon	She becomes mother of one child.
8th " " " "	She gets the nature of a snake.
9th " " " "	She would possess qualities of an ordinary human being.
10th and 11th "	She would possess nature of a female demon.
12th "	She becomes <i>goginee</i> with the power to charm or bewitch any body who comes in her way.
13th " " " "	She becomes a pious lady.
14th " " " "	She becomes void of fortune.
15th " " " "	She suffers from painful diseases and gets premature old.

The first menstrual course whether it appears on the waxing or on the waning days of the moon makes no difference in the result.

## THE EFFECTS OF THE DAYS OF THE WEEK ON THE 1st MENSTRUATION

*If the first menses open on*

SUNDAY—The husband of the lady dies.

MONDAY—She becomes a faithful wife.

TUESDAY—She becomes lustful.

WEDNESDAY—She becomes very fortunate.

THURSDAY—She is married to a rich husband.

FRIDAY—She gets many sons.

SATURDAY—She goes issueless.

## THE INFLUENCE OF MONTHS ON THE 1st MENSTRUATION.

If the first menses  
appear in Baisakh  
(mid April-mid  
May).

She becomes well  
behaved.

Jaith (May-June)

She becomes widow.

Har (June-July)

She becomes rich.

Sawan (July-Aug.)

Her children die  
young.

Bhadon (August-  
September).

She suffers from  
painful disease.

Asouj (Sep.-Oct.)

Her children do not  
survive.

Katak (Oct.-Nov.)	She renders the whole family miserable.
Maghar (Nov.-Dec.)	She becomes pious.
Poh (Dec.-Jan.)	She will be lustful and passionate.
Magh (Jan.-Feb.)	She will be faithful to her husband.
Phagan (Feb.-Mar.)	She will get many children.
Chet (Mar.-April)	She will be very lustful.

### THE INFLUENCE OF TIME ON THE 1st MENSTRUATION.

If a lady's first menstruation begins during the day time, she remains happy throughout her life; if her menses begin at the night, her husband becomes happy and fortunate. But if she menstruates, the first time, towards the close of the day or the close of the night, she becomes barren.

### THE EFFECTS OF INTERCOURSE DURING THE MENSTRUAL PERIOD.

A man should not hold sexual intercourse during the whole of the menstrual period. If



a man approaches a girl on the 1st day of her menstrual period, he cuts his life short: if he seeks connections on the 2nd day, he is a great sinner; in case he enjoys her on the 3rd day, she might develop a tendency to become a prostitute.

### **RULES REGARDING SEXUAL INTERCOURSE.**

1. Sexual intercourse should not be tried on the following days:—

- (a) first three days of menstruation.
- (b) 1st, 8th, 11th and 14th days of the full and new moon.
- (c) the last day of the menstrual month.
- (d) Sundays.

2. A man should not enjoy a person having no female sexual organ.

3. A man should not sleep with a girl with an undeveloped lotus (unless she has reached puberty).

4. The habit or course of action not recommended in this book is likely to shorten life, bring diseases to a man and lead him to grief.

5. If a man indulges in sexual intercourse during the 1st part of the night, he begets a child, whose life is rather short.

6. If a man seeks union with a woman in the second part of the night, his issue shall be very weak in health.

7. If a person joins his wife in the 3rd part of the night, he shall beget an issue, male or female of worthless character.

8. Whoever *coupulates* with a woman during the last part of the night shall get a male child who shall be very pious and will become a religious leader in his time.

9. Man should never indulge in sexual intercourse with his wife during day time. If he does, he shall beget children of evil character and of short lives. His own life will be spent in danger, and misery.

10. A sickly person or one depressed in spirit should not indulge in cohabitation.

11. A man with a sudra's food (impure food) in his stomach should not indulge in sexual intercourse, else the child thus born will be impure and will have the habits of a sudra (an unclean fellow).

**Effects of intercourse after the 3 days  
of menstruation.**

*4th night*—The wife should dress herself beautifully, and put on all her ornaments. She should then entirely entrust herself to the desires of her husband. The children thus born, shall certainly be pious.

*5th night*—If a woman conceives on this night, the child born will be an impure and lustful one. If it is a girl issue, she shall certainly become prostitute.

*6th night*—If a man enjoys his wife's company on the 6th night, the child thus born shall be a beggar.

*7th night*—If a man copulates with his wife on the 7th night of menses, the issue shall be a daughter, whose husband would die in her life time and she shall live with another husband.

*8th night*—If a man unites with his wife on the 8th night and she conceives, the child born will be an embodiment of morality and piety.

*9th night*—If a daughter is born as a result of the union on the 9th night after menses, she shall be very pious and a chaste girl.

*10th night*—The issue of the sexual intercourse taken place on the 10 night after menses, shall be a son who shall be very happy from birth, and shall be considered an honest and broad minded man.

*11th night*—The female issue of the sexual intercourse on the 11th night shall be the leader of religion and purity of her sex in her time.

*12th night*—The outcome of the sexual enjoyment of the 12th night after menstruation, shall be a son pious, sinless and long lived.

*13th night*—If a man enjoys his wife sexually, on the 13th night he shall beget a female issue; who would be docile in her habits and gentle in manners. She will possess a lovely face.

*14th night*—If a man sleeps with his wife on the 14th night, he will beget a son, who shall be very happy throughout his life.

*15th night*—The issue of the 15th night

after menses, shall be a girl very faithful to her husband.

*16th night*—The issue of the pregnancy on the 16th night shall be a male child, destined to be an officer somewhere.

### NATURAL PERIOD OF PREGNANCY.

Sexual intercourse indulged on any night during the 4th and 16th days from the appearance of the menses, may cause pregnancy. According to the Sastras; the sexual intercourse on any night during these days is good, but more remote the night from the 4th, the better.

### RULES TO BE OBSERVED DURING THE MENSES PERIOD.

1. During the 3 days of the menses a woman should on no account, sleep with her husband.
2. She should take a light and nourishing food like boiled rice.
3. She should not use wreaths of flowers.
4. She should not sleep in the days.
5. She should not beautify her eyes with

the use of collyrium.

6. She should not touch fire.
7. She should not weep.
8. She should not rub her body with oil
9. She should not laugh or do anything which requires bodily exertion so that the blood stream flowing out of the female system might not get corrupted, and thus cause various diseases.

10. She should not surpress the stool or urine; otherwise there is a fear of her suffering from Leucorrhœa, Dismenorrhœa, Hysteria and the like painful diseases.

Whoever strictly follows the above rules, and observes them rigidly secures the highest bliss.

## **HOW TO SATISFY A WOMAN.**

A woman who does not ordinarily get satisfied, if observes all the above mentioned rules, and then decorating herself sleeps with her husband she shall certainly get her carnal appetite satisfied.

**If a man does not cohabit after menses.**

It is as great a sin not to approach one's wife after the prohibited days of menstrua-

tion, when she is at the highest of her sexual desires, as it is in sleeping with a girl of undeveloped lotus. The authors of the Hindu Sastras point out that such a man is doomed to the dreadful hell and its burning fires (troubles).

### **RULES TO BE OBSERVED DURING PREGNANCY.**

1. She should not indulge in sexual intercourse.
2. She should avoid tiresome labour.
3. She should avoid taking hot and highly seasoned foods.
4. She should not sleep at day time.
5. She should not give way to fears or hear the tales of terror.
6. She should not observe fast.
7. She should shun to see bad sights.
8. She should not come to fits of anger.
9. She should not undertake tiring journeys.
10. She should not sit or walk on uneven places.
11. She should take light and nourishing food.

12. She should hear religious stories.
13. She should hear songs and sounds of music.
14. She should always see beautiful pictures and nice sceneries.
15. She should acquire perfect self control.

Many women get more than usually passionate during their pregnancy period. According to the modern theory, if the husband and wife ardently desire for sex exercises during pregnancy period, they may satisfy the desire with care but observe strict moderation. Care should be taken not to press too hard upon the pubic region of the wife.

### SEX RELATION.



According to Hindu Sastras "When sexual union is practised by men of the four types, according to the marriage regulations of the sacred writings, with virgins of their own caste, it is a means to acquire legal children and thus to perpetuate their names and reputations; and it is not opposed to the customs of



the world."

"On the contrary, the practice of sexual relations with women of a higher caste or with such as are no longer virgins, though they are of the same caste, is prohibited. Relations with women of inferior castes or with those who have lost caste, with courtesans and concubines, or with women who have left their husbands to live with another, are neither commanded nor prohibited."

"Women whom one may lawfully enjoy are of three sorts: maidens, wives who have deserted their husbands, and those who sell themselves publicly. *Gonikaputra* believes that there is a fourth class:-women to whom one may turn on a special occasion, although they are already married. These special occasions come out of one or other of the following pieces of reasoning:—

1. The woman is willing and many others have enjoyed her. Consequently I may have relations with her although she is of a higher caste than I, without violating the rules of religion.

2. The woman has left her husband, and others before me have enjoyed her; therefore nothing prevents me from having sexual relations with her.

3. The woman has gained the heart of her great and powerful husband and she has some control over him, he is my enemy's friend; if then she has relations with me, she will persuade her husband to abandon my enemy.

4. This woman's very powerful husband is thinking of doing me evil; she can, if I am intimate with her and dear to her, persuade her husband to change his mind.

5. By joining myself with this woman, I shall find an occasion to kill her husband and seize his immense wealth.

6. The union of this woman with me presents no danger; and she will bring me a fortune which I very much need, considering my poverty and my inability to earn a living it would thus be a method of taking to myself without any difficulty her great wealth.

7. This woman loves me ardently, and she is familiar with some of my weaknesses.

Consequently, if I refuse to have relations with her she will make my faults public in such a way as to sully my character and my reputation.

8. This woman's husband has violated the chastity of my wife. I will revenge myself upon him

9. With the assistance of this woman I will kill an enemy of the king who has taken refuge with her, and whom the king has commanded we to slay.

10. The woman whom I love is under the influence of this one. By means of making love to this one I can obtain the one I really want.

11. This woman will obtain for me a rich and beautiful maiden who is difficult to approach because she stands under the control of another man."

"For these reasons and for other similar ones one may address to other men's wives, but it must be especially understood that this is permitted only for special reasons, and never merely to satisfy a carnal desire."

"It is forbidden to have relations with the

following classes of women:—Lepers, Lunatics, Outcasts, those who reveal secrets, those who are immodest, those who are extremely pale or extremely dark, those who are not feeling well, those who live ascetic lives under a vow, and the wives of a relative, a learned Brahmin, or the king.”

“The disciples of *Brabhavya* say that it is premitted to have relations with any woman who is notoriously immoral. But *Gonikaputra* is of the opinion that, even in such a case, the wives of a relative, a learned Brahman or the king should be excepted.”

### CHOICE OF A WIFE.



„A Man should choose as a bride a girl, of good family, whose parents are alive and whose age is at least three years less than his.”

*Vatsyayama* is of opinion that: “She should belong to a very respectable family, in a good position, surrounded

by many relatives and friends. She should also be beautiful, endowed with good qualities. with marks of good luck on her body. Her nails, teeth, ears, and eyes should be regular and even, complete in number and exactly as they ought to be. She should be good in music and of good health. However, it would be reprehensible to choose one who is no longer a virgin."

"Before agreeing to a marriage, each side should be convinced of the fortune, lucky signs, and other favourable indications; for as *Ghotakaputra* Says:, a man should not get married capriciously. One should not marry a girl who sleeps, weeps, or leaves the house at the time when her parents are being asked for her hand. One should not marry a girl betrothed to another. The following are also to be avoided:

One who remains hidden when her suitor appears.

One who has an unpleasant sounding name.

One who has a flat nose.

One whose nostrils are high.

One who is shaped like a

One who does not stand up straight.

One who is bald.

One who does not love purity.

One who has been polluted by others.

One who is in any way disfigured.

One who is already sexually mature.

One who has an older sister still unmarried.

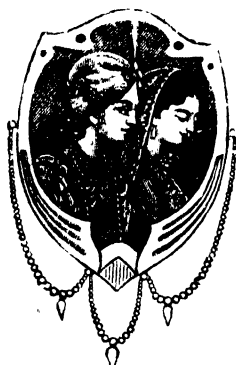
According to some authors, it is impossible to be happy in marriage without taking a girl to whom one is attached ; consequently, one should marry only a girl one loves."

"When a girl becomes ripe for marriage, her parents should dress her coquettishly and let her be seen at places, where she can be seen by every one. Every afternoon, after having decked her out elegantly, they should send her with her young companions to games, sacrifices, and marriage ceremonies, so that she can be seen to advantage. They must display her as though she were a sort of merchandise.

They should gather together with good words and indications of friendship the persons of good appearance and prospects whom

their relatives or their friends have brought them with a view to marrying their daughter. These suitors should be introduced to the girl, dressed and bejewelled in her very best. When this has been done, they will await the pleasure of fortune, and decide upon a certain day for arranging the marriage.

### THE NEW BRIDE.



According to Sastras: "During the three days immediately following the wedding, the man and the woman should sleep on the floor, abstaining from sexual pleasures. The next seven days, they should dress and ornament themselves, and exchange polite conversation with their relatives and with others who have been present at the wedding ceremonies."

"On the evening of the tenth day, the husband should begin to talk gently to his young wife in such a way as to inspire confidence in her. *Vatsyayana* is of opinion that

the husband should begin by gaining his wife's confidence, but that he should abstain at first from sexual pleasures."

"Women, being gentle by nature, wish to be handled gently; if they suffer brutal assaults from men whom they hardly know, they sometimes begin to hate the marriage relation or even to hate the male sex. Therefore the husband should approach his bride in a manner not displeasing to her, and he should employ such measures as will slowly but surely win her faith and confidence. When the girl has consented to be embraced, the man should put some betel nuts or betel leaves into her mouth."

At the moment when he gives her the betel, the husband should kiss her gently on lips, uttering no sound. This first point gained, he will engage her in conversation. In order to begin this, he should ask her questions about matters which he does not know, or pretends not to know. The answers to these questions will be short. If the bride does not answer her husband's first question, he should not lose his temper. He should ask



the same question, this time in a more conciliating tone. If she does not reply at the second questioning, the husband should insist upon her answering. As *Ghotakamukha* observes. "All brides listen to what their husbands say, but often they do not say a word themselves." If the husband is firm but gentle, his wife will answer at last, atleast by an inclination of the head."

"The man who knows how to make women like him, and to make them feel confidence in him, is sure to have womans's love. But he who lets a girl go because she seems too timid and frightened only wins her disrespect. She considers him as a beast who does not know how to govern the spirit of a woman. However, a girl taken by force into marital relations by a man who does not understand the feminine heart, becomes nervous, restless, and depressed. She feels a sudden and voilent disgust for the man who has violated her. She falls into a state of despair, and becomes the enemy of the whole male sex; or, if she particularly detests her husband, she has recourse to other men."



her: some of them he should give her privately, others in public, according to circumstances. In brief, he should try in every way to convince her that he is ready to do whatever she wishes.

If the girl seems to like him, he may tell her funny stories, so long as she is willing to hear them. He may show her tricks of sleight-of-hand if she is interested. He may show how well he can practise any of the arts at which he is adept. If she is fond of singing, he may make music for her. On festive days especially, he should give her presents, bouquets of flowers, ornaments, and the like."

"All this time, he should wear fine clothes and take good care of his personal appearance for young girls fall in love with the men they see who are good-looking and well-dressed. When women feel love, they make no efforts to conquer the object of their affections."

### **Signs to know the girl's love.**

Here are the signs and visible acts by which the love of a young girl is shown:

“She never looks at the young man’s face, and she blushes when she sees him; she manages to give him fleeting glimpses of her arms and legs; she watches him from behind when he goes away; when he asks her a question, she bashfully turns away her head and answers him indistinctly, in disconnected phrase; she likes to be in his company, when she sees him in the distance, she speaks loudly to her servants, thus hoping to catch his attention; under one pretext or another she shows him various objects; she tells him fables and stories very slowly, in order to prolong the conversation; she embraces and kisses the baby she is holding while he looks on; she always carries with her something that he has given her, she looks sad when her relatives talk to her of another suitor; she seeks to avoid the company of those persons who speak in favour of this rival suitor.

### How to Win.

“When the young girl begins to show her love by such signs as those mentioned above, her lover should try to conquer her entirely by such means as these:—

“When they play together, he will intentionally hold her hand. When they engage in aquatic sports, he will dive at a distance from her and come up near her. At parties and assemblies he should sit beside her and touch her hands and feet under one pretext or another. Every time he gives her a present or receives one from her, his countenances should express the intensity of his love. Every time when he sits on the same seat or the same bed with her, he should speak to her, *‘I have something special to tell you;’* and if she agrees to go to a quiet place to hear him, he should express his love by means of gestures and signs more than by words. When he knows that she loves him, he should pretend to be ill, and have her sent for to see him. Then he will take her hand and carry it to his eyes and to his forehead, and he will ask her to prepare some medicine for him, saying, *“This duty is yours, yours and nobody else’s.”*

“When she must go away, he should let her depart, begging her, however, to come again to see him. This pretended illness should be continued for three days and three

nights. Finally when the girl has acquired the habit of coming to see him, he should hold long conversations with her ; for as *Ghotakamukha* says. 'no matter how passionately a man loves a girl, he never wins a victory without using a good many words.' When the man has finally found that the girls is entirely conquered, he may begin to enjoy marital relations with her."

"If she does not let herself be taken so easily, *Vatsyayana* suggests other ways of gaining her confidence, through her foster-mother or through her trusted friends or through servants."

### How to Win A Husband.

Sometimes a young girl is endowed with good qualities and has been well educated, but her family is of an inferior class or not very wealthy or not sought after by her equals; such a girl according to Hindu Philosophers should do the following:—

"She should employ such means as will win love for her, and she should seek out occasions to see and meet the desired man. Her

mother, too, should bend all her efforts to arrange a meeting for them at the house of friends. The young girl should arrange matters in such a way that she meets alone in some quiet place with her beloved, and after a while she should give him some flowers, a betel nut or betel leaves, and some perfume."

"However, according to ancient authors, no matter how ardent the affection of a girl for a man may be, she should not offer herself or make the first proposals. A girl who acts in this way is likely to be under valued and rebuffed. She should submit to all his embraces if she is willing, without showing any pleasure or any understanding of what he is about. When he wishes to kiss her, she should refuse to permit it; she should persistently resist this and further advances. Only when she is certain that she is really loved, and that her lover is entirely and unalterably devoted to her, she should give herself to him, persuading him to marry her immediately afterward."

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## TWO WIVES.

“From the beginning of the marriage, a wife should exert herself to gain her husband’s love, always showing herself devoted, good-humoured, and clever. If she bears him no children, she should herself advise her husband to marry a second wife. When the new wife is married and installed in the house, the first one should give her a position superior to her own, treating her like a sister.”

“In the morning, the older one should make the younger one dress and ornament herself in their husband’s presence, and she ought never to be jealous of the attentions he pays her. If the newer wife does something displeasing to her husband the older one should advise her as well as she can. She should treat the younger woman’s children as though they were her own, respect her servants more than her own, be good to her friends, and honour her relatives.”

### ill developed breast.

Some girls have their breast not rightly developed.



Such girls cannot prove useful for the production of children, because for the nourishment of children, it is most necessary that the breasts of ladies should be well developed.

### **How to develop the breasts.**

A lady who likes to develop her breasts, should first rub them so well as to redden them; and then rub over them the spilt milk of buffalo, kept in a bottle for at least a week. When it gets dry she should remove it from the breasts again by forcible rubbing. She should do it twice every day. Two weeks practice will show favourable results.

### **How to tighten the loose breasts.**

Loose breasts are not only ugly looking, they are at the same time troublesome for the ladies to carry along. In big town you will often see ladies, whose breasts go so down as to reach conveniently their loins. Such ladies cannot walk with ease. For them I would suggest the following two very good prescriptions:—

1. Excreta of a rat (*mengan*) mixed in

Vinegar should be kept in the Sun for a week. This Vinegar should afterwards be mixed with cow's milk at the time of use, and rubbed over the loose breast, which should afterwards be tied up well.

2. Mix Cow's Ghee with milk from Aak (a small plant), and rub as described above.

3. Steno's *Breast Tightner* will prove very useful in tightening the loose breasts.

4. For exercises that tighten the breasts the readers are advised to read my book "*Female Sex Organs.*"

## SIGNS OF LONG LIFE.

**A person shall be considered to live long if:**

1. His hand, feet, teeth and forehead are broad ;

2. The knots of his fingers, eyes and arms are long ;

3. His neck and penis are fat ;

4. His ears have lot of thick hair ;

5. After bathing his body begins drying up from above (i. e. from head side; and the skin over his heart dries up in the end) ;

6. All his limbs from head to foot are

beautiful.

### **SIGNS OF MIDDLE LIFE.**

**A person is considered to live a middle life if:**

1. Below his eyes there appear two or three small lines;
2. His feet and ears have lot of flesh;
3. His tip of the nose points upwards;
4. On his back there goes a line upwards.

### **SIGNS OF SHORT LIFE.**

**A person is considered to live only a short life if:**

1. The knot of his fingers are small;
2. Whose penis grows very long while even young;
3. On his chest there are hair in circles;
4. His ears are little higher than their right places.
5. His gums of the teeth are visible when he laughs.
6. He is over active his age and possesses a good deal of wisdom, learning, understanding, honour and fatness.

## HOW TO MAKE A BEAUTIFUL FACE.



If you have got any black spots or marks of small pox on your face you should use the following prescription with advantage:—

1. Pure Honey 5 tolas.

Lemon Juice 1 tola.

Rub this mixture over your face and wash it with warm water and soap after 15 minutes. Continue it for a fortnight.

2. Take buffalo's milk, and rub *simul* (silk cotton) in it. At bed time apply the paste to the face, and wash it off the next morning. This balm beautifies the disfigured and spotted faces in about 2 weeks time.

3. *Steno's Beauty Cream* is very useful for this purpose.

## HOW TO REMOVE BARRENNESS.

On 4th, 8th, 10th and 12th night after menses the wife should sleep with her husband on his left side. When they feel the right nostril flowing in the male, and the left nostril flowing in the female, they should unite with full faith that their union will result in conception.

### Successful Birth Control.

This subject is thoroughly explained by me with illustrations in my two books '*Family Limited*' and '*Your Future Strength*.' However the best preventive, quite harmless and sure in effects is the use of "*Speton Tablets*" sold by the publishers of this book at a very normal price of Rs. 2/- per dozen.

### Wife's Semen in Accordance with the Days of the Moon.

It is believed by some men of learning that the semen of a lady remains moving in the body for all days of a lunar month. They say on a certain day the semen must be present in a certain part, and if a husband has got a knowledge of the fact, and presses and rubs that portion of her body, he can readily bring round his wife for the sexual union.

During the first fifteen days of the moon the semen starts from the right thumb of the foot to her head, and during the other 15 days of darkness it moves from the head to the foot on the left side.

# The Lunar Days Showing Lady's Semen Against Them.

LUNAR DAYS	PLACE OF SEMEN
1	Between the right thumb & next finger.
2	Palm of the right foot.
3	Heel of the right foot.
4	Knee of the right leg.
5	Thigh of the right leg.
6	Loins.
7	Vagina.
8	Ribs.
9	Right breast.
10	Middle of the breast.
11	Lips.
12	Right cheek.
13	Right ear.
14	Right eye.
15	Right side of the head.
16	Left side of the head.
17	Left eye.
18	Left ear.
19	Left cheek.
20	Lips.
21	Middle of the breast.
22	Left breast.
23	Ribs.
24	Vagina.
25	Loins.
26	Thigh of the left leg.
27	Knee of the left leg.
28	Heel of the left foot.
29	Palm of the left foot.
30	Between the left thumb & next finger.

## **FREQUENCY OF SEXUAL INTERCOURSE.**

If husband and wife live sober lives, and take proper care to regulate their habits in the matters of food, clothing and exercise, they are generally normal in their sexual inclination and do not have any need of restraint or control of passions.

For those who live riotously; who are constantly goading their sexual passions into abnormal intensity by means of stimulations and obscene associations, no better rule can be given than the less indulgence the better.

The majority of young men unite in matrimony with no education whatever on the subject; and they soon form right or wrong habits for the whole of their lives. I have come across men who had for years indulged in sexual enjoyment as often as once in twenty four hours, and some who have indulged still oftener. Of course the result was premature decay.

Many men would have proved good husbands if they had only known how not to

have spoiled the beauty of their beloved wives, and not to have destroyed their own health and happiness, for the momentary pleasure by excessive sexual indulgence.

### **Pleasure of Sexual Intercourse.**

Whatever be the object of sexual intercourse—whether intended as a love embrace merely or as a generative act—it is quite clear that it should be as pleasurable as possible to both parties. If it is otherwise to either party it is a mere lust. Nor can the children be as perfect as it should be unless the act is both desired and enjoyed by both the parties.

### **True Happiness in Marriage.**

In order to get true happiness it is the safest principle in your married life, my dear reader, to let your wife set the lead when you come to her. If you bear this in mind, and never transgress this rule, take it from me that your marriage is going to be one long honey-moon of bliss and happiness.

It does not mean that you should sit quiet expecting your wife to come around you and stir you up. What I mean is that you should



take the lead in what we might term the "courtship" or "wooing", and make the earlier advances that will lead finally to the response from your wife.

It is important to remember that you have to make the earlier enticements, and that you have not to make any further progressive attempt in the matter, until, there is a response and a desire or a request from your wife.

Here again it is necessary, my dear reader, to remember that your wife responds to you in the way you desire only when the stimulus is that of love. She responds most beautifully and passionately to the man she loves, if there is the tender wooing that stirs her emotions. (For a clear and frank description please read my book **CLIMAX OF MARRIAGE HAPPINESS**).

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### SOME QUESTIONS ANSWERED.

Q.—1, Why is Over Indulgence harmful?

A.—1. Unfortunately today people suffer

~~from~~ over-indulgence. Married people instead of seeking to express their love to each other seek merely to obtain passionate satisfaction and it often proves dangerous.

Possibly, most of the cases of impotency are caused through over indulgence. It is desirable that they should live happily and beautifully to bring into the world happy and beautiful children. They can do so if they would conserve their energies. It is all a matter of control especially for the husband. But it is a control for both of them, nevertheless.

Sex occupies too much of most people's lives. They would be far better off if they conserve these forces and allow for their expenditure in other forms of work. The artist, the scientist, even the athlete, all know that they cannot produce a great work if they waste vital forces by over indulgence. The physician knows that most of the money in his pocket comes from those who have lowered their vitality by over-indulgence. In fact it would be impossible for me to exaggerate the harm that is done by over indulgence.

Many are the letters I received from men who cannot have response from their wives and cannot themselves function efficiently in the act. Their lives become miserable and the marriage becomes a failure. Why so? Because of over-indulgence.

Q.—2. Does not the intercourse do any harm during pregnancy?

A.—2. So far as possible intercourse during pregnancy should be avoided. However, during the first five months it does not do any special harm; and during the next two months they should be indulged rather sparingly but at the same time very gently. But after this time limit the sexual connections should be stopped because there is all danger of turning over the heart or any other such thing of the foetus inside and injuring it.

Among some people there is a religious ceremony in the 8th month, when the husband and wife are allowed to enter into sexual connections. The ceremony aims at clearing the vaginal passage to make the labouring easy.

However connections for pleasure sake during pregnancy are not recommended.

Q.—3. What time is the most suitable for intercourse?

A.—3. The best time for coitus is that portion of the night when the evening food of both the husband and wife is well digested, and when they do not feel any sort of fatigue or exhaustion from the day's hard physical or mental work. It is very important to note that the most suitable time, during that period, for acts of coitus is the hour when both the partners feel the strongest sexual desire in them.

Q.—4 How is it that married woman does not often love another man?

A.—4. Following are the reasons why a woman seldom loves a man other than her own husband :—

1. Love of her husband.
2. The desire for legitimate children.
3. The lack of a suitable opportunity.
4. Difference in social rank.
5. A suspicion that the man may be attached to some other woman.
6. Fear that the man may not keep it a secret.

7. Shame because the man is famous, or of higher rank than hers.

8. Fear that his passion may be too weak or too strong.

9. Modesty, or shame, because the man is so clever.

10. The memory of having been on terms of pure friendship with him.

11. Mistrust of his character.

12. Fear that he may have been sent by her husband to test her chastity.

13. Fear that he may not be suffering from any serious disease like syphilis or gonorrhoea.

Hindu Sastras say:—

“When the man finds out what the cause of his rejection is, he should try to overcome it. If the woman is ashamed because of his talents or rank, he should show her how much he loves her. If her woman alleges a lack of opportunity, he should show her some easy means of access to her. If she feels too great a respect for him, he should encourage her to familiarities. If she suspects him of having a bad character, he should prove to her his valour and his wisdom.”

Q.—5. What should be the qualities in

a man to be soon successful in courting his lady love?

A.—5. “The following sorts of men are usually most successful with women:—

1. Men well versed in the science of love.
2. Men who are good story-tellers.
3. Men who have known the women in question since their childhood.
4. Men who have gained their confidence.
5. Men who give them presents.
6. Men who have never been in love before.”

Q.—6. What type of women can be easily courted?

A.—6. According to *Vatsyayana's* list of the women who are easiest to win over are the following:—

- “1. Women who stay at the door of their house.
2. Women who are always to be seen in streets.
3. Women who pass their time gossiping in a neighbour's house.

4. Women who alway keep looking at you
5. Women who deliver messages.
6. Women who look side-ways at you.
7. Women whose husbands have taken other wives without just causes.
8. Women who detest their husbands or are hated by them.
9. Women who have nobody to watch them and support them."

The list goes on to include widows, immoral women, and others who are supposed to be won after an easy approach.

—END—

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