

**THE NATURAL LAWS OF
SEXUAL LIFE:
MEDICAL-SOCIOLOGICAL
RESEARCHES**

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The Natural Laws of Sexual Life: Medical-Sociological Researches by Dr. Anton Nystrom & Carl Sandzen

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DR. ANTON NYSTROM & CARL SANDZEN

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OF
SEXUAL LIFE

MEDICAL-SOCIOLOGICAL RESEARCHES

BY
DR. ANTON NYSTROM
STOCKHÖLM.

AUTHORIZED TRANSLATION FROM THE THIRD SWEDISH EDITION

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AUTHOR'S PREFACE.

The ignorance regarding sexual conditions prevailing among the laity, married and single, causes constant suffering, unhappiness and diseases. Enlightened men and women have for some time past endeavored to spread knowledge of general hygienic conditions, but very little has been done for education in sexual matters, and the sexual life, which is fully as essential as the knowledge of digestion, diet, breathing, chemical constitution of air, etc.

Works have been published purporting to cover this subject, but they usually have been lacking in scientific truth and purpose far more so than books dealing with other biological questions. The sexual function is closely related to the moral, and consequently, theology, with its supernatural ideas, etc., has influenced many writers to such a degree that their views and opinions of morality have been false and onesided; therefore, the relations between sexual instinct and willpower have been displayed in a false light, a theological rather than a physiological.

Let us therefore consider the absolute necessity of a strictly scientific and unprejudiced exposé of the sexual life, its laws and the nature of love. Being no romanticist or poet, I do not write of love, inspired and lead by fantasy, but intend to treat the subject as an earnest investigator from a purely scientific point of view, describing personal experiences and observations. The sexual life, love and matrimony of

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different times and people will be described, proving the influence of social and religious opinions upon sexual life.

I sincerely desire to give truthful and reliable information on this subject, so differently viewed and considered even in our present time. This is done with the full knowledge of protest and enmity from people, who prefer obscurantism and hypocrisy. Truth and humanity are the sole influences which prompt the writing of this work. An effort will be made to disperse ruling prejudices, founded upon false teachings, contrary to the laws of nature. Its purpose is to prevent and lessen suffering and unhappiness and increase personal happiness, endangered by ignorance pertaining to the subject of this treatise.

The pessimism and repugnance of life, increasing so fearfully, the numerous suicides, etc., in our days, often stand in closest connection with disturbances of sexual life. No wonder! The natural gratification of the sexual function is in the majority of people a necessary condition to perfect health, and upon it depend love of life and labor.

Obstacles to the normal gratification of the natural function necessarily lead to misery, melancholy and aversion to life. The most deplorable condition is, that in the development of culture it has led to such abnormal social conditions that many young men and women must dismiss every hope of marriage at an early age, and consequently are forced to live an unhappy sexual life. The normal expression of life itself, and the abnormal social conditions with their sufferings, evoked by prevailing prejudices and false ideas of morality have taught us what sexual life is.

and compelled us to understand the requisite of the same. The sexual conditions have their shadows, and we must witness many degrading, low, horrible things, but we also see magnificent expressions of greatness and idealism. The idealism of sexual life can only be understood by the naturalist. Nature, despite its many shortcomings, is full of beauty and sources of happiness, and one certainly may derive benefit therefrom, if one only understands nature aright. Many other reasons have dictated this book. Everywhere in the civilized world the question of battling against prostitution is a vital one, as it is followed by misery in many forms, dreadful venereal diseases, etc.

The labor question is everywhere on the social program. The author wrote a book on marriage, pauperism and prostitution, but has found that the sexual life and its laws is the question which must first be treated and solved ere a solution of the other questions can be found.

A special cause of the publication of this book has been the so often repeated confidential communications of patients concerning their unhappiness and sufferings caused by sexual conditions. Several such confessions are herein published. The sufferers themselves will describe the history of their misery and diseases. Health as sickness may speak its own language. The laws of nature will be explained to those who desire to understand them, and the devastations of health and happiness, necessarily following the violating of sexual laws will be shown.

ANTON NYSTROM.

Stockholm, July, 1904.

TRANSLATOR'S ANNOUNCEMENT.

Dr. Anton Nystrom has for thirty years been an intrepid and knightly defender of the small and lonely in this world and of woman especially, whose position has been more or less that of a slave or servant. He has written valuable treatises on various topics which have everywhere been accepted as a valuable and reliable source of information. The great personality, deep learning and keen observation of the author have made his books a great success and they have, at their very appearance, been translated into several languages. "The natural laws of sexual life" has seen several editions, not only in Swedish, but also in German and French, and I am positive, that the enlightened part of our own people will receive the English edition with due respect and with the spirit in which it was written.

DR. SANDZEN.

Kansas City, Mo., Jan. 1, 1906.

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