

**HOMO-CULTURE; OR, THE
IMPROVEMENT
OF OFFSPRING THROUGH
WISER GENERATION**

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Homo-culture; or, the improvement of offspring through wiser generation by M. L. Holbrook

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M. L. HOLBROOK

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WISER GENERATION**



THE THEORETICAL BABY AT 18 MONTHS.

HOMO-CULTURE;

OR,

THE IMPROVEMENT OF OFFSPRING THROUGH
WISER GENERATION.

BY M. L. HOLBROOK, M. D.,

EDITOR OF "THE JOURNAL OF HYGIENE," AUTHOR OF "HYGIENE
OF THE BRAIN," "HOW TO STRENGTHEN THE MEMORY,"
"ADVANTAGES OF CHASTITY," ETC., ETC.

A New Edition of "Stirpiculture," Enlarged and Revised.

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PREFACE.

During all ages since man came to himself, there have been enlightened ones seeking to improve the race. The methods proposed have been various, and in accordance with the knowledge and development of the time in which they have appeared. Some have believed that education and environment were all-sufficient; others that abstinence from intoxicating drinks would suffice. A very considerable number have held the idea that by prenatal culture alone the mother can mould her unborn child into any desired form. The disciples of Darwin, many of them, have held that natural and sexual selection have been the chief factors employed by nature to bring about race improvement.

No doubt all these factors have been more or less effectual, but the time has come for man to take special interest in his own evolution, to study and apply, so far as possible, all the factors that will in any way promote race improvement. In the past this has not been done. We are not yet able to do it perfectly, our knowledge is too deficient, lack of interest is too universal, but we can make a beginning; greater thoughtfulness may be given to

suitable marriages; improved environment may be secured; better hygienic conditions taken advantage of; food may be improved; the knowledge we have gained in improving animals and plants, so far as applicable, may aid us; air, exercise, water, employment, social conditions, wealth and poverty, prenatal conditions, all have an influence on offspring, and man should be able, to some extent, to make them all tell to the advantage of future generations.

Whatever the conditions of existence, man is able by his intellect to modify and improve them, and make them favorably serve unborn children.

Herbert Spencer says: "On observing what energies are expended by father and mother to attain worldly successes and fulfil social ambition, we are reminded how relatively small is the space occupied by their ambition to make their descendants physically, morally and intellectually superior. Yet this is the ambition which will replace those they now so eagerly pursue, and which, instead of perpetual disappointments, will bring permanent satisfactions."

If the chapters included in this volume should help to arouse in the minds of readers, and especially the younger portion of them, some healthy feelings relating to the improvement of offspring it will have fulfilled its aim.

Two of them have been given as lectures before societies, the main object of which was the discussion of subjects bearing on evolution and human progress, and they are included in this volume because they have a

close relation to the main subject, but the others were written especially for this work.

While there may appear in a few cases a slight amount of repetition, the author trusts the reader will not consider it as unpardonable.

With these few words I send the work on its mission hoping it will bear good fruit.

M. L. H.

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