

**Race making : a practical natural method of self-determination and control
/ by Mrs. David McConnel.**

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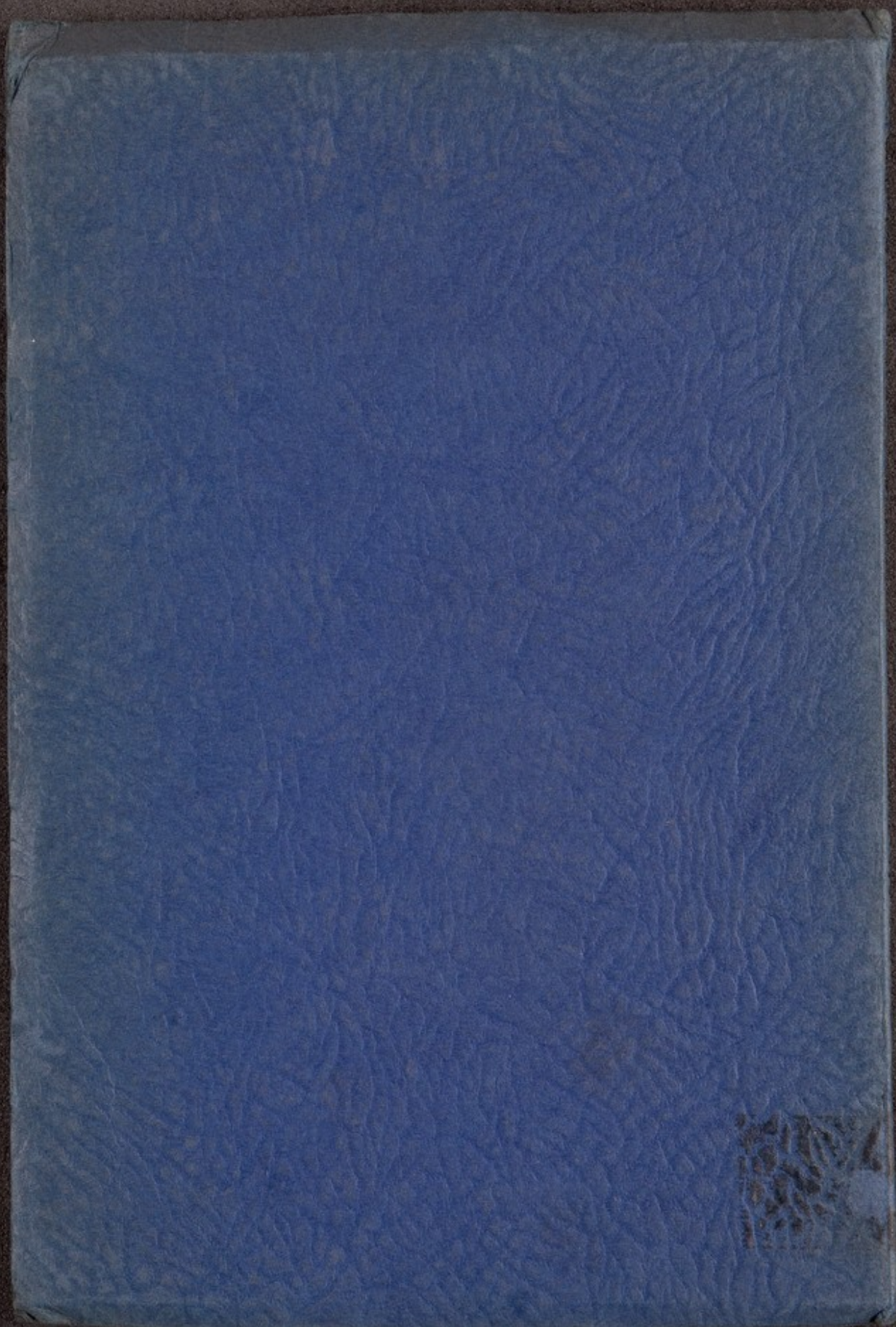
Race Making.

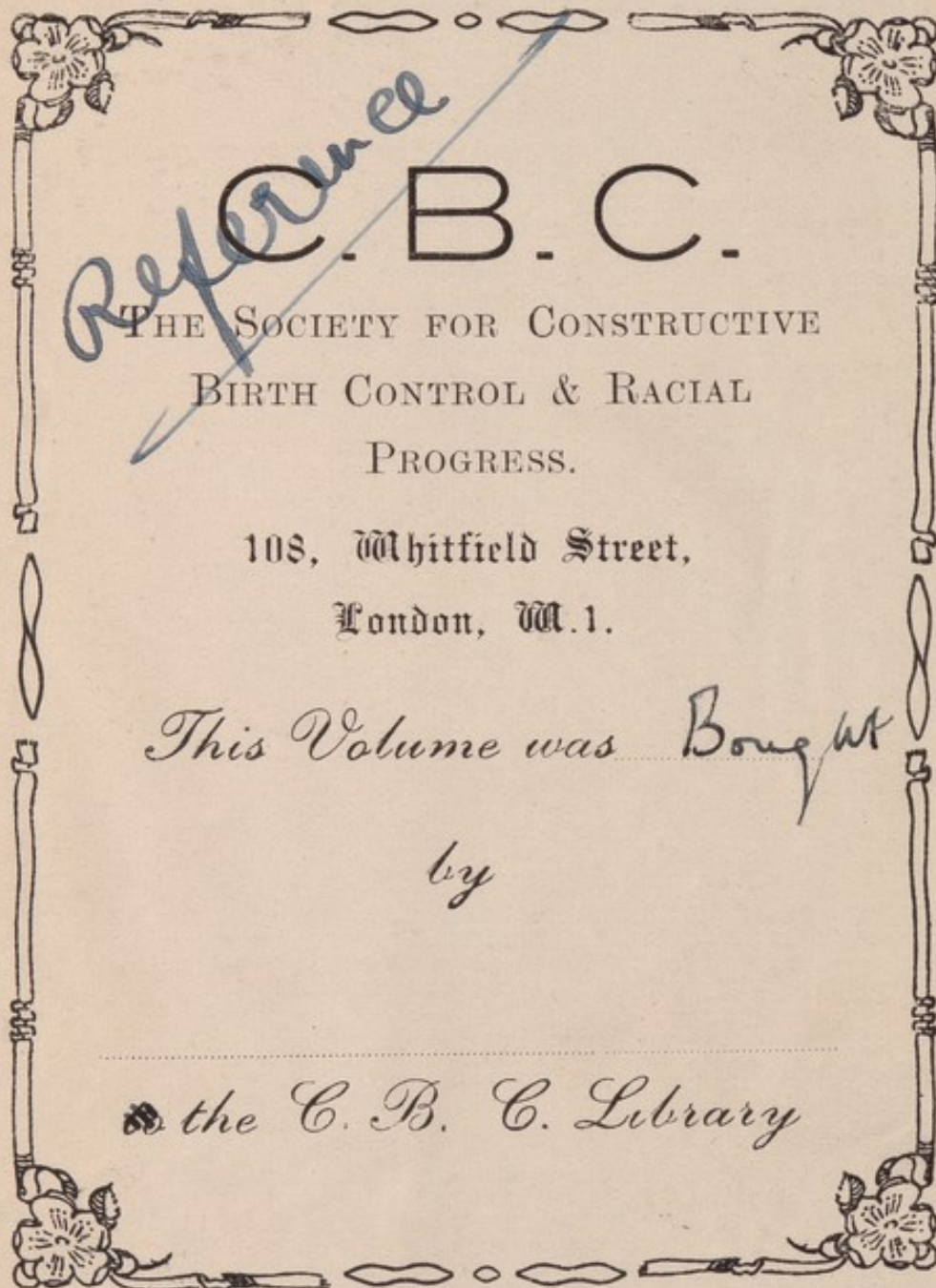
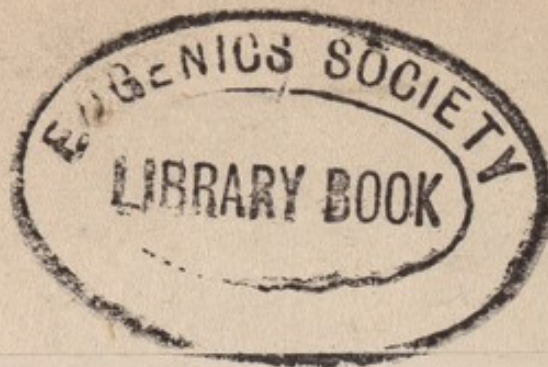
(Determining Sex).

By Mrs. DAVID McCONNEL, B.A.



London:
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Reference

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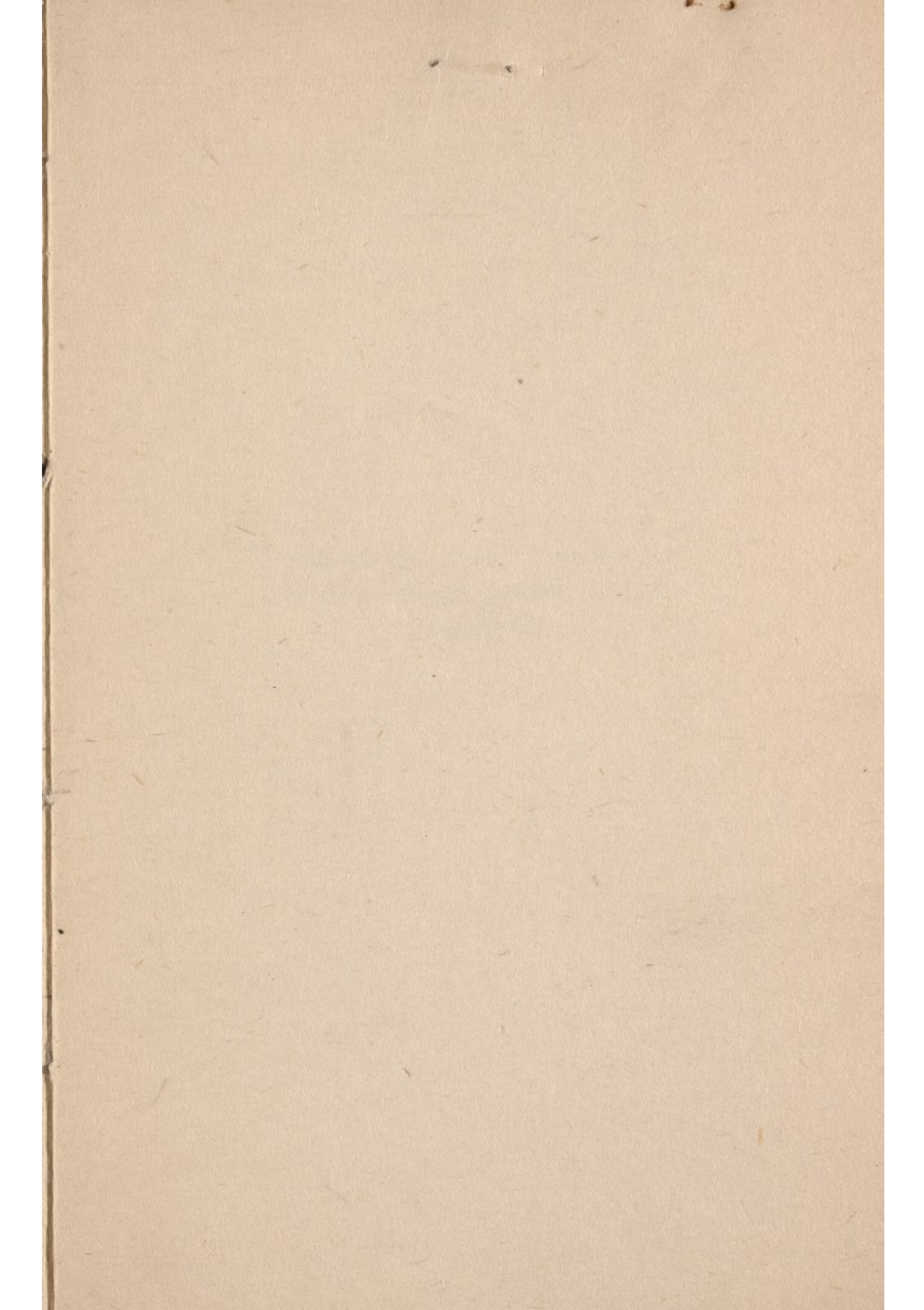
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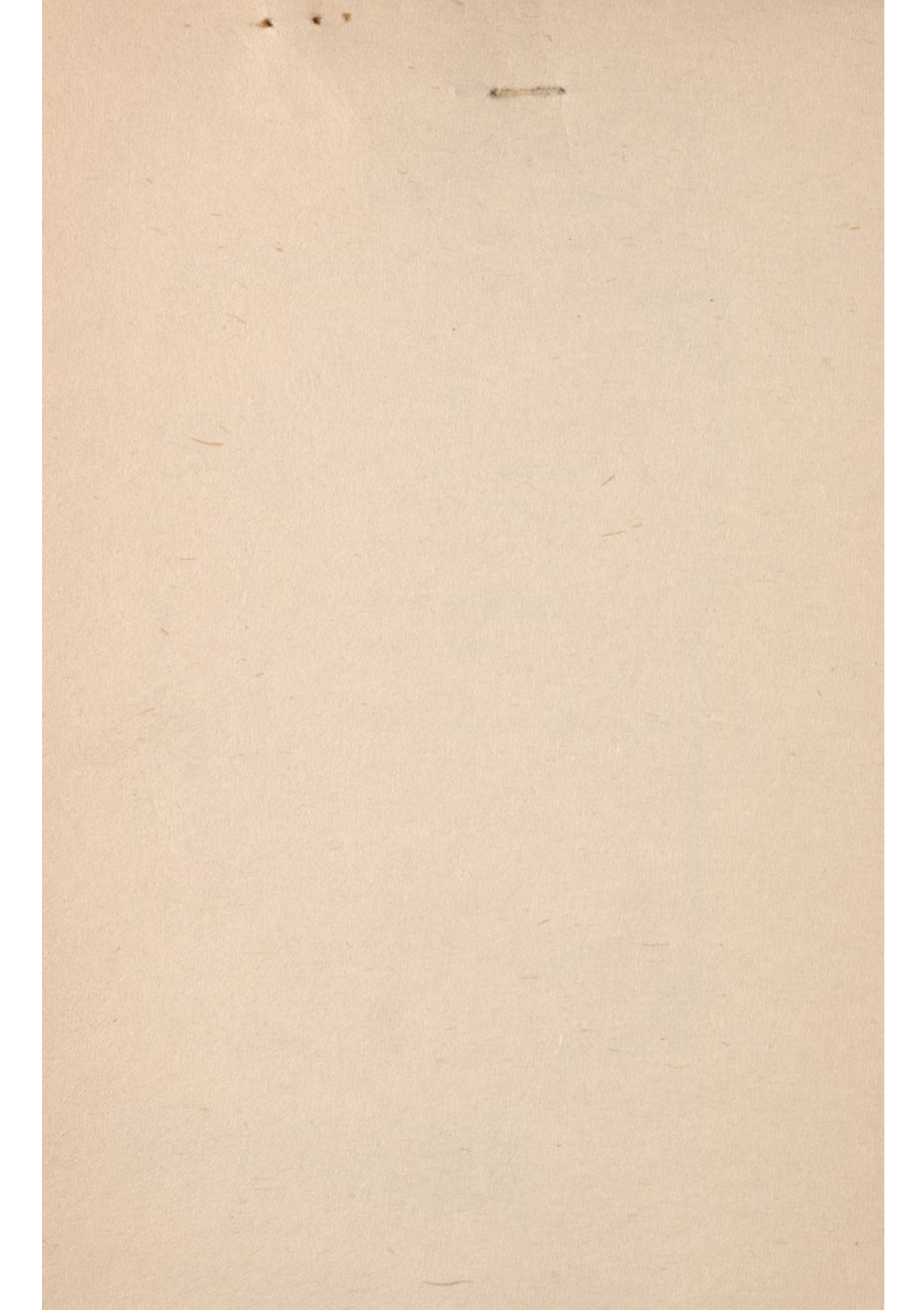
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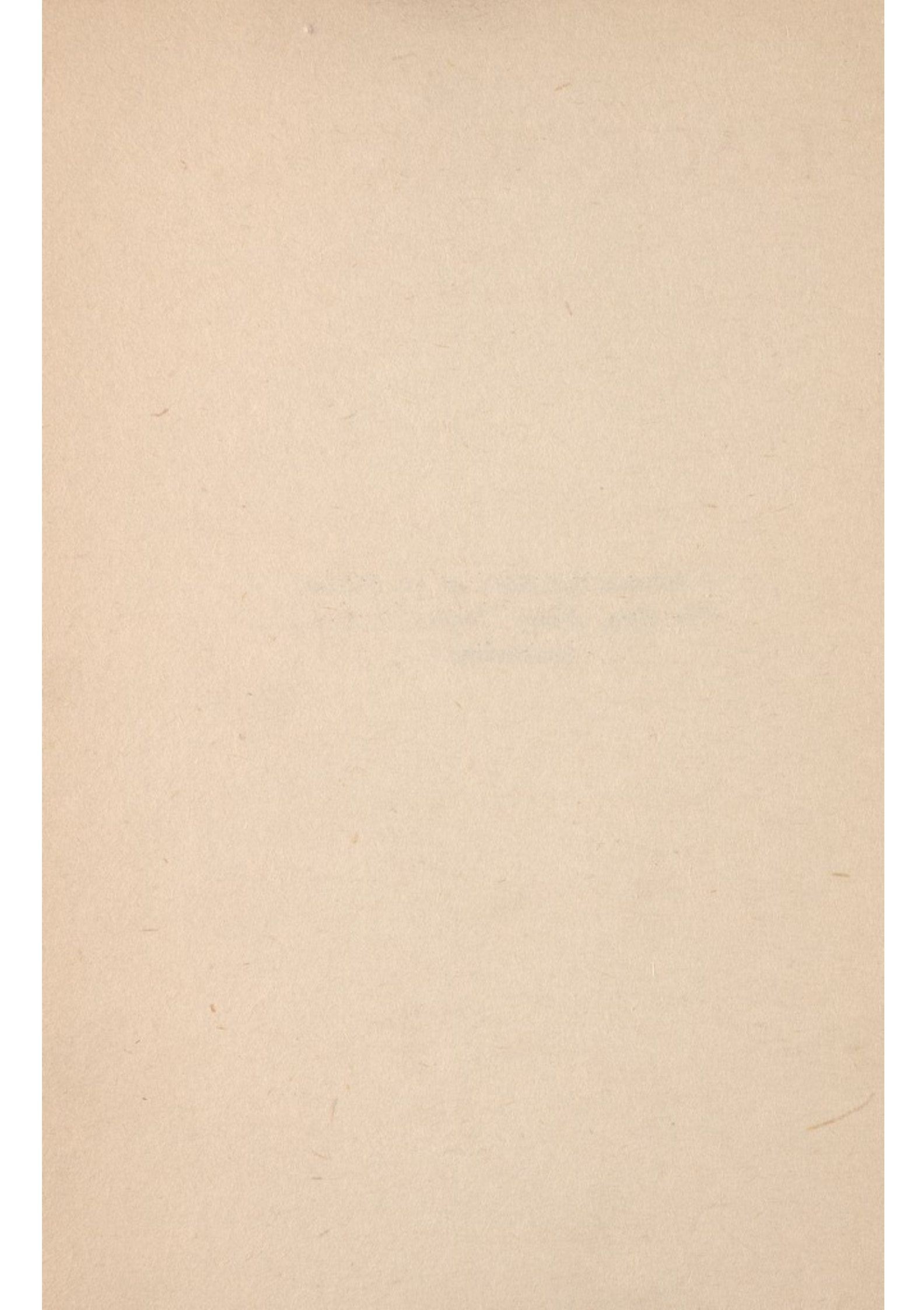


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*I dedicate this work to my Father,
The Hon. Henry Jordan, M.L.A.,
Queensland.*



RACE MAKING

*A Practical Natural Method of
Self-Determination and Control.*

A few Suggestions to Women on
the Importance of their Work in
RACE MAKING.

By Mrs. DAVID McCONNEL, B.A.

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CHAPTER I.

IN giving these charts on Race Making to the public for the first time, I am influenced by my desire to obtain criticism on a scientific basis either for or against my premises, with proofs, but chiefly that women may have a simple method of keeping data which shall help them to use their capacity for motherhood intelligently.

The charts represent thirty-two years of investigation on my own part.

I was instructed in the peculiar value of the mother cell and of the necessity of purity of the mother's life in regard to race making by my father, the Hon. Henry Jordan, who was a Fellow of the Royal Statistical Society and who made a study of the diseases of the South Sea Islanders and of conditions of life among women of certain classes in Paris and India.

A comparison between the condition of the mother cell when girls resulted and when boys resulted after fertilization was brought about by the study of statistics, which showed a far greater mortality

among boy children born prematurely and of boy children under one year of age. Also it became apparent that the life of men was of less value than the life of women to insurance companies, women having greater longevity. This study led to the premise that the mother-cell produced the mother-cell again when fertilized under the best conditions.

After my marriage I had a nurse who was a sister of the Maternity Hospital of Melbourne and who had for many years nursed exclusively among Jewesses. She gave to me data with regard to their laws governing maternity which showed that they still adhered largely to the laws laid down for cleanliness and race making in Leviticus ; the result of such attention to law being that, in spite of persecution and inter-marriage, the Jew has much less disease than other races. The children are welcomed and cared for, and the mother, as such, is revered. Their laws may be said to consist of apartness at certain times, the possibilities of conception being reduced to a narrow limit, the elimination of many days which are used ordinarily being the rule, the rest of the mother being assured at certain times for the purposes of recuperation, etc.

The result of conception at the limited periods was ascertainable, boys being produced at a certain point and girls at another ; laws with regard to cleanliness being imperative for women as well as for men, and their responsibility being mutual.

On the basis of these considerations I entered into the study of the question and obtained what data I could from women who were willing to help me, and in 1906 I wrote a paper for the University of Melbourne entitled " Sex Determination in the Human Species." This University had asked for a record of research work outside of university training. In 1911 this paper of mine was printed, at the instance of Dr. David Starr Jordan, then President of the Leland Stanford Jr. University, in " The California State Journal of Medicine," and I entered the Stanford University as a student in economics and biology, my object being to find out for myself whether the laws which I had found to be true of human relations in regard to sex were in keeping with the laws of evolution and could be applied to the other orders of nature.

I found that the laws, which I had learned the use of, were general in their application to the other orders of nature,

but that there was an evolution in the method of fertilization which found its climax in the human relations, the history of sex determination in the human species covering the whole ground of evolution. One fact demonstrated itself to me very clearly, and that was that the process of reproduction in the animal kingdom did not result in specific diseases of either mother or offspring, as is the case in the human species. Animals are defended by instinct from conception taking place at a time which may be injurious to the mother or which may result in congenital defects in the offspring. Human beings have ceased to have instinct; it has been replaced by affection and reason, and the appalling list of so-called diseases of women and children, which are due to want of knowledge, and which often descend from one generation to another, might be eliminated if we treated this subject to the same searching scientific method that we do the reproduction in the animal and vegetable kingdoms for our own material use.

I took my degree in 1915 and came to England. The war was on, and as a British subject I laid this, my contribution of knowledge, before Lord Kitchener

for the use of the army and navy doctors.

An eminent London physician, while speaking in the interests of the Welfare Society on infant mortality, stated that more infants were lost from ill conditions which attended their birth and their inheritance, during the period of the war, than men were lost by Britain in the war, and I began to realize that my findings were of more value than the mere incidence of having a son or daughter, but could be applied to race making, so that the child might be well born.

I laid before a certain doctor in London my work as it progressed, point by point. Owing to his representation of the importance of the work, the *Medical Press* and the *Lancet* considered my claim to be heard. In 1918 the *Medical Press* printed my paper in full, "The Determination of Sex, by Mrs. David McConnel, B.A.," and the *Lancet* printed a synopsis of the paper.

The premise of the paper was, that certain great principles determined the sex; namely, that sex was determined at the moment of fertilization; that the result depended upon the condition of the mother cell when fertilized; that

there were certain times in relation to certain physiological facts when the condition of the cell could be determined—early fertilization making for female and late for male.

Through human embryology may be traced an evolution of method and of design, which carries the investigator back to the primitive one-celled animal. This is the *Mother-cell* which was capable of reproduction spontaneously; the later evolution of the use of two cells for fertilization was not for reproduction proper, but for activation of the mother cell, and for variation, which is brought in by the male. In the primitive mother cell when ready to reproduce there has been such a chemical and physiological gathering together of the elements necessary to life from the matrix or environment in which the cell lies, as would produce sufficient energy and material to make a double nucleus—the nucleus being the basis of organised life and inheritance. The cell then divides into two cells, separates, and grows as two individuals, and so on *ad infinitum*.

When the same condition is found in the human Mother-cell the ovum is ready to reproduce the producing cell again—

namely the female, and if fertilized at this point a female is the result ; if before or after that replete condition of the cell, a male is the result ; but, there is in the higher evolution than that of the primitive cell another method in reproduction—it is not spontaneous—it is not the Mother-cell nucleus which divides, because of sufficient energy in the nourishing quality of the cell, but the Father nucleus in the sperm, a very minute structure, which enters the nourishing substance of the Mother-cell and expands in it until it reaches the size of the nucleus of the Mother-cell itself. The result is female, a complete return to the *condition* of the one-celled original primitive Mother-cell when ready to divide—or rather to reproduce. So the Father is pre-eminently the precursor of the girl, who is like to him, or should be. This was demonstrated by the Frenchman Bonnet, many years ago. When he made experiments with secondary inheritances, he found that an early entrance of the sperm into the Mother-cell produced the father's characteristics in the offspring. He was not then demonstrating the determination of sex but incidentally he helped to prove it.

Boys are formed—by fertilization when

the Mother-cell is not replete, either before or after that condition which produces the female—boys are therefore like their mothers. The father's nucleus has not had the power to expand and impress its secondary characteristics,—but this is as it should be. The Mother-cell is conservative and maintains the features of the species—the father's influence is for variation—so that the boy be like the Mother is a balancing quality. The girl is weighted with the actual organs for reproducing, but she inherits the father's qualities to pass on to her sons. It is not too sudden a variation, it has been weighed in the balance by two generations—before use.

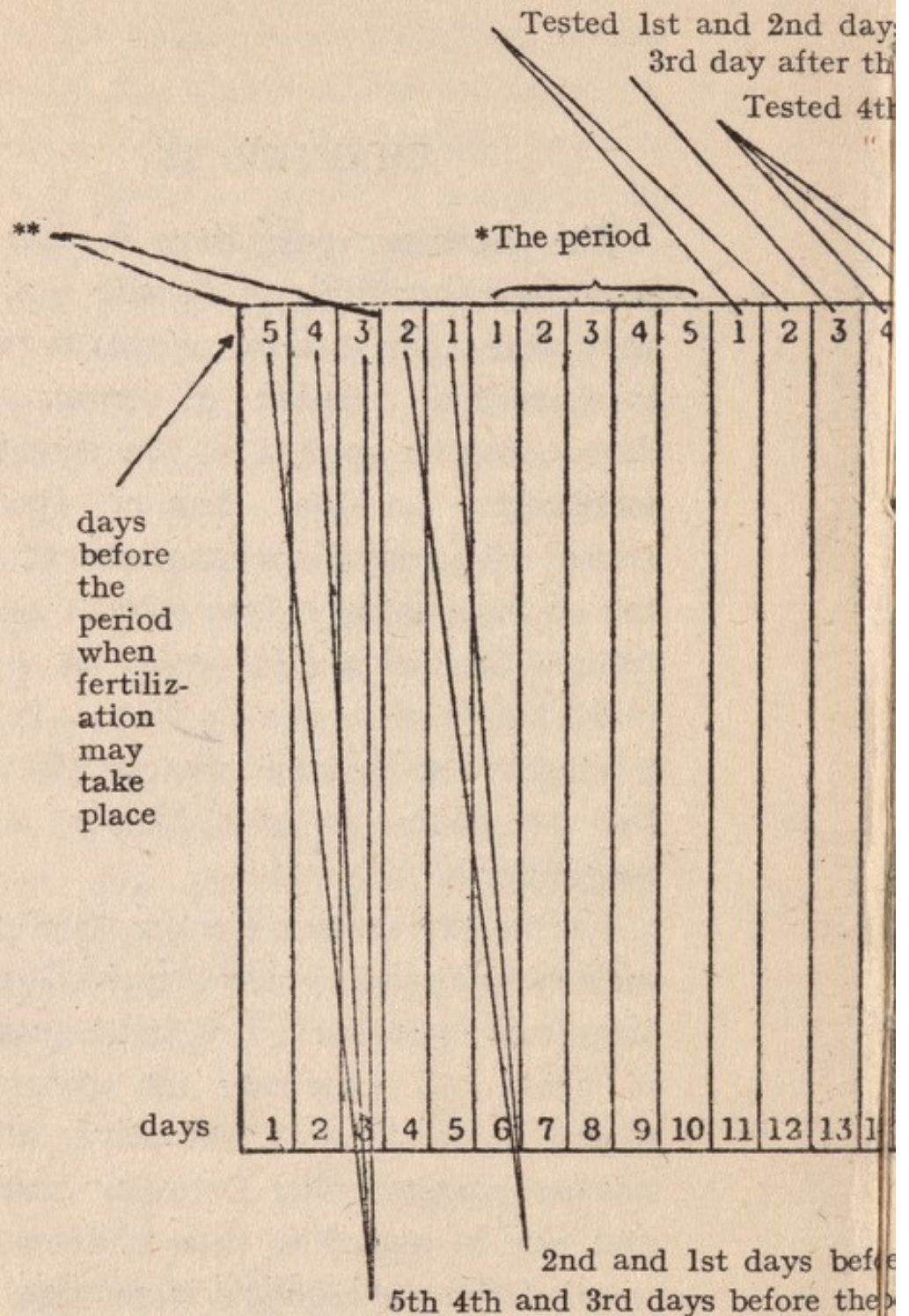
Boys and girls characteristics vary, according to how near to the line of demarcation of sex has been the accident of their conception.

CHAPTER II.

The ancients would have it that the moon had something to do with sex, and they were right in so far as this, that the mathematical relation of twenty-eight days could be applied to the periods of fertilization in the human species: twenty-eight days is a lunar month, and ten of these twenty-eight days is needed for the formation and perfection of the child before it comes to birth. In the intelligent use of these twenty-eight days lies the whole biological history of the possibility of race making.

I have now studied the question much more from a point of view of race efficiency than from any other. It is first a question of liberty of conscience for women in regard to the laws of maternity, and of mutual responsibility between husband and wife in regard to their children. A woman with the requisite knowledge, and with reciprocity on the husband's part, can hold her health and the possibility of the health of her children in her own keeping under normal conditions; she

Chart showing time of Impr



RULE.—For any desired result—one impregnation

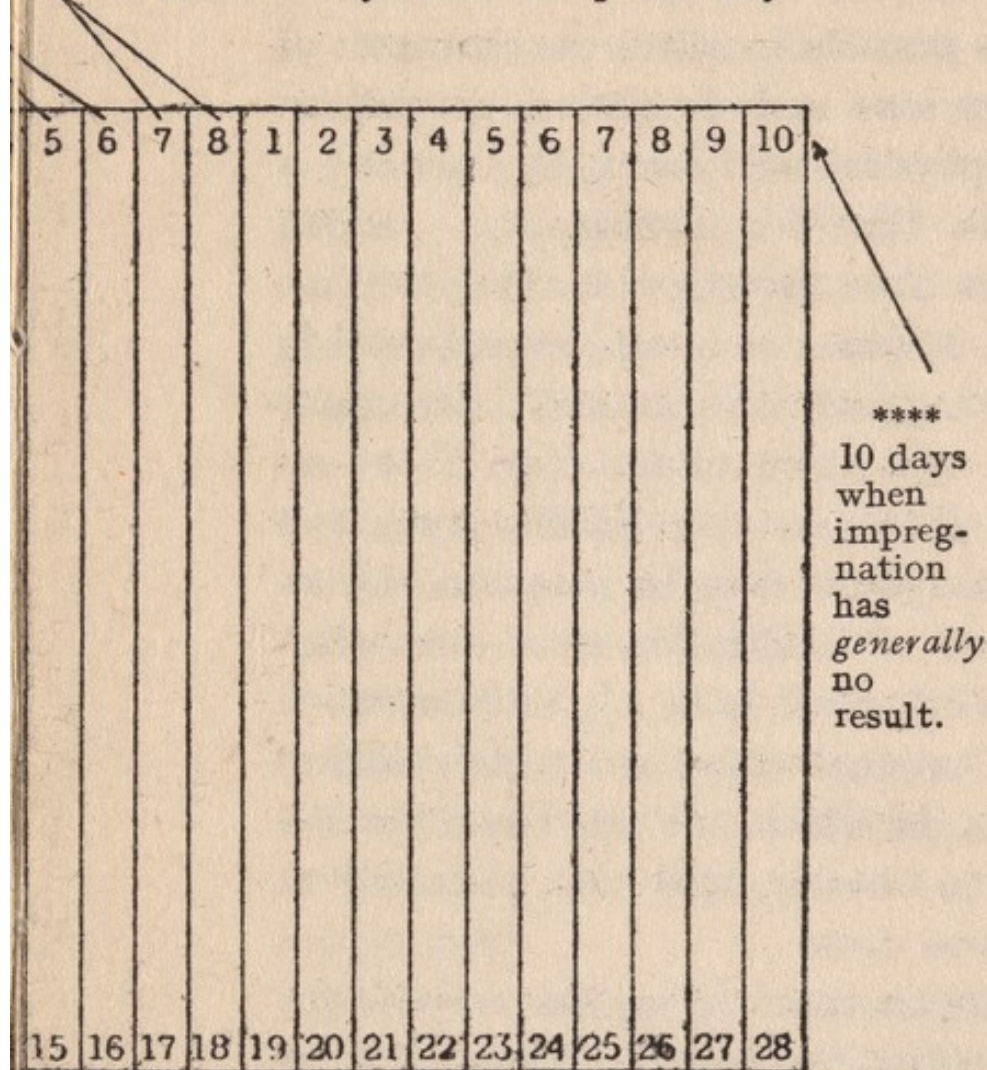
- * The period of 5 days must be counted
- ** Fertilization at this time, 5 to 3 days before the period, or physically and mentally
- *** Fertilization at this time is not advisable, the two sexes and the result may be
- **** In drawing up charts for practical use the virility of the male cell, which may be present at the date of union

egnation for Sex Results.

s after the period in which impregnation results in girls
period untested.***

5th and 6th days after the period when impregnation
results in boys.

7th and 8th days after the period boys



monthly days between periods (28).

e the period when impregnation results in girls
period when impregnation may result in boys.

ion only between two periods.

a such even if the flow does not last 5 days.
efore the period, may result in tubal or ovarian
y undeveloped boys, or, abnormality of sex—
e, as the mother cell is on the balance between
abnormal.

hese days have to be shortened, because of the
ersist in life for a long enough time to fertilize a

and he can decide what their responsibilities shall be. This is what we may call responsible parenthood ; it means the intelligent use of a law of nature laid down for us already.

It is possible to affect the character of coming sons and daughters, as well as their physical well-being, by choosing a suitable time for fertilization. German doctors have investigated along the line of the influence of certain experiments in producing feminine or masculine secondary traits, and there would seem to be no doubt that sons may be effeminate, and that daughters may be masculine by an accident of fertilization at a time when the mother cell is in a condition which might produce either sex. Physiological defects, in which one sex resembles the other too nearly, may also be traced to the same cause.

There are times during the twenty-eight days when fertilization should not be allowed to take place, as the mother cell is in an unprepared condition and not in the position in which it is intended eventually to rest. Fertilization at this time is productive very often of physical defect in boys and of mental deficiency ; it is possible also that pregnancy may take

place in the Fallopian tubes or in the ovary, necessitating operations.

There are two periods of fecundity in the twenty-eight days, before the menstrual period, and following it, probably governed by the action of first, the right ovary, secondly, the left ovary. Autopsies on pregnant animals shew embryos of both sexes in the two horns of the uterus; while operations for tubal and ovarian pregnancies in the human subject shew male in the right tube or ovary, this being the result of fertilization before the menstrual period, and at a time when the mother cell was immature and not in a sufficiently advanced position. A later fertilization of the same cell could have produced a normal pregnancy of either a male or female, the formula being: male, female; the five days of the period; female, male.

There is a time in the twenty-eight days which cannot be used as it may result in disease.

The chart shows by divisions of time the days when fertilization would be unpropitious; days when daughters may result; days when sons may result; a resting ground between the two because the result might be doubtful of efficiency,

and a certain number of days when human relations can take place for the general health and happiness of those concerned without injury to children.

These divisions of time are not of my making but fall into their place in the study of the laws of fertilization, which opens out a great field of interest to women because there is not anything in life which makes for so much personal happiness as the power of creation, and the greatest thing which can be created is a man. It lies in woman's power to-day, with proper knowledge, to produce the super-man, and daughters to follow in their mothers' steps who shall hold it the greatest work of women to forward the march of the race.

Education is what we need, and sublimation, so that we can learn in youth to form associations between the intellectual and reasoning brain, which is peculiar to man, and the animal brain of the affections which belonged to the lower kingdoms. It would so become impossible, with reason, to sin against the point which evolution has reached in man, and so to act as to make the race descend in the scale of nature.

CHAPTER III.

Charts for Practical Use.

- I. How to divide the 28 days of the month
- II. How to obtain Girls.
- III. How to obtain Boys.
- IV. How to have No result.

It would seem to me that the following simple suggestions addressed directly to women will best answer the question as how my plan can be made use of.

I would say to women that, however considerate or wishful to do right a man may be, every woman is a law unto herself, and unless she understands herself and can keep careful data she is not able to instruct her husband as to responsibility—men are entirely in the hands of women in this respect.

There is no indelicacy in deciding this matter before marriage, the issues are too great—women may become invalids and children may be born unfit for life, and more than that, a man may be the sad victim of his wife's ignorance. He may be blamed, and he may blame himself for conditions which need never have been.

I am aware that it is a sacred subject, and I am alive to the fact that man has a struggle to make because of hundreds of years of false teaching and inheritance. The creative faculty of man differs from that of woman—the cells multiply very quickly and conditions arise which are very difficult to cope with. But restraint has a mental effect which few understand. Deep in a man's heart is his secret chamber of physical love—it is creative—it can be touched by a word or thought. It may be sublimated into exquisite tenderness and a high mentality, or, it may be needlessly aroused. But there is a biological aspect which calls imperatively for his restraint. The creative cells become of less value in multiplication—and the child suffers in formation, and the loss prematurely of infants often arises from the attenuation of the male cell which has become of less value from undue excitement, often in marriage itself.

People differ, but I do not think it well for husband and wife to discuss it much together after the accepted fact that they think alike. A woman must take the onus—she must be brave to do right—she will not lose love—she will gain respect. There is a very simple method.

Tie a piece of ribbon—blue is a good colour because it means sincerity—on the bed head and when it is there “times are not convenient.” That little action contains both suggestion of restraint, and the invitation of love—and it is a tempered love which lasts through life, because it is not demanded or taken, but offered under the right conditions—and accepted by man with the full confidence that he is not selfish in fulfilling the function which nature and God have given him.

INSTRUCTIONS. — For married women for the use of the 28 days of a woman's month. Ten times 28 days is the time it takes to perfect a child.

RULES.—Use no other than the days indicated for a proposed use on one of the charts.

1. Keep a calendar always. Put down the day of the next expected monthly—all girls and women should do that. There should be exactly 28 days between the appearance of the present monthly and that of the next one.

2. Keep apart 10 days before the monthly is due. This avoids certain diseases in women and children.

3. Do not use the 5 days of the period itself *ever* and *count* it out as 5 days even if it does not last so long.

4. **To obtain girls** use only 1st and 2nd days after the 5 days of the period, and no others at all until you see that you are pregnant by non-appearance of next monthly.

5. **To obtain boys** use only 5th, 6th, 7th days after the 5 days of the period and no others at all until you see by the non-appearance of the next monthly that you are pregnant.

6. **For no results** as to children, but for health's sake, use only 11th, 12th, 13th days after the 5 days of the period. This is quite sufficient for happy married life, it should not be frequent as it enervates both men and women, and is not prized as it should be as a sacred act of love. It should never become a mere habit, that is disastrous as to spirituality in parents and children. It should be an "act of love for the help of both man and wife," and no manly man will cause the wife pain, unless they both concert in the supreme act of having children and there should be a time chosen for this act.

Irregularity of courses prevents the

use of these laws which are true to nature. Girls should be very carefully trained to make the period regular and not excessive—by rest on the back if the flow comes too soon, or is too much ; if delayed, rest and warmth, not great heat, to pit of stomach ; no *cold* baths for 3 days before period—nor either cold or hot at the time. Pain is always an indication of constriction or misplacement. If, constriction, homeopathic Belladonna is the best thing to use—twice a day one drop No. 3 tincture, before the period for one week, and before going to bed during the period, keep warm in bed and do not stand on cold floors, or take cold drinks, nor very hot ones. If pain continues have an examination made. It is very foolish not to be careful at these times. They are indications of women's great part in life. Women are not men. They do not need the same physical strength, but they do need quiescence—rest—equilibrium. The quiet pride and dignity of the material instinct which protects alike the child and the husband, as the resting cell of the female receives and nurtures the male element to which nature has given the function of variation.

Dr. Mosher, of Stanford University of California, has had great success among

women students in inducing regularity by the use of the following drill.

“ Lie on the bed, or sofa, in a loose garment ; raise the knees ; place hands at sides and relax. Now place the right hand on stomach just below the diaphragm and draw in the air deeply, but do not strain, now let the air quietly escape of itself, and watch your hand as it lifts and is lowered by the movement. Do this ten times at each drill—in the morning and at bed time, every day except during the “ Period ” itself and during pregnancy and recovery.”

The training of boys and girls in race making is a national duty, and schools should co-operate with parents in giving the right kind of knowledge.

Mothers should teach to their sons before they send them forth into the world of other women the necessity of restraint in life, and also in marriage. Good habits and the possibility of restraint should be taught from babyhood ; little boys should not suffer either from the irritation caused by tight clothing or careless habits ; later, sublimation of desire can be induced by sports, clean-thinking and reading, and association with girls in interests and pursuits possible to both sexes. No fear

should be instilled into a boy's mind about the revelations of nature in him, the condition is normal. But he should learn that attempts to realize sexual feeling increase the number of the cells, the multiplication of which will add to his difficulties, and give to his children in the future a less perfect inheritance. All possible restraint makes for mental power in him and the ideal of the best that he can by-and-bye render to child, wife, and community makes him play the man.

The friends of boys should see to it that their lives are not dull ; their ambitions should be encouraged and their play time happily occupied, and above all things they should be taught to use their hands. Sublimation of mental disturbance and its physical reaction is made by the creative instinct finding vent in what the hand can produce, be it a wooden whistle, an arrow, or a motor car.

Girls should grow into the happy knowledge of a possible future maternity as they discard their dolls. The mechanics of selection lie with woman and it begins when she is a girl. At from about twelve to sixteen the mother cells, which are of given number, alter in the ovaries ; certain parts of the germ cells congregate and segregate—like is drawn to like.

This has been proved in nature. There is little doubt that a girl can affect the character of her future offspring by stressing in her manner of life and of thought that which is inherent in the cells ; then at the time of menstruation the mother cell divides into four parts, only one part is retained for use, the others are either absorbed or pass away. The part which is chosen for use is that which is best suited to the environment ; so that at menstruation there is still another influence on the child which may be stressed by the woman's actions and mentality. Finally, the chief influence is when the child is being carried for nine months. At this time all that affects the mother affects the child, and it is a duty to see that the child inherits what is best ; even untoward circumstances can be so discounted by the mother as to give to her child at all events cheerfulness and endurance.

These matters should be taught to girls in such a way as to make their outlook upon life that of the coming mother of man and the race. Sex impulses are not of the first consideration to woman ; they are means towards an end : her future husband is the father of her future child to whom she has already given the highest aspirations of her girlhood.

CHART No. I.

Showing how the 28 days of the month should be divided.

10 days before the period.

5 days of the period.

13 days after the period.

th days
after the
period.

10	9	8	7	6	5	4	3	2	1	1	2	3	4	5	1	2	3	4	5	6	7	8	9	10	11	12	13
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28

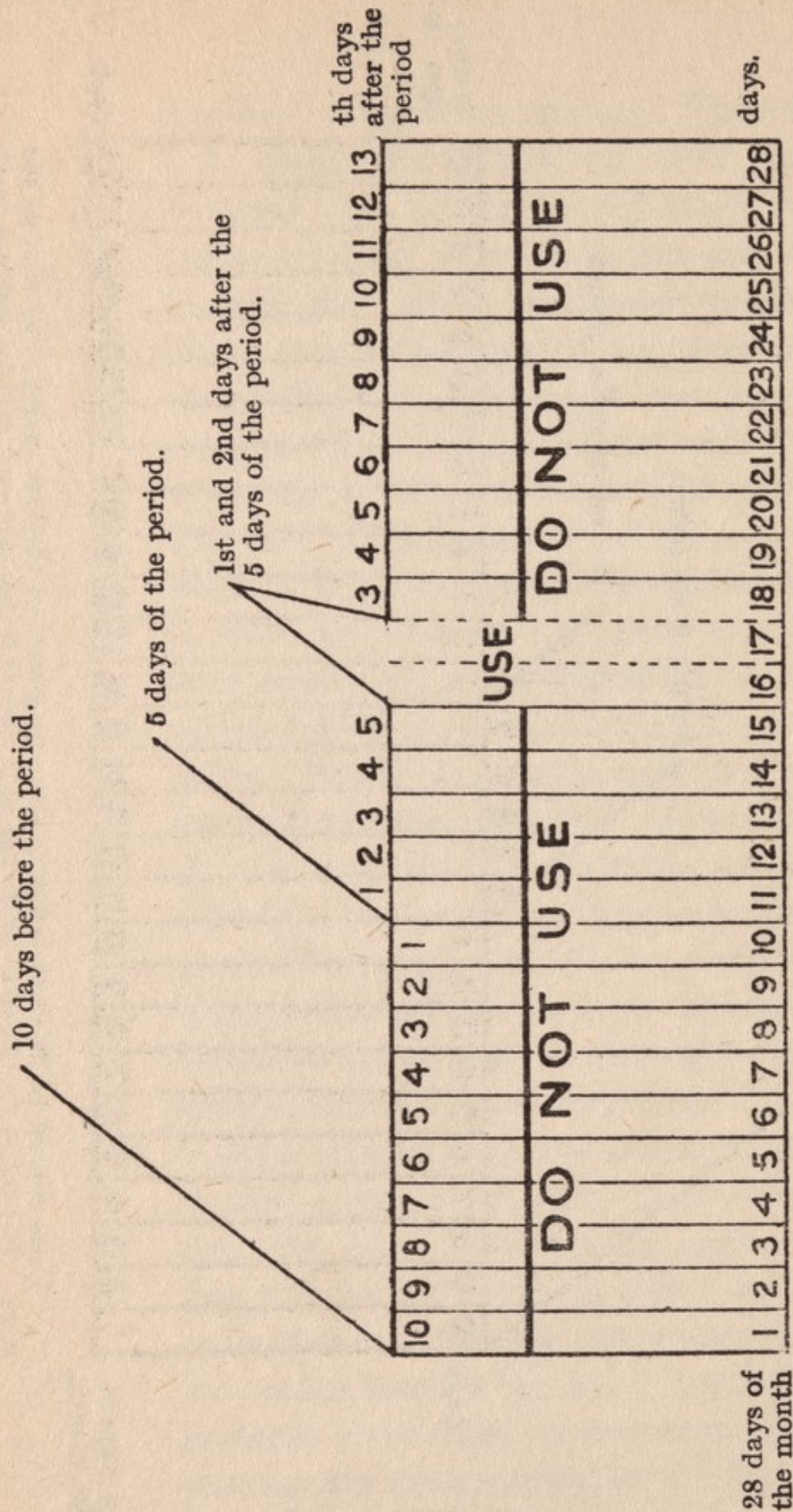
days

28 days of
the month.

There should be 28 days between the appearance of the last period, and that of the next. Put down on calendar when the next period is due to come, and jot down a mark at 10 days before that. That is when the count begins.

Count 5 days out for the period even if it does not last so long.

CHART No. II. Showing how to obtain Girls.



5 days of the period.

1st and 2nd days after the
5 days of the period.

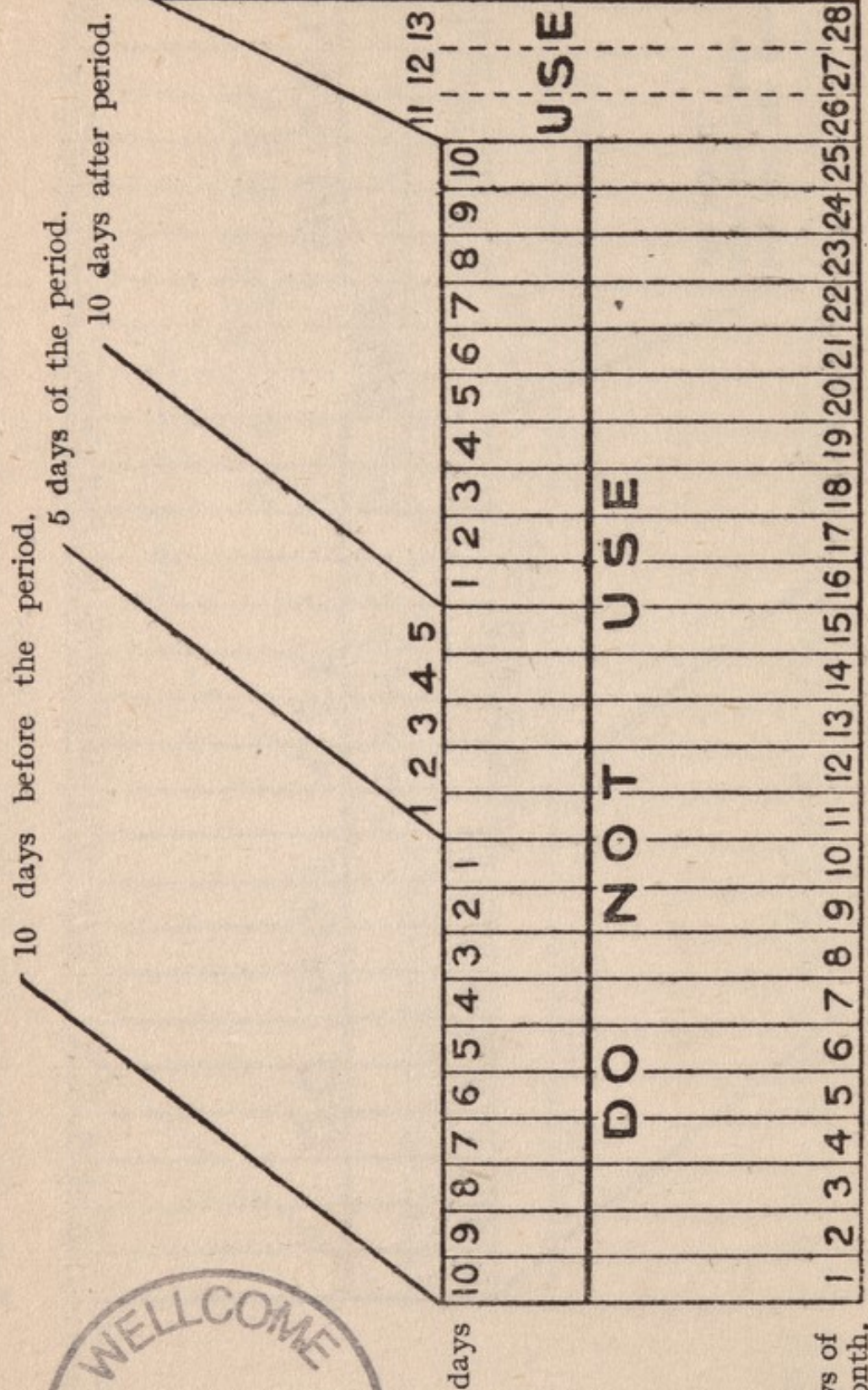
th days
after the
period

28 days of
the month

Rule.—Use 1st and 2nd days after the 5 days of the period, and no others until pregnancy results.

Note.—Girls may be obtained by the use of the 1st and 2nd days before the period also, but the above rule is the safest.

CHART No. IV. Showing No Result.



Rule.—Use only 11th, 12th, 13th days after the 5 days of the period. In other words keep apart 10 days before the period, 5 days of the period, 10 days after the period which leaves 3 free days for use.



