

This material was taken from *Into the Darkness: Nazi Germany Today* by [Theodore] Lothrop Stoddard, (New York: Duell, Sloan & Pearce, Inc., 1940), Chapter 16, “In a Eugenics Court”, pp. 197–200. He gathered this material after making a trip to National Socialist Germany from October 1939 to January 1940 where he met with many prominent National Socialists, including Hitler, Goebbels and Himmler. In that book, Stoddard translated the *Ten Commandments for the Choice of a Mate* taking the German informal *Du* of the original text and rendering it as “thee/thy/thine”. However, in modern English this sounds anything but informal, but rather stiff and overly formal, as if we were reading from the King James Bible. JR has taken the liberty of fixing the text to be more amenable to modern tastes with “you/your”, various spelling adjustments, synonyms for archaic words, etc. Nothing else has been changed—the original concepts remain. Those who wish to see the text exactly as Stoddard had it can read the original version which appears at the end of this file.

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### **The Ten Commandments for the Choice of a Mate**

**1. *Remember that you are a German!* All that you are, you owe, not to yourself, but to your people. Whether you will it or not, you belong thereto; from your people have you come forth. In all you do, think whether it is to your people’s best advancement.**

**2. *You shall maintain purity of Mind and Spirit!* Cherish and foster your mental and spiritual capacities. Keep far from your mind and soul whatever is instinctively foreign to them, what is contrary to your true self, what your inner conscience rejects. Seeking after money and worldly goods, after quick advancement, after material pleasures, may often lead you to forget higher things. Be true to your own self, and before anything else be worthy of your future life mate.**

**3. *Keep your body clean!* Maintain the good health received from your parents, in order to serve your people. Guard against expending it uselessly and foolishly. A moment’s sensual gratification may lastingly wreck your health and heritable treasure whereon your children and children’s children have a compelling claim. What you demand from your future life partner, that must you demand of yourself. Remember that you are destined to be a German Parent.**

**4. *Being of sound stock, you shall not remain single!* All your qualities of body and spirit perish if you die without heirs. They are a heritage, a donation from your ancestors. They exist as a chain, of which you are but a link. Dare you break that chain, except under stern necessity? Your life is strictly bound by time; family and folk endure. Your hereditary estate of body and spirit prospers in your waxing offspring.**

**5. *Marry only for love!* Money is perishable stuff and ensures no lasting happiness. Where the divine spark of love is absent, no worthy marriage can endure. Wealth of heart and soul is the foundation of a lasting, happy union.**

**6. *As a German, choose a mate only of your own or kindred blood!* Where like meets like, there rules true unison. Where unlike races mix, there is discord. Mixing racial stocks which do not harmonize leads to the degeneracy and downfall of both strains and peoples. The more unlike the mixtures, the faster this takes place. Guard yourself from such ruin! True happiness springs only from harmonious blood.**

**7. *In choosing your mate, consider the ancestry!* You wed not only your mate but also your life-partner's forebears. Worthy descendants are to be expected only where worthy ancestors went before. Gifts of mind and spirit are just as much inherited as the color of hair and eyes. Bad traits are bequeathed precisely like lands or goods. Nothing in the whole world is so precious as the seeds of a gifted stock; noxious seeds cannot be transformed into good ones. Therefore, don't marry the one worthy member of a bad family.**

**8. *Health is the prerequisite for even outward beauty!* Health is the best guarantee for lasting happiness, for it is the basis for both external charm and inward harmony. Demand of your mate medical assurance of fitness for marriage, as you yourself must also do.**

**9. *In marriage seek not a plaything but a helpmate!* Marriage is not a transient game but a lasting union. The supreme aim of marriage is the raising of healthy offspring. Only by the union of beings who are like in spirit, body and blood can this high goal be attained, to the blessing of themselves and their people. For each race has its own ethos; so like souls can alone endure together.**

**10. *You shall desire many children!* Only by engendering at least four children can the continuance of your people be assured. Only by having an even larger number can the greatest possible proportion of the merits inherited from your ancestors be surely handed down. No child wholly resembles another. Each child inherits different traits. Many gifted children greatly enhance the worth of a people and are the surest guarantees for its future. You will soon pass away; what you give to your descendants endures. Your people live forever!**

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The text straight from the book:

“Before closing this survey, we should note the psychological aspect of Nazi population policy. The rulers of the Third Reich do not stop with laws and economic regulations. They realize that, for the full attainment of their goal, ideology must be mobilized. So the German people is systematically propagandized for the up-building of what may be described as a racial and eugenic consciousness. Here, for instance, are the

*Ten Commandments for the Choice of a Mate.* Couched in the exhortatory form of the German *Du*, this new racial decalogue is brought so constantly to the attention of every German youth and maiden that they must know it by heart.

“Here is the text:

“1. *Remember that thou art a German!* All that thou art, thou owest, not to thine self, but to thy people. Whether thou willest it or no, thou belongest thereto; from thy people hast thou come forth. In all thou doest, bethink thee whether it be to thy people’s best advancement.

“2. *Thou shalt maintain purity of Mind and Spirit!* Cherish and foster thy mental and spiritual capacities. Keep far from thy mind and soul whatsoever is instinctively foreign to them, what is contrary to thy true self, what thine inner conscience rejects. Seeking after money and worldly goods, after quick preferment, after material pleasures, may often lead thee to forget higher things. Be true to thine own self, and before aught else be worthy of thy future life-mate.

“3. *Keep thy body clean!* Maintain the good health received from thy parents, in order to serve thy people. Guard against expending it uselessly and foolishly. A moment’s sensual gratification may lastingly wreck thine health and heritable treasure whereon thy children and children’s children have a compelling claim. What thou demandest from thy future life-partner, that must thou demand of thyself. Remember that thou art destined to be a German Parent.

“4. *Being of sound stock, thou shalt not remain single!* All thy qualities of body and spirit perish if thou diest without heirs. They are a heritage, a donation from thine ancestors. They exist as a chain, of which thou art but a link. Durst thou break that chain, save under stern necessity? Thy life is straitly bound by time; family and folk endure. Thy hereditary estate of body and spirit prospers in thy waxing offspring.

“5. *Marry only for love!* Money is perishable stuff and ensures no lasting happiness. Where the divine spark of love is absent, there can no worthy marriage endure. Wealth of heart and soul is the foundation of a lasting, happy union.

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transformed into good ones. Wherefore, marry not the one worthy member of a bad family.

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“What an amazing mixture of idealisms and propaganda! This Marital Decalogue is a striking instance of the Nazi attitude and methods.”