

Mere Christianity

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Book 3. Christian Behaviour

Chapter 5. Sexual Morality

We must now consider Christian morality as regards sex, what Christians call the virtue of chastity. The Christian rule of chastity must not be confused with the social rule of "modesty" (in one sense of that word); i.e. propriety, or decency. The social rule of propriety lays down how much of the human body should be displayed and what subjects can be referred to, and in what words, according to the customs of a given social circle. Thus, while the rule of chastity is the same for all Christians at all times, the rule of propriety changes. A girl in the Pacific islands wearing hardly any clothes and a Victorian lady completely covered in clothes might both be equally "modest," proper, or decent, according to the standards of their own societies: and both, for all we could tell by their dress, might be equally chaste (or equally unchaste). Some of the language which chaste women used in Shakespeare's time would have been used in the nineteenth century only by a woman completely abandoned. When people break the rule of propriety current in their own time and place, if they do so in order to excite lust in themselves or others, then they are offending against chastity. But if they break it through ignorance or carelessness they are guilty only of bad manners. When, as often happens, they break it defiantly in order to shock or embarrass others, they are not necessarily being unchaste, but they are being uncharitable: for it is uncharitable to take pleasure in making other people uncomfortable. I do not think that a very strict or fussy standard of propriety is any proof of chastity or any help to it, and I therefore regard the great relaxation and simplifying of the rule which has taken place in my own lifetime as a good thing. At its present stage, however, it has this inconvenience, that people of different ages and different types do not all acknowledge the same standard, and we hardly know where we are. While this confusion lasts I think that old, or old-fashioned, people should be very careful not to assume that young or "emancipated" people are corrupt whenever they are (by the old standard) improper; and, in return, that young people should not call their elders prudes or puritans because they do not easily adopt the new standard. A real desire to believe all the

good you can do for others and to make others as comfortable as you can will solve most of the problems.

Chastity is the most unpopular of the Christian virtues. There is no getting away from it: the old Christian rule is, "Either marriage, with complete faithfulness to your partner, or else total abstinence." Now this is so difficult and so contrary to our instincts, that obviously either Christianity is wrong or our sexual instinct, as it now is, has gone wrong. One or the other. Of course, being a Christian, I think it is the instinct which has gone wrong.

But I have other reasons for thinking so. The biological purpose of sex is children, just as the biological purpose of eating is to repair the body. Now if we eat whenever we feel inclined and just as much as we want, it is quite true that most of us will eat too much: but not terrifically too much. One man may eat enough for two, but he does not eat enough for ten. The appetite goes a little beyond its biological purpose, but not enormously. But if a healthy young man indulged his sexual appetite whenever he felt inclined, and if each act produced a baby, then in ten years he might easily populate a small village. This appetite is in ludicrous and preposterous excess of its function.

Or take it another way. You can get a large audience together for a strip-tease act—that is, to watch a girl undress on the stage. Now suppose you came to a country where you could fill a theatre by simply bringing a covered plate on to the stage and then slowly lifting the cover so as to let every one see, just before the lights went out, that it contained a mutton chop or a bit of bacon, would you not think that in that country something had gone wrong with the appetite for food? And would not anyone who had grown up in a different world think there was something equally queer about the state of the sex instinct among us?

One critic said that if he found a country in which such striptease acts with food were popular, he would conclude that the people of that country were starving. He meant, of course, to imply that such things as the strip-tease act resulted not from sexual corruption but from sexual starvation. I agree with him that if, in some strange land, we found that similar acts with mutton chops were popular, one of the possible explanations which would occur to me would be famine. But the next step would be to test our hypothesis by finding out whether, in fact, much or little food was being consumed in that country. If the evidence showed that a good deal was being eaten, then of course we should have to abandon the hypothesis of starvation and try to think of another one. In the same way, before accepting sexual starvation as the cause of the strip-tease, we should have to look for evidence that there is in fact more sexual abstinence in our age than in those ages when things like the strip-tease were unknown. But surely there is no such evidence. Contraceptives have made sexual indulgence far less costly within marriage and far safer outside it than ever before, and public opinion is less hostile to illicit unions and even to perversion than it has been since Pagan times. Nor is the hypothesis of "starvation" the only one we can imagine. Everyone knows that the sexual appetite, like our other appetites, grows by indulgence. Starving men may think much about food, but so do gluttons; the gorged, as well as the famished, like titillations.

Here is a third point. You find very few people who want to eat things that really are not food or to do other things with food instead of eating it. In other words, perversions of the food appetite are rare. But perversions of the sex instinct are numerous, hard to cure, and frightful. I am sorry to have to go into all these details, but I must. The reason why I must is that you and I, for the last twenty years, have been fed all day long on good solid lies about sex. We have been told, till one is sick of hearing it, that sexual desire is in the same state as any of our other natural desires and that if only we abandon the silly old Victorian idea of hushing it up, everything in the garden will be lovely. It is not true. The moment you look at the facts, and away from the propaganda, you see that it is not.

They tell you sex has become a mess because it was hushed up. But for the last twenty years it has not been hushed up. It has been chattered about all day long. Yet it is still in a mess. If hushing up had been the cause of the trouble, ventilation would have set it right. But it has not. I think it is the other way round. I think the human race originally hushed it up because it had become such a mess. Modern people are always saying, "Sex is nothing to be ashamed of." They may mean two things. They may mean "There is nothing to be ashamed of in the fact that the human race reproduces itself in a certain way, nor in the fact that it gives pleasure." If they mean that, they are right. Christianity says the same. It is not the thing, nor the pleasure, that is the trouble. The old Christian teachers said that if man had never fallen, sexual pleasure, instead of being less than it is now, would actually have been greater. I know some muddle-headed Christians have talked as if Christianity thought that sex, or the body, or pleasure, were bad in themselves. But they were wrong. Christianity is almost the only one of the great religions which thoroughly approves of the body-which believes that matter is good, that God Himself once took on a human body, that some kind of body is going to be given to us even in Heaven and is going to be an essential part of our happiness, our beauty, and our energy. Christianity has glorified marriage more than any other religion: and nearly all the greatest love poetry in the world has been produced by Christians. If anyone says that sex, in itself, is bad, Christianity contradicts him at once. But, of course, when people say, "Sex is nothing to be ashamed of," they may mean "the state into which the sexual instinct has now got is nothing to be ashamed of."

If they mean that, I think they are wrong. I think it is everything to be ashamed of. There is nothing to be ashamed of in enjoying your food: there would be everything to be ashamed of if half the world made food the main interest of their lives and spent their time looking at pictures of food and dribbling and smacking their lips. I do not say you and I are individually responsible for the present situation. Our ancestors have handed over to us organisms which are warped in this respect: and we grow up surrounded by propaganda in favour of unchastity. There are people who want to keep our sex instinct inflamed in order to make money out of us. Because, of course, a man with an obsession is a man who has very little sales-resistance. God knows our situation; He will not judge us as if we had no difficulties to overcome. What matters is the sincerity and perseverance of our will to overcome them.

Before we can be cured we must want to be cured. Those who really wish for help will get it; but for many modern people even the wish is difficult. It is easy to think that we want something when we do not really want it. A famous Christian long ago told us that when he was a young man he prayed constantly for chastity; but years later he realised that while his lips had been saying, "Oh Lord, make me chaste," his heart had been secretly adding, "But please don't do it just yet." This may happen in prayers for other virtues too; but there are three reasons why it is now specially difficult for us to desire-let alone to achieve-complete chastity.

In the first place our warped natures, the devils who tempt us, and all the contemporary propaganda for lust, combine to make us feel that the desires we are resisting are so "natural," so "healthy," and so reasonable, that it is almost perverse and abnormal to resist them. Poster after poster, film after film, novel after novel, associate the idea of sexual indulgence with the ideas of health, normality, youth, frankness, and good humour. Now this association is a lie. Like all powerful lies, it is based on a truth-the truth, acknowledged above, that sex in itself (apart from the excesses and obsessions that have grown round it) is "normal" and "healthy," and all the rest of it. The lie consists in the suggestion that any sexual act to which you are tempted at the moment is also healthy and normal. Now this, on any conceivable view, and quite apart from Christianity, must be nonsense. Surrender to all our desires obviously leads to impotence, disease, jealousies, lies, concealment, and everything that is the reverse of health, good humour, and frankness. For any happiness, even in this world, quite a lot of restraint is going to be necessary; so the claim made by every desire, when it is strong, to be healthy and reasonable, counts for nothing. Every sane and civilised man must have some set of principles by which he chooses to reject some of his desires and to permit others. One man does this on Christian principles, another on hygienic principles, another on sociological principles. The real conflict is not between Christianity and "nature," but between Christian principle and other principles in the control of "nature." For "nature" (in the sense of natural desire) will have to be controlled anyway, unless you are going to ruin your whole life. The Christian principles are, admittedly, stricter than the others; but then we think you will get help towards obeying them which you will not get towards obeying the others.

In the second place, many people are deterred from seriously attempting Christian chastity because they think (before trying) that it is impossible. But when a thing has to be attempted, one must never think about possibility or impossibility. Faced with an optional question in an examination paper, one considers whether one can do it or not: faced with a compulsory question, one must do the best one can. You may get some marks for a very imperfect answer: you will certainly get none for leaving the question alone. Not only in examinations but in war, in mountain climbing, in learning to skate, or swim, or ride a bicycle, even in fastening a stiff collar with cold fingers, people quite often do what seemed impossible before they did it. It is wonderful what you can do when you have to.

We may, indeed, be sure that perfect chastity-like perfect charity-will not be attained by any merely human efforts. You must ask for God's help. Even when you have done so, it may seem to you for a long time that no help, or less help than you need, is being given. Never mind. After each failure, ask forgiveness, pick yourself up, and try again. Very often what God first helps us towards is not the virtue itself but just this power of always trying again. For however important chastity (or courage, or truthfulness, or any other virtue) may be, this process trains us in habits of the soul which are more important still. It cures our illusions about ourselves and teaches us to depend on God. We learn, on the one hand, that we cannot trust ourselves even in our best moments, and, on the other, that we need not despair even in our worst, for our failures are forgiven. The only fatal thing is to sit down content with anything less than perfection.

Thirdly, people often misunderstand what psychology teaches about "repressions." It teaches us that "repressed" sex is dangerous. But "repressed" is here a technical term: it does not mean "suppressed" in the sense of "denied" or "resisted." A repressed desire or thought is one which has been thrust into the subconscious (usually at a very early age) and can now come before the mind only in a disguised and unrecognisable form. Repressed sexuality does not appear to the patient to be sexuality at all. When an adolescent or an adult is engaged in resisting a conscious desire, he is not dealing with a repression nor is he in the least danger of creating a repression. On the contrary, those who are seriously attempting chastity are more conscious, and soon know a great deal more about their own sexuality than anyone else. They come to know their desires as Wellington knew Napoleon, or as Sherlock Holmes knew Moriarty; as a rat-catcher knows rats or a plumber knows about leaky pipes. Virtue-even attempted virtue-brings light; indulgence brings fog.

Finally, though I have had to speak at some length about sex, I want to make it as clear as I possibly can that the centre of Christian morality is not here. If anyone thinks that Christians regard unchastity as the supreme vice, he is quite wrong. The sins of the flesh are bad, but they are the least bad of all sins. All the worst pleasures are purely spiritual: the pleasure of putting other people in the wrong, of bossing and patronising and spoiling sport, and back-biting; the pleasures of power, of hatred. For there are two things inside me, competing with the human self which I must try to become. They are the Animal self, and the Diabolical self. The Diabolical self is the worse of the two. That is why a cold, self-righteous prig who goes regularly to church may be far nearer to hell than a prostitute. But, of course, it is better to be neither.

Chapter 6. Christian Marriage

The last chapter was mainly negative. I discussed what was wrong with the sexual impulse in man, but said very little about its right working-in other words, about Christian marriage. There are two reasons why I do not particularly want to deal with marriage. The first is that the

Christian doctrines on this subject are extremely unpopular. The second is that I have never been married myself, and, therefore, can speak only at second hand. But in spite of that, I feel I can hardly leave the subject out in an account of Christian morals. The Christian idea of marriage is based on Christ's words that a man and wife are to be regarded as a single organism-for that is what the words "one flesh" would be in modern English. And the Christians believe that when He said this He was not expressing a sentiment but stating a fact-just as one is stating a fact when one says that a lock and its key are one mechanism, or that a violin and a bow are one musical instrument. The inventor of the human machine was telling us that its two halves, the male and the female, were made to be combined together in pairs, not simply on the sexual level, but totally combined. The monstrosity of sexual intercourse outside marriage is that those who indulge in it are trying to isolate one kind of union (the sexual) from all the other kinds of union which were intended to go along with it and make up the total union. The Christian attitude does not mean that there is anything wrong about sexual pleasure, any more than about the pleasure of eating. It means that you must not isolate that pleasure and try to get it by itself, any more than you ought to try to get the pleasures of taste without swallowing and digesting, by chewing things and spitting them out again.

As a consequence, Christianity teaches that marriage is for life. There is, of course, a difference here between different Churches: some do not admit divorce at all; some allow it reluctantly in very special cases. It is a great pity that Christians should disagree about such a question; but for an ordinary layman the thing to notice is that Churches all agree with one another about marriage a great deal more than any of them agrees with the outside world. I mean, they all regard divorce as something like cutting up a living body, as a kind of surgical operation. Some of them think the operation so violent that it cannot be done at all; others admit it as a desperate remedy in extreme cases. They are all agreed that it is more like having both your legs cut off than it is like dissolving a business partnership or even deserting a regiment. What they all disagree with is the modern view that it is a simple readjustment of partners, to be made whenever people feel they are no longer in love with one another, or when either of them falls in love with someone else.

Before we consider this modern view in its relation to chastity, we must not forget to consider it in relation to another virtue, namely justice. Justice, as I said before, includes the keeping of promises. Now everyone who has been married in a church has made a public, solemn promise to stick to his (or her) partner till death. The duty of keeping that promise has no special connection with sexual morality: it is in the same position as any other promise. If, as modern people are always telling us, the sexual impulse is just like all our other impulses, then it ought to be treated like all our other impulses; and as their indulgence is controlled by our promises, so should its be. If, as I think, it is not like all our other impulses, but is morbidly inflamed, then we should be especially careful not to let it lead us into dishonesty.

To this someone may reply that he regarded the promise made in church as a mere formality and never intended to keep it. Whom, then, was he trying to deceive when he made it? God?

That was really very unwise. Himself? That was not very much wiser. The bride, or bridegroom, or the "in-laws"? That was treacherous. Most often, I think, the couple (or one of them) hoped to deceive the public. They wanted the respectability that is attached to marriage without intending to pay the price: that is, they were imposters, they cheated. If they are still contented cheats, I have nothing to say to them: who would urge the high and hard duty of chastity on people who have not yet wished to be merely honest? If they have now come to their senses and want to be honest, their promise, already made, constrains them. And this, you will see, comes under the heading of justice, not that of chastity. If people do not believe in permanent marriage, it is perhaps better that they should live together unmarried than that they should make vows they do not mean to keep. It is true that by living together without marriage they will be guilty (in Christian eyes) of fornication. But one fault is not mended by adding another: unchastity is not improved by adding perjury.

The idea that "being in love" is the only reason for remaining married really leaves no room for marriage as a contract or promise at all. If love is the whole thing, then the promise can add nothing; and if it adds nothing, then it should not be made. The curious thing is that lovers themselves, while they remain really in love, know this better than those who talk about love. As Chesterton pointed out, those who are in love have a natural inclination to bind themselves by promises. Love songs all over the world are full of vows of eternal constancy. The Christian law is not forcing upon the passion of love something which is foreign to that passion's own nature: it is demanding that lovers should take seriously something which their passion of itself impels them to do.

And, of course, the promise, made when I am in love and because I am in love, to be true to the beloved as long as I live, commits one to being true even if I cease to be in love. A promise must be about things that I can do, about actions: no one can promise to go on feeling in a certain way. He might as well promise never to have a headache or always to feel hungry. But what, it may be asked, is the use of keeping two people together if they are no longer in love? There are several sound, social reasons; to provide a home for their children, to protect the woman (who has probably sacrificed or damaged her own career by getting married) from being dropped whenever the man is tired of her. But there is also another reason of which I am very sure, though I find it a little hard to explain.

It is hard because so many people cannot be brought to realise that when B is better than C, A may be even better than B. They like thinking in terms of good and bad, not of good, better, and best, or bad, worse and worst. They want to know whether you think patriotism a good thing: if you reply that it is, of course, far better than individual selfishness, but that it is inferior to universal charity and should always give way to universal charity when the two conflict, they think you are being evasive. They ask what you think of dueling. If you reply that it is far better to forgive a man than to fight a duel with him, but that even a duel might be better than a lifelong enmity which expresses itself in secret efforts to "do the man down," they go away complaining that you would not give them a straight answer. I hope no one will make this mistake about what I am now going to say.

What we call "being in love" is a glorious state, and, in several ways, good for us. It helps to make us generous and courageous, it opens our eyes not only to the beauty of the beloved but to all beauty, and it subordinates (especially at first) our merely animal sexuality; in that sense, love is the great conqueror of lust. No one in his senses would deny that being in love is far better than either common sensuality or cold self-centredness. But, as I said before, "the most dangerous thing you can do is to take any one impulse of our own nature and set it up as the thing you ought to follow at all costs." Being in love is a good thing, but it is not the best thing. There are many things below it, but there are also things above it. You cannot make it the basis of a whole life. It is a noble feeling, but it is still a feeling. Now no feeling can be relied on to last in its full intensity, or even to last at all. Knowledge can last, principles can last, habits can last; but feelings come and go. And in fact, whatever people say, the state called "being in love" usually does not last. If the old fairytale ending "They lived happily ever after" is taken to mean "They felt for the next fifty years exactly as they felt the day before they were married," then it says what probably never was nor ever could be true, and would be highly undesirable if it were. Who could bear to live in that excitement for even five years? What would become of your work, your appetite, your sleep, your friendships? But, of course, ceasing to be "in love" need not mean ceasing to love. Love in this second sense—love as distinct from "being in love" is not merely a feeling. It is a deep unity, maintained by the will and deliberately strengthened by habit; reinforced by (in Christian marriages) the grace which both partners ask, and receive, from God. They can have this love for each other even at those moments when they do not like each other; as you love yourself even when you do not like yourself. They can retain this love even when each would easily, if they allowed themselves, be "in love" with someone else. "Being in love" first moved them to promise fidelity: this quieter love enables them to keep the promise. It is on this love that the engine of marriage is run: being in love was the explosion that started it.

If you disagree with me, of course, you will say, "He knows nothing about it, he is not married." You may quite possibly be right. But before you say that, make quite sure that you are judging me by what you really know from your own experience and from watching the lives of your friends, and not by ideas you have derived from novels and films. This is not so easy to do as people think. Our experience is coloured through and through by books and plays and the cinema, and it takes patience and skill to disentangle the things we have really learned from life for ourselves.

People get from books the idea that if you have married the right person you may expect to go on "being in love" for ever. As a result, when they find they are not, they think this proves they have made a mistake and are entitled to a change—not realising that, when they have changed, the glamour will presently go out of the new love just as it went out of the old one. In this department of life, as in every other, thrills come at the beginning and do not last. The sort of thrill a boy has at the first idea of flying will not go on when he has joined the R.A.F. and is really learning to fly. The thrill you feel on first seeing some delightful place dies away when you really go to live there. Does this mean it would be better not to learn to fly and not to live

in the beautiful place? By no means. In both cases, if you go through with it, the dying away of the first thrill will be compensated for by a quieter and more lasting kind of interest. What is more (and I can hardly find words to tell you how important I think this), it is just the people who are ready to submit to the loss of the thrill and settle down to the sober interest, who are then most likely to meet new thrills in some quite different direction. The man who has learned to fly and becomes a good pilot will suddenly discover music; the man who has settled down to live in the beauty spot will discover gardening.

This is, I think, one little part of what Christ meant by saying that a thing will not really live unless it first dies. It is simply no good trying to keep any thrill: that is the very worst thing you can do. Let the thrill go-let it die away-go on through that period of death into the quieter interest and happiness that follow -and you will find you are living in a world of new thrills all the time. But if you decide to make thrills your regular diet and try to prolong them artificially, they will all get weaker and weaker, and fewer and fewer, and you will be a bored, disillusioned old man for the rest of your life. It is because so few people understand this that you find many middle-aged men and women maundering about their lost youth, at the very age when new horizons ought to be appearing and new doors opening all round them. It is much better fun to learn to swim than to go on endlessly (and hopelessly) trying to get back the feeling you had when you first went paddling as a small boy.

Another notion we get from novels and plays is that "falling in love" is something quite irresistible; something that just happens to one, like measles. And because they believe this, some married people throw up the sponge and give in when they find themselves attracted by a new acquaintance. But I am inclined to think that these irresistible passions are much rarer in real life than in books, at any rate when one is grown up. When we meet someone beautiful and clever and sympathetic, of course we ought, in one sense, to admire and love these good qualities. But is it not very largely in our own choice whether this love shall, or shall not, turn into what we call "being in love"? No doubt, if our minds are full of novels and plays and sentimental songs, and our bodies full of alcohol, we shall turn any love we feel into that kind of love: just as if you have a rut in your path all the rainwater will run into that rut, and if you wear blue spectacles everything you see will turn blue. But that will be our own fault.

Before leaving the question of divorce, I should like to distinguish two things which are very often confused. The Christian conception of marriage is one: the other is the quite different question—now for Christians, if they are voters or Members of Parliament, ought to try to force their views of marriage on the rest of the community by embodying them in the divorce laws. A great many people seem to think that if you are a Christian yourself you should try to make divorce difficult for every one. I do not think that. At least I know I should be very angry if the Mohammedans tried to prevent the rest of us from drinking wine. My own view is that the Churches should frankly recognise that the majority of the British people are not Christians and, therefore, cannot be expected to live Christian lives. There ought to be two distinct kinds of marriage: one governed by the State with rules enforced on all citizens, the other governed by the Church with rules enforced by her on her own members. The

distinction ought to be quite sharp, so that a man knows which couples are married in a Christian sense and which are not

So much for the Christian doctrine about the permanence of marriage. Something else, even more unpopular, remains to be dealt with. Christian wives promise to obey their husbands. In Christian marriage the man is said to be the "head." Two questions obviously arise here, (1) Why should there be a head at all -why not equality? (2) Why should it be the man?

(1) The need for some head follows from the idea that marriage is permanent. Of course, as long as the husband and wife are agreed, no question of a head need arise; and we may hope that this will be the normal state of affairs in a Christian marriage. But when there is a real disagreement, what is to happen? Talk it over, of course; but I am assuming they have done that and still failed to reach agreement. What do they do next? They cannot decide by a majority vote, for in a council of two there can be no majority. Surely, only one or other of two things can happen: either they must separate and go their own ways or else one or other of them must have a casting vote. If marriage is permanent, one or other party must, in the last resort, have the power of deciding the family policy. You cannot have a permanent association without a constitution.

(2) If there must be a head, why the man? Well, firstly, is there any very serious wish that it should be the woman? As I have said, I am not married myself, but as far as I can see, even a woman who wants to be the head of her own house does not usually admire the same state of things when she finds it going on next door. She is much more likely to say "Poor Mr. X! Why he allows that appalling woman to boss him about the way she does is more than I can imagine." I do not think she is even very flattered if anyone mentions the fact of her own "headship." There must be something unnatural about the rule of wives over husbands, because the wives themselves are half ashamed of it and despise the husbands whom they rule. But there is also another reason; and here I speak quite frankly as a bachelor, because it is a reason you can see from outside even better than from inside. The relations of the family to the outer world-what might be called its foreign policy-must depend, in the last resort, upon the man, because he always ought to be, and usually is, much more just to the outsiders. A woman is primarily fighting for her own children and husband against the rest of the world. Naturally, almost, in a sense, rightly, their claims override, for her, all other claims. She is the special trustee of their interests. The function of the husband is to see that this natural preference of hers is not given its head. He has the last word in order to protect other people from the intense family patriotism of the wife. If anyone doubts this, let me ask a simple question. If your dog has bitten the child next door, or if your child has hurt the dog next door, which would you sooner have to deal with, the master of that house or the mistress? Or, if you are a married woman, let me ask you this question. Much as you admire your husband, would you not say that his chief failing is his tendency not to stick up for his rights and yours against the neighbours as vigorously as you would like? A bit of an Appeaser?