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WHAT A YOUNG MAN OUGHT TO KNOW

BY
SYLVANUS STALL

Author "What a Young Boy Ought to Know,"
"What a Young Husband Ought to Know,"
"What a Man of 45 Ought to Know," etc.

Thoroughly Revised and Rewritten

THE JOHN C. WINSTON CO.
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CLEAN AND STRONG**

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PRELUDE

THERE is instilled in the heart of nearly every young man, the desire for a home. He wants to build his own nest and, of course, the main thought is to have a proper mate and he should begin to plan years before he even thinks of carrying his thought into effect. In the selection of the one who is to become his life companion, he will not be influenced into forming an attachment for one who is urged on by her ambitious parents who are anxious to see their daughter well married, nor will he necessarily accept the advice even from his own parents as to the kind of wife he should have. He will make his own selection. He will study especially the disposition of the girl who is to be his inspiration and partner. He will give no thought to either a prude or to one who is selfish and who seems to think that everything that is brought into the home is intended only for her

PRELUDE

own comfort. And then both should have a sense of humor. There are so many occasions in life that constantly arise, that are really not serious enough to quarrel about, and if both can bring into action an appreciation of the humor of every situation, they will know how to laugh it off and the divorce courts will be saved another case.

We do not attempt to tell you everything. The young man has common sense and from experience and observation he knows where his safety lies and he will steer clear of the type of women who seem to exist simply to hang clothes upon. Nor will he choose a girl who has no sense of fitness and no artistic taste in dress. He wants the woman of both character and charm that he will be proud of as a life companion. He will esteem it a privilege to be her escort anywhere and every where, and he will consider that money is properly used that is spent to adorn the woman who is his life companion

SYLVANUS STALL, THE PIONEER

IN presenting this revision of "What a Young Man Ought to Know" entirely re-written, the publishers desire to say a word about the man who had purposed in his heart whilst a mere lad to write a book for young men that would be free from any thought of impurity or even prudishness.

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ous pioneer work by writing and publishing the first book in the Self and Sex Series—"What a Young Boy Ought to Know." After some hundreds of copies had been distributed among intelligent men and women interested in the welfare of the young, he secured the encouragement which comes from a well-meaning purpose by receiving enthusiastic praise from many of the really big people in both hemispheres.

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the sex subject. It may now be spoken aloud, so the publishers of the Self and Sex Series believe that the new modern form and the new inspiring words used, free as possible from preachment of any kind, or puzzling medical terms, will be welcomed by young men everywhere. It will prove not only of interest, and we ardently believe, will help many a young fellow not only to avoid the paths of passion and self-gratification that so often ends in ship-wreck, but encourage him to seek the heights of achievement and not only earn success but establish a reputation for integrity which is more to be desired than material wealth.

THERE IS NO GOLDEN RULE TO SUCCESS

AND THERE ARE NO CHAIR-CARS

NOR PULLMAN TRAINS

WHAT A YOUNG MAN OUGHT TO KNOW

CHAPTER I

THE GREATEST PERIOD IN THE WORLD'S HISTORY

This, the most progressive period—Commerce, manufacture, art and sciences presenting a most inviting outlook—The wonders of the ever growing radio—The map of the world is rewritten—More to see today and think of than ever before—Good books and inspiring influences were never so numerous as now—Institutions of learning are open to the poor and rich alike—The work of the Rotary Clubs—Opportunities greater today than ever before—The young man must look to his physical strength—Institutions of learning and gymnasiums will help—Don't give all your attention to physical strength—Don't compete with the ox and the gorilla—The example of Lindbergh—Don't be spoiled by success—Character is above achievement—Don't let the baser passions rule the higher—Avoid the degradation that brings misery to man and woman alike.

NEVER before in the history of the world was there a more progressive period than exists today. In all

WHAT A YOUNG MAN OUGHT TO KNOW

branches of commerce, manufacture, art and sciences has there ever been presented a more inviting outlook. Wireless telegraphy and the wonders of the ever growing radio are concentrating the attention of the best minds in all nations. No country can claim a monopoly in any of the branches that make for the greatness of a nation. Progress still continues—the map of the world is constantly being rewritten—there is more to see today and there is more to think of than ever before. Never has there been so much to minister to the physical comfort and to healthful recreation. The fruits of all climes, the products of all nations and the resources of the whole earth are now laid at the feet of man in abundance and profusion. Good books and inspiring influences were never before so numerous as today. Institutions of learning—colleges and universities—are open to the rich and poor alike. If the young fellow desires an education, even if he hasn't the money to pay for it, there are associations that will help him reach what he is seeking to attain, and this is also true in the commercial and professional business world. The

WHAT A YOUNG MAN OUGHT TO KNOW

seventeen hundred Rotary Clubs in various parts of the world, have taken up the work in one way or another and there are at this time, six or seven thousand boys in colleges, who would not be there but for this educational movement. The Rotary Clubs advance money to the deserving young fellow that they know about, accepting his notes agreeing to return the amount loaned when he is financially able to do so. A prominent Rotarian is authority for the statement that the majority of young men helped, do pay and they are thus enabled to keep a certain amount of ready cash on hand to help other deserving and ambitious young fellows. In many of the high schools and colleges a like fund is raised by the students generally, for this very purpose.

Never before were the opportunities for young men greater than today. There is always room higher up—it is only the lower rungs of the ladder that are crowded. As one of the world's masters said—"We can secure an abundance of thirty and fifty dollars a week men but there is a scarcity of the five thousand and ten thousand

WHAT A YOUNG MAN OUGHT TO KNOW

men with capabilities." "All the walks and departments in life are open as never before to young men of ideas and if the young fellow has taken care of his health and has sufficient brawn and brain to be equal to what he is aiming to attain, coupled with what is vulgarly known as "guts" there is nothing beyond his reach.

The young man must look to his physical strength. There are many athletic departments in all our institutions of learning and in the gymnasiums in connection with some of the religious organizations—notably the Y.M.C.A.—that indicate the growing favor in which physical culture and all outdoor sports are welcomed—tennis, golf, ball and many other forms of outdoor recreation afford pleasure to those who will use their spare time to preserve their strength to make possible their success in life. A man without health is handicapped at the very beginning. A weak body lacks the essential leverage and has less powers of endurance.

But too much attention must not be given to the physical man. What distinguishes man above the animal is not

WHAT A YOUNG MAN OUGHT TO KNOW

his physical strength, because many of the lower animals are stronger than man—the ox may surpass him in strength. The gorilla has very much greater strength than man and the birds have risen above him and surpass him in flight, but now we have the aeroplane that can outspeed any bird of the air. Young men have the example of Colonel Lindbergh who is the central figure in the flying art. Like all true men he does not allow his success to spoil him—he has kept his poise amid the adulation he has received in all countries and above all, he has kept his life clean. He has earned all the praise he has gotten by his ability in his chosen profession and by his own achievements. He did not fall heir to it because of his parents' talents along the same lines but yet he had from his Mother the same fine moral qualities that have made him so conspicuous in the world today.

Young men should remember that the financial success that they may secure in their work, will not alone contribute to their highest culture, but that character is even above achievement. One who does not possess real

WHAT A YOUNG MAN OUGHT TO KNOW

character for probity and honor may apparently gain temporary success but when the supreme test comes he will topple and fall. An object of supreme pity is one who has given full rein to his base passions, who has become a prey to venereal diseases and who has no regard for a woman's virtue nor reverence for the home life.

Our physical nature was given to us for the wisest and most beneficent purposes and the reproductive endowment when properly understood, is sacred. A young man should realize that the lower and baser passions should not rule the higher. His moral nature should control his life. The gratification that lasts but for a moment may wreck his own moral nature as well as his physical, and also bring misery to the poor creature that has had his base attention for a while.

CHAPTER II

THE PRICE OF SUCCESS

The way as plain as the way to market—Must be willing to pay the price—Absolute truthfulness and perfect fairness necessary—Tell the plain, simple truth—Take a careful inventory of yourself—Let it show your weak spots rather than your strong ones—Don't keep late hours—Keep fresh, vigorous and clear headed—Be a hard worker, an early worker and a late worker—Watch your habits—Don't be afraid of difficulties or impediments—Cuts and bruises may hurt but they also build—Best safe-guard against wrong doing—Be good company for yourself—To fail in one position is no disgrace—Make your dreams come true—Boost the fellow ahead of you—Take the initiative—No lack of opportunity—Procrastination a fatal quality—Be loyal to the house that employs you—Don't go around with a hard luck story—A young fellow who is worth his salt—Be Father to the man you intend to be—The secret of success—Watch your ideals—Read the world's best literature—Deal frankly with yourself—Keep your life clean.

If he desires to achieve success he will find that the way to it is as plain as the way to market. Every young man who enters into any kind of business or into any profession, should ask

WHAT A YOUNG MAN OUGHT TO KNOW

himself this question—"Am I willing to pay the price?" Naturally he would want to know just what the price is, and we desire to tell him first that it is integrity of purpose and deed, good habits and persistent hard work. But in order for him to succeed he will have to select a business that he likes—in fact, that he loves.

Among the absolute necessities for success is absolute truthfulness and perfect fairness in business. Don't try to be too smart—don't have any shortcuts or sharp practices—tell the truth, the plain, simple truth and always the truth in everything connected with your life and especially with your business experience. Study the details of your business constantly, persistently, perseveringly and without cessation and you will find there is always something new to learn.

And then another very important matter is that you take a very careful inventory of yourself. Even write it on paper—not for anybody else to see but only for your own eyes and after you have read it over several times, destroy it. This inventory should show your weak spots rather than your

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strong ones. Don't try to find out how smart you are and what a good fellow you're supposed to be, don't try to find out your virtues and your merits but try rather to ascertain your shortcomings—what it is that somebody else does better than you do, more thoroughly and more systematically. And thus make your life what it should be.

Don't keep late hours. We would recommend to all young men who want to succeed in life to put this into practice. There is nothing that is more conducive to good health and longevity than "Early to bed and early to rise." Don't allow yourself to be influenced to frolic and keep late hours in such a way as will prevent you from getting to work early the next morning fresh, vigorous and clear-headed, fitted in every way to give your best to your business.

Ask yourself this question—"Where were you last night?" The answer to it will tell exactly what you are today and whether you are properly fit to enter upon your daily duties because what you did last night has very much to do with what you are going to do

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today and how you are going to do it.

And here's something else you must remember—be a hard worker as well as an early worker and a late worker. If you do not expect to work hard you had better not enter into any business—just sit down and suck your thumb or get an easy and soft job. There are plenty of this kind of young men and possibly they can find jobs that suit them but let them remember that if they accept this kind of a position they must be satisfied to remain mediocre men all their life. They never will get ahead and they never will occupy a front seat or fill an important chair.

Watch your habits. Many a time one single bad habit will stand in the way of a man's progress in life and cause him to be a failure. If you have any bad habits cut them out—if you don't cut them out and don't succeed in life, just blame yourself it will be your own fault.

Do not be afraid of difficulties or impediments—don't let them stop you and if they don't do this they will aid you in your progress. Whatever hits a man helps him unless it hits him hard enough to break him or kill him. Cuts

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and bruises may bleed but remember that they also build. Remember also that the best safeguard against wrong doing is right working. A man must always live with the man that he makes of himself, he always keeps himself company. Therefore one should so live that he may be as good company for himself as possible. Every man is known to himself by the company that he keeps himself. Then remember that other people are following you so become a kind of pace-maker to every young man who has the ambition to do big things. Don't whine and say the world owes you a living—it owes you nothing and it will pay you only what you earn. The only true estimate of a man is based on the use that he is.

Because a man fails in one position is no disgrace—the cause of this occasional failure to make good is that some men cannot stand success and the things which come with success, especially the added power over men which goes to their heads. They see themselves under a magnifying glass—they not only run their own business but try to run some other man's job.

Dream and then so work as to make

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your dreams come true. Everything that has been accomplished that is worthwhile was once a dream in the mind of its designer. One has to build castles in the air if he is to build them upon the ground. The big business canyons in our great cities were dreams only, in the mind of their architects. A monument will not arise from the ground and soar to the skies unless it first had someone to design it and build it.

Boost, don't knock the fellow ahead of you. Help him to get a better position then take his job. As a result you will command a better position and you will make a friend for life because he will always remember that you played the game fair. Don't be a "leaner"—be a "prop." Know how to take the initiative when an emergency arises. Failure on the part of many is due not so much to lack of opportunity as to the lack of initiative, of inability to seize the opportunity present, or of unwillingness to make the self sacrifice indispensable to achievement. Lack of decision, and procrastination are fatal qualities. What you can do to-day—do, don't put it off until tomor-

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row. The mariner who delays his sailing to await propitious winds is left far behind by him who has the courage to face adverse winds in starting out on his voyage. Many young men are too easily disheartened by temporary adversity, failing to realize the fact that however unwelcome adversity may be, it develops in a man of strong character those latent qualities, the exercise of which command success.

Be loyal to the house that employs you—don't try to get everything you can from it, but let your motive be to give everything to it. The reputation of being loyal to one's chief is a valuable asset, for even a corporation is just as much dependent upon the loyalty and cooperation of its employees as is teamwork in winning victory on the athletic field. Those who are not willing to render loyal service cannot expect to exact such service from anyone else and in fact, they will not have any opportunity to do it because no position of responsibility will be awaiting one who is not loyal to his employer or to his work.

Don't go around with a hard luck story of the lack of sympathy and unap-

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preciation that you get from your present work. A sense of charity may incline your neighbor to listen with sympathy to a hard luck story of an older man but the trials and tribulations of a younger fellow are not calculated to enhance the esteem of his auditors for in the parlance of the hearty plucky cowboy of the West—"Life aint in holding a good hand but in playing a poor hand well."

Every young fellow who is worth his salt means to be successful. He never doubts but that he will be. He can't win the success in life that he plans unless he has designed for himself his purpose and then sticks to it. To be successful he must play Father to the man he intends to be. He must learn to think and learn to work and that's a job that he must do well. Success has no other secret.

Watch your ideals. See that they are high ones and set out deliberately to attain them. It hardly matters what business or profession you select or circumstances choose for you, in fact, in any pursuit the price of success is hard, hard work. Young men rich or poor, have a splendid chance to suc-

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ceed in proportion to their willingness to pay the cost in incessantly hard work. There is no golden rule to success and there are no chair cars or pullman trains on the road to real achievement.

You want to watch your health because it is necessary for the sound mind to have a sound body and every young man must not forget that a clean, virile body can only be had with a clean heart and clean morals.

Read some of the world's best literature. Study much but think more—always in the company of the world's best minds which are open to every fellow on the free circulating shelves of all libraries. Deal frankly with yourself because if you're honest with YOU, you'll be honest with others. You'll always give an honest day's work for an honest day's pay. You will work a little harder and do a little better than your employer expects and you will prepare yourself for the job ahead by study, observation and application.

And then get some fun out of your work. Somebody once congratulated Theodore Roosevelt on his completion of his Second Term as President and

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said—"Won't you be glad to get back into private life again?" "No," replied the Colonel, "not at all, because I've had a corking good time of it in this job."

Andrew Carnegie once said that there is no real success where there is very little laughter. The workman who rejoices in his work and laughs away his discomfort, is the one sure to rise. Keep your thought life clean. A man who is clean both outside and inside and who neither looks up to the rich nor down to the poor, who can lose without squealing and win without bragging, who is considerate of women and children and old people, who is too brave to lie and too generous to cheat, and who takes his share of the world and let's other people have theirs is a man worth knowing and worth living, because he is WORTH.

CHAPTER III

THE YOUNG MAN'S HEALTH—PLEASURES —CHARACTER

Don't follow a beaten track—Think up a new and better way—The Department of the interior—Integrity the cornerstone of success—Untiring intelligent work—The power of kindness—The necessity of pleasures—Be a healthy man—Be honest with the public and with yourself—Have an object in life—Read of the accomplishments of Edison, Bell, Marconi and others—Success is not an accident—Make a platform of your principles—Honesty, industry and economy—Don't wait for an opportunity, turn one up—Deepen your ideals by reading biographies—Keep abreast of the times—The non-skid chain keeps one safe in slippery places—Don't wait for luck, the best luck is what you deserve—No substitute for regular persistent work—Recreation essential to physical and mental health—Happiness from doing one's work well—Welcome responsibility, don't shun it—Cultivate patience.

DON'T follow a beaten track in whatever position you're in—think up a new and better way of doing things or of making things. Always remember that the ability to think depends upon the physical condition—a clear head de-

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pendes upon "the department of the interior," so a sound physical condition depends not only upon how much you put into the body but how much you take out, in other words—perfect digestion and elimination. The whole secret of success starts right there—the treatment of the stomach—see that you get that right.

Always remember that the cornerstone of success is integrity. If to this we join application of the right sort (reasonable physical health being assumed) the world is your oyster. One perhaps, may not become a famous painter unless endowed with some artistic talent; just how much of genius is heredity, how much heaven-born and how much the product of persistent, untiring, intelligent work, the oracles have been unable to determine, but the sages have discovered that the fundamentals of achievement are industry and integrity, not the vulgar implication that will not steal your neighbors' purse or crack his safe, but indwelling honesty to one's self, sincerity in one's undertakings, integrity in the expenditure of time, thought, and industry in effort.

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Then be kind—it is wonderful what kindness will do to help along in the home life as well as in business, but also emphasize the fact that you must be kind in your own home. If you are not kind among your own people, the chances are you cannot be very kind to all who are about you in your business life. We do not mean kindness that will protect a fellow employee in a dishonest transaction because kindness ceases at that point—that kind of a man becomes an accomplice of the man who is dishonest. If he does not protect the property of his employer, he will never learn how to guard his own property.

Then you must have pleasures because if you are to be a success in your home and in your business, you must give consideration to sports and pleasures. It is necessary, because the mortuary column in the daily papers are constantly telling of the men one knows, falling out of the lines. Why? Because of lack of health. The man who succeeds as a homemaker and in business, must be a healthy man. He must keep himself in good health as long as he possibly can. He ought to

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select some healthful out door sport. We know that the time of the average employee is well occupied but many have Saturday afternoons during the entire year which they can devote to bettering their physical condition. Holidays come frequently, vacations come along when men receive a week or more, so acquire some healthful out door sport. Protect your health—it is one of the best investments a man can make not only for himself but for his family.

Shun irrational pleasure because it will bring you into contact with the wrong sort of friends. The kind of pleasure you seek and the kind of friends you make in seeking that pleasure will put you in a class. Just as low as is the pleasure you seek, just so low will be the friends you make. The friends you make are seeking you and the friends you seek want you. Do not seek pleasure in channels which would very much shock your Mother or sister, your best girl, or your wife, and bring them as it often does, in grief to their final resting place. Then you may wonder some time in the future why you are not a success. If you exert

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yourself for pleasure of a questionable character, you must not complain if stability of character does not come and you will never know the pleasure there is in a higher life.

Don't desert an old friend no matter how poor he is. Give him more time than you would a rich man. It will give you better poise when you meet the more influential person. It is wonderful how many opportunities we miss that we ought to take advantage of, in meeting people that we have business with or meet them for no special purpose. This often times proves a waste—stop it.

Any man to succeed must be honest not only with the public but with himself. He might succeed in deceiving the public for a while but he can't deceive himself and unless he is willing to admit his own mistakes and attempt to correct them when he makes them, he cannot attain to the full measure of life. He might make money—some of the biggest failures in history have done that—but unless he has made it honestly from his own work, if he is worth "coffin" room, his conscience would likely trouble him sometime in

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life, not to say what he will get in the hereafter.

An object in life is essential. Set some mark or look up to what some other man has accomplished. Follow your hereditary bent or inclination. If it is along the line of mechanics or invention, add to your enthusiasm by reading of the accomplishments of Fulton, Edison, Bell, Marconi and others. This will help to deepen your love of your work. Every man who finds the work he is engaged in distasteful should recognize that he is in the wrong groove and he should endeavor to find something in which he can become interested. Simon Lake, the inventor of the submarine boat, testifies that he worked the greatest part of his life from twelve to fourteen hours per day and that the days were entirely too short even if he should live to be a hundred. Even in that period, life would be too short for him to accomplish the half of what he believed should be done.

Remember that to succeed in life is not an accident. The elements contributing to making your life a useful one, can be identified if you will take time

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to analyze them. These principles stand out conspicuously as the foundation of success in your business life. Deliberation in forming judgments—endeavor to trace the possible consequences which would be the result of a given course under a given motive.

Determination and tenacity in carrying out a judgment when once it has been formed. In this way, force of will brings triumph over obstacles and wins the success possible in the enterprise. These are only part of the game for above this is the development of character. Where there is no will, there is no character.

Make a platform of principles upon which you will stand unflinchingly and we would suggest among its planks, honesty, industry, economy and a keen sense of the necessity of fulfilling your obligations, financial and otherwise. Honesty would not be sufficient without industry. Honesty and industry might not have counted for much without economy. Honesty, industry and economy might not prove sufficient except accompanied by a deep sense of meeting obligations and engagements promptly. Do not be tempted to read

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a letter that is not addressed to you. Do not listen to a telephone conversation that is intended for some one else. Always be loyal to your employer and to your business, to your girl, whether she be your fiancée or your wife or your daughter.

Don't sit idly by waiting for an opportunity to turn up. Go forth and meet it and whenever possible, force its coming your way. Then you'll be ready for it whether it comes by chance or by force and by "ready" we mean there must be no let-up in preparation for the goal upon which your heart and soul are set. This will give a purpose to your life almost from the time of your school days and be sure and concentrate all your powers upon it. To dissipate a purpose is as dangerous as dissipation of health.

Deepen your ideals of character from reading biographies of great men and they will tell you that great as talent and industry may be to help a man in the business world, they will prove of no avail if back of them there is not strength of character, an incorruptible sense of honor, a determination to do the right and to champion it at

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whatever cost. It will do one little good if he has the strength of a Samson, if he does not couple with it the virtue of a Joseph because the greater hero than he who conquers an empire is he who conquers himself.

Keep abreast of the times in all matters that concern your business and your home and be ahead of the times in your own work. Keep your lamp well trimmed and if necessary use plenty of mid-night oil. Fire your ambition and strengthen your endurance by the study of how most all truly big men have suffered to succeed. Lift your standards high regardless of the applause and patronage of your friends, reach up and up and up.

The advantage of men and women who are counted successful over all others is seldom genius. The difference is due not so much to a native endowment of vast imagination and brilliance of mind, as to industrious persistence in the pursuit of a definite aim. The prancing nervous race horse makes a spectacular appearance but he fails you in the long run—he is all speed and no control—useless for a steady job.

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There is a long chain of casual connections binding together the achievements of a man's life and explaining the success of a given moment. That is the non-skid chain that keeps him safe in slippery places. Luck is about as apt to strike a man as lightning and about as likely to do him any good. The best luck a man can have is the firm conviction that there is no such thing as luck and that he will gain in life just what he deserved—no more. The man who is waiting around for something lucky to turn up has time to see a preparedness parade pass by him, the procession of those who have formed the habit of turning things up. On the outside of a saloon in a prairie station in Montana, was a sign carrying these words—"Luck beats science every time." That will do for the motto of a gambler in the saloon and for idlers in a class room, but all men who have won desirable distinction will prove that science beats luck—science operating through the laws of heredity and habit.

There is no substitute for regular persistent work, done after thought and with thought. If one is to attain to a

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position of responsibility in life, it is also important to distinguish pleasure, amusement, recreation and happiness in viewing life's problems. Pleasure is momentary and fleeting. Amusement is frequently futile but at times of fatigue is a fine source of diversion. Recreation is essential to physical and mental health and should be largely physical and when possible carried on in the outdoor world. A look at the first morning light coming into camp mends the worn brain. Happiness comes from doing one's work well—being busy doing something for others—improving one's ability to do things and increasing one's knowledge so that the opportunity for service becomes greater each year.

Welcome responsibility—don't shun it. Above all, facts should be ascertained in any field of human interest in which work is undertaken. In the long run we win and lose just to the degree with which we bring our actions into cognizance with the facts, that is, the *Truth*. Our opinions should be based on experience, facts and careful judgment, and we must draw conclusions so as to be able to act upon them.

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The man who can never reach a conclusion firm enough to base action upon, is sure to stumble along through the vale of indecision. Thought, study, decisions, action and ideals of work, make a combination hard to beat.

Many a young man fails in life because he is not patient—his fault is impatience. If you would give consideration to the results of impatience you would try not to render too swift judgment. You will find that you hurt yourself through your desire to arrive at a certain place before the proper time. You will dismiss people from your life before you have had a chance really to know and understand them. This writer has learned to like some people whom he frankly detested at a first casual meeting. He was impatient that they did not reveal the best in them at once. He mistook their modesty for stupidity. Having seen this mistake once, it was easy to recognize it a second and third time. In one's zeal to get ahead by patience and once ahead, be patient with others and they will likely be patient with you.

CHAPTER IV

KNOW WHERE YOU'RE GOING

Decide where you want to go and be quick to get there—The crowd will make room for you—Have a definite object in view—Stick to your job—Be interested in something—Be sure and have a hobby—Character the basis of all true success—Why some become ghastly failures—There is nothing in heaping up money—Don't work simply for applause—Nothing in political success—Be of use, it is the only achievement—Leadership and service—The patent of nobility—Do not leave your work unfinished—Never swerve from right doing, put conscience into all your work—Wealth is easy to attain and difficult to retain—Don't shun temporary drudgery—Think ahead of your work—Many ways are open—Aim at the unattainable—How to overcome obstacles—Anything worth doing at all is worth doing well—Make your word good—Promise little and do more—Patriotism begins at home—If anything is right, be for it—Let your religion mean something to you and to others—It should be a guide daily.

WE remember once being in a hurry to unexpectedly make a certain train from the railroad station—we jumped into a taxi and told the driver to go just as fast as possible. Then realizing after he had put on real speed that we

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had not told him our destination, we asked him where he was going. He replied, "You didn't tell me where to go, you just said 'drive fast' and I've been doing that all right. There are some fellows who don't know where they are going—they are going fast, some of them too fast, but it would be well for every young man to set a mark—decide where he wants to go and put his every thought and act into getting there. The crowd moves aside for the man who is making a-straight-line-course for a given point, so firmly plant your steps toward a preconceived goal and go in that direction. Have a definite object in view and make the necessary sacrifices to attain that object. This includes the sacrifice of leisure, comfort and pleasure, and many things that are usually considered to make for happiness in life.

Stick to your job—this recommendation may sound commonplace enough but carrying it out implies interest in your job, something that we suspect many young men lack, but that all must have if they are to succeed. Without that interest the man is a mere wage-earner—a "hired man" who can-

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not hope for advancement, and if the young fellow can not become interested in his own particular job, for goodness sake let him at least be interested in something! It makes no great difference whether that interest be in collecting postage stamps, in a mechanical tool, in a game, in reading or in the study of bugs. If he is not interested in his job and is not continually thinking about that, he must get up a lively interest in something to pass the hours he spends away from his business. He must have an interest and he should have a hobby.

Remember always that character is the basic for all true success and that success is the upward way and means a persistent climb with a victorious trial of will and strength such as would overcome both the weariness and the pain of each day's work. And cherish a faith that the one who does his part in honest toil and in worthy character-building should expect God and man to back him in his life struggle.

The largest material successes in life sometimes become its ghastliest failures. There is nothing in heaping up money—anybody can do that—and

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it isn't worth while when it is done. There is not so much even in professional success. The biggest men today may be scorned tomorrow and forgotten the next day. There is nothing also in political success because often it is won by compromise and compromise is dirty business. Well, then, what is there that is worth doing? Wherein lies any success worth striving for? Why nothing on earth except service. Be of use. It is the only ambition any sane man ought ever to entertain. To be useful though obscure is worth a million times more than to be useless and rich, famous, or what some idiots call powerful. We live in a world abounding in some wrongs, much injustice and oppression. The highest type of success is to utter a form of protest against these, even if apparently unheeded in our time, it goes on, and will be producing good when we are forgotten dust.

Love your country but be charitable to other nations as well. Do not cry out against those who misunderstand your nation and fail to love it as it deserves to be loved, but help to make your own country so beautiful, its life

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so fine, its spirit so holy as to compel the love of men in a way which can never be attained save through spiritual example and leadership. In your devotion to your country cherish the highest ideals for it and believe that your country through your service and sacrifice shall be first among the peoples of the earth in that leadership and service which is the patent of nobility for men of all nations alike, and no real nations can exist without them.

Cherish the passion for perfection which permits you neither rest nor peace until you have finished so far as your ability and time allow, any work undertaken. Do not be forced by any cause to leave a work unfinished but carry it to a point as near perfection as the limit of your power permits and you will find that it will afford you the greatest delight.

If you have been blessed, and most men are, with a good Mother, remember what she has impressed upon your young mind and heart, to never swerve from right doing and to put conscience into all your work. That may, for the time being, mean drudgery, be com-

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monplace and uninteresting but in the end it will result in establishing a standard for reliability and integrity.

The immediate present time offers more and better opportunities than ever before in the history of our country, for worthy young men to achieve success, assuming that they have the requisite mental fitness, a willingness to obey authority and are industrious and conscientious in the discharge of duty and possess the tact to attract at the right time the favorable attention of their superiors.

No one can succeed to eminence in his profession whatever it be, if his eyes constantly watch the time-clock. To master every detail of his job advances his value and importance. To think ahead of his work is to develop his usefulness and to do this will develop his initiative and confidence. It becomes a habit and these habits put the man above his fellows.

Wealth is easy to attain, difficult to retain and of no value when unaccompanied by health and happiness. Increased wealth will add to your cares and will not give you either health or

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happiness but through health one may have the happiness of accumulating some wealth.

To make money, many ways are open and you will have to select your own way, but in the following of the way lies the difficulty. Aim at the unattainable—do not be deterred by any consideration save those that determine health and happiness. If obstacles are in your way, remove them, gently if possible for bruises live in memory. If you cannot remove the obstacles, destroy them. If unable to destroy, go over them. If that is impossible, go around them even if you retreat to do so. The one thing to remember is your object—the one goal to reach is your object—let nothing stop you, and if you will it so, nothing can, save only temporarily.

Remember these points—preserve your health, strive to do the thing that will keep the body strong and healthy, avoid doing anything that would have the adverse effect. Nothing will take the place of work. The most successful men are those who work the hardest. Edison may be a genius but his accom-

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plishments have been due to hard work and sacrifices that many of us do not care to make.

Remember that anything worth doing at all is worth doing well—in other words, always be and do your best. You may be an employee (most of us are) but you are working for yourself and there is nothing too good for you, is there? Make your word good—promise little and do more than you promise rather than less. Courtesy, kindness and humility pay under all circumstances—they are characteristic of the really big men. Patriotism is love of country and that begins at home. Strive constantly and unflinchingly for the welfare of the people of your own community—your friends and your neighbors. If anything is right, be for it.

Let your religion mean something to you and to others with whom you come into contact. It is not impracticable—it should be your guide daily. Apply it to all your relationships seven days in a week; it not only fits you for this life but for the life beyond and that's the most important thing of all.

CHAPTER V

GETTING ACQUAINTED WITH YOURSELF

The man who knows he can, does—Associate fearlessly with yourself—Don't worry about what may happen—The optimistic man—No rain lasts forever, no plague is deathless—Stand up against the inevitable—Be a human flash-light—Work out what is inside—Develop what you are, but develop all around—Getting joy in your work—Be obliging not grudgingly but winsomely—Do more than is required not gruffly nor grudgingly—Be comfortable with people—Cultivate those who are older than yourself—Don't be a half-way man—Cultivate your personality—Study the other fellow—Learn to enjoy your work—Be ever kind and considerate—Be yourself and don't parrot-like imitate—Avoid a heavy stomach and a cloudy brain—Respect your inner life—A clean mind and heart are valuable business assets—Success is not a Sprint but a Marathon—Get what you go after—Keep on the trail of right living—Show your colors, either be for or against, don't live in the twilight zone—Find a charm in all things—Do nothing but keep busy sawing wood—Do it now, don't procrastinate—Make yourself a specialist in your work—Be receptive, every man can teach you something—Keep steadfast to your purpose.

THE man who knows he can, always Does. The man who associates closely,

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fearlessly and truthfully with himself and who constantly keeps himself in order, his physical self, his mental and his conscious self, and who is not afraid of the dark, is usually a fit companion for anyone else.

The man who lives every day so that it is unnecessary to worry about anything that has happened or may happen, or about anything in which he is interested or about anything in which he would have another become interested in, is the only sort of a man who ought to sleep well at night or who is entitled to the boundless respect of his fellowmen.

The man who can afford to refuse to worry is a man who has done his best and that best is really as much as any other man could do because every faculty, every physical attribute, every social asset has been brought to bear on the task at which he did his best and therefore it was at least as much as anyone else could have done.

The optimistic man, the man who recognizes that no rain lasts forever, that no drought is endless, that no plague is deathless, that no sorrow will go through every hour of life, is the

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man who accepts afflictions or trouble, or sorrow and who stands up under it because he knows that by and by it will come to an end. Someone has said that we are human flash-lights, each of us with a lot of batteries (we call talents) inside, and our job in life is to find them and shine them. We are "called" and it is the batteries calling within to shine. We think we choose a career but we don't really do it, the career chooses us. We have to work out what is inside—we have to develop what we are. We have to develop all around. To develop a battery or two alone is to become an unhappy freak. We have to develop the batteries of faith, hope, love, service, with all our ability, batteries of law, art, writing, mechanics—we must never ask what shall I do to get rich, but what shall I do to be happy. If we cannot make a living in "our happy work," we will have to do other things along with it to sustain ourselves.

Each one of us is an Aladdin and as we rub the batteries of our being in whatever work we are engaged and wherever we work, in office, cabin or mansion, they shine out and enchant

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our world with happiness. That is really getting joy in our work, not in our pockets only but in our hearts. It is a good idea to believe that we are abolishing work and converting it into play and this world into a play-ground. That is an answer to industrial unrest whenever and wherever it exists. By getting each worker to shine, develop him all around and make him a MAN all around, you will be giving him a new interest in life. Don't take him away from his job but light him up in his work by getting other batteries in him to shine.

About the pleasantest feeling that one can have is the satisfaction of having finished a piece of work and having it done well. A man should be the master, not the slave of his work. He should know when to drop work long enough to give his mind and body change and relaxation. One other thing that will prove helpful, is the conviction that the world is ready and willing to give us about what we are really entitled to and if we are not getting it, it may be because we don't merit it. Don't for one moment think that there is any unrecognized talent

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or unappreciated genius. There ain't no such animal.

Remember these points—your INTEGRITY. To be absolutely reliable, to have your word as good as your bond. To have men feel that if you promise a thing, you will neither forget it nor fail to do it, and do it right, to cause him to rest comfortably when anything is committed to your charge, and having placed a matter in your hands for the doing, to have him dismiss it at once and go on with other things. To be obliging, not grudgingly but winsomely as if nothing were any trouble which would give pleasure to anybody. To have the gift of always smiling and showing an unassumed interest in the person met, as if that person were really worth while. To do more than is required and that not gruffly nor grudgingly but hilariously, and so to make it a sort of compulsion that anybody with whom you do business or encounter, will desire to see you often. Being comfortable with people is a rare gift and better than a thousand pulls of which weak men talk so much.

Preserve your independence. Never offensively intrude your views on any-

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one but be ever ready to defend a principle and be sure that you never wear a financial, social or political collar. Remember that wherever you live you will know those who have much more of this world's goods than are in your possession but see to it that you do not make a dollar that will disturb your sleep. Always cultivate those who are older than yourself. Age loves youth and is rich in experience. Never fail to impart words of praise whenever heard of others. Scandal travels fast—try and let your kindness overtake it. Remember Cardinal Newman's definition of a gentleman—"One who differs even with his enemy in such a manner that he thus indicates he hopes sometime he might be his friend." Remember the words of Abraham Lincoln—"Let us have faith that right makes might and in that faith let us dare to do our duty as we understand it."

Anybody can be a half-way man but the one who rises above this class is the one who keeps everlastingly pushing and climbing.

Do quality work. Like quality in merchandise it commands recognition. The man who possesses the force of

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character, the initiative to make his work stand out, and who is always ready for more, soon finds his responsibilities increasing. There are always places waiting for men of this type. Never in the history of the world were the opportunities so great as at the present time.

Be sure to cultivate your personality which is bound to be reflected in the policy of the business in which you are a vital force. The same principles which have guided you in your personal work should be carried out in all the ramifications of business. If you become a manufacturer, strive to build up a quality absolutely the best and give service down to the last detail. Establish a solid reputation for fair dealing—fair dealing with those to whom you sell, with those from whom you buy, and above all, you must be fair with your employers as well as employees for without this, it is impossible to develop the spirit of thorough co-operation which is an absolute essential to the wise conduct of either your home or your business.

Learn to know and control yourself. No one is worthy of leadership who

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does not know his own capabilities, who lacks confidence in himself, and who cannot exercise complete self-control. Study the other fellow—you cannot successfully deal with him until you can see the situation from his standpoint. Make the best bargain you can, consistent with merit and in the spirit of fairness, and when you have made it, live up to it unfalteringly. Make your word as good as a bond. Learn to enjoy your work and you will work much harder and never suffer from over-work. Remember hard work never killed anyone unless it was combined with worry and intemperate living.

We have mentioned on other pages to remember courtesy and to be ever kind and considerate. It costs nothing but constitutes a most valuable investment.

Be yourself—profit by the experience of others but do not parrot-like imitate them. Develop yourself—demonstrate that you stand for something worthwhile and the world will be compelled to recognize you as a leader.

You must be physically fit, mentally fit and morally fit, and then you must pay the price in study, preparation and

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hard work. To be physically fit we would again emphasize, you must have a good digestion and take sufficient exercise. A heavy stomach and a cloudy brain do not belong in the body of an ambitious young man. To be mentally fit you must train your mind to concentrate—to be absolutely thorough and to develop sound judgment by weighing matters carefully before making any decision.

In order to hold the respect of others, you must be able to respect your own inner life. A clean mind and heart are valuable business assets and to be socially fit, you must be fair-minded, unselfish, thoughtful and optimistic. Success is not a Sprint, but a Marathon. It comes only from hard, well-directed work, year in and year out, supplemented by physical, mental and moral development that makes you a bigger man as each year rolls by. Men usually get what what they go after if they pay the price.

The most successful men that we have ever known have been those who have helped most men and women to better living and higher things. The most unsuccessful men are those who

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have regarded wealth as the object of all endeavor. The richest men we have known have been those most burdened with poverty and some so called poor men who have been so successful that many have broken the Tenth Commandment over them.

If you ever get off the trail of right living, go back to the last point you were certain of and start again. Don't be afraid to back up when you're wrong and don't be afraid to go ahead when you're right. Carry your own load and help those who are not as strong as you are to bear some of their burdens.

Show your colors—either be for, or against, and don't live in the twilight zone of individual cowardice. The average trail is three-score and ten years long. Yours, and every other mans' will land him safe if he uses his conscience as a guide and his better desires as a staff.

Life is further expanded by the love of everything, beginning with God and continuing down to the manifestations of creation. One may naturally have a temperament that will make him thrill at the sight of the stars, the majesty of the mountains, the beauties of the

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troubled sea, the illimitable spaces of the universe and if he has not that equipment naturally, he can acquire it, and the way to begin is with the love for your Maker. It is easy then to find a charm in all things.

You don't need a "pull" and don't ever pull anyone else down in order to advance yourself. Don't work politics or pull wires, or schemes in order to advance yourself to any position or to secure the honor of election to any society or club. Don't let down and do nothing but "keep busy sawing wood."

If you have anything to do, do it now—don't procrastinate. Don't put it off for a time when you will feel more like doing it but if it is right to be done and if you have an intention of doing it sometime, do it now. If a thing is worth doing, do not let a single hour go by until you make the beginning to do it.

Study yourself—decide for what avocation you possess a natural talent and then proceed to learn it. Make yourself a specialist in it and as you advance, study the position above you. Some day the man who holds it will be

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promoted or resign, thus making it possible for you to obtain it.

Courtesy to all is indispensable. It is the master key that opens many locks.

Don't spend all your earnings—save a little, not out of what some miracle might produce but out of your weekly stipend.

Don't make a fetish of your own opinion. If wrong, change it—on the other hand, if right, prove it.

Keep cool—excitement and anger will cause you to shoot wild or spike your gun.

Be receptive—every man can teach you something—what to do or else what not to do.

Keep steadfast to your purpose—inconstancy is the surest path to failure.

Remember the law of action and reaction, that is, that for everything we do, we get an equal reaction. If we boost others—others will boost us. If we knock others, others will knock us. If we help others, others will help us. If we abuse others, others will abuse us. It is the same principle as expressed in the old saying "Every man is paid in his own coin."

SYPHILIS IS THE CAPTAIN
OF THE MEN OF DEATH—
GONORRHEA, THE GREATEST CAUSE OF BLINDNESS

CHAPTER VI.

THE HIGH COST OF LOW LIVING

The highest price that we pay for anything—
It is not easy to be mean and vulgar—Our
bodies are the most delicate and costly tools
—The dust is bad for the bearings—You
can't cheat the laws of nature—Must cash
in one hundred cents on the dollar finally—
Education of boys should begin in the home
and the Dad should be the teacher—Away
with false modesty and foolish sentimentalism—Only one standard for race propagation—A watch to keep time must be clean, a building to be safe must have a good foundation—Man is a moral animal—Man is more than a machine to toil and to labor—Man is more than an intellect to seek knowledge—The animal and the physical life will not permanently satisfy—A piece of glass or a diamond, which will you take—Happiness or misery, success or failure—The loathsome moral leprosy that is destroying the race.

“THE wages of sin is death”—always has been and always will be. The idea that anyone must explore and experience every phase of human life in order to be a well-rounded person is false from start to finish. It is not necessary to drag a piece of beautiful lace

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over a dirty floor in order to enrich it by the experience of a mop-cloth. The highest price that we ever pay for anything is for low living. "It is hard work to be tough"—we generally think of it the other way. It is hard work to be decent, but as a matter of fact it is not easy to be mean and vulgar. There is something in us that protests and it proves that it is hard work to be tough.

A young man may not think that it is a too high price to pay a set of broken nerves for sensuous indulgence; but the time will come when he *knows* that the biggest fee ever exacted for a pleasure is a mortgage on the fineness and quickness of nervous response to obligation and privilege. Our bodies are the most delicate and costly tools that ever were given man to work with. Do you notice how carefully a good stenographer covers up her typewriter when she leaves for the night? The dust is bad for the bearings. Do you notice how the delicate scales, balances and instruments in a laboratory are protected? Yet some self termed men will open their physical bodies to all kinds of influences with never a thought of the results.

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There is no scheme by which the laws of nature may be cheated. We sometimes hear about breaking the laws of nature; we cannot do it—they break us. Sooner or later we pay the price. Really the time to reckon with the settlement is the day we sign the contract. The day we let ourselves drift into the clutch of a debasing habit is the time to look in the face of the issue of it. We may as well draw and sign the check because we must “cash in” one hundred cents on the dollar finally, and pay the full high cost of low living.

The education of the boys should begin in the home and the Father should be the teacher and see that the lesson is on a clean and upright life as the only way into a noble manhood and its worthy achievements, and if Mothers would show their girls that sweetness and womanly modesty are the captivating qualities to the masculine heart that is worth attracting, the better elements in their nature would assert themselves and guard them from overt acts. Away with false modesty and foolish sentimentalism. Knowledge is needed for the safe and right solution of this most vital pro-

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blem of our being, the proper use of all our faculties. It is far better that the child should receive proper parental training regarding the suffering and the ruin of health and character caused by vice and immorality, than through the lack of knowledge to be led into depravity through the influence of bad companions.

There is but one standard for race propagation, the equal standard of clean living for both sexes. Men should square their own morals by the same standard which they set for their wives. The Creator has written certain laws in our physical nature which, if we violate, we must inevitably pay the penalty.

Here are three problems for young men and young women to solve for themselves: the problem of physical health, the problem of intellectual health and the problem of moral health. On the right solution of these problems depend tremendous results towards the successful, the useful, the enjoyable and the beneficial life.

The automobile will run many miles if properly cared for. A locomotive under control will carry many pas-

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sengers safely across the continent. A steamship to cross the ocean must needs be sea-worthy. A watch to keep correct time must be clean. A building to be safe must have a good foundation. A sound body and a clean mind are great assets in the accomplishment of things worthwhile.

Man is an animal, a moral animal. He has the power of choice. If he chooses the wrong he will be a sinner and sinners are sufferers. Man is more than a machine to toil and to labor. Man is more than an intellect to seek knowledge. Man is pre-eminently a living soul. The animal life, the physical life, will not permanently satisfy him. The achievements of toil will only produce more strength and ambition for still greater toil, so young fellow you had better thoughtfully and seriously consider the question—"What is gained by an immoral life?" "How does it compare with the laws of self-respect, the laws of character, the laws of health, the laws of all the best that life affords?" Will you choose to contract a loathsome disease, a premature death, or the possibility of spending years of suffering, facing a ruined and

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blasted life, consequent upon breaking the seventh commandment? "Thou shalt not commit adultery."

If you were offered a piece of glass or a diamond, which would you take? If one could have health or disease for the choosing, you would not be a sane man if you would choose disease. If one could be an honored and respected citizen would you think well of one who would choose to become a disreputable character? Gold or dross? Happiness or misery? Success or failure?

The good and the best are possible to all—why then should anyone choose the worst? We can slide to nonentity or we can climb to success.

The hour is struck when all good men and all good women should cry aloud until there should be such an awakening to the dangers of the awful peril which confronts civilization and there should be no sparring at the loathsome moral leprosy that would destroy the nation. Young men, the important thing is self determination to do the right for your own self's sake and for the sake of future generations.

CHAPTER VII

THE WORLD SHOULD BE RUN FOR THE DECENT AND DECENCY

The violation of the Seventh Commandment—

The sowing of the crop of wild oats must be reaped—The sinful woman is banished, the known libertine walks on—No room for the Prodigal Daughter—Society shows her no mercy and gives her no chance—Morality is stern as gravitation is stern—The transgressor will get hit and hit hard—This world must not be run for the nasty—After the dance the piper is to be paid—The wages of vice—Venereal diseases destroying the souls and bodies of millions—The animal parasite of syphilis—The wriggling parasites that fill the body—The abscesses that fill the liver, turns the kidneys into gristle and rots the bones—Makes him wrinkled and old at forty—Concealment of facts no longer possible—The victims should be quarantined—The public should be protected—Gonorrhea the cause of blindness—The menace to society—Plain speech necessary—The truth must be told without flinching—Venereal diseases and heredity.

RESPECTING the violation of the Seventh Commandment, so called “modern polite society” has drawn a black line of discrimination against the woman. The man guilty of unchastity

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is not made an outcast or an outlaw, and his sin is not likely to be condemned by very many. On the contrary, he finds his sins in this respect condoned and overlooked by the very people who ostracize the woman. It is said of him that "he is sowing his wild oats" and parents and friends console themselves with the thought that he will settle down by and by and be all right. In fact, the saying has somehow gained currency in the world that "a reformed rake makes the best husband." It has come to this—that known unchastity in man is not regarded as a serious or fatal disqualification for fashionable and good society but let a breath of suspicion be whispered against the fair name of a woman—let her step aside from the path of virtue, and at once she will find that the doors of all society are closed against her—nay, worse; in many cases even Father and Mother turn against her and drive her from home with the warning never to darken their doors again. Into the same society that banishes the woman, the known libertine goes, and he is smiled upon and welcomed by the very circles

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that have cast out the partner of his guilt. In the same home from which the daughter is banished, is a son who sins against some other man's daughter and breaks precisely the same commandment as his sister, but who ever heard of a son being driven from home because he was unclean? Who ever heard of a son being cast off forever because he had violated the Seventh Commandment?

The prodigal daughter may go away into the far country but she never can say that she will arise and go to her Father, for against the prodigal daughter home is closed and she is not expected ever to return. Society shows her no mercy and gives her no chance, and the man—the partner in her guilt, in most cases the tempter and the deceiver who first won her trust and affection and then cast her off and trampled her underfoot—what has become of him? Why he walks the streets in broad day-light unblushing and unabashed, and finds every door of society open to him as before. He sows his “wild oats” and then settles down and becomes a respected and respectable member of society.

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The world is run for the decent and for decency, by the decent. Morality is stern, just as gravitation is stern. Gravitation keeps alive those who abide in harmony with it and summarily destroys those who are disobedient to it. No quick wittedness can circumvent providence.

If the young fellow wants a clean tomorrow, let him live a clean today. No medicine can minister adequately to a shamed body and soul. The transgressor will get hit, and hit hard. You cannot play "pum-pum-pullaway" with God. You cannot deceive Him—He is not running the world in behalf of the nasty and the smutty-mouthed and the stench-souled and the putrid-bodied.

If man will not be good for the sake of goodness, then he ought to be smart enough not to be bad because after the dance, the piper has always to be paid. Science as well as Holy writ declares that the "wages of sin is death." The wages of vice, the cost to society of violation of the law of chastity, is an annual death roll greater than that of all the battles of history. While the World War was killing millions, venereal disease was destroying the souls

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and bodies of ten times as great a number.

Shortly before his death, the late Dr. Osler showed that syphilis is veritably the "captain of the men of death". Tuberculosis is a great plague—pneumonia is a scourge—heart disease and Bright's disease are terrible slaughterers—but syphilis kills more than them all. The deaths from this loathsome malady as well as those from other vice diseases do not appear in the mortality lists. The horrible animal parasite of syphilis does not kill the victim outright, it tortures and scourges him, eats out his vitals and leaves him a seething wreck of disease to die of some other malady which gets the credit of his demise and hides from the public eye the real cause of his death.

The chief contributing cause of venereal disease is ignorance. No intelligent man would willingly and knowingly inoculate himself and his posterity with a disease that he knew would fill his body with filthy, wriggling parasites, savage creatures that would congregate in his blood, swarm in his brain, fill his liver with abscesses,

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turn his kidneys to gristle, plant rotteness in his bones, make him wrinkled and old at forty, rob him of vigor, ambition and vitality and make of him a waddling tabetic, or a paretic, a driveling imbecile when he ought to be in the prime of his manhood rejoicing in his manly achievements and reaping the harvest of a well spent life.

How often does the agonizing cry burst forth from the lips of a man reaping the harvest of "wild oats" sown in youth—"Oh why didn't I know this before?" And his look of mingled despair and reproach would make his physician shrivel in his chair conscious that the medical profession has neglected to do its duty to society and to the race in failing to give such publicity to the facts about venereal disease as will serve as a warning to every man and every woman, every boy and every girl of high school age, and will place upon each one of them the full responsibility of protecting themselves against this most awful of human maladies. Concealment of the facts is no longer possible. The truth must be told and must be kept impressively before the minds of the young. Infectious vene-

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real diseases belong in the same category with smallpox and typhoid fever, measles and other "catching" diseases and must be subjected to equally effective quarantine measures. The leper is shunned and imprisoned. The victim of syphilis is vastly more dangerous and yet he is still permitted to roam at large, to engage in any sort of human activity. The man who shaves you may have syphilitic sores in his throat and every drop of saliva which escapes his lips may be alive with virulent, wriggling, spirochaeta and may convey the foul infection to many an innocent and unsuspecting victim of our inexcusable neglect to protect the public by an effective quarantine against the most dangerous of all infections. The baker, the grocer, the tailor, the chambermaid, the hotel or Pullman porter, even the milk man or the laundry woman, and men and women in hundreds of other vocations may be wittingly or unwittingly, constantly scattering infection while rendering their accustomed service.

A critic may ask the question—"Why should 'dirty linen' be washed in public?" It is time for "dirty linen"

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to be washed in public and it is time also for every clean living man to take a hand in the washing.

It has been estimated that a large percentage of the population of the United States are infected with syphilis and it is claimed that fifty out of every hundred men one meets on the street have had gonorrhea. It is also said that 10% of all men who marry do so while suffering from gonorrhea and an additional 10% acquire that blighting disease during married life from women not their wives. Should not such statements shock people into action and help arouse the public conscience to fight to enforce the quarantine laws that will actually prevent those infected with gonorrhea and syphilis from coming into contact with their fellows while infected.

If, according to statisticians, a large portion of the population of the United States are infected with syphilis both hereditary and acquired, there are in the United States out of its millions of population possibly ten million cases of syphilis, and the vast majority of them are probably not receiving treatment.

Gonorrhea is the greatest cause of

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blindness in the eyes of the new born babe. Eighty per cent of all blindness in the new born is caused by it and twenty-five per cent of all blindness is caused by it. It is estimated that over 50% of all so called "female complaints" are caused by this same insidious disease. Surgeons everywhere will bear out the statement that there is no germ known to science so deadly to woman's generative apparatus than is gonococcus—the germ of gonorrhea. Gonorrhea of the womb, ovaries or tubes frequently causes sterility, thereby destroying woman's opportunity of attaining the exalted state of motherhood. The time is at hand when the citizens of the United States must fight for their lives, for the syphilization of the race means degenerative progeny, and degenerative progeny means that racial death will occur sooner or later. Therefore, it behooves every loyal citizen to declare that syphilization must not replace civilization.

Syphilitics are a menace to society and should be forced to take treatment in order that they may not carry their disease to unsuspecting and good

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women whom they might seek to marry and thus convey to their offspring the elements of mental or physical decay. Children of syphilitics who have not taken long and careful treatment, are almost sure to be born with some evidence of the disease present, or have it develop later on in their lives.

Many Departments of Health maintain, and justly so, that if the ordinary communicable diseases which in no way do the harm of venereal diseases (which are highly communicable) are made reportable and quarantinable, that gonorrhea and syphilis which are the plagues of civilization, should be placed in the same category and the general public guarded from their insidious and deadly influence by having them treated in a like manner to small-pox, diphtheria, yellow fever, tuberculosis and other contagious diseases. Physicians to whom individuals go for treatment when infected with venereal diseases, should be made to see that the laws safeguarding the public health are enforced. The only excuse for failure to quarantine at this time is that the venereal diseases are still mentioned in

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whispers and to discuss them is tabooed.

And what is really being done? The measures at present in vogue are fearfully inadequate if not actually harmful. The two most prominent suggestions for the treatment of this great problem are the use of prophylactics and the publicly announced offer of free secret medical attention for all who find themselves infected. Whatever may be the hygienic value of the remedies, it is undeniable that to some real extent they encourage rather than discourage the lustful indulgence which is the cause of all the evil. It is certain that the cure of the "social evil" never can, and never will come on such lines. They merely lop off a few branches of the deadly upas tree and do not touch its roots. There is only one actual and conceivable cure, and that is prevention by the maintenance of personal chastity. It is a subject for gratitude to know that there are myriads of families which have no more fear of the awful infection of venereal disease than they have of a thunderbolt from Mars. This is a case in which anything less than plain speech is a crime. There need

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be no such ghastly diseases anywhere—there need not be if men were chaste.

So the only real hope is to train our young people to appreciate the blessings which wait on clean living, and the curses which surely accompany impurity. Of course, it is not an easy task—is anything worth doing, easy? The one thing which seems to be now clear beyond question, is that both in public and in private the old well-intended but mischievous conspiracy of silence must be broken. Pulpits and platforms must tell the truth without flinching and parents must see to it that their children are not allowed to go out into life utterly ignorant of its most solemn responsibilities or left to gain the necessary knowledge from coarse or foul sources. It ought not to be difficult for every Father or Mother deserving of that name, to see both that the little children are protected from harmful suggestions and that the older ones learn the plain truth in a proper manner.

One writer has made the statement that "20% of the community will go wrong whatever you do" but before that sweeping sentence is applied to the

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grim facts we are considering, it would be necessary to know how many of the 20% ever had from parent or friend any wise and earnest warning as to evil or encouragement towards the good. Possibly very few, if any. In all events we may say definitely and emphatically that what is most of all necessary as the only radical cure of the evil or real hope for the best and noblest, is close at hand and comparatively easy—it is, that neither false delicacy nor selfish carelessness should prevent Fathers and teachers from making the boys and young men see that personal purity may be made both easy and happy by self-discipline, with the sure promise of blessing to follow.

Over the door of a life of impurity should be hung the warning which Dante placed over the gate of his Inferno—"Let those who enter here leave hope behind." If one could pile up and present the staggering facts in one item, of the crushing, debasing, blasting, loathsome diseases which follow impurity, to say nothing of any other phase of punishment, surely for very fear of these terrible consequences, if for no other reason, men and

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women everywhere and all the time, would plead and work and fight for the white, clean life and would stand like flint against every temptation to moral breakdown. And not only the suffering that comes directly to those who violate this law, but the disease and misery which they transmit to others who are innocent, even to unborn generations—the sins of the Fathers and Mothers visited upon their children to the third and fourth generations of which truth there is such abundant evidence. It is all so appalling that it would seem to furnish all the warning that is needed of the necessity of the strictest moral rectitude and purity—of men and women instead of “throwing a loose rein on the neck of passion,” taking it by the throat and keeping it in subjection and absolutely under control.

CHAPTER VIII.

PHYSICAL WEAKNESS, HOW SECURED AND HOW CURED

Best swimmers are frequently drowned—They become fool-hardy—Trained athletes often meet with an early death—Sometimes the weak and delicate outlive the fool-hardy—Digging one's grave with his teeth—Don't over-eat—Take your food at regular hours—Physical weakness sometimes caused by lack of proper sleep—When you have slept soundly get out of bed, jump into your bath tub—Cure for nightmare—Don't eat at all hours—Worry the frequent cause of lack of sleep—Ascertain the cause of worry—Value of a brisk walk in the fresh air—Deep breathing exercises—Your sleep should rest your body—Observe the effect of what you eat—The risk of sleeping on or under feathers—A single bed for both married and unmarried—Sleeping room should be thoroughly aired—Physical weakness due to physical excess—The curse of self-pollution—The truth never yet harmed a child—Silence corrupts the souls and bodies—The worth of a continent life—The opinion of eminent doctors on sexual continence—The misery occasioned by wrong living.

IN many years of close consideration and observation, the writer has been impressed with the fact that the major-

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ity of men who die before they reach the age of thirty years are those who have been gifted by nature with the best physical endowments. It has been said that it is the best swimmers who are most frequently drowned. They overtax their strength—they are carried away with the exhilaration of the exercise—they are seized by cramps and are soon floating on the surface of the water, limp and dead. They venture too much—they take undue risks—they become foolhardy and their early death is frequently the result. Trained athletes frequently die before they have reached maturity in life. They put too much strain on their heart—they overdo the very exercise that would lengthen their lives and they fall an early prey to their fool-hardiness. A fellow should realize his condition. Even if he is not equal to some other young men in strength, he can attain by physical culture and a strict regard to the laws of health in the way of eating and proper exercise, the health that should be the lot of every young man. Frequently we find that some who are weak and delicate in their childhood, outlive those who gave promise of

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attaining to the limit of a man's life. We have in mind now, one who was talking about dying fifty years ago. She had been making arrangements for her funeral, appointed the pall bearers and she has lived to be eighty-eight and still gives promise of living many more years, and she has outlived every pall bearer that she designated. The thought of weakness made her regard more strictly the laws of health and do everything that she could to secure the bodily strength that she lacked.

Often when physical weakness has not been inherited, it has been acquired and one may say, is even self-inflicted. Sometimes the food is too rich and indigestible and unwholesome, and not infrequently it is rendered thoroughly indigestible by improper cooking. Too much fried food—too frequent eating and gorging one's food—not masticating it properly—as someone has aptly remarked, "he is digging his grave with his teeth." The natural rule of eating is to take three meals daily, separated by proper interval. It would be better if the hours were observed with careful regularity but some of the most emi-

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nent, thoughtful dieticians advise exceptional people who have naturally a weak digestion to eat only when they are hungry, but eat before the pangs of hunger are felt. We have known some who have crackers or a glass of milk at their bed-side because they have discovered that they cannot sleep without satisfying their hunger.

The Bible records—"As a man thinketh in his heart, so is he," and it may be also truly said that "as a man eateth, so is his physical strength." It is a great affliction for one to go through the form of eating when they have no appetite. Most everybody would rather have an appetite with nothing to eat than to have an abundance of food with no appetite because most everybody can get something to eat if they are hungry. What we eat and when we eat, will have considerable effect on our digestion. Remember always that it is not the quantity of food—it is what you can readily digest. Too much food is waste, just as crowding the furnace with too much coal without getting rid of the clinkers and ashes will extinguish it. As we have remarked in a previous chapter, see to it that the process

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of elimination goes on. It is more important to see that your food is digested than to eat without attending to this requirement. So, if possible, take your food at certain regular hours—masticate it thoroughly and remember not to overload the stomach. Most of the ills to which flesh is heir, have their origin in the stomach and possibly two of humanity's greatest sins are "stuffing" and fretting.

Often the cause of physical weakness is found in the quantity and character of the sleep secured. A full grown adult who is in good health and whose physical and intellectual powers are not overworked, will generally require about eight hours of sleep—some hard workers do not get it. Edison, it is reported, once remarked that he could get along very well with four hours but the great inventor is different from the average man not only in intellect but in his remarkable physical powers. Every year regularly, with some boon companions and close friends, he goes into camp, lives outdoors, sleeps in the open air, and indulges to his heart's content in the fine sport of fishing. The sleep that he

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lost whilst in his study and factory is compensated for by this extended outing.

The tendency among young men is to devote some of the hours designed for sleep, to social enjoyment and often times to exhausting and in some instances, degrading occupations. Unless you are a very lazy person, you are not likely to take more sleep than your constitution requires but remember that lazily lying in bed in the morning is not sleeping. When you have slept soundly and well, get out of bed, jump into your bath, rub yourself down with a rough towel, go through your physical exercises then dress and go about your business. It is a pretty safe rule to follow, to remain in bed only so long as you can sleep soundly. At all times, remember that the first hours of the night are more rich in physical invigoration and healthful benefits than the hours after midnight, so get up promptly in the morning when you awake. Restlessness or sleeplessness during the night, are always bad symptoms. Your sleep should be sound and unbroken. It should not even be unduly disturbed by dreams. If you

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suffer from nightmare, have the feeling of falling, or have dreams in which the events are full of perplexity and cause great mental anxiety during sleep, you may be assured that you have either overeaten or that your stomach contains some food undigested or possibly indigestible which was eaten at the evening meal, and you should carefully set yourself to discover what caused the trouble. Some seem to be able to eat at all hours but it generally falls to the lot of hard physical workers and not the men who have to use their brain in work. The stomach is a peculiar thing in different people—some can readily digest what others will find it difficult to do but generally rich pastry is injurious and some few people that we have heard of cannot even eat uncooked fruit.

Worry is the most frequent cause of broken rest and loss of sleep. Whatever causes the worry, the one who indulges in it, knows what it is and they should shun it. Worry kills more people than work. Whilst you are worrying, you are using your mental machinery and the blood is called from other parts of the body and sent to the

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brain in abnormal quantities so that sleep becomes impossible. A brisk walk in the fresh air every evening generally makes one drowsy after being in a very warm house, and sleep will come naturally. Some have to take a sitz bath—that is, a bath taken in a sitting posture with only the lower portion of the hips and lower portion of the abdomen submerged in water about as hot as can be borne and continued for from five to ten minutes, just before retiring. This has been found very effective by some people. To the foregoing suggestions may also be added the splendid effectiveness of calling the circulation from the brain by a succession of long deep breathing. The deep breathing exercises before retiring have been found very effective in correcting the circulation and inducing sleep, and if these exercises are persisted in systematically and regularly, the ordinary conditions of insomnia are readily overcome. While this deep breathing calls the circulation from the brain, the slight attention required, diverts the mind better than any other process we know of. Abdominal breathing, or that breathing which distends

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the abdomen instead of the chest while the air is being inhaled, often times has proved effective in inducing sleep.

If whatever sleep you get does not rest you, or if it is troubled and broken, ascertain the cause and lose no time in determining what it is, and set about remedying it, and do it immediately.

Every young man should learn to be observant of the effects of what he eats. When you suffer from a headache or have that uncomfortable feeling after eating, or if you seem to be without animation or ambition, there is some reason for it and you will usually find the cause by a careful review of the preceding forty-eight hours or at least the twenty-four hours preceding it.

The custom in the country especially, of sleeping on feathers or under feathers which seems very comfortable on a very cold night, is certain to be injurious and it is carefully avoided by many who seek strong bodies and good physical powers. There is nothing better and more wholesome than sanitary beds and plenty of well aired covers. Feathers often times prove too heating, even when lying on them—they are apt to press against the back

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and spine and thus result in too much heat for the spinal column which also tends to physical and sexual weakness and sometimes even produces it. A good hair mattress or even a hard bed, is much to be preferred. No young man who is troubled with sexual weakness can hope to obtain entire relief so long as he sleeps on a feather bed or uses a feather bed as covering. Sleep on a hard bed—the amount of covering should always be moderate and even a slightly insufficient amount is better than too much.

A single bed is always to be preferred both for married and unmarried people. Where two persons sleep in the same bed, the one who has the stronger physical power is likely to absorb the vital forces from the weaker one. Where either is afflicted with any tendency to tuberculosis, has any skin disease, or other malady, they are likely to make their condition prove a contagion to the one who shares their bed. If possible the sleeping room should always be exposed to the rising or setting sunlight. It should be thoroughly aired during the day and there should be an

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ample supply of fresh air throughout the night.

As already intimated, physical weakness may be due to physical excess and to self inflicted causes. At some period in boyhood or in the subsequent years, some young men have learned from their boy associates or from some accidental cause, the unmanly and debasing practice of self pollution. We have heard that in some of our colleges and universities self pollution and some other forms of self imposed degradation and defilement are practiced among the students and sometimes even to an alarming extent. This practice is revolting and degrading and if continued is ruinous in its results. It weakens the intellect and thoroughly undermines the physical and moral man. This practice is a sin against young manhood and if persisted in becomes destructive of the possibilities which the coming years might have had in store for the young fellow.

The most fruitful source of self pollution is ignorance. If parents were more observant and more faithful in the discharge of their duty to their children in this respect, the evil would

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be generally corrected. It was ignorance of the penalties of such habits that caused it and the silence of some parents is both foolish and culpable. The person who leaves his or her own child to learn from vicious companions what they should have received in an intelligent way from Father or Mother, is guilty of grave negligence. Ignorance is a deadly sin. The truth, ~~properly~~ told, has never yet harmed a child. Silence, false shame and mystery, have corrupted the souls and bodies of thousands of our young. If many parents could read the plaintive letters that come to us from everywhere, they would be moved to a conscientious discharge of their duty and remain no longer silent upon the subject that is degrading and destroying some of the very flower of our youth. Many of the letters are from conscientious young men who say in purport—"My parents warned me against the use of certain things that would mar my morals—against lying and dishonesty, against gambling and degrading companions, but of this awful evil they never gave me the slightest hint." And it seems that the teachers of our young

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have been maintaining with the parents, the conspiracy of silence. Young men of education and culture, even at the age of twenty-five and thirty years, through ignorance, have fallen into this terrible vice. Through some strange and mistaken delusion, and through the advice of some vulgar physicians, they have the idea that a clean, continent self-contained life, is inconsistent and unfavorable to their best physical well being. In order that our readers may understand the unscientific character of this absurd idea, we quote the opinions of some of the ablest physicians both throughout Europe and the United States upon this matter.

Professor Lionel S. Beale of King's College, London, says: "The argument that if marriage cannot, for various reasons, be carried out, it is nevertheless necessary upon physiological grounds, that a substitute of some kind should be found, is altogether erroneous and without foundation."

The Union for the Advancement of Public Morality in Norway addressed a letter of inquiry to the medical faculty in the University of Christiania,

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to which the faculty made the following reply: "The assertion made recently by various persons, and repeated in public journals and at public assemblies, that a moral course of life and sexual continence is injurious to health, is entirely incorrect according to our experience, which is herewith unanimously expressed. We know of no disease nor of any kind of weakness concerning which we may safely affirm that it might proceed from a perfectly pure and moral life."

At a great congress held in Zurich, Switzerland, composed of representatives of the great powers of the world, in which America, Europe and Asia, as well as Africa, were represented, Professor Neisser who was known as the leading regulationist, offering this resolution which was unanimously adopted—"It is necessary above everything to teach young men that not only are chastity and continence not injurious but that these virtues are most highly to be recommended from a purely medical and hygienic point of view."

Dr. Lydston in his text book on "Genito-Urinary, Venereal and Sexual

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Diseases" says that as far as the young man's physical welfare is concerned, the average man would be better off if he observed the rules of chastity. The functions of the body may be held in abeyance for a long period, even for life, without necessarily producing physical injury. Not only are the best medical authorities of the world united upon this subject but the falsity and danger of such delusive and destructive sentiments prevalent among the evil minded are destructive not only to morals but to health.

Take the individuals who have thrown morality to the winds and entered upon the dangerous and sure wrecking of their physical powers, and indulged them to the limit—they are not happy—they are not only unhappy, but miserable. Their consciences disapprove of such a course and the condemnation of worth-while and good people who know of their lives, who shun them as if they were moral lepers, but these human derelicts have a social nature and they secretly yearn not for a consort in sin, but for the companionship, sympathy and inspiration of a loving and sincere affection.

CHAPTER IX

FURTHER CONSEQUENCES OF WRONG LIVING

The insane asylums—Filling our penitentiaries and poor houses—The contagion of syphilis—Inflamed mouth may exist in an innocent person—Sometimes the inheritance of a guilty transgressor—An instance reported in a medical journal of a glass blower—The contamination of others—The danger of a kiss on cheek or mouth—Scrofula and cancer often the results of syphilis—The connection between consumption and syphilis—The disease that poisons the fountains of life—The presence of syphilis in the parents apt to be inherited—Syphilitic parents weakens the powers of resistance in their descendants.

THE extent to which sexual excess and venereal diseases affect the human family is understood by those who study their results as seen in the young, as manifested in domestic life, and as found in their fullest fruitage in our hospitals, prisons, and insane asylums. Dr. Guernsey says: “A search in any insane asylum will show that a very large proportion of patients are made up from those who mastur-

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bate or who have syphilis. Stamp out these two evils, or rather curses, of the human race, and the supply that feeds our insane asylums, aye, and our penitentiaries too, will become vastly lessened. Think of it? Many of the prisoners in our jails, penitentiaries, asylums, and our poorhouses are composed of men and women who have offended against nature's laws by violating their own sexual nature. Add to this total the list of broken-hearted, de-flowered virgins and un-wedded mothers, and you have the picture complete."

One of the most dangerous periods for transmitting the disease by ordinary contact is during the secondary stage, when nasal catarrh and sore mouth make their appearance. In speaking of the inflamed mouth which may exist in an innocent and unsuspecting person, or be the inheritance of a guilty transgressor who may never have been apprised of the nature of the disease, and in his ignorance may unwittingly expose others to the same dire consequences, the author whom we have just quoted gives an instance which must have been of this character.

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“An instance is recently reported in a French medical journal of a glass-blower who was suffering from such ulceration. As is usual, in all respects he appeared in good health and was received into a manufactory. In these establishments the workmen are accustomed to pass rapidly from mouth to mouth the tube through which the glass is blown. He had been there only a few weeks when the physician to the factory was applied to for ‘sore mouths’, and found with horror that this single diseased man had infected, in the process of blowing bottles, nine others.”

Persons in this stage of disease contaminate others not only by sexual contact, but several instances have come even to our knowledge where innocent girls have been inoculated upon the cheek or mouth by a kiss. Even when these secondary sores are comparatively harmless in appearance, and are supposed by the uninformed to be only common eruptions of the skin, they may be and are often communicated by the use of drinking-cups, towels, brushes, combs, etc, and even, when the skin is broken or a sore

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exists, by shaking hands. When it is received into the system, the disease always begins with the primary stage and unless arrested, goes in regular order through primary, secondary, and tertiary stages. It never begins with the secondary or tertiary stage, but always at the beginning with primary sore.

How thoroughly syphilis has permeated society any one can judge from the prevalence of scrofula in all its forms, and cancer, and of tuberculosis, better known as consumption when it appears in the lungs, or when it attacks the lymphatic glands and the bones, and appears in a form known as white-swelling. That there is a vital connection between syphilis in the parent and scrofula, cancer, consumption and kindred diseases in the descendant can be, and is, demonstrated in the appearance of these diseases in the descendants of syphilitic parents. In the minds of some medical men there is but little, if any doubt, that the presence of these diseases always indicates that somewhere, three or four or even several generations back, this terrible scourge, recognized or unrecognized,

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visited some guilty or innocent ancestor and poisoned the fountains of life and being of their descendants. One of the authorities frequently quoted says: "It is true they cannot transmit to them (their offspring) the syphilis itself but they are apt to give them imperfect organization and a direct tendency to certain forms of constitutional disease, especially scrofula and cancer. In fact some persons think that these terrible diseases first originated in this way, from syphilis and if so, they may be regarded, in one sense, as a further stage still more removed from the primary one."

Though the germ of tuberculosis is different from the germ of syphilis, yet the presence of syphilis in the parent, may and doubtless does, render the physical condition such in his posterity that the germs of consumption, which are so universally disseminated, find in such constitutions the conditions requisite to their reception, propagation and destructive results. If this be a correct statement of the case, then the tubercular troubles are not evolved from syphilitic conditions but often leave the descendants

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of syphilitic parents in such a weakened condition as renders them unable to resist or escape the attacks of tubercular germs. Whatever may be the correct theory, the fact remains that scrofula, cancer, and consumption are found in the wake of parents who have been afflicted with syphilis, and in whom the disease still lurks—cornered, but not cast out, scotched, but not killed.

We have homes for fallen women—how did they fall? Through unclean men. Homes for fallen men should be erected and they should be so labeled and should carry the yellow flag showing that its residents have been infected with a contagious disease.

CHAPTER X

THE APPALLING PENALTIES EXACTED BY VICE

Total blindness—Infants born blind—Gonorrhea a scourge—Sometimes not curable—Presence of germ only detected by microscope—Infecting the bride—The cause of invalid wives—The discovery of the gonorrhea germ—The danger from the gonococci—Three forms of venereal disease—Symptoms of clap—The principal forms of syphilis—The first positive evidence of the disease—The venereal ulcer which attends chancroid—The difference between chancroid and chancre, or syphilis—Severe pains like rheumatism between the joints—Bones become brittle and nature loses her power to heal—The bones slough and pass out—chancre may break out in the mouth and throat after thought to have been cured—A diagnosis of the first chancre—Syphilitic sores may attack the tongue and throat and outer surfaces of the nose and mouth—Contamination of drinking cups and towels—The appearance of eruptions—A new form of rupia may be expected—It begins with a little scab—Great sores on the arms and legs—The gummy tumors liable to appear—The decay of various parts of the body—The bones and the flesh reeking rottenness and death—Should a victim ever marry—The penalty of a moment of illicit pleasure.

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THE penalties that are exacted by vice are appalling and the one who has supposed from hearing that "it is no worse than a cold in the head or a toothache," will have his opinion very summarily changed. Many instances may be related of some of these high costs of low living.

A man in mature life suffering with what he thought was simply an eye infection, visited his oculist who after a brief examination told him that the eye had been inoculated with the virus of gonorrhea and that no human skill could possibly save its vision. The man protested angrily that this could not be as he had not been exposed to this contagion. The doctor insisted that he could not be mistaken and demonstrated to his patient the correctness of his diagnosis. Some months later the startled patient called to tell him that he had discovered the source of his infection. His son who had been away from home had returned just previous to his first call upon the physician and in the morning had preceded his Father in the use of the bathroom and had used the same towel

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which was afterwards used by the Father.

Another instance is recorded where a husband and Father who was suffering from this disease was followed by his wife and children in their evening bath and although the water was changed the bodies of all were inoculated with the disease.

Should the disease be communicated to his wife during the period of her expectant motherhood, total blindness is sure to be the fate of the infant unless the virus is immediately removed and to guard against this possible danger, the eyes of the new born infant are the first to receive attention from the attendant nurse.

Young men who have contracted gonorrhea and after receiving medical treatment may think themselves entirely cured but yet retain in their bodies remnants of the disease, the presence of which can only be discovered by a careful microscopical examination. In writing of such cases, an eminent physician says: "In countless cases it destroys the happiness of the family. How often do specialists in female diseases see young wives

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after the first few weeks of marriage, sickly and in failing health, whom they formerly knew as healthy, energetic girls." Another physician remarks: "This disease has a power of infection which is remarkably obstinate. It is an every day experience for men who contracted clap five or ten years ago, or even longer, and who counted themselves as cured, to infect their young wives soon after marriage."

There is no lack of authority upon this point and the saddest feature is that in a large percentage of cases the condition of the young wife is not temporary, but permanent. Many an aroused and disturbed young husband has gone to his physician and bemoaned the condition of his invalid wife, but little dreaming that he is himself the author of her misery—never for one moment supposing that, but for his wrong, his wife would be the healthful, beautiful young girl whom he had induced to become his wife. A single illustration from the practice of Dr. Lowdenhardt will suffice: "J. B. contracted gonorrhea in the Fall of the year. Discharge lasted for six weeks and then almost ceased. Drank cham-

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pagne during the Christmas holidays and the discharge reappeared. Continued for several months and then became scarcely more than a slight secretion. This kept up, sometimes slightly worse and sometimes disappearing altogether. Then he married. Two months after marriage his wife had an attack of acute ovaritis and pelvic peritonitis and came near losing her life and did finally have to have a surgical operation to remove her ovaries. This man's urethral secretion was examined by me and found to contain gonococci in large numbers." Thus it can be readily seen that a man is not alone in suffering the penalties of wrong living but frequently his own wife will bear the greatest burden of his degrading passion.

The period of modern knowledge upon the subject of gonorrhea dates back only to the time of the announcement of the discovery of the gonococcus in 1879 by Neisser. Formerly it was thought that a perfect cure could be secured in from three to six weeks, the average period assigned for a cure today is six months, and obstinate cases frequently call for a treatment extend-

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ing over a period of from one to four years, and reliable medical authorities state that about three per-cent of the cases are practically incurable by any treatment whatever.

Formerly this disease was thought to be limited to the genito-urinary tract, while now it is known that the germs of this disease may be taken up by the blood and lymphatics and may effect almost every organ of the body, and Dr. Morrow says that it may effect "the brain, and cord, the endocardium, the pleura, the liver, the spleen, the kidneys, the joints and tendon sheaths and periosteal, to which it is carried by the blood vessels through the peripheral capillaries to the skin." In addition to these, if the gonococci is communicated to the vagina of the unoffending wife, it also produces in her untold wretchedness, and even death itself, by being communicated to the fallopian tubes, the ovaries and the peritoneal cavities.

Dr. H. N. Guernsey, in his excellent little book, "Plain Talks on Avoided Subjects" says: "When gonorrhea is contracted, although frequently suppressed by local treatment in the form

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of injections, it is never perfectly cured thereby. No; the hidden poison runs on for a lifetime, producing strictures, dysuria, gleet and kindred diseases; finally in old men, a horrible prostatitis results, from which the balance of one's life is rendered miserable indeed. If inflammation of the lungs supervenes there is often a transmission of the virus to these vital organs, causing what is termed 'plastic pneumonia,' where one lobule after another becomes gradually sealed up, till nearly the whole of both lungs becomes impervious to air and death results from asphyxia."

There are three forms of venereal disease. The most common—gonorrhea or clap usually appears about ten to fifteen days after the inoculation has taken place. The parts become so swollen that in order to treat the hidden ulceration the use of the knife may become necessary. Gangrene is possible and physicians tell us that if not properly treated the poor unfortunate may even suffer the loss of a portion of his sexual member. While gonorrhea is local in its manifestation and when a cure is assured, is not transmitted to

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his offspring, yet it is by no means a simple and indifferent matter.

The two other principal forms are chancroid and chancre, the latter being the primary lesion or sore of syphilis. In their first appearance they are quite alike—chancroid however is purely local, does not poison the blood, appears from three to nine days after inoculation and generally yields readily to treatment and leaves no permanent constitutional effects. With chancre or syphilis it is different. The first positive evidence of the disease does not make its appearance until at the close of from three to six weeks and when the chancre or first sore appears, although it be discovered when no larger than the head of a pin, the system is already thoroughly contaminated and though this first visible symptom should be cauterized, the entire body is already effected and the results are inevitable.

The venereal ulcer which attends chancroid may make its first appearance as early as the second or third day but may be retarded in its appearance and has been known not to appear for even a couple of weeks. It may be so small that its existence will be un-

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noticed and occasion little or no inconvenience for a time, or an alarming ulcer may form rapidly. There may be a simple ulcer or chancroid appearing on the sexual member or several chancroids may appear on the body at the same time. The chancroids may be attended with buboes or a swelling of the lymphatic glands in the groin, and these may gather and break or require to be lanced and treated the same as in similar trouble in the instance of gonorrhea or as in syphilis itself, for bubo is likely to attend each of these three diseases, the only difference being that in cases of gonorrhea the virus may not be absorbed into the system as in the case of syphilis.

There are a few differences by which the physician easily distinguishes the chancroid from chancre or syphilis. The chancroid usually appears in a few days—chancre in a few weeks. Chancroid in external appearance looks like the chancre but the latter has an indurated or hard base somewhat like the core of a large boil while the chancroid is an ulcer with a soft base, and it is this difference which enables the doctor to discriminate between them.

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Chancroid may be and often is a larger and more inflamed ulcer but it does not become constitutional. When the chancroid and its bubo or swelled gland in the groin are thoroughly healed, the consequences are usually over but when the chancre is healed the terrible results of syphilis are but just begun. The appearance of the chancre in syphilis is only an announcement that the poison is in the system and that the secondary effects may be confidently looked for, and even if modified by treatment unless speedily arrested in its course, the tertiary or third stage of the disease will be sure to follow later, and the peculiar terror of this disease is that each stage is more destructive and more to be feared than that which preceded it.

It is important to fix clearly in mind the fact that syphilis has three distinct and clearly defined stages—primary, secondary and tertiary.

The primary stage is recognized by the appearance of the indurated or hard chancre which usually begins as a pimple and after several days develops into an inflamed open ulcer having a red circle. These sores may be at-

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tended by the swelled groin or buboes and after a few weeks both may yield to treatment and disappear.

The secondary symptoms which follow, manifest themselves in a virulent attack of the disease upon the skin and mucous membrane. The secondary stage is reached at the end of a few weeks, usually three or four, or it may remain dormant for that many months. The attack now is upon the skin. Rashes, eruptions and sores appear upon the body. The glands become inflamed. Shallow ulcers form upon the tongue and just back of the lips on the inside of the mouth. The throat ulcerates, catarrh lays hold of the mucous chambers of the head; the stomach, the liver, and the internal organs may also be attacked. The hair is liable to fall out, the spirit becomes depressed, the brain may be involved, and even imbecility, epilepsy and insanity may follow. These are some of the horrors of the secondary stage of uncertain duration but which usually lasts from one to three years.

The third stage which may last many years or even for life, is still worse. In the tertiary stage the disease leaves

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the outer surfaces and attacks the bones. The early symptom is a severe pain like rheumatism, between the joints, especially between the knee and the ankle, and on the head. The pain is so severe at night that often the afflicted one has to walk the floor unable to lie down or sleep. The bones become brittle and nature loses her power to heal. The nose is liable to be eaten away and piece by piece, through great sores in the flesh, the bones slough and pass out or they may weaken and break by a sudden strain. Dr. Napheys tells of a young man who even in attempting to pull off his shoe snapped his thigh-bone at the hip-joint and for nearly two years was laid upon his bed from which he was only relieved by death.

Dr. Hollock says: "No person who has once had chancre can ever be perfectly safe from the terrible consequences of tertiary symptoms unless he has undergone most thorough treatments at the proper time and I knew one individual in whom tertiary syphilis broke out in the mouth and throat eight years after he thought he had become cured."

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This is the disease concerning which an eminent professor in one of the largest medical colleges, in one of the clinics when examining and prescribing for persons who had skin diseases, and when a man with a syphilitic sore was before the class said to his students: "Gentlemen, I would not have that sore on my body for the entire continent of North America."

About two months after the first chancre a rash makes its appearance. This oftentimes locates on the forehead along the edge of the hair or on the scalp, or it may break out upon any part of the body or nearly or quite cover the entire surface of the body. At first the pimples are an inflamed red, then yellowish and latterly copper-colored. When the scab or scale which forms above them falls off, it leaves a small, shiny, copper-colored spot. This copper-colored spot marks a man diseased with syphilis and by it, he may be recognized by all who are familiar with the signs as one who has contracted this loathsome disease.

Syphilitic sores soon attack the nose, mouth, tongue and throat and may also attack the outer surfaces of the nose

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and mouth or may appear in other parts of the body. These sores are highly infectious and at this stage of the disease, the contamination is left on drinking-cups, knives, forks, dishes, towels etc. and persons who come into contact with these articles are apt to be contaminated.

About the end of the third month, a second instalment of eruptions make their appearance, usually attacking the face, back, hands and feet and when the scales fall, there is again left another series of copper-colored spots.

The order of the events and the periods of their duration are not invariable. The different periods or stages may even overlap each other, for in syphilis both the physician and the patient have always to be prepared for surprises.

About the end of six months a new series of dangers are encountered in the form of inflammation of the eyes. This form of syphilis is often met with in the hospitals and calls for prompt treatment. Unless properly protected and correctly treated, blindness is the sure result.

About this time, the periosteum or

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thin covering in which the bones of the body are encased, is liable to be attacked. This is very painful and hard lumps called nodes, form deep under the skin. They usually come on the arms, or on the legs between the knee and the ankle. The swelling often becomes hardened and remains permanently, either loose, or attached to the bone. When these nodes form on the inside of the skull, as is sometimes the case, they press upon the brain and cause convulsions and eventual death.

At the end of about a year a fleshy swelling of the testicles is liable to occur. This is a new form of trouble and danger, as it exposes the sufferer to the possible loss of the function, or use of those members, or it may degenerate into a condition resembling cancer, or it may terminate in one of several ways, or for almost an indefinite period refuse to terminate at all.

There may be periods when the disease seems latent, but if it is not arrested and the system cleansed, at the end of about the second year a new form of the disease known as rupia may be expected. The word rupia comes from a Latin word meaning a rock, and

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is so called because the body is covered with hugh scabs resembling a rock. These begin with a little scab formed over a small sore resembling a blister. Beneath these scabs the ulcer eats deeper and spreads broader, all the while exuding a serum which dries from beneath in layers, each broader than the next above, and thus the scabs or scales grow broader and higher until their appearance suggests the resemblance or propriety of calling them "rupia," or a rock. These great sores appear upon the arms and legs and we have seen them sufficiently numerous and large to give the patient a very horrible appearance. We have also seen them quite completely cover the back with smaller sores and have known persons to remain in the hospital an entire year before these sores have disappeared.

At the end of three to five years, or a much longer period if the disease has not been arrested, tubercular deposits are likely to form in the mouth, throat, nose and on the tongue. At first they appear as hard lumps or tumors and then develop into ulcers of a very destructive character. They eat away

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the palate, nostrils, and bones of the nose. These ulcers in their appearance and result greatly resemble and are often mistaken for cancer. People with the nose thus eaten away are not infrequently met with.

From two to six years after the appearance of the chancre, gummy tumors are liable to appear. They are much like the preceding. Hard, movable lumps from the size of a pea to that of a hen's egg, form under the skin in any part of the body. For months they may remain unchanged, and occasion no pain, but finally they attach themselves, ulcerate and when opened disclose a condition that looks as though the underlying tissues had all been undermined, and a large and destructive ulcer develops in a surprisingly short period of time. Generally, destruction of the bone follows, and the tertiary stage, with its much-to-be-dreaded results, is upon the poor victim with all its pains and terrors.

If the sufferer is not thoroughly cured, at any time from two to twenty or even forty years, as the case may be, the bones may be attacked, and the nose, the upper portion of the skull,

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the spine, or the large bones of the arms and legs may yield to disintegration and decay. These may slough off and pass out through great sores, and afflict with untold pain and horror their unhappy victim.

To recognize the full character and effects of syphilis, you would have to compel the world to throw open the doors of all its hospitals, and expose to view the moral lepers, whose flesh and bones reek with rottenness and death, and as you pass from ward to ward, it would be necessary to require your attendant to call diseases by their real names, and tell you the true relations of the many aches and ills to this one terrible disease of diseases which even visits its judgments upon the children of its unhappy victim to the third and fourth generations; to throw open the doors of the insane asylums, to show you the large number of their unhappy victims who have been thrust in here from among the primary and secondary sufferers of syphilis; to throw open the doors of the sepulchres and show you the slain; to throw open the gates of the lost world and show you the doomed, and let you listen to

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the wails of the millions who have been slain for all eternity by this awful sin of lust and disease.

Sometimes the chancroid is mistaken by the physician of limited practice for the genuine chancre and because of its early disappearance he is awarded by the patient, and sincerely accepts, the credit of having permanently cured a chancre or a case of genuine syphilis. In other instances, where the lesion or ulcer is one of genuine syphilitic origin and character, and where the physician is successful in bringing the secondary symptoms to bay, the patient removes from the neighborhood or disappears, and if, in after years, the disease returns, the physician may never learn of it. And even if the patient does not remove and the symptoms subsequently return, the patient may accept that fact as evidence of incompetency upon the part of the physician who failed, as he thinks, in his first efforts to cure the disease, and upon that account seek medical aid elsewhere, while, at the same time, the first physician may mistakingly regard the cure as being permanent, and may so record it in his journal.

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Should one who has been infected with this blighting disease ever marry? Discussing this topic Dr. Hollick says: "It is not positively known whether the semen itself from a man who has syphilis will give it to the woman with whom he cohabits. That is, suppose he contracts syphilis and is cured so far that there is no sore from which the woman can be infected, may she be so from the semen? There is good reason to suppose she may, in the same way that she would be from the man's blood." The same author also says: "Most usually, the child inherits syphilis from its mother who may contract it from the father without being aware of what is the matter. But the child may also be affected from the father through the semen, which may undoubtedly be contaminated by syphilis. In all probability the disease effects the seminal animalcules, making them feeble and imperfect, so that, if they impregnate, the resulting offspring will be feeble and imperfect also. Probably this is one reason why women, when impregnated by syphilitic men, are so apt to miscarry. The embryo has not life enough to retain itself in the womb.

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Through how many generations syphilis may run before it becomes extinct we do not know, but with each remove it seems to become more modified and lighter till at last it probably merges into some ordinary form of disease, especially scrofula.

Dr. Napheys says: "It is possible for a man in whose constitution the taint of disease exists, but is latent, to have perfectly sound offspring. But if he has any symptom of the disease in any stage, it is probably, nay, almost certain, that his children will show the effects of it, although their mother remains healthy. When such a child is born, it is a dangerous source of infection for all around it. The nurse who applies it to her breast, the friend who kisses it, the attendants who handle it, are in imminent danger of being in turn victims of the loathsome disease."

"We are compelled to conclude," says Dr. Barton, summing up the many observations on the transmission of syphilis, "that a very considerable portion of those chronic diseases of the eyes, skin, glands and bones, to which the epithet scrofulous has been applied,

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are really the results of inherited syphilis.

"And all this misery, all these curses long drawn out, these consequences so dire to innocent generations, the penalty of one moment of illicit pleasure, the vengeance of a violated law, which knows justice, but no mercy!"

Dr. Gottheil in his treatise on syphilis says that "when the father alone is syphilitic the earlier conceptions terminate in the same way as when both parents have the disease." When outlining the course of events where many conceptions occur, he says, "the earlier ones end in abortion (premature birth); later ones terminate in the delivery of dead children; then occurs the premature delivery of living children; then the delivery of full-term syphilitic children; and, finally, that of full-term healthy children."

Let anyone look calmly at the facts and figures and then say whether persons who have been afflicted with syphilis ought ever to marry. The view, of course, of eminent specialists is that syphilis does not in all cases constitute a permanent barrier to marriage, and in recent years medical

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science has made great strides in the treatment and cure of this dread disease. If a man believes that he has been infected, or even if there is any possibility of infection, he should at once seek the services of a reputable physician, preferably his own family physician. The importance of early diagnosis and treatment cannot be overemphasized, for only in this way can the patient be spared many of the horrible consequences of the disease. With the Wassermann test every physician can determine whether or not syphilis is present, and can start treatment, if it is needed, before the disease has had opportunity to ravage the entire body. This treatment must extend over a long period, usually from one to three years, possibly longer in advanced cases, and must be most strictly and conscientiously carried out. It is clear, then, that marriage upon the part of an individual once infected must not even be thought of until a competent physician can give positive assurance that every trace of the disease has disappeared and that there is no possibility of the patient's transmitting it to his future wife and his innocent, unborn children.

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In cases where the patient applies for treatment only when an advanced stage of the disease has set in, it may well be that the physician, conscious of his great moral and social responsibility, may be forced to advise that marriage may not safely be undertaken, thus closing the door against a lifetime of happiness, merely for lack of will power to withstand a momentary temptation.

The increasing frequency with which both young men and young women are applying to their family physicians for a complete physical examination before entering upon married life is a healthy sign that the youth of the country regard marriage as a serious responsibility to which each party must be prepared to give his or her best. If all young couples refused to marry without the approval of a responsible physician, there would be far fewer post-marital tragedies.

It is surely clear that the young man who seeks illicit relations is doing a far more dangerous thing than taking his own life in his hands. If infection with a venereal disease meant simply the death of the infected person, it would be much less harmful to society in

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general, prevalent as such disease is, than is the present state of affairs. The young man who contracts a venereal disease is, in the majority of cases, not merely laying the foundation for his own broken health—he is running a serious risk of transmitting the disease to a pure, innocent wife and child. Specialists in this field claim that at least seventy-five per cent of the operations which women undergo for diseases of the pelvic organs are the result of gonorrheal infection. Syphilis, too, brings in its train a host of calamities—operations, insanity, defective children and degenerate grandchildren. Surely these natural retributions for illicit intercourse infinitely outweigh any momentary pleasures achieved from self-indulgence! Surely any young man who knows the whole truth about these terrible venereal diseases will be well-armed against the temptations of momentary indulgence of his carnal appetites!

IF YOU WANT A SOUND BODY—LIVE STRAIGHT
IF YOU ARE AFTER SUCCESS—BEHAVE YOURSELF

CHAPTER XI

LOST MANHOOD AND HOW TO REGAIN IT

No such thing as physical necessity for man only—Man should be woman's defender and protector—She is the counterpart and complement of the husband—A consort never can be a companion—The demands of his social nature can only be fulfilled by wifehood—The bane of evil habits—The diseased should consult a competent physician—An answer for medical fakers—Do not consult advertising quacks—A talk with Dad may help—Don't be frightened over emissions which are common to all men—Suggestions that will help keep a young fellow continent—Fresh air in your sleeping room—Outdoor exercise—The loss of semen, nature's method—How to drive out impure thoughts—Don't be easily frightened when emissions occur—The safety valve of the normal young man—Do not be unduly alarmed but not wholly indifferent—The nature and office of the glands—The example of athletes under training—Do not stimulate your sexual nature—Keep your mind free from pollution—The work of the tear glands—Cleanliness necessary for both mind and body.

THE theory of physical necessity is at variance with the laws of natural affections and also sexual affinity. If one lives in harmony with its teaching

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in gratifying his own passions he ignores all distinctions of class, diversity of age and generally even of race and color, and he is not deterred by the most degrading and unsanitary conditions, or even by the most loathsome disease!

By the same course of reasoning in justification of the law of necessity for men, it would be quite as easy to make out a law for physical necessity for women, for while the physical inclination of man is more demanding yet it is no more imperious than at its periodical insistance in women. The trouble is that the theory of physical necessity for men ignores the rights of women. It makes her the mere creature of man's lust—it denies her the right of control of her own person, it robs her of her most sacred rights and manacles her in a slavery that is degrading and more cruel than ever inflicted upon man in any age or in any land. The Creator did not intend that man should be woman's destroyer, but her defender and protector. Women's exaltation and honor are man's benediction and blessing. Whatever wrongs are inflicted upon her will fall upon him.

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She is his counterpart and complement and in the relation of wife to husband, together they constitute the reproductive unit and it is a unity which cannot be safely disturbed without detriment to both parts of the unit. It is unthinkable to regard the law of physical necessity but even if we take into account only the physical well being of the male, by admitting this—and we do not admit it—the physical should not become the predominant portion of the male nature. Man is a moral, a social and an intellectual being. He has a moral nature and a conscience and the requirements of this so called physical necessity is at variance with both.

Man is a social being and the requirements of this nature cannot be successfully met until he discovers not only his physical but his social, moral and intellectual complement. A consort never was, nor never can be a companion and the demands of his social nature can never be met and fulfilled by harlotry, but only by wifehood, and wherever this idea is permitted to work to its legitimate results, it has always terminated in the degrading of

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both sexes not only to the individuals but to the nation.

If a young man has inflicted a physical weakness upon himself by sexual defilement and degradation, his only security is its immediate and complete abandonment. To do this he must possess an overmastering determination to bring his lower nature into subjection to the attributes that make for the sanctity of the home and the permanence of society. Any young man who continues an evil practice may be sure that he is steadily undermining his physical powers and thus destroying his health and if he persists in it, it will surely bring ruin, regret and remorse, and in some instances it produces even softening of the brain and an early death, or may convert the unfortunate victim into an imbecile. A young man who has allowed degradation to rule his life, if there be sufficient manhood left in him, should rise up to the dignity of a will that every man has in more or less degree, and assert himself and declare he will be free, and that he will put the monster beneath his feet and fight if needs be until death, for victory and with the

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help of his Maker he will surely be crowned with victory over his passions and may even regain in subsequent years the manhood and the powers that he had destroyed.

It may be necessary for a young fellow who is suffering from physical weakness and who thinks that his physical powers are being exhausted to consult a competent physician but he should be very careful to select a man not only of medical experience but one who is himself a man of clean living and irreproachable character, otherwise he might receive the wrong advice and he might advise illicit sexual intercourse as a substitute for self pollution and as a cure for sexual weakness. Such a cure would prove worse than the disease. The unhappy victim who would follow such advice instead of finding the peace of conscience and sexual repose which he so much needs, would naturally fall into additional excesses and his weakened sexual nature would be in a state of torment. His mind would be further weakened and his imagination would be defiled by the advice of a so called physician without character. When one of these

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medical fakers advises illicit intercourse, he would be properly rebuked by a young fellow who was thus advised, by asking the physician to furnish him with the woman that he would degrade and to give him an introduction to his own wife and daughter. Get the doctor to make a date with his daughter when his proposed patient could meet her!

Do not be cajoled or coaxed into visiting an advertised medical quack when you imagine that you have inherited many different ills. So many young fellows who are naturally modest and blush very easily, think that they have lost their manhood and they go to these quacks who advertise "lost manhood restored." A fellow should realize that those who advertise that they can restore lost manhood have already lost it and have never recovered it. Talk to Dad when you feel this way. He can give you the proper kind of advice. He knows. He can also tell you just what physician can help you if you need his advice. In any case, do not allow your imagination to frighten you and do not allow yourself to be deceived concerning actual conditions

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if you have begun to follow the paths of passion and the gratification of lust.

A young man who is thinking of seeking medical advice should be sure that he needs it and he should have his mind set right on some subjects. First, that emissions are common to all normal and healthy men; Second, that many young men become unnecessarily alarmed by the literature issued by quacks and that what they need is the personal assurance which the condition of their own individual case alone can secure, Third, that many young men have the false idea that medicine is essential when really it will complicate the physical condition, Fourth, that what is to be done, must be done by themselves. If he has been following the path of lust and self gratification and his reproductive organs are unduly stimulated, no medicine on earth can effect a cure. It is up to the young fellow himself to plant his feet firmly on the ground, look conditions square in the eye and say, and mean, and live up to the thought that he is his own boss and no part of his body can dictate to him—THE MAN.

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It will help the young fellow if he will bath his sexual parts in cold water night and morning, particularly in the evening just before he retires. This will tend to allay and quiet, and be helpful in securing a better mental condition, and enable him to turn the mind from sexual to other subjects, but always keep in mind the thought that he is in bed to sleep, not to consider business or what he is going to do the next morning, but concentrate on the thought that he is so sleepy that he can hardly keep his eyes open and the first thing he knows he will be under the sweet somnolent influences.

Don't forget to have plenty of fresh air in your sleeping room, and although this is a repetition of thought on another page, the young fellow should devote much time to outdoor recreation. Walking is a mighty fine exercise if you cannot afford golf—golf is only an excuse for walking except that it has this advantage, while you are walking you can be thinking of your troubles and your business but while you are playing golf you have only to think of the "little pill" you are knocking around on a thirty acre lot.

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If you have been foolish enough to visit a medical quack, you will find he will frighten you by playing on your imagination. He will make not only alarming, but untrue statements, so that you will continue to visit his office and pay him extravagant fees, thus helping degrade you and making you unfit to assume the dignity of true manhood, and you will also find yourself not only with less money but worse off physically as well as financially, and your character and well being could have been preserved if you had only consulted a trustworthy physician.

One of the unfailing signs of a quack is he who advertises to cure "weak men," "men's diseases," "sexual weakness." Just safely put him down as a quack and do not be fooled into visiting him even if he carries the high sounding name of some great medical association, medical museum or hospital.

Don't think that you are suffering with sexual weakness if you have emissions or wet-dreams—the loss of semen or sexual fluid during the hours of sleep. The quack will tell you that any or all loss of this semen is a loss

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of manly power which is not really true. The young man who would secure the highest and best development of his sexual and intellectual powers will carefully seek to avoid as far as possible all loss of sexual fluid. The loss of semen is simply nature working to relieve your system in a natural way but you should do nothing to increase its flow by impure stories or by a vile picture or giving your imagination full play. And just a word here—when impure thoughts arise in your mind, don't try to fight them, don't try to put them to death, but think different kind of thoughts—the way to drive out darkness is by letting in the light and the way to drive out impure thoughts is to think cleanly and just as surely as the light drives out darkness, just as surely will these unclean thoughts leave you.

Please always remember that if these emissions occur, but not at too frequent intervals, it is but natural. The point that you must settle though, is how often such emissions may occur in a person in normal condition and in good health. It is difficult to lay down any rule which would be absolutely

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without exception in all instances. What might be normal to one man might be exhausting to another. In exceptional cases emissions may occur as often as two or three times in a single week without injury to a man, yet few men need suffer such emissions more often than once in two weeks. The safe limit is generally stated to lie within the limit of one to five weeks. With persons in normal condition who have normal food and take sufficient recreation and whose minds are properly engaged, emissions are not likely to occur oftener than once in two or three weeks. There are occasional instances when a man may not feel weakened during the succeeding day after having suffered from an emission, but as a general rule, he is not only likely to feel disgusted with himself but also to feel a temporary enervating effect, but if such effects extend beyond a period of twenty-four hours or leave what seems to be a permanent sense of weakness, the young fellow should seek proper medical advice. The periodical loss of semen during sleep is as natural to the normal male during health as menstruation is

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to the normal female who is in good health. Indeed, only during periods of sickness do such losses wholly disappear and their absence is in itself an indication of some unhealthy condition. The continent male in good health will average an emission about once in two weeks, at some periods of the year at shorter intervals and at other periods at longer intervals. It is well to note that when overworked mentally or during periods of exceptional stress and when not in good physical condition, emissions may occur as often as two or three times in a single week without occasioning unnecessary alarm.

In his "Confidential Talks With Young Men," Dr. Lyman B. Sperry says: "The one great fact regarding this matter which I desire every reader to understand and fully accept is this—"Seminal emissions sufficiently frequent to prevent over-distention of the seminal vessels, are nature's best way of treating the condition; and unless the discharges are very frequent, and accompanied by marked physical or mental debility, they are not injurious to the health and do not call for medi-

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cal treatment; to stop them by means of medicine, were this possible, would result in serious damage to the entire system.

"It is true that in many cases seminal emissions are associated with extreme nervous derangement and marked debility, but the simple fact that the two are associated does not prove that the debility is caused by the emissions. The truth is that in any given case the frequent emissions may be largely the cause of the debility that accompanies them, or on the other hand, the emissions may be the effect of a debility which is the result largely of other causes; such for example as dyspepsia, over-work, sedentary life, excessive grief, a habit of worrying, etc."

To show that our position upon this subject is correct, we quote from Dr. William Acton, who for many years has been regarded as the standard medical authority upon the reproductive organs in childhood, youth, adult age, and advanced life. In writing upon emissions Doctor Acton says:

"Great alarm is often expressed by patients who suffer in this way; but I

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am enabled to give them much relief when I mention that such emissions, occurring once in every ten or fourteen days, are in the nature of a safety-valve, and are even conducive to health in persons who do not take enough exercise, and live generously. It would, however, be better for the adult to be free even from these; and I feel convinced that in one who has not allowed himself to dwell on sexual thoughts, but takes strong bodily exercise and lives abstemiously, emissions will either not occur or their occurrence may be looked for only very rarely. It is only when the losses or escapes take place repeatedly, attended by symptoms of prostration, with other ill consequences, that the patient should seek medical advice."

While what we have said is true, that young men should not be unduly alarmed, no young man can afford to be wholly indifferent to the matter of emissions and the loss of semen. At all periods of life this is a subject of vital importance. Every young fellow should by carefully observing vigorous physical exercise, daily bathing and judicious diet, seek to reduce emis-

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sions to the minimum and he should in every way seek to reabsorb and use in his own system the sexual fluid which is so important to his highest physical and moral well-being.

You will better understand the subject when you learn the nature and office of the glands which secrete—take from the blood the fluid which has been secreted, to undergo such changes as are necessary to convert it into semen. These glands are very much what the laboratory is to a large chemical plant. The fluid which comes from the blood in a manner which the most learned can neither understand nor explain, undergoes such chemical changes which cause it to become entirely different from what it was when its formation began. After these changes have taken place, it is again poured back into the system to supply such demands as are essential in order that the entire body may be kept in health. It will be seen therefore, that the sexual fluid is needed for constant use in the body's laboratory. It is not unthinkable that if one could live in a state of chastity and at the same time care for his body as his Creator intended, that it should be

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cared for, that the man in this perfect normal condition could go for a considerable period without any loss of semen. Such a condition may not be ideal and we confess that we have never found such an individual but it is said that Sir Isaac Newton stated that never during his entire life had he lost a single drop of sexual fluid. This of course, cannot be substantiated to make this statement credible.

Athletes under training for some contest demanding the most perfect physical development and the best powers of endurance, even the married among them, are required not only to abstain from sexual intercourse but frequently have been required to leave their homes and take up their abode where they shall be removed from all sexual stimulants and excitement and some from even the very sight of a woman.

When a young fellow stimulates his sexual nature by exciting his passion, he causes the seminal fluid to be secreted more rapidly than nature has intended. The cause of sexual weakness lies back of the emission itself and is found by the pollution of the

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mind and the kindling of the imagination, and consequently the fluid is ejected during sleep in the form of an emission. Let the young man distinctly understand that on account of this result, the one who pollutes his mind, undermines his morals, weakens his intellect and saps his physical powers. What is true in the sexual parts can be emphasized by reference to the work of the tear glands. Steadily hour by hour, the requisite amount of fluid necessary to wash and cleanse the eyes is secreted and poured upon the organs of vision, but as soon as the heart is stirred with emotions of joy, remorse or sorrow, the tear glands are unduly excited and the fluid secreted and ready for any demand made upon it, flows from the eyes in the form of tears. The work of the tear glands illustrates the work of the sexual glands—when the mind is permitted to dwell unduly upon sexual subjects the secretions become very rapid and in consequence the system is drained and more injury is done by the wrong thought that produced this result than by the drain which attends the empty-

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ing of the sacs which are flooded with this vital fluid, thus it will be seen that the condition of the mind is of primary and vital importance.

Cleanliness—see that your mind is clear of harboring unclean thoughts—that you do not allow your imagination to dwell on things that appeal to your passions and be sure to see to it that your body is kept clean. Everyone should bathe at least twice a week. In addition to the regular thorough bath there should also be added the daily morning sponge or hand bath. Any young man who will begin in the month of July or August when the weather is warm, by washing his entire body every morning, simply dipping a small quantity of water from the bowl, wetting the entire body, not omitting the eyes, face and feet, and then follow such ablutions with a thorough rubbing with a heavy unbleached turkish towel, followed with a generous rubbing of the body with the bare hands, will receive such invigoration and beneficial physical results that he will continue the habit throughout the entire year. If you begin in the warm months there is

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no danger of contracting a cold and as the weather gradually grows colder in the Fall, no shock will come to the system, even if you sleep in a room so cold that the drinking water will be frozen in the pitcher.

CHAPTER XII.

MEN, BRACE UP FOR A SPLENDID DAY'S WORK

Every man likes a fight—He wants an opponent who can make him sweat—how to stop bad habits—The sex powers carry a challenge to self-mastery—The joy of overcoming—The man who takes dirt into his life plays the fool—Sentencing your own soul to a cell in the pest house—No way to cheat nature—Play the fool and pay the price—It pays to live straight—Repentance does not cure locomotor-ataxia—Natural law grinds on, its mills are merciless—If you want a sound body, live straight—If you want to succeed, behave yourself—There is too much at stake to go wrong—Give yourself a chance—Do not cripple yourself by playing the fool—Throw your soul into gear—Life is a fight to the finish—Nature's bills must be paid on demand—Break the rules of the game and you lose—Keep fit—Be a man.

EVERY man with rich, red, warm blood, likes a fight and while he is about it, he wants an opponent that can make him sweat. A college foot ball team would have no burning interest in playing against a team from a grade school. But no one wants to be

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fighting all the time and everyone wants to feel that fighting counts for something. Certain savages suppose that the strength of a defeated enemy passes over to them. This is a myth but a well established principle of psychology is that each conquest gives strength to make the next fight easier and that if one has the moral back-bone never to allow himself to suffer defeat and if he has the strength behind it, nothing can withstand him. Men who found themselves being injured by an over indulgence in smoking have confessed that if they figured it out in advance, what they would do if the longing got too strong for them, they went through an agony of restless desire for weeks, but if they resolutely turned their backs on the whole thing and refused to admit the possibility of weakening, the worst of it was over in a very short time.

They looked upon those few days as one does who has to go to a hospital for an operation that will restore him to health, but there is this one difference and it is a big one, the man who puts himself through this struggle comes out with a feeling of strength

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like that of the athlete on the team which has won the national or world's championship. He knows he is equal to anything in that line which he may have to put through. In the worst struggles he can say with Ulysses of the Greek story, "Endure my soul, far worse hast thou endured." The consciousness of strength brings with it an elation of spirit which is even greater than that of the foot-ball star, as success in life is more important than success in sport. If it is the continuous saying "No" to himself that he cannot stand, let him apply himself to some period of study or physical exercise, using more than accustomed vigor.

It is a mistake to deplore the element of sex which enters into all of our lives. The sex powers bring with them certain temptations but they also bring a challenge to self-mastery that should ring like a Bugle Call in the heart of every red-blooded man in the land. Have you an intellect, have you reasoning faculties, have you a will? Prove it! And to him that overcometh life offers joys and satisfactions that will not end in a day or even when youth

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passes but which will enrich the soul through its existence.

No man can get away from himself. He might as well try to run away from his shadow as to try to escape from himself. He is going to live a long time with himself—a long, long time, possibly forever. Young fellow, do you want to live with a crook? The man who takes dirt into his life plays the fool. He is cheating himself, defiling his closest companionship, sentencing his own soul to a cell in a pest house.

There is no way yet discovered by which to cheat nature—play the fool and pay the price. Whatever you sow, you will surely reap. Every now and then, somebody thinks he can do what no one else has ever succeeded in doing—he can outwit Nemesis, and cheat the law. He can have his fling and not pay his fare, whilst all the time the conductor is laughing in his sleeve at the simpleton and in an hour that he knoweth not, is hailed for judgment. It pays to live straight whether there is a hereafter or not—it pays here, and if there is a hereafter, a clean life must declare the same kind of dividends that

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it does here. Why wait until you are scorched to admit that fire burns?

The sensible thing is to learn some things from race experience. There are people whose bodies are rotting out with loathsome disease, who just wish they hadn't but the wish comes too late in the calendar—it should have anticipated transgression. Repentance may clean out the heart but it doesn't cure locomotorataxia. Natural law grinds on and its mills are merciless. One is getting under its wheels when he surrenders his body to lust. There are men who have doomed themselves to a life time of physical torture, who walk about lame and limping as the penalty of a single violation.

If you want a sound body, young man, live straight. If you are after success, behave yourself. If you desire happiness, center right, and human life centers right only as it centers in the God who made it. There is too much at stake for you to go wrong. Every man has in him sublime possibilities—why not give yourself a chance? Why cripple your chances by playing the fool? There is too much at stake! There is no one who can keep

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you back or hold you down but yourself. The man who wrongs his neighbor, hurts himself more than he does the other fellow. So why stab your soul to death? Why assassinate your own happiness? Why send your prospects to hell? It is up to you—you can play the beast if you want to, but your portion will be a beast's portion, or you can go the other way—you will throw the switch. Quit talking about luck—it is the phrase of a baby mind. Throw your soul into gear and pull out. All things are yours to be sought, to be claimed, to be experienced, to become.

Life is a fight to the finish for the man who really lives. One hundred per cent manhood means blood. The man who stands straight on his hind legs and follows convictions to the end of the road, will never be looking for a job. He will have one big job in keeping to the road and as many other remunerative jobs as he can handle. Will-power, work-power and worth-power are at a premium. Competition for first place is fierce—no oyster-backed, snail-paced, self-indulgent, shrinking shrimp of a man can expect

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to arrive. A seeker after pleasure cannot successfully buck up against the big day's work and not sag. The War made its own revelations of the glory of purity and power in contrast with the flabbiness and uselessness of a life whose vitality is sapped by vice-destroying practices.

There is a hollow-eyed, dough-faced vacancy wherever man or woman defies the laws of health and vigor, and gives way to sensuality. The law of the harvest is inexorable. Nature's bill must be paid on demand and the demand comes sure and swift. Used personal energy has to be accounted for—waste it and you cannot have it when the demand is greatest. Burn out brain and brawn for a time and you are as sure to become a useless, slimy slacker as the sun is to rise and set.

Treat womanhood everywhere, always, as you demand that your Mother and sister shall be treated and you will retain your self-respect and personal virility. This endeavor is the thing that will keep you in fighting trim to the very end of the day. Will-power vanishes, clear vision disappears, viril-

WHAT A YOUNG MAN OUGHT TO KNOW

ity goes and decency goes with it when the eternal laws of chastity are trifled with. Break the rules of the game and you lose. Trample on the rights of others and you sacrifice your own freedom. A life of control and continence knows no defeat. Master yourself and enemies hammer at the gates invain. The whole world is calling today for unclouded brains and a will that is irresistible. Unsullied honor can alone stand in the open and challenge all comers, fearless and assured. Give yourself a chance and you will surprise your own soul. Draw a tight rein on desire. Defy dangers because you have a record for which you need not blush. King of the forest or serpent of the marsh! Make your choice. Abstinence with achievement or indulgence with less than mediocrity. We are the architects of our own fate—decision determines destiny. There is absolutely no greatness that is not buttressed with goodness. Brace to the splendid day's work. Keep Fit. Be A Man.

The End.

"What a Young Boy Ought to Know."

BY SYLVANUS STALL, D. D.

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