

fact, worse than lying or stealing! For, although these are wicked and will ruin their soul, yet this habit of self-abuse will ruin both soul and body.

If the sexual organs are handled it brings too much blood to these parts, and this produces a diseased condition; it also causes disease in other organs of the body, because they are left with a less amount of blood than they ought to have. The sexual organs, too, are very closely connected with the spine and the brain by means of the nerves, and if they are handled, or if you keep thinking about them, these nerves get excited and become exhausted, and this makes the back ache, the brain heavy and the whole body weak.

It lays the foundation for consumption, paralysis and heart disease. It weakens the memory, makes a boy careless, negligent and listless.

It even makes many lose their minds; others, when grown, commit suicide.

How often mothers see their little boys handling themselves, and let it pass, because they think the boy will outgrow the habit, and do not realize the strong hold it has upon them! I say to you, who love your boys—"Watch!"

Don't think it does no harm to your boy because he does not suffer now, for the effects of this vice come on so slowly that the victim is often very near death before you realize that he has done himself harm.

The boy with no knowledge of the consequences, and with no one to warn him, finds momentary pleasure in its practice, and so contracts a habit which grows upon him, undermining his health, poisoning his mind, arresting his development, and laying the foundation for future misery.

#### DO NOT READ AND FORGET

Do not read this book and forget it, for it contains earnest and living truths. Do not let false modesty stand in your way, but from this time on keep this thought in mind—"the saving of your boy." Follow its teachings and you will bless God as long as you live. Read it to your neighbors, who, like yourself, have growing boys, and urge them, for the sake of humanity, to heed its advice.