A CHAPTER OF ADVICE

TO YOUNG, OLD AND Middle-Aged Men.

How Youthful Dissipations Make Drafts Upon Old Age--The Language of the Passions.

"The good I do hath oft been evil spoken of by fools."

"A man without wisdom lives in a fool's paradise."

"Though I look old, yet am I strong and lusty, for in my youth I never did apply hot and rebellious liquors in my blood; nor did not with unbashful forehead woo the means of weakness and debility; therefore my age is as a lusty winter—frosty but kindly."—Shakespeare.

"Old age has the foundation of its joy or its sorrow laid in youth. Every deed, right or wrong, that transpires in youth reaches toward, and has a relation to, all the after-part of a man's life. A man's life is like the separate parts of a plant which unfold out of itself, every part bearing relation to all that antecede. That which one does in youth is the root, and all the afterparts, middle age and old age, are the branches and he fruits, whose character the root will determine. His body is placed in a world adapted to nourish and protect it. There are elements of evil in it if a man pleases to find them out. A man can wear his body out as quickly as he pleases, destroy it if he will.

"Every immoderate draft which is made by the appetites and passions is so much sent forward to be cashed in old age. We may sin at one end, but God takes it off at the other. Every man has stored up for him some 80 years, if he knows how to keep them, and those 80 years, like a bank of deposit, are full of treasures; but youth, through ignorance or through immoderate passions, is wont continually to draw checks on old age. Men do not suppose that they are doing it, although told that the wicked shall not live out half their days. Men are accustomed to look upon the excesses of youth as something hat belongs to that time.

"I do not object to any amount of gayety or vivacity that lies within the bounds of reason or of health, but I do reject and abhor, as worthy to be stigmatized as dishonorable and unmanly, any such course in youth as takes away strength, vigor and purity from old age. Every man that transcends nature's laws in youth is taking beforehand those treasures that are stored up for his old age; he is taking the food that should have been his sustenance in old age, and exhausting it in riotous living in his youth.

"I do object to a man's making an animal of himself by living for the gratification of his own animal passions.

"Men have an impression that youth is very much like wine, crude and insipid until it has fermented, and thrown down the lees, and the scum has been drawn off, the great body between is sound and wholesome and beautiful. I am not one that thinks so. I think that youth is the plant life, and that every waste or excesslence is so much enfeblement to its fruit-bearing power. I do not believe that any man is the better for having learned the whole career of drunkenness and lust or the dalliance of indulgences that belong to a morbid life. A young man that has gone through these things may be saved at last. He has gone through an experience but for which his manhood would have been both stronger and nobler. Excess in youth, in regard to animal indulgence is bankruptcy in old age.

"The appetites of youth, which either in social or in solitary life drain down the vitality and impair the constitution, are so many insidious assaults on old age. I would that the young knew how clearly these things are written. God's handwriting is very plain and very legible to those who have eyes to see. There is not an intelligent physician that does not read as he walks through the streets the secret history of the lives of those whom he meets, and that, too, without following them in their midnight career. I care not to have men come to me and state their secret courses; I can read it in the skin and in the eye.

THE LANGUAGE OF THE PASSIONS.

"There is not one single appetite or passion that has not its natural language, and every undue indulgence of that appetite or passion leaves that natural language, more or less, stamped upon the skin, upon the features, upon the expression of the face or the carriage of the body.

"There is always some token that tells what men are doing if they are doing anything to excess.

"Men think that if they commit their wickedness in secret places or in the night it is not known. It is known, although no man may ever say to them: 'Thou art guilty.'

"The use of stimulants in youth is another detraction from happiness in old age. Men usually take what they least need. In other words, we follow our strongest faculties and not our weaker ones, and therefore if men are excessively nervous they almost invariably seek to make themselves more so.

"I rejoice to say that I was brought up from my youth to abstain from tobacco. In rare cases, where there is already some unhealthy or morbid tendency in the system, it is possible that it may be used with some benefit, but ordinarily it is unhealthy.

"I believe that the day will come when a young man will be proud of not being addicted to the use of stimulants of any kind.

"I believe that the day will come when not to drink, when not to use tobacco, not to waste one's strength in the *secret indulgence of passion*, but to be true to one's nature, true to God's law, to be sound, robust, cheerful and to be conscious that these elements of health and strength are derived from the reverend obedience of the commandments of God, will be a matter of ambition and endeavor among men."

"Bigotry with spiteful aim,
Doth sometimes try to smite the sage's eye,
And steal behind the steps of truth,
To cast a slur on sacred pages.
I wage my battle with a purpose keen.
Nor fear the hand nor tooth of jealousy."
—Lubon.

"If all the noble blood of Rome were but infused in some men's hearts, e'en then it would not make a wise man of a fool."—Lubon.

Man Creates His Own Diseases.

In a general sense, disease is the legitimate and necessary results of the violations of the laws of our physical being—the conditions of health. It is reasonable to infer that there is no pain, sickness, and but few deaths which do not result from infringement of these laws—health being in a certain sense natural, and disease accidental, inflicted in the line of penalty. We may conclude that the great an. good Father is best pleased with His children when they regard all of His laws, including, most certainly, the laws of the body, established for the regulation of that body, by a proper observation of which a natural condition of good health can be secured—our health being as certainly under our control, and to as great an extent as any branch of our business or employment, or our education—while disobedience, and consequent physical suffering and disease, not only are not in accordance with His pleasure and design, but such violations of His laws will constitute sin, as certainly as a violation of a moral law, both having the same divine origin.

The true condition of the advanced man is that in which his whole being is harmoniously developed, the body so cared for and fed that it will have some of the vigor and endurance of its original state, as he came from the hand of the Creator, when, as one of the best thinkers of the age in which he lived, Horace Mann, said of man before he fell, physically, by gross violations of organic laws, "He was so perfect in his bodily organs, so defiant of cold and heat, or drought and humidity, so surcharged with vital force, that it took more than two thousand years of the combined abominations of appetite and ignorance; it took successive ages of outrageous excess and debauchery to drain off his electric energies and make him even accessible to disease; then it took ages more to breed all of these vile distempers which now nestle, like vermin, in every fibre of the body!" Although sufferings, tortures and disease follow in the direct line of penalty for disobedience, a disregard of necessary laws of our being, these penalities are administered in mercy, what we call disease being, generally, only efforts of nature to avert the worst results of our wrong-doings and to improve the general condition of the system.

If our Heavenly Father punishes us for our physical sins, our reckless disregard of the physical laws which He instituted for the protection of our health and the promotion of our physical welfare He supplemented such penalities with reconstructive instrumentalities, recuperative measures, conducive to our real good. If we suffer, it is because we are wrong; we outrage our physical being. It would be blasphemous to charge the good Father with creating idiots, monsters, the physically dwarfed and diseased, surcharged with the overflowing *rottenness* of licentiousness, the gangrenous and the deformed, the blind and the halt, the thousands of the victims of degraded and vicious parents, in whom the foul emanations, in the form of malignant diseases, are constantly outcropping from week to week, rendering mortal life but a series of fearful plagues and epidemics, the diseased bodies scarcely being capable of containing the constant stream of foulness which naturally flows from a vicious and licentious life down to a sin-cursed progeny. No, if we suffer, it is because we procure sufferings, MAN CREATES HIS OWN DISEASES.

"A simple light answers as well for a hundred men as for one."

"Truth is heavy, therefore few care to carry it."

"Save the man in the boy."

Reason thus with Life: "If I do lose thee, I do lose a thing that has been trusted to my keeping."

"The gods are just, and of our pleasant sins make whips to scourge us."—King Lear.

MANY MEN

From the effects of youthful imprudence, have brought about a state of weakness that has reduced the general system so much as to induce almost every other disease, AND THE REAL CAUSE OF THE TROUBLE scarcely ever being suspected, they are doctored for everything but the RIGHT ONE. Notwithstanding the many valuable remedies that medical science has produced for the relief of this class of patients no treatment has as yet met with the extraordinary success of THE LUBON SPECIFIC MEDICINES. But one of thousands of cases treated by these Specifics fully 80 per cent. have been cured.

M. V. LUBON'S
Marvels of Healing and Kohinoor of Medicines
—KNOWN AS—
SPECIFICS NO. 8, A, B, C AND D
The Great Health Renewers.

M. V. LUBON'S Specific Medicines will cure the debilitating effects of youthful excess, overwork, confinement, worry, care, sedentary habits, excitement, etc. Above are more or less common causes of Sexual and Generative Diseases than is generally supposed, because the system is so run down that there is very little stamina or vitality to rely upon. If this weakness is allowed to go unchecked, the mind will become diseased, the eyesight will be impaired, and the vital forces consumed—thereby causing partial or complete Impotency. This condition is most common in men past middle age. It may come on as the second or third stage of Spermatorrhœa, or it may develop slowly, or suddenly without any symptoms of Spermatorrhœa. It may be accompanied by various nervous and exhausting symptoms, or these may be wholly absent. If vital fluid is being lost, and the Impotence is due to the weakness thus caused, nervous exhaustion is sure to come, sooner or later. Young men who have endangered or injured their sexual power by abuse in early years, and older men who have exhausted themselves by later excesses, will find in No. 8 a complete and satisfactory cure.

Symptoms for which No. 8 should be used: Emissions, day or night, flushing and chilliness, stupidity and tendency to doze or sleep, mental helplessness, failing memory, lack of power of application or energy, restlessness, pain and smarting in passing urine, pain in the kidneys, headache, pimples on the face or body, itching or peculiar sensation about the scrotum, thighs, back, anus, etc., wasting of the organs, stringiness and softening, etc., etc., sluggish bowels, pains in the head (front, top and back), dizziness on stooping over or kneeling, specks before the eyes, erotic dreams, melancholy (developing sometimes into insanity), numbness of arms, hands, feet or legs; twitching of the muscles of the eyelids and elsewhere, timidity, deposits in the urine, troubled breathing, loss of will power, bashfulness, burning of the face, palpitation of the heart, early loss, fear of impending danger or misfortune, tenderness of the scalp and spine, sudden sweating, sudden nervous trembling, weight on the brain, weak and flabby muscles, desire to sleep late in the mornings, failure to be rested by sleep, weakness and torpor the day after a night's emission has occurred, the oozing of a thick white fluid from the urethra when constipated or straining at stool, is almost always the result of abuse or excess, and unless cured, almost invariably results in complete or partial impotency, and frequently in insanity and death. The loss often occurs during the sleep or at the stool, and even from the slightest cause. Sometimes the emissions are so frequent as to be constant, and almost perpetual and frequently accompanied by partial deafness. The heart is the seat of pain, fluttering and throbbing with violent and long-continued palpitation. His hands tremble, knees are weak, so much so that at times it is almost impossible to walk erect. He experiences an insatiable desire for sleep, and yet on retiring lies awake for hours tormented by his troubled reflections, and at last falls into an uneasy slumber of short duration, disturbed by wretched dreams. Hard red pimples appear on the face and forehead, scaly patches around the ears, nose and lips, a black or bluish semi-circle shows itself under the eyes and there is a hollow mark from the inner corner of the eye in a slanting direction to the corner of the mouth. The skin is livid and clammy and digestion bad. It is hardly necessary to say that the functions of the nervous system are completely deranged, and that there are nervous twitchings of the eyelids, head and limbs. He is finally either hurried to a premature grave by consumption, epilepsy or apoplexy, or insanity taking the form of hopeless dementia removes him from his home to the insane asylum. It is safe to say that a large majority of cases of insanity are caused in this way. Many, owing to inexcusable neglect or false notions of delicacy, delay seeking proper medical relief till body and mind are irretrievably ruined. Pitiable is the condition of one who has reached this stage of the disease. In his system irritability has given way to torpor and sluggishness. He is on the brink of the grave or idiocy and insanity have him in their clutch. The tendency of nature is towards cure, but here it is towards deterioration. There is no chance here of the evil "wearing itself out." The only hope is in the salutary intervention of energetic, cautious and enlightened treatment.

Cure.

The cure of this habit if often tedious. The vital energies must be thoroughly restored before the accumulated matter can be eliminated from the system. The great object is to strengthen the nerve and muscular systems and to CHANGE the morbid fluid, by which means alone can the nervous irritability be subdued. All those then who in ADVANCED LIFE feel the consequences of YOUTHFUL excesses, or YOUTHS who are suffering under a numerous TRAIN OF EVILS produced from the baneful habit already noticed, must have recourse to M. V. Lubon's SPECIFIC, which will completely remove all the symptons attending these complaints. Through the action of this SPECIFIC MEDICINE the nerves and muscles will regain their healthful tone. Under all circumstances patients must totally abandon every destructive habit, also stimulating drinks and everything which tends to debilitate the body. In long standing cases the patient can only expect a cure by due regularity in taking LUBON'S SPECIFIC. By its use all the nervous sensations will gradually go off, and those who have GROWN OLD BEFORE THEIR TIME will be restored to second youth. When the eyesight has been weak, limbs feeble, memory impaired, and even the mind decayed with the body, a course of this medicine HAS RENEWED THE WHOLE CONSTITUTION.

M. V. Lubon's Specific

Adapted for the cure of that class of disorders attendant upon the low state of the system, such as "SEMINAL WEAKNESS" produced by youthful excesses. It is a fact that no law of nature can be abused without entailing a fearful penalty. A man who has been indiscreet in early years or a victim to youthful follies, after a time finds that he is timid, nervous and forgetful. He loses confidence in himself, has emissions and bad dreams, pains in the head, lumps and starts in his sleep, blood rushes to the head, spots fly before his eyes, the face has a white pasty look, dark circles under the eyes, etc. Hundreds of men whose health is not good, who have a constant tired feeling, but do NOT IMAGINE they have seminal weakness, would be surprised if they put some of their morning urine in a clear glass to see in a few days a WHITE DEPOSIT showing they are losing semen daily.

IMPOTENCY usually manifests itself in the following symptoms: Loss of sexual desire or power, natural desire but not sufficient power, wasting of the organs, fetid perspiration, itching and peculiar sensations of the scrotum, etc. No man who is affected with any form of sexual disease should even think of marriage until every trace of his weakness has disappeared. There are very few cases of seminal weakness or impotency but what may be easily cured by my Specific.

M. V. LUBON'S Specific is an honest medicine and will remove those morbid desires which if not cured will surely lead you to ruin. If you have given up the habit, but STILL FEEL THE EFFECTS OF THE VICE, this grand remedy will soon restore you to MANLY VIGOR. It will restore the organs to their natural condition and also give health and strength to the whole body. As you value health try it. It will lift you from a state of physical and mental degradation to the happiness and joy of robust and vigorous manhood. I receive a great number of letters from those who have been cured, but never under any circumstances do I make the contents of these letters known. No publicity will be given to correspondence from those who confide in me.

P. S.—Medicine sent SEALED AND SECURE FROM OBSERVATION.

Self-preservation is nature's first law. Not inferior to this law is that for the perpetuation of the race. Health is the gauge by which the prosperity of the people is measured. Trace the history of nations you will find that much of the crime, degradation and vice, which was the cause of their overthrow, was due to the ABUSE of the REPRODUCTIVE ORGANS. When the body is enfeebled the mind becomes enervated. The perfect development of the physical organs is essential to man's happiness. Those persons who have great muscular vigor are endowed with intense passions and unless restrained are very likely to lead to SECRET VICE. Alcoholic stimulants excite the animal and debase the moral nature; thus I claim that drunkenness is a concomitant of sensuality. If, therefore, by education or association the passions of a child are excited he should be taught to avoid these social or solitary evils. Man is a social being. Boys are more liable to be morbidly excited when excluded from the society of girls—the "vice versa." The influence of one refines and ennobles the other. Let children be taught to understand THEIR NATURES, and knowing them they will learn self-government. If man becomes enervated by solitude or evil association, he sinks into self-indulgence and the brutality of savage life.

Obscene literature is a powerful agent of evil. A child may be born vigorous and strong, manhood finds him debilitated—the direct result of youthful indiscretion IGNORANTLY committed; often the effects of pernicious literature which has influened the imagination and destroyed his manhood. Such persons are entitled to our sympathy. I am unable to describe the miseries which arise from pollution of the body. This vice is often practiced by those ignorant of its destructive results. It causes insanity. Parents, it is your duty to see that this vice of masturbation is not acquired by your boys; watch them and warn them of their danger and folly. Many youths regard this as a manly accomplishment. The vice may also be inherited from the parents. The practice of onanism squanders the vitality and wrecks the constitution. Expend the semen and the vital force is exhausted. We must get acquainted with our sins if we expect to correct them. In all ages man has been influenced by passions; temptation has ever found its victims. Our Saviour says to those who are weary of excess or bowed down by passion, "Come unto Me and I will give you rest." That is, if you will try to reform and employ the proper means to that end. THE INDICATIONS of this vice in boys are impatience, restlessness, pallor, loss of flesh, a downcast look, loss of memory, feeble intellect, depression of spirits; sensitiveness and nervousness are indications of the loss of nerve power caused by this secret vice or habit.

A Young Man,

Twenty-four years of age, wrote to me on May 1st, 1885, and said that his body had wasted away to a mere skeleton. He had been addicted to SELF-ABUSE, which had been the cause of his infirmities both of mind and body. For some months before he had started to use my Specific, he had experienced a more than usual weakness in his back and kidneys, also in his hips and knees, so that he was often compelled to lie down. He was low-spirited and dull, took no pleasure in company or amusements of any kind. His life was a burden to him, his memory almost gone, his appetite lost, and he was a prey to deepest melancholy. After having taken treatment for eight weeks he found his strength much recovered and his face had resumed its healthy hue. He continued to use the medicine for another six weeks, at the end of which time every symptom was entirely removed and his health fully recovered.

M. V. LUBON, Toronto, Ont.:

The condition of my health is now good. It has often been the cause of astonishment to me to think how admirably your Specific Medicine controlled my case, and performed what I consider a wonderful cure.

Seminal Weakness Cured.

When I first wrote to you I felt as if my lease of life was short. But, thank God, I have been saved from filling an early grave as the result of SELF-ABUSE. Before I began the use of your medicine I was pale and sickly. I had palpitation of the heart; I had loss of voice, always felt tired; I had involuntary emissions at night, which made me very weak the next day. Such was the price I was compelled to pay for violating the laws of God and nature. I now consider myself cured, thanks to your valuable medicine.

Directions to be Observed While Taking Specific No. 8.

Eat plain food, taking no meat after the midday meal. Avoid liquors entirely and coffee as far as possible. Sleep on an even, rather hard bed, and never lie on your back. If this cannot be avoided otherwise, tie a towel around the body with a knot at the back. Shun everything which has a tendency to excite the passions, avoiding excesses of every kind, both mental and physical.

Take sea salt sponge baths, rubbing the body well with a coarse towel. Eat your meals regularly and go to bed early.

Any man who will heed this advice and take the medicine as directed, will get well. Energy and ambition will return, and he will feel himself capable of doing his share of life's work or enjoying its pleasures.

MEN should take the usual dose three times a day, for ordinary cases of nervousness, weakening of the vital powers with nightly emissions, etc.

If the bowels are constipated Specific No. 9 should be used in connection with Specific No. 8. The body should be also bathed not less than once a week with the sea salt. The bowels should move regularly once in twenty-four hours. FOR PRICES OF THE DIFFERENT GRADES of No. 8 send for price list. Length of time required to effect a cure from *three to five months.*

Special Notice.

M. V. LUBON'S Specific Medicines, known as No. 8, are prepared in four different strengths and three different forms, No. 8 A; No. 8 B; No. 8 C and No. 8 D. These medicines may be had in the form of liquids, pills or powders. For prices of the different grades of Specific No. 8, send for price list. Always return the blue question sheet with your order. IF YOU HAVE NO QUESTION SHEET, SEND FOR ONE. The medicines are to be had only from

THE M. V. LUBON, MEDICINE CO.,
24 Macdonell-Ave., Toronto Canada.

THEY ARE NOT SOLD BY DRUGGISTS.

All Medicine sent by MAIL OR EXPRESS, sealed and secured from observation. To be had only from M. V. LUBON, Toronto Canada.

For prices of Specific No. 8, Grades A, B, C and D, send for Price List.

Special Notice.

It is the fate of a good medicine to be counterfeited and have spurious imitations which are palmed off by deceit upon the public. Avoid them as you would a poison.

The medicines advertised in this paper are TO BE HAD ONLY from M. V. Lubon, Toronto, Canada.

I will pay TWO HUNDRED DOLLARS REWARD for the arrest and conviction of any person or persons who are manufacturing or offering for sale any spurious articles, calling the same Lubon's SPECIFIC MEDICINES.

M. V. LUBON.

NOTE.—If you do not wish people in your Postoffice to know to whom you are writing, you can address REGISTERED LETTERS or make money orders payable to F. W. COULSON, 24 Macdonell-ave., Toronto, Ont.

M. V. LUBON'S
ELASTIC ECLECTIC
Scrotal Suspensory Supporter

To be worn by those who are afflicted with enlarged veins of the testicles, swollen testicles caused by blows, falls, strains, early excesses, hard riding, mumps, etc. Can be worn with comfort and will cure Varicocele when used in connection with No. 8 D. Price of Supporter and Belt $5.

Varicocele.

Varicocele is a varicose dilation or knotting of the veins, in the scrotum and spermatic cord. It is more often observed on the left side than the right. It has the appearance of a soft, doughy, unequal knotted, compressible swelling, increasing from below upwards. It is more noticeable when the sufferer is standing than when lying down.

The patient should wear an ordinary suspensory bandage. Specific No. 8 D should also be used. A few weeks' treatment never fails to cure.

Price of Eclectic Suspensory Bandage and Belt, $5.

The Majority of Men Can Wear a Suspensory Bandage With Benefit.

It will relieve a great many symptoms which, though not constituting disease, will cause a great deal of discomfort, such as pain in the back and hips, a dragging feeling and pain in spermatic cord, feeling of weight in lower part of the bowels, etc.

Wearing a Suspensory will, in a large measure, prevent the devopment of Varicocele or Hydrocele. Those subject to Varicocele or Hydrocele are men in whom the scrotum is relaxed either from an inherited tendency, from long sickness, from continued or extra exertion in standing, walking, lifting, etc., from costiveness, or from weakness from any cause whatever.

Polo players, Bicycle riders, Athletes, Equestrians, in fact all men when subject to extra or continued exertion in standing, walking, riding, lifting, jumping, etc., should wear a Suspensory to prevent injury by straining or bruising.

A great many are already resorting to the wearing of suspensories as a matter of comfort, and the number is constantly increasing as the benefit to be derived from them becomes better understood.

The affection known as Varicocele is quite common in persons over fifteen years of age, but is rarely seen in those younger. It is a dilated and elongated condition of the veins of the spermatic cords, giving them a soft doughy feel, not unlike that of a bunch of earth-worms, causing the scrotum to become relaxed and distended. With many the mental suffering is far in excess of the bodily pain, through fear that the vitality of the parts may be destroyed by the enlargement. It almost invariably occurs on the left side, is yet occasionally found on the right side, but very rarely on both sides. The causes are various, among which may be mentioned any act which may tend to force an unusual amount of blood to the testicles, such as heavy lifting when the body is in a stooping position, straining effort in defecation, excessive venereal indulgence, bicycle or horseback riding. Varicocele is very frequently mistaken for scrotal hernia, which it sometimes resembles. The use of a suspensory will sometimes prevent an increase in size, and has long been known as the principal remedy for the annoyance of the disease, excepting in cases where, in consequence of the physical inconvenience experienced and the disturbed mental condition of the person, occasioned by the constant dread of the nature of the affliction, or injudicious advice of friends, the sufferer's life has become miserable, which is not unfrequently the case. When this is so, you should use Specific No. 8 D in connection with my Suspensory Belt. This will place you in a better condition mentally and physically, and a radical cure may follow. A very eminent surgeon and recent writer on this subject says, that a called a radical cure of varicocele must be accepted in a restricted sense.

A properly constructed suspensory should be light in weight, strong in texture, embrace the parts evenly, and retain its proper position with certainty and comfort in whatever posture the body may assume, producing little or no consciousness of its presence and dispelling any annoyance or distress by suspending the parts from the waist instead of by their natural cords. Such a suspensory is our Elastic Scrotal Suspensory and Belt. To be had from M. V. LUBON, Toronto, Canada.

Causes.

The main causes of wasting may be plainly and conveniently classed as follows: Masturbation. Unnatural excitement. Non-completion. Affections of the organs following mumps. Long continued or improperly treated Gleet. Stricture of the urethra (urinary canal). Paralytic strokes. Epilepsy (falling fits). Blows, strains, injuries, etc., especially on or about the small of the back. Non-descent of testicle. Old age (natural). Spermatorrhœa, Impotence, etc. To effect a cure use Specific No. 8 D.

Statement of Facts.

"Nearly one-third of the space of our insane asylums is taken up with such perfectly hopeless cases." Just as surely as intemperance, scrofula and syphilis plant a diathesis in each of their victims, so will this depravity—other things being equal—have a tendency to produce the like—I dare say to the third and fourth generation. The vitiating habit of self-abuse does transmit the enfeebled body and weak intellect, which fall a willing and easy prey to any external condition or circumstance that leads to depravity and self-amusement.

"The mental and physical wrecks that crowd along the asylum corridors, 'sow the wind and reap the whirlwind.' Nor is the habit confined to any age or condition of life. Youth, middle-aged, hoary-headed, single or married, are numbered among its victims. To parents, preachers and physicians is the appeal made to use every legitimate means at their disposal to crush out a national curse. This can only be done by educating the people to its enormity and the direful results."

Rev. William Morley Punshon says: "Thousands are annually hurried to untimely graves by vices which they scarcely know to be such and would have been preserved for lives of usefulness and honor if they had received proper instructions in their youth."

Rev. Henry Ward Beecher says: "No one can begin to imagine the misery that has come upon the human family, solely through *ignorance* upon this subject."

The following are symptoms of seminal weakness, nervous debility and impotency that may be cured by the use of

M. V. Lubon's Specifics No. 8, A, B, C or D.

Involuntary night emissions, loss of semen during a movement of the bowels, loss before passing urine, loss after passing urine, pimples on the face, frequent desire to urinate, excessive urine, scanty urine, urine discharged with difficulty, cloudy urine, also white and milky, high or dark-colored urine, pain in the small of the back, pain in the kidneys, swollen testicles. Use D to cure. Discharges, burning in the channels after urinating, worms at the anus, nervous emotion, such as dizziness, etc., impaired memory, palpitation of the heart, weak stomach, want of power. D to cure. Aversion to society, lack of energy, confidence, bad eyesight, melancholy and strange thoughts, enlarged veins. Use D to cure. Loss of voice.

Lubon's Specific Medicines
—KNOWN AS—
No. 8, A, B, C and D,

Are a Nerve Food, composed of all those potent drugs which the experience of ages has proved most effectual in correcting disorders of the mind and body, checking nervous degeneration and rebuilding constitutions broken down or enfeebled by disease or improper living. With these are associated pure vegetable tonics, which render the whole very palatable and easy to take.

The present generation of civilized nations is wrecking not only its own health, but that of succeeding generations, by forgetting that Nervous Exhaustion invariably brings on all forms of disease, contagious or otherwise. Intelligent people now realize that the vast majority of diseases begin in the Nervous System. Professional and business men, society women and those burdened with household cares, harassed and worried sooner or later break down. Their physicians call it General Debility, Heart Disease, Kidney Complaint, Dyspepsia, Neuralgia and a thousand other names; the secret of the whole list of ailments may be found in the Nervous system; constant and undue strain causes loss of Nerve Power; Muscular Relaxation and Weakness follow.

A Vigorous Nervous System is the only Protection against Disease; that it is a real protection the history of the age, the testimony of every physician at the bedside, conclusively proves. This protection can be surely afforded by the free use of LUBON'S MEDICINES. The appetite quickly responds; the tired, worn-out organs show new life; the circulation of the blood is quickened; digestion becomes easy and painless; the spirits buoyant; all tell of a new and perfect condition; bringing health, strength and happiness.

This vitalizing food brings renewed power and courage; and is a salvation to those whose nervous and physical systems have been over-taxed and debilitated by excesses and indiscretions, or from too persistent mental application or unusual physical strain.

Young men, middle-aged men and all married men should use them freely. They are for both sexes, and act through the stomach, liver, blood and kidneys, insuring to ladies fine complexion, a perfect developed form, sparkling eyes and a beautiful complexion.

Men who are suffering from the effects of constitutional syphilis, whether secondary or tertiary, can be cured and every trace of the syphilitic virus wiped out of the system forever by M. V. Lubon's Specific.

To be had only from M. V. Lubon, 24 Macdonell-avenue, Toronto, Ontario. This medicine is *not to be had* from druggists.

M. V. Lubon's Specific No. 16 for the cure of delicate diseases of a private nature, such as gonorrhœa, gleet, etc. Pleasant to taste and safe to use. Guaranteed not to cause stricture. Price by mail, sealed, Ten Dollars.

Address M. V. Lubon, 24 Macdonell-avenue, Toronto, Canada.

Care of the Health.

Health is wealth indeed, and people are beginning to realize that fact more than ever they did. Given the *sanum corpus*, the sound body, and the *sana mens* is pretty sure to follow. And when one has a thoroughly sound mind in a perfectly healthy body his purse may be light, but his real wealth is not exchangeable at par with the dollars of a millionaire who finds both day and night, it may be, one long martyrdom due to ill health. Money is good, health is good. Fortunate indeed is the man who has both, only the fools would choose wealth in preference to health.

This having been granted then, that health is a most desirable possession, and that great care should be taken to retain and perfect it, or regain it if it has been lost or impaired, this also requires to be attended to, that we do not first ourselves too much about our health. Some people, who are in tolerably good health, keep themselves and other people miserable by the anxious solicitude about it, which is their normal state. This, of course, is folly. Absolute perfect health is not to be looked for in this imperfect world. When all is said and done, and we get right down to bed rock on this subject, just about all that has been said and written on the preservation of the health, resolves itself into enlargements of those three first principles, viz., cleanliness, exercise and suitable food. Aim at these, use common sense, your own experience and the experience of other judicious people to guide you, and your health will be just about all right unless you are constitutionally very far astray. And first of all, cleanliness. So much importance do we attach to this that we are almost tempted to say that the first rule for preserving health is cleanliness, and the second is cleanliness, and the third is cleanliness. Why, just think for a moment, what an amount of ground this rule covers. Not physical cleanliness only, but mental cleanliness, moral cleanliness and spiritual cleanliness. Since the whole nature of a man or woman is perfectly clean, body, mind and soul free from stain, pure, sweet, cleanly in every sense, what more, think you, could be wanted for health? That would be health itself, ideal health or wholeness.

And therefore, to persons who are in earnest about their health we say, be cleanly in all your works and ways. Cleanliness is indeed a very near neighbor to godliness.

KEEP YOUR PERSONS CLEAN.—Your bodies, not only what is seen but what is kept concealed from the public eye. Bathe frequently. Keep yourself sweet. Your face and hands and feet, your hair, your face and hands and feet, your hair, your teeth, your nose, your ears.

KEEP YOUR MINDS CLEAN.—The mind has a wonderful effect on the body, as the body has on the mind. They act and react on one another. Keep away from unclean minded people. They poison your atmosphere. They are walking pestilences. They will injuriously affect your health if you have anything to do with them. Give them a wide berth.

Do the same with unclean books and literature of all sorts that is dirty. There is plenty of it. Don't touch it. It will be harmful to your health. You can't touch pitch without being defiled. And whatever debases the mind and soul so far debases the body. We might enlarge still further on this subject, but what would be the use? Intelligent readers can do their own enlarging.

My Claims

To Public confidence are founded on the most extensive and thorough education, study and observation, which have been confined exclusively to disorders of the sexual organs, and the thousands of cases which I have treated successfully. Besides these, my reputation and standing in the community in which I live, as daily evinced in the unsolicited testimonials, letters and encomiums given me by the most distinguished people and prominent press of the country, confirm me in the right to assert my claims to honest confidence on the part of the afflicted. If all these stand for naught, then reputation and character are of no value to anyone.

My Specific Remedy

Is the result of years of patient study and experiment on the treatment and profound observations of the cause and nature of Nervous Debility in general. It is perfectly safe, never weakens the patient, never obliges a person to neglect their business; it exercise the most healthful influence upon every nerve, muscle and blood vessel, on the brain the spinal cord, glands and lymphatics; every portion of the body pertaining to the sexual organs is awakened into new life and vigor, thereby soon regaining their natural healthy condition. In fact, it acts with the most potent and remedial effect upon every filament, tissue and nerve that united form the body, allaying all irritation, eradicating every morbific agent, every poison, invigorating the debilitated organs, enriching the impoverished fluids, building up the flagging nervous energies, imparting vigor to body and mind, and bringing every healthy faculty into play.

My Specific Remedy

Cures the weakness and relaxation and removes the granular, irritable condition of the seminal vessels; under its use the tissues of the ducts and vesicles, which are often in a granular, infected or puffy state, empty themselves, contract and become healthy, the morbid irritability is removed, and by its anodyne, healing and tonic influence the spermatic ducts are closed and the seminal losses, whether nocturnal or diurnal, speedily arrested and the parts restored to a natural healthy condition. There is no other remedy known capable of arresting these involuntary emissions, and of relieving that condition of the urethra attended by a constant weeping, like the white of an egg. This unnatural drain, the ruin of so many otherwise fine constitutions, is generally arrested the first week or two the remedy is used. Its good effects are thus felt at once and all suspense and anxiety as to the result speedily banished. A complete and permanent cure is rapidly effected. I exert my whole mind, energies and skill to perfect a cure irrespective of any money consideration and bring to bear on it all that science, honesty, knowledge and experience will accomplish—knowing that the exertions of these never fail to bring their just reward in due time.

To those who have debilitated themselves by that fearful practice, self-pollution, the signs of which are very evident by the sunken eye, the sallow color of the face, attenuated form, aversion to the society of women, but above all the haggard look which the consciousness of impotency stamps on the countenance. (Impotency, the curse of mankind, which has caused more to commit suicide and rush unbidden into the presence of their Maker than all the other misfortunes of life.) To these I recommend my Remedy. By its use the sparkling eye and bloom of health will again adorn and delight you, and the noble works of a Great Master again with tenacity will cling to life, and, in his proper sphere become the natural concomitant to a mutual enjoyment; for when life is divested of these pleasures days are looked to ward to as years, and years as to eternities.

My Specific

Is not a patent medicine, and I shall never patent it. If anyone can make a remedy which will excel it in curing Nervous Debility, no jealousy of mine shall stand in their way, and as we are growing more enlightened the older the world grows, it would be strange if a new discovery was not made in this direction; but I challenge the world to produce a medicine or a physician that has cured as many cases in twenty years as I have with my remedy.

Let No One Despond.

Do not be deterred from seeking my advice, because, after having been treated by many who failed to cure you, you have become discouraged. This is the very time you should make one more trial.

Many write me that they have tried different physicians and invested in various kinds of medicines, and having received no relief, are discouraged, and have made up their minds to doctor no more. Is this right? I know that the whole country is cursed with quacks and unprincipled men, claiming to be physicians, who know no more of medicine than they do of English grammar; who seek only to fill their pockets, regardless of all other considerations. But I cannot be responsible for their evil doings; I can only be responsible for my own actions.

I will guarantee to cure every case I undertake, without I inform the patient I can only benefit it. Failing in doing this, I will refund all money I have received. Can anyone act fairer?

Cautionary Advice.

In view of the deplorable effects of Seminal Weakness, etc., my advice is, that every person who has ever practised the vice or who is subject to involuntary emissions, should take a course of treatment to remove the effects from the system, however mild the case may be, whether conscious of any bad effects or not, to prevent future trouble, which is liable to occur years afterward unless this precaution is taken, for the damnable effects of this vile habit hang to the victim like an accursed mantle all his life, unless counteracted by skilful treatment, paralyzing every energy and blighting every hope.

I belong to no special school or sect of medicine. I embrace the best features in each system. I retain that which commends itself to calm, dispassionate judgment and discard all others. The component parts of the medicine are entirely a product of the vegetable world. They are moreover innocent, as all medicines as well as food should be, harmless toward nature but powerful in opposing disease; restoring health by changing a diseased action to a healthy one; leaving the constitution free, healthy and vigorous. If a sufficient quantity of the Remedy is used and allowed to be taken up by the system, my experience teaches me the disease must yield and the patient be restored to health. And let me say here to all erring ones, do not keep your secret to yourself until it has sapped the foundation of your life and left you a wreck of humanity; a curse to yourself and burden to society; but if entangled in the snare of pollution or any secret disease or trouble, flee at once from its destructive influence, use the Specific Remedy and be restored to health and vigor.

Nothing cheap or impure has been tolerated in its composition. It can be relied on. What may seem almost incredible is the astonishing rapidity with which it cures cases hitherto considered incurable.

Every sufferer should understand that these diseases should meet with prompt and energetic medical treatment, as, if allowed through neglect to become deep seated and chronic, the result is that a much longer and more expensive course of treatment is necessary. Lose no time in placing yourself under treatment and secure a remedy that has stood the test in thousands of cases. Lose no time, because each day's delay but increases the difficulty and renders the cure more protracted.

Why Do I Advertise?

To make my remedies known, and because it is a common privilege and legitimate. If you have a good remedy, let the people know it. A merchant will display his best goods in his shop window, to let people know their value. DOCTORS SAY THEY DO NOT BELIEVE IN ADVERTISING, but they drive fast horses, employ two or three footmen, drive about curiously and say THEY DO NOT ADVERTISE. They proclaim all advertised remedies NOSTRUMS, and their owners QUACKS. There are various MODES of advertising. I try to be sensible with the people and therefore I advertise in the papers—elsewhere and everywhere. Why should a man not publish facts? I advertise because it pays ME and I also pay the PRINTER. If I advertise, and by so doing have built up a good paying business. My remedies are known all over America. If you want proof of the value of these remedies CALL AT MY OFFICE and I will show you many testimonials received from those who claim that my advertisements were the means of saving their LIVES. I have such faith that I sell many of my remedies under a GUARANTEE TO CURE. No cure, no pay, which has an honest sound, I think, and made to the afflicted in good faith. If you are sick read this carefully, order the proper medicine, use the same as directed and the chances are that you will not only be cured, but be converted to the fact that advertising pays the PEOPLE, the PRINTER and the man that does the advertising. Respectfully,

M. V. LUBON.

Allow me in closing to kindly request every every unfortunate sufferer to give the Remedy a trial, being well satisfied that if they do so they will be more than pleased with the result, and will in all human probability be restored to perfect health. No matter how many other medicines you may have tried, no matter how dark and discouraging your case may seem, it is your duty