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 the 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 exacted 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 resource; but youth, through ignorance or through immoderate passions, is wont continually to draw cheques 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 that belongs to that time.

"I do not object to any amount of gayety or vivacity that lies within the bounds of reason or health, but I do reject and abhor, as worthy to be stigmatized as dishonorable and unmanly, every 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 who thinks so. I think that youth is the plant life, and that every wart or excrescence is so much enfeeblement 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 dallyings of indulgence that belong to a morbid life. A young man that has gone through these things may be old 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 weakest 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 and 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 its 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 penalties 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 penalties with reconstructive instrumentalities, recuperative measures, conducive to our real good. It 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 maliguant 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 OR 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. Out of thousands of cases treated by the Specific 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 excesses, overwork, confinement, worry, care, sedentary habits, excitement, etc. The above are more 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. Impotence 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 hebetude, failing memory, lack of power of application or energy, restlessness, pain and sometimes actual pain in the back, the kidneys, headache, pimples on the face or body, itching or peculiar sensation about the scrotum, thighs, legs, 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 be rested by sleep, weakness and torpor the day after a nightly 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 escape is imperceptible. Indigestion, innutrition, emaciation, shortness of breath, palpitation, nervous debility, want of energy, vertigo, want of purpose, dimness of sight, dulness of hearing, aversion to society, blushing, want of confidence, avoidance of conversation, desire for solitude, listlessness, and inability to fix the attention on a particular subject, cowardice, depression of spirits, giddiness, excitability of temper, moroseness, etc., all are symptoms of this exhaustion. Subsequently the yellow skin reveals the bones, the sunken eyes are surrounded by a leaden circle, the vivacious imagination becomes dull, the active mind grows insipid—in short the spring or vital force, having lost its tension, every function wanes in consequence.

No. 8 acts upon the brain, mind, blood and the nervous system. Men, young or old, who have let business cares and worries, mental trouble, overwork and constant brain wear and tear, confinement or long hours in unhealthy offices, lack of exercise and the like ruin their previously good constitutions; or those who, through youthful abuses committed in ignorance or later excesses from unbridled passions, will find in No. 8 a true friend.

Facts for Men Who are Weak, Nervous and Debilitated.

Atrophical Consumption or General Debility

Is the result of defective nutrition, arising from depression of the nervous and muscular powers, but in the majority of cases it arises from self-abuse or the ERRORS of youth. The habit to which I allude is termed self-abuse; and why it is not more noticed by physicians as a powerful cause of bodily decay is a matter of much astonishment. It is far more common than some imagine. It is not confined to the youth of one sex only. It is not confined to the great and affluent of the world; it is common alike to rich and poor, to the young as well as those of RIPER YEARS. It is in vain that mock modesty attempts to throw a veil over THAT PRACTICE, which is the most dangerous because hidden in SECRECY, because medical men have not the courage to utter its very name. Thus is humanity betrayed, and thus are the health and happiness of thousands sacrificed to a FALSE DELICACY. The whole of this page would not suffice to tell the sad tale of sufferings entailed by this solitary vice. The following extracts will show the opinion of high authorities on this subject:

There is a vast deal of injury done to individual health by the abuses and excesses of the PRODUCTIVE FUNCTIONS. The primitive fathers and physicians have duly noticed the evils to which I allude. It is all very well for SENTIMENTALISTS and the MOCK MODEST TO DECLAIM AGAINST A NOTICE OF THEM, but justice, morality and the preservation of health, as well as the perpetuation of the human race, DEMAND IT. There are ignorant, intolerant bigots and fools who are unable to appreciate the importance of the subject. TISOT observes that THIS HABIT causes a decay of all the intellectual faculties; loss of memory; continual anguish; the bodily powers decay and the poor victim becomes afflicted with melancholy. Those who have given away to this deluding HABIT, STOP, before the whole frame is destroyed: it soon brings on all the infirmities of the most languishing OLD AGE and renders its victims indifferent to the amusements and duties of life. This habit deadens all the life and spirit of youth; its votary becomes like a faded rose; a tree blasted in its opening bloom; a wandering skeleton, nothing remaining but debility, LIVID PALENESS, a withered body and a mind overwhelmed with wretchedness. Nature becomes exhausted; it is the wreck of youth and hope and life, together blended in one awful destruction. Let not PRUDERY turn aside at these details, for it is often the GOOD and INNOCENT who fall victims to these miseries. I have had access to various hospitals in FRANCE, where I have seen poor humanity in some of its most revolting forms. I could not behold without shuddering, on passing through the "Lazarus" ward of the great hospitals at Vienna and Paris, the utter wreck of folly's THOUGHTLESS victims. Let all young men avoid this vice of which I write as they would shun a nest of hornet. The effects of this habit are often unperceived or unnoticed BY THE PATIENT, and that for a considerable length of time, although its premonitory symptoms may often be seen by others for many months in those cases the patients are PALE OF COMPLEXION, SLIGHTLY EMACIATED, SOMETIMES HAGGARD and SICKLY IN APPEARANCE. Their manners are shy and nervous, and they often have an air of timidity. They are at times languid and listless, and do not exhibit that interest in life which characterizes those not laboring under disease. They also complain of LOSS OF MEMORY. This HABIT is one of the most powerful causes of nervous and muscular debility. Among its final effects are found—LASSITUDE, WEAKNESS, AVERSION TO TAKE EXERCISE, DIMINUTION OF SIGHT, GIDDINESS, HARRENNESS, PALPITATION OF THE HEART, HYSTERIC feelings in females, trembling, melancholy, etc. The stomach is disordered and its muscular action is destroyed; disturbing dreams prevent sleep; the whole body is enfeebled, particularly about the LOINS; decay and emaciation succeed, and finally palsies, lethargies and atrophy. The spinal marrow wastes away, the mind and intellect languish and the poor creature perishes a miserable VICTIM.

First Stage.

The brain and nervous system begin to feel the effect. Memory and application, good judgment, decision of character and clear-sightedness are not what they were. Headaches are common, bashfulness and trepidation, especially in the presence of ladies, is the rule. The person feels clumsy, embarrassed and ill at ease. Sleep is sometimes poor, being disturbed by horrid dreams Drowsiness and a tired, languid feeling in the morning and a disinclination to rise and go to work, are certain signs of approaching nervous exhaustion. The eyes are dull and heavy. The pupils are unequal; often large, sometimes one large, one small. The hands tremble and perspire easily. The person is absent-minded, melancholy, he fears that he is the jest and ridicule of his associates. The skin, especially of the face, becomes coarse and red, and covered with blotches and pimples. Twitching of the muscles of the eyelids and face is generally present accompanied by creeping sensations up the spine, flushing of the face, slight chills, dizziness and black spots before the eyes on stooping, and occasionally there are neuralgia pains about the heart. If unchecked the above-named symptoms rapidly merge into those of the

Second Stage.

Here all the symptoms of the first stage are usually present but intensified. Weakness is more pronounced and the nervous prostration more decided. There are flushings succeeded by chilliness, tendency to doze or sleep, mental dullness, failing memory, lack of power of application, energy or concentration, restlessness, headaches, pimples on face, itching and peculiar sensations, torpid liver, failing sight, pains in the back, chest and limbs, dizziness on stooping, specks before the eyes, melancholy, sometimes insanity, numbness of extremities (precursors of paralysis), twitching of muscles, ending sometimes in epilepsy or St. Vitus dance, troubled breathing, timidity, indecision, lots of will power, bashfulness, burning of the face with coldness of hands and feet, palpitation of the heart, despondency, fear of impending danger, tenderness of spine, dryness of skin, nervous tremblings, noises in the ear, weight on the brain, flabby muscles, tired by slight exertions, sleep does not refresh, features sunken and haggard, the eyes are dead, sunken and lustreless, though there is a look of wild unsettled fear that denotes approaching insanity. The heart beats irregularly. There is shortness of breath. The brain becomes more sluggish day by day.

The Third Stage.

is an aggravation of the two preceding ones. The mind is absorbed as much as it can be by the one idea of its wretched situation, and the sufferer is haunted by the thought that his condition and causes are known to the whole world, and that he is pitied or scorned by every person he meets. He is hypochondriac, and fearful suggestions of self-destruction ever and anon present themselves. The power of mental concentration is entirely gone, and the memory is so feeble that the patient continually forgets what he begins to say. The dimness of vision is continual and so great as to be a material annoyance. The eyes are wandering or fixed on the ground, seldom venturing to meet the gaza of another. The ringing in the ears, pain in the head and over the eyes are 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 shake, limbs 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 buried 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 the 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 is 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 symptoms 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, jumps 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 but sone 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 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, use the 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 put 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 cannot 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 functions. 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 be 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 secluded from the society of girls—and "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 to forgive errors, the benefit to be derived from which 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 inflamed. 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 practiced by those ignorantly with the dangerous 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 if you have any suspicion that this vice as a manly accomplishment. The vice may also be inherited from the parents. The practice of onanism squanders the vitality and wrecks the constitution. Especially when men at the very prime of life are 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 been found the source of the downfall of all 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 impaience, 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, 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 head 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. 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 development 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 watever.

Polo players, Bicyle 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 inflamed. With many the mental suffering is far in excess of the bodily pain, through fear that the vitality of the parts may be damaged by the enlargement. It almost invariably occurs on the left side, is generally 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 undue amount of blood to the testicles, such as heavy lifting when the body is in a stooping position, straining effort in defecation, excessive venereal indulgences, 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 this disease. In cases where, in consequence of the physical inconvenience experienced and the disturbed mental condition of the person, occasioned by the presence of the disease, or 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 the subject says, what is 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 (failing 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. This 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-abasement.

"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 prove. 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 using them a perfect developed form, sparkling eye 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 by the use of 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. 10 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 fret 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. Absolutely 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., pure air, 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? Just 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 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 tarry long. Long continued or improperly treated Gleet, Stricture of the urethra (urinary canal). Paralytic strokes. Epilepsy (failing 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.

Do the same with unclean books and literature of all sorts