

**THE SIMPLE TRUTH
FOR BOYS OF
TWELVE AND OVER**

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The Simple Truth for Boys of Twelve and Over by Charles C. Manger

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CHARLES C. MANGER

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BY

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LOS ANGELES, CALIFORNIA

1918

Wishing that it may fulfill its purpose in their quest for knowledge, this book is dedicated to my little boys, Charles, William and Robert.

It is my fondest hope that they may grow to lead honest and clean lives.

FATHER.



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C. C. Manger, M. D

FOREWORD

This little volume, with its well-considered and carefully presented information about a subject about which so little that is correct is generally known, has a larger field than is indicated in the author's touching preface. It should appeal with special force to parents and to all who are entrusted with that most sacred of human charges, the care and training of the young.

The body is not a thing to be ashamed of, nor are any of its organs or functions, when rightly understood, so unworthy as to be looked upon with contempt. Yet, even in the most enlightened homes, boys and girls are growing up with utter lack of knowledge which would conduce both to their safety and happiness. Vice and suffering are the inevitable harvest. A child can not be expected to control what it does not understand.

Much is heard of the duty of child to parent, but comparatively little of the duty of parent to child, particularly in connection with the subjects herein discussed. The

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child that grows into adolescence without having heard the story of its physical life, told at the proper time, in the proper way, and by the proper person, has just cause to feel that in a most important sense he or she has been the victim of cruel neglect.

When this duty is recognized and accepted, the tragedies of youth, so pitifully familiar in every community, will become far less common, and the great aggregate of humanity's heartaches be correspondingly diminished.

A. B. COOKE, A.M., M.D.

CONTENTS

Introduction

- I. Anatomy
- II. Physiology
- III. Pathology
 - Masturbation
 - Varicocele
 - Gonorrhea
 - Chancroid
 - Syphilis
 - Prostitutes
 - Perverts
- IV. Conclusion
- V. Supplementary

INTRODUCTION

The healthy mind thirsts for knowledge.

Ignorance and error are the authors of most of our woes.

There is no other province of human experience, where the knowledge held is so much involved by ignorance of facts, and prejudice of opinion, as in the field of sexual problems.

Much has been done, and much has been written to clear away the darkness, but there seems to be yet more need for diffusion of light, that it may reach those who most need to know how to pass the "Rocky Shoals of Puberty."

A sensitive plastic being, just leaving the security of childhood, enters upon the rough and uncertain way of a new existence; surprised and dismayed by the shock of reality, his reason eagerly seeks after knowledge of his being.

As secrecy is the soul of pruriency, that is the time of all times when the truth may

protect him from vicious influences of erroneous and evil advice, with which he is all too apt to be beset.

This book is written upon the theory that the simple truth, free from the cold comfort of asceticism or the blighting cynicism of the vulgar, and without any of the restrictive conditions of formal morality, given from the viewpoint of the physiologist and physician, will be the most effective form of message.

Strange as it may appear to some, there is contained nothing which could conflict with religious or philosophical convictions.

Whatever is presented as statement of fact, has passed acceptance by all authorities; anything about which there could be dissenting opinion has been omitted.

Whatever is set down as matter of opinion has been drawn from my own observations, my experience as physician, and a critical review of the opinions of others.

In presenting this little volume, I indulge no pride of performance, nor hope of financial gain.

The motives actuating to this pleasant