

# **A SELF GUIDE FOR ALL MEN**

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A Self Guide for All Men by L. W. de Laurence

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**A**  
**SELF GUIDE FOR ALL MEN**

**"Like unto the writing on the wall at Belshazzar's Feast." Contains Spiritual Wisdom, Knowledge and Advice, which is of enormous value and importance to every man, and these marvelous writings are bequeathed as a legacy to the Sincere man, who will do well to heed the "Writing on the Wall" in the Moral, Social and Commercial Arena of today, and he will profit and do well to heed the warnings contained therein, for he will discover within its pages the Wisdom, Advice and Knowledge for which his Soul has cried aloud within him for many years.**

BY

**DR. L. W. DE LAURENCE**

**Author of Manual of Disease and Modern Medicine—Hygienic Medicine, The Natural Cure System—A Book on Lung Complaint—Self Guide for All Men—Diseases of the Stomach and Digestive Organs—A Book for Married Women—Rheumatism, Its Symptoms, Treatment and Cure—Vegetarian and Whole Meal Cookery Book—The Human Body, Its Diseases and Treatment—The Healing Power of Nature—Health, Wealth, Disease and Death—The Laws of Health—Cure Thyself, How to Deal With Troublesome Complaints—The Book of Tanjore—(For Men)—Standard Medical Work.**

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## A Self Guide For All Men

**This Famous Book** was formerly published as "The Book of Tanjore." By request it has been revised, enlarged and republished under its present title for the exclusive use of young and middle aged men.

**Its author** being an eminent authority on the Mentality of Mankind; The nature and possibilities of the Human Soul and Mind, as well as Evil Passions and Sensuality, their relation to, and influence over the Mind, Soul and Physical Body in both Disease and Health, this work will be found A Guide to All Men.

On the opposite page is shown the sensualist in the bounds of his "Unholy Passions," showing in the background the Vultures of Remorse and Regret, ready to prey upon, and devour the soul. In the background is also shown Hope sinking out of sight as is also the last ray of Sunlight, leaving in their stead, the Mournful Certitude and Darkness of Despair, Insanity or Death.

This young man, while chained by the demon of his baneful acts, is thinking hard, bitterly—But too late. He has failed to think in time.

Thought, Self Control, and Real Will Power is all that can save. Thought, Will Power, Confidence, Belief, True Faith and Realization in one's ability to overcome things conquers, and solves life's problems; but only Thought and True Faith controls the will power.

When Will Power and Faith are weak, thought and thinking hard and bitterly comes too late. Are you going to use the power of true Faith to improve your health, to clear your mind, to solve problems and protect yourself from your evil desires and be a benefit to the human race, or are you to hesitate and waste, wonder, lament and delay until it is too late as with the young man shown on opposite page.

Whether you be young or old, realize now that your only salvation, your only hope, your only chances in life, are all in the exercise of faith and your will power.

How much will you use that power of true faith to control yourself? How long are you going to wait to use it efficiently to curb your lewd thoughts?

To what extent are you now, after reading this book, going to control your animal forces and evil passions? The picture on opposite page shows the man of sorrow and of weakness, pitifully and bitterly thinking of his great mistake; but his power of Faith is gone.

Thought comes too late to save him.

*"Can a man take life to his bosom, and his clothes not be burned."*—Prov. 6-27.

*"Take fast hold of instruction; let her not go; keep her; for she is thy life."*—Prov. 4-13.





## A Self Guide For All Men

In the Books of *Holy Scripture* we find, in *Genesis, Chapter 30, verses 14, 15, 16, 17*, the Testicles spoken of and directly referred to as Mandrakes. The testes (Testicles from *testicula*, *Accus. Of testiculus*, dimin. from *testes*, a testicle). "*Anat.* One of the two glands which Secrete the Seminal fluid in males." The testicles proper, as stated above, are the glands which secrete the Seminal fluid in males. They are protected by the Scrotum, which is the bag or external tegumentary covering enclosing the Testes in the higher mammals. In man it is subject to a distinct disease known as chimney-sweep's cancer, from the liability of that class to suffer from it. Other diseases are hypertrophy, erysipelas, inflammatory edema, and tumors of the scrotum. *Testes muliebres* is an ancient name for the ovaries; from the old notion that semen was secreted by females as well as by males. The Testes generate and secrete the Semen and are kept in a vigorous, strong and healthy state when properly supplied with healthy blood from the abdominal aorta.

### INSANITY AND SUICIDE

Insanity and also Suicide (that great unpardonable and desperate deed of despair) have their source and origin in an imperfect and weakened state of the Testicles and Sexual forces; therefore, from this is to

be gained an idea of the vital importance which men in every age have attached to the proper performance of these functions, and when, by self-abuse or excess, they have been weakened, the terrible consequence will surely fall and descend onto him who is to blame. There are cases on record where the Testicles are more than two in number. However, sometimes only one is found. This is caused by the one of the Testes being withheld or retained in the abdominal canal. In Calcutta, India, there is a young man of great strength and fine physique who has four well-developed Testicles. Another case which is known to the physicians of a certain hospital is where a man of middle age upon examination was thought to have only one Testes, but upon a closer examination the other one was found to be retained in the abdomen, as stated above. The Spermatic cord is connected at the upper end of the Testicles. The glands or vessels proper for the semen are located on the lower outside surface of the bladder. These glands also contain a transparent fluid in which the Semen proper is floated and projected during the act of ejaculation. The Prostate gland is a delicate and highly sensitive organ, consequently very susceptible to inflammation and certain diseases. It is somewhat larger than an ordinary hickory nut, passes in front of the bladder and also a portion of the urethra. The Prostate gland generates a transparent mucilaginous substance which moistens the Urethra, through which the Semen is ejaculated during intercourse. Whenever the Prostate gland is even slightly diseased, or any inflammation whatsoever has been started therein, normal copulation is greatly interfered with and causes annoyance, dissatisfaction, and even very severe pain.

Where there is any sexual weakness the Seminal fluid is very often wasted with little effort of lewd imagination, especially at night when the patient is asleep. This, of course, as is well known, will bring about impotence and greatly diminishes man's vitality. Medical men have been known to treat cases of this nature, where a permanent wasting of seminal fluid is present, as venereal diseases. Their ignorance, of course, has been very disastrous to their patient.

The male organ of generation is composed of a root, body, and extremity, forming with the Testes and their appendages. The gland resembles a figure of a true cone; the interior is composed of a very delicate and highly sensitive set of nerves peculiar unto themselves. When these nerves and the whole male organ of generation of man are in a normal condition he generally enjoys good physical and mental health. However, it is to be regretted that many young men, as well as those during middle age, are so weak that they are unable to properly perform the function for which their organs were created. This, of course, is due to a general deficiency of Sexual force and vitality. This condition has been brought about and superinduced by that terrible state of mind and mental attitude which results from abuse and excesses, and unless this abnormal state is properly understood from a mental as well as a physical standpoint the chances of its cure are very small.

The glans-penis is covered by a foreskin, which during ancient times and even to this day is removed by an operation which is known as Circumcision, which means to cut off the prepuce foreskin of males; also to perform an analogous operation on females. *Circumcision* is spoken of in the *Scriptures* and refers