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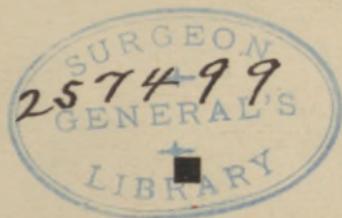
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# GLANDS

A TREATISE ON THEIR IMPORTANCE  
IN THE HUMAN MACHINE  
AND THEIR SCIENTIFIC  
HYGIENE

■

BY  
WALTER VAN HENRY, D. Ph.—M. A. ✓



CHICAGO, ILLINOIS  
JANUARY - 1924

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## Foreword

**Y**OUR Glands and their internal secretions control and maintain your life and health!" This is the most outstanding discovery of medical science of the last twenty years.

The most precious thing we know about ourselves today is that we are the creatures of our glands of internal secretion. These glands with their influence upon the brain and nervous system, as well as upon every other part of the body, are the real governors of instinct, character, emotion, and temperament; and the life of every person, his physical appearance and his health are dominated by his internal gland secretions. Dr. Lleyellys F. Barker, Prof. of Medicine, Johns Hopkins University, states—

**"More and more we are forced to realize that the general form and external appearance of the human body depends, to a large extent, upon the functioning, during the early developmental period, of the endocrine (of internal secretion) glands. Our stature, the kinds of faces we have, the length of our arms and legs, the shape of the pelvis, the quantity and location of our fat, the amount and distribution of hair on our bodies, the tonicity of our muscles, the sound of the voice, and the size of the larynx, the emotions to which our exterior gives expression—ALL are to a certain extent conditioned by the productivity of our glands of internal secretion."**

Being firmly convinced from both our own experience and from observation of dozens of regularly treated cases, where gland secretions were prescribed, that the use of gland extracts is the most valuable discovery yet made—

1. For the alleviation of a multitude of common ailments,

2. For the righting of many defects, in both the mental and physical field that were never before understood, and

3. For the lengthening of the average life of mankind,

We have gathered together a mass of information chiefly written by high authorities and have condensed and clarified it for the edification of the lay reader who is interested yet who has not the time for extended research in such a field.

In presenting this little volume, we express the hope that the benefits of gland therapy will not long be withheld from humanity through any misunderstood or misapplied "ethics" nor "bickerings" on the part of the medical fraternity,—as were anesthetics, germicides, anti-toxins, and various other blessings now so commonly enjoyed.

WALTER VAN HENRY

Chicago, Ill.  
January, 1924.



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## PART ONE

### Chapter One

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#### *Glands the Regulators of Vital Energy*

It is amazing to know that many of the most important glands, the holders of the secrets of our inmost being have only recently been recognized at their true value, and it is only in recent years that the medical profession has made any concentrated effort upon gland study, to determine means of restoring health as well as of controlling and preventing disease.

Gland study has assumed such proportions, that various laboratories and clinics have been established throughout the world, and new discoveries are being brought to light establishing still further the fact that "MAN IS WORTH WHAT HIS GLANDS ARE WORTH".

Such world known concerns as Armour & Co., Cudahy, Wilson & Co., and many others have established laboratories for the extraction of the various glands from the slaughtered animals, the extracts from these glands being prepared for medical use. We are advised that the investment in the various gland laboratories and clinics already amounts to many HUNDREDS of THOUSANDS of DOLLARS. These laboratories employ some of the foremost medical scientists, who continually experiment with the various gland extracts, and thousands of physicians depend upon this research for their information about the glands. For it is apparent that the average physician, with his very general practice, is given very little time to devote to scientific research, and he must leave medical PROGRESS

to the laboratories whose every MINUTE and every dollar is spent for research and investigation.

### *"The Mystery of Life"*

Medical students realize that much of the so-called "mystery of life" is contained in these mysterious glands, and as we become able to control the glands and their activity, it will be possible to more definitely control health, and many diseases which have up to now baffled medical science.

It is the object of this book to present to the layman all of the facts and data about the gland system which are available up to the present time, in as simple and clear a manner as possible. All statements are based on scientific research and unless there is an author's note that a statement is an opinion, it may be taken to be a positive scientific fact.

Naturally a subject of this kind, discussing the intimate parts of our physical organism is immediately seized upon by many "shallow brains" as a prolific field for salacious jests. We observe frequently that whenever the subject of the glands is mentioned, certain groups of people, usually more or less illiterate, will smile, and in a tone of superiority, ask, "Do you take any stock in that stuff?"

The recent efforts of Dr. Voronoff to transfer ape glands into the human system have caused a good deal of mirth about the subject. Why the public should ridicule the attempt of an eminent scientist to benefit humanity is beyond explanation. Dr. Steinach, the eminent Viennese surgeon, when interviewed about the amazing results of his gland operations, stated the following:

### *Dr. Steinach on "Rejuvenation"*

"I believe many of my critics object to the term 'rejuvenation.' If I had called my book 'Reflections on Senescence in Aging Rodents,' there would have been no objection. If I had dealt with the physiological

structure of the left wing of the grasshopper, my efforts would have been highly appreciated. But to deal with phenomena of sex and to apply knowledge gained from experiments with animals to human beings seems to be an unforgivable sin. For millions of years, all men have grown old and laid them down to die at the right time. To disturb this condition is to be marked a rebel against the most ancient of all conventions. Even if I upset cherished notions, is it not better to investigate my conclusions than to quarrel with them?

“At least,” Professor Steinach remarked, “I have the satisfaction that my humble efforts give a new impulse to science. Oculists, surgeons, pathologists, veterinaries, biologists and zoologists are stimulated in their field by my investigation. In Denmark, Spain, France, Germany, England, Estonia, and the United States there are men who verify my conclusions and continue my work.”

### *For a Stronger Race*

This then is the condition which faces the work of scientists who are zealously laboring for a better and stronger human race. Ridicule and misunderstanding. If they extended the same labors to benefit the dog or horse species, they would have a sympathetic and understanding public. But this has been the case all through history. New discoveries have always had ridicule and mistrust to contend with.

If we are able in this short volume to acquaint you with the seriousness of the subject of the glands and their hygiene, we hope that you will use this knowledge to so impress it upon your friends and neighbors that in the future when medical scientists or explorers in any scientific field, laboring for public welfare, present a new theory or discovery to the public, it will be received with a sympathetic desire for knowledge instead of illiterate ridicule.

## Chapter Two

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### *How the Glands Were Discovered*

The Glands are small chemical factories manufacturing secretions which are scattered through the body. Some secretory glands are well known to everyone; the sweat glands whose secretion is perspiration and the Lachrymal Glands of the eyes whose secretion is tears. These glands have little ducts through which their secretions are sent forth, and all that was known about the glands up to the last two centuries, was that they sent their secretions through these ducts to the part of the body upon which they were to act.

The first recorded studies of the glands were made in about the year 1750 by Theophile deBordeu, the famous court physician of Louis XV. The degenerate court life of the latter monarch is well known and when Dr. deBordeu started to study the sex life of men and women, and the construction of the cells and organs, he had hundreds of willing patients. The character, and the physical peculiarities of eunuchs first attracted his attention and he issued a treatise on the sex gland secretions and how they are absorbed into the blood.

As his work was carried on, such glands as the Thyroid and the Pituitary were made objects of study and their functions traced.

#### *Meaning of "Ductless"*

It was found that certain of the glands did not have ducts (or visible outlets) through which to pass their secretions into the blood and these glands were called "ductless" glands, or glands of INTERNAL secretion, differing from the glands of

external secretion, whose secretions are poured out through ducts or tubes. The glands of internal secretion which are the essential glands and form the subject of this book, are also spoken of as Endocrine Glands and the study of these glands is called "Endocrinology" by the medical profession.

Up to the early part of the 19th century, all that was known about the ductless glands was that they differed from the other glands in their method of sending out the secretions that they manufacture. No one had any idea of their real importance and the few physicians who experimented with ductless glands had very little to say about them.

### *The First Theory*

The first really great figure to take up the subject seriously was Claude Bernard, professor of physiology and head of the famous Medical College de France, of Paris, who, in the middle of the 19th century, was one of Europe's foremost medical scientists. Through his numerous experiments he found that the ductless glands manufactured internal secretions to maintain the normal composition of the blood. In other words, Dr. Bernard thought that the purpose of the ductless glands was to maintain the blood strength. Little did he realize that the blood is really the method of *transporting* the *gland secretions* to the organs which they control.

### *Dr. Brown-Sequard : Father of Gland Rejuvenation*

Then came the father of modern knowledge about the Glands, Dr. Brown-Sequard. Few medical scientists have met as much ridicule for their discoveries as Dr. Brown-Sequard, and yet he was recognized as one of the foremost scientists of his time. He held at various times, the professorship of medicine at Harvard University and Richmond College in this country and finally at the College of France, where most of his experimental work was performed.

The first new discovery which Brown-Sequard made was that the removal of the Adrenal Glands (situated near the kidneys) from various animals resulted in an extreme weakness followed by death within forty-eight hours. He then removed various glands, such as Thyroid (situated in the throat) and Pituitary (situated in the brain) and observed results. He then found patients who seemed to suffer the same symptoms which the animals suffer from whose bodies these glands had been removed and he fed his patients with the extracts of these glands. *He found that by feeding gland substance to the body he could produce startling changes in the physical condition.* Some secretions affected the heart, others the growth, and still others the sex system. He first compounded gland extracts from rams and dogs and used the sex gland compound from these animals upon himself for quite a time. When he reported the results of his experiments upon himself to the Society of Biology in Paris on June 1st, 1889, he was seventy-two years of age and he stated:

**“That the juices (gland extracts) had a general vigor restoring and dynamic action upon him, amazingly stimulating his general health, muscular power and mental activity.”**

### ***New Discoveries Frowned Upon***

As was to be expected, this report met instant disapproval, despite the standing of the scientist. The reason is apparent. He interfered with what the public called the “normal path of life” and he attempted to extend the normal activities of youthful days into old age. So, he was called a quack and charlatan. Nevertheless, today, few men occupy as great a place in medical history.

Dr. Brown-Sequard also discovered in later experiments that the various ductless glands depended upon each other and that any disturbance in one of these glands affected the entire chain. He found that the chief controlling link in this chain was the gonads (sex glands).

Drs. Bayliss and Starling took up the work where Brown-Sequard left it, and they found that every ductless gland sends out a secretion through the blood which influences other organs through the body. For example, they found that the intestines manufactured a secretion which affects the pancreas (situated near the spleen) and they named this juice "secretin". Accordingly, names were given to the extracts made by the various glands, these names usually being similar to the names of the glands.



## Chapter Three

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### *The Many Functions of the Thyroid and Parathyroid Glands*

The Thyroid is probably the gland most frequently referred to, not because it is the most important, but because in the earlier days, it was one of the first to be treated. It consists of two red colored bodies in the neck, above the windpipe and close to the larynx, and weighs between one and two ounces. The Thyroid plays an all important part in the functions of various organs through the body, being linked up with the growth of tissue and organs, the heart, the brain and the sexual system. Moisture, amount of mucus, and the hairiness of skin, the growth and the size of bones and even the intelligence or capacity of understanding,—are directly controlled by the internal secretion of the Thyroid.

#### *Thyroxin* /

Its internal secretion is called "Thyroxin" and was discovered by Dr. Kendall of the Mayo foundation. From various operations in which the Thyroid Gland was removed, it has been determined that the following symptoms are sure to develop: The skin becomes thick and dry, the hair falls out rapidly, fat is developed all over the body, the muscles are weakened, the blood becomes very poor, the temperature sinks below normal, tissue rebuilding becomes very slow, sexual functions are interfered with, the nervous system is attacked and a general dullness in mental as well as physical condition is apparent. All these are the results of the removal of the Thyroid Gland.

There are cases where the Thyroid Gland fails to grow or wastes away. The results in these cases are the same in general as if the gland were removed.

## *Under-development*

Thyroid under-development (known as Cretinism), in a child, causes symptoms reported by a physician as follows: "The child would be ordinarily termed an idiot, it could not recognize anyone, spoke in monosyllables and there was no apparent mental or sexual development. Thyroxin was fed by mouth and the child started to blossom out, recognized his parents and showed every sign of becoming normal. The treatment was stopped for two weeks, and the child gradually slipped back to his former state. The administration of Thyroxin was resumed and it started blossoming out again into normal childhood and so continued to develop." The English physician, Dr. Gull, reports a case of an adult woman suffering from under-developed Thyroid. "She was clumsy and awkward and stumbled while walking upstairs. Work nearly paralyzed her and mental effort was very difficult, if at all possible. The administration of Thyroxin could rapidly raise the Thyroid Gland activity to normal and when this is accomplished she would have normal vigor and activity, both mental and physical, for a woman of her years."

## *Resistance Against Poisons*

There is another very important function of the Thyroid Gland, which is not well known. The Thyroid increases resistance against all poisons, including bacteria and other living germs which cause the infectious diseases. Each molecule of food which we eat contains many poisons which have to be combated by the protective cells, and these cells are stimulated to greater activity by the Thyroid Gland.

## *Goitre*

The average layman knows the Thyroid Gland only from the ailment known as goitre. In this case, the front part of the neck is swelled due to the swelling of the Thyroid Gland. There are various kinds of goitre, most of which require the handling of very skillful Thyroid practitioners. Certain cases of

goitre require the feeding of Thyroid Gland Extracts, others of iodine, and in some cases, part of the gland must be removed.

It must be remembered that many volumes have and are being written about each gland in particular, and in this short work we can only attempt to touch the "higher spots," so to speak.

Summing up the Thyroid Gland, it controls vitality and growth, and protects us against poisonous injuries. Its function is tremendously important in the maintenance of health, but no more so than the functions of the other ductless glands.

### *The Parathyroids*

The Parathyroid Glands are four small organs, weighing not more than two grains, and are attached to the Thyroid. For a long time, these glands were thought to be a part of the Thyroid, but it has since been established that they are independent organs with an independent function. The removal of the Parathyroid or their decay results in tetany (fits), nearly always resulting in death. The administration of the Parathyroid Gland Extract or the "grafting" of the gland, have been found to relieve the ailment.



## Chapter Four

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### *The Pituitary Gland—Controlling Growth*

The Pituitary Gland is about the size of a pea, of yellowish color and lies at the base of the brain, protected by being partially imbedded in a small wedge-shaped bone. It consists of two parts, referred to as the anterior lobe and the posterior lobe. Each of these parts manufactures a separate secretion with an independent function, but as space will not permit us to go into the full details of each, we shall treat the function of the two lobes together as the Pituitary Gland function.

The Pituitary Gland controls the growth of the skeleton and tissue of the nerve cells and involuntary muscle cells, the brain and sex tone. If part of this gland is removed, the individual will quickly degenerate, both mentally and physically. Fat will replace muscle, the skin will become dry, hair will fall out and epilepsy will often set in.

The specific function of the Pituitary is the controlling of the growth of the skeleton and fat. An over-developed Pituitary Gland will cause an unusually tall or large person, whereas its underdevelopment will cause short stature and slight build. These abnormalities will not only show in the size of the bone structure, but also in the features. An over-developed Pituitary shows itself in heavy-jawed, thick-lipped and bushy eye-browed type, and an under-development will result in the exact opposite. The Pituitary Gland is very intimately connected with Thyroid and sex development. The typical results of Pituitary insufficiency are small genitals, absence of pubertal growth of hair, impotence or amenorrhea. Dr. Harrower states that the chief

cause of weakened Pituitary Glands is syphilis, either directly contracted or through heredity.

It might seem that the functions of the Thyroid and the Pituitary are very much alike. This is only because they affect the same organs. The Thyroid Gland, however, is the gland of energy building. It speeds up cell building and the transforming of food into energy. Whereas, the Pituitary Gland assists in energy consumption, particularly of the brain and the sexual system. Dr. Berman of the Columbia University, states:

**“The Pituitary Gland is the gland of energy consumption and utilization, the gland of continued effort.”**

Therefore, people with strong Pituitary activity can “keep going,” whereas a weakened pituitary will cause quick fatigue.



## Chapter Five

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### *The Wonderful Adrenal Glands*

The experiments and research of the Adrenal Glands have probably resulted in more important discoveries than any of the other glands, excepting possibly the gonads (sex glands). The Adrenals consist of two small bodies situated near the kidney and are sometimes referred to as suprarenals. They were discovered by the great anatomist Eustachius in the 16th century, but little was known about their function until about the 19th century, when Dr. Addison of London discovered that in Addison's disease, which is characterized by the bronzing of the skin, the Adrenal Glands were found to be decayed. Prof. Schafer discovered that the injection into the body of the Adrenal Gland extracts increased the blood pressure. The complete removal of the gland is followed by death within a few days.

The activity of the Adrenal Glands differs from that of the Thyroid and Pituitary in that the Adrenals are the glands of combat, creating energy for emergency conditions. We know that pain, excitement, rage or fear, all bring about a discharge from this gland. Immediately upon the entry into the blood of this Adrenal secretion, there is a tensing and strengthening of the nervous system, and the liver pours more sugar into the blood, more red corpuscles are sent into the blood through the liver and spleen, the heart beats become stronger and the eyesight sharper. Breathing quickens, the skin becomes moist, the hearing becomes more distinct and in short, there is a quick stimulation to the blood, the muscle activity of the brain and the nerves. Is it not miraculous that a secretion from this gland can cause this change thru the body in an INSTANT?

## *Most Powerful Stimulant*

For years chemists have tried to discover just what this marvelous substance consists of and this finally resulted in the production of ADRENALIN, the substance extracted from the whole Adrenal Gland. It would be difficult to name any substance in medicine which has proved of more value than "Adrenalin." It is used to cause a contraction of the arteries. In a hemorrhage it is used to check the flow of blood. In case of shock or collapse, Adrenalin is used to quicken the heart beat. It is also used in diseases of the eyes, in hayfever, asthma and various other ailments.

Great publicity has been given recently to the amazing results of surgeons in restoring life after the heart stopped beating, by the direct injection of Adrenalin into the heart!

One of the most common forms of Adrenal weakness or inefficiency is neurasthenia and the nervous breakdowns which are so prevalent. There seems to be nothing wrong with the patient, but he nevertheless cannot sleep, cannot stay awake, he carries continual worries, is quick tempered and irritable. His blood pressure is low and he frequently thinks of suicide. (This description is taken from Dr. Beard's "Neurasthenia.")

On the other hand, Adrenal excess or over-supply will result in high blood pressure and an increased capacity for work. There have from time to time appeared characters who have been able to perform a miraculous amount of work, superhuman, so to speak. This additional energy is now known to be a direct result of Adrenal over-activity.



## Chapter Six

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### *Other Glands Important to Our Well-being*

#### *The Pancreas*

The Pancreas is the most important organ of digestion. It is situated at the lower part of the stomach and is about eight inches long. Its secretions (enzymes) are sent into the small intestines and act on the food coming from the stomach and transforms this food into simple chemical substances which the blood can absorb. The most important function of the Pancreas is the manufacture of a secretion to regulate the sugar absorption of the body.

The well known disease due to the disturbed glandular function of the Pancreas is Diabetes. In this disease the body cannot use or burn all the sugar it receives and it is passed on in excessive quantities into the blood and appears in the urine. Since the liver is the controlling organ for sugar consumption, there is naturally a great disturbance in the liver function. The internal secretion of the Pancreas, which regulates the sugar supply is manufactured by little groups of cells situated in the Pancreas and known as "Islands of Langerhans," so named after their discoverer. If these "Islands" were removed and the gland secretions were not supplied, the body would be unable to use its sugar and Diabetes would result.

The Pancreas also exerts great control over the immunizing powers of the body and speeds up the work of the anti-poisonous agents in the blood.

#### *"Insulin"*

The wonderful discovery known as "Insulin," which has been announced as a remedy for Diabetes, is a solution of the active principle of the secretions of the pancreas of the ox.

## *The Liver*

The Liver is the sugar warehouse of the body, situated on the right side and partly covering the stomach. It is the largest gland of the body and is the reservoir of the carbohydrates we eat, which are stored until needed and called for by the blood.

## *Pineal Gland* *"Seat of the Soul"*

The Pineal is a small body situated near the Pituitary at the base of the brain. It is pinkish in color, and somewhat smaller than a cherry stone in size. This gland was called by Descartes "the seat of the soul."

Its greatest importance is in infancy and childhood and its secretion assists in body development. Overactivity of this gland in children results in prematurity. It is also claimed that the pineal is the controller of pigmentation or color of the skin.

## *The Thymus Gland* *Its Use in Childhood*

This gland is situated near the Thyroid, in the neck. It is of importance chiefly in early life, though many authorities are of the opinion that it functions throughout life.

In early childhood, the chief function of the thymus is to CHECK sexual development, and as the body matures, the activity of the thymus diminishes. The removal of this gland is not fatal, but gives rise to a disordered development of the body, and a softening of the bones.

## *The Prostate Gland* *Frequently a Trouble Maker*

The Prostate Gland (in the male) which surrounds the neck of the bladder and urethra, is the most important accessory to the sex gland (gonads). It is small and undeveloped during childhood, and it grows at puberty proportionately to the growth of the other glands of the genitals. Its secretion is essential to the vitality of sperm cells.

Not until the period of 40 to 50 years of age does the prostate become very noticeable. At that time it shrinks in size, and indicates the onslaught of senility. Such a shrinkage of the prostate is usually accompanied by irritable weakness, despondency and melancholia.

In certain diseases, the prostate instead of shrinking, enlarges. This causes extreme pain, and often retards or prevents passage of urine.

In one of the laboratories mentioned later in this book, a suppository has been prepared containing the substance from the prostate glands of cattle, and remarkable results have been reported in cases of enlarged, or atrophied prostate.



## Chapter Seven

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### *The "Mainspring" of the Gland System— The Gonads or Sex Glands*

If the lay reader were asked about the glands (before reading this or other books on the subject), he would probably think solely of the sex glands. And his knowledge of these Gonads (sex glands) is not because of their importance to the body as a whole, but because the gonads being the glands of reproduction have attached to them all the mystery and romantic phenomena of sex life.

We therefore want to make this fact clear—that the POWER of REPRODUCTION entrusted to the sex glands is SECONDARY, and in fact INSIGNIFICANT as compared with their importance as the SOURCE OF ENERGY, THE DISTRIBUTORS OF ENERGY and the REGULATORS of ALL of the other GLANDS! Stop to think of their importance! The Gonads are the regulators and source of energy for the Thyroid, Pituitary, Pineal, Adrenals, and the various other controllers of our life. Probably more is known about the gonads than any other glands—as experiments date back for centuries.

The gonads in men are known as the testes—in women the ovaries. They make both an external secretion and an internal. The external secretion contains the specific reproductive cells, ova or spermatazoa, and these are passed to the surface thru canals. The internal secretory cells are not engaged in making reproductive corpuscles, but they manufacture a secretion—this being the basis of a great portion of modern gland therapy.

To best understand the functions of the gonads, and to what extent they dominate our lives—take

the example of the eunuch. If a man is castrated before full maturity the hair on the body remains scanty, the organs fail to develop, the voice remains childish, the beard fails to grow, the muscles become weak and fat sets in. Eunuchs are generally typified by mental inactivity, timidity, lack of enterprise, envy, selfishness, fanaticism, mysticism and a mixture of feminine and childish traits. Now, understand that what causes these changes in the entire **PHYSICAL STRUCTURE** of the body is **NOT** the fact that the reproductive apparatus has been interfered with, but rather that the internal secretions of these glands were not being supplied to the system. In other words, if it were possible to **REMOVE ENTIRELY** the power of reproduction, and yet keep the system supplied with the internal secretion of the gonads, there would **NO CHANGE** whatsoever in the body!

When Dr. Brown-Sequard, (the famous Harvard physician mentioned in Chapter II) started on his first experiments with gland substance, he did so to find a method of restoring gonad activity because he knew if he could do this he would restore and prolong what we call "youthful vigor"—**NOT** the condition of the reproductive apparatus, but the **CONDITION** of the **BLOOD CELLS**, the clearness of the eye, the enthusiasm and activity of a healthy, active body.

*Newspapers Largely  
Responsible for "Suggestive"  
Ideas Concerning Gland Medication*

We cannot overemphasize the great harm that has been done to the advancement of gland therapy by sensational newspapers who have seized upon these discoveries to arouse morbid curiosity with regard to sex phenomena, and who have created the impression (among the illiterate of the laity only) that the purpose of gland rebuilding is only the restoration of reproductive powers.

The effects of the gonads were realized centuries ago when the effects of castration were observed. Numerous reports were made about the effects of the removal of the glands, and as the glandular processes were discovered, attempts were made to restore the

gonad activity after the glands had been removed. We may mention here that the restoration of gonad activity AFTER castration is still in an experimental stage. Great difficulty is encountered because the GLAND has already been ENTIRELY REMOVED, and the results of these experiments are best reported in the book by Dr. Serge Voronoff, "Life," published by the E. P. Dutton Co., of New York, to which the reader is referred.

### *Age Not a Barrier to Gland Rejuvenation*

The possibility of restoring weakened gonads to normal activity, and thus arousing the other glands to normal action was first understood by Dr. Brown-Sequard. He used the extracts obtained from the gonads of a ram upon himself, and in spite of his seventy years of age, he reported that "the extracts had a general vigor restoring, and dynamic action upon him, amazingly stimulating his general health, muscular power and mental activity." Be it remembered that this noted scientist before these experiments, had reported that he was very feeble, laboratory work exhausted him very quickly, he ate very little, and had to retire early, but seldom could he sleep! The day after he took his first treatment he noticed amazing changes in his condition. He could stand up for several hours at his work. And as he continued taking the extracts, he could work evenings, his arms and legs strengthened, the biceps showed an increase of 25 per cent in power, and where he had to creep upstairs, he was able after a short time to run nimbly up and down. His bowel movement had not been natural for twelve years. After two weeks' treatment he discarded all purgatives, and was also able to think much more clearly.

This man was the foremost scientist of his day! And yet the newspapers played up these experiments as attempts to restore sexual desire, and the doctor's discoveries were subjected to great ridicule. Had he lived but thirty years later he would have seen some of the world's greatest concerns (Armour & Company, Wilson & Company, Cudahy and other packers, Parke-Davis & Company and many others) preparing these same extracts to be administered by the most prominent physicians of the land!

Space does not permit a recital of the details of the hundreds of experiments that have been performed within the past few years, but any modern medical encyclopedia or text-book gives these full particulars. Suffice to say that it has now been established that it is possible, by restoring the activity of the gonads to restore the SOURCE of vital energy!

How do we know this gland is the SOURCE? The case of the eunuchs proves this conclusively. All of their organs correspond with our own—only one is missing. Yet the fact that the one organ is removed, enfeebles the activity of all the rest of the organs. The eunuch has the same brain, the same heart, the same muscles and limbs as he had before, yet, because he lacks the vital substance which the gonads supply, all of these organs become weakened and the span of life is cut shorter. The eunuch has his thyroid gland, parathyroids, adrenals, pituitary, pancreas—all his glands except the gonads. And without the latter, no organ functions properly—so he becomes “Old.” This seems to prove that “age” is not a matter of years, but is a “condition of the glands.”



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Note: We continually refer to the gonads without specifying the male or female glands. The importance of this gland in women is the same as that of men, and although the female gland functions in a different manner, i. e., menstruation, ovulation, etc., the effect of its internal secretion upon the body is the same as in the male. Space does not permit a detailed discussion of the difference of functions of the male and female organs—suffice that the relative control of each as the SOURCE of energy for its body, is the same.

## Chapter Eight

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### *The Restoration of Gland Activity*

This is the subject which some will consider delicate and even improper, for there are still many traces of old-fashioned prudery to be found even among our "intellectuals." For is this not an attempt to "turn back the forces of time," and are not the glands to which Nature gave the reins of energy distribution also the glands of reproduction?

Just as happens to most schools of medical thought, the subject of the restoration or rebuilding of the Gonad activity, has divided itself into the two branches, the medical and surgical. The medical branch "treats" and "heals" thru "natural" methods, as differing from the surgeon whose familiar tool is the knife.

Of course, each group thinks its method is the better—the same as they think about most other medical problems.

The most prominent of European surgeons today are Dr. Serge Voronoff, Directory of Surgery, College of France, Professor Steinach, the director of the Biological Institute, Vienna, his co-worker, Dr. Paul Kammerer, and Prof. Von Poehl of Petrograd.

It was Dr. Voronoff's first gland transplantations which received such uncalled for publicity three years ago—uncalled for because these experiments were being scientifically conducted for the information of the medical profession only. And it was to be expected that the newspapers would create the false impression of "sex" as covering the eminent scientist's efforts.

## *Surgical Methods*

There are two ways of transplanting the gland tissues. By inserting a small strip of tissue in the desired place, or by first carefully connecting the engrafted with the main tissue by stitching together the blood vessels.

The results of Dr. Voronoff's transplantations, using the first mentioned of the two ways, have been reported to the last medical Congress at Paris. To those readers interested in each individual operation, the book "Life," by Dr. Voronoff, referred to above, is recommended. Dr. Voronoff states there is no doubt that the surgery of the future will consist in preserving, and when necessary, replacing the glands of the human body, in order to preserve life, vigor and health.

Dr. Steinach, though probably the world's foremost biologist, has also had his share of publicity, and we are informed that it is because of the misunderstanding to which his work might be placed that he has refused to visit this country to explain his remarkable surgical methods.

Steinach first, by numerous experiments, established for himself the proof that the gonad's internal secretion was the controlling source for the other organs. He used rats and guinea pigs for these experiments. Note that though this was all proved before, Steinach wanted to establish and convince HIMSELF of the facts.

He then established the connection between the genital glands and old age. After remarkable results on various animals, Dr. Steinach determined that the Interstitial Gland is the source from which rejuvenation springs. (It is this word 'rejuvenation' used often by Prof. Steinach to which our prudish citizens object. Why?).

### *The Steinach Operation*

By stimulating the action of the interstitial gland at the expense of the generative function, it is Dr. Steinach's idea to bring about a rejuvenation process in older people by the resuscitation and renewal of the weakening secondary characters.

"The operation is a very simple one," writes Dr. Steinach. "Absolutely painless. Quite free of any risk whatever. Takes no longer than 15 minutes to perform. Seven to ten days in the hospital are all that's needed afterwards. But the operation must be performed with minute precision, and for that reason I cannot guarantee results unless I am personally present."

Dr. Lichtenstern, professor at the Vienna University, has successfully performed 21 gland transplantations, and 36 operations for senility (premature aging), and his results support the findings of Dr. Steinach.

More is being discovered by these surgeons every day, but at most it cannot be hoped to accomplish universal benefit because the operation is extremely costly and requires the most expert of skill. However, by establishing the definite effects of the various glands these scientists are continually opening new channels for MEDICAL research.

### *The Experiments at San Quentin Prison*

Dr. L. L. Stanley, the resident physician of the California State Prison in San Quentin, has developed a new and simpler procedure for surgically restoring gland activity. He takes the Gonads of rams, goats or boars, and cuts them into very small strips. With these strips he fills up a syringe with a large calibered needle and he inserts the needle under the skin of the abdomen. Using only one point, he injects one-fourth the contents of the syringe, and the injection is painless if carefully done. At first this treatment was given to a few volunteers. After about thirty reported good results, many requested the treatment, and many hundreds have received the injections since. Many were so greatly benefited that they asked for second and third injections, and the climax came when an inmate of over 60, who had been enfeebled and had taken the injections, won a foot race a few weeks after!

It is now feared that unless these experiments are discontinued, San Quentin Prison will become entirely too popular as a place of retirement.

## PART TWO

### Chapter Nine

#### *Gland Restoration Thru Organotherapy—or Internal Feeding of Animal Extracts*

It is in the medical school of INTERNAL ADMINISTRATION, that the greatest progress has been made in restoring Gland Activity. And the astonishing discoveries have made it possible to treat, thru various gland extracts, many diseases which were heretofore classed as incombatale.

Before discussing the restoration of Gonad activity thru internal medication, let us see what has been done with gland extracts in general medical practice. (We cannot trace, in this short treatise, the history of those perfected. See guide to reference books on last page.) The following list, taken from one of the largest physicians' laboratories in the country shows the various glands from which the secretions are extracted and the curative effect of administration. (Note: This list is used as a basis by many thousands of physicians in every city in America.)

Gland	Extract	Dosage
*1. Thyroid	Thyroxin	1/12 to 1/2 gr.
2. Adrenal	Adrenalin	1 to 15 min. by Hypodermic Injection
3. Adrenal	Adrenal Cortex	2 to 5 gr.
4. Adrenal	Adrenal Medulla	3 to 10 m.
5. Kidney	Kidney Substance	5 to 15 gr.
6. Liver	Liver Substance	5 to 15 gr.
7. Mammary	Mammary	3 to 10 gr.
8. Pancreas	Pancreas	2 to 10 gr.
9. Pancreas	Pancreas Islets (Insulin)	2 to 5 gr.
10. Parathyroid	Parathyroid	1/50 to 1/20 gr.
11. Pineal	Pineal Substance	1/10 to 1/2 gr.

\*(See corresponding numbers on next page.)

### Therapeutic Administration

1. Cretinism (underdeveloped and mentally deficient children). Delayed puberty (maturity) and amenorrhea (change of life). Circulatory Instability (cold extremities). Myxedema (in which the body seems to be bloated, accompanied with skin annoyances).  
Used with sex gland substance for chronic Rheumatism and Arthritis.
  2. Most powerful vasoconstricting drug known. Used for stopping Capillary Hemorrhage; beneficial in Bronchial Asthma and Hay-Fever; to protect against bacterial infection.
  3. To assist sex glands to develop masculinity.
  4. To assist Pancreas in sugar digestion; control of somatic and vascular blood supply. Sympathetic stimulant.
  5. Renal insufficiency—some forms of Bright's Disease. Reduces albumin and increases urea.
  6. Used in Rheumatism, Gout and Cholelithiasis. In Diabetes when due to liver disturbance.
  7. In contraction of uterus, uterine hemorrhage and discharge. In Atrophy of Breasts and in ovarian diseases. Defers menstruation.
  8. Indicated in Diabetes Mellitus. Used for control of adrenal excess in high blood pressure.
  9. Famous recent discovery. To prevent undue sugar accumulation in the blood.
  10. In Paralasis Agitans; certain forms of Epilepsy; control of calcium in blood.
  11. In mentally deficient children. Retards onset of senility.
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Now we will ask the reader to make a very careful and definite distinction.

To refer back to the list, please note the names—Adrenalin, Thyroxin—and even the new discovery—Insulin (for diabetes), ALL are gland extracts. But observe that each of these glands has a specific function, as well as being a general assistor to cell building. And the extracts from these glands are intended for definite cases only—many of them are very toxic and should be administered only by a skilled physician. Thyroid and Adrenal substance affect the heart—hence the dosage which physicians allow is extremely slight.

Notice, please, that we have not included GONAD (Male and Female) Extracts in this list. That is because GONAD Extracts stand almost alone as being THE ONLY ones that are ABSOLUTELY HARMLESS under practically ALL conditions. Therefore, they are the only ones that can be safely sold to the public without examination of the patient or prescription from a physician.

## *The Entire Safety of Gonad Extracts*

No matter how or when taken you can NEVER EXPERIENCE any but beneficial effects from taking GONAD EXTRACTS, for it amounts to simply a FEEDING of the GONADS and they will not absorb more than they require.

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### THE GONAD EXTRACTS ARE:

Interstitial Cells of Leydig (Male).

Ovarian (Corpus Lutein; Ovarian Res.) (Female.)

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You read on page 7 of this Treatise, that Doctors Bayliss and Starling established that each gland sends out its substance to influence some other organ. So long as these glands function normally, the organs which they affect are also normal. So soon as the activity of any one gland is disturbed, the organs which it influences are also disturbed, and a disease springs up. We learned that the glands are interdependent—that they influence each other. And that the SOURCE of this influence is in the Gonads (sex glands).

The Gonads supply the substance which assists the functions of all the glands. Virility, activity, life, are but names depicting the influence of the Gonad secretions upon the other glands.

The difference then, between using the sex gland extracts from other glands is that the various gland extracts each have a SPECIFIC purpose and should be prescribed for a definite effect upon a PARTICULAR organ—we say specific, because most of the extracts except the Gonads are very toxic and should be used by a physician, i. e., Thyroid for the heart, etc., whereas the sex gland substance influences the entire system as a whole, and stirs the organs to greater activity.

Dr. Brown-Sequard first showed how he improved his physical and mental condition by the use of these extracts. To repeat, the learned doctor reported

that the gonad extracts "augmented the energies of his nervous centers, he could do more work than formerly, he could more easily run upstairs, by using a dynamometer he noticed a great increase in his muscular power, all his excretory functions were improved, he had natural laxative action of the bowels, he could work standing for hours, and he found his intellectual powers considerably increased."

Dr. Arnold Lorand, one of the world's foremost authorities, who tested the truth of Brown-Sequard's experience, by using the gonad extracts from a pig upon himself, states: "Indeed, we found a decided increase in muscular and mental powers. We were able to climb the highest hills much more quickly and with much less fatigue than before—and we made the same observation in regards to increased mental activity; and we must strictly defend ourselves from any suspicion of having been influenced by auto-suggestion, which is not to be inferred after similar observations of other authorities."

Dr. Von Poehl of Petrograd, one of Russia's leading authorities, states in his book "Organotherapy," Vol. 1, that by using the spermin extract of the gonads of animals it advances all the processes of oxidation in the tissues, and is able to powerfully alkalinize the blood. This of course, not only increased vitality, but increased the body's resistance to infectious diseases and to autointoxication. The results of Prof. Von Poehl's experiments were substantiated by Prof. Senator, Dr. F. P. Richter, Prof. Tarchanoff, Prof. Loewy and other leading authorities.



## Chapter Ten

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### *Information of a General Character*

#### *As Regards Women*

As regards the female gland extracts, the following quotation from Dr. Lorand's book "Old Age Deferred," shows how absolutely the experiments upon females have proven that the identical results can be claimed for women as for men. "We consider ovarian extracts to be a specific against painful feelings of heat in women in the years succeeding the menopause or after oöphorectomy (the removal of an ovary) in younger years. In order that these extracts should be active, it is necessary that they should be prepared from the corpus lutein part of the ovaries, which contains their internal secretions. The pig would be the best animal for this purpose, for its ovaries have been found superior to those of other animals, and they also contain more iodine, much more than the ovaries of cattle." On page 440 the learned doctor says: "The effects of these extracts are very remarkable. As already mentioned, we noticed greater immunity from fatigue, bodily and mental, in many patients, memory seems to have been much improved."

#### *The Popularity of Gland Extracts*

The object of this Treatise is to demonstrate that by the use of the extracts of the sex glands of healthy animals it is possible to restore physical and mental virility in men and women to an amazing degree.

We believe that the discovery of the use of these gland extracts is the most important advance in medical progress for many decades. As Prof.

Sajous of Philadelphia writes in the New York Medical Journal, page 365: "This branch of medicine (gland therapy) claims the right to exist as a specialty, for its field is greater in scope than some which have earned well merited recognition. Its influence on the improvement of the race, thru the light it will shed upon the pathology of the unfit, mental and physical, cannot prove but a blessing. If to this we add the many disorders it will serve to elucidate thru collective effort on the part of the host of investigators of hemadenology it may be considered as having MARKED A NEW EPOCH IN MEDICINE!"

Gland extracts are being used so extensively that the investment in the equipment for their preparation in America alone runs into hundreds of thousands of DOLLARS. And the sale through physicians and drug stores is reported to run well into MILLIONS of dollars.

The manager of the leading physicians' supply house in Chicago, informed this writer that the number of prescriptions for Gland Extracts was increasing almost daily. In fact, so large a portion of all prescriptions written are gland extracts, that a famous laboratory, whose founder is one of the leading physicians in America, maintains offices in various cities for the sole purpose of supplying gland extracts to physicians. Of necessity, these extracts are mostly sold to physicians, because, as explained above, MOST of the extracts, *except* the Gonad, should be administered by a physician only.

### *Preparation of Animal Extracts*

The Gonad extract can be prepared by skilled biological chemists, so that it can be safely taken by anyone. We observe that one of the largest physicians' research laboratories in America (name will be furnished to any physician on request), has just published a list of formulas and enthusiastically places at the head of its list a formula containing sex gland substance for asthenia (loss of strength), hypotension, neurasthenia (nervous prostration), hypoadrenia (adrenal deficiency), rundown condi-

tions, fatigue, melancholia, various cases of paralysis, several kinds of rheumatism, and some disorders of the kidney, bladder and liver, senility, prostate gland trouble, anemia and under development.

These extracts are also prepared by several large laboratories, tho their proper preparation requires extreme care and study. The two leading concerns in the country specializing in a COMPOUND of the extracts, (Gonads of healthy animals), are the Lewis Laboratories and the Walters Company, both of Chicago.

The Lewis Laboratories have discovered a way of feeding the extracts both internally and by direct absorption—the internal containing the gland substance in tablet form, and by the use of suppositories containing the gland substance, it is possible, thru the combined method, to obtain much quicker results than has been heretofore possible.

The Walters Company has discovered what is probably a new departure in gland therapy—a way to float the fresh gland substance in oil in gelatine globules, and the gland substance is quickly absorbed into the blood without being distributed or disturbed to any marked degree by the stomach.

These are the two largest of the laboratories whose formulas can be used by everyone without special prescription. As there is no possible danger from taking the gonad substance, no harm can result from its use.

Of the laboratories preparing extracts for physicians, the largest are Hynson, Westcott & Dunning, Dr. Harrower's Laboratories, Parke Davis Company, Armour & Co., The Cudahy Packing Co., and the Wilson Co. They prepare extracts from the various glands which are often combined to combat definitely diagnosed diseases.

They also combine some of the extracts into formulas, (such as the formula mentioned on the preceding page) and after numerous laboratory experiments, the results are broadcast to the medical profession. Many of the laboratories above mentioned publish books and pamphlets reporting the

results obtained in their experiments with the various extracts, as new discoveries are made almost daily.

In fact, an organization composed of the country's leading physicians was organized several years ago for the express purpose of promoting the study and use of gland extracts in medicine. It is called "The Association for the Study of Internal Secretions," and its present president is Dr. Walter Cannon of Harvard University. They publish a journal every two weeks called "Endocrinology," which is mailed to physicians and medical students.



## Chapter Eleven

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### *What Is "Nature's Law"?*

Almost any medical magazine or publication on a physician's desk today, will contain some article about gland extracts and their use.

Almost any salesman of any large pharmaceutical house, carries a line of gland extracts for the physician and druggist trade.

Every prescription pharmacy, of any size or repute, has a supply of gland extracts on hand, and they will also be found in hospitals. And yet, in spite of these facts, if one mentions gland feeding, or the subject of the glands, many people still associate it with charlatanism or quackery. "It is unnatural to accomplish what you claim gland hygiene will do," they say. "Nature's law is that living things must grow old and die at a certain time and it is impossible and heretic to change it."

But, gentle readers, "nature's laws" change with the progress of science. Before Galileo, it was "law" that the earth was flat and that the sun revolved around it. And if only a few hundred years ago one would have talked of almost any of the wonders of the present age, such as radio, telephone, aeroplanes, or even electric lights—that would have branded one as insane—they would possibly have even burned the offender at the stake. And if you had told a physician twenty or thirty years ago, that one could cause the heart to beat after it had stopped, that one could replace a jaw with artificial devices, that one could graft tissue without any resulting mark of the operation—and so many other marvels of modern medical practice—your physician would have laughed at any of these, and say they were contrary to nature's intentions.

We do not know what Nature's intentions are. Nature hides from us only what we do not know. And it is so comforting to excuse our ignorance by saying: "Nature did not intend us to know this."

But science is every day revealing more of nature's secrets to us, about ourselves and about the world we live in. And we are as ignorant about our OWN BODIES as we are about the CELESTIAL SPHERE!

### *The Future of Gland Therapy*

Possibilities it is understood, are speculative. It is much easier, and safer, to confine one's writings to solid and established facts, which we have done, up to this chapter.

The fact that the action, size and shape of the human body depends upon the internal secretions of the glands leads us to hope for the discovery of heretofore inconceivable control of human life. Up to now, our information and experiments with glands have been to establish the value of each gland to the body. The CONTROL of the various glands, the checking of the activity of the one in favor of the increasing activity of the other to balance certain conditions of the body, is still to be learned. All that we have done up to now, is to increase gland activity where necessary, either by use of certain gland extracts for specific disorders, or by using sex gland compounds to increase the activity of the entire gland system.

### *Lack of "Appreciation" or "Comprehension"—Which?*

"What the study of the internal gland secretions suffers from," says Dr. Louis Berman of Columbia University, "is insufficient appreciation of its meaning for mankind."

That is where the trouble lies. Scientists throughout the world are laboring to discover means of preventing disease, and restoring health, through controlling the SOURCE of strength and energy—and the world is doing all it can to hinder the research by that deadly and incombatale weapon, ridicule.

And because one of the first discoveries in gland treatment was that the administration of Gonad (sex gland) extracts will restore normal gland activity in many cases, the public has been given the impression that "sex activity" is the object in view.

### *International Institute Urged*

Dr. Berman writes of the need for an international institute for the study and promotion of gland hygiene. Unfortunately there is no government or individual willing or able to support the enormous financial burden of promoting such an institution. As is the case with nearly EVERY IMPORTANT DISCOVERY of any kind, it is "up to" those pioneers who make it their OCCUPATION to SELL the results of their research, to carry on the work. The discoveries of our greatest inventors would be valueless if mercantile organizations were not equipped to sell them. Just as we owe electric light, telephones, and airplanes as much to the men who financially carried the burden of educating the public to use and understand them, as to their inventors, so it is necessary in ALL lines of endeavor, for the pioneers to sell the fruits of their research, as much to finance further research as to recompense themselves for their labors.

Hence the leaders of this new school of medical thought, organotherapy (gland treatment), prepare and sell their discoveries to the physicians and (wherever safe) to the public, making it possible to continue their research and to pry open more of Nature's secret vaults.

Of course, a subject which has been written about as much as glands, will be taken advantage of. And as is to be expected certain charlatans have tried to sell "gland restoratives." The writer has examined the products of many of these, and in no case did the treatment or tablets contain actual gland substance! However, it takes our very vigilant Post Office department very little time to discover cases of false labelling and misbranding, and such charlatans cannot, under present postal and pure food laws, make much progress.

## Chapter Twelve

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### *Thoughts to Keep With You*

The majority of such organizations as were mentioned in chapter ten, are composed of serious scientific workers, and it is only after they have CONCLUSIVELY demonstrated the results of their discoveries, that they undertake to distribute their products.

The Lewis Laboratories, and the Walters Company, mentioned above, each help maintain extensive research laboratories, and as they cater directly to the public, their research is confined to those general ailments which it is safe for the public to treat under all conditions. Armour Company, Wilson Company and Cudahy Co. Laboratories, Harrower's Laboratories and the other large manufacturers supply physicians only and send in their reports from time to time of new discoveries in gland therapy, and the use of the various gland compounds is explained. These reports comprise the average physician's entire knowledge of the subject and he prescribes accordingly.

Years ago it was the custom for physicians to prescribe certain drugs for "female irregularity" and menstrual disorders. Today they prescribe ovarian gland extracts. So, years ago, they prescribed iron and various drugs for rebuilding and vigor restoration. Today they prescribe Gonad (sex gland) extracts.

The future of Gland Therapy lies exactly where the future of all new discoveries lies—in the hands of the medical profession and the public—and the guide of public opinion—the press. If the subject of gland renewal, and the research of our foremost scientists is given serious thought and consideration, and if

INFORMATION be given to the public and not MIS-  
INFORMATION—and if the discoveries after hav-  
ing their merits established by the various labora-  
tories, are given a fair trial, and if no judgment as to  
the genuineness and value is made until AFTER  
these trials, then gland therapy will make much  
quicker progress.

However, if the public and the press prefer ridi-  
cule without knowledge, to fair and careful investi-  
gation, then gland therapy will be doomed to the  
same fate as so many other valuable discoveries, and  
the work of the investigator will be made so much  
more difficult.

*Making It Hard  
for Investigators to Report  
the Actual Progress Made*

It took great courage on account of these condi-  
tions for scientists to continue the work which re-  
sulted in the isolation of sex gland extracts for re-  
newing mental and physical vitality, of Insulin for  
diabetes, of Thyroxin, of Adrenalin—by far the  
most important events in medicine of many years!  
Each of these discoveries has meant untold joy to  
thousands of families. Elimination of disease and  
restoration of health is one of the most divine tasks  
given to humans, and the public and press should be  
considerate of experiments with the objects in view.

An engineer announcing a new carburetor which  
can use kerosene would be lauded by the press for  
his efforts. The fate of medical scientists is not so  
kind. The writer has examined, personally, the  
written testimonials of THOUSANDS of grateful  
patients and grateful physicians, sent to some of  
these pharmacal laboratories.

What a blessing these discoveries have been!

And what untold blessings are still to be dis-  
covered!



## *Reference Books*

Notwithstanding the fact that "Organotherapy" (Gland Treatment) is a recent innovation in the established practice of our medical profession, a vast library of books have already been published—each usually confined to the branch of gland therapy upon which the author has concentrated his research.

This Treatise was intended to acquaint the intelligent layman, and the medical student, with the FUNDAMENTALS of glands and their importance. To those readers of scientific trend of mind, we urge they procure from a reference library any of the following books, which have been chosen by the author, out of several thousand volumes already published, as the most authoritative.

(Special Note: Dr. Henry R. Harrower, head of the laboratories bearing his name, has published "A list of books on the internal (gland) secretions"—64 pages—and we recommend this list to physicians who do not find in the following list the reference books they seek.)

Author	Title of Book	Publisher	Subject
Dr. S. Vincent	Internal Secretion and the Ductless Glands	Edward Arnold (London)	General practitioners' information by one of the world's leading physicians.
Dr. C. E. de M. Sajous	The Internal Secretions and the Principles of Medicine	F. A. Davis Co. (Philadelphia)	In 2 volumes. We consider this one of the most authoritative works on the subject.
Dr. E. Gley	Internal Secretions	Paul F. Haeber (New York)	A historical treatise of gland study by the noted French scientist, now a professor at the College of France.
Dr. E. Gley	A Course of Lessons of Internal Secretions	J. W. Balliere (Paris)	A more recent work by the same author as above.
Dr. H. R. Harrower	The Internal Secretions in Practical Medicine	Chicago Medical Book Co.	An exhaustive treatise on the use of gland extracts by one of America's first authorities on the subject.
Dr. I. G. Cobb	The Organs of Internal Secretion	William Wood Co. (New York)	Recommended as a general treatise.
Dr. S. W. Bandler	The Endocrines	W. B. Sanders Co. (Philadelphia)	Another general treatise.
Dr. Louis Berman	The Glands Regulating Personality	MacMillan & Co. (New York and London)	A remarkably interesting work by the noted Professor of Columbia University.
Prof. A. Weil	The Internal Secretions	J. Springer (Berlin)	This work has not as yet been translated from the German.
D. Noël Paton	The Nervous and Chemical Regulators of the Body	MacMillan & Co. (New York and London)	This explains the chemical factors in gland study.
W. Falto	Ductless Glandular Diseases	P. Blakistonson & Co. (Philadelphia)	A clinical treatise.
Prof. E. A. Schäfer	The Endocrine Organs	Langmans Green & Co. (London)	The noted Edinburgh physiologist treats the glands from a physiological point of view.
Dr. A. Biedl	The Internal Secretory Organs	Wm. Wood & Co. (New York)	This book gives a list of reference books on the subject comprising over 100 pages.

***For Research of Individual Ductless Glands,  
the Following Works Are Recommended***

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The most exhaustive book about the Gonads (sex glands) is Prof. Steinach's "Rejuvenation," published by Springers. Numerous issues of the Journal of the American Medical Association discuss this book. We also recommend Marshall's Physiology, published by Green & Co., London, and "Life," by Dr. Voronoff, E. P. Dutton & Co., publishers.

On the Thyroid, we recommend R. McCarrison's "The Thyroid Gland in Health and Disease," (Balliere, Tidall & Cox, London), and H. J. Ochsner's "Surgery and Pathology of the Thyroid and Parathyroid Glands," (C. V. Mosby, St. Louis).

We also recommend the reader to the lectures by the famous Dr. Kendall of Mayo Foundation, "The Chemistry of the Thyroid Secretion," published by J. B. Lippincott Co., of Philadelphia.

On the Pituitary, Dr. Harvey Cushing's book, "The Pituitary Body and Its Disorders," published by J. B. Lippincott of Philadelphia, is the most exhaustive work, and in the bibliography, Dr. Cushing gives a list of 256 books on the subject of the pituitary.

On the Adrenal Glands (Suprarenal), we recommend J. Takamine's "The Isolation of the Active Principle of the Suprarenal Glands," which relates how Adrenaline was discovered, and J. Oliver and E. Shafer's joint work, "The Physiological Effect of the Extracts of the Suprarenals."

On the Pancreas and Liver, E. P. Joslin's "Diabetes Mellitin," published by Lea Febjer of Philadelphia.

















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