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By

J. R. Brinkley, M. D.



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The Brinkley Operation

By

J. R. BRINKLEY, M. D., Sc. D.

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Advancement of Science; Member
American Congress of Internal Med-
icine; Member National Institute
Social Sciences; Member National
Geographic Society; Member The
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nal Secretions; Member American
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PREFACE

BY THE PUBLISHER

Since the publication of the first edition of this book one year ago, detailing the Goat-Gland Operation of Dr. J. R. Brinkley, of Milford, Kas., in such wise that the subject would be easily comprehended by the layman, the number of successful gland-transplantations, in men and women, performed by Dr. Brinkley himself, has increased from the then total of 600 to the present total of over 1500, made up of men and women of all ages from 18 to 80, and from all stations in life, from the laborer to the federal jurist and statesman.

It has naturally followed that Dr. Brinkley's technic today is not the Brinkley technic of a year ago, but this expected advance in knowledge has been so rapid that it has overleaped the expected, and in a sense upset it. It has left it so far behind that it is revolutionary. To meet this condition of advanced technic a new book is required. No correcting, adding, altering or suppressing will do. Therefore, the book of a year ago, entitled "The Goat-Gland Transplantation of Dr. J. R. Brinkley," is tossed into the discard, and put out of existence.

Because of the distinct value attaching to discovery, the title of the present book is "The Brinkley Operation," the fact being that whereas

the transplanting of goat-glands into men and women was originated by Dr. Brinkley, and has been continuously performed by him for the past five years, the present Brinkley technic employed in *The Brinkley Compound Operation*, is startling in its improvement upon his former method, and may be confidently stated to be positively undreamed of by endocrinologists of the United States and Europe. It is right and proper that this statement should be made here claiming priority of conception of an idea, priority of test, and priority of accomplishment. It is a matter of justice merely that it should be known to be of date and record June, 1922.

Chicago, June, 1922.

AUTHOR'S PREFACE

It is gratifying to know that public interest in my work demands a new book on the subject of Gland Transplantation. The present book is written in clear and unambiguous style, concentrating attention particularly upon what is known now as "The Brinkley Operation," merely glancing at the vast subject of Endocrinology in general. We are moving rapidly forward. Five years ago, when I made the first successful transplantation of goat-glands into a human being, the first successful operation of its kind in the history of the race, the possibility of its success was a matter for general derision.

It is a deep pleasure to me to know that I have made good in such a radical departure from the accepted teachings of the Regular School of Medicine. As a medical student I was taught that the tissues from a lower species of animal could not be successfully transplanted into a higher animal, or one of a different species. When I began my experimental operations I was skeptical and doubtful of good results, and many times was tempted to give up the work. Gradually, however, the percentage of success, even in these early cases, convinced me that I was on the right track, and that sooner or later a way would certainly be found by which *all* cases would respond favorably to this unique operation.

Today I am able to announce to the world, without mincing words, that the right method has been found, that I am daily transplanting animal glands into human bodies, and that these transplanted glands do actually continue to function as *live tissue* in the human body, revitalizing the injured, atrophied, or sluggish human gland, stimulating the human gland to a new activity, enabling the human gland to perform its proper work of pouring its special hormone into the human circulation for the benefit of the system generally.

If I could not prove this statement true in *hundreds* of cases today, or if I could not *prove its truth* to any skeptical member of our profession, I should be wary of putting myself on record in this positive manner. To put it quite simply, I have this work developed now to such a point that I can fairly claim to control my operations to get the effects aimed at. The results are no longer happy accidents checked by numerous failures, but proceed along the level lines of repetitive success.

This is also the proper time to say frankly that those who say that animal glands, e. g., of the goat, cannot be successfully transplanted into human beings do not know what they are talking about, and this, regardless of how well known they may be, of what personal eminence, or of what powerful institution they may be a part. And I say to them here that before they make any more such statements they should be able to say that they came here, looked into what I was doing here every day, and that I then

failed to prove my statement to them. Failing to do this they are out of court, and not entitled to have an opinion on the matter at all.

However, there is much more interest in the subject today than was manifest even a year ago, and it is becoming the fashion for doctors to report various gland operation experiments in medical journals. A few days ago, apropos of this increasing interest, I received a lengthy and interesting account from a Professor in Austria of how he had rejuvenated an old bird-dog by ligation of the *vas deferens*, and gland transplantation. The writer was very enthusiastic and thought the operation held many possibilities for the advantage of mankind. I replied to him that in the United States, within the past five years, I had successfully "glanded" and "blocked" more than fifteen hundred men and women, and that therefore his experience could hardly be accepted by me as something new in surgical procedure.

A few years ago I predicted that it would shortly be as common to transplant animal glands for the cure of human disease as it was now to remove an appendix to cure appendicitis. This prediction is rapidly coming true, for at the present time all members of the profession who are wide awake and anxious to do their utmost for the patient are using gland transplanting and my blocking method to secure the desired results in certain cases.

When Salvarsan was first introduced to this country, many doctors were not permitted to administer it in the leading hospitals, whereas today

any doctor who does not make use of it is considered in the same class with those who oppose vaccination against small-pox. So it is with gland-transplantation. The public has been well informed of its possibilities and demonstrated values, and looks upon the doctor who says it is impossible as behind the times and old-fashioned. Facts are stubborn things. It is one thing to have a theory, but quite another to offer abundant proof of the truth of that theory. When such proof, indisputable and overwhelming in quantity, is to be had merely for the pains of examining the facts at hand, skepticism and bigoted denials can do nothing but recoil with crushing force upon the heads of those who betray this unbelieving attitude.

I can cite as many as fifteen hundred operations of this kind to prove that my theory is correct. To quote a few in mind:

Mr. Harry E. Andrews, Managing Editor of the Los Angeles Times, had been pronounced incurable and absolutely beyond medical or surgical help. The highest men in the medical profession had said so, and naturally, therefore, it was supposed to be so. I was called to Los Angeles in March, 1922, by Mr. Harry Chandler, owner of the Los Angeles Times, chiefly for the purpose of operating upon Mr. Andrews. I operated upon him on March 18th, transplanting Toggenberg goat-glands, and also performing the Brinkley blocking operation. At this writing, May, 1922, Mr. Andrews is up and about. He is able to ride horse-back, and recently took a hundred mile auto ride without fatigue. Mr.

Chandler will vouch for the truth of this statement, as will Mr. Andrews himself, if called upon, or any other member of the Times staff.

While in Los Angeles I also operated upon U. S. Circuit Judge Ross, who has been an honored member of the Bench for more than forty-five years. The aged jurist was suffering from an injury to his spine which had caused destruction of the nerves leading to muscles of hips and thighs. When sitting he could not rise up, and fell quite often, being over seventy-five years of age. He had been in this helpless condition for many years, had received the best, or highest-priced, medical advice obtainable, and was without hope of relief. Reading of my operation and its successful result in the case of Mr. Andrews, Judge Ross decided to have me operate upon him. I did so, and now he is getting back the use of those paralyzed muscles, and is steadily gaining. His personal attendant, a graduate nurse, writes me that the Judge's improvement is remarkable, and that he never saw in his experience of similar conditions, such a rapid development of muscle-repair and muscle-control as is evident in this case.

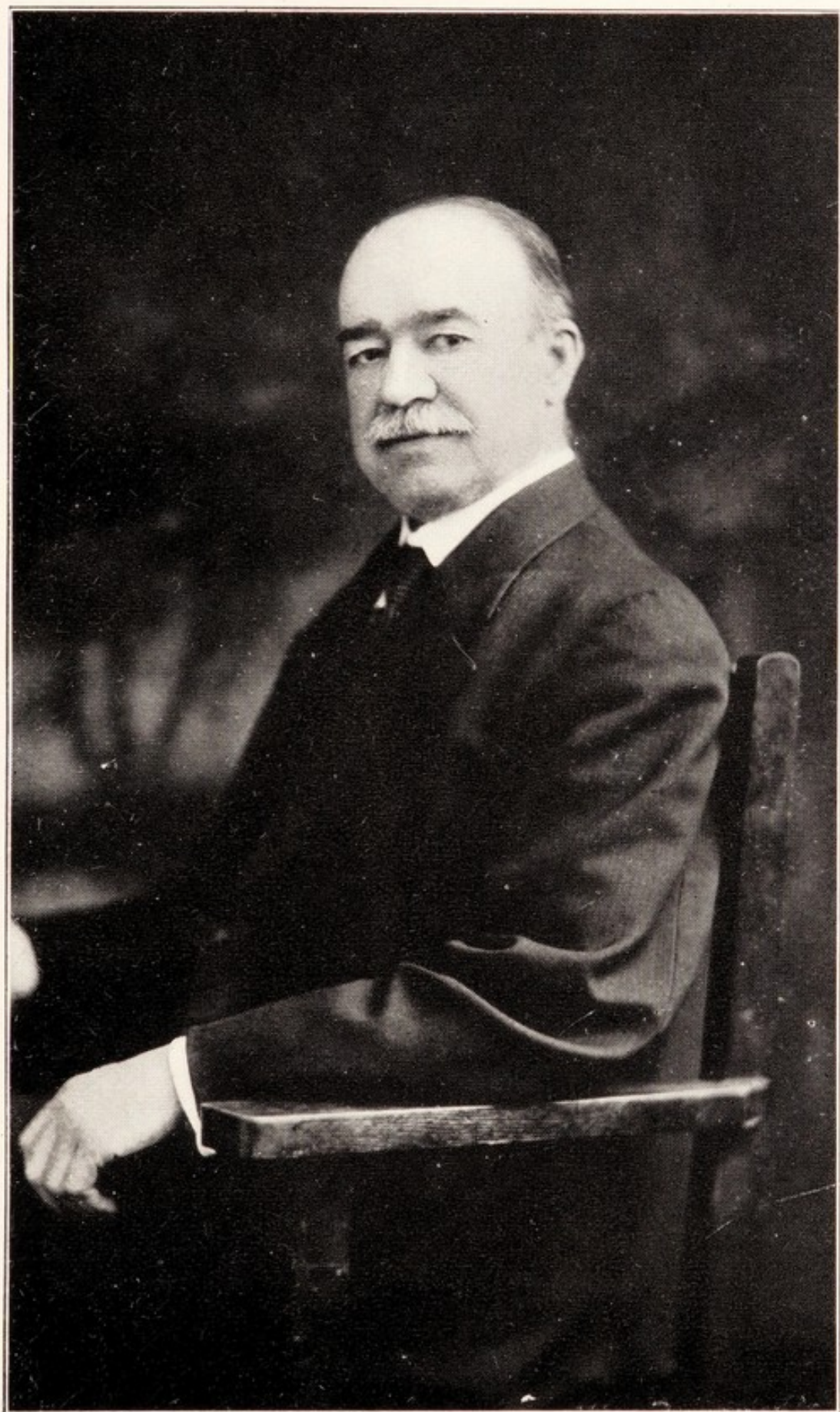
Judge Unangst was suffering from Paralysis Agitans in its last stages. He was badly swollen from head to foot, drooling from the mouth very much, the muscles "set," and I considered his case really beyond help. The tearful pleadings of Mrs. Unangst persuaded me to operate, and I did so, making no charge for the operation, it being my rule that, if I operate against my own conviction of benefit to follow, the opera-

tion shall be classed as experimental only, and shall be free. Contrary to my expectation, however, Mrs. Unangst writes me that the Judge is remarkably improved, the swelling of the body having disappeared, and the drooling being much less.

Mr. Joseph Ford, an employe of the Times for twenty-six years, was failing rapidly in health. He had hardening of the arteries, high blood pressure, prostatitis, indigestion and very bad eye-sight, having to wear a 7 plus diopter lens to read with. I operated upon him, transplanting and blocking both glands, and within these few days he has had to discard his glasses, his eyesight being so much improved that he cannot see comfortably through the old glasses. He is also improved in every other way.

Cases that also come into my mind at the moment are, Mr. McNeal of Pennsylvania, high blood pressure of 240, which the home doctors were unable to reduce by rest in bed, diet, drugs, or anything else. They finally told him it would be dangerous to reduce his blood pressure. His daughter brought him to my hospital in Milford, Kas. I transplanted goat-glands and also performed the Brinkley Blocking Operation. *Four days after the operation his blood pressure was 158*, he felt much better, and continues so. It was not dangerous to reduce this man's blood-pressure, but it certainly would have been dangerous to permit it to remain as it was.

Mr. Eschemann suffered from Bright's Disease, High Blood Pressure, Hardening of the Arteries, Prostatitis, and general break-down,



MR. WM. ESCHMANN

being confined to his bed for as much as thirteen weeks at one stretch. He was in such a deplorable condition when he reached me that I actually feared to operate, thinking that he had not strength enough to come through it, even under simple local anesthetic. I transplanted the Toggengberg goat-glands in him, using also the Brinkley Blocking Method, and in two weeks' time from the date of the operation he resumed his work, and has worked every day since then for twelve hours a day, not losing one day's time. This happened just one year ago. I hear from him from time to time. He writes me that he is in better health than he has enjoyed for fifteen years.

Mr. Michael Bishop, of Brooklyn, had been under care of the best specialists in New York City, trying to rid his prostate gland of an infection. After four years of such treatment his prostatic fluid showed 200 pus cells to the field. In March, 1921, I performed the Brinkley Operation on him, transplanting goat-glands and blocking. At this time New York specialists in genito-urinary diseases reported 200 pus cells to a field in prostatic fluid. In June, 1921, just three months later, the same specialists reported his prostatic fluid *free from all infection*. Since that date he has married, and looks forward to having a happy, healthy family of his own.

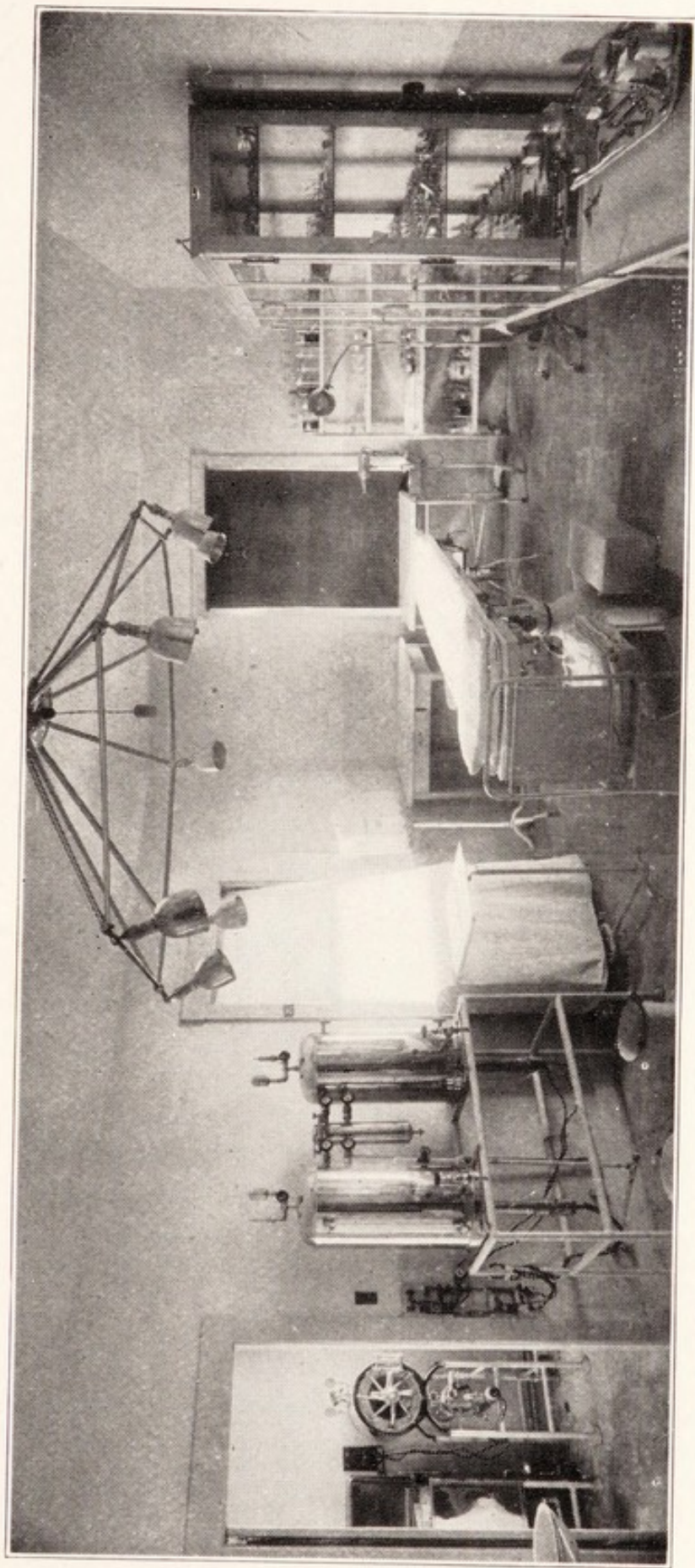
Mr. Ernst of Kansas, seventy-eight years of age, came to me two years ago, suffering from high blood pressure, hardening of the arteries, prostatitis, arthritis, and a combination of many ills usual in advanced age. He is today a man

transformed from feebleness, pain and decrepitude, to health and vigor. He is apparently made young again; not so much in appearance as in bearing, energy, and earning ability. There is striking improvement in his facial expression also; his hair, which was very scant, is much thicker, and though this is a point that I do not emphasize or stress, he gives the impression of one who has succeeded in actually turning back the clock of Time about twenty years.

Mr. Sydney B. Flower, the publisher of this book, upon whom I operated one year ago for high blood pressure, and chronic cerebral congestion, will speak more particularly of his own case in another chapter. He tells me that he is a better man physically and mentally than he has been for fifteen years.

Mr. Thompson, from one of our western states, was suffering from Paralysis Agitans. He had been to the Mayo Clinic at Rochester, and consulted leading specialists, to be told that nothing could help him. He was informed that he would grow worse, and that nothing could be done. I operated upon him with marked success, using the Brinkley Compound Operation, and he is much pleased with results.

Instead of collecting from my files the mass of evidence which they contain regarding the goat-gland operation and its success, I am here reciting the details of such cases as come to mind at once to give the reader some idea of the range and vastness of value of this operation in the curing of diseases which have been hitherto regarded as incurable. I shall have more to say



The Operating Room, Brinkley Hospital, Milford, Kansas

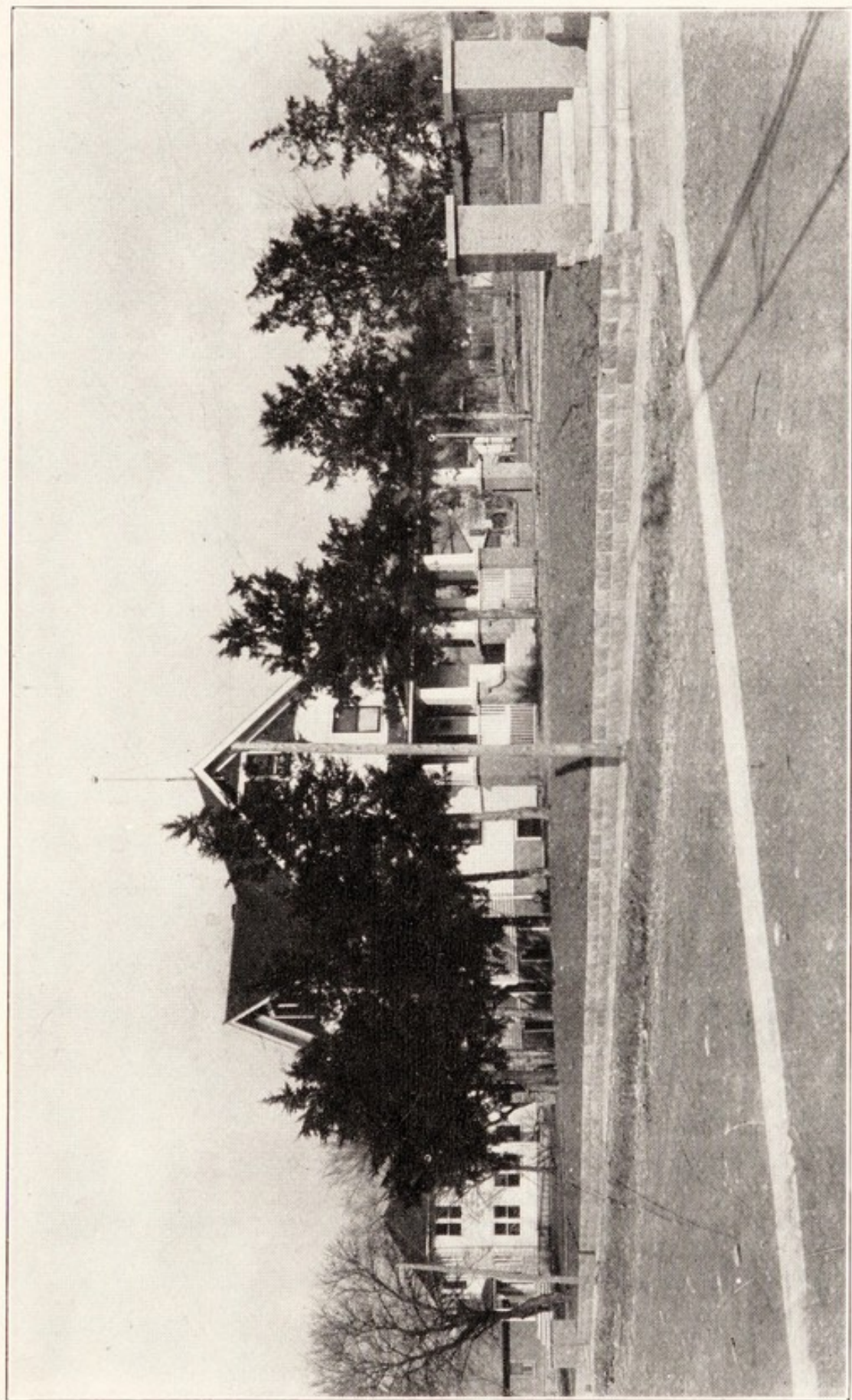
by way of comment later of such diseases as Dementia Præcox, Locomotor Ataxia, Impotence, etc.

I desire to make another seemingly radical statement at this time. It is that *All Diseases Are Curable*. When the medical profession says that such and such a disease is *incurable* it stamps us as either brainless or lazy. Instead of denouncing the man or men who discover the means of curing the so-called incurable diseases we might with greater benefit to humanity apply our time seeking intelligently for *cures*. If we did so with energy, and right "team-work," I doubt if there would remain any such thing as "an incurable disease." We are fortunate that each century furnishes us with a few "Moses" who are able to lead us out of the wilderness of darkness and bigotry. Probably more genuine discoveries will be made during this century than in any preceding one of which a record remains to us, though this is by no means to say that races who have left no trace behind them for us to decipher, might not quite possibly have far out-distanced us in medical and surgical knowledge.

In closing this brief resumé of my work it is proper to say that I have used the glands of the Toggenberg goat exclusively in the fifteen hundred successful transplantations already made. I have also transplanted human glands and monkey glands. I prefer goat-glands for reasons which will be made clear. During the past year I have been at some trouble to prepare, and have shipped to all parts of the world, a Goat-

Gland Emulsion which is guaranteed to be pure, unadulterated gland substance, macerated and expressed from the living glands. No cooking, drying, steaming, or extracting enters into the process of manufacture. The method of administration is by simple syringe, a rectal injection only. Remarkable results have followed the use of this Emulsion, but it is to be clearly understood that the use of the Emulsion is not to be considered as at all equal to the transplantation of the glands by the Brinkley Operation. The Emulsion is a very satisfactory indication of what may be expected to follow later when the living gland tissue of the young goat is actually transplanted into the living human tissue. In closing I wish to thank the hundreds of supporters and well-wishers in the medical and other professions who have cheered and encouraged me during these trying years.

Milford, Kansas, June, 1922.



The Brinkley Research Laboratories, Milford, Kansas

CHAPTER I

THE IMPORTANCE OF THE DUCTLESS GLANDS

In a masterly work, recently published by the MacMillan Company, by Louis Berman, M. D., Associate in Biological Chemistry, Columbia University, entitled "The Glands Regulating Personality,—A Study of the Glands of Internal Secretion in Relation to the Types of Human Nature," the author makes the following startling statements; startling because of their novelty, significance and embracing comprehensiveness:

"Every bit of evidence points towards the internal secretions as the holders of the secrets of our inmost being. They are the well-springs of life, the dynamos of the organism. In trailing their scent we appear to be upon the track not only of the chemistry of our bodies, but of the chemistry of our very souls . . . "

"The most precious bit of knowledge we possess today about Man is that he is the creature of his glands of internal secretion. That is, Man as a distinctive organism is the product, the by-product, of a number of cell factories which control the parts of his make-up. . . . These chemical factories consist of cells which manufacture special substances, which act upon the other cells of the body and so start and determine

the countless processes we call Life. Life, body, and soul, emerge from the activities of the magic ooze of their silent chemistry, precisely as a tree of tin crystals arises from the chemical reactions started in a solution of tin salts by an electric current."

"Man is regulated by his Glands of Internal Secretion. At the beginning of the third decade of the twentieth century, after he has struggled for we know at least fifty thousand years to define and know himself, that summary may be accepted as the truth about himself. It is a far-reaching induction, but a valid induction, supported by a multitude of detailed facts."

"Amazingly enough, the incontestable evidence that first pointed to, and then proved up to the hilt, this answer to the question: *What is Man?* has been gathered in less than the last fifty years. Darwin and Huxley, and Spencer, who first opened men's eyes to their origins, were ignorant of the very existence of some of these origins, and had not the faintest notion or suspicion of the real importance or function of any of them."

Yes, this is startlingly new matter. But our author gives no comfort to the materialist who sees in Man and Nature nothing more than a mechanical Cause and Effect process, without personality or purpose, concluding his admirable Introduction to his book with the pregnant dictum:

"The declaration that a man is dominated by certain glands within his body should not be

taken to give aid and comfort to those who would banish *mind* from the Universe."

It is not intended that this book should do other than fix your attention upon the originality and value to humanity of the Brinkley research into the results of transplanting the genital glands of young goats into men and women for the re-building, re-nourishment, and repair, of the human body and mind.

I have not the space, therefore, to speak of my experimental surgery in connection with the thyroid, para-thyroid, pineal, pituitary, or adrenal glands. Considering work along these other lines as experimental only at this time, I have not swerved from my original conception that *the source of all human energy is sex energy*, which is another way of saying that the glandular system of Man is a chained system, or series of connected loops, mutually assisting or depressing each other by their secretions, of which series the genital glands would seem to have the power of most directly stimulating, and in a measure dominating, the human body and mind by their particular kind of hormones, manufactured by the sex-glands and distributed in the blood-stream for the nourishment of all the tissues of the body. Nor can we trace the time of the first announcement of the idea of these internal secretions more fully here than to say that the credit of original discovery is due to a brilliant French physician, Theophile de Bordeu, who, in or about the year 1778, by means of his work with the newly perfected microscope, *coined the thought of a gland secre-*

tion into the blood. (Berman). It is customary now to use a collective term for all the glands of internal secretion, meaning the glands *and* their secretions. The term is *endocrine*, and the endocrine glands mean specifically the hormone-producing glands. The word *hormone* as used here, and generally, means, therefore, the internal secretions of the endocrine glands.

Very briefly the endocrine glands consist of:

1. The Thyroid Gland, consisting of two maroon colored masses astride the neck, above the windpipe, close to the larynx, with the four tiny para-thyroids, close at hand, each about the size of a wheat-grain. The secretion from the thyroid gland has been named Thyroxin. Its functions are Energy Production, and it is a Controller of Growth of specialized organs and tissues influencing Brain and Sex.

2. The Pituitary Gland, situated at the base of the brain, behind the root of the nose, as large as a pea. It is of double construction, anterior and posterior. The secretion of the anterior is unnamed. The secretion of the posterior is Pituitrin. Its property is Energy Utilized, or the gland that makes Continued Effort possible. Pituitrin also is responsible for the *tone* of nerve cell and involuntary muscle cell, brain and sex.

3. The Adrenal Glands, two in number, and each a double gland in itself, are shaped like a cocked hat, set astride the kidneys. The outer portion of each gland is named the Cortex; the inner portion is named the Medulla, or Core. The secretion of the cortex is unnamed; the se-

cretion of the medulla is Adrenalin. The Adrenals are the Glands of Combat, Brain Growth, Energy, and especially Energy to meet emergencies.

4. The Pineal Gland, a cone-shaped bit of tissue set in a little cave of its own behind and above its larger neighbor, the Pituitary. Its secretion is unnamed. Its secretion is concerned with Brain and Sex Development, Adolescence and Puberty.

5. The Thymus Gland is the gland of childhood. It is a brown mass, situated in the chest, astride the windpipe, of a spongy substance, resembling sweetbread. Its secretion is unnamed. Its absence or atrophy in childhood presents such startling effects as a boy of five years of age developing the appearance and attributes of maturity.

6. The Pancreas, or Sweetbreads gland, is situated within the abdomen, close to the Solar Plexus, sometimes known as The Abdominal Brain. It is a gland of both internal and external secretion. Its hormone, or internal secretion, is named Insuline. Its function is the control of sugar from the liver, the great storehouse of this body-coal, and the removal or atrophy of the pancreas, making impossible the storing of sugar in the liver, makes it also impossible for the body to burn up sugar for its energy. You have then the well-known condition of sugar in the urine, or the disease commonly known as Diabetes. In a phrase, the coal-bins are leaking, and the engine cannot get up steam, in consequence.

7. The Interstitial, Sexual, Genital, or Puberty Glands, the testes in man, and ovaries in woman, are now named collectively, the Gonads. They have the double function of both external and internal secretion. They are most commonly known for their external secretion properties, possessing the definite canals for the discharge of the specific reproductive cells, the ova of the female and the spermatozoa of the male, but they contain also certain secretory cells concerned with the manufacture of an internal secretion, apart from the reproductive corpuscles. These cells form the interstitial gland. The Gonads, therefore, offer an example of a gland of internal secretion, lodged in the interstices of a gland of external secretion. The tendency of modern endocrinologists is sharply to distinguish between the functions of the external and internal secretions of the Gonads in respect to the part played by their hormones in the circulation of the blood, giving the whole credit, or the major part of the credit, of the noted upbuilding of the body as a whole, its glandular, nervous, muscular, and vegetative systems, to the activity of the interstitial gland, apart from the effect of the hormones of the external secretory process. But this is by no means my own conclusion. The subject is a vast one, needing far more lengthy research than has yet been possible. It is fitting in such a case to pay closest attention to one who backs his conclusion with the greatest amount of successful demonstration of its soundness by re-

peated positive tests of actual operations upon men and women.

It is briefly my view that both the external and internal secretions of the Gonads are equally valuable to the upbuilding of body-tissue, and that the Gonads themselves are not merely a link in the chain of the endocrines, but the dominating influence in the well-being of all the endocrines, so that, to make this point exactly clear to the layman, defective thyroid glands can be most easily repaired by repair of the Gonads, and so with all the glands of the chain.

This is the theory upon which I have proceeded for the five years during which I have specialized in this transplantation work, and it is a vitally important point to remember. At no time have I claimed for this operation of transplantation of the sex-glands that it made other right surgical procedure unnecessary. At no time have I held the view that the transplantation of the sex-glands was enough to correct the sum total of the ills of the body, governing such conditions as an inflamed appendix, formation of gall-stones, malformation of kidney, etc., etc.

But I have demonstrated fairly that the position of the Gonads in the chain of the endocrines is the master-position, and that the well-being of all the endocrines is exactly dependent upon the well-being of the Gonads.

Considering now the huge importance of the hormones of the endocrines in the health or sickness of the man or woman, it is clear that this is a demonstration of a fact of the greatest

value. The reader will be well repaid in seeking for further light on the importance of the endocrines by consulting the chapters of Dr. Berman's epoch-making book, already quoted.

This is not the place for a consideration of the functions of the endocrines in general. It is the place for emphasizing two points exactly: 1, that the Brinkley Compound Operation affords the single means to modern investigators to convince themselves that successful transplantation of the sex-glands of animals into the human body is a fact of daily accomplishment; and, 2, that such successful transplantation is the surest means of improving the functioning of all the other endocrines, with their vast range of phenomena that make or mar the lives of human beings in their physical, physiological and mental aspects. Body, Mind and Soul are here directly and equally concerned.

This is a stupendous thing, meaning, strictly, that a man is as old as his glands, and that his glands are as old as his sex-glands.

CHAPTER II

THE BRINKLEY OPERATION — BRINKLEY TECHNIC—BRINKLEY COMPOUND OPERATION

In subdividing my work, as in the heading to this chapter, into three grand divisions I have a reason in view. The Brinkley Operation was my first effort along the lines of goat-gland transplantation. It is the mother of the technics that followed; the fundamental principle, or basic ground, of each. The present Brinkley technic is an evolution springing from the original conception of the Brinkley Operation.

The Brinkley Operation of five years ago was a unique departure from accepted principles of surgery, and is still considered impossible of successful accomplishment by the medical profession as a whole, not merely of the United States, but of Europe and Asia. It was a distinct advance then, and it is a distinct advance now. This operation violated successfully many of our closely-held surgical tenets and opinions, and was therefore, and is today, an advance in surgical practice. It was original and creative.

Today, the Brinkley Compound Operation, the crowning point of all my previous effort, stands out as a marvel of surgical science. It is new in conception, demonstrably uniform of results in practice, embodying sound principles, and I

am convinced will live forever as my contribution to the grand science of Surgery.

The Brinkley Compound Operation is permanent, and absolutely without risk of any harmful consequences to the patient. It is performed with a local anesthetic, *Apothesine*, made by Parke, Davis & Co., an anesthetic that is without toxic effects, regardless of the amount used, producing a local insensibility to pain that is quick and lasting. I believe that the leading surgeons of the country employ this local anesthetic in preference to all others because of its eminent non-toxic and anesthetic qualities.

During the past five years I have performed many of the now well-known *Steinach* operations, originated by Dr. August Steinach of Vienna. I make no use whatever of the Steinach principle in the Brinkley Compound Operation.

The Steinach operation is actually and entirely the ligating of the *vas deferens* for the purpose of securing proliferation of the Leydig cells. It is open to objection on four counts. Firstly, if the patient is senile at the time of operating, he has passed the point when he is capable of reproducing the Leydig cells within himself and the operation is, therefore, contra-indicated and valueless. Secondly, if the patient is not senile, but still retains the power to produce the Leydig cells within himself, the ligation must produce its results by shock, or irritation to the Gonads and epididymus, and this effect does not always obtain. The man who is "Steinached," therefore, may or may not be benefitted by the oper-

ation. There is no certainty in advance. Thirdly, if the patient's genital glands are worn out there is no assistance offered by the Steinach operation to this condition of exhaustion, or atrophy, or disease of the glands themselves by transplantation of living gland-substance from the young animal, to nourish and sustain the worn-out tissue and render it capable of creating living cells anew. Fourthly, if the bilateral Steinach operation is employed, as is usually the case, ligating on both sides, the man is sterilized and will remain so.

This matter of sterilization is very important. The Brinkley Compound Operation does *not* sterilize, but, if sterilization is desired, this feature of the result can be easily added to the technic of the operation, without impairing the unique value of the result. In such a case sterilization is requested by the patient for good reason, and is accorded.

With an earnest desire to be of lasting service to mankind I have for the past six months been developing the technic of this Compound Operation to the point of assured success, so that I might be certain of success in every case operated upon. Results have been so gratifyingly uniform that I may fairly claim to have achieved this position of certainty of success.

In performing the Brinkley Compound Operation the Steinach principle of the important part played by the *vas deferens* has its value. I wish to pay the tribute of admiration to this great physiologist, and give full credit to him for the source of this fundamental idea. It is

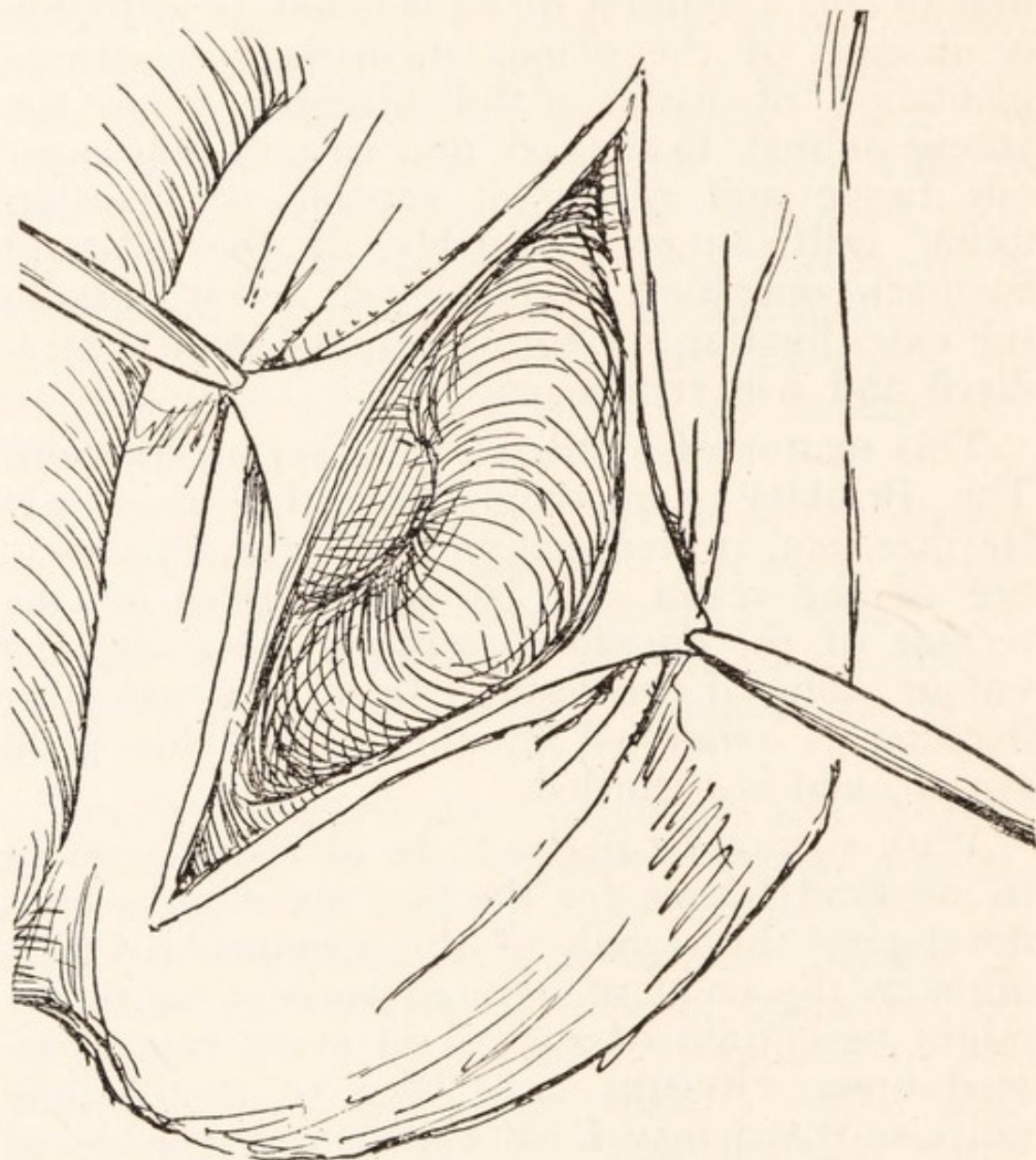


Fig. 1. Exposing Epididymis in Brinkley Operation.

to Steinach, *and to none other*, that we owe thanks for original researches into the subject of rejuvenation of four-footed animals by transplantation of their own glands into others of the same species, and to him we owe the hint of the importance of the *vas* in the rejuvenation of man.

In this chapter I am endeavoring by pen drawings to show something of the approach I make use of to the anatomy concerned, but this can only be done broadly and generally, the actual technic of operation and the tissues directly involved naturally eluding the fixation of line drawing. A picture, photograph, or illustration, will not serve to present complete technic.

Now, if we merely ligate the *vas deferens*, whatever of living cells may be in the Gonads, or whatever may be manufactured there following the ligating, must remain there intact, indefinitely shut off from service to the individual, except such amount as can escape from its confinement through the blood stream by *osmosis*, or infiltration, and it is clear that if good old Mother Nature does not provide such an avenue of escape the important secretions are locked up for keeps. But in the Brinkley Compound Operation we have first of all the gland of a young Toggenberg goat, the testis being used for men and the ovary for women, transplanted into certain tissues of the patient near the Gonads, which is adding living, cell-making substance to the patient's glands to create new energy from the new gland and feed this new

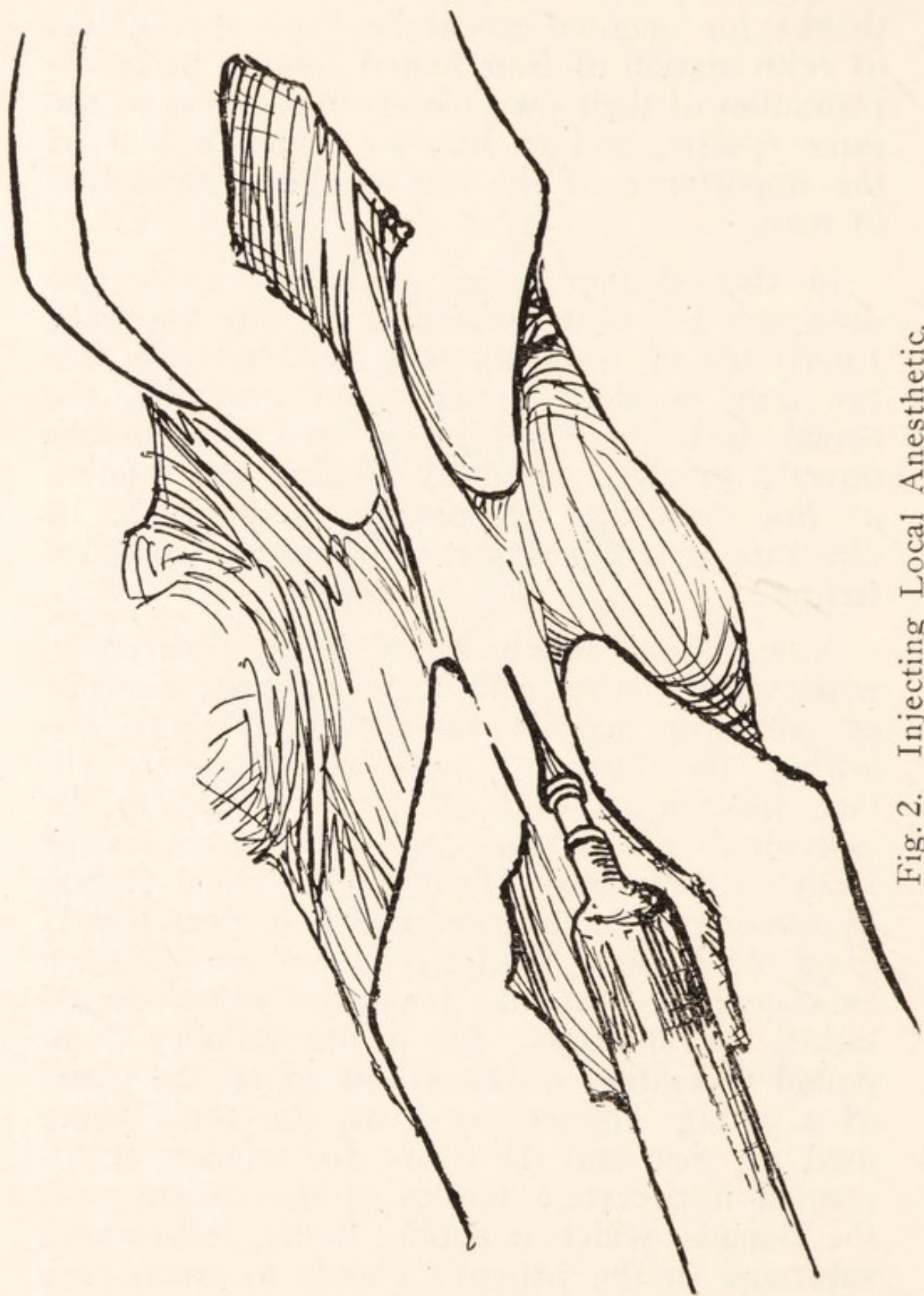


Fig. 2. Injecting Local Anesthetic.

energy to the patient's gland. Young, undeveloped goat-glands must be employed, and must be transplanted quickly after removal from the animal, no freezing or cold-storage process being satisfactory. When these goat-glands are youthfully undeveloped they are most satisfactory, results having proved to me that if the development has taken place in the animal previously to transplanting, the gland will show less vigor, and make less growth, than if it is asked to do its developing in human tissue.

This mere transplanting of the youthful gland is only the first step. In its new location the gland must be safeguarded, and not left to

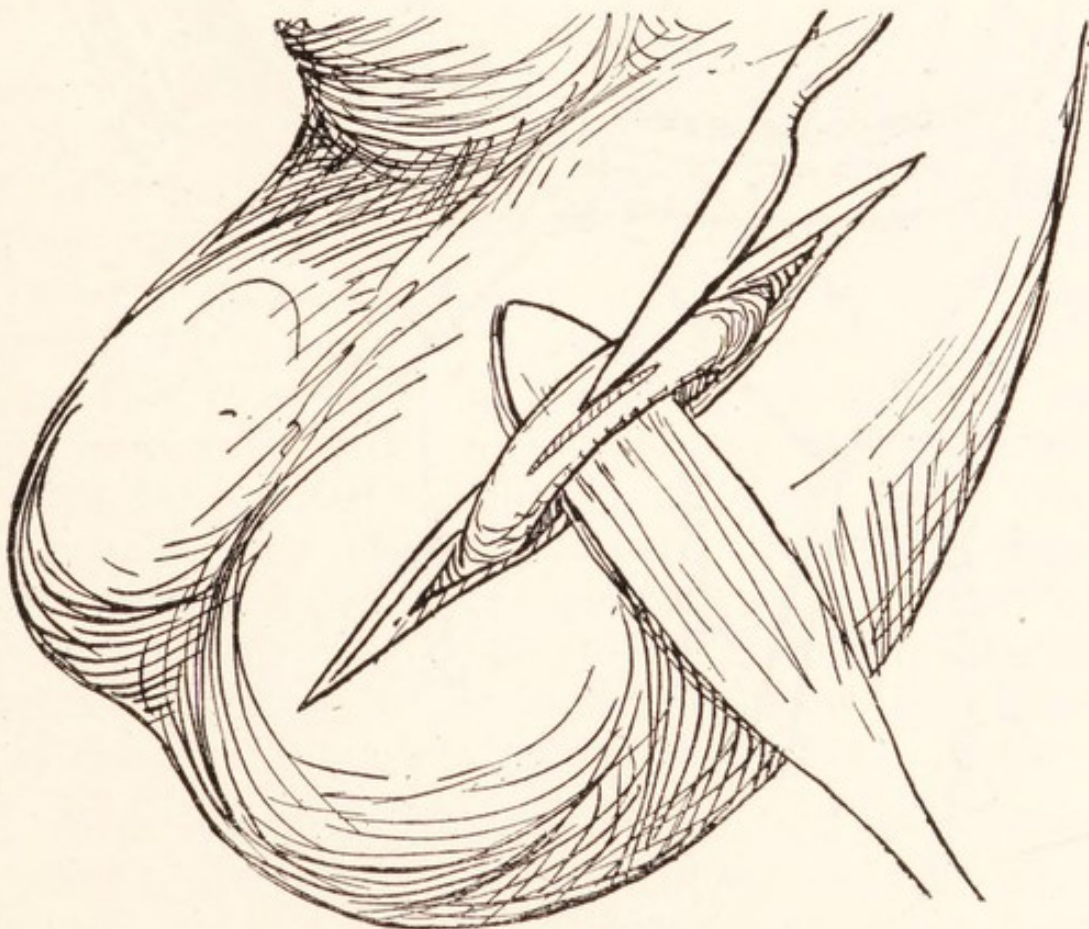


Fig. 3. Incising Cord to Expose *Vas Deferens*.

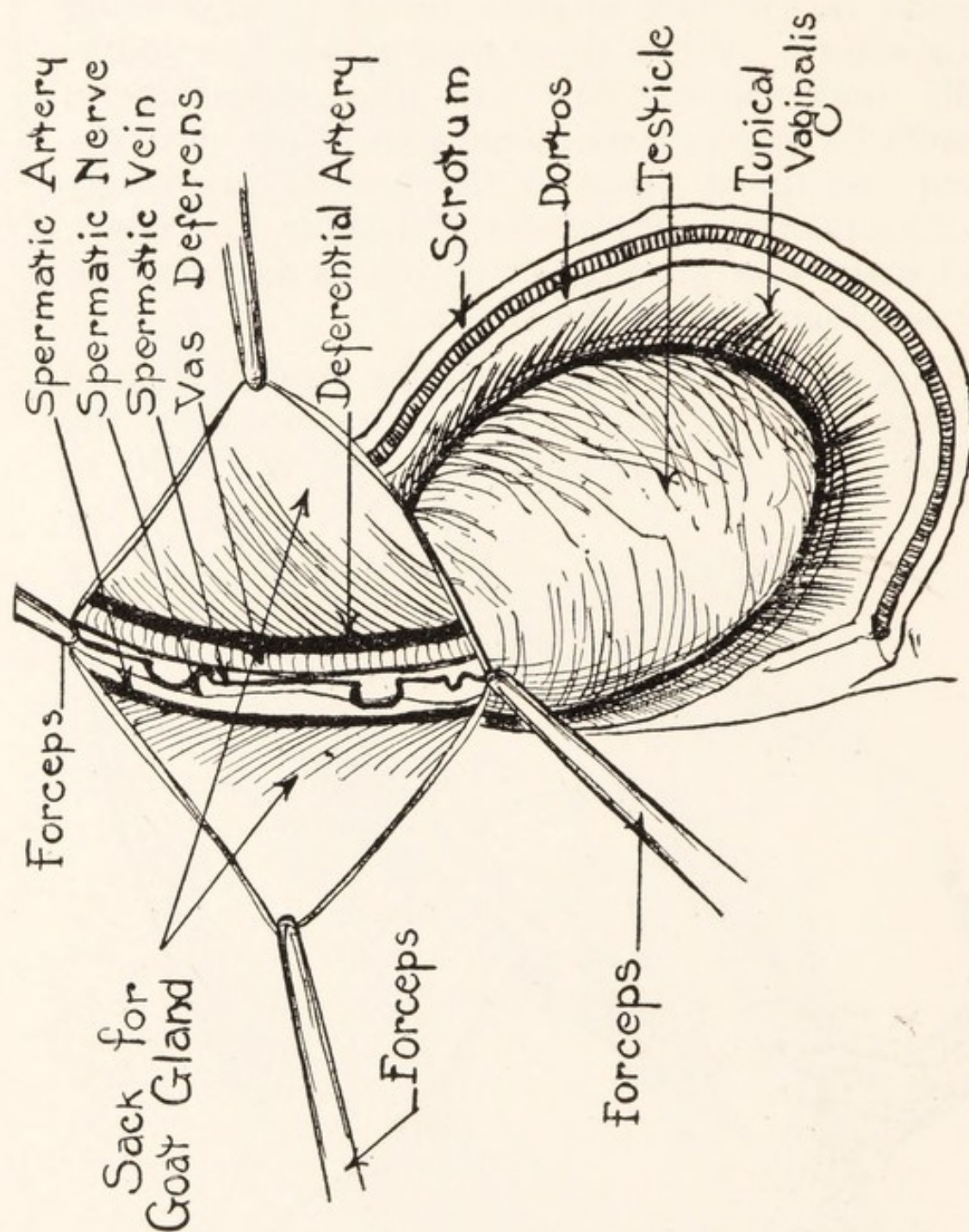


Fig. 4. The Brinkley Compound Operation, showing Block and Transplantation of Goat-Gland. Transplanting of Artery and Nerve Not Shown.

"short-circuit," and run down in a few months. Certain anastomotic technic is necessary at this point, conserving the potency of the young gland, so that its energy is "on tap," to be used as needed, just as the starting battery in your automobile is unused except when you need it for light and starting purposes.

We have made two steps, therefore, in the Brinkley Compound Operation. We have transplanted the right sort of gland from the right sort of animal in the right place and in the right manner, and we have safeguarded its energy. Now, if we stop here, many wonderful cures would result from this operation alone. But it is not enough.

Let us take the third step. We proceed to the spermatic cord and open this, exposing the *vas*. We open the *vas*, and prove its *patency*, or free channel. None but those who have performed this operation hundreds of times, and are so familiar with the anatomy concerned that they could safely perform it blindfold, should attempt it. We must not cut the *vas*, but incise it on its long axis, and the canal, which is very small, must be opened. This is all done under the simple local anesthetic already spoken of, and the patient experiences no pain or sensation of any kind, supposing me to be still busy on the transplantation. He does not know that part of the operation is already concluded.

Now, with our *vas* canal open, and its patency proven, we shall borrow a blood vessel and a nerve supply. Why? Because we must have more nerve-energization directed through this

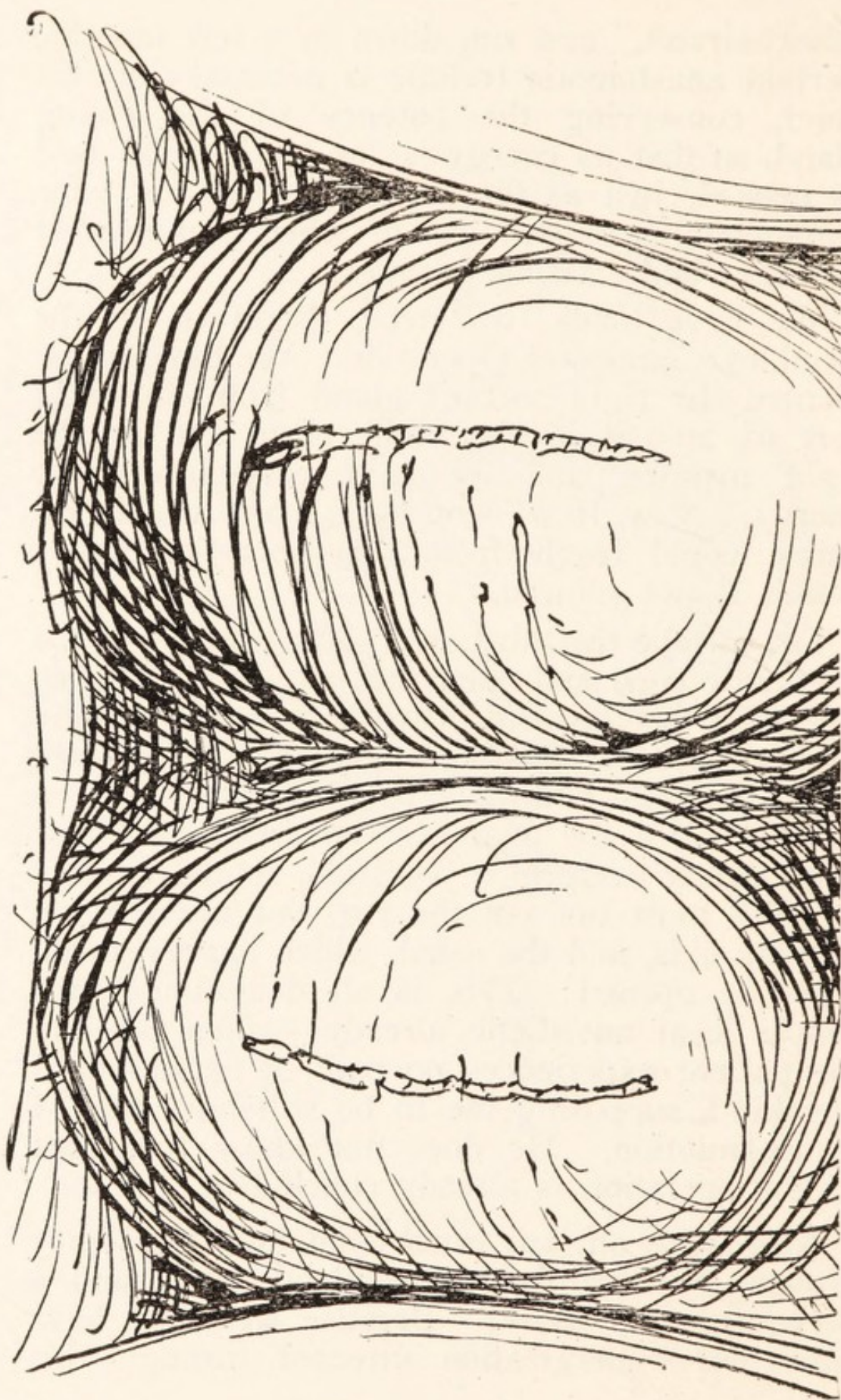


Fig. 5. Appearance of Scrotum After Brinkley Compound Operation.

vas into the human Gonad to produce the desired proliferation of the life-giving, energizing, vitalizing Leydig cells.

Now you see that we have energized and caused to proliferate these important Leydig cells without ligating the *vas*, as in the Steinach operation, and therefore sterilizing the patient, but have accomplished our purpose by employing the patient's own nerve and blood-supply to connect the new gland with nourishment and direct its energies *through the channels of the unligated vas* into the human Gonad. This produces a worth-while result. It makes no difference whether the patient is 40 or 100 years of age, the good results are bound to be uniform in every case, regardless of age, because we are not depending upon ligation, resultant shock, or irritation, but upon direct nerve force directed into the Gonad without intervening "blocking."

Now we borrow the services of a branch artery, and this is delicately anastomosed down alongside the *vas* into the epididymis. Why do I transplant this artery? Because, as I have already said, the testis might be unable to unload its supply of hormones, and they never would be able to escape into the patient's bloodstream to find their way to the parts where they were needed, if this passage-way were not provided.

The general detail of the Brinkley Compound Operation should now be clear to you. The young gland is transplanted; the gland is safeguarded; the *vas* is exposed; the *vas* is split on its long axis; the nerve is transplanted; the

artery is anastomosed; and the finishing technic completes the operation.

This, a unique operation, conceived, attempted, perfected, worked out to its last detail solely by myself, is the crowning achievement of my career, and if I should accomplish no more than this as a surgeon I shall still feel that I have done some service to humanity which will live for centuries to come. I have given my life to this thing, and I stand or fall by it. It will meet every test. It cannot be ignored. It confers benefits too vast upon suffering humanity to lie unused and unrecognized. Other brains than mine will carry on the work from this beginning for thousands of years after I have done with this earth, until the day when human disease is no more than a memory of ancient dead races that dwelt upon this earth, but this is mine, and this remains mine, that I am the *pioneer*.

It shall not be forgotten of men that this work is mine by right of discovery, and this is fame enough for me.

CHAPTER III

IMPOTENCY

May the day in which I discovered a cure for Impotency be darkened! When he has finished this chapter the reader will understand why I view this branch of my work with least enthusiasm.

Before I discovered and perfected the Brinkley Operation for Impotency the profession was at a loss to know what to do for this condition. Electricity in all its varieties of application had been given a conscientious and exhaustive trial; the Violet Ray had been used with little effect; hydro-therapy, massage, diet, exercise, suggestion, tonics, imported barks and concoctions from Darkest Africa—Yohimbin, the active principle from the bark of the Yohimba tree, a favored preparation for a grand frolic used by native chiefs of uncivilized tribes—nitro-glycerin to engorge the blood-vessels, damiana, saw palmetto, strychnine, hypodermic injections of this, that and the other drugs and combinations of drugs, gland extracts, and what not, all had been tried and tried again, to no avail, and the impotent man was still left like a ship without a rudder, drifting on the high seas, seeking relief from this doctor and his dope, and that doctor and his dope. The psychic factor, the emotional,

the religious, and the mental, had been faithfully pursued, and one cult after another espoused, but all treatments had failed to produce results, and the impotent man was ever with us, with an obsession of personal affliction amounting to mania.

Since the first successful operation I performed upon a case of this type was experimental surgery, I look upon the discovery of this method of cure of Impotency as accidental. Tonight I was talking to this man; the *first* man in whom I implanted the glands of a young goat, *five years ago*. His marriage was happy but unfruitful, the man and his wife both desiring children. He had been impotent for sixteen years, and had tried many doctors and many kinds of treatment without result. On his clear understanding that this was an experiment only, undertaken without charge to him, and if it proved to be a failure, not to be shouted from the house-tops, he agreed very readily to undergo it, and certainly has had no cause to regret his resolve. A year later his wife was delivered of a fine boy whom we named "Billy," in honor of the assistance we had received from our four-footed friend. The man is well today in all particulars of physical and mental vigor, and the boy, now four years old, is a splendid specimen of healthy childhood.

Amazing how the Brinkley Operation has changed in every detail of technic since that early day! You might say that only the fundamental principle of possible transference of animal glands to support and renovate human

glands has remained unaltered. It is the foundation rock upon which we have built. Five years ago this Hospital was not built and my name was not known to a thousand people. Now men and women cross all oceans to reach this little village of Milford in quest of the Fountain of Youth; not the mythical Fountain of Ponce de Leon, but a trustworthy helper, physiologically sound.

Nevertheless, I am out of harmony with the man of seventy, eighty or eighty-five years of age, who comes to me for this Elixir of Youth, not for the prolonging of his life for more years of useful work of benefit to mankind, but because he wants the fires re-kindled for revelry and riotous living. It is no pleasure to me to look upon a procession of grey-beards and grand-dads going to and from this hospital, knowing that four out of five of them have sought my services for the sake of the renewed sexual gratification that will be theirs. On the other hand, it is a profound pleasure to me to rejuvenate and rebuild the tired, worn-out bodies and minds of men and women whose work is of value, useful, creative, inspiring. Every conscientious surgeon would feel as I do about this. The normally clean-minded men and women who read this will certainly feel as I do, that while this cure of Impotency is a wonderful thing for the worthy it could easily become a source of danger, and I shall probably make some use shortly of a precautionary system of selection of such cases for the Impotency Operation, confining its employment to those who

clearly see and know the difference between the right and wrong use of it.

Now let me point out why I consider the Brinkley Compound Operation a godsend for the impotent man, and sometimes frigid woman. Many men are unwilling to undertake the responsibilities of marriage until they have accumulated enough money to provide material comforts for the wife and proper education and environment for the children. This is a right ideal. These men start at the bottom of the ladder and, after years of hard work and close application to business, find themselves, perhaps not before the age of 50 or 55, financially able to support a wife and possible family. These are the conservative men of good habits, unwilling to take a risk which may bring discomfort and unhappiness upon others dear to them. It is customary for Youth to gamble on the future, and take chances, but the type of man we are speaking of will not take a risk in a matter of this importance. It would be unfair to blame him for his prudence, but it often happens, most unfortunately, that by the time he is ready to marry, after this life of toil, self-denial and saving, he finds himself totally impotent. This impotence may be due, in his case, to a variety of innocent causes. It may be the result of his long abstinence from any form of sexual gratification, or it may be due to the after-effects of mumps, influenza, typhoid fever, some mechanical injury, etc. So it happens that when the man is ready for marriage, marriage is not ready for him. He realizes that in his

condition it would be a mistake, but if he carries his intention through and marries, in spite of his misgiving, it is certain that both he and his partner will fall short of happiness in the married state.

It must never be lost sight of that the intent of Nature, our Mother, is that the married state shall be a state of happiness and content, and the design or plan of Nature, not only for human beings, but for all life on this planet, is that the accomplishment of the sexual act shall be pleasure, satisfaction, happiness. Nature's final purpose is, of course, the propagation of the species, whatever that species may be, and to secure this end she has implanted Desire, Love and Happiness in living things, and, for anything we know to the contrary, in the vegetable kingdom as certainly as in the animal kingdom, as the psychological urge to the physical act of mating.

Many brain workers find themselves impotent early in life. They may be, and often are, married to vivacious women who expect constant conjugal relations, and when these are not forthcoming there follow the unhappiness of the home, mutual recriminations, disharmony, and a divorce on the grounds of incompatibility of temperament.

Many men of great business activity slip into the condition of impotence without recognizing it, or giving it a thought. They are so fully occupied with their business affairs that the condition steals upon them unnoticed, like a thief

in the night, and is permanently fixed before they pay it any attention.

Many beautiful women go through life with their sexual capacities for happiness undeveloped. They are frigid. The thought, as much as the act, of sexual satisfaction with their husbands is repugnant. The whole subject seems to them an impurity of thought. These women do not solace themselves with lovers. They do not know, and can with difficulty be made to know, that their view-point is abnormal. They do not know that the cause of their attitude towards the sexual act is physiological. There is a substantial reason for it. A simple minor operation corrects this abnormality or deficiency, and these women are restored to normal health and normal enjoyment of the most sacred of human functions. We are dealing here in this case with a very high type of womanhood. It is well for the world and humanity that the type is high. From this class come those earnest, devoted souls who have given themselves heart and soul to the great movements for the uplifting of the race. From their ranks we have recruited those angels of pity and succor who have ministered to the leper in his colony and to the wounded on the battlefield. It is a high type, but it is not the highest type. The highest type of womanhood is the Mother. The normal mother derives happiness from the sexual act. The lofty devotion which she feels for the infant suckling at her breast is itself a form of sexual enjoyment, the mammary glands of the breast being links in the chain of glandular

inter-action and inter-dependence. It may be laid down as fundamental that whenever there is distaste for the conjugal act between a husband and wife who are fond of each other, there is a definite indication here for the Brinkley Compound Operation for one, or other, or both. There is no exception to this basic statement. It is axiomatic, because the mental distaste or disgust is physiological entirely, *and can be changed.*

The first goat-gland baby girl would never have seen the light if it had not been for the fact that the man who was to be her father came to me for an operation, after being impotent for seven years. He had previously had an attack of mumps, which, in the language of the layman, "fell on him." Marriage was out of the question for him. While here recovering from the operation he met my Junior Nurse. They fell in love and married. The baby girl was the result, and I am informed that the stork is again expected.

Now, there is genuine, thrilling pleasure in performing this operation for the relief of such cases as are here spoken of. It is wonderfully gratifying to change unhappiness and dissatisfaction, with its attendant miseries of deranged nerves, into wholesome enjoyment of living for people who are worth while.

Contrast with these useful types the case of Mr. Blank. Mr. Blank is a very rich man, owning several banks and much property. He was about fifty-five years of age. He claimed that on account of the death of his wife, his life-

companion and sweetheart, and because of business reverses and cares, he was ready to commit suicide; that his life was not worth living, and his nervous condition impossible to endure. He paid me a handsome fee for the operation, which was entirely successful; his nervous complications leaving him. He was fully rejuvenated mentally and physically, with the sexual appetite of a young man, and a young man's potency. What did he do with this God-given energy and new state of well-being? Did he try to preserve it and put himself and his money to some useful purpose in the world? Not at all. He rented a house, furnished it luxuriously, filled it with silly women, and entertains lavishly with dinners, dances, and drinks in profusion. Was it a worth while thing for me to make this "gilded cage" existence possible for this patient and his friends? Clearly not. For this reason exactly I said at the beginning of this chapter that I wish that day was darkened in which I discovered this cure for Impotency.

However, I have the satisfaction of knowing that even now it is rather the *few* who abuse the privilege conferred, and the *many* who use it aright. Not the least pleasant reflection is the number of useful men and women who have been saved from committing rash acts, such as self-destruction, because of their restoration to normal health, vigor, and view-point, by this feat of simple surgery.

CHAPTER IV

DIABETES, NEPHRITIS, PROSTATITIS, ENLARGED PROSTATE

While each of the diseases named in the title to this chapter is separate and distinct, the laity speak of them, in the lump, as "kidney trouble," and as this book is written for the layman we will treat them as coming under this general head.

The presence and continuous appearance of abnormal amounts of sugar in the urine is usually called *Diabetes Mellitus*, and we believe the pancreas gland is at fault. The transplanting of goat-glands into the patient so afflicted has many times freed the urine of such patient so afflicted from sugar. I recall the case of Dr. Fowler, who was suffering from diabetes. His office was connected with his drug-store, and the temptation to eat chocolates constantly was always with him, and frequently yielded to. When he had eaten chocolates he discovered the presence of sugar in his urine and suffered in his health. After receiving the Brinkley Operation he writes me that he eats sweets more freely than formerly, and in specimens of urine taken at four hour intervals discovers no sugar content, his general health being also much improved.

Many diabetics suffer from eye trouble, bodily pains, especially abdominal and about the stomach, and general weakness. Some of these diabetics are able to keep their urine free from sugar by a carefully regulated diet, but their general health does not improve, and they are traveling, not slowly, towards the grave. I have found that the Brinkley Operation puts the brakes on their down-hill trend, their general health is built up by it, their eyesight is benefited, and they are better in all respects. Their sugar tolerance is increased, and the increase in their bodily energy is remarkable. Some of them can eat what they please and be entirely sugar-free, while others can consume a liberal diet without drastic restrictions and be relatively sugar-free. My argument that our glandular system is a complete chain, and the chain as strong as its weakest link, would seem to be confirmed by these results.

Kidney Trouble. In *Nephritis*, or inflammation of the kidney, which causes a contraction of the kidney, faulty elimination of urine, and the presence of albumen in the urine, we secure very good results from the Brinkley Operation. Especially so if we have a very high blood-pressure in connection with *Nephritis*. The *Nephritis* is usually due to a mixed infection, and the antipathy which the transplanted Gonads have shown to infections of the prostate gland they show equally to kidney infections, and we are able to clear up completely many cases of albuminaria by this transplantation, the patient resuming his regular diet and occupation. In

hypertrophy of the heart and loss of compensation, the results would not be the same because we have here a condition to deal with that is an end result of the contracted kidney. The heart, moreover, is not a gland, but a muscular organ. However, these cases of heart trouble may live for many years if the heart *compensates*, when it dilates and hypertrophies.

Prostatitis and Enlarged Prostate. These two usually run hand in hand. High blood pressure accompanies or quickly follows enlarged prostate almost invariably. But many cases of *Prostatitis* are due solely to infections and readily cured by the transplantation of Gonads and the Brinkley Block.

Too many men suffering from enlarged or infected prostate have had continued massage, and the passage of sounds, until the prostate has been injured to such extent that it is one mass of fibrous tissue, and nothing can be done with it. This continued prostate massage is responsible for the deaths of many sufferers. Much chronic impotency is directly traceable to the same cause. I have seen much harm, irreparable damage, done by this old-fashioned method, too commonly practiced today by some of our best genito-urinary specialists. It is paradoxical to hear a physician warn a patient against the use of the catheter, while he is at the same time passing a sound into the same patient, without giving warning of possible injury.

Many men are ready to submit to the removal of the prostate gland, which spells eternal im-

potency for them, for which there is no cure, much danger from the operation, many chances that their urinary condition will be worse after the operation than before, who might have avoided the operation and its disastrous consequences by having transplantation of goat-glands and the Brinkley Blocking Method, offering the highest probabilities of complete cure and at the same time complete safety. I have cured cases of this disease too numerous to mention by the Brinkley Operation, the reason for the cure being that the prostate gland is comprised in the gland-chain theory, receiving direct hormone infiltration and regeneration.

I advise men suffering from enlarged prostate, infected prostate, frequent urination, difficult urination, high blood pressure, kidney infection, etc., even though they have residual urine and ammoniacal poison, to consider my operation before consenting to have their prostate gland removed. Being a surgeon, and knowing the danger they are in, I would not dare to suggest my operation in preference to prostatic removal if I did not *know* that the majority of such cases will be entirely cured, or benefitted to such degree that it will be quite safe to retain the prostate gland. In place of the certainty of total impotency succeeding removal of the prostate, with chances against and for improvement of the condition evenly balanced, with grave danger attending the operation itself, I offer a method of cure that is absolutely harmless, carrying no possible danger to health and life, with the highest probability of lasting benefit

therefrom. These things are said out of a full and close acquaintance with the results of the Brinkley Operation in such cases.

I recall the case of Mr. William Eschemann, 1725 Fairmount Ave., Philadelphia, Pa. I have never seen a worse case than his. He had to urinate every 30 minutes, urine charged with albumen, excruciating headache, specks in front of eyes, impaired vision, uremic poisoning, very high blood pressure, his nerves a wreck, much pain and weakness, general innutrition, inability to pass the smallest sound—seemingly a hopeless case. He is today cured; a well man, working every day in the greatest comfort, with no return, and no likelihood of return, of the distressing conditions that made his life a misery and threatened to put a speedy end to it.

Enlargement of the prostate gland, obstruction in the posterior urethra, and residual urine, lead to a dilation of the ureters, infection in the kidneys, nephritis, uremia, and death. These kidney infections are secondary to the retained urine in the urinary bladder, and if properly taken care of will usually clear themselves after the prostate has been reduced in size. My operation is not upon the prostate, but upon the Gonads, they in turn sending their hormones to the prostate, and regenerating it.

I have dwelt at length upon this subject because it is too important to pass without an earnest plea for a change in the methods of handling such cases. I do not believe in subjecting a patient to an operation which is fraught with danger, with possible disastrous after-

effects and the certainty of life-long impotency, without first making use of the Brinkley Operation, which is, *per se*, harmless. In my experience, the Brinkley Operation, once tried in these cases, and first tried, is the *only* operation that will be tried at all, the results being equally satisfactory to the patient and the surgeon.

CHAPTER V

HIGH BLOOD PRESSURE, ARTERIO-SCLEROSIS, MENTAL AND PHYSICAL DECLINE

An important part of this little book is this chapter devoted to the consideration of *Arterio-Sclerosis*. This long word means, in plain English, hardening of the arteries. When these arteries, whose normal condition is elastic, do not expand to the flow of blood pumped into them by that masterful organ, the heart, but are resistant to the tide, back pressure on the heart follows, weakening of its valves, enlargement of its continuity, wear and tear on the pump itself, and finally it gives up the struggle and quits work. Then we die. Now, hardening of the arteries has a twin brother, called high blood pressure. Let us illustrate what is happening when these conditions are present. Suppose you have been running a certain volume of water through an inch pipe, you know that if you tried to run *the same volume* of water through a three-quarter inch pipe there would be increased resistance to the accomplishment. This is what high blood pressure means, when associated with hardening of the arteries. Mental and Physical decline, with accompanying sexual decline, follow in the wake of this combination because no man can think at his best,

or work at his best, with a high blood pressure pounding through his arteries and an overloaded, weakened organ, the heart, furnishing the pumping-power. Some cases of high blood pressure are not attributable to association with hardened arteries, but they are in the minority. This continued pressure, subjected to sudden mental or physical exertion, will cause some of the small arteries of the brain to "snap," and we have a case of Apoplexy, with death following rapidly, or a resultant *hemiplegia*, paralysis, with loss of control over feces and urine, a deplorable condition of helplessness in which the approaching death is welcomed by both the patient and relatives as a relief to an intolerable existence.

I have used the Brinkley Compound Operation with success on men who were compelled to wear diapers, like babies, and for the same reason that babies must wear diapers.

When the Coronary Arteries harden, another dangerous condition is brought about. These are the arteries which supply the heart with blood, while the main arterial system carries the blood away from the heart, and when the Coronary Arteries sclerose, or harden, the patient suffers from attacks of *Angina Pectoris*. If you ever saw a friend suffering from such an attack you will know its agony. The breath is suddenly cut off, without warning, and they are in the grip of an excruciating pain from which there is no escape except by immediate use of Amyl Nitrite.

We might lighten this discourse a little by inserting a story that comes to mind in connec-

tion with this disease. A physician was called to see a man suddenly stricken with his first attack of it, and after the good doctor had relieved the paroxysm the patient asked what the trouble with him was. He was told that he was suffering from Angina Pectoris. "You may be right," the patient replied, "but that is not quite her name!"

I have found transplanted goat-glands by the Brinkley Compound Operation to be practically a specific for hardening of the arteries and high blood pressure, and I want to tell you *why* this operation will soften hard arteries and make them as soft and pliable as those of a child. I have studied glands of the human being, and glands of animals, in the laboratory, and have received and tabulated the reports of other men working on the same line of research. The statistics show that goat glands contain 89.9% of highly ionized matter in the colloidal state, and they also possess three distinct rays of their own, Alpha, Beta and Gamma rays. These rays are given off in manner similar to the radiations from radium. These rays have the property of seeking out scar-tissue in any part of the body, and dissolving, or absorbing it. The nerve cell is attacked and strengthened by the hormone, which is constantly being delivered into the blood stream.

Any case of locomotor ataxia treated by the Brinkley Operation will show increase in the "girdle" and "lightning" pains of this condition of Tabes Dorsalis *at first*, because the nerves are being released from their condition of im-

pingement, and sensation is passing down through the hitherto "dead" nerve-tissue. But when these early pangs have passed following the transplantation, they recur ever more seldom, the nerves begin to strengthen as normal conductors of sensation, and the patient has started on the high-road towards recovery, or greatly improved health.

Following the Brinkley Compound Operation for arterio-sclerosis and high blood-pressure the scar-tissue of the arteries is absorbed by the hormones generated in the Gonads, and deposited in the blood-stream as a waste product, to be excreted from the organism in due course. Or it may be that this waste matter is consumed in the amazing chemistry of the body. The point is that it is removed from the arterial walls, where it was doing serious damage, and when these fibrous deposits are thus absorbed, the arteries return to their normal condition of elasticity, and the blood, not meeting with the previous condition of rigidity and resistance to its flow in the arterial channels, proceeds normally on its course, and the patient is comfortable. By removal of this arterial obstruction the patient's eyesight, physical strength, endurance, energy and mental power, are all directly improved, and he feels like a new man. Mr. McNeal, a recent patient of this type, arrived at the hospital with a blood pressure of 240. He returned to his home in two weeks, after the operation, with a normal blood pressure of 150. I believe that this method of cure of Arterio-sclerosis is not only the most effective known,

but that it is lasting. I see no reason for a return of the condition. Mrs. Brinkley once replied to a patient who had asked, after asking many foolish questions of a similar nature, how long he would live after taking the Brinkley Operation, "Until Gabriel blows his trumpet on Judgment Day, and then they'll have to knock you on the head with a mallet!"

Of course no one knows how long a man will live after taking the Brinkley Operation. He might be killed by accident; run over, wrecked in a train, etc., and I have no data upon the number of years which the operation will add to the expected three score and ten. I prefer not to hazard guesses upon a thing unknowable. This operation is five years old. When it is a hundred years old we shall know more of its effect in producing longevity. At present we know that those who took the operation four and five years ago are in excellent physical and mental health, with no return of their former conditions of ill health.

Brain-workers, such as lawyers, judges, doctors, artists, scientists, and men of genius, are very susceptible to high blood pressure, and for them this operation has no equal. One brainy man said to me, "Doctor, I spend three months every year in the Canadian woods to build up, but I have received more physical and mental benefit from your operation in seven days than in all the vacations I ever took, and you can figure for yourself the saving in time effected, if time is the chief object!"

My best and most satisfied patients are members of the medical profession who have taken the operation for break-down or relief of some so-called incurable disease. Lawyers, also, accustomed as they are to weighing evidence, and acting upon their own judgment and initiative, are very numerous in the satisfied patient class. They have the requisite power of self-analysis to determine when and where benefit begins, and to watch its progress and continuance.

The operation is least suited to the stupid type. Unless the faculty of appreciation of the beautiful in Nature and Art is present in the brain it is not possible to implant it with the Gonads. There is a fixed condition of being out of tune with Life, which is usually inherited and congenital, which is typical of certain people. They arrive in this world out of harmony, live their lives out of harmony, and will probably leave this world and enter the next out of harmony. No doubt things on the other side will not be greatly to their liking. When I am asked, and it is a question that is frequently asked, "What class of people get the least value from your operation?" I reply, "Idiots and fools!" This is literally true.

I am asked many times what my chief aim is in this work, and I reply that the chief aim is to prolong the lives of useful men and women. God knows that my dearest wish is to lengthen the lives and increase the happiness of useful members of my profession, brainy men of the medical, legal and all other professions.

At present, unfortunately, it happens that when a man has lived and toiled for long years, and proved his value to humanity, the clock runs down, quickly, or slowly, and he dies and is no more. Consider that Theodore Roosevelt might be with us today, hale and hearty. Look at Woodrow Wilson, broken with ill-health. He should be preserved at his best for many more years of useful work. Think of Thomas A. Edison, Henry Ford, and a host of such men as these. We cannot estimate their value to the world in dollars and cents. Look at William J. Robinson, M. D., the foremost advocate of Birth-Control, a subject very near my heart. He is now getting his work well under way, but he is aging, and just when we need him most he will have gone from us. Consider Dr. William H. Ballou, a profound thinker, a true scientist, perfecting and giving out golden knowledge, the knowledge that comes with years; he should be preserved to us for a long, long time yet, and held at his best. Of what value would it be to keep the little spark of life alive if the brain were permitted to decay? Physical regeneration without mental regeneration would be a gift not worth giving or taking.

These brain workers do not think of themselves until the cord is snapped; the pitcher broken at the well. Their labor consumes them. Even though they take a vacation and break away from the daily grind, their work goes with them and they never rest. I find this to be true in my own case. I should be miserable, and probably shut up in an Insane Asylum in six

months, if I were compelled to stop work. I am never happy unless I am operating, experimenting, writing, or investigating. I have not had a true rest or vacation in twelve years. When I travel my typewriter accompanies me. When I am away from here, in some large city, I am sought out and kept on the go from early morn until early morn. We like to be *doing* all the time, but the price is premature decay and an end to our labors.

No doubt some one who reads this chapter wonders why I have not mentioned John D. Rockefeller, Sr., in the list of eminent men whose lives should be worth preserving at their best. It is because John D. does not think for himself any more. His thinking is done for him by paid employes. He is no longer a producer, but a parasite upon the earth. Granted that he is entitled to as many years of life as his physician, his golf, and his diet can procure for him, I must repeat that the chief aim to me, and my greatest happiness, consists in prolonging the lives of the *useful* men and women of the earth, as contrasted with the useless.

CHAPTER VI

DEMENTIA PRAECOX: A PECULIAR ENFEEBLE- MENT OF MIND

I believe that two chief factors stand out as having most to do with the coming on of this disease, and must be held to be not contributory but causative in every case of *Dementia Praecox*. These causes are Infection and some Dysfunction of the Endocrines. The minority of cases may be classed as due to such causes as Suppressed Emotions, Masturbation, Protracted Anxiety, Injuries of a Mechanical Nature, etc., etc., but inasmuch as I have operated upon a large number of these Dementia cases with marked general success I am justified in concluding that dysfunction of the endocrines is the principal cause of the disease in view of the fact that I effect a cure by restoration of the functions of the endocrines to their normal activity by the stimulus and nourishment afforded to the Gonads by the Brinkley Operation.

Because the disease usually appears in the early life of the one afflicted I am urged by the relatives and friends of these persons to operate at once regardless of existing hindrances to a successful end result. But there is no assurance in advance that cases of this type will be cured, even by the Brinkley Operation. I first make

a careful search, during the regular Physical Examination of the patient, for *foci* of infection in teeth, gall bladder, stomach, intestines, appendix, urinary tract, etc., and look for piles, fistulas, and abnormal growths. A tabulation of these findings is unnecessary here. It is enough to say that in every such case examined I have found some pathological condition existing as a possible center of infection. Just this week I removed fourteen gall stones from a woman suffering from Dementia Praecox, and this after she had been examined by dozens of physicians previously. Their unanimous verdict was that there was nothing wrong with her save that her mind was unhinged. But, in addition to the presence of gall stones, I found that her ovaries had degenerated and she possessed an appendix of a very chronic type, containing pus, with adhesions. She was operated on a few days since, glands implanted, gall stones and appendix removed, and the way left clear for regeneration of the mental through regeneration of the physical and physiological. On the sixth day after operation she showed signs of marked improvement, and when such signs appear to a degree that is satisfactory to me I look for a cure in such a case.

Another Dementia Praecox case very recently operated upon here is that of a young man who had been under the care of Dr. X. Dercum without improvement. I found that his appendix contained pus, there was chronic peritonitis,

there were numerous adhesions all over the intestines, the lower lobe of the liver was almost obliterated by previous injury of some years standing, a circumcision was positively called for, his rectum was filled with hemorrhoids, and the sphincter muscle was tightly contracted. Here is enough infection and pathology to produce insanity in a nervous subject without stressing dysfunction of the endocrines. His reaction to the Brinkley Compound Operation is satisfactory and he should make a gradual recovery to normal. These are recent cases, fresh in my mind, cited only to show pathological findings at time of operation.

I am convinced that the profession does not give such cases sufficient consideration. They are considered incurable and dismissed at that, with no effort to see what can be done for them by up-to-date surgical procedure.

Consider the case of Miss Marion Hatter. This young woman was brought to me by her mother a year ago, in the face of violent opposition *on the part of every specialist and physician consulted*, and they were many. They bluntly said to the mother: "Mrs. Hatter, your daughter is incurable. Dr. Brinkley's goat-glands are bunk. You will waste your money if you take your daughter to him. If anything could be done for her *we should know it, and we should do it!*" The girl had been, and was then, in the State Asylum for the Insane. Mrs. Hatter had heard of my work in similar cases, and refused to accept this powerful adverse

opinion as final. You can readily see that it required an unusual persistence and determination in her to act on her own initiative in this matter. It is fortunate that she has this vein of firmness in her make-up, because the girl is at home with her at this moment, well and happy. She is entirely normal. In operating upon Marion Hatter I found enough pus and diseased tissue and special pathological conditions to make any woman crazy.

Consider the case of Caroline Lincoln, whose sister had been in a State Institution for the Insane for nine years. Caroline was stricken with *Dementia Præcox* of the Catatonic form, and it was necessary to force-feed her through the nose with rubber tubes. She was badly emaciated, her physical condition of the worst, and she had been in an Institution for several months. The authorities at the hospital at Bridgeport, Conn., where I was operating in the summer of 1921, when this case came to me, did not wish me to accept the case because they believed she could not recover from the Major Operation required, and as my work was all new to them they did not care to have one of my cases die in their hospital. However, I operated on this girl, a little less than a year ago, and, not to worry you with a repetition of details, it is enough to say that this girl is not only today well and normally happy at home with her mother, but her mother writes me that her daughter shows an affection and a helpfulness in the housekeeping in a greater degree than

was apparent in her before the Dementia Præcox came upon her.

Naturally I am proud of such results as this, and I may say here, once for all, that I am at all times ready and able to produce the most convincing testimony to the truth, the exact truth, of any statement made, to people of authority and responsibility. I have no time to spare for marvel-mongers and curiosity-seekers.

Mr. Lon Jones was a case of the same type cured in this hospital. Two other young men of this State of Kansas, similarly afflicted, were operated upon by me several years ago, and are today living useful lives of normal employment.

My definite conclusion, therefore, is that the majority of Dementia Præcox cases can be cured by removing the *foci* of infection, and transplanting glands. I have found all such cases to require major surgery. Our hospital is small, and one case of this type requires as much attention as ten ordinary cases of gland transplantation. We, therefore, do not solicit this class of work because we are not prepared to handle it. The atmosphere of this and any hospital should be as peaceful as possible, and when accommodations are restricted it is not possible to care for Insanity cases without producing some ripple of disturbance in the minds of the other patients in the hospital at the time. We prefer to avoid anything tending to produce any disturbance at all.

Another objectionable feature of such cases is that they are usually accompanied to the hos-

pital by affectionate mothers, sisters, brothers, cousins, aunts, etc., besides attendants, and we prefer that when such a case is brought to this hospital for operation the patient shall not even *see the face* of a relative, or friend, whose features are a reminder of the previous condition of Insanity, unless the patient *asks to see* a relative or friend, *after favorable signs have succeeded the operation*. Moreover, when we take such a case into this hospital we are strongly opposed to any addition to the diet we prescribe for the patient. It is not possible to prevent relatives of the patient from bringing with them, especially during the days of convalescence, such things as candy and jellies, and offering them in all kindness to the patient, that they may have the pleasure of watching his enjoyment. Vigilance on our part in this matter is always taken in ill part by the relative, and such vigilance should not be required. However, we do not reject cases of this type, and, of course, we do our utmost for them.

There is a great future for some young surgeon today to take up the treatment of Dementia Praecox from the endocrine standpoint. Endowed with the right sort of brains, he is sure of a brilliant career. My advice to such a young man is to read all the text-books in the subject he can lay hands on, wherein he will find that the authors agree on one point only, that the prognosis is *always* unfavorable; that he then promptly forget what he has read and proceed to think, investigate, experiment and con-

clude, for himself. It will profit him little to follow the teachings of those who have accomplished nothing and who say that nothing can be done. In my judgment, Dementia Præcox is just as curable as any other disease, and will be cured when the profession learns what to do, and *does it*. It is better to try, even to fail, than not to make an attempt at all.

CHAPTER VII

PARALYSIS AGITANS

Parkinson's Disease, Shaking Palsy, Paralysis Agitans, are the names commonly employed. I cannot enter here into the details of the various types and sub-types. It is held by all authorities, without exception, that the disease is incurable, progressive, and fatal. When I began experimenting with gland transplantation I operated upon paralysis agitans cases, to the number of two, obtaining as the net result nothing more than a gain in weight and improvement of the general health. There was nothing encouraging about this, and I was considering the advisability of refusing all cases of this type at the time when the change was made in the Brinkley Technic, believing them to be beyond the aid of surgical skill. Quite recently, within the year, in fact, the advance I have made in this line of work, and the startling results achieved in the cases of Mr. Thompson, Mr. Andrews and Judge Unangst, have reversed my previous opinion on the value of gland transplantation in Paralysis Agitans.

A case of this kind which is in the hospital here today is in point. Mr. Parks, a well-known man in his community, aged 54, with the appearance of a man of 75, was stricken with the first symptoms of the malady twelve years ago,

and has been completely incapacitated for several years, requiring the care of two attendants to assist him in walking, etc. There was much trembling, drooling, and mental decline, but no loss of control over feces and urine. He was carried into the hospital a week ago and the Brinkley Compound Operation used upon him. Yesterday he walked unassisted and came down stairs. Today he ate his oatmeal for breakfast without assistance, something he has not been able to do for years. This is not a miracle, but an application of scientific surgery, serving to strengthen my determination to make the means of stamping out all incurable diseases a matter of common knowledge. The knowledge of the fact should be in the hands of the general public; the employment of the means is the duty of every surgeon. Mr. C. H. Akers, editor of the Evening Gazette, Phoenix, Arizona, witnessed the improvement in the case spoken of, also the Staley Brothers, a banker and a merchant from Colorado. I expect the improvement to be gradual, extending over two years of time, perhaps, showing a steady effect of cumulative benefit. It looks, at this writing, as if in the Brinkley Compound Operation we have discovered an actual cure for this baffling, and hitherto, incurable, condition. Naturally, the remarkable change in these patients, some six cases in all, leads me to the conclusion that this disease also is of endocrine origin, and this conclusion is supported by the fact that as a usual thing the symptoms do not make an appearance until the patient has reached the age

of forty, a time when a decided change in the man's sexual functions and powers may be expected to arrive.

It has long been my belief that a man passes through a climateric as definitely marked, if less obvious in its phenomena, as the change of life that comes to all women between the ages of forty and fifty. Every case of paralysis agitans which I have operated upon has had hydroceles, varicose veins, atrophy of the testes, and a general decay of the sexual organs. The close affinity, therefore, of the disease to the endocrines and their active or passive functioning, their health or decay, is strongly corroborated.

No case of the kind has been sufficiently under observation for a term of years to permit us to establish a definite prognosis, but there is no question on the important point that we have, for the first time in the history of medicine and surgery, established here a *favorable* prognosis in place of the constant *unfavorable* prognosis. This is a great step in itself. It would seem that we have struck at the root of the trouble, and this, too, is a new attack, new in conception, strategy and execution.

I should expect that the tremor in these cases would be the last symptom to yield entirely to the beneficent action of the functioning Gonads. I look for a *gradual* improvement in muscular, nervous and mental tone, and should expect the patient to have reached a condition of nearly normal in two years, requiring, perhaps, a period of three years longer, to establish complete restoration of health and normal function.

CHAPTER VIII

TRUE EPILEPSY

The terrible affliction which we know today as True Epilepsy, as distinguished from Hystero-epilepsy, its close counterfeit, has been with us for thousands of years. Under such names as Falling Sickness, Sacred Diseases, Demon Possession, etc., it has counted its victims by the tens of thousands in all ages and lands of which a record has come down to us. It has been considered holy, or it has been held to be demoniacal, according to the ages and its people under observation. It is most closely allied to genius of a military character, Julius Cæsar and Napoleon being examples in point.

It is rare that the disease makes a first appearance after the age of thirty has been reached. As a rule it is noticed before puberty, but this period of change is generally marked with special manifestations of the disease. It is thought to be due to a disease of the cerebral cortex, and heredity plays a strong part in its appearance in the descendants. It is common to both sexes. The word "epilepsy" means "seized upon," denoting the invariable suddenness of the attack. To most epileptics, however, comes a warning of the impending attack in what has been named "the aura of epilepsy," a vision of

a light of some kind, described variously by the various sufferers as taking this, that or the other form, the convulsion following shortly afterwards.

Here is another of the "incurable diseases" in which we are prone to throw up our hands and say, "Nothing can be done!"

It is known that toxic agents incite epilepsy. There may be auto-intoxication from the intestinal and urinary tracts, infectious diseases, head injuries, reflex irritations, or some hereditary taint activated by one or numerous inciting causes.

Many cases of epilepsy can be cured by removal of local infection, reinforced by the energizing gland transplantation.

There is the case of Mr. Dillon, who had been an epileptic for twenty years, and, of course, considered incurable. I removed his appendix, also many abdominal adhesions, resected his colon, circumcised him, removed hemorrhoids, ligated his *vas*, and transplanted glands. At the time of his operation he was demented. His sister informs me that he is now normal and free from fits, after twenty years of suffering.

Mr. Diefenbach is another case, a bad one, confined to an Institution for Epileptics. His condition was so much improved after six months following the Brinkley Operation that his brother came to me and took the operation himself for his general health, assuring me that if he received one-half the benefit which his epileptic brother had derived he would be entirely satisfied.

Epilepsy is one disease which taught me not to expect immediate good results from the gland transplantation, but to wait for the gradual cumulative effect. It is unsound to generalize from results following a few operations, but, so far as my limited range of observation permits a conclusion, I should expect the convulsions of epilepsy to continue, with lessening frequency, for the first six months following the operation, ceasing entirely within fifteen months. At the same time, running concurrently with this disappearance of the fits, there will be a gradual regeneration of the mental man, a clearing of the reason and judgment, renewed ability to learn, and an awakened interest in normal life. The progress of epilepsy, when unchecked, has been always as disastrous in its mental as in its physical aspects and effects.

Infection and gonadal disturbance play a big part in the production of epilepsy.

This is no time for dogmatic assertion; the field is too new; the results are too few to yield a just deduction; but, weighing the disposing causes and giving due credit to the quality of the results so far attained, I am strong in the belief that in the Brinkley Compound Operation we have a means of attacking and routing this enemy of mankind. To the question, Do you believe that you have *the cure for epilepsy*? I reply, "YES!"—and this is a tremendous thing to say after full reflection.

CHAPTER IX

STERILITY; CHILDLESS HOMES

Something that should be instilled into the minds of all men and women is that when a couple do not have children it does not follow that the wife is to blame in the matter. The usual procedure is for the wife to submit herself to a lot of hit-or-miss surgery before there is even a thought of having the husband examined. I find that more childless homes are childless because the man is at fault than because the woman is responsible for barrenness.

Too many men are bluffing their wives on this point and making the home miserable because there are no children, when the facts of the case are that the woman could have a dozen children of her own if she had a man who was not sterile. I know this from examining thousands of men and women who have come to me because of the desire on both sides for children. Usually the wife is the under-dog. She is miserable because she cannot bear children for her strong and robust husband. Because he looks the picture of health and performs the hymeneal act satisfactorily, he is supposed to be all right, and she is supposed to be all wrong. When I examine the man and find his prostate gland teeming with hundreds of pus cells, his semeniferous

tubules closed so that every spermatozoon that attempts to pass from his gonads commits suicide in the effort, I rejoice in telling the frail little wife, who has had her cervix dilated, her uterus curetted, her abdomen opened and tubes inflated, her tonsils removed, her teeth extracted, and every unnecessary and torturing thing done to her that can be thought of, that there is nothing at all the matter with her, and that her big husband is entirely to blame. And I take pains to make this matter just as clear to the husband as to her, if I have the opportunity of talking to him. He needs things to be plainly told.

I know men, being a man. I know men sow wild oats. It is habitual, if not natural, for a man to dissipate, and to cloak such dissipation when he goes a-courting, concealing all such matters from his sweetheart. Certainly his motive is not so much consideration for her delicacy as anxiety to make a good impression upon her. His motive is, of course, masculine vanity. This is a harmless enough human foible except in such a case as we are considering. The result of the man's concealment of his dissipations, previous to his marriage, and perhaps forgotten by him, is that the curetting and butchering in various ways of the innocent wife is likely to accompany the inability of the couple to have children. There is no need to preach a sermon upon this evident evil. It stands clearly revealed without need of further condemnation in words.

Ninety per cent of the men of this country, and of all civilized countries, have had gonorrhea, or mumps, at some time in their lives, and

fully half such men are sterile. Yet, when they marry, they expect their wives to become mothers. It can't be done unless the man is sincere in his desire for children of his own and is willing to have such surgery as may be necessary performed upon him so that the closed tubes may be dilated and opened.

Orchitis from gonorrheal infection, mumps, typhoid fever, and other fevers, also mechanical injury, and many other contributing factors, enter into the cause of sterility in men. Their best hope is in the Brinkley anastomosing operation to overcome the sterility, permitting the spermatozoon to pass into the seminal vessels, prostate and urethra.

It is not enough to have one doctor examine the husband, and let the matter hang on his finding. The doctor may be a personal friend of the husband and his verdict open to challenge for good cause. The wife should put her confidence in the combined report of several physicians in whom she has confidence. I have had wives come to me, accompanied by their husbands, the latter bringing with him a clean bill of health from the family physician, but my own microscope has told me that this husband is as sterile as a post, and I rely upon its findings. Until it fails me I will depend entirely upon my own examination in such a case.

I feel strongly on this point because it has been so constantly pressed upon my attention in practice here. Too many good women are grieving themselves sick, turning into nervous wrecks, and are ready to commit suicide, or get

a divorce, or do something desperate to themselves, when they are in nowise to blame. During the past five years thousands of men and women have come to me with this very problem confronting them, and after examination the statistics are overwhelmingly in favor of the wife, as said at the beginning of this chapter.

Many men have at some time contracted gonorrhea, believed they were cured, and married. Soon the wife had female trouble. The surgeon operated, etc. The wife wonders why she does not bear children. Because the husband has infected her, the infection has formed pus in the Fallopian tubes and the surgeon has removed them. That is the history in brief.

Cases of sterility in general yield commonly to the Brinkley Compound Operation, supplemented by delicate, but simple, minor surgery. There is nothing difficult here and no occasion for despair. Such cases, however, require more time than is allowed to the simple gland-transplantation. They should remain at the hospital for at least four weeks. They must not be hurried.

Many people who have not the bare necessities of life for themselves, yet desire children of their own. They are unable to pay for the operation, much less support and educate a child. This they are disposed to leave to luck. It costs money properly to raise and educate a child, and I am not in sympathy with the idea of bringing children into poverty-stricken homes. I see too much poverty, and its consequences in weakened minds and bodies. I see too many

bodies lacking right brains, a multiplying of the unfit, marrying and reproducing their kind. If you could see the suffering that I see you would draw the conclusion that I draw, that it is not best to bring children into the world at all if the means to care for them rightly are lacking. The child has clear and evident rights. We are apt to overlook or deny them. Poverty is an incubus. Perhaps it will some day be found to be an unnecessary condition, and abolished. That is possible.

To the man or woman of means who desires children, in preference to the poodle dog as a family pet, and is willing to pay as much for a prize-winning baby-boy or girl as for some four-footed Blue Ribbon animal, I can extend a reasonably sure hope that the desire can be gratified. I believe that I am able to overcome any condition of sterility if the patient will conform to my instructions and operative treatment. This is a broad statement, and of far-reaching import, but it is justified by results. I think my way is sure, and I have no reason to expect failure.

To banish sterility from the home is a high aim, its fulfillment bringing in its train the highest blessings which can be conferred upon two human lives.

CHAPTER X

THE CASE OF A MIDDLE-AGED MAN

By the Publisher

Approaching the age of 54, in the spring of 1921, the writer thought it wise to visit Dr. Brinkley at Milford, Kas., for the purpose of taking the operation himself. He was operated upon at the Brinkley Hospital, April 16th, 1921, and therefore more than thirteen months have elapsed since that date. His health had always been excellent, two years' service in the late European War, when he was stationed at Base Hospital, Camp Merritt, N. J., as a member of the Medical Detachment, serving throughout a period of two years and one month without a day's sickness or unfitness for duty, offering proof enough of this statement. He was able, moreover, to knock eleven years off his rightful age when enlisting as a volunteer in March, 1918, without raising embarrassing comment. So, in the matter of general health, it is clear that he could pass any severe test of appearance or efficiency.

But he was troubled about increasing high blood-pressure, which he took to be the natural prelude to a later arterio-sclerosis, and there was sufficient unwillingness toward sustained mental effort, coupled with inability to make this sustained mental effort, to cause him to think he was "slipping," in the natural order of things

human—the normal aging process. A memory less retentive than formerly, a disinclination towards relaxation or amusement which called for effort, and a certain definite lack of concentration, were contributive signs that the machine was running down. An indifference to Beauty, considered as Beauty, whether of a rose, a landscape, or a woman, was at this time clearly a growing indifference. Nothing here, you observe, to worry about, but taken all together, plainly affirming that for him the best of human life was over, and pointing surely to the certainty that worse was to come. Add that his mental outlook was disillusioned without being actively cynical, and you get the general grey tone of the man past fifty. Throw into the picture a humorous carelessness of consequences and the portrait is complete as of a man whose work, good or bad, is done, and whose interest in living is drawing to a close.

When Cicero wrote his famous "*De Senectute*," arguing in favor of the state of Age, as compared with the state of Youth, he produced a masterpiece of bunk which every human being since that day, who has reached the age of reflective enjoyment of which the great Roman spoke, *knows* to be bunk. It is a colossal lie. The wise man and the wise woman make themselves content, and therefore, in a measure, happy, with the inevitable and the unavoidable. They do, in fact, love *living*. "Nobody" said the poet Heine, "loves life like an old man!" The state of Age is not, therefore, actually a condition of unhappiness, but I am greatly mistaken if the state of Age, and its precursor,

the coming of Age, is not strictly a condition of *endurance*, of making the best of a bad job. It is in no sense whatever comparable to the state of Youth, which is the state of *active* perception of Beauty, and *active* enjoyment of living. Let us have these fundamental things most clearly stated, and avoid fooling ourselves with the untruths with which old men solace themselves in the last half of their pilgrimage. There is nothing like facing facts; especially unpleasant facts.

After spending four days in bed, following the operation, a simple transplanting of the glands, performed under a local anesthetic only, the operation occupying altogether not more than fifteen minutes, and practically painless throughout, the writer got up and took walks to explore the surrounding country, returning to his home in Chicago in one week from the date of operation. The incisions healed without difficulty. He was aware, almost from the second day following the operation, of a change in his mental attitude. It would be excessive to speak of it as exhilaration, but it could be called increased enthusiasm and a general feeling of well-being. Upon returning to Chicago he was faced with the necessity of doing some literary work under pressure, and in fact turned out two complete books within fifteen days. It would be unbecoming to stress the *quality* of these books, but it is noteworthy that the *effort* to produce them, in this short space of time, was entirely absent. It appeared clear that concentration, mental effort, and sustained mental

effort at that, had returned with vigor. Now, one point which should be impressed upon the reader is this: From that date of a year ago up to the present, a fairly dependable test of duration, this mental power of sustained attention, alert memory, and vigorous concentration—an *enjoyment of mental effort*—has steadily increased, and is apparently therefore *cumulative*. During the past year the writer's living conditions have not been at all a bed of roses. He has been continuously on the rack, but whereas a few years ago this condition would have been met with great difficulty, it has been nothing of a strain at all. In fact, to put this thing clearly on a physical test basis, his weight, which has not varied for twenty years from 160 lbs. is today and has been for the past six months, 180 lbs., which is 5 lbs. more than the average weight of a six foot man.

Secondly, the condition of physical endurance, while always good, has kept even step with the mental improvement.

Thirdly, the level grey of the thought-attitude is distinctly altered, and shot with light and color to the extent of a practically constant cheerfulness. And this also seems to be a cumulative condition.

Fourthly, the interest is lively, the appreciation of Beauty, whether, as said above, of the rose, the landscape, or the woman, is again active, and it is worth while to be alive, because it is worth while to *See and Do*.

Fifthly, the sexual instinct has shown the most clearly marked alteration. You do not need to

be told that in matters sexual Youth is usually, with rare exceptions—speaking now of the male of the species—a glutton, without discrimination, and without wisdom. Given Power in full measure, Youth in this respect is entirely without Understanding. Given Power it is the habit of Youth to employ this sexual power for a specific gratification of the senses. To Youth sexual enjoyment is strictly an End; an object of pursuit and worth in itself. We have come up from the four-footed animals, by slow stages, and we have not only the animal yet to contend with but we have debased the fine sexual instinct of our dumb ancestors, the pro-creative instinct, to the level of a promiscuous pleasure-hunting habit. And we have suffered the consequences of this perversion of the natural. It seems to me now that the gland-transplantation confers increased sexual power without a doubt, and this also is a gradual, cumulative effect, but it does not confer the Wish, or Will, or Desire, to make use of this increased power in the heedless fashion of Youth. There seems to be present in the consciousness a combination of Power with Wisdom not to misuse the Power. This seems to me a clear gain; a distinct advantage.

Remembering that in Dr. Brinkley's phrase, "All energy is sex energy," it should be quite clear to you that even the goat-gland operation does not confer license to misuse. It should be plain that when the Power is conferred it is yours to choose what you will do with it. If you use it for improved mental vigor, improved physical conditions, increased usefulness in the

world—if you make it a spur to something higher than a selfish indulgence—you are making a right use of it, and it will not fail you. But it is logical that you cannot eat your cake and have it, and if you misuse it you spoil your own game and have no one to blame but yourself.

The Brinkley blocking operation, used in connection with the gland transplanting, was designed by him to cover exactly the tendency of the sexually improved man of mature years to give himself a new fling into the game, without right restraint. In such case it is clear that the man would have in his power the means of injuring himself, and the purpose of the operation, which is strictly a renewing of his mental and physical forces, would have been defeated. The blocking operation makes it impossible for the old man actively to injure himself in this manner, by making it impossible for the Gonads to lose spermatozoa or internal secretion. But this compulsory restraint is not all that is necessary in the case. To get the full value of this operation, mentally and physically, there must be the new mental view-point on these matters of sex, and again, this value is cumulative. It is worth having, and worth preserving.

It is fitting that this book should close with an appreciation of the man, John R. Brinkley, in order that the reader may draw a picture of him in true perspective in his mind and know something of the qualities of a character which is loved by his friends, and at least respected by his enemies.

In the foregoing chapters the reader will have no difficulty in perceiving that tact and diplomacy (which in their final analysis are words meaning compromise, avoidance of blunt truth, disingenuousness, flattery, timidity and lack of frankness, smooth cunning, craft, and guile masked under fair appearances, a show of geniality and warmth which is underlaid by selfish scheming) constitute no part of Dr. Brinkley's character. It requires no special talent in judging men to see clearly the honesty of the man and his independence of opinion set forth in every page of his writings.

After a close acquaintance with the doctor and his wife, extending over a period of several years, the writer feels that he is able to speak of them from the true standpoint of intimate knowledge, and that it would be doing some service to the reader to assist in making clear the type of man with whom he may some day come in contact himself.

In his mental make-up he falls exactly into the genius type. The bluntness of genius, its impatience of restraint, its independence of precedent, its concentration upon the *burning idea*, its sudden activity in turning the thought into the material object, its absence of hesitation, its subordination of the lesser thing to the all-important central thing—all these things taken together constitute *genius*, and all these things combine to produce the individual, John R. Brinkley.

Understand that genius will constantly give offense to the duller minds which are happy in

treading the accustomed round. It will be fretful and irritable and impatient of stupidity. Dullness will enrage it. It will never reach the stage of indifference to ingratitude, because indifference here means coldness of intellect, and genius is always hot. It is a consuming flame. The calmness of philosophy comes later, when the fires have cooled. Most geniuses do not reach the philosophical stage at all, having burned themselves out. Genius is therefore of the heart. Its knowledge is first distinctively *intuitional*, which is subsequently proven true by repeated practical tests. There is a prodigious capacity for concentrated labor, a vital curiosity to try, to test, to prove, for the sake of producing the perfect result. Swinburne, a good judge, said of Browning, "He thinks with the speed of an express train!" and this, too, is genius.

You will, therefore, find in Dr. Brinkley this lovable characteristic of genius, that money is not an aim, or an end in itself, but a means of enlarging the central idea of his life-work. From men of means he expects and receives large fees for his operations, and gives his priceless service in return. From the clerk, the laborer, the struggling householder, he accepts a trifling fee, and sometimes nothing at all. And in every instance that has come under the writer's personal observation, when the patient is of personal worth but impoverished in the goods of this world, Dr. Brinkley's services are more generously given than in any case where a big fee is in prospect.



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This is such an unusual thing that it is worthy of emphasis. The patient to whom he is attracted, because of something of nobility in that patient's character, invariably receives from him a personal sympathy and attention never given to the wealthy patient for the sake of his wealth. At least fifty per cent of his cases have come from the homes of the poor.

The time is coming when he will be able to devote his skill chiefly to that class which, in his view, his work is intended to assist; to aged or aging men and women of genius, whose labor is of distinct value to the world; to the thinkers who are declining, the great singers, painters, builders, inventors, writers, statesmen, philanthropists, servers of humanity themselves, who have passed their meridian of creative effort and are on the downgrade, with nothing before them but the sure arrival of mental and physical decay.

This exactly has always been Dr. Brinkley's goal and final purpose. This is the class he has wished to reach, and this is the class he will soon reach. These men and women, in his view, are most worth preserving at their best for as many years of useful life as can be added to their span. That this is no idle dream of his imagining his results are proving every day. Genius does not dream, but *knows*, and proves knowledge by action.

How much of Dr. Brinkley's success is owing to the devotion of his wife's constant care to keep disturbing detail from him, is best known to themselves. Mrs. Brinkley, a competent sur-

geon herself, and licensed practitioner, has submerged herself in her husband's work, and given herself entirely to his labor. In so doing she has best fulfilled her purpose of living, in her view, and who shall doubt the wisdom of her choice here? The beauty of an absorbing self-sacrifice is so constantly a routine matter with her that she gives it no thought. There is absolute accord between these two rare souls in selfless devotion to the ideal thing—the perfecting of Dr. Brinkley's work of service to humanity.

It has always happened, and it will always happen, that the genius is maligned, misunderstood, criticized, and depreciated, during his lifetime, by the many, and loved by the few. Human nature does not vary in periods of thousands of years. We who recognize genius reverence it for itself and love that one in whom it manifests.

More fortunately than is usual with men of his type, it appears that this genius, Dr. Brinkley, will live to see his work acknowledged, honored and acclaimed, by men of science the world over, during his life-time, and this recognition will be sweet to him. A generous, impulsive, warm-hearted man puts forth his best work under the stimulus of applause, notwithstanding the fact that the iron of his purpose comes to its best temper of steel in the fires of opposition and disapproval.

I am sick of praises of the dead. Let us praise and give thanks for genius while it is alive, and with us here.

The End.



