

diseases, occupations, and exercises have upon it ; the food and drinks which strengthen it, and those which weaken it. The instructions "How it can be prolonged," are especially valuable to middle-aged and elderly men. The sexual passion is analyzed, and two full chapters given on the drugs which *stimulate* and those which *moderate* desire.

The second part is on the single or celibate life, and contains matter which every parent, clergyman, and educator should be conversant with. After speaking of the advantages and disadvantages of unmarried life from a medical point of view, the author proceeds to discuss four important questions, chiefly concerning young and unmarried men. These are the *solitary vice* (self-abuse), *spermatorrhœa*, *secret diseases* and the *social evil* (prostitution).

In reference to the first of these, the *consequences*, the *prevention*, and the *cure* of the destructive habit of self-abuse are detailed fully, and in plain language.

Spermatorrhœa is treated of under the headings "What brings it about?" "How to prevent it," and "How to cure it."

The two most frequent *secret diseases* are described briefly and clearly ; their effects on a man and on his children explained ; means of prevention and treatment are mentioned, and the very important question answered, "How soon ought a man to marry, who has been diseased?"

The chapter on *prostitution* is written with especial reference to the United States ; the number of fallen women in the different cities and the classes into which they are divided, are described. The questions where they come from,

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