

All About Penis Enlargement

- Easy to follow, illustrated penis enlargement techniques
- Free an low-cost techniques
- Clear, concise explanations
- **NOTHING FOR SALE!**

Welcome! If you're curious about penis enlargement, I think you'll find this site one of the most valuable on the web. You don't need expensive devices, elaborate rituals, extensive discussions and instructions. *All About Penis Enlargement* gives you enough information to make decisions and get started.

At age 42, I added over an inch to the length of my penis, both erect and flaccid -- and gained girth (thickness), too! I simply hung weights, over a period of three months. The gains are permanent.



Nice difference, eh? Yes, it's a faked photo.
I have no photos of my penis.

For years I had been uncomfortable with my 'normal' (but small on someone as tall as me) three-inch 'locker room' penis. I heard to a motivational speaker ask, "What's the one thing you'd do if you *didn't* know it was *impossible*?" I knew: *I wanted a bigger dick*. Getting it, achieving the 'impossible,' was an empowering experience that increased confidence in all areas of my life.

I wish you the same. I'm not saying a bigger penis *should* be important to you. But *if it is* - as it was to me, then...

...be careful, be sensible. And have fun! -- Tom Hubbard

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NEWS:

1/16/01: February 2001 *Playboy* magazine features quotes from this site in an article on penis enlargement. Despite pretending to debunk the whole issue, they open with reference to the fact that it works -- citing the Karamojong tribe in northeastern Uganda, where boys come out of puberty with 18" penises (see 'Hang Light Weights' page for photo) they have to tie in knots,. Playboy quotes me me extensively outlining basic techniques, and debunking pumping.



5/19/00: new rip-off site spotted. If they're stealing the exact words from this site to promote the program, what do you suppose they're selling?

1/20/00: All About Penis Enlargement featured in the [Boston Phoenix](#)



Counter started 16:15 14 AUG 2001



General advice



- **Measure your dick. *BEFORE* you start!**
- **Choose a technique and stick with it.** There's no way to predict results...unless you give up or don't try, in which case you'll certainly get none!
- **Record** time spent each day, and what you did.
- **Be patient.** We're talking months. First noticeable changes may appear in 10-14 days.
- **Avoid pain.** A little discomfort is normal. If it hurts, though, stop and reconsider.
- **Work on your feelings and attitude.** Confront your own fears, shame and anxieties. I suggest writing everything down as you sort through your memories and feelings::
 - When did you *first* think your penis was small? *Why?*
 - Who was with you? Did that person do or say something?
 - Were you embarrassed?
 - *What if* you could go back to that situation, with a bigger penis?
 - Does anyone else care how big your penis is? *Why?*
 - Have you ever felt your penis was *perfect*? What was the situation?
 - Can you imagine your penis being perfect a few months from now?
 - What (or whose) do you want penis to look like, ideally?
- **Work on positive self-esteem.** If you've got a bad attitude about your penis, it doesn't matter what size it is. For some people, positive self-esteem comes naturally. Others of us have to work on it. Try this: Say to yourself: "I LIKE myself." Smile when you say it. Say it again! And again! Tell yourself hundreds of times each day, with feeling: I LIKE myself... I LIKE myself... I LIKE myself..."
- **Talk to others.** That's what forums are for!
- **Make the best of what you've got...**
 - *Trim your pubic hair* to make your penis look bigger.
 - *Exercise!* Reducing body fat makes your penis look longer.
 - *Don't pee* before showering in the locker room. Your penis will be larger.
 - *a quick tug or two* can add "instant size" before undressing,

especially after you've been milking for a while. Of course, this might not be cool if you end up with an erection in the locker room!

Recommended reading

The Multi-Orgasmic Man

(\$11.20 at Amazon.com).

Learn techniques for separating orgasm from ejaculation. When you ejaculate, you're wiped out. If you can peak without ejaculating, you can come again and again... and last long enough that the girls talking about you behind your back won't even care about your penis size (if they ever did). Even solo, it's useful (and you do have to practice, don't you). Playing with your dick doing enlargement exercises will inevitably bring on the urge...

Go ahead and come- just don't squirt! If that sounds impossible, all I can say is, "read the book!" None of the crap hyped on the web even comes close to the quality of this book. Trust me on this one.



What the penis is attached to...

Posted by Brenda on 12/1/1999, 9:10 pm

Is it all right if a woman comments on penis size with you guys? I stumbled onto this site accidentally and have read most of the comments and questions.

I have been with men who are over 9" and were so infatuated with themselves that even though they could really "f--k" I didn't want to continue in a relationship with them. I have also found that the "big guys" think they've got it made. Not. I have had two lovers who had trophy wives that "looked the part" but that rarely if ever wanted sex and were not sexy in life or even in bed. It must be for them what it's like to be a woman with a guy who's really hung but who is a dud in the areas that really matter.

I have had my present lover for over four years. He is barely 5 inches. Perhaps because he isn't "endowed" he has worked on other parts of his personality and technique. He NEVER leaves me feeling unsatisfied. He always makes sure I have as many orgasms as I need. He uses his hands, his tongue, his mouth, his thigh, even his toe! He is clean and well groomed. He tells me I'm beautiful and that he wants me every time we're together. Every time. Do you know how nice it is for a woman to hear that over and over. Really builds her up. And I'm not all that bad looking either! He touches me fondly whenever we're out in public. He'll do little things to surprise me like showing up with champagne and chocolates for no reason. He'll call me on my pager several times a day when he's horny telling me what he wants to do with/to me when we're together again. He emails me sexy comments. That's exciting. He is fun to be with and makes me laugh. Lots. I keep coming back for more because I enjoy being with him so much. One of my friends asked me what it was like to be with him and I told her to imagine a really good f--k and then throw in a massage. She's jealous. He makes her laugh too

when weall go out together. Who knows, maybe we'll even be able to talk her into a threesome. He and I are game for it.

I like men and I love to suck a hard dick and to enjoy sex. If I had to choose, I would be looking for a lot more than just penis size and I think I'm not too different than most other women. The women I know focus more on who the penis is attached to than on the size of the penis.





Use your hands...

Milking (with lubrication)

Pulling techniques (dry)

Questions

...but first, please read this

"I am 33 years old, and I know of penis enlarging methods since I was a teenager. It used to be a "secret" kept between close friends. A boy would come and tell you "I think my penis is small..." and the good friend's advice would be "Then why don't you pull it out?". We had no idea where this method came from and we had no idea what an average penis would be. No one ever tried to make money from nobody. We just transferred this knowledge as we had learned it from other older boys. So here is the method we used: One would stretch his penis in a semi-erect condition just by pulling it outwards, stretching it "till it hurts". We didn't really know that it had to be semi-erect but if a teenager pulls his penis out, it instantly becomes semi-erect, or completely erect. The method had results and I hadn't heard of anyone disappointed. Simply we believed that it worked only during adolescence. We did that stretching in no particular order and no particular program. The more the reps, the more the results..."(from the Forum, a long time ago)



Wet milking (jelq) - with lubrication

Are my instructions too simple?

[Here's a lengthy article for you.](#)



1

Lubricant hands with KY Jelly, massage oil or lotion; NOT soap!!! Make the "OK" sign.



Squeeze penis shaft as close to your scrotum as possible. Pull downward.



Stop when you reach the glans (head), and immediately repeat with your other hand. Make each stroke last about three seconds.



Keep going!

Pulling techniques

Dry Milking

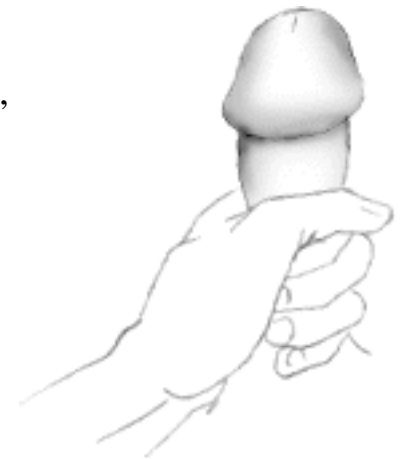
- less sexually stimulating than wet milking
- no preparation, no cleanup

Pull outward with your thumb and forefinger *without* sliding your fingers over the skin. Change to the 'OK' sign when your penis becomes semi-erect. Pull the base for a while, then work on the middle of your penis shaft. You can squeeze more or pull more, depending on how tired your hand gets. *Your hands will get stronger with this exercise!* Try it in bed: lie on your back, bend one knee, and pull to that side.



'Uli' Stretch

The 'Uli Stretch' is a name someone gave another variation: squeeze, pull and hold.



The German's Technique ('pull-ups')

Be careful with this technique. Too much pressure can burst capillaries in your penis, resulting in small red spots on the head. Scary, but they will go away in a few days.



1. Sit in an easy-chair and lean back a little.
2. Grab your penis behind the glans (head) between your thumb and bent index finger. Stretch it as far as possible in the direction of your erection.
3. Now squeeze your PC muscles (pulling your penis toward your body; see [Kegels](#)) while stretching with your hand (note: you can also tilt your pelvis to increase the pull).
4. Hold at maximum tension for a moment.
5. Next, slowly relax PC muscles, maintaining the pull from your hand, until you have reached the fully stretched position again.
6. Repeat this exercise 20 times.
7. Now do another set of repetitions, increasing resistance so that you can only do 15 repetitions.

Perform every set to the point of total exhaustion of the muscles. Increased resistance is the key, rather than increased number of repetitions. After completing the sets, hold your penis in the starting position and stretch it as far as possible, two times, holding it stretched for a minute each time. After that do a short massage until your penis is soft and relaxed again.

Regimen: day on/day off. Do these exercises one day; do nothing the next day. You will be able to increase force over time as you get accustomed to doing the exercise.

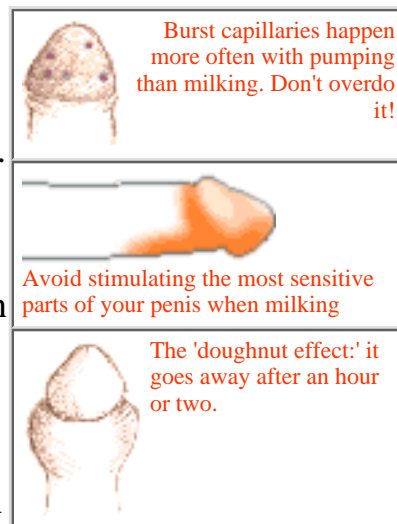
You can experiment with variations of this - pulling in different directions, making circles as you pull, etc.

Questions

How often should I milk? It's entirely your choice. Here's one suggestion: 200-300 strokes/day at medium strength for the first week. 300-500 strokes/day at medium-full strength for the next week. 500 or more strokes/day from then on, as strong as you want. Some people suggest days off - one day a week or every other day. Use your own judgment.

What if I get an erection? Be careful with a full erection - you can apply too much pressure and hurt yourself. Squeeze the head and hold to discourage it, or simply wait until it subsides. Dry milking might work better for you if erections are a problem.

What about ejaculating? Avoid the head and frenum area (behind and below the head), since these are very stimulating. But



inevitably I find the urge to ejaculate strong, especially milking with lubricant.

What if it hurts? No penis enlargement should hurt. A good milking session may leave you comfortably sore from the stretching, but should not be painful. Milking over the *head* can make it quite sore. Milk just the *shaft* of your penis.

My penis is oddly swollen after a lot of milking - why? If you're circumcised, you may experience swelling at your circumcision scar after several hundred strokes. This 'doughnut effect' is from fluid buildup and goes away after a few hours.





[Hands](#)

How to Enlarge the Male Penis..... Increase it 2-4 inches

Author unknown. Copied from Swank Magazine; found on the web

*(Oh by the way - what does a **female penis** look like?)*

For centuries males have employed multifarious inventions and stretching methods in the ardent hope of enlarging their penises. The penis is man's most over and direct physical expression of his mental or emotional love, so it is understandable that he should feel a desire to make the very instrument of his love as large and strong as the emotions he feels. If the average man, be he ever so well-endowed already, could add an inch or two of "proud flesh" to his penis by merely snapping his fingers, the combined sound of those snapping fingers would raise a din that could be heard around the world. But for the average man to employ an actual proven method to enlarge his penis, he must first overcome the natural disinclination to admit being "average", then he must shed his inhibitions and set to work doing the singular exercise which will guarantee him a permanently larger and more sexually potent penis.

The middle-aged or older male will achieve results as swiftly and permanently as the younger male.

The average man's penis is merely a muscle (**oh really?**) that has never been developed; it will respond to the correct stimulus like any other comparatively unexercised skeletal muscle. An increase in penis size cannot be accomplished overnight; but from within three months to a year the average individual will be able to increase both the length and the circumference of the penis extensively. This simple exercise, if practiced five days a week, will enable a man who possesses, for example, a six-inch erect penis, to add from two to four inches to the length of his penis (measured at the top, from the tip to the pelvis) and it will grow in circumference proportionately. Little or no growth will be apparent for approximately one month; during the second or third month an increase of two or more inches will not be uncommon.

Results are permanent. The penis will become enlarged in both the flaccid and erect states. but especially in its erect state. The exercise is beneficial, not harmful; it will actually improve the health and strength of the male organ as well as increase its size.

There are individuals who have actually doubled the length of their penises after less than a year of regularly performing this exercise (such gains, however, are comparatively rare; these individuals had exceptionally small penises to begin with). One example on file is that of J. Marshall of Southgate, CA, who prior to exercising, had a penis only four and a half inches in length. After less than a year of regularly performing the "milking" exercises, he doubled its length. The exercise will greatly enhance one's vasocongestion; the penis, in its erect state, will become as hard as a length of pipe. It will become somewhat more firm in even its flaccid state and its head (glans) may actually double in size. Penis length, which is developed purely by stretching methods, will actually cause the penis to lose in circumference. Unless there is a

certain amount of tumescence present, the penis, when stretched, will become long and thin like any other material object that is stretched to increase its length. Stretching is fine. And effective. But for one to increase the length of one's penis at the expense of circumference would be rather like trading a short snake for a long worm. So what we must do is perform some sort of stretching exercise while the penis is in a partially erect state. This will develop the entire penis; its length, thickness, weight, density and glans will all become proportionately enlarged. This is not an unpleasant or tiring exercise to perform. We suggest that it be performed in the bathroom and in front of a mirror.

The individual should be nude (at least from the waist down) and the temperature of the room should be on the warm side rather than cool. A bit of Vaseline or petroleum jelly is required... approximately one-half a teaspoon. This is applied to the flaccid penis from the hilt to the head. Then, using only the thumb and forefinger, the penis is gently but firmly stretched downward and slightly outward, using first one hand and then the other in an alternating "milking" action. This squeezing stretching action is performed gently until a certain amount of tumescence (swelling) develops; then the milkings are performed a bit more firmly and forcibly. One must take it easy for about ten days. The milking should be performed approximately one hundred times. But gradually, within a month, one should be performing about two hundred repetitions.

The exercises are the same for both circumcised and uncircumcised men. It will be noticed that the head (or glans) becomes extremely red and that it will swell considerably. This is normal and good, and is due to the forcing of blood to that area. NOTE: Care must be taken that the exercise is not performed during hard erection. Vascular (vein) damage could result if the penis is forcibly milked in its fully erect state. A condition of from one half to three quarters of full erection is desirable, results cannot be obtained until a partial erection is present. It will be noticed that the penis (even in its flaccid state) appears both longer and thicker after the exercise has been performed. This is a fact. And from within one to several months the penis, after exercise, will appear rather enormous; this is due to the impaction of blood in the penile tissues which the milking engenders.

After approximately one month the milkings can be performed quite vigorously, using a firmer grip on the shaft of the penis and stretching it strongly, (The connective muscles become quite strong and will not be harmed.)

It may be found for a short time that one's erections, after exercising, are not quite as firm; this is only a temporary condition (it should last no more than an hour) caused by fatigue in the erectile tissues. The man's sex life will in no way be adversely affected; on the contrary, he will discover an increase in his ability to get harder, last longer and eventually, retain his erection even after ejaculation. Care must be taken that sufficient Vaseline is used to keep the penis shaft well lubricated while performing the exercise, otherwise the rather excessive friction may burn or bruise the flesh. A slight; pelvic tenderness or soreness may be felt the first few days, but this will soon pass, and even the most vigorous milking will not cause it to return. When, after several months (or perhaps a year), the penis has reached the size the individual desires, the exercise may be performed only occasionally (perhaps once a week). By so doing the penis will remain permanently enlarged and the occasional massage will keep it well toned and in a state of super condition and health.

The milkings should be performed rather swiftly, using first one hand and then the other in a sort of rhythmic motion; after the exercise is performed the individual may grasp the penis at its base with the thumb and the first two fingers and, cupping the testicles in the other hand to protect them, slap the penis swiftly up and down from twenty five to fifty repetitions; this limbers it up after the milkings and helps to relax the connective muscles.

The growth results from this milking exercise are not unusual or mysterious... not even a miracle. It is the partial vasocongestion, along with the vigorous milking, that engenders increased penis size. Results will be obtained regardless of the individual's age, as long as partial tumescence is present when the really vigorous milkings are performed.

The exercise should be performed only once a day, five days a week. An excellent time to perform it is before taking a shower; the warm water further relaxes the connective muscles and the lubricant can then be washed from the penis.

I know of no other exercise or stretching method which will both lengthen and thicken the penis. The exercise does require persistence and patience, but the individual who truly desires to possess a larger penis will find no better way to achieve definite results.





Light penis weights

By wearing a light weight attached to your penis for many hours a day, some people claim you can make real gains. It certainly seems like it should work. I'd be interested in hearing from someone who's actually had success with this technique.

This type of weight could also help restore foreskin. If you don't want to grow foreskin, make sure the glans (head) of the penis carries the weight. You'll probably want some cushioning, since it won't be very comfortable.

I expect the tribe member simply ties a rag and a rock to their dicks, since their activity is no secret. In our case, a little more discretion is needed. I don't have a great homemade solution, but here are a couple of ideas you can play with.



Golf club weights

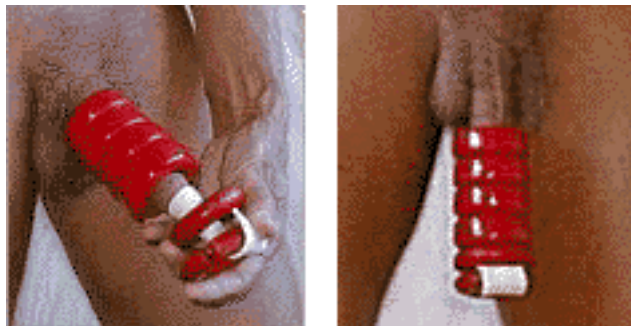


Photo: Peabody.

Swim cap is used to hold these weights in place

Experiment with one-pound wrist weights or golf club swing weights in the sporting goods section, or any other flexible weight you can strap comfortably to your penis.

Homemade 'Circle Device'

(see [Circle Device](#)). Very compact, but difficult to construct. You will need: lead, or (safer) lead-free pipe solder, container with sand or plaster of Paris, heat source (camp stove, kitchen stove), ladle to melt metal in, large vice and hammer (not needed for lost wax technique).

- Cast two flat metal ingots approximately 6 cm x 5 cm x .75 cm, using a sand or plaster mold. Caution: molten metal can be dangerous.
- When cool, use hammer and vice to curve them (this is noisy and hard work!).



Thoroughly cover in duct tape or Plasti-Grip (the stuff used on tool handles) to avoid lead contact with skin.

- Put tape on both sides to create a hinge. Do this while holding the pieces as close as possible to the actual position they'll be in when used, to avoid pinching.
- Hold in place with two rubber bands.

Lost wax casting: Alternately, form two wax slabs approximately 6 cm x 5 cm x .75 cm, and curve them to a radius approximately twice that of your flaccid penis. Fill a wide paper cup or other disposable container with enough wet plaster to accommodate both wax forms. Set them on end in the plaster, and let the plaster set for an hour or more. Overnight is best.

Using your heat source, heat the plaster until the wax melts and runs out. (Don't drip the molten wax onto an open flame!!!) You can use hot water to melt the wax, but let the mold dry thoroughly before pouring molten metal!

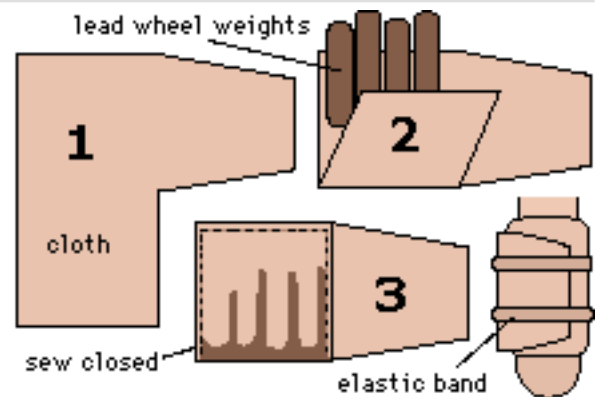
Pour molten metal into forms.

After a few minutes, drop the mold into cold water. When cool, break away plaster and clean up your cast ingots. File them to remove sharp edges.

Bean Bag

I made one of these to mimic the Circle Device. It wasn't very good.

- Use denim or other cloth, lead weights (used wheel balancing weights), needle and thread, rubber bands.
- Start with a 20x20 cm piece of material
- Cut out a 10 cm x 10 cm corner, leaving an "L" shape
- Fold one flap over to hold weight
- Sew it closed, and wrap around penis, holding in place with elastic bands (or Velcro).



Sock

Crude, but a quick way to test the idea.

You will need: An old sock, some coins, rubber bands.

- Put coins in a sock.
- Wrap sock around your penis (pull your penis while doing this). Keep wrapping (to keep coins from falling out!).
- Hold in place with 2 or 3 rubber bands. It's not perfect, but you'll get the idea.





Mechanical attachments

There are several ways to make a secure, comfortable attachment device for weights or string pulling.

Swim cap - condom and direct wrap techniques

[Pipe insulation, surgical tubing, tape](#)

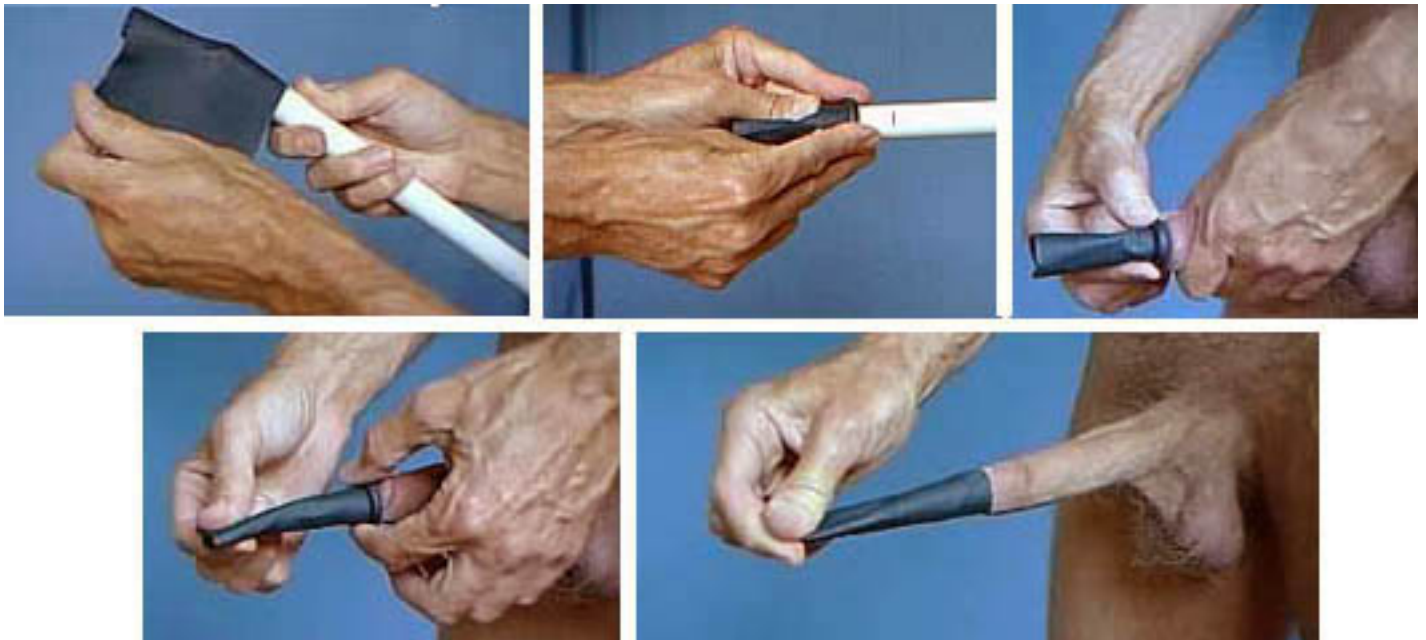
The Swim Cap

- Cheap, Comfortable (once you master the technique), inexpensive

Materials: rubber (latex) swim cap (from sporting goods store), string.

- Cut a 4" x 8" (10 X 20 cm) piece from the swim cap.
- Clean it well with detergent and dry. The stickier the latex, the less tightly you will need to wrap it - wash repeatedly if necessary!

Condom technique

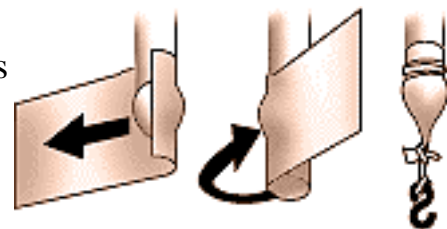


(photos by Peabody - THANK YOU!)

Wrap about 2" (5 cm) of the latex around a piece of PVC pipe (or other cylinder - I've used a 'jumbo' marker which I keep at my desk. Roll with the glossy side in. Make sure first wrap layer has tension. Roll latex off PVC to make a 'condom.' Roll 'condom' over glans (head) of penis. When it's about halfway on, it will grab enough to easily roll the rest of way. Latex should extend at least 1/4" past the head of your penis. Pull firmly to test grip. Once you have a secure connection, a small S-hook makes it easy to hang weights or a add string.

Direct wrap

This is a fast technique that takes some practice to master. Pull foreskin back. Tightly wrap rubber around glans and shaft of penis several times. Add an elastic band or tape to keep rubber from unwrapping.



Foam pipe insulation, or the 'Bib' hanger

Somebody told me about using a rubber pipe clamp. I substituted foam pipe insulation and put it on my web site. Someone else improved on the design. Pretty cool the way these things develop.

Foam pipe insulation is comfortable and warm. Though a bit awkward to attach and remove, this is comfortable and cheap, and allows considerable weight to be used.

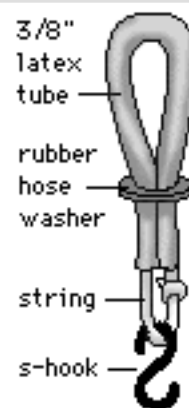
I'm not sure what the clamp is in this photo. You can use a hose clamp, but I recommend fitting your electric screwdriver with a non-slip screwdriver blade (flat part in a cylinder of metal to prevent it coming off the screw and potentially gouging you).



Loop - **NOT recommended**

Many commercial stretching devices use this kind of attachment. It is dangerous because it puts all stress on a small portion of the penis where the main nerves are located, limiting the amount of weight you can hang comfortably. I found 6 pounds (2.73 kg) was the maximum weight I could use.

Latex (surgical) tubing is sold by the foot at Home Depot.



Tape - **NOT recommended**

By wrapping your penis in self-adhesive tape, you can build up an area to make it easier to hang a weight or stretcher. The tape is relatively expensive, and not very comfortable.





Mechanical Pulling

Pull with weights

What materials will I need? For weights, you can use anything: barbell weights, lead tire weights in a small stuff sack, a plastic jug with water, etc., etc. If you can make it small enough, you can wear shorts and hang penis and weight over the edge of your computer chair as you work.

How much weight? Start with 2-3 pounds (1-1.5 kg). Each week, add weight in 1/2 pound (.25 kg) increments, or more if comfortable. Work up to ten pounds (4.5 kg) or more.

How long? Hang weight for 10 minutes, then remove for 10 minutes. You can increase this time later, but always monitor carefully. Remember to remove weights regularly!

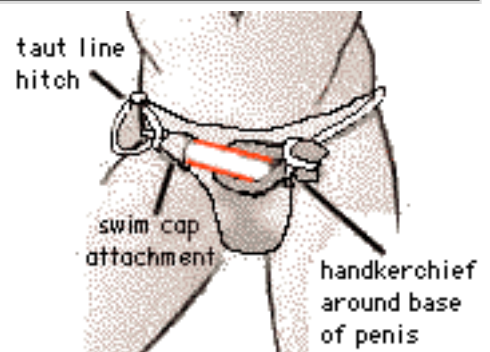
How often? I hung weights for one full hour (takes a total of two hours with breaks) morning and afternoon, every day.

What else? Do PC exercises every few minutes while hanging to encourage circulation. Stop immediately if you experience **pain, excessive coldness, numbness** or **discoloration**.

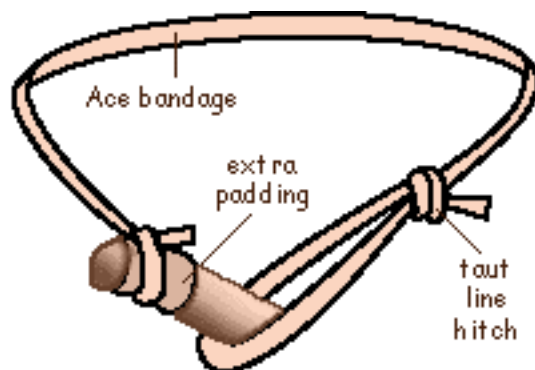


Pull around your waist

This is awkward to put on and remove, but as long as somebody's trying to sell it for DM 298 (~\$US 160)(www.penisplus.com), you might as well know about it.



You can also do it with just an Ace bandage:

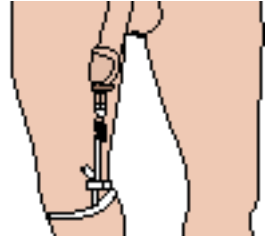


In either case, you need to tie a taut line hitch - a knot that will serve you in many other ways (great for tying down loads on cars, for example). Here's a diagram (thank you, Boy Scouts!):



Pull with your leg or foot

You can wear this while walking, or tie it to a fixed object for use while sitting at the computer (wearing shorts or bathrobe makes this easier). You can also make a loop for your foot, and vary the stretch while your work at your desk or watch TV.





Other ideas

Vacuum pumping

[Surgery](#)

[Bulky homemade stretcher](#)

[Foam pipe insulation](#)

[Another guy's weights article](#)

[Online instructions bought for \\$10 in 1996](#)

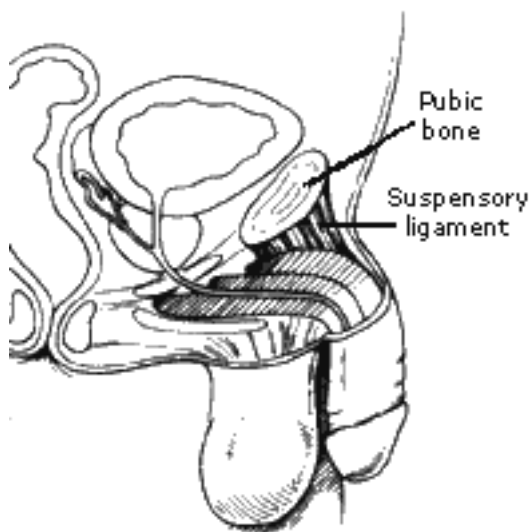
Vacuum penis pumping

Concept Put tube over dick. Pump air out of tube. Donkey dick! Next day, donkey dick becomes dinky dick. Some people claim permanent results are possible - for some reason, they always seem to be the ones selling pumps.... If you decide to make this a hobby, you'll probably end up one of their customers. Do this for fun, but don't get your hopes up for permanent results anytime in this century (or the next). There is a site called the Vacuum Pumpers Forum, often extremely negative, which seems to attract people who are into perversity. I don't recommend it, but then I don't recommend pumping either.

What's good about pumping: Pumping can be fun. And it can feel great.

What's bad about pumping: Much effort, little if any permanent result; discouraging (temporary results only); **risk** of blisters, discoloration, bruising; **risk** of burst capillaries; **risk** of temporary impotence

Penis enlargement surgery



Expensive and dangerous No, it is **NOT** possible to make the penis longer through surgery (unless they come up with a penis transplant). It's basically an illusion. Though surgery techniques may be improving, why bother when you can get a bigger penis for, at most, a few dollars?

The procedure to "lengthen" the penis is by cutting the suspensory ligament. **This gives the appearance of a longer penis but does not actually increase its length. It also makes the penis more unstable during intercourse and in do course more susceptible to injury.** This surgery leaves a permanent scar. And a lower angle of erection (provided the surgeon doesn't screw up, and you never have an erection again). And - **surprise!** - without **weights*** after surgery, a person's penis may become **shorter** than before, as the body repairs the butcher's damage.

The other method of enlargement is by injecting or grafting fat from elsewhere on the body around the penis to create a fatter penis. This gives the appearance of a fat, wide penis but not longer. **These procedures are not recommended and have very high complication rates.**

***Question:** if weights alone produce genuine lengthening, why would a greedy, selfish plastic surgeon ever recommend surgery? Especially if he's going to tell you to use **weights** afterward? And especially since the **weights** do the job on their own?

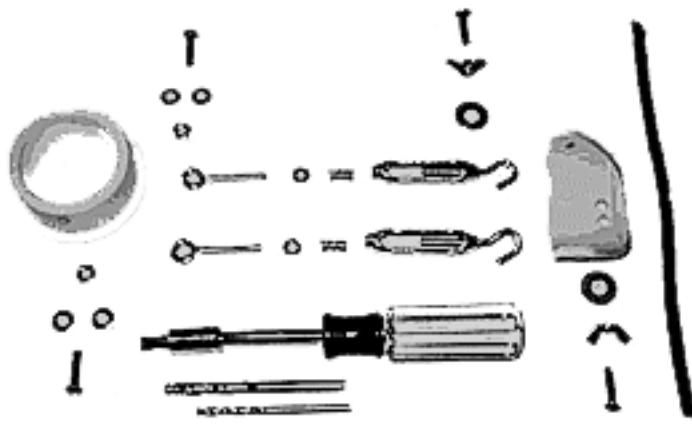
Feedback: "I was determined to get surgery before I found your page. I had actually made an appointment to go and was absolutely ready to do it... I actually ordered some of the stretching and hanging devices for a couple of hundred dollars before I finally found your page. Yours was a lifesaver! After going over EVERYTHING you had on your page I canceled my doctors appointment, canceled my orders and headed out to the store for parts! I built my hanging and stretching devices... I have legitimately gained almost 1/2 inch in one months time! I have I'd say almost 40 hours of hang time... I just want you to know that there really are people out there who appreciate your site more than you could ever know. I started out at about 4.5 inches length and have had women actually tell me I had the smallest penis they had ever seen. (Not a comforting feeling.) From all the surveys I have seen I know I was smaller than 99% of guys and needless to say I had a huge inferiority complex about it. With the weights I have gotten to about 5 inches in a very short amount of time and I can only hope that one day I can get over 6 inches..."

Slimguy's homemade extender

Version 9.2 slimguy32@aol.com

I don't entirely understand why someone would go to such lengths to reproduce bulky devices such as the JES Extender, PeniStretcher, but if it appeals to you, and you're willing to put in a lot of work, here's one device. In my book, this is another example of *more is less*.

Fig. 1. This traction device was built out of about \$12 US in parts. Similar devices retail for hundred of dollars. Note the small springs near the base.



The "Home Hardware Extender," before assembly, with screwdriver, two drill bits and surgical gauze (not shown). Note the various holes drilled into the cut, filed, and sanded PVC parts.

PARTS REQUIRED

- Latex tubing 1/4" O.D., 1' \$1.00+ (per foot) (available at Medical Supply and/or Aquarium Supply stores)
- Schedule 40 Flush Bushing PVC (1) 2" x 1-1/2" \$1.10
- Schedule 40 PVC Coupling (1) 2" I.D. \$1.10
- Turnbuckles (2) 5/32", 4-3/4" Eye/Eye \$1.60 total
- Gate Hook & Eye (2) 2 1/2" \$0.70 package
- Wing Nuts (2) \$0.70 package
- Metal Washers (4) \$0.25 total Machine Screws (4) 5/32" x 3/4" \$0.70 package
- Metal Nuts (2) 5/32" \$0.70 package
- Metal Springs (2) 1/4" x 1/2"-3/4" x .020" (0.5mm) \$1.25 package
- Rolled Gauze, Sterile, 2" width \$2.00
- Large Metal Paper Binder Clip \$0.50



TOOLS REQUIRED

- Wood Saw
- Metal Saw
- Drill and Bits (1/4", 5/32")
- Screwdriver
- Vise
- Sandpaper (60 - 150 grades)
- Pliers
- File
- Scissors

CONSTRUCTING the HOME HARDWARE EXTENDER

Drill two 5/32" holes into the PVC Flush Bushing, opposed from each other, and about 3/4" from the bottom (where the lip extends). If desired, saw off about 3/8" from the top of the PVC Flush Bushing so that there will be more room through which the penis may be pulled and maneuvered. If the PVC Flush Bushing is not round along the inner rim, you should file and sand it so for safety and comfort. The bottom of the base may be lined with foam rubber strips for a greater comfort. Additionally, you may file and sand the PVC Flush Bushing in such a manner as to make a more ergonomic fit.

With a pair of pliers, carefully remove each of the wood screws from each of the pair of Gate Hooks. Saw off the curved ends of the Gate Hooks and file the ends smooth.

Upon each of the 5/32" diameter, 1/2" long Machine Screws, thread a washer, an eye-end of each of the two Gate Hooks, and another washer or two. Carefully screw each assembly through the opposing holes of PVC Flush Bushing. Preferably, no metal should protrude through the either side of the bushing. Each Screw-Turnbuckle assembly should be firmly in place, with the turnbuckles perpendicular to the PVC Flush Bushing.

Saw the 2" PVC Coupling latitudinally so that the length measures about 1 3/4"; then saw it longitudinally so that a "half pipe" results. Drill 2 5/32" holes into the half pipe on opposite sides, each about 1/2" from the rounded base, and 3/8" from the sides.

Drill two 1/4" holes about 3/8" apart (measured between radii) and 1/2" from the top of the half- pipe. Through these holes will the rubber or latex tubing be threaded. Sand the half pipe round and smooth. You may saw the top corners of half pipe for a more ergonomic design (as in Figure 1), but be careful not to compromise structural integrity.

Thread a Wing Nut and a large metal washer onto each of the 2 3/4" Machine Screws and then drive the resulting 2 assemblies into each of the 5/32" holes in the half pipe.

Place a small metal washer and a small spring onto each of the perpendicular Gate Hooks, and then drop each of the Turnbuckles (sans eye hook). The fit should be smooth. If not add or subtract washers from the Gate Hook assemblies.

Thread the Latex Tubing through the 1/4" holes in the half pipe. Due to the tightness, you may need to pinch the tip of the Tubing. The Tubing should be held firmly by the holes, but you may use a large metal paper binder clip for added stability.

MEASURING THE TENSION

Thread the two 1/4" holes in the Home Hardware Extender with string and then thread the tail of the remaining string through the Flush Bushing assembly. Tie the string to carefully measured weights of 0.6 kg (1.3 lbs.), 0.9 kg (2.0 lbs.), 1.2 kg (2.6 lbs.), or 1.5 kg (3.3 lbs.). Plastic water bottles make good weights (1 pint = 1 pound, 500 ml = 0.5 kg, etc.). Hold the Home Hardware Extender with one hand, and with the other, a ruler to measure the depression of the springs. Carefully measure and note the length of the springs for each of the remaining weights.

For example, the 2 springs on the example in Fig. 1 (each 5/8" long, and 0.020" gauge) depress to a length of about 1/2" with 1.3 lbs. (0.6kg), 3/8" with 2.2 lbs. (1.0kg), and 1/4" with

3.3 pounds (1.5 kg). You may mark in ink or crayon the results for each weight on the gate hook.

Over time, you may need to extend the device, and therefore the penis, by twisting the turnbuckles further in order to obtain the same tension. This is due to extension and/or growth of the penis.

USING THE HOME HARDWARE EXTENDER

With the device in two parts (Bushing/Turnbuckle and Half-Pipe/Tubing), pull the penis through the PVC Bushing, with the Turnbuckles at their minimum length. Then loop the penis head through the tubing and tighten by pulling from the other side. Carefully, pull the Half-Pipe/Tubing assembly until the Turnbuckle hooks can be attached and screwed tight to the Machine Screws in the Half- Pipe. This procedure takes about 1-3 minutes. Tension is increased or decreased by twisting the turnbuckles. You may use a large metal paper binder clip to hold the rubber tubing protruding from the back side of the Half-Pipe in place.

It is recommended that you wrap the glans and coronal groove of the penis in about 20 cm (8") of sterile Surgical Gauze for comfort, to reduce the chance of pinching where PVC and Tubing meet, to avoid sticking of tubing to sensitive skin after long stretch sessions, and for hygiene.

During the first 2-3 weeks of your traction regimen, initial tension should be no less than 0.6 kg (1.3 lb.) and no more than 0.9 kg (2.0 lbs.); time in traction should start at 4 to 6 hours per day. After the regimen of the first 2-3 weeks, increase the tension to between 0.9 kg and 1.2 kg; daily use should increase to 8-12 hours. You should wear the device for 10-12 hours per day for 3-6 months to gain acceptable results.

Fig. 6. The "Home Hardware Extender" when worn. Note the sterile gauze rolled around the head of the penis, and the metal paper binder clip (underneath the PVC "half-shell") holding the tubing in place.

Check the color and temperature and feeling of the glans periodically. If it turns blue or cold or numb remove the device immediately, wait 10 minutes and reattach, making sure that the fit is not as snug, or the extension not as severe. If the noose is attached correctly, erections should not pose any problem, since as the penis grows, the pull will lessen, and the Latex tubing will expand when the head swells. Sometimes the penis will slip out of the Extender, but given correct placement of the Gauze this should not pose a danger.

As with other "Extenders," if traction is more than about 1.0 kg (2.2 lbs.) of pull or more, the device should be worn continuously for no more than about 2 hours, with 10-15 minute breaks between sessions. Trimming the pubic hair to prevent snagging in the base-plate assembly is also recommended. For many users, including the author, 1 to 1.5 hour sessions are more comfortable, if less convenient.

If wearing the device for over 2 hours (or overnight), exercise **EXTREME CAUTION**. Do not use more than 0.6 kg (1.3 lb.) of pull, and adjust the Surgical Tubing so it is as loose as possible without the glans slipping out. Gently exercise the penis immediately after use. Involuntary detachment while sleeping may occur, but this should not be dangerous.

Hot compresses (towels soaked in hot water and wrung dry) may alleviate some of the discomfort encountered while wearing an Extender-Type Device, as might directly inserting the penis into warm water. This can be done before, during, after, or between traction sessions. Such "heat therapy treatment" will not only feel pleasant, it will also increase the flow of blood to ligaments, nerves, tendons, and the small amount of muscle tissue in the penis. Some studies have even suggested that heat can increase the rate of tissue distraction.

APPENDIX A

Notes from the Author

I have used both the "Home Hardware Extender" and the "PeniStretcher." There is little difference in feeling upon the penis between the two. The PeniStretcher is lighter, smaller, has more precision machined parts, and is a bit more comfortable where the head of the penis is attached. The "Home Hardware Extender" is actually easier to attach to the penis (the "PeniStretcher" often requires three hands!), and is a bit more comfortable at the base where the device rests against the pubic bone (the "PeniStretcher" often tears pubic hairs and crimps tissue from the scrotal sac). Both devices can be worn continuously and comfortably for at least 2 hours if the stretch is not too severe. I wrap the head of my penis with surgical gauze before wearing either device for added comfort. I also use hand lotion to reduce the discomfort of having the skin being snagged or pinched. I have worn the PeniStretcher when sleeping with no ill effects. Urination when in traction is awkward, but not insurmountable. I have never experienced any bruises, bleeding, serious pain, or erectile difficulties that I could attribute to the use of either device.

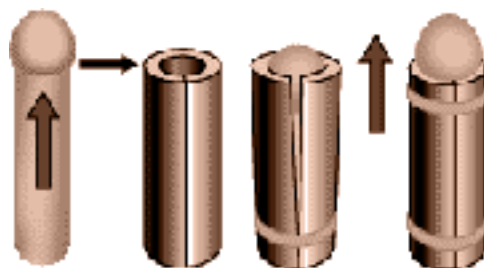
Erections were not adversely affected, indeed they often became harder (and of course longer) than ever experienced before. Whether this is due to the placebo effect, experimental bias, or the effects of actual tissue distraction or stretching of suspensory ligaments is unknown.

CONCLUSION: The gains may be valid, but extensive TIME must be devoted to achieve measurable, much less acceptable, results. It is unknown whether the rate will increase or decrease over time, or whether the results will even be permanent. I encourage others to improve upon the ergonomics of my device.

Foam pipe insulation ('Shafter')

This device is cheap and comfortable, and easy to remove. However, it is conspicuous and can cut off circulation if you're not careful. I got the biggest scare of my P.E. career when I added light weights to this device and left it on for a while.

You'll need soft water pipe insulation, which costs around US\$1- for six feet (2m).



- Cut insulation to maximum length of stretched shaft (dead stretch)
- Wrap around penis, with seam on top; secure base tightly with a rubber band
- Stretch penis and secure end with rubber band
- It will stick straight out. To avoid this, add a small amount of weight - but check frequently!

Title: Weight Technique

Date: **February, 1995**

THIS IS NOT MY ARTICLE, AND I DON'T NECESSARILY RECOMMEND IT. IT'S HERE FOR YOUR REFERENCE AND INTEREST ONLY. (I don't claim to know everything!)

- Tom Hubbard

Without getting into the boring, mind-boggling, and downright irrelevant intricacies of penile anatomy, let me first tell you that penis enlargement is absolutely possible. The penis is composed entirely of soft tissues. These tissues include smooth muscle, vascular, nerve, skin, and erectile tissues. The fact that the penis is so complex and that it is so diverse in its composition necessitates that safety be of utmost importance, with proper technique being secondary. I have attempted some of the other methods on the Internet today, including vacuum pumping, Arabic Jelq, and herbal 'potions' and in my honest opinion, none come close to comparing with my experience with weights. My belief is that weights are the only practical means of enlarging your penis. Several advancements in surgery are making it possible for you to enlarge your penis today, but they remain largely untested and are as of yet very unsafe and risky.

This first technique which you apply is the most important and effective thing you can possibly do. It's also the simplest. Based on my own personal experience, I can say that I have gained at least 1.25 inches from this type of stretching alone. However, you must follow my guidelines in order to obtain a proper stretch. The penis, like any other tissue of the body, responds to different stimuli in different ways. The first type of stretching any man should do is light, long-term stretching. (I'll explain this a little further on). Starting with every other day, apply a light stretch using a device or some kind of weight - I recommend a comfortable shaft-weight - for about one hour long sessions. After two weeks, increase the duration to two hours. After another two week, increase it to three hours. After six weeks, increase the time period to a maximum of four hours straight. Remember all along to use a light amount of weight, something less than five pounds. This type of light stretching builds length more than girth. Do not concern yourself over that myth that with increased length comes decreased width. That is a lie! Trust me! I would not lie to you concerning such a delicate issue. After about two months of stretching with light weights, you should notice a considerable increase in length and perhaps some increases in girth. I, for instance, noticed approximately a 1.25 inch increase in length and less than a 0.25 inch increase in girth after this two month, preliminary period.

The next technique to learn is heavy weights and their application. Heavy weights build girth as well as length, but they build much more width than the lighter training methods. The only problem with going straight into heavy weights, as I have read from various responses to my program, is that there is a noticeable diminution in gains after a period of a few months or so, something which does not typically occur with light weights. This phenomena can be explained quite simply. Lighter weights for longer of periods of time apply a light, constant tension to the penis which gradually stretches it outwards, away from the body. Some of the increased length may be due to the one or two inches of erectile tissue already located within your body, on the inside wall of the abdomen. The rest may occur from some cellular growth, although stretching does NOT stimulate cells to divide. That is yet another myth.

Heavy weights, on the other hand, apply a much stronger load in a shorter period of time. The stress of having to hold five or more pounds causes the penis to become stronger. As it does so, the penis grows in girth and in length to accommodate the extra weight it is forced to hold. The only problem with this is that over time, the penis becomes 'too' strong, so much so that the amount of weight necessary to achieve any gains reaches a level of impracticality. In following my guidelines, you can achieve a larger amount of length before you even encounter this 'heavy weight barrier.'

After your period of light weights has been successfully completed, it is now time to move on to heavy weight techniques. In order to apply heavy weights in the beginning, you must exercise about one hour, every other day: in total, a period of three to four weeks. By hanging for ten minutes and then resting for five minutes, the total amount of time needed for a heavy weight session is about an hour and an half. For the first two weeks, keep the weights between five and seven pounds. After two weeks, you may wish to go higher to eight or to ten pounds. After this period of heavy weights, you'll notice a dramatic increase in girth as well as some increase in length. For instance, my measurements increased approximately 0.5 an inch in length and more than 0.75 inches in girth!!!

Following my routine, you should achieve noticeable gains within a period of a couple months. Here is just a little information on my results:

Starting Measurements:

Flaccid Length: 4.25 inches

Flaccid Girth: 4 inches

Erect Length: 5.75 inches

Erect Girth: 5.5 inches

After Light Weight Period:

Flaccid Length: 5 inches

Flaccid Girth: 4 inches

Erect Length: 7 inches

Erect Girth: 5.75 inches

After Heavy Weight Period:

Flaccid Length: 5.5 inches

Flaccid Girth: 4.75 inches

Erect Length: 7.5 inches

Erect Girth: 6.5 inches

\$10 instructions purchased in 1996

Here's yet another version of milking with some other stuff thrown in. My notes:

- The [first exercise](#) is simply Kegels
 - The [third exercise](#) is interesting, and not mentioned elsewhere on this site;
 - see my warnings about vacuum pumping. Don't waste your time.
-

Lets start off with a reminder. When you requested this information you signed a form that told you to seek a Doctors opinion before using this program. It is recommended that you allow a Medical Doctor to examine this information, that you explain your desire and intent to him, and that you get a complete physical to make sure you have no medical problems. No guarantees are made by the author or seller of this information. **THESE PROCEDURES ARE USED AT YOUR OWN RISK AND ARE PROVIDED AS GENERAL INFORMATION ONLY!** O.K., lets get to the meat of it.

To enlarge your penis and make permanent increases in it will require you to under take a program that will take 40 minutes a day in the beginning and 3 hours a day at the advanced level. You will notice some discomfort while undergoing this program. There are five separate techniques used in this program.

1. Exercises.

First exercise. As you urinate, repeatedly squeeze the muscles that stop the flow of urine. At first you may only be able to stop the flow for a second or two, but, keep at it until you can stop the flow as long as you want. Then allow the flow to start again, after it has started, stop it again. Each time try to stop it as forcefully as you can. You will want to repeat this procedure as many times as possible throughout the day. This will help to strengthen the muscles involved in ejaculating, making your ejaculations much more forceful. You will also find that when erect performing this squeezing will cause your penis to jerk upwards (this can be pleasing to your partner). Finally this will help maintain a hard erection by limiting the out flow of blood from the penis during arousal.

Second exercise. While maintaining an erection place some weight on the end of your penis. In the beginning it may be a towel hung from your penis. You may want to use heavier weights as your muscles controlling your penis become stronger. You can tie a slip not in a shoe string, loop it around the head of your penis, and tie a weight to the other end. The objective here is to gain control over the movement of your penis. Try to make your penis stand higher, and move from side to side. Again at first there may be little movement but with practice you can get a fair amount of movement and control. Try to vary the amount of time you keep your penis in its altered position. This will again provide you with a stronger erection, more control over it and will help to limit the out flow of blood during an erection.

Third exercise. This can be done any time anywhere, though I would start in front of a mirror

to monitor my success. You can be erect or flaccid while doing this exercise. It may be easier to see the what's happening in the beginning if you are hot, allowing your testicles to hang low. You will want to try to raise your testicles, using your groin muscles, to the base of your penis, then let the fall to the normal position. Do this quickly and about 100 repetitions 3-5 times a day. Once your accomplished at this exercise you could even do it sitting on the edge of your chair at work. This again is strengthening the muscles involved in erection, causing more blood to flow to your groin to supply the larger, more powerful muscles.

=+=

2. Hot compress.

The hot compress is nothing more than a wash cloth, soaked with very warm bath water, wrapped around the shaft until it starts to cool. It is the replaced with another. This process can be performed on a flaccid or erect penis. The goal here is to draw blood to this area, increasing blood flow and making the skin slightly elastic. Be careful not to use water to hot or you could burn some very delicate tissue.

3. Milking your penis.

For this process you will need a lubricant, hand cream or mineral oil, etc. Spread the lubricant over your hands and penis. Place one hand palm down, so that your thumb and forefinger are at the root of your penis, encircle your penis with your thumb and forefinger, squeeze your penis firmly and pull your hand down and away from your groin. As the first hand moves away place your other hand in the same position and follow the first hands path. During this process your penis must be limp. If you get an erection, you may either stop and let it go down or continue until ejaculation, after which you may begin the process again. This may cause your penis to become somewhat sore so start with a light amount of pressure and slowly increase it to a firm hard pressure after a few days.

4. The penis pump.

Available by mail order from a number of sources, or you can build your own. Your penis is inserted into the pump, and then you activate the pump. Do not attempt masturbation with the pump, just let it do its job. It is important that you not alter the pump as you can cause blood vessels to rupture from excessive vacuum. Your penis could also become malformed if to much vacuum is applied or maintained for an extended period of time. One of the men who participated in my study went to sleep while using an electric home made pump every night for a week, the result was a mild deformation, when he urinates it is more of a spray than a steady stream. Used correctly these devices are generally safe. If you would like to build your own pump I can provide you with a material list and general directions for a small fee, E- mail me for more info.

5. The stretch

The stretch, as it's name implies involves physically pulling on the penis. This can be accomplished by a number of means. you can loop a string over the end of your penis, tie a

weight to the other end and let it pull your penis. You can use a string tied to a balloon. You can cut the end of the balloon off, stretch the balloon over the head of your penis then tie a weight to it. This is a much more comfortable method. You can use a hose clamp, though I found that this can be painful if the skin gets pinched in the mechanism. Velcro is another option. Or you can buy a device to stretch your penis. You don't need a lot of weight, just enough to put gentle tension on your penis.

OKAY! Now that you know the five techniques it is time to discuss how to use them collectively. You don't have to use all of the above techniques to achieve growth. For instance you can do none of the exercises and still achieve some increases, however, your erection may not be as hard, your ejaculations may be weaker, etc. For best results you should use all of the listed techniques.

You can break this program up and do part of it in the morning and part in the evening. If this is what you intend to do you should always start and end each session with the hot compress. To make it of any value you must be prepared to spend at least 30 minutes during each session, and an hour is much better.

Example 1: You are just starting the program.

Start with the following for about a week, and if you experience no discomfort gradually add more time.

1. Hot compress - 10 min
2. Milking - 10 min
3. Pump - 5 min.
4. Hot compress and Stretch - 15 min.

Example 2: For advanced users.

1. Hot compress - 15 min.
2. Milking - 30 min.
3. Hot compress and Stretch - 15 min.
4. The Pump - 30 min
5. Stretch - 30 min.
6. 6. Milking - 30 min.
7. 7. Hot compress and Stretch - 30 min.

Example 3: The split routine.

AM routine

1. Hot compress -15 min
2. Milking - 30 min
3. Hot compress and Stretch - 15 min

PM routine

1. Hot compress- 15 min.
2. The Pump - 30 min
3. Hot compress and Stretch - 15 min.
4. Milking - 15 min
5. Hot compress and Stretch - 15 min.

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Please note that in all of the above examples I left out the exercises. This was not an error, the exercises may be done totally separate from the rest of the program. It might be difficult to hold your piss all day to wait for the program. You may want to do some of your exercises in front of your partner prior to sex. For example "Look what I can do with my nuts" or "My cock is twitching for you" as you do your exercise.

All of the preceding examples will produce results, some more or faster than others. So now you know the techniques which have worked for me as well as many others. It does take time, as you can see much of your 'free' time will have.





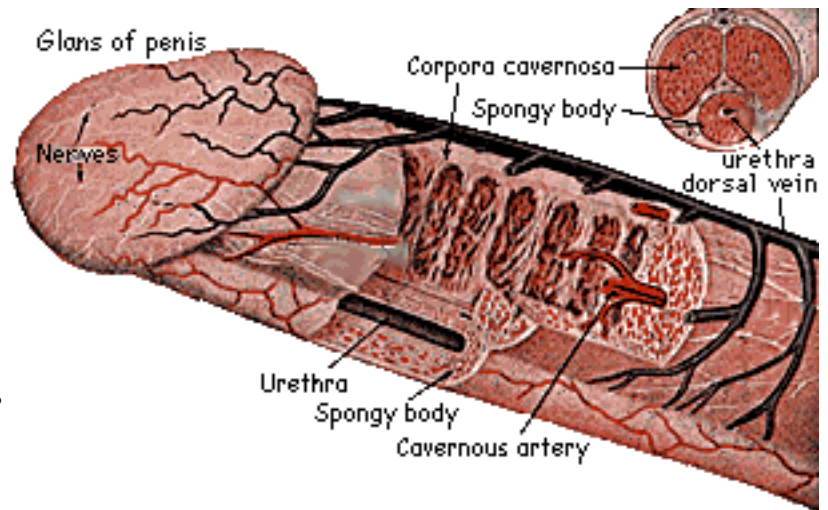
Penis anatomy

Your penis comprises three tubes, basically: one on each side and one on the bottom, which contains the urethra and attaches to the glans, or head of the penis. (You can find diagrams in the library in a good book on human anatomy.)

Those tubes fill up with blood during an erection, and expand. How much they expand differs from person to person. With most men, the penis is smaller while flaccid and gets much larger when erect. A minority have penises roughly the same size flaccid and erect. They just get hard during an erection. Some people refer to "growers" and "show-ers."

The two tubes on the sides (corpora cavernosa; singular corpus) are covered with fascia which attaches to suspensory ligaments, which in turn attach to the abdomen or the pubic bone. I'm not sure exactly how they attach.

When you feel a little bumpiness under the skin about halfway down your penis shaft, you're probably feeling the ligaments where they attach.



Alongside the dorsal vein on the top of the penis runs the dorsal nerve. The main problem with loop attachment devices (Ironman, JES Extender, Peni-Stretcher, Max Xtender etc) is that they tend to put the most pressure on the top of the penis, where there's the most chance of creating problems with vein or nerve.

The spongy tissue of your penis extends inside your body as well (if you've never tried it, play around behind your balls the next time you have an erection).

About foreskin

3" long x
4.25"

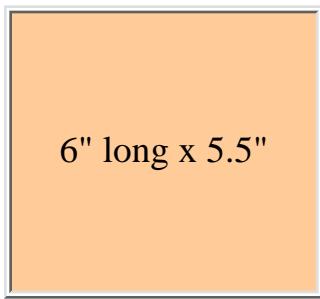
12.75 square inches

Foreskin is pretty amazing stuff.

I made the comparisons on the right to try to get an idea what the difference in surface area is between when I'm soft and when I'm hard.

Subtracting the length of the glans (1.25"), I found that the skin was almost triple the surface area (259%) during an erection.

I had started to experiment with foreskin restoration before I got



6" long x 5.5"

33 square inches - almost three times the surface area!

onto penis enlargement, and one of my frustrations was that I was so short that taping was very weird - it turned my penis into just a little stub. Now that I've got over an inch more to play with, the process is a lot easier.

But this does raise an interesting question, because despite the amazing amount the foreskin can stretch, it can only stretch so far. If you are very tightly circumcised, so that your skin is pulled completely taut during an erection, could it be that stretching your foreskin would allow your erection to naturally become longer?



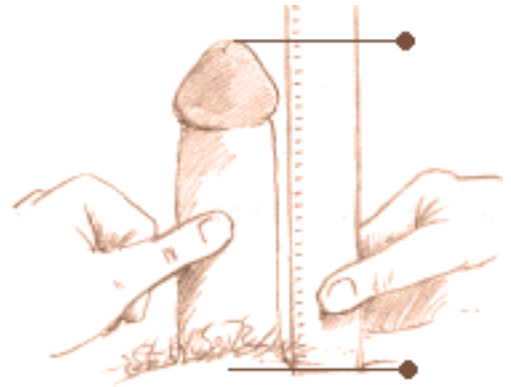


Measuring your penis

Measure yourself **before** you start your enlargement regimen. So many guys measure carelessly, then can't believe their original measurements once their penis starts getting larger. Just do it...**BEFORE** you start **any** enlargement technique!

First, measure erect length.

- standing, hold erection straight out from your body.
- Press ruler against your pubic bone.
- Measure to the tip of the penis.



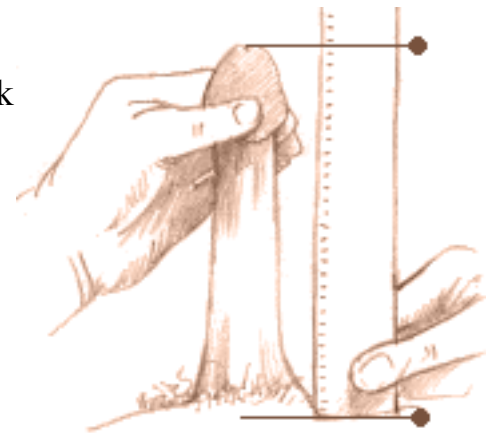
FYI: this is an 'after' penis

Do you always need an erection to measure?

No! With the 'dead stretch' technique, you can do a quick check on your maximum erect length without having an erection.

- Stand with knees locked.
- Hold penis *behind the head* and pull straight out.
- Press ruler against your pubic bone to measure.

Move your pelvis to learn exactly how to stand to make this measurement match your erect length.



Pull from the back of the head (glans). Measure to the bone.

Erect Girth

- With a piece of string or cloth measuring tape, measure the circumference of your erect penis at mid-shaft.
- If you don't have a tape measure, use a piece of string.



Measuring flaccid (soft) dimensions?

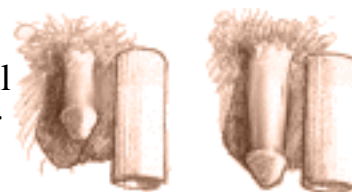
As you know, your penis expands and contracts when flaccid.

- Measure yourself many times to get your range of flaccid size. You can use your hand; for example, my hand measures almost exactly 3" across the knuckles.
- Try lying on your back to measure the minimum.



Visual comparisons

- Compare yourself in the mirror with some object that will be around a few months from now - a toilet paper tube or deodorant container.
- These visual comparisons are much more powerful than simply using numbers. You can see them!



The change in my penis size in four months.

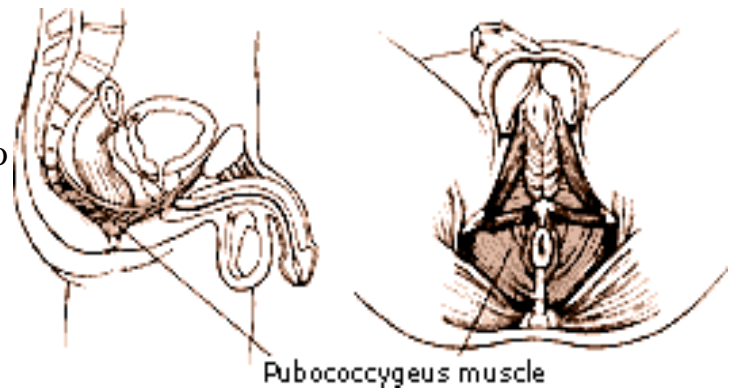




PC, or Kegel, exercises

Thundering erections - and more! Here's a simple exercise that can restore a youthful erection, help to create mind-blowing orgasms (solo or with a partner), and even save your life by giving you a healthy prostate. You can flex PC muscles quickly and repeatedly, or clench tight and hold for as long as you can.

Kegel exercises strengthen the pubococcygeus muscle (PC muscle), a sling of muscle that surrounds your anus and prostate gland. Strengthening - and learning to control - this muscle is THE sex secret. Time-honored Taoist healing techniques refer simply to "tightening the anus." It's not brain surgery, guys.



How to find your PC muscle: start to urinate.

Now stop! In mid stream! The muscles that stop the flow of urine (which also pump when you ejaculate) are the muscles to exercise. If you have trouble stopping the flow of urine, you really need these exercises.

Once you've located them, don't bother exercising them while urinating. You'll just make a mess. Try:

- **PC clamps:** squeeze and release, over and over. Start with "sets" of twenty; build to a hundred or more (I recently did a single set of 500 during a car trip). Do at least 200 PC clamps a day. Every day! For the rest of your life!
- **Long squeeze:** hold PC muscle clamped tight for a count of twenty... or as long as you can.
- **Stair steps:** tighten and loosen in increments.
- **PC flutter:** tighten the PC muscle as slowly as you possibly can. At some point it will "flutter," and you'll feel energy sparkling up your spine. Concentrate on deep, slow breathing while you do this - great for restoring energy when you're running down!





Questions

[Does it really work?](#)

[Which technique works best?](#)

[What were your \(tom Hubbard's\) gains?](#)

[FORUM](#) - post your questions here

[Does penis size matter?](#)

[What's normal?](#)

[How big can you get?](#)

[How will this affect my sexual performance?](#)

[I'm \(under 21\) - should be doing this?](#)

[Can I make my penis thicker, but not longer?](#)

[Can I make the head \(glans\) bigger?](#)

[If I hang a weight on my penis, will it stretch out like a noodle?](#)

[Are there risks?](#)

[Is there some type of all-night option?](#)

[What about all the products, tests, etc. I see advertised on the web?](#)

[Is there anything that I can eat/take to enhance the size of my penis?](#)

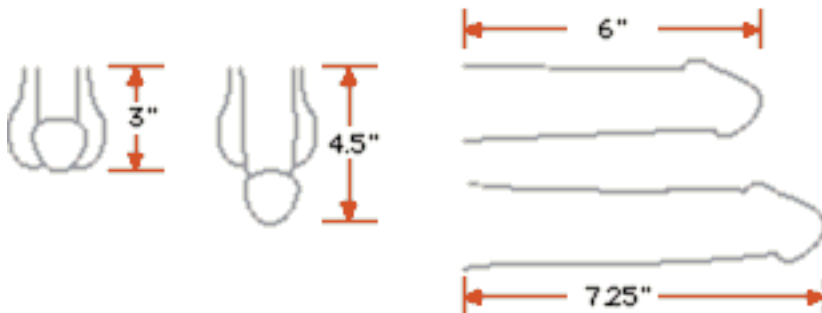
[My penis curves \(left, right up, down\) - will any of these techniques help that?](#)

[Email Tom Hubbard](#)

Which technique works best? The best technique is the one that works for you. Pulling on your dick - either with a mechanical device or your hand - will get results *if you are going to get results*. Surgery and pumping are, I believe, misguided and should be avoided.

Does penis size matter? If your penis size didn't matter to you, you wouldn't be here. So obviously your penis size matters. The real question: does it matter to anyone else?

If your penis size matters to you, it matters. Find out why. Confront your own fears, shame and anxieties in a penis journal. See [general advice](#).



What's normal?

Length:

Flaccid 3 - 4.5 inches (7.6 - 11.4)

Erect:: 5 - 6 inches (12.7 - 15.25 cm)

Girth (circumference):

Erect: 4.5 - 5.5 inches (11.4 - 14) at mid shaft

The centimeter measurements are rounded. I give them for your convenience only, not because they are meant to be precise. You can find results numerous studies of penis size on the web. The famous Kinsey statistics derive from self-measurements, and are flawed. Regard all other surveys with healthy skepticism.

How big can you get? People who have success with these techniques report gains in length of .5 - 2 inches (1.2 - 5 cm). Gains in erect girth: .5 - .75 inch (1.2 - 1.9 cm)

How will this affect my sexual performance? I have heard of no one having erection problems as a result of the techniques and devices I recommend. Surgery and pumping, however, can create all kinds of problems. Avoid them. Kegel, or PC, exercises can do wonders to strengthen your erection.

I'm (under 21) - should be doing this? No one "should" be doing this, and if your penis size is not a problem for you, don't make it one! You are probably still growing. You know how many penis sizes there are - some guys your age are much bigger, and some much smaller. That's perfectly normal. Don't believe that a smaller penis is going to somehow handicap you in life (life is much smarter than that!). It's normal to have times of insecurity in adolescence. It's normal to be curious about your body and its growth. But that doesn't mean it's the best use of your time and energy. Turn off the computer! Get outside! Walk the dog! Help someone else - anyone else - do something. Don't obsess on your penis - enjoy it and then forget about it!

Can I make my penis thicker, but not longer? Not that I'm aware of.

Can I make the head (glans) bigger? I don't think so.

If I hang a weight on my penis, will it stretch out like a noodle? No. This colorful lie is propagated by people who are trying to sell vacuum pumps or emailed milking instructions. Obviously, they don't want you using weights - especially weights you learned about and built for free. Over time, your penis responds to added weight by accommodating as well as resisting. It accommodates by growing longer. It resists by growing stronger (thicker). I'm sure a cell biologist could tear my ass up over this explanation, but I can assure you that my weight experience added thickness as well as length.

Are there risks? Yes, of course. Be careful. If it's not comfortable, **STOP** immediately. Avoid coldness, numbness, tingling sensations, especially with devices attached to your penis: these are not good.

Is there some type of all-night option? None that I'd advise. I like to be conscious when doing this: cutting of circulation raises the possibility of gangrene. (That's even worse than surgery!)

What about all the products and programs I see advertised on the web? They're advertised for a reason: because people make money selling them. If you've read my pages on weights and milking, you've got more useful information than any of those sites will give you. And you've gotten it for free. Congratulations.

I have reviewed the online manuals, including penile fitness (The Advanced Health Manual), Jojido, and Project P. Mostly what's there is excess verbiage and almost incomprehensible instructions. Anything useful has already been added to this site.

Pulling on your dick can make it longer. Instructions are on this site, and a tremendous amount of support is available in the forum. Do you really need to spend money to validate your belief that this might be a possibility for you?

Is there anything that I can eat/take to enhance the size of my penis? This is a recurring subject of discussion in the forum. Other than healthy food and normal vitamins and minerals, the answer seems to be no.

My penis curves (left, right up, down) - will any of these techniques help that? I'm not sure. My erection always pointed straight up, and after milking for a long period I noticed it tilted to the right slightly. I then realized that I milked with my right hand. So it may be that favoring one side or the other while milking will have some effect. Also, if you wrap weights around the shaft, you can experiment with ways to hold the penis curved one way or another. It might make a difference.





Does it work?

Here are some excerpts from the Forum...

[My erection] became much firmer after I started milking, just like I was a teen again. I have seen some others say that they have a similar experience after they start milking. Seems to be another benefit.

I have been milking for 6 weeks now and I can honestly say that there has been some improvement.

I started with 4.24" flaccid & 6.5" erect. I now have 4.75" flaccid & 6.9" erect. I also gained about 1/4" diameter.

I took it easy the first 10 days or so and every since then I milk for at least 1/2 hour (400 strokes) every morning 5 days a week. I can definitely tell the difference...

I have also noticed that my erections are a lot harder - later in the day. I haven't had a hard-on like that since a was a teen. The head is stretched shiny and it curves up like a banana!

(Dr. in his 60s): Weights (3#) work. I am a little sporadic, but a much firmer and thicker handful and 3/4 inch in length isn't bad. And sex is a new world.

(Australian, age 21): I first started the Jelq exercises you described on your page in early April 1997. I started because I wasn't overly impressed the size of my penis when flaccid (about 3 inches). I knew my erect size was average (6 inches) but any one who might happen to see it under 'normal' circumstances would be far from impressed. I did the exercises almost daily for about a week but then slackened off to 3 or 4 times a week. There were weeks where I'd only do it once or twice. Each session only lasts for about 10 -15 minutes and I usually only do 1, but also 2, session per day... usually when I wake up and/or before I go to bed. My penis started to feel thicker within a week. My girlfriend first noticed a difference probably after 2 weeks. After 3-4 weeks my penis had probably grown about 1 cm. After 2 months about 2 cm and now after 3 months an inch (2.54 cm) from the original size. I never measured diameter but it's definitely thicker. I think that it is important to do the exercises regularly especially when you first start. I noticed that if I went a week without doing anything, my penis would begin to shrink again. I don't notice this effect anymore which leads me to feel that the growth has become more permanent. I didn't measure the diameter before I commenced the Jelq exercises, but I'd estimate it was slightly under 5 inches. It is now approx. 5 1/2 inches. My initial length was approx. 6 inches and is now exactly 7 inches. I am going to continue the exercises (as I think they've just become a bit of a

habit now) and see if I can make any further gains. Thanks again, I feel I owe you one!!

After INTENSIVE 4 months works to enlarge my penis using 4 methods all together, MILKING, PUMP, WEIGHT, and STRETCHING, I can now confirm that big penis is possible. But it has to be INTENSIVE and SERIOUS!!! I started from 5.5" long and 5" grid, now I am approaching 7.5" (8" if press against the bone) and 6.3" around. Actually, I have started trying everything mentioned before but not the same time and not seriously, because I don't want my g-friend to know, and there was no gain at all. However, my chance had come when she had to go overseas for 4 months. I had collected all knowledge and started working to enlarge my penis with all devices and techniques I had, PLUS AT LEAST 4 eggs, PLUS 1/2 kg of beef, PLUS 2 Km of Jogging everyday. I hung 1.5 kg weight about 3 hours a day between the set of STRETCHING, MILKING, and PUMP in the morning and evening. I did STRETCHING about 3-5 minutes before MILKING at 1,000+ laps then PUMP for 30 minutes. The reason I applied every technique because I didn't know which exercise was the best to me, so why not do everything. I tried not to measure my penis during 4 months (actually I did measure twice after first month and before my g-friend return because it was so tempted to measure when you feel your penis really get bigger). I stop any exercise every Friday just like the body workout program. The difficulties I found throughout were the tired thumps from 1,000+ lap milking in the first two weeks, and could not grip well on my 6+" around penis in the last month. Also, I spent a lot of lube (6 bottles or so) in milking session only just tried not to burn my skin with those 1,000 laps. I am sure that noone has done this 'mad exercise' to enlarge the penis. So if you have no 'gain' so far, ask yourself if you have had enough 'pain'. Even until now, I really don't know what exercise or practice I have done, work for the gain. However, I don't want to know anymore because I have got what I want now. Oh...almost forget to mention about two other bonus, one my penis is now very veiny (the main blood vessels almost twice the size of their original), and two, I can prolong the orgasm to about 30+ minutes or so (actually, she doesn't like much about this second benefit because she has got too tired to make me cum

I have been milking as described for 5 weeks now and I can honestly say that I have seen some improvement. My length has improved slightly (1/8th inch), but I have really noticed that my hard erection is a lot firmer and about 1/4" wider in diameter. I now have a hard time getting any fingers completely around it and I DO have long fingers. My wife has also noticed a difference and she enjoys that! I will continue and I will keep you informed.

I've milked for about three months and have gained over 5/8" erect, a similar amount flaccid, and some girth, too. Be patient and steady, progress will come.

My heartfelt gratitude to Tom for maintaining this web site. How wonderful to discuss this with other people ! Also, and most important to me was the information shared by you participants.

I found this site in May and began my exercising. Now in October, I am at 6 3/4 " in length, gaining 1 1/4 ". I know that this really doesn't really mean anything to anyone else, but I feel so much better about myself now. No matter what I achieved, my self-esteem about having a small penis was always there haunting me.

My exercises consists mostly of stretching and milking. It is impossible for me to wear weights at any time, because of the lack of privacy. I wish I could, maybe I'd gain more.

I usually start out grasping the head with my index and ring finger under the base of the head and the fat pad of my thumb on top of the head. I pull down and side to side and eventually in all directions. Then I begin milking switching from the base and then to about 1/2 from the head and pulling down all the time. I also grasp the head and milk the under side of the base while pulling down. As the blood is pushed to the head, I loosen the grip on and head and pick the pressure in the head and continue the pull. Sort of like a kneading wave motion.

That's all the exercises I do. I started with 15 minutes and progressed to 45 to 1 hour.

Although I was skeptical at first, I am now a firm believer that with a plan, and some work, you will see results.

In a weeks time, I have seen changes that I thought were not possible.

The milking exercises has increased my flaccid state from 4" to 5 1/4"!! (If you have read Tom's site, as he says, "just give it a pull" and it will respond. Instead of being conscious of my size while visting the men's room, I give it a tug, and hope the guy next to me looks over:-)

As for the increase in length that I achieved during a measuring session, I couldn't believe it. Measuring from the pelvic bone, I was before I started, right on 6". After a weeks worth of exercises, I was 6 7/8"!! Almost a whole inch!

I am not going to try to get to 8", but I will continue my program, and hopefully be able to maintain what I have increased by.

Again it has only been a week, but I will continue to work at it, and see what happens.

Let me tell you about my experience:

I also bought a cylinder from Vacutech about 2 years ago. I used it cautiously, with relatively low pressure for extended periods for several months. My longtime girlfriend knew about it and thought it was sweet that I was doing it and kinda enjoyed handling it bought didn't much care one way or the other. She let me now it was more for me than her. (Incidentally, I'm just over 6.5" by 5.5", what I consider to be the large end of average) We always were VERY successful in bed and to her, it was big enough, but more importantly, she said, nice-looking. The thing that made me stop using it was that I was also seeing a darkening, despite low pressure, and moreover, after a long enough

session to achieve anything really worthwhile, my c--- seemed less sensitive to pleasure during sex and, even as a 25 year-old, a rock-hard erection was tough to maintain while there was any size increase. Moreover, there were no long term gains at all, even after six months of religious use.

So recently I found this site and discovered the swim cap stretching technique and [Tom's] seemingly objective, thoughtful and honest account of his stretching experience. My girl was out of town for a week, so I thought I would give it a shot and not tell her, see if she noticed a difference (use her as part of the experiment). This is an honest account: After 2 days of hanging around 7 pounds for 2 hours a day (just as suggested) SHE NOTICED. She asked me what happened to my cock--it was longer and thicker and filled her up more. It felt different, she told me. I was always near the end of her vagina during sex, but now I was just long enough to have to be a little careful. But the thickness was the main thing. And when I asked her if it made a difference, she said, no at first, the important thing was that it is me, but on pressing, she smiled and admitted that the thicker c--- was more stimulating. She ALWAYS has been easy to please and multi-orgasmic, but now she comes more quickly and intensely. I am thrilled and plan to keep hanging until my gains stop. And the thing is, I am definitely longer and thicker all day long. The last two days I only stretched in the morning and when we were together in the afternoon and at night, it is still bigger, and my erections are hard and veiny.

All of this is true. I never post to boards like this, but I am so pleased and so excited about my continued success that I wanted to share with the board as a way of encouraging others and saying thanks.

Good luck!

I think it is possible:

I started with pumping two month ago and was overwhelmed (correctly spelled ?) by the actual effect. But disappointed, that it didn't give me any gain concerning unpumped erections.

Then I started milking and since that day, my penis grows day by day. Meanwhile I went from 5.5 inches to 6.3 within four weeks. I explain this progress not only with growth but with stronger erections (in the morning its rock hard !),

and this might be the same in many other cases, where the increase is unbelievable. I doubt that this type of growth rate can be continued, but I'm already happy with the result. By the way: It looks much more masculine in the flaccid state.

Yupiee !!

(Sorry for my lousy english, folks.)

Does penis enlargement work?





Penis Resources

PE Forum

[Post questions, learn from others, share your experiences and ideas.](#)

That SIZE thing

- A Man's Best Friend (Playboy Adviser FAQ)
 - [How large is the average penis?](#)
 - [Is there a gene for penis size?](#)
 - [Does penis size matter?](#)
 - [Why do I often wake up with an erection?](#)
 - [Is there any way to make my penis larger?](#) (*alas, what they don't know!*)
 - [Is there anything I can do to correct a curve in my penis?](#)
- [Penis size - does it really matter?](#) (UCLA)
- [Does penis size matter?](#) A woman's opinion from the forum
- [PCBS diminish penis size](#)
- [Is my dick smaller than a porn star's?](#)
- [The definitive penis size survey](#)

[PC \("Kegel"\) exercises](#)

Anatomy

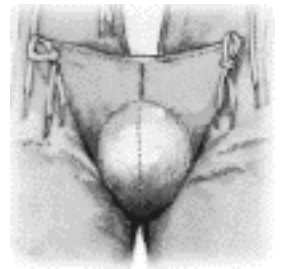
- [Penis anatomy](#) (my version)
- Encyclopedia Britannica: [penis](#) (*good illustration*)
- Encyclopedia Britannica: [male reproductive system](#) (*good illustration*)
- Encyclopedia Britannica: [erection](#)
- [Bent penis home page - for sufferers of Peyronie's disease](#)
- [Sexual Anatomy of Men](#)

Growing up with a penis

- [Say Hello to My Little Friend](#)

Codpieces

- [What is a codpiece?](#)
- [Brief history of the codpiece](#) - [another brief history](#)
- History continues - [The Bulge](#)



Foreskin restoration

Worth a look into if you're deprived

- [Foreskin restoration](#) - good starting point

Web Security

- [Safeweb for secure browsing](#)
[Sneakemail to cut out spam](#)

Say Hello to My Little Friend. Carlson, Ron

Magazine: Esquire, June 1999

SAY HELLO TO MY LITTLE FRIEND

Just because it's the part of you that goes forth first into the world does not mean that you must always follow

IT WOULD BE EXCITING if, in writing about the most openly celebrated and reviled body part, I could shatter a few myths and create a few others, but we all know already that it is the center of so many of the world's mythologies, the source of all major and minor religions, the focus and motor of all marketing, in fact the basis of capitalism (to which it gave its name) and every nonsocial economy, the name and nickname of every rock group and many musical chorales, the true axis of planet Earth in this solar system, the hinge that opens the door to understanding, the axle in the big wheel of desire and regret, the bolt that keeps the door to understanding forever sealed, the first radical pillar of society, and the lone last digit of the secret combination on the lock to heaven, so I am going to have to settle for a few minor remarks about the penis, which, like nuclear power, has been best described as mankind's most potent friend and foe.

MARVIN'S QUESTION

The relationship between a man and his private parts is never serene; there are

always elements of intrigue, mystery, and open conflict in the mix. For years, of course, having a penis is an absolute convenience. You get nine, ten, eleven great years of simple and efficient water work out of the thing, and the lesson it has for boys is clear: Point that thing out there. It does not engender introspection, inspection, circumspection, or any other form of spection. That's what is necessary to know about the way men are trained: They are not practiced in second thinking. You're ten years old, hiding in a bush during a twilight game of tag, and you have to piss, so you unzip there quietly as the kid who is it approaches. Get it over with, because you're going to have to run for your life in ten seconds. It's what you do.

Then it starts to get unnerving. In the spring of sixth grade, the girls at Edison Elementary are all called into the auditorium to see a film with their mothers. The boys are kept in Mr. Durrant's room and not told one word about the whole deal, except it's clear from the looks on everyone's faces that the world as we know it is coming to an end. And we boys know it well, have mastered this world--in fact, we like it, love it, really, and it is over. They are complicating it. Nothing will ever be the same. This moment is the moment that will give all future conspiracy theories a chance. Something's going on.

Mr. Durrant sits with the sixth-grade boys in his classroom. We have a talk in which he deflects all our questions with phrases full of "hygiene" and "maturity." He throws around a few mystery words, among them genitals. I sit there in the blond afternoon light of Mr. Durrant's classroom and wait for the bell to ring.

At the corner of Concord Street after school, Marvin Hilbar stops me. "Hey, Ronnie," he says. "What's going on?" I tell him I don't know. Behind him I can see all the girls and their mothers drifting out of the school in pairs toward their cars. They all look down, serious and brave, as if burdened with some new grief. They walk away as if from a state funeral.

Marvin Hilbar's face has a look I've never seen before, the kind of worry that will engender and fill volumes of self-help books for the next forty years, and he says, "I heard Mr. Durrant say 'genitals.' How many you got? Because I just got the one." And for a real minute there, on a corner that is as real a place for me as any in my memory, I, too, feel the little twinge of worry. It hadn't hit me sooner because I was in denial. We are at that place where we cross over, and now it will be other people giving our bodies words. Genitals? Get out of my way. We don't want any. We want to be boys.

Childhood ends on that corner. It was a garden, lush and carefree, and then the girls see a movie and we're all asked to pack up and get out.

THE SECOND PURPOSE

Then the rest of the news descends. The second purpose of the penis makes itself manifest. It's been behaving strangely for years, changing shape of its own accord, standing for who knows what reason, many times getting right in the way. We understand only part of this; that is, we know it is possible to cause the phenomenon. But other times, the phenomenon arrives unannounced, an open surprise, like a spaceship full of hormones landing on the front lawn; where is it from, and who sent it? Is it friendly?

And the language! We never, ever use the word genitals. Ye gods, scrotum, a word that could easily make the finals for most ungainly, unlovely body word, is easier to say than genitals, because scrotum is inscrutable, but genitals has that blatant Latin root that could link us with fatherhood in a hearty synapse. Meanwhile, we use everything but Latin roots to name this male member--although I've heard it called

"the Latin root" (a prep-school joke)--and it has the honor of having more nicknames than any other facet of the human body. Listing them here would take ten thousand words, if not eleven, and they've been cataloged elsewhere already. There are quiet but real connotative differences between single- and multiple-syllable words, and, as any man will tell you, there are times when it has more than one syllable. There are names that accurately describe it as a goofy and benign gadget and those that make it seem like an uncontrollable and savage weapon. There are pet names, ridiculous names, people's names. What all the nicknames speak to louder than anything is the sense of dichotomy that this appendage creates in the hearts of men.

I've heard it called Little Davey, Dick, Peter, and Johnson, as well as unit, member, thing, and, of course, thingee. If we were really looking at the penis, its form and function in the body, it might more often be called Che or Fidel, because there it is, standing at the crossroads of the body politic, in the center of town, where all roads converge, stopping traffic and waving its flag, and when it stands, the rest of your quiet little town listens. Your body may have had perfectly logical and well-measured plans for the day, and now there's this uprising, and not way back on the wrong side of the tracks at the edge of town. This is the first thing about you--when you walk into a room, it goes first.

The human penis, of course, is a fleshy member containing no bones or cartilage. The walrus penis has a bone in it, an evolutionary device called the oosik, which is a great help in cold water. The human penis becomes erect when engorged with blood, and the blood it takes to inflate the male member is exactly the amount of blood needed in the portion of the brain used for conscientious behavior. You cannot, as some of the vernacular goes, think with it, but it can certainly detour and delay and rewire what should have been thinking.

RETURNING THE SPELLING TESTS

Nocturnal emissions, many times, are a young man's first experience with ejaculation. They make you realize, even more than the random unbidden erections of boyhood, that life in a male body is going to be, some of it, beyond your managing. You go to sleep during a period of your life when your cells are screaming and singing with growth, and sleep--though you resist it--is like nectar. And you wake up having committed something. Evidently, Little Willy has decided to act on your behalf, and he and his sidekicks have gone out and struck in the night. You sit on the edge of the bed and check out this little mess, viscous and confusing and daunting, and then the dream emerges through the mist: You are talking to Veronica LaMonge, speaking to her beautiful face--a girl who sits three desks ahead of you and one over in social studies, a girl so ideal you've never spoken to her in person or touched her hand (or made eye contact) when she passed back the spelling test--and in the dream you are talking to her, explaining how you raised the handlebars on your bicycle and painted it yourself, speaking real close to her face, in fact, so close that your arms are around her and you can feel the warmth of her breasts and feel the pressure of them, their very curves against you, curves you've only seen indented against the ledge of her old school desk, and then your hands are in her back pockets, on her healthy bottom, pulling her without compunction or worry directly against the hot place where Fidel stands beaming, waving his flag and shouting his raw and inflammatory exhortations, commencing once and for all the revolution. Of course, the moment fuses, and there's an explosion.

LOCATION, LOCATION, LOCATION

About this same time in a young man's development, the location of the male appendage becomes a source of comfort and anguish. It's right there within easy reach, an incredible design advantage. If it were closer to the knee, masturbation

might be more of a challenge. But not much. In case young men are slow to catch on, the penis is put right in front of everything, and when the hand falls at arm's length, the fingers naturally curl, and it is this length of arm and curve of hand that helps tailors cut suit sleeves perfectly and helps every man find his little revolutionary.

We've been told day and night for years to keep our hands to ourselves, and now, finally, that seems like a good idea. For the untutored, which is exactly the condition of every incipient masturbator, it is a remarkable activity: so clever and stimulating, with such clear result!

I remember having first stumbled across that frontier and being certain in my guilty heart that I had invented something dire. My junior-high team was playing a Saturday-morning game at the National Guard armory on Sunnyside Avenue, and I have a vivid recollection of the couple dozen people in the big, cold, empty room, parents and siblings and coaches and the two pale, skinny teams--I was worried about them all as I ran the hardwood floors. The tide had risen for me the night before, and I had sought (and found) its release (one of sixteen thousand ways to describe that and not be too indelicate), and I felt--at twelve years old, in the seventh grade--that if I could find a way to tell them all about this thing that was happening to me, which I had certainly created, they, too, could have knowledge. It was a burden. I know that for three or four weeks that strange year, I was the least innocent person on this round world.

QUANTITY

Size--does it matter? Bigger is better; less is more. The rule of thumb (a nice phrase in itself) became that size doesn't matter. It was what you did with what you had, the sexperts told us. It didn't matter, they said, whether you carried a pen or a peninsula. The reality for a man is simply that when the penis grows erect, it is in the way, which is another way of saying plenty. The blue whale's penis is nearly sixteen feet long; the grizzly bear, more closely related to man, has erections that average six inches in length and require more cooperation from his mate. This size thing has generated its own macho mythology, the way that any concealed weapon might.

Size matters, of course, but not in the obvious way. When the penis first does its little parlor trick, standing at attention or even parade rest, of course it is arresting. That the penis could grow alert enough to transform into the rigid, single-minded agent of sperm delivery, every orgasm containing enough male gametes to populate four of the seven continents, is a wonder that handily eclipses the other side of this phenomenon. But size matters through the regular days of regular guys, those moments, hours, days, weeks, and months that make up the 99 percent of our lives when the riot of sex subsides and the smoke has cleared and the citizens have gone to their homes or work and we're walking around not tall but small. Size matters most frequently to every man in that his penis can shrink, adjust, do everything but disappear and retract like the head of the sage--and long-lived--turtle. We're not talking normal here but smaller. This isn't flaccid, another word that has been utterly appropriated for the male organ. This is much tighter than that. The testicles go north, and the penis buttons itself up against the abdomen. It wants one thing now: to be out of the way. This is a fabulous design feature, but not one that men are quick to note or illustrate. It becomes effective and necessary when we run a marathon, ride a horse, sprint across a tennis court to slice a backhand winner, change a tire, sit perfectly still in that chair in the boss's office going over our expense accounts with the boss himself and the comptroller, or wake suddenly to the ringing phone at quarter past three in the morning. We are not, however, going to read a scene in which a man celebrates how small his little penis was able to become at a moment when he needed it to be tiny, just real tiny: "I was so small, man, it was amazing!"

BALLS

There's an obligatory moment in every recent American film when the good guy kicks the bad guy in the groin. It's a square shot and has the bad guy doubled up in a second, both hands cupped over what we actually call the family jewels. He can't breathe. His eyes are crossed. He goes down. It's a kind of coup de grace in stupid film fighting, and I, for one, have seen enough of it. The testicles, part of the plural of genitals, have a near-perfect design, as the scrotum is engineered to hold them tight or let them float. When someone actually kicks you in the balls, as the testicles are called from here to Provo, most often--but not always--they slide off the blow with the same motion that makes bobbing for apples a viable sport. In my neighborhood, we walked the top bar of steel fences, and I became a champion at it, able to tightrope along for a hundred yards. There was no one more surprised than I when my tennis shoes slipped one day and I fell to a sharp straddle on the steel bar. My buddies froze, anticipating the groan, the gasp, the fall, but not this time: My tender testicles, sensing first contact with the metal, rose softly up and let my bottom take the blow, and I dismounted intact and, after a moment's inspection, with a smile.

I wasn't always so lucky. I took a couple of direct hits. The worst was in the batter's box when I was fourteen, during an automotive-league baseball game. Every pitcher knows that the way to brush a batter back is to throw inside; the way to hit him surely is to throw behind him. You know the batter will instinctively twist back into it. I don't know why this kid wanted to hit me, but I know he did, for he threw a sidearm fastball behind me, and I turned in the half second I had and took the pitch as solidly in the balls as any blow I've ever received. On the ground in an instant, I curled up and waited. The pain from such an injury is not unlike a sharp ice-cream headache (in the abdomen, just below the navel) in that, when the first wave hits, you know there'll be five more large, rolling swells that work toward a kind of crescendo and then only gradually subside. That day, after a minute looking up into my coach's face, I took first base under my own power, standing shakily in the strange new day. A moment later, after they'd retired the side, I stood in the outfield, and the tremors of pain continued, large and regular, and then as the sun tilted, I swooned, crashing into the grass, the only time I ever fainted in my life. Center field was lush and green and probably the best place a boy could choose to go over like a door.

THE REAL GIRL

For every boy, there are two girls: the one you know pretty well because she is featured in your fantasies, and though you know her only in photographs, there is some posture or expression that has become for you a sweet, single ticket for release. Your wild Fidel rises--needs to, really--and with a little manipulation and the right spread in Playboy, he speaks his piece. This is just physical.

The other girl is something else; the other girl is a real girl, and she embodies the quandary that is at the center of so much of our literature. She complicates everything wonderfully with a notion we sometimes call love. When I was seventeen, I sat in the window of a Mexican restaurant in deep downtown Salt Lake City with such a girl. This was near Exchange Place, in the shadows of the old office buildings, their gray facades ornate and metropolitan in a city with so few glimpses of urban note; the restaurant has been gone so long now that it feels like something I'm making up, which I am not, but that is how it felt to us then, too: that this was simply a set arranged so we could transcend the ordinary errands of a school day. There was honestly a red-checked tablecloth, and we sat there like what we were, that is, young people about to enter the world. It was like being lost in our city for that moment, and I noted her smile and her auburn hair, and I had a faint sense even then that I was in, that this was it for me. I'm setting this all down because there I was with a member--as the saying goes--of the opposite sex, thirty months away from bringing any sex into the equation,

and when we did begin the exploration and adventure of sex, there was my old friend, the penis, but things were different for us now. He wasn't the first guy through the door. I was first, and he followed. It makes sense to separate us this way. He'd had his way with me from time to time and would again at the odd moment, but now the penis played only a supporting role. I was in love and wouldn't get out. I was happy for all of it; these thirty years since, it has been my life. The lesson ends here. The oldest lesson. You think you know the pains and pleasures of living in a body, and then love doubles everything and then doubles that again. The penis makes sense at last.

After having been pushed and pulled and rent in twain at times--fires in the streets of my heart, people running in panic through the alleyways, breaking glass, sounding alarms--suddenly there was quiet, and the streetlamps came on, and people came to their porches to listen for music, which also arose, and the revolution had done its work, found its reason. Important alliances had been formed, and in the new, vigorous peace, there was a discussion, a banquet of new proportion, and then dancing.

PHOTO (BLACK & WHITE): Viagra and all its stimulating cousins are fine, but their availability should be based on doctors' orders, a waiting period, and a background check.

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By Ron Carlson

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