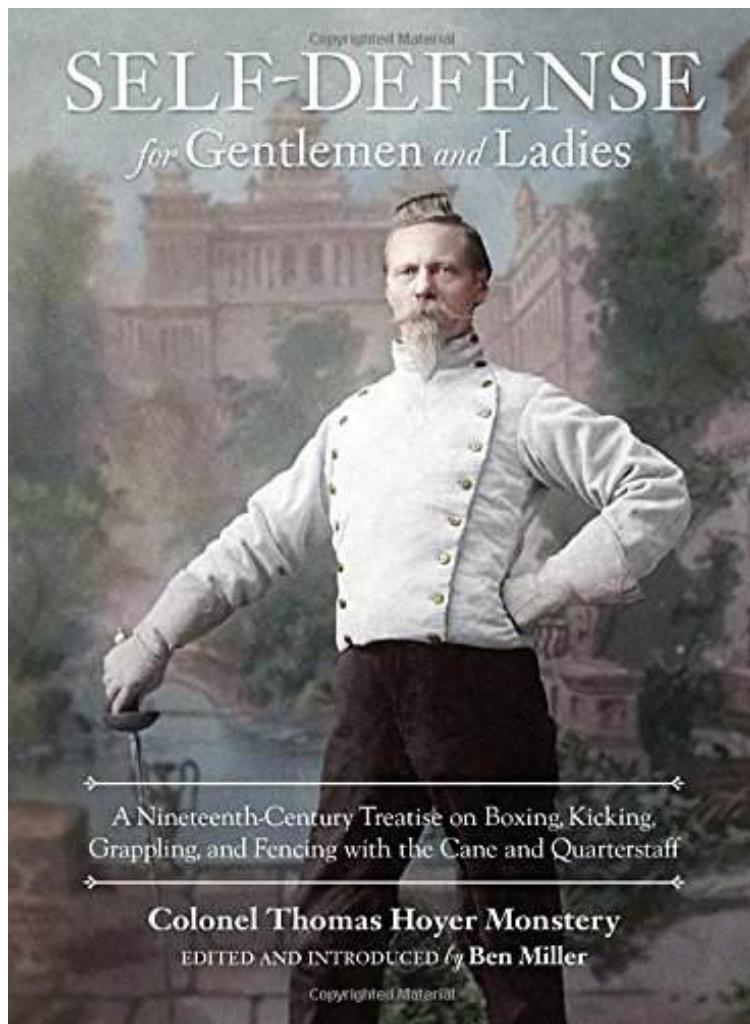


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# **Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff**

By Colonel Thomas Hoyer Monstrey  
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