

**New medical revelations : being a popular work on the reproductive system, its debility, and diseases / by Wesley Grindle.**

**Contributors**

Grindle, Wesley.  
National Library of Medicine (U.S.)

**Publication/Creation**

Philadelphia : [Blanchard and Lea], 1857.

**Persistent URL**

<https://wellcomecollection.org/works/jmxkf3xw>

**License and attribution**

This material has been provided by This material has been provided by the National Library of Medicine (U.S.), through the Medical Heritage Library. The original may be consulted at the National Library of Medicine (U.S.) where the originals may be consulted.

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

WJA  
G866n  
1857







NEW

MEDICAL REVELATIONS,

BEING A POPULAR WORK ON THE

REPRODUCTIVE SYSTEM,

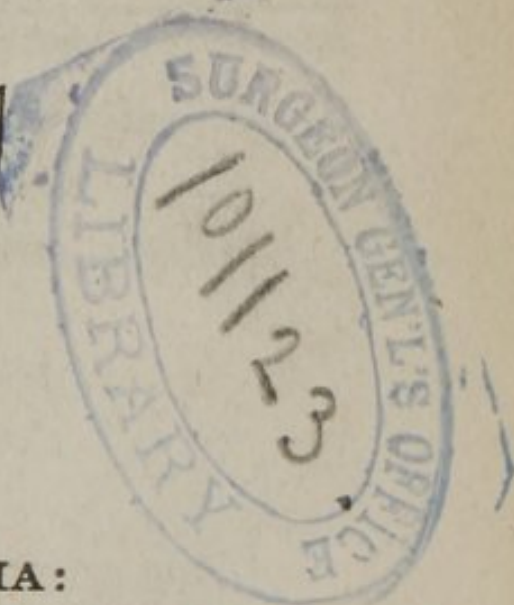
ITS

DEBILITY AND DISEASES.

BY

WESLEY GRINDLE, M. D.,

DOCTOR OF MEDICINE OF NEW YORK UNIVERSITY; AUTHOR  
OF TREATISE ON ADULTERATED DRUGS AND MEDICINES;  
ETC. ETC.



PHILADELPHIA:

319 SOUTH THIRTEENTH STREET, BETWEEN  
SPRUCE AND PINE STREETS,  
1857.

---

PRICE ONE DOLLAR.



WJA

G866n

1857

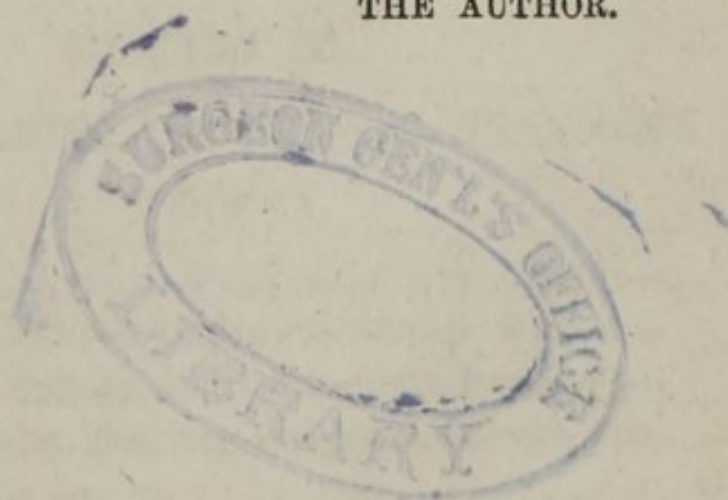
Reel : 71 - 6, 4 - 2

---

Entered according to Act of Congress, in the year 1857, by  
WESLEY GRINDLE, M. D.,  
in the Clerk's Office of the District Court for the Eastern District  
of Pennsylvania.

---

TO  
THE MEDICAL FACULTY  
OF  
THE NEW YORK UNIVERSITY,  
IN  
ADMIRATION OF THEIR EMINENT PROFESSIONAL CHARACTER,  
THESE PAGES ARE VERY RESPECTFULLY DEDICATED,  
BY THEIR GRATEFUL FRIEND,  
THE AUTHOR.







# CONTENTS.

---

INTRODUCTION,

PAGE 9

## CHAPTER I.

### SEXUAL DEVELOPMENT.

	PAGE
False and True Morality—Grand Result—The Period— The Signs—Dangers—Rules of Safety. - -	15

## CHAPTER II.

### RELATIONS BETWEEN THE SEXES.

Matrimony—Age and Development—As a Remedy—Op- posites Sought For—Physical Defects—Medical Skill —Caution and Warning. - - - -	26
---	----

## CHAPTER III.

### SPERMATORRHŒA, OR SEMINAL WEAKNESS.

#### SYMPTOMS

Seminal Losses—Priapisms—State of External Organs— Nocturnal and Diurnal Emissions—Great Danger— Loss of Courage, Energy, and Brilliancy—The Eyes— Taste, Smell, Sight, Hearing, Sleeping—Mental Fac- ulties—Uses of the Semen. - - - -	43
---	----



## CHAPTER IV.

## SPERMATORRHŒA, OR SEMINAL WEAKNESS.

## CAUSES.

PAGE

General Causes : Debauch—Irritations—Malformations, &c. Special Causes : Sexual Excesses—Venereal Di- seases—Self-Abuse. Horrible Consequences of Self- Abuse—From Hufeland. - - - - -	60
---	----

## CHAPTER V.

## IMPOTENCY AND STERILITY.

Definition—Malformations—Deranged Action—Zenobia, Queen of Palmyra—Effects of Imagination—Unseemly Embraces—Woman's Scorn—Man's Disgust—Quack- ery—Variety among Women—Vice of Female Organs —Deferred Offspring—"Aiding and Abetting"—De- testable Habit—Self-Murder—Advice and Warning.	74
--	----

## CHAPTER VI.

SEMINAL WEAKNESS, IMPOTENCY AND  
STERILITY.

## TREATMENT.

Great Blunder—Want of Sympathy—Little Desire for Society—Self-Quackery—Fear of Exposure—Dishon- orable Doctors—Lallemand's Treatment—Porte Caus- tique—Pressure on Penis—Suppositories. General Indications : Local—Constitutional—Dietetic—Moral. Mechanical Invention : Remarkable Effects—How Obtained. - - - - -	98
--	----

## CHAPTER VII.

## VENEREAL DISEASES—GONORRHŒA.

	PAGE
Causes : Gonorrhœal Discharges—Gleety Discharges— Leucorrhœa—Menstrual Flux, etc. Symptoms and Effects : Slight Itching—Inflammation—Purulent Mat- ter—Swelled Glands—Chordee—Scalding on Making Water—Swelled Testicles—Stricture—Gleet—Irrita- ble Bladder, etc. Treatment : Effects of Imprudence —Of Self-Treatment—Uneducated Doctors—Patients put on their Guard. Prevention when Exposed.	- 121

## CHAPTER VIII.

## VENEREAL DISEASES—SYPHILIS.

Animal Virus—Formation of Chancre—Character of other Venereal Sores—Specific Poison—Period of Columbus' Return—Hunter's Hobby—Abuse of Mercury—Mer- curial Disease—Sore Throat—Ugly Nose—Diseased Cartilages and Bones, etc.—Transmitted to Offspring —Prompt Treatment—Self-Treatment—Warning Gra- tis.	- 138
--	-------

## CHAPTER IX.

## THOUGHTS ON PREGNANCY.

Introductory Remarks—Free Quotation—To Libertines —To Hypocrites—To the Pure-Minded—Constitu- tional Defects—Horrible Cutting Operations—Great Distress During Pregnancy—Hereditary Diseases— Poverty and Large Families—Affecting Letter—Ob- jections Answered—French Proprieties—Females'
--



	PAGE
Wish should be Consulted—Not Good for Man to be Alone—Seduction and Appeal to Parents—Human Affections Mutable—Fashionable Rascality and Legal Roguery—Grace and Gluttony—Only Safe, Healthy, and Efficient Means. . . . .	154

## CHAPTER X.

### THOUGHTS ON ABORTIONS OR MISCARRIAGES.

Fœtus in the Womb—Floats in the Waters—Cord and Placenta—Slight Attachment to the Mother—Causes of its Separation—Falls—Blows—Violent Muscular Motions—Emetics Imprudently Given—Sudden Fright—Fits of Passion, etc., etc.—Ludicrous case of a German Woman—When Justifiable to Produce Abortions—Deformed Pelvis—Womb turned Backwards—Hemorrhage in Pregnancy—Excessive Vomiting, etc. Rapes—Seductions—Dangers and Safety—Notorious Madame Restell—Professor Bedford's Case—Probing—Drugging—Caution and Warning—Only Safety—Appeal to christian sympathy in behalf of the unfortunate—Directions for patients. . . . .	190
--	-----

# INTRODUCTION.

---

READER! this introduction is written not merely to conform to a custom universal among authors, in presenting their works to the public—for custom without sense or meaning we heartily detest. Some explanation seems proper, for we have brought to light strange facts generally regarded as hidden things among eminent medical men—facts no less startling than true, in many of their features.

Every physician of experience is aware, that we constantly find in our midst a large number of persons of both sexes, labouring under the most fearful apprehensions relative to their physical condition, or afflicted with diseases both lothesome and dangerous, if allowed to continue, all for the want of a little wholesome instruction concerning themselves, especially the physiology of the reproductive system, and the causes, symptoms, prevention, and cure of the debility and diseases to which that system is liable. This instruction, the *sine qua non* in the present state of society, we have endeavoured to impart in this volume; and that we might do this more effectually, and be thoroughly understood by all classes, we have introduced very few abstruse medical technicalities, and none without an explanation.



The subjects of which we here treat, we are free to acknowledge, are of a highly delicate nature, and it has been our constant study, to clothe our thoughts in such language, that the most fastidious could not take offence. We beg the reader to be assured, that we are the last person living to violate a chaste feeling and modest reserve, either with our pen or in conversation ; still there is a mock modesty which deserves the severest reprehension ; moreover, this is a *medical* book, and not designed for the centre-table, nor to be loosely thrown about among persons, either too young or too silly to understand, appreciate, or profit by the things brought to light. Haller well observed, "There are no secrets in physiology ;" although the mock modesty of many persons pretends to be horrified at the bare notice of matters of daily occurrence, which affect honor, reputation, health, and life itself. To such, the language of an old English King, when he picked up the lady's garter and presented it to her in the midst of a crowd, seems highly appropriate—*honi soit qui mal y pense*. We will further add, that, probably no person, arrived to years of understanding, after reading these pages, will believe that "babies are found among cabbages."

We have spoken with great plainness and self-confidence upon these subjects ; but we have, for some time past, bestowed special attention upon them, and feel the importance of those things, we so earnestly desire bring home to the understanding and consciences of our readers. We do not pretend that we have outrun ou



professional brethren *in everything*, but *these things* are almost universally neglected by the profession; indeed the science of medicine is so extended, the human family are subject to so many and varied diseases, affecting the whole system generally, and every organ in particular, from the crown of the head to the sole of the foot; and these indicate such varied treatment, that it is impossible that a physician should dabble in the routine of general practice for a whole life time, and become eminent in any branch of his profession. In our colleges and hospitals, every physician has his special branch, and if he possess talent, industry, and a good observation, he may attain to a degree of eminence.

In the university where we passed the greater part of our pupilage—the New York University—and whose dictum we carried into the world as evidence that we had passed the ordeal of the “green room,” and become *authorized*; there were five clinics, two surgical, one medical, one for diseases of women and children, and one for venereal and skin diseases. Now what was the necessity of dividing patients according to the nature of their diseases, and assigning them to different clinics? Why not let each professor have his share of the largest variety going? Plainly because the object was to bring before the class the greatest amount of skill and experience, and the faculty could obtain this only by such an arrangement.

But if the physician, when not connected with a college or hospital, engages in the investigation of a



special branch of practice—especially if it be one generally neglected by the profession—and *attains* to a degree of skill others do not possess, he is very likely to *obtain* the displeasure of certain men in the profession ; and the reason is obvious ; there are so many half-fledged doctors in our midst, engaged in the practice of some special branch of medicine, to their own disgrace, and the disgrace of the profession, that all specialists, whatever their merits, are looked upon with suspicion. These pseudo-doctors, in our large towns, usually advertise for the treatment of *venereal and secret diseases*. In the country, they not unfrequently become *family* physicians, and because patients sometimes recover from dangerous diseases, in spite of their interference, or without judicious medical assistance, it is supposed that they possess remarkable skill. It is sometimes said of such a doctor, that he can look right through a patient ; and he not unfrequently makes a ridiculous effort to “look wise,” as though he were actually viewing the softening or induration of some internal organ, when, perhaps, if the truth were known, he couldn't tell the liver from the *lights*, if taken out and laid before him. Give him the credit of curing all who recover, and ascribe to an over-ruling Providence the death of all who die, and he will indeed pass for a very good doctor.

Generative physiology, debility, and diseases, are subjects, as we have before intimated, sadly neglected by regular medical practitioners in this country, and almost entirely consigned into the hands of base, unprincipled em-



piries ; hence they are the “*opprobria medicorum*,” sources of reproach and humiliation to the professors of the healing art.

The world looks up to medical men, and expects advice upon these delicate subjects, but this requires great study, and extensive research into the mysteries of the healing art. The late Sir Astley Cooper, in alluding to these things, observed to his class, “Gentlemen, these are some of the arcana of the profession, into which you will not be readily admitted ; it is not until you have contended long with popular prejudices, that you will be made acquainted with such important secrets. When forty years of practice shall have rolled over your heads, when you shall have the snows on the tops of the mountains”—at the same time passing his hand through the white locks which graced a well-formed front—“then, and not till then, will you be required to give your opinion on such weighty matters.”

We take pleasure in acknowledging our indebtedness to Dr. La Mert, of London, for a few valuable hints, which led us to investigate some subjects discussed in this work, more fully than we had done before. We had the pleasure of making that gentleman's acquaintance on our late tour to Europe, and we learn from a number of the London Lancet, which subsequently came into our hands, that *he* placed a just value—perhaps too high value—upon the opinions and suggestions of his American friend and fellow-laborer in the work of investigating and healing disease. His work on generative physiology



we heartily recommend to physicians and students of medicine in this country. A few passages from that work, we have copied into this, with such alterations and notations as our experience warrants us in making.

A few other subjects, such as the function of menstruation, foetal development, etc., we had intended to notice in this work, but we found we could not do so, without greatly transcending our original limits, or neglecting other subjects of greater practical importance.

Reader ! we have been engaged almost alone in the investigation of certain diseases discussed in this work, and we see their prevalence, their terrible consequences, and we know that they can be held in abeyance, conquered, eradicated by the appliances of medical skill ; and the hope of saving some of our fellow beings from utter despair, from degradation of soul and body, from disease as dangerous and insidious as the serpent's coil ; the hope of doing something to induce the medical profession to bestow that attention upon this branch of practice, which its great importance demands ; this hope induces us to offer this work to the public, and brings a satisfaction, which the consciousness of having been engaged in a known duty, to the extent of our strength and ability, alone can bring to the mind.

*Philadelphia, 1857.*

## CHAPTER I.

### SEXUAL DEVELOPMENT.

**FALSE AND TRUE MORALITY—GRAND RESULT—THE PERIOD—THE SIGNS—DANGERS—RULES OF SAFETY.**

TRUE morality, that which will produce its goodly fruit in generations of virtuous, happy, long-lived, healthy, and really innocent men and women, consists, not in concealing, or attempting to conceal, the sacred laws of Nature, and to close up her book, so pregnant with truth and wisdom ; but rather in efforts to instruct the youth in the great and noble objects for which their capacities of body and mind were bestowed upon them ; and in making them aware of the certain, the inevitable misery involved in the abuse of those capacities, and the equally certain happiness arising from patience, moderation, and the avoidance of disastrous imprudence. The years allotted to the progress of life from infancy to puberty, are years which nature devotes to the preparation of the body for a mighty crisis ; and all virtuous, judicious parents and guardians, should give special attention to this important branch of juvenile education, that they may



be qualified to conduct their sons and daughters, or those committed to their care, safely through this most trying and dangerous period of their whole existence.

A profound and judicious observer once remarked, "that matters very trivial, either in present or future results, often occupy the attention of mankind, and exercise their most vehement hopes and fears to the exclusion of considerations of infinitely greater moment." A significant illustration of the truth of this remark, is found in the fact, that the most important phenomena which occur in the progress of human beings from the cradle to the grave, phenomena on the proper observance of which depend a long life, and sound health of body and mind, are those, concerning which, people generally are most ignorant, and which have, by a deplorable misconception of the meaning and intent of moral precepts, been all but ignored by most physiologists.

When our fathers were young men, and for a century preceding, this all important subject was absolutely consigned by the medical profession into the hands of as crafty, cruel, ignorant, and unscrupulous class of impostors, as ever preyed upon credulity, or helpless suffering. But things are now somewhat better in this respect. Some of the most illustrious men of whom science can boast, within the last twenty years, have labored successfully in this department of the laws of life and health. My own highest pride, my unfailing source of comfort and satisfaction, is the consciousness that, to the stock of knowledge collected by these great men, my personal



investigations, my opportunities of observation and research,—have enabled me to make additions which produce practical results, and relieve an enormous mass of human wretchedness, and substitute health and hope, for utter prostration and despair.

Much has been said, and still more written, concerning what is usually called the “turn of life,” viz : the period at which human vigor begins to descend toward the weakness of old age. But, unfortunately, too little attention—virtually none, until comparatively lately—has been paid to that which constitutes the great “turn,” the great change of all, namely, that point in our existence when the transition from incompleteness to completeness takes place—the period when the GRAND RESULT, for which Nature had been preparing during all the earlier years of man’s life, at length, by a spontaneous effort of the mysterious principles of vitality, attains development ; and when faculties long lying dormant, and in the creation of which the unerring precision of All-seeing Wisdom has been most wondrously displayed, become instinctively conscious of the uses for which they are designed.

This interesting epoch is known by the appellation of *puberty*. The age at which it sets in, varies according to differences in temperament and climate. In our own country, and in our northern climate, we may state as a general fact, that the average age in girls is fourteen, and in boys fifteen, and the extremes ten and twenty. In Italy, Spain, and the Southern countries of Europe, and



the Southern States, the period is at least one year earlier. In Africa, India, Brazil, and some regions of South America, it is not uncommon to find a mother and child, between whose ages, the difference is scarcely ten years. On the other hand, there are instances—many of which have come under our own observation—in which young women of lymphatic constitutions, whose physical training had been neglected, approach twenty before the natural capacities of womanhood are developed. The various causes which influence the hastening or retarding of this function, we shall notice in other parts of this work, in our hints and cautions to parents.

A distinguished writer on this subject aptly describes puberty as the period at which the generative function commences. The function, he observes, "is dormant in infancy and childhood, and ceases in old age." Now by far the most critical and important stage of human life, is that at which it first becomes active; and this stage is accordingly marked and pre-announced by a number of symptoms, indicative of the arrival of what may be considered a new state of being.

As the body and mind are closely connected, and have a powerful sympathy over each other, these symptoms are discernible not only in the physical, but also in the mental organization. At the time when the youth receives from Nature the peculiar admonition, a number of new sensations arise, to which he had been a stranger before. The elasticity of childhood gives way to a staid gravity, almost approaching melancholy, from which



misjudging friends sometimes endeavor to rally him by ridicule and satire.

The gait becomes settled, the voice changes from the shrillness of childhood to the more dignified fullness and depth of adolescence; a reasonable and reasoning anxiety for knowledge takes the place of the random curiosity and troublesome garrulity of the "little boy." The manifestations and demeanor toward the other sex vary infinitely. In boys of timid and delicate constitutions, whose chief association has hitherto been with females, there arises an almost unconquerable bashfulness when in the presence of those to whom they had been most accustomed. This bashfulness is produced by the powerful emotion whose very strength, in the absence of the knowledge how to express itself, sometimes leads to a morose deportment toward—even to an avoidance of the society of—the gentler sex; a circumstance which, by an egregious error, is ascribed to the poor youth having imbibed a dislike to females. How totally contrary is the real state of the case! In boys of opposite and more robust constitutions, who have associated with their own sex in athletic sports and pastimes, the indications are different. They become more attached to the society of the other sex, toward whom their carriage is that of frank and gallant homage. Far from being impelled to hide their feelings, or resort even to the affectation of dislike for those toward whom their instincts yearn, they take pleasure in the manifestation of the delightful feelings which they regard as



manly and ennobling, and are never so happy as when engaged in those attentions that indicate devotion and affection.

In both cases, however, whether of bashfulness or boldness, the physical and mental powers in all parts of the organization are changed.

"It very often happens," says a distinguished physiologist, "that, immediately before puberty, Nature, as if to bestow all her efforts on the development and completion of the great functional revolution, permits a temporary diminution of the force and vitality of other faculties. Languor, weakness, sickness, awkwardness of motion, partial stupidity, are not unfrequently observable. But the revolution once accomplished, this derangement passes away, and Nature, left free to the exercise of her influence over the general system, causes a healthful re-action, in which all the other powers are invigorated in proportion to the efficacy of the new sense. Then comes a settling and strengthening of the general system; the bones and muscles become firmer and harder; the joints and sinews somewhat less pliant, but more enduring and reliable; the chest and respiratory organs more capacious; and it sometimes happens that a childhood precarious and delicate, merges into a youthhood of great robustness, free from diseases of any kind."

The late Dr. Ryan, a modern physiologist of very great distinction, whose labors have conferred a great blessing upon posterity, holds the following:—"At this



age a sudden increase of the whole body takes place, sometimes in a wonderful manner; the voice becomes hoarse in males; the pubes, axillæ, face, and whole body, become covered with a whitish down; the genital organs, which were previously small and useless, increase with the rest of the body, and being much augmented, secrete a prolific fluid, by whose stimulus the youth is incited to the enjoyment of the gifts of Venus. About the same age at which boys become pubescent, girls become nubile; the genital organs are evolved, the pubes appear, and the breasts are developed; a new loveliness appears on the countenance; a new elegance of the whole figure; and if the individual be previously delicate, good health may at once appear. Hence by the laws of nature, the sexes are impelled with a desire to be united, whence offspring similar to themselves are propagated."

Rousel remarks "that by the elaboration of the reproductive fluids, there results a superabundance of life, which endeavours to communicate and establish itself—there is a new and mysterious want developed which compels the sexes to approach each other." And Colonis supposes "that the new want produces in the young man a mixture of audacity and timidity: of audacity, because he knows that all his organs are endowed with unwonted vigor; of timidity, because the nature of his desires astonishes him, as defiance to them disconcerts him. In the young girl, this want gives rise to a sentiment of modesty, or virgin shame, of which she was



before ignorant, which may be regarded as the hidden expression of her desires, or the involuntary signs of her secret impressions."

In addition to these observations we would remark, that at this critical and interesting period of life, the reproductive fluid, naturally secreted and partly dispersed throughout the whole body, whilst it excites and invigorates the sexual organs, produces a corresponding excitement and vigor in every part of the system.

THIS IS A PERIOD OF VERY GREAT DANGER AS WELL AS INTEREST !

The most prolific source of all evil, that which slays its thousands, that which lays the foundation of a feeble sickly constitution for a whole life time,—is the destructive habit most frequently contracted through the unwatched associations of young people, though occasionally through the solitary and accidental discovery of a fatal secret. And here I would solemnly protest against that most pernicious error, which causes the secret in question *to be a secret at all*. When the time arrives for the development of certain faculties, it is a monstrous delusion to imagine that mere silence on the part of adult friends, can extinguish those faculties, or suppress their instincts, or prevent the youth from feeling the sensations to which they give rise. The want of proper instruction upon this subject, setting before the youth, at a proper time, the mischief and misery arising from the vicious habit in question, is accountable, in a very great measure, for the wide spread ex-



istence of this terrible evil ; an evil, which, for centuries has sent, and still sends, its myriads of miserable beings to early and ignominious graves, and has wrought the ruin and extinction of many a noble family.

Against this murderous hypocrisy—the most blind, mistaken, the most obstinate and wrong-headed of all species of conventional hypocrisies—I would raise my warning voice, sadly and solemnly. My conscientious persuasion, founded on experience of an uninterrupted magnitude, is, that the prejudice in question has immolated more victims than war, famine, and pestilence put together ; and it will not be from any want of exertion on my part, if, unfortunately for my fellow-beings, I descend to the tomb without having eradicated it from the list of “social proprieties.”

The unhappy consequences, both to the body and mind, arising from the vicious habit under consideration, a habit which, young persons emerging from childhood into a state of new development, so frequently contract, we have more fully set forth in discussing the causes of spermatorrhea, impotency and sterility.

Now do judicious parents enquire, what can we do that we may more safely conduct our children through this critical period of their existence? To such, we would say, that an observance of the following precautions will enable you to do much to secure their safety :—

1. Prohibit vicious associations.
2. Withhold obscene pictures, lascivious books, and pernicious novels.



3. Avoid, as much as possible, highly seasoned food, stimulating drinks, close apartments, and sedentary habits.

4. Strict cleanliness, as regards the most delicate parts of the organization, should be enjoined. Don't be afraid of soap and water. Ablutions of cold water to the genital organs, once every day, is an excellent practice. Filth produces irritations and eruptions, and engenders, or favours the habitation of, an insect peculiar to the parts, and may lead to the filthy habit you desire so much to avoid.

5. Always have some useful employment for your sons and daughters. "Indolence is the mother of vice." Allow your children to grow up in idleness, because, forsooth, you have abundance of this world's goods, and they will assuredly become vicious in their dispositions, if not disgraceful in their outward habits; and your wealth becomes a curse instead of a blessing to your posterity.

6. Instruct calmly, admonish gently, but earnestly, and faithfully exhibit the terrible consequences of the filthy habit, self pollution, which we have candidly depicted in another part of this work.

7. When, judging from the languid appearance of your son, or from any other means whatsoever, you learn that he has fallen into the pernicious practice in question, and all your instructions and warnings fail to bring about a speedy reformation, you should, at once, consult a physician of character and ability, who is known to have given special attention to this branch of medical practice.

By faithful attention to the facts and counsels contained in these pages, we are fully confident that parents, guardians, teachers, and others, may avert some of the direst curses, and most degrading miseries, by which fallen human nature can be afflicted.

The subject of *Sexual Physiology and diseases*, is one of the most grave and solemn which can occupy the contemplation of man, and in that tone it should be treated. Next to the evil of concealment and mystification respecting its great truths, is that of alluding to those truths in a spirit, partaking of levity. Of all the people of Greece, the Spartans were those amongst whom there was the greatest candor, the greatest gravity, the greatest plainness, the least of either hypocrisy or levity, upon matters relating to the intercourse between the sexes; and of all the people of Greece, the Spartans were the most vigorous, the most temperate, and the most chaste.



## CHAPTER II.

## RELATIONS BETWEEN THE SEXES.

MATRIMONY—AGE AND DEVELOPMENT—AS A REMEDY—OP-  
 POSITES SOUGHT FOR—PHYSICAL DEFECTS—MEDICAL  
 SKILL—CAUTION AND WARNING.

"BEHOLD," says the eloquent Virey, "what pomp, what joys, what glory, and what magnificence are prepared by nature, for the marriages of plants and animals! How the lion prides himself on his strength! the antelope on its figure! the peacock and swan on their plumage! the fish on its silvery coat, and on the splendor of the gold and brilliant appearance of its body! How the butterfly expands its diamond wings! how the flower displays its charms to the rays of Aurora, enjoys in silence and drinks the pearly drops of the dew! All is the radiance of beauty in nature; the earth, covered with verdure, resounds with accents of joy and sighs of pleasure; all exhale love, all search for it, and enjoy it—in a word, it is the common festival of beings. But, in a short time, the flower fades away, and languishes on its stem; the butterfly declines and dies; the lion, as if fatigued by long contested fights, searches for peace and

retreat ; and man himself, overcome with languor, retires in silence, seeing the approach of death, which presses its iron hand on all that breathes."

First, a few words on the *morale* of marriage. It may be laid down, as a general principle, that where there is a striking disproportion—where there is a manifest discordance in temper and disposition—where there are disturbing elements connected with religious or family feuds, prudence would recommend that persons thus circumstanced, should, on no account, commit themselves to the most solemn of earthly engagements. This is surely the rule of safety.

Amongst subjects which occupy the attention of the practical physiologist, the proper age for contracting marriage, has given rise to no small amount of controversy ; the result of which is, however, a pretty general agreement, that making allowance for the differences of climate and temperament, the preservation of chastity, by either sex, for several years after puberty has been attained, is productive of effects not less beneficial in a physical, than in a moral sense. If excessively early marriages—those precocious unions which we sometimes see, formed between boys and girls of 16 or 17 years old—lead to the birth of children whose parents have neither the means nor experience to guide, to instruct, and maintain—if, in short, these improvident contracts lead to a morbid increase of mere numbers—so, in like manner, the premature activity of organs which should quietly ripen and mature, is apt to preju-



dice the physical vigor both of the parents and their offspring. It sometimes happens that before a man has attained the meridian of life, even though no vicious irregularity have stained his youth, his powers become debilitated through too early sexual congress, whilst his numerous children are sickly and enfeebled. This circumstance is often referable to the fact of marriage having been entered into at an age, when the constitution of the individual had not acquired the hardihood and compactness, requisite for the active discharge of all the duties of wedlock.

In many nations, and at various epochs of history, legislative regulations have been introduced with the view of meeting this evil. We find penal obstacles imposed against marriage being contracted before the ages of 30, 25, etc., etc. But laws of this kind must always be partial, generally ineffectual, and sometimes mischievous. In the warm latitudes of the south, it would not be possible, and if possible, it would be tyrannical and pernicious, to compel young people to postpone marriage until the age which would appear timely and advisable in cold climates. Under the sun of Hindostan, a girl is endowed with all the functions of womanhood, several years before her faculties would reach an equal development in the meridian of St. Petersburg. Again: even amongst persons born and living in the same country, the variations of physical idiosyncrasy are so wide, that any useful settled rule is impossible. That which may be indispensable to the health, the virtue,



may, the very life, of one, may be positively injurious in the case of another person of the same age, but of an opposite habit of constitution. At eighteen years the system of the one may have acquired a maturity—an impetuosity of development,—which it may take five or six years longer to produce in the other. It is thus evident that the course of wisdom and prudence is to treat every case upon its separate characteristics and circumstances. Parents and influential friends who adopt this advice, in weighing the *pros* and *cons* of arrangements, on which such momentous consequences depend, will find their pains richly rewarded by the blessings of those, who may have to ascribe the happiness of their lives, to this laudable forethought on the part of their guardians.

That the happiness of married life may in a great measure be secured or defeated, by attention to, or neglect of, what lies in our power, previously to its consummation, is as true, as that there are duties obligatory alike upon both parties after marriage. As to the period at which it is wisest to enter upon this state, the advice of the great moralist, Johnson, is striking: “Those who marry at an advanced age, will probably escape the encroachments of their children; but in diminution of this advantage, they will be likely to leave them ignorant and helpless, to a guardian’s mercy; or, if that should not happen, they must at least go out of the world, before they see those they love best, either wise or great.”

As to young women more especially, it is certain



that the natural exercise of the organs of reproduction has the happiest effect on those of a warm temperament, excited by diet, inactivity, and other stimulating influences. How often do we note the cessation of frequent hysterical paroxysms, when the subject of such attacks has exchanged the virgin for the matron state. In this respect, the advice of Hippocrates, two thousand years old though it be, is equally applicable in our own day. Hippocrates prescribes marriage as the natural remedy, for not one, but many seriously-wasting female ailments. When, therefore, a young marriageable maiden exhibits symptoms of the approach of such diseases, as hysteria, or irregularity, or absence of certain secretions, the fact that these are the result of continence is nature's declaration, that marriage is the best method of curing them; and the sufferer should then, if possible, be united to the object of her affections. Such symptoms generally disappear after marriage, unless long habit or some new disturbing cause prolong their stay; health blooms again upon her cheek; and to her family and to society a being is preserved, who may be one of their most amiable and valuable members.

In reference, also, to the male sex, the remark is perfectly just, that, independently of many morbid affections and habits which marriage removes, it augments the energy of the system of blood vessels; the distended arteries, pulsating with firmer force, transmit warmth and animation throughout the body, the muscles become more vigorous, the step more elastic, the voice firmer,—every physical attribute of humanity becomes boldly developed.



If it be argued, that very early marriages check libertinism, it may be responded with perfect truth, that they tend with equal effect to the production of a sickly, suffering, short-lived progeny, who, fortunately for themselves, seldom reach manhood or womanhood, and are, in fact, "not worth rearing." The best preventive of libertinism is vigilant and judicious training, combined with careful inculcation of the sacred precepts of religion. Violations of the wholesome laws of Nature in one direction, are not to be prevented by the violation of the same rules in another direction ; and the effeminate and ferocious character of Louis the Eleventh of France, is only one of innumerable examples, of the effects of the exhaustion of the nervous powers, and the perversion and destruction of some of the most important of the human faculties, consequent on too early congress. The lapse of two thousand years has confirmed the truth of the principle enunciated by the philosopher, who declared that "precocious marriages oppose a good generation ; for they procure small and contemptible men." The wisdom of this has been confirmed by the experience of all ages, down to our own.

In animate as well as inanimate nature, one of the greatest charms is contrast and variety, and the influence of this is nowhere more conspicuous than in the relations between the sexes. It will usually be found that the members of the softer sex fix their affections upon individuals, distinguished for the possession of the masculine qualities most opposite to the female char-



acteristics; and *vice versa*, with respect to the attachments formed by males toward females. This is the effect of a great law of nature. Admiration of any kind is, in general, directed more intensely toward that which we do not, than toward that which we do, possess, and toward the qualities most different from those, with which we are ourselves endowed. We observe that man looks for delicacy, flexibility, and gentleness in his mate; woman for strength, firmness, and power. In the vital or reproductive system, men and women are found instinctively to seek and approve opposites. The classic statue of Hector and Andromache, beautifully illustrates this law. The sylph-like mother clings about the manly form of her lord, armed for the fight, as she fondly exclaims,

“Too daring chief! ah, whither dost thou run?”

“Ah! too forgetful of thy wife and son.”

Frequent instances have occurred, in which an ill-assorted union brought about by some one of the thousand conventional influences, “which war with Nature’s honest rule,” have caused a married couple to be not only unfruitful, but virtually impotent between each other, though otherwise perfectly competent to the performance of the offices of procreation. A wedded pair have been known to be sterile, though, after divorce, each has become prolific with an individual of opposite constitution. The test of congress was abolished in France, in the seventeenth century, owing to the circumstance that M. de Langeois, though incapable of the duties of th



married state with his own wife, was very fruitful with another lady better suited to him.

It may be safely affirmed, that a difference in temperament between married persons is conducive not only to mutual affection, but to fertility. Nature appears to disapprove all unions, in which her principle of differences and contrasts is disregarded. She wishes marriages between different families and nations, because such crossings of the various races, improve and invigorate the species. The mental weakness, as well as physical predicament of some of the European royal families, are strongly confirmatory of the evil of alliances within narrow limits, and daily examples confirm the validity of the principle. Pallas adduces the fact that the intermarriages of the Mongol Tartars, with the Russians and Persians, produce very fine individuals; while Humboldt and others have observed that the offspring of Europeans and persons of the Ethiopic race, are peculiarly robust and active. The philosopher just named argues, from this, that the best mode of eradicating hereditary diseases, gout, scrofula, consumption, madness, epilepsy, etc., in their early tendency is by the commixture of the species in intermarriages, which arrangement often prevents the transmission of such diseases to the next generation. If all conjugal unions were assorted after the dictates of nature, or the secret instinct of sympathy, nothing, without doubt, could be more delightful and lasting than the bonds of Hymen. By well-ordered natural alliances, both sexes become



better and more perfect, the mutual abandonment of one to the other forms one being in two bodies, care is lessened by participation, and pleasure rendered doubly exquisite.

Having said thus much on the condition, the observance or violation of which so materially influences the happiness or misery of the marriage state, the vigor or decrepitude of offspring, the welfare of individuals and of society at large, it is important to observe, that there are numerous incidental affections, which, though perfectly within the reach of judicious medical treatment, exhibit so many of the overt symptoms of hopeless and incurable infirmity, that, in the absence of the knowledge that effectual relief can be administered, their presence inflicts the bitterness of despair, and the anguish of shameful humiliation, upon thousands. The prevention, the suppression, and the alleviation of suffering arising from these causes, are one of the purposes of my present labors.

For, even when matrimony is contracted under the most promising auspices—when all seems fair as a summer landscape,—how often there comes a blight of unforeseen and dismal character, crushing hope, evoking despair, sowing discord and strife amongst entire families! We all know that this is an every day occurrence; but the causes—the fundamental causes—of the anomaly, are generally hidden behind the dark curtains of personal and conventional pride.

In the first place, it is a truth which it would be not



only useless but mischievous to disguise, that a prime and leading source of connubial infelicity, is the intervention of certain physical phenomena, which in some measure interfere with the perfect fulfilment of the sacred institution of marriage. It is not, in some cases, until years have elapsed, that the existence of these phenomena has been discovered; in some, the discovery dates from the bridal day itself; in others, they seem to arise suddenly from some cause, which, without medical investigation, the sufferer cannot even conjecture.

An example will suffice to illustrate some of these sets of circumstances:—Many years since, a marriage took place between a lady and a gentleman, who, to use the homely but expressive phrase, were in all respects “well matched.” Age, health, pecuniary circumstances, and every element of harmony, seemed to foretoken a life of mutual satisfaction, and to promise an offspring of the quality which gladdens a parent’s heart. All went well for a while; in due time a child was born, with every outward indication of sound health; in a few weeks the infant sickened and died. This was the more regretted, inasmuch as family settlements had made it more than usually important that there should be children. Better fortune was hoped for;—the next child was still-born! And this sad alternation went on for six or seven years; the infants in no case surviving beyond a week or two. The state of things grew most painful; relatives on both sides, became entangled in discussions which promised anything but a friendly con-



clusion. The mysterious loss of many successive children, whose parents were to all appearance so well fitted for the performance of their respective functions, baffled the ingenuity of the family physician, and at length began to excite suspicions of a kind the most injurious to third parties. At length, medical advice was taken elsewhere, and the husband was minutely questioned as to any antecedent circumstances which could by possibility have affected his present state of health. He stated that, in his youth, he had suffered from a disorder which, as he believed, had been perfectly cured. An examination took place and it became evident that there still existed in the system some remains of the evil. Light now began to set in : wife and husband were persuaded to live apart for a few weeks, and an alterative and purifying course of treatment was resorted to in the case of each. They then resumed cohabitation. Three or four children growing up in the bloom of health and vigor, are the fruit of the reunion. But, mark the consequences of neglect on the part of the husband, to take advice in season from a thoroughly qualified practitioner, as to whether there were any thing "to be set right." Half a dozen lives sacrificed ; a wretched interval of anguish and mutual reproach ; family dissensions, which, once excited, will, perhaps, never be truly reconciled ! Fortunate, that the evil effects of culpable neglect proceeded no further. Such is one of the least distressing illustrations of the neglect of an obvious and easy duty. While upon this subject we would remark, that



we very frequently meet with cases, not referable to incapacity of the procreative powers on either side, where there has been no offspring whatever. Such deprivations of life's blessing, to those who desire children, sometimes arise out of conditions the very reverse of those, which popular prejudice usually assigns as the sole cause of non-fruitfulness. It happens, not very unfrequently, even where morality has never been departed from, where the strictest fidelity has been observed on both sides, where there is no overt disease, no hereditary predisposition to disease, no deficiency or malformation of the essential organs, that no offspring, however much desired, results from the union. Now the disappointment in such cases usually arises from ignorance of a few simple salutary maxims respecting food, repose, season, etc. There is more important truth than is generally imagined in the ancient maxim—"Labor, cibus, potio, somnus, Venus"—Labor, food, drink, sleep, love.

The absence of children frequently involves serious consequences, not merely in regard to the desire to become parents, but in reference to the arrangement of property, and to many other objects which will suggest themselves to the minds of intelligent persons. Many cases are on record of efforts made to become parents, through the violation of more than one of the laws of morality. As instruction, however, and not mere amusement, is the object of these chapters, it will suffice to remark, that in the vast majority of the cases



under consideration, timely application to efficient medical counsel would remove both the agony of disappointed hopes, and the temptation to unlawful means for the fulfilment of these hopes. There are few causes of disqualification which cannot be effectually subdued by the appliances of science and experience—by the guidance of a physician, whose devotion to the investigation of the functions of reproduction, furnishes a guarantee of his capacity, to adapt his treatment to the distinctive exigencies of each particular case. Let this precaution be adopted, and rarely indeed will the object fail to be accomplished.

As to those who have attained mature years and contemplate matrimony, or have already undertaken its obligations, and would effectually secure its blessings, and shun the evils which we hope are sufficiently clearly pointed out in this work, the pathway of health and safety, of happiness and longevity, is before them: let their own judgment decide whether or not they will follow the auspicious track.

It is right and useful that all men should know, that there are principles of personal management, which cannot be violated without incurring grievous penalties; it is right that they should know, when wisdom and regret succeed the hey-day of inconsiderate self-indulgence, how these penalties may be mitigated, and how the sting of their bitterness may ultimately be removed. It is right, that they should understand the beginnings of evil, that the evil and its consequences may be avoided; but it is



almost equally important, that the innumerable host of sufferers who are already experiencing the agony of disappointed hopes, and the humiliating degradation of a baffled existence,—it is almost equally important, that these should be made aware that the most absurd of all emotions is that of despair ; that physical infirmity is incalculably aggravated, by permitting the mind to brood over-much on misfortunes which men should seek to remedy, instead of dissipating their energies in idle lamentations ; that mental prostration is the fertile parent of bodily imbecility and anguish ; and, above all, that there is scarcely any degree of weakness or functional derangement to which the timely aid of science cannot apply a cure.

The object contemplated by the Great Author of the institution of marriage, is the increase and perpetuation of the sum of human happiness. This object cannot be attained save by individual virtue and prudence, acting concomitantly with the diffusion of enlightenment and the banishment of popular ignorance. Ignorance of a density unequalled—of an obstinacy unparalleled—long prevailed, on the topics which control most completely the fitness of men and women for wedlock. There are certain states of injured health, capable by early and skilful treatment, of thorough and speedy cure ; but which, if neglected, or injudiciously dealt with, render sought but disgust and misery in marriage a thing humanly impossible. It very often happens too, that these morbid stages are, in their present and apparent effects, so insignificant, so slightly discommoding, and so con-



nected with early imprudences long since relinquished or humiliating in description, that they are allowed to gain ground insidiously, through the delusive idea that the disease will cure itself.

Now, of all the subjects, which bear directly on the perfection or disarrangement of the bodily functions—on the absence or presence of disease, acute and chronic—on the vigorous development of the faculties which produce physical as well as intellectual health—none is more interesting, none more important, none more complicated in its details, none requiring a more perfect combination of skill, delicacy, boldness, and caution, in those who undertake to give advice upon it, than that which deals with the moral and social relations of the sexes, with the causes which produce wedded happiness or the reverse, and still more especially, with those remote and too frequently unsuspected habits and circumstances, dating sometimes from the earliest period of youth, and, by slow, but certain steps, paving the way for the most excruciating woe, and the deepest degradation, which man is capable of enduring.

Fearfully momentous to each individual, is the contingency whether or not the blessings, properly appertaining to the marriage state, shall be secured by the solemn contract entered into. It is the most important relation that we can form, from the cradle to the grave; and independently of our own individual happiness, the thought that the happiness of others is forever affected by the wisdom or folly of our choice, ought to be forcibly impressed upon the recollection of young persons.



Unhappy marriages ! Unfortunate matches !—what a melancholy retrospect of sin and sorrow do these simple words present to the contemplation of the very few qualified medical practitioners who have made cause and effect in this branch of physiological investigation, the peculiar subject of their studies ! What tremendous secrets of guilt, caused by parental neglect—what awful records of error—what fearful monuments of the curses which imprudence and wickedness, arising merely in ignorance, inflict on the whole race of man ! There is no branch of science which discloses to the experienced investigator, secrets more fruitfully illustrative of the feebleness, and, at the same time, the obstinacy, of unreclaimed, unguarded, unguided human nature.

Much wretchedness is frequently caused by a fear on the part of married persons, that the impediments which baffle enjoyment, and baulk expectation, are absolutely insusceptible of relief—absolutely incurable—when, in reality, the state of things is by no means so desperate as this. The alleviation of actual evils, the removal of distressing fear and unfounded suspicions, the communication and realization of rational and invigorating hope, are often, in cases apparently the most cheerless, within the power of the intelligent and educated physician, and to any who are already beginning to deplore what they conceive to be their unfortunate predicament, I would say, Decide not hurriedly against yourselves, or the partner of your bed ; ascertain whether it be no mere temporary cause that forms the obstruction to your natural and commendable wishes.



Much misunderstanding, many keen heartburnings that destroy the comfort of married life, would be entirely removed, if upon the hearts and consciences of mankind were impressed a more correct knowledge of the indispensable requisites for a happy marriage, for the power of *communicating*, as well as of selfishly *receiving* pleasure from that union, intended for the reciprocal accomplishment of these objects. On a due understanding and a faithful discharge of these duties, the happiness of each individual, and the well-being of unborn generations greatly depend.

### CHAPTER III.

## SPERMATORRHŒA, OR SEMINAL WEAKNESS,

### SYMPTOMS.

SEMINAL LOSSES—PRIAPISMS—STATE OF EXTERNAL ORGANS  
—NOCTURNAL AND DIURNAL EMISSIONS—GREAT  
DANGER—LOSS OF COURAGE, ENERGY, AND BRILLIANCY  
—THE EYES—TASTE, SMELL, SIGHT, HEARING, SLEEP-  
ING—MENTAL FACULTIES—USES OF THE SEMEN.

THE chief object which we have in view in writing this work, is to furnish persons of both sexes, uninitiated in the technicalities and mysteries of the medical profession, with information sufficient to enable them to adopt those measures of precaution, prevention, or cure, which will, in certain states of the system, be necessary for the preservation of health, for its restoration when damaged or jeopardised, and for the arrest of certain diseases belonging to the sexual organs ; which, though of a delicate nature, are still dangerous and frightful to contemplate.

Spermatorrhœa, or seminal weakness, signifies an excessive or unnatural loss of the seminal fluid, or principle of vitality and reproduction. This affection is often the



precursor and cause of total impotence and sterility, and a train of the most dire, excruciating, and deadly maladies, to which the human frame is subject.

In considering the symptoms of spermatorrhœa, or seminal weakness, we will observe that in its progress, the disease assumes a variety of aspects, and usually increases in intensity at every step. In the earlier stages, the symptoms are sometimes imperceptible to the unprofessional person, and it would not be possible to exhibit a description, however careful and minute, which would enable men, at all times, to determine, by self-examination, whether or not *they really are patients*. Unlike most diseases, however, there is little danger that the patient will suppose himself affected with spermatorrhœa, when the disease does not exist; but there is danger that it may exist and run on for a considerable time, unnoticed by the patient. In some cases, the fact of present illness forces itself upon the most passive disposition; but in others—and these very often the most dangerous—the disorder *steals* on the sufferer, instead of smiting him so suddenly, as to warn him that all is not right with him. In the midst of apparent security, the enemy may be at the gate, nay, *inside* the gate of the citadel of health. In order, however, that persons of all conditions may know as much as possible relative to this subject, we will proceed to notice those overt symptoms, which no person should mistake who reads these pages.

For the purposes of explanation, we shall divide these symptoms into LOCAL and CONSTITUTIONAL.



Of the local symptoms, the chief are, discharges of semen at night, whether attended or not by venereal dreams ; and discharges of semen during the day, which sometimes take place visibly, but most frequently in an imperceptible manner, whilst emptying the bladder or other bowel.

Another local symptom, which sometimes becomes distressing, is an intermittent succession of priapisms, or violent erections of the penis, with but little, if any, pleasurable sensation, these erections being often followed by great exhaustion, and a sense of weariness and prostration ; accompanying these, there is sometimes an almost invisible trickling from—or rather, to the sight, mere humidity at the extremity of the penis ; a kind of oozing, like unwholesome perspiration, which, in reality, in its slow but sure effect, is not less debilitating than the perceptible emissions. At the same time, there is apt to take place, on the occurrence of a voluptuous thought, or when in the society of females, or even by the accidental friction of the clothes, etc., a thin mucus-like discharge, sometimes so very small in quantity, that the orifice of the penis is not more moistened than if a single drop of urine had escaped. The drop that does escape, however, is the habitation of living beings ; it is a particle of the living seed, perhaps deteriorated by disease, but the gradual loss of which is the destruction of the frame.

The state of the external organs of generation is another indication. Though impotence may not, as yet,



have supervened, the patient will, by vigilance, be able often to detect a diminution of his usual erectile power ; also more or less atrophy or diminution in the size of these organs. The testicles hang more loosely than usual, one very often dropping much below the other ; and the scrotum may be found in a relaxed or flabby condition, sometimes hanging much lower than nature designed, showing a sad want of tonicity in the parts. The semen will sometimes escape, when attempting copulation, before a proper degree of penetration has been effected, which must create, on the part of the female, the most unmitigated contempt ; or, if the person has had sexual intercourse, a short time previous, so that the *Vesiculæ Seminales* are entirely empty, and considerable time must elapse before an emission takes place, there is so little vigor and sensation on his part, that the female realizes a sorry apology for the pleasures of the nuptial bed. This is assuredly a condition of things no less ridiculous than dangerous ; and unless the patient wishes to continue disgracing himself in the presence of her whose happiness should be his greatest solicitude, he should apply for relief, to a competent source, with as little delay as possible. Moreover, this condition of things, always, I believe, runs on to total impotence, unless judicious medical treatment interferes to arrest its progress. It is, however, perfectly within the reach of medical skill.

NOCTURNAL EMISSIONS OCCURRING MORE FREQUENTLY THAN ONCE IN THREE OR FOUR WEEKS, ARE DE-



CIDED SIGNS OF DEBILITY, AND CERTAIN HARBINGERS OF APPROACHING IMPOTENCE. My ample experience warrants the conclusion, that the debility is more obviously confirmed, and absolute impotence most certainly follows, in those instances where emissions occur within the above-named period, on waking suddenly in the night, at the moment of the discharge. In many instances the sleep is not broken, and it is comparatively difficult to ascertain how often the evacuation occurs ; the consequences of the loss of the seminal fluid are, however, sufficiently evident. Occurring more frequently than can be fairly ascribable to the distension of healthy vessels, the most energetic measures are instantly requisite, to avert the identical mischief which would arise, if the loss of the seminal secretion were solicited and voluntary.

This is probably enough to say for the present with respect to Nocturnal Emissions. The DIURNAL DISCHARGES—those which occur at stool, whilst making water, or, as I have described, almost continuously in chronic moisture and humidity of the organs, are of a more complicated character ; for in numerous instances they are undiscovered by the patient—nay, unsuspected—until the disorder has assumed a formidable attitude. In cases of the latter kind, the evil may go on increasing for an indefinite period, the sufferer, unacquainted with the laws of health and disease, being wholly unconscious that he is undergoing a gradual loss and annihilation of the vital functions—nay, being sometimes ignorant that any seminal loss whatever is going on—and remaining



in this state of lamentable unconsciousness of his condition, until the *dread truth* reveals itself, in acute and agonizing disease, in prostration of his faculties, in some of the formidable symptoms, which force him at the eleventh hour, to fly to medical succor for that relief, which, by earlier application, might have been much more easily, more quickly obtained. Some of the most obstinate disorders with which physicians have to contend, are those which have gained ground during entire ignorance, on the part of the patient, of the existence of any unhealthy symptom whatever. The generative organs, being the most delicate and intricate portion of the system, are those most subject to unseen and unsuspected disarrangements, exceedingly variant in symptoms and diagnosis; and this circumstance should suggest to prudent persons, young and old, married and single, who would effectually guard themselves against the possibility of impending ill, leading first to debility, then to torturing pain, to not less torturing and humiliating impotence, and ultimately to premature death—it should, I say, suggest to all prudent persons the wisdom and importance of SELF-KNOWLEDGE in these particulars—the duty of perfectly ascertaining, from competent and legitimate authority, whether their physical condition be sound and safe.

So much for some of the more prominent of the Local symptoms of Spermatorrhœa. The general symptoms are literally, Legion. Connected, indeed, as they are, with every part of the human organization, it would be



difficult to mention any one feeling of functional, mental, or constitutional uneasiness, which may not be referable to this depraved condition of the system. Uneasiness in the stomach, accompanied by flatulence, giddiness in the head, pain or weakness in the eyes, indolence, dislike of exertion, nervousness, dejection, irregularity of the bowels, constipation alternating with diarrhœa ; headache, and pains in the ears ; whimsicality of appetite ; troubled sleep during the night, succeeded by days of gloomy apathy ; uneasiness in the liver ; fluttering and palpitation in the region of the heart ; and great sensitiveness to heat and cold,—are amongst the derangements which often accompany morbid spermatic discharges. It is a curious pathological fact, that during the progress of spermatorrhœa, difficulty of breathing, cough, and tightness of the chest, arising in many constitutions from the seminal disorder, have sometimes been actually mistaken for pulmonary consumption. The cough may be distressing, occasionally dry, but often attended by an expectoration of an offensive kind. I have no doubt that many patients have been maltreated for consumption, when spermatorrhœa was the real malady. That the latter leads to the former is certain enough ; but the *stages* and *connection* of the respective diseases have been grossly misunderstood by practitioners, who have not had sufficient personal acquaintance with the indications of seminal emissions.

The loss of the brilliancy,—of the “honest courage” of the eye, is a symptom of Seminal Weakness, which I



have met with so constantly, that I may term it an invariable accompaniment. The look of the patient reveals his secret to the glance of experience, though it may escape the empirist and the superficial. "There is always," observes a renowned commentator, "more or less dilation of the pupils under these circumstances, and this probably conduces to give the eyes their singular appearance. To the want of expression, is joined a timidity or appearance of shame, especially in such as practice masturbation. Their eyes never meet those of another with confidence. They are turned away hastily, and, after wandering about, are at length directed to the ground. There is, in this uncertainty of the organs of vision, something analogous to the trembling of the voice, hesitation of speech, stuttering produced by emotion, and instability of the lower extremities, habitual agitation of the hands, palpitations, etc.—all common symptoms in these cases."

With reference especially to the practice of self-pollution, the late Dr. John Armstrong, taking notice of the peculiar *look* and *gait* of those who unhappily addict themselves to it, observes, "I think I should know a person in the streets who has addicted himself to this vice, by merely walking behind him, from his peculiar gait." Let not then the victim of secret vice flatter himself that his unmanly act escapes detection. It assuredly does not escape the scrutiny of those accustomed to deal with human infirmity in all its phases. Where spermatorrhœa has existed for any length of time, not only the

aspect of the eyes, but the haggard careworn expression of the countenance, arrests attention ; the complexion is unusually pale, or of an unhealthy brown or yellow hue ; the face and nose mostly angular ; the voice becomes effeminate and shrill ; the frame weak and stooping, whilst the dragging step, and the shambling walk, show the presence of some overwhelming cause of prostration and debility. It is not, however, until the disorder has made considerable ravages in the constitution, that these symptoms become evident to the uninitiated.

Peculiarities of this kind must be carefully watched ; for it must be remembered that persons who are afflicted with diurnal emissions are very generally unaware even of the existence of the infirmity, and everything must depend on the physician's keen perception. Nervous and sedentary patients are apt to experience occasional jerks or contractions of the muscles of the eye, and sometimes beams and motes pass flickeringly across the vision. These affections, as the disease advances, become aggravated into partial or total blindness.

The sense of hearing is also often affected in very contrary fashions ; usually it is dulled, but sometimes it appears to contract a preternatural acuteness or irritability, so that the smallest noise, particularly if of a jarring kind, produces annoyance amounting to positive distress ; singing, whistling, rumbling, and ringing sounds are occasionally heard ; and the auditory function, like others, may be said to become unnerved.

Taste and smell are usually affected, and in some pa-



tients become perverted and depraved. Articles of food, which have heretofore given pleasure, grow insipid, or even disagreeable, and things of quite a different nature and flavour are preferred. These latter are symptoms of frequent, but by no means uniform, occurrence.

The sleep of patients afflicted with *spermatorrhœa*, in any except the earliest stage, may be said to be in all cases disturbed. Persons in health go to bed weary and rise refreshed. A contrary condition arises during the continuance of morbid seminal discharge. It has been remarked, with much truth, that "the sufferers get up more fatigued than when they went to bed ; their sleep is light and broken, or, in the other extreme, lethargic ; it is unrefreshing, and apt to be disturbed by frightful dreams and nightmares." After these indications, follow painful sensations in the stomach and intestines ; and finally a state of nightly restlessness ensues, during which, the imagination revolves in gloomy images, amongst which, self-destruction may figure foremost. "Days of torpor and stupidity follow these restless nights," and a common feeling is that of weight and heaviness of the head, and swelling and confinement of the brain ; vertigo, heats and flushes, and other inconveniences are amongst the ordinary accompaniments, whilst in some cases actual congestion of the brain takes place, which, if not treated with the utmost vigilance, may have an immediately fatal termination.

There have not been wanting writers, who have contended that not the semen, but only the mucus of the



canal or prostatic fluid, furnishes the discharge in these cases. But this is far from being a correct view of the pathology of the disease; mere chronic inflammation, arising from common causes, may be accompanied with simple mucous discharge, but Seminal Weakness is, in the majority of instances, the consequence of self-pollution; which, in the first instance, brings about that irritability, which evinces itself in nocturnal discharges, afterwards, in appreciable but exhausting diurnal discharges, and subsequently, in complete debility of the whole generative system. This seminal fluid, such indeed as it is, weak, thin, effete, and devoid of all fructifying agency, is undoubtedly the fluid which the organs suffer to escape, and to prevent further its flow, as well as to give healthy tone to the secretory and retentive vessels, ought to form our first care. The shock to the nervous system, its repeated excitation and disturbance, is not the only avenue to disease and powerless prostration, consequent upon loss of the seminal secretion; for where the debility is great, and the dribbling loss of thin semen, draining involuntarily from irritable vessels, occurs daily, there is progressive weakness, not referable to mere orgasm, or voluptuous excitement; in fact, as a popular writer has observed, as the disorder advances, the penis and testicles become small and relaxed, and the infirmity might not inaptly be termed a consumption of those glands. We very frequently find, at this period, piles or hemorrhoids, constipation, indigestion, irritability of the bladder, and kidneys, etc, etc. And there is always loss of tone of



the absorbents, and also loss of sensibility of the passages through which the discharge escapes; thereby acting only as somnolent sentinels to the brain, whereby even the little control the will might possess, is lost! Thus we perceive, that this infirmity is not merely local debility of the generative apparatus, but that other functions of life participate in it.

I might go farther, and affirm that these continued seminal discharges of an involuntary character, disorder every function of the animal economy, and it may be added, that whilst spermatorrhœa produces so many ruinous effects, peculiar to itself, it aggravates and excites any other diseases which may exist concomitantly with it. It possesses this perplexing characteristic, that no single one of the ordinary remedies of the pharmacopœa, apply to, or can subdue it; whilst it exhibits the additional difference from other maladies, that here, the *vis medicatrix naturæ*,—nature's healing force or tendency,—does not apply. The tendency of nature, in most disorders, is *toward cure*; but here, it is *toward deterioration*; there is no chance here of the evil "wearing itself out," save in madness and death on the one hand, or, on the other, by the salutary intervention of the most vigorous, cautious, and enlightened treatment—a treatment pursued in the full light of all the aids afforded by the great discoveries in physiological science, for which the present age is happily distinguished.

But of all the symptoms, which bear witness to the shattering and destructive influence of spermatorrhœa,



the alteration in the mental faculties is perhaps the most lamentable, at the same time that it is in general too little understood, not only by the friends and acquaintances of the persons afflicted, but by the medical adviser. This change is usually indicated, in the early stages, by perplexity and confusion of idea ; vacillation on ordinary occasions, where any simple decision is required ; a certain degree of hesitation or incoherence in speaking ; and a diminution in the patient's ability to concentrate his ideas on any particular topic of study, business, or what not. "Wandering thoughts" rush into the mind even at the most inopportune times, and those thoughts are not always of a pure or innocent description. The temper becomes peevish, sour, and irritable, upon the slightest provocation, or rather upon no provocation at all. When the sufferer is a married man, the bitterness of temper, consequent on a CONCEALED or UNKNOWN CAUSE, is often the source of aggravated domestic misery. Characters previously cheerful, experience frequent attacks of melancholy and languor ; and vague fears of some overhanging calamity, which they cannot define, but still dread, hasten them toward that depth of depression in which life itself becomes wearisome. Forgetfulness, confusion of memory, perplexing comminglement of dates, names, facts, and numbers, show that the sufferer is approaching a predicament of mental prostration, in which the most distressing delusions prevail. *He* imagines enemies amongst his nearest friends ; supposes that the whole world is in con-



spiracy against his happiness and life; and with an inconsistency peculiar to his unhappy condition, may contemplate immediate suicide, at the very moment when he evinces a ridiculous degree of apprehension, about every breath of air or trifling circumstance, which his deluded imagination may conjure up as bearing upon his health.

Though I have by no means touched upon every one of the symptoms, I have, I hope, mentioned enough to apprise readers, of ordinary intelligence and prudence, of the infinite varieties of circumstance in which it is imperatively binding on men, for the sake of their own happiness, and that of all who are dear to them, to ascertain whether or not they contain, within their system, either the acquired or inborn seeds of an affliction, which in its ultimate stages, has been but too correctly described as the most fearful, degrading, and desperate of human diseases. Here let me call the reader's attention to the language of the celebrated Lallemand, in reference to the delusion of *spontaneous recovery* :—

“ Many diseases, when left to themselves, work their own cure, provided only they be not exasperated by the imprudence of the patients. This is not the case with spermatorrhœa,—chiefly, perhaps, because the effects produced by the disease itself, are favorable to the increase of involuntary discharges. The natural tendency of this disease to become aggravated, as the result of its own effects, frequently leads to a fatal termination. The patients, under such circumstances, generally expire in one



of the attacks of syncope, that follow congestion of the brain. In this way, also, such of the insane who have fallen into a state of dementia usually expire." After alluding to the fact, that patients frequently die from diseases aggravated and inflamed by unsuspected spermatorrhœa, he goes on to say, that the other complications usually engross the attention of the attendants, spermatorrhœa being not even thought of, whilst it is committing its ravages, and reducing the patient to such a state of debility, that he is unable to withstand other illness. "In such cases, unfortunately," concludes M. Lallemand, "*Spermatorrhœa is generally unsuspected.*"

My own observations enable me to confirm the melancholy truth of this statement. I have cases in my mind's eye, where patients have been pronounced *cachectic*, or as having died of diseased hearts, diseased lungs, etc.; and where all that I have heard from the relatives of the deceased parties, leaves me no doubt that these disorders, where they really existed, might have been arrested for an indefinite period, had the morbid spermatic emission been known either to the medical attendant or to the patient, or, being known, been properly treated. But it is, in fact, a *new* thing in mere routine pathology, to consider the existence of this disorder at all, though it is the most widely extended, the most treacherous, the most destructive and fatal of any.

A moment's consideration will suggest, how necessarily an excessive and continuous drain of the most invigorating fluid contained in the system, must lead to pros-



tration and decline ; that fluid, be it recollected, is not simply an excrementitious material, intended to be voided like other matters which nature expels from the body—it is intended to be retained therein, with the exception of the comparatively small portion which may be healthfully employed from time to time in the consummation of the nuptial rites. An idea may be formed of the nature of this loss, and of the sacred guard which health imposes on its due preservation, by observation of the consequences, resulting from its unnecessary, involuntary, or too frequent evacuation. Physicians of all ages, have been of opinion that the loss of one ounce of semen, by self-abuse, nocturnal emission, or at stool, injures the system more completely than the abstraction of ten ounces of blood.

Hippocrates observed, that “ the seed of man arose from all the humors of his body, and is the most valuable part of them. . . When a person loses it, he loses the vital spirit ; so that it is not astonishing that its too frequent evacuation should enervate, as the body is thereby deprived of the purest of its humors.” Another author remarks, that “ the *semen* is kept in the *seed vessels*, until the man make proper use of it, or *nocturnal emissions* deprive him of it. During all this time, the quantity which is there detained, excites him to the act of venery ; but the greatest part of this essence, which is the most volatile and odoriferous, as well as the strongest, is absorbed into the blood ; and it there produces on its return ver great changes. It makes the beard, hair, and nai’s grow ; it changes the voice and manners ; for age does

not produce these changes in animals, it is the seed only that operates in this manner, for these changes are never met with in eunuchs, or those who have been deprived of their testicles. Can a greater proof of its vitalizing power be shown, than this fact, that one single drop is sufficient to give life to a future being?" Those, then who waste this precious fluid are truly wretched. Disabled from rendering any service either to themselves or their friends, they drag on a life totally useless to others, and a burden to themselves, in the midst of that society, which, if it could know, would despise, rather than pity them for their self-inflicted sufferings.



## CHAPTER IV.

### SPERMATORRHŒA, OR SEMINAL WEAKNESS.

#### CAUSES.

GENERAL CAUSES : DEBAUCH—IRRITATIONS—MALFORMATIONS, ETC.. SPECIAL CAUSES : SEXUAL EXCESSES—VENEREAL DISEASES—SELF-ABUSE. HORRIBLE CONSEQUENCES OF SELF-ABUSE—FROM HUFELAND.

FROM the vitiating circumstances of artificial society surrounding us on every hand, so many causes arise which lead to morbid spermatic discharges known as spermatorrhœa or seminal weakness, that it would be impossible in a small book like this to *name* them all, much less to notice them in detail. There is scarcely a disturbing influence to which the human frame is liable, that may not resolve itself into an active promoter of this disease—a disease which sends so many of our friends, neighbours, and relations to early graves. For instance, a single night's drunken debauch, in some constitutions, is capable of producing the evil. A very simple cause is the presence of ascarides, or small worms in the anus or fundament, producing itching and leading

to irritation of the generative organs. The influence of disorders in the rectum, or lower bowel, is also sensibly felt. Chronic diarrhoea, or looseness of the bowels, is often perniciously active in producing seminal weakness, as is, also, the opposite state—constipation. There are certain organic malformations of the testicles, the penis, or other portions of the genital organs, which sometimes lead to an irritation ending in seminal losses. The evil may, also, be induced by the administration of various drastic purgatives and astringent medicines, which, whilst perfectly adapted to one constitution, may be most injurious to another. Congenital predisposition is sometimes a cause. Here, the seeds of disease may lurk for an indefinite period in the system, until called into activity by some exciting influence, such as a cold, a fall, a blow, a violent mental affliction, excessive fatigue, etc. Disorders of the skin, eruptions, itching, and morbid sensibility of the surface of the body injuriously irritate the genital organs.

But there are *three causes* standing foremost in the list we are considering, which deserve the serious consideration of every right-minded person. To these we desire, in a special manner, to call the attention of the reader.

1. The effects of venereal excesses, by which is to be understood, an overfree or promiscuous indulgence in sexual intercourse, is often the provocation of the disease in question. In some instances the affection produced by venereal excesses is very difficult of perfect cure ;



but there is a wide difference, as regards the obstinacy, between the infirmity arising from promiscuous excess, and that which results from imprudently frequent intercourse with one individual. In the former case, the work of cure sometimes requires a considerable period, while in the latter the difficulties are much less. Much, of course, depends on the timeliness of the application for advice. If such application is deferred until the constitution is seriously injured, the obstacles with which the physician has to contend are proportionately greater.

2. Connected with sexual imprudences and excesses, the effects of *Gleets* generally consequent on attacks of Gonorrhœa, or, as it is commonly called, Clap, are sometimes found to be of an obstinately malignant character. The generally received notion, amongst persons unacquainted with medical science, is, that the sting of Gonorrhœa is quite trifling, compared with that of Syphilis. This is a great mistake. The effects of Syphilis are externally more frightful, but the Gleet, consequent on injudiciously treated Gonorrhœa, is not less deadly in its ravages. I may instance a case in point, which came under my professional notice not long since. The patient, twelve years previously, when a very young man, had been troubled with what was described as "an ordinary clap." For this he was treated by some inferior practitioner, who dosed him in the ordinary routine manner with cubebs, copaiba, etc., etc., and, I had reason to suspect, resorted to a too early use of astringent injections.



He was then pronounced "cured." Soon after, a painless, gleety discharge was perceived, which, after continuing for several months, was also stopped by some empirical preparation. Here the "cure" was supposed to be complete, but the evil was only suspended. Years afterwards, and when the gonorrhœal attack was all but forgotten, the gentleman's bodily and mental health became visibly affected by some cause, which, when the medical man failed to discover it, was, as usual, considered to be fanciful, and the patient was regarded as a *Malade Imaginaire*: imaginary or not, however, his complaint produced sad consequences, and I have seldom witnessed a more pitiable example of prostration. *Total sexual impotence* was only one of its symptoms. His abject and miserable condition had been coming on by degrees, and no one could account for it. He first gave me a full account of his symptoms, by letter, and an examination followed which disclosed the fact that spermatozoa—the characteristic of the human semen, existed in his urine. These animalcules constitute the main material of the seminal liquor—the very essence of vitality. Here the nature of my patient's misfortunes at once became self-evident. He was sinking from Spermatorrhœa, unsuspected, unperceived by himself and others. Further examination convinced me that he had been for a long time thus suffering, and that the imperceptible, insidious discharge took place whilst at stool, as well as in the act of emptying the bladder. In short, the patient had, year after year, been parting with life itself, descending, stage by stage, to the



grave ; as a consequence, in the first place, of improper treatment of common gonorrhœa, followed by gleet, and, afterwards, through the inability of the general practitioner whom he consulted, to detect the real nature of his wasting malady. Had it not so happened, that this was discovered in the manner which I have described, the scene would have soon closed over another victim to what, with such cruel mockery, is termed "*imaginary*" illness.

Melancholy has been the fate of modern times, since the venereal poison was first known and propagated ; and sad are the sensations which must naturally arise in the mind of every friend of humanity who considers its nature and progress. This destructive agent acts not merely upon individual life, but it contaminates every spring, transmitting its dreadful influences to generations yet unborn ; it embitters life's sweetest enjoyments, separates husband and wife, parents from the affections of their children, and inflicts a stab upon domestic peace, from which, however forgivingly the tender look of woman's eye may heal the offensive wound, a scar remains upon memory and affection while life endures. It breaks down the vigor of lusty youth, covering the body with loathsome ulcers, or destroying the bones : and thus defacing the manly beauty of the "human face divine."

To crawl upon the face of this fair earth a mass of living rottenness ; to waste into hideous decay, from slowly consuming disease and pain,—pain which leaves the mind in full consciousness to brood over past folly ;



to defy the germ of humanity at the very threshold of its being ; to transmit the seeds of disease to innocent, helpless infancy ; to hear the feeble, husky wail, and look upon the lines that mark the contamination of the child, which hangs at the breast of a fond and virtuous mother—that child which ought to be the pride and joy of a father's heart, but to whom his first gift has been a feeble, puny, and diseased organization, the counterpart of his own, the transcript of his own excesses ; surely, if there be within, one latent spark of sensibility, this awful condition will harrow inmost feeling, will lash as with a scorpion whip, and speak in dread whispers to the remorseful soul. Possibly the victim of sensualism may have been spared the pains of parental agony ; no wife may be there to pity and to forgive. Paid mercenaries surround his couch. He has run the round of guilty pleasure, till, giddy and weak, he falls upon that couch to die—the wreck of youth, and hope, and life, together blended in one awful desolation !

Who amongst us is not familiar with the history of some once promising youth, whose noontide sun of existence has been thus in tears and death beclouded ? To die,—so to sink into the grave, to be remembered only with fearful regret, to forego the affectionate recollection of surviving friends. These form the slight, yet faithful outlines of a stern reality, and if the contemplation of the picture deter but one thoughtless youth from the path of folly, how much of human misery may thereby be prevented ! It is salutary to ponder over and conse-



quences of Sensualism : her fascinations derive more than half their charm from our ignorance of the hidden sting that in the end will "bite like an adder." Were these results ever present in all their power and permanency, could we strip the gaudy, flattering mask from present sensual gratification ; surely we should pause, rather than with reckless, desperate heedlessness rush upon disease, misery, and ruin : for

"Vice is a monster of such frightful mien,  
That to be hated needs but to be seen."

The late Sir Astley Cooper observes, "If one of these miserable cases could be depicted from the pulpit, as an illustration of the evil effects of a vicious and intemperate course of life, it would, I think, strike the mind with more terror, than all the preaching in the world."

3. But the cases which arise from all the other causes put together, are not, perhaps, equal to those proceeding from self-abuse. And here we may be allowed to discourse more particularly upon this fearful infatuation—this detestable practice. What is it ? We answer it is that practice by which persons alone, in secrecy, and whilst yielding to lascivious imaginations, endeavor to imitate and procure to themselves, those sensations which nature has appended to the commerce of the sexes. It appears to be one of those impure habits, which are coeval with the world's long history. It was the special vice of Rome. Temples were erected to Venus Fricatrix, in which the most obscene practices, of which self-pollution constituted one, were publicly perpetrated.



As connected with this subject, I may here remark that anything like prudery, or attempted concealment, is not merely one of the most vain and foolish affectations, but one of the greatest practical injuries to morality, of which mistaken good intentions are capable. The most ancient and venerable record of human events, refers especially to *abuse*. The Book of books itself, is not only standing evidence of the heinousness of the sin of *Er and Onan*, but of the necessity of proclaiming that heinousness to all mankind, and the folly and wrong of endeavoring to conceal it. *Their* crime was committed in the full consciousness of its inherent hatefulness, and therefore their punishment was most signal. They dared disobey the command of Jehovah. Theirs was presumptuous criminality, not ignorant frailty, and their sad example has been left on record as A FEARFUL WARNING TO ALL FUTURE GENERATIONS; as a measure of the depravity of certain transgressions, and the inevitable certainty of retributive justice. Is it not, then, gross infatuation on the part of human beings, be they parents, guardians, teachers, or what not, to attempt to set aside this holy ordinance; to set aside the force and meaning of this great example, by paltry quibble and prevarication? Such devices merely create the danger—nay, in many cases, the absolute certainty—that the evil may arise, and all its sad train of moral and physical ruin be incurred, before the victim becomes acquainted with the meaning of the warning, so wisely and so mercifully set forth in the thirty-eighth chapter of Genesis. That this has



often been the case—that young people frequently destroy themselves by falling into the habit in question, whilst in absolute ignorance of the meaning of the word “*Onanism*,” or of the sacred text, I can state from the experience gathered in the course of my own practice.

As to the pretence, that any allusion to solitary vice may lead youth to the knowledge and practice of it, that would really appear too shallow an argument to be seriously dealt with. *It is an evil against which it is impossible to guard, save by warning and vigilance*, for there are no circumstances conceivable in which a young person may not fall into it, if not timely informed of its consequences. In the family circle, in private and public schools, from accidental associations,—nay, by perverse instinct or physical infirmity,—the secret may be learned. It is high time, therefore, that the honest and intelligent members of a noble profession should protest against this hateful hypocrisy on the part of parents, teachers, etc. They should defy it, expose it, oppose it with might and main, and endeavour, with what force they can, to put it down and render it as loathed and despised, as it really is loathsome and despicable. Away then with this wretched perversion of the meaning of the terms “morality and delicacy.” It is better—in the language of a great master of science—“to admit at once, that amongst other infirmities of our nature, causes, predisposing to self-abuse, exist within the human organization itself,” and to take measures,



at least as strenuous, against the development of this all but universal infirmity, as are adopted with regard to others far less common, less seducing, and less pernicious.

It is, therefore, my wish that this publication may become extensively familiar to the superintendents of our schools and collegiate educational institutions; to the clergy, to parents and guardians, and all to whom is entrusted the formation of youthful character. It will be useful, in enabling them to make timely discovery of a hateful practice among those committed to their care; and it may put them upon their guard, so as to enable them to take such precautions as may be most fitting to avert the consequences. There are few of those, who have devoted themselves chiefly to the treatment of sexual diseases, who are not deeply impressed with the general prevalence of self-pollution. It is doubted by the mere routine practitioner—is it denied? He, of all men, is least likely to be able to form an accurate conception. He is precisely the last man to be consulted or confided with the secret. The family physician may be in possession of *family secrets*, he may know the hereditary tendencies common to them all; but it is quite another thing to become entrusted with *individual secrets*—the confession, that the solitary victim will not and cannot make to a *father, a mother, a brother, or a sister*. The common medical attendant, never consulted, and very wisely so, is just as ignorant of the extent and prevalency of these pernicious practices, as he



is of the best mode for their detection and cure. I am sure, that in calling attention to the evils resulting from every form of vicious indulgence, I am adopting the most efficient means to deter unwary youth from the snare; and by pointing out to persons of both sexes the frightful evils, both to body and mind, inseparably attendant upon the grosser habit of self-pollution, I hold the warning beacon up to Nature, and mark the treacherous quicksand, upon which have been wrecked the hopes and promise of many a noble youth now mouldering in a disgraceful grave. Temporary distraction may suddenly dethrone the self-determining power of the will, life may become extinct under the influence of momentary madness, but the poor slave of filthy propensities is a *deliberate suicide*; and shall it be said, it is wrong to strip the mask off this infatuation,—to paint the horrors which await the unfortunate creatures who venture near the edge of a moral gulf, indiscriminately burying within its insatiable vortex, the happiness of Time and the hope of Eternity?

Self-pollution is the most certain, though not always the most immediate, avenue to destruction. It constitutes a lingering species of mortality, and if it were possible to study and invent some new refinement in cruelty, surely that would most clearly deserve the designation, which man deliberately points against himself, against not merely his temporal but eternal welfare, not by sudden wrench to tear himself away from the amenities of wife, children, and home, but with his own hand,



imperceptibly to infuse a deadly poison, slowly to rankle in the cup of life and embitter each passing day ; to shroud in gloom the darkening future, and invite the king of terrors prematurely to do his office.

Unfortunately for the history of human nature, the vice has been found coeval with every form of society, savage, or civilized ; and the denunciations of ancient moralists are of equal application at the present day. We find them uniformly expressing the greatest horror at this abominable practice, as a crime most monstrous, unnatural, and filthy ; its guilt crying, and its consequences absolutely ruinous ; destroying conjugal affection, perverting natural inclination, and extinguishing the hope of posterity.

The morals, the constitutions, the future manhood and womanhood of our growing population, are perishing and rotting beforehand, under the upas influence of a gigantic evil ; and deplorable will it be, if either sordid private interests, or the imposture of a pretended regard for our national character for morality, be permitted to interfere between it and its extinction. The latter pretence is not less absurd and unfounded than any other. The terrific prevalence of the vice in our schools, and amongst our own youth, is matter of certainty, to conceal which is impossible, and would be foolish and wicked if it were possible.

Touching this subject, the following is a translation from Hufeland, a German physiologist of great distinction :—



“ Hideous and frightful is the stamp which Nature affixes on one of this class. He is a faded rose—a tree withered in the bud—a wandering corpse. All life and fire are killed by this secret cause, and nothing is left but weakness, inactivity, deadly paleness, wasting of body, and depression of mind. The eye loses its lustre and strength ; the eye-ball sinks ; the features become lengthened : the fair appearance of youth departs, and the face acquires a pale, yellow, leaden tint. The whole body becomes sickly and morbidly sensitive ; the muscular power is lost ; sleep brings no refreshment ; every movement becomes disagreeable ; the feet refuse to carry the body ; the hands tremble ; pains are felt in all the limbs ; the senses lose their power, and all gaiety is destroyed. Such persons speak seldom, and only when compelled ; all former activity of mind is destroyed. Boys, who before showed wit and genius, sink into mediocrity, or even become blockheads ; the mind loses its taste for all good and lofty ideas, and the imagination is utterly vitiated. Every glance at a female form excites desire ; anxiety, repentance, shame, and despair of any remedy for the evil, makes the painful state of such a man complete. His whole life is a series of secret reproaches, distressing feelings, self-deserved weakness, indecision, and weariness of life ; and it is no wonder if the inclination to suicide ultimately arises—an inclination to which no man is more prone ; the dreadful experience of a living death renders actual death a desirable consummation ; the waste of that which gives life, generally produces disgust and



weariness of life, and leads to that peculiar kind of self-destruction, which is characteristic of our age. Moreover, the digestive power is destroyed; flatulence and pains in the stomach are likely to follow, and create constant annoyance; the blood is vitiated; the chest obstructed; eruptions and ulcers break out upon the skin; the whole body becomes dried and wasted; and in the end come epilepsy, consumption, slow fever, fainting fits, and an early death."

This vivid description sums up some of the prominent indications, resulting from long-continued loss of the seminal fluid. Such loss arises chiefly, as I have already remarked, from sexual excesses, venereal diseases, or self-abuse. But there are instances, it should be remembered, where the evil arises from incidental circumstances, unconnected with either of those three causes; cases, where accidents, effects of climate, congenital defects, and many other innumerable sources of physical disturbance, lead to this infirmity. But such cases will be detected by an efficient medical adviser, to whom recourse should be had on the first occurrence of morbid lesion. For here it is emphatically true, that small things soon become great; and the single, isolated, scarcely visible drop or moisture, if unnoticed and unchecked, may grow, in a short time, into a malady of terrific severity.



## CHAPTER V.

## IMPOTENCY AND STERILITY.

DEFINITION—MALFORMATIONS—DERANGED ACTION—ZENOBIA, QUEEN OF PALMYRA—EFFECTS OF IMAGINATION—UNSEEMLY EMBRACES—WOMAN'S SCORN—MAN'S DISGUST—QUACKERY—VARIETY AMONG WOMEN—VICE OF FEMALE ORGANS—DEFERRED OFFSPRING—"AIDING AND ABETTING"—DETESTABLE HABIT—SELF-MURDER—ADVICE AND WARNING.

CLOSELY connected with the condition we have considered in the two preceding chapters—spermatorrhœa or seminal weakness—is impotence, which arises from a variety of causes, but from none so often as from excessive and vicious indulgences. The term *impotence*, signifies an inability or incapacity, to the performance of the sexual act; and it is important, in a practical point of view, that we do not confound this condition of the generative system, with *sterility*, inasmuch as a male who is sterile, or a barren female, may possess a perfect aptitude for coition, though for all the purposes of procreation, absolutely incapable. In *impotence*, there is a tem

porary or permanent destruction of those powers, which are absolutely essential for *generative* purposes. *Sterility* may, therefore, be defined as inability to propagate the species, though not to effect the sexual congress ; while *impotency*, in either sex, whether natural or acquired, whether the result of disease or malformation, entirely precludes its *performance*.

The proximate causes of impotence arise from two sources : from vicious malformation of the genitals, or from want of power ; and they are more commonly observed in man than in the other sex, which is easily accounted for by the greater part the male has to perform in the nuptial congress. This is evident, from the phenomena which gave the virile member the form and disposition proper for erection, the introduction of the organ, and the ejaculation of the semen, which is effected by a violent and complicated action, requiring a concurrence of many indispensable conditions, the organs not only contracting spasmodically, to effect the expulsion of the male fluid, but all the body participating at this moment in a strange convulsion, as though nature at the instant forgot every other function.

Among females, adhesion of the sides of the vagina, but more commonly an imperforate state of the hymen, occasionally close so completely the entrance to the internal organs, that the menstrual secretion has been known to accumulate behind the obstruction, and for want of the natural outlet, the cavity of the womb has assumed a distension closely resembling that of preg-



nancy. Some, from constitutional frigidity, are impotent ; thus, we read that Zenobia, Queen of Palmyra, only admitted her husband's embraces once a month, and then solely in relation to posterity ; it is doubtful whether, under such circumstances, her sense of duty would make up for the absence of inclination. Excessive venery, and the profuse discharge of fluor albus, or the whites, are capable of completely destroying all power of excitement in women ; hence prostitutes, from over stimulation of the generative organs, seldom conceive.

It is not unusual to meet with instances of married people becoming quite indifferent to each other's embraces, owing, no doubt, to some disproportion or want of adaptation between the parties. A patient of mine confessed to me his inability to complete the sexual act with his wife, unless, by an effort of the fancy, he conjured up the form of some more voluptuous female. Physical defect *may* constitute the cause of impotence, but more frequently there is no organic defect whatever ; the affection is usually a nervous suspension of power, which is soon removed under proper management. Even this has its wise ordination. Any individual, however vigorous in his physical capacity, if he anticipate with too intense eagerness, intercourse with a beloved object, will seldom perform the act well. Even among the most ardent and powerful, it occurs, as many have confessed, that after waiting time after time for opportunity, when that has arrived, they have not had the power to take advantage of it ; a nervous anxiety, a tremulous delight



absolutely indefinable, has completely prostrated all power, and the object of passion has been saved from perdition, by its paralysing all the fire and ardency of animal desire. If the imagination wander from the task, *temporary impotence* is the result, and many writers are firmly of opinion, that impregnation is often impeded from the presence of ideas which interfere with the due performance of the generative act. Sterne has happily commented on this point in one of his most popular works, introducing his maternal parent as asking *at a most untimely moment*, whether his "father had not forgotten to wind up the clock." His views are strictly physiological. Such is the power of the moral over the physical state of man!

Impotence in the male may arise, then, from a wide diversity of conditions—Incapacity of erection, generally referable to self-pollution; Impotence, ensuing from a want of power of retention in the seminal vessels, induced by a morbid susceptibility in those vessels, and brought about in like manner by a persistence in the same vicious practice; Impotence, from inability of retention resulting from repletion of the vessels—and the treatment varies according to the peculiar condition of the parts. Impotence, from mental influence, has also its appropriate management.

The infirmity under consideration, though occasionally arising from simple disease, is ascribable in by far the greater majority of instances to the excess of Sensualism, either with women, or more commonly still



*in that vile excess*, to which such frequent allusion has been made in these pages. Long protracted chastity or continence, is not to be overlooked as a cause of Impotence; the very reverse of the degrading habit of self-pollution, it is not only comparatively rare, but offers in its very nature the indications of cure. But that long-continued debauchery, whether with women or by masturbation, is to be assigned as the most common and prominent cause, is a fact admitted by all systematic writers, and amply and painfully confirmed by experience.

If the infirmity result from self-pollution, there is a want of erection, and should a seminal emission take place, the semen does not possess its prolific power, and thus the man is at once *Impotent* and *Sterile*. This form is truly deplorable, and, unfortunately, it is the most prevalent variety; nevertheless, I have succeeded in curing many persons labouring under this complication, although several involuntary *diurnal*, as well as *nocturnal*, emissions have regularly occurred without amorous impulse. Next to *Self-pollution*, EXCESSIVE VENERY is a frequent cause of impotence, as well as of sterility. This is a frequent cause of want of offspring in young married persons. In these cases, the semen may escape without the aid of the ejaculatory muscles, is imperfect in quality, and devoid of power until the health be improved; or if impregnation ensue, the child undoubtedly partakes of the debility of the parent, soon to be consigned to a premature grave, the victim



of that nameless atrophy or wasting decay, which hurries thousands of infants annually to the tomb. In these cases, the male parent generally suffers from inflammation of the seminal vesicles, or there is a seminal weakness, with more or less involuntary discharge.

The surest means by which sound and vigorous children may be engendered, is a good constitution, unenfeebled by excessive waste of those powers, which, in their assemblage, constitute the manifestation of the living principle. It is admitted, not merely by philosophic writers, who have speculated deeply upon the subject, but by all who have paid the least attention to the facts connected with such a statement, that not merely the physical but the moral dispositions of the parents, are transmitted by generation ; hence, if a sound mind, in a sound body, be the first, greatest, and most lasting blessing, and its deprivation or absence the greatest possible curse, how imperative is the obligation to calculate closely, the tendency of vicious indulgences, to avoid the contamination of depraved habits, and to correct and elude the consequences of that debility, already imposed upon the generative organs by sensual excess ! Impotence and Sterility are usually the results of wilful imprudence. Malformation is a direct interposition of creative wisdom ; its occurrence is comparatively rare ; but failing power is not only exceedingly common, but generally constitutes a self-inflicted evil. Diseased and delicate parents procreate diseased and weakly offspring. The same results are observed in plants and animals.



Can it be supposed, that the physical powers, the sympathies, of a beautiful woman of an excellent constitution, are in unison with those of a man, whose best energies were long ago expended in the premature and illicit excesses of lawless excitement, whose youth has been a hurried history of wild enjoyment, whose faculties have been lashed past the natural powers of his bodily organization, and who now brings his decrepid efforts, as a worthless offering at the shrine of matrimonial sanctity? Or, worse still—is there a mockery more deep, more bitter, than that desolation of spirit, which an affectionate woman must feel, on finding she clasps within her circling embrace, the mere wreck of Sensualism, *the horrible victim of self-pollution*; the creature, who having trained his imagination and bodily powers to mere fancied enjoyments, is now deprived almost, if not entirely, of the capability of resuming the action for which his generative organs were destined? Woman's scorn must be the more intense, because, from the very nature of her position, she is precluded from giving vent to her feelings of anger and vexation. Love cannot be reciprocal in such cases; animal or organic impulse will prefer that which is more accordant with itself; even beasts prefer males which are possessed of vigor, power, and beauty, and this instinct is implanted by Nature in all animals. Whatever perversion civilization may effect in our feelings or manners, it cannot extinguish this instinct. And this is an eminently wise ordinance, tending to the perpetuity of a healthy race of human beings.



On the other hand, can we suppose that the physical powers and feelings of a well formed man, in health and vigor, are in harmony with those of a woman whose sexual apparatus is completely unstrung? in whom may be found a relaxed vagina, fluor albus, or the whites, or displacements of the womb, and a sad want of tonicity of the parts. However urgent may be the plea, in such cases, for humanity and sympathy, fidelity and kindred feeling are very apt to take wings, and leave the nuptial abode. Are these diseases incurable? If so, there is assuredly a very strong plea in behalf of fidelity, and sympathy. But we here assert, in the most emphatic and positive terms, that the infirmities we are considering, both in men and women, are, generally, *perfectly within the reach of medical skill*. It frequently happens that physicians are consulted upon these subjects, who have never made them a special study; or relief is sought of some irregular country practitioner, whose opportunities have enabled him to gain no information in this delicate branch of practice, and because the unfortunate patients obtain no relief, they infer that their diseases are incurable—that there is no relief for them—and conclude that they shall be obliged to stagger along, almost outcasts from society. A more fatal error could not be committed.

It is evidently the absence of fixed principles, in our pathology of the slow diseases of the generative system, that has given such unbridled licence to quackery. There has always existed a vagueness of opinion respecting



their nature, and an unsettled doctrine as to the most rational methods to be adopted for their mitigation and cure. *Disordered action* is an inevitable result of indulgence in any mode of Sensualism, either excessive, or contrary to the order of nature and the constitution of our being; and the character of that perverted action may be readily anticipated. In fact, we see it exemplified in excessive irritability of the bladder and seminal vessels, producing incapability for retention, disease of the spinal marrow and brain, spasm of the urethra, and stricture, or an effeminate flaccidity of the penis, testicles, and scrotum. Can it be expected, that these organs should be capable, under such circumstances, of fulfilling their appropriate office in the task of procreation? Most assuredly not. Where Impotence is consequent upon that baneful propensity which cannot be sufficiently stigmatized, its extent of severity is far greater, than where produced by excessive indulgence with women, because the vital fluid, that could have improved the stamina of the system, has been lost without satisfaction; consequently no gratification of the mind has been had to compensate, and, in some measure, to repair, the expenditure of power.

The man who, from his anxiety to indulge to the utmost his libidinous propensities, seeks for variety among women, may certainly find in such variety a new stimulus sufficient for the occasion, and may be able to accomplish more frequent repetitions of the sexual act, than the sober, married man, who is faithful to one.



but we cannot overlook the fact, that this is undoubtedly accomplished at the expense of a corresponding amount of unnaturally excited energy, and the ultimate results of such efforts tell with fearful and tremendous horror upon the helpless and debilitated votary of greedy pleasure. The nightly partner of a husband's bed silently offers only that gratification which is *demand*ed by the sexual organs, when fully charged with the seminal fluid, and impatient for relief; to such a man, the stimulus of variety is unsought, contemned, forbidden, as contrary not merely to all laws, human and divine, but as directly opposed to his well-being, and to the maintenance of his animal organization in health, strength, and usefulness. Here, then, the natural laws of his physical constitution harmonize most admirably with the higher sanctions of morality. The actual amount of enjoyment realised by the temperate is, in the long run, far greater; power is maintained until old age, and a vigorous offspring is engendered; while the hasty, violent, and forced gratifications of the Sensualist, though vivid for a moment, are succeeded by that worst form of helplessness—insatiable desire, appended to diseased and powerless organs. The draining of the seminal fluid, which occurs either from excessive indulgence in venereal gratifications, or from solitary vice, is not equally great in every instance. There are some individuals who are not rendered absolutely, but only partially impotent. They can accomplish the sexual act occasionally, and with severe effort, to the disgust, no doubt,



of the female, or they are tolerably capable, yet unprolific. Their powers are weakened, not altogether destroyed. These patients have resources left in medical skill, which, if expended in contending against improper or unskillful treatment, are lost for ever.

Although it be perfectly true, that, in a few instances, the uterine system of the female may be insensible to the seminal stimulus of a particular individual, yet capable of being acted upon by another, the lapse of a little time is often sufficient, if there have been no debilitating causes in operation before marriage, to dissipate groundless fear; and such being the truth, it becomes doubly important, not only that proper treatment be adopted where absolutely demanded, but that science should determine whether any or what kind of interference be really necessary. The consequences of excessive venery in those whom warm passion has united in its indissoluble tie, amount only to the defeat of their wishes. Celsus remarked upon this subject, more than eighteen centuries ago:—" *Rarus concubitus corpus excitat, frequens solvit*;" which may be freely translated, "The bodily powers are excited by occasional coition, by frequent repetition they become relaxed," and, consequently, unprolific; or, as a poet has expressed the same sentiment—

"While temperate pleasure spurs the lazy blood,  
Excess unstrings the nerves, and dries the flood;"

and so truly it is within the experience of many, that when the first warm anxiety for offspring, and its corre-



sponding efforts, have passed away and subsided, the blessing is granted to less passionate, exciting, and frequent embraces.

The ancient physicians were right in their general rule: the longer parties abstain, the more quickly they generate. Almost all physiologists now agree, that the retention of semen for some few days, or temporary abstinence from coition, is sometimes necessary to generation. Not only does very frequent sexual intercourse keep the system almost completely drained of the fructifying element, but it *relaxes both parties*, and may, even in the married state, defeat its own end; be unfruitful, from too frequent repetition; and bring on that atony, weakness, and debility of the generative organs, which may end in sterility in the female, and impotence in the male.

It follows then that there may be, and are, varieties of SEMINAL WEAKNESS, *originating* most commonly in NOCTURNAL EMISSIONS, and these, dependent, in many instances, on the unnatural practice of SELF-POLLUTION, to which such ample reference has been made in the foregoing pages. That these *emissions* lead to the most deplorable consequences, independently of the injury done to the generative function, is indisputable. The most studious people, and those of a splenetic cast, are subject to this infirmity; and the discharge of semen is commonly so considerable, that they fall into a slow, wasting consumption. A Roman physician whose opinion is supported by John of Acarius, author of a work composed



for the Emperor, observes, "If nocturnal emissions *continue* any time, the *necessary consequences* are *consumption* and *death*; for the most balsamic part of the humour and animal spirit is dissipated; the whole body falls away, and particularly the back; the patients become feeble, dry, and pale; they languish in slow, melancholy agony." Let this antiquated, yet terrifically correct, portraiture deter the thoughtless from practices which lead to such a state; and by those in whom it is *commencing*, let not incipient evil be deemed unworthy of their most serious consideration.

STERILITY, however, is frequently the vice of the female organs. It may depend, either upon malformation, or upon some imperfect action of the generative organs. In some instances the ovaria are wanting, or too small; the fallopian tubes may be impervious, or the uterus itself unnaturally small. With this state of the parts, there is associated a want of due development of the breasts, and the sexual desire is inconsiderable. But in by far the greater majority of barren women, the organs of generation seem to be well formed; nevertheless, the action is imperfect or disordered. The menstrual secretion is either obstructed or sparing, or the reverse occurs, and they are troubled with profuse discharges, either occurring at the natural period, or at irregular intervals, perhaps alternating with copious mucous secretion of an acrimonious and whitish glairy fluid. It is extremely rare for conception to occur, unless a woman menstruate regularly; and, correct menstruation gen-



erally indicates capability of impregnation on the part of the female. Weakness and exhaustion of the generative system is unquestionably a frequent cause of female sterility; and among the causes which entail loss of vital and productive energy, excessive indulgence is one of the most prominent. Hence, as before observed, prostitutes seldom conceive; not alone because the frequent repetition of the act blunts sensibility to enjoyment, but also because of the atony of generative power. Must it be added, that vicious indulgences, solitary practices, find their way to the chamber of unmarried girls?

No combination of human ailments can be so peculiarly and painfully distressing to a sensitive mind as that one hidden, yet restlessly-knowing anxiety, arising from the deferred hope of offspring. The possession of wealth cannot atone for the absence of that which riches cannot purchase; and in vain does the heart turn in lonely anguish, as the spring time of existence is rapidly flitting away, to its miserable expedients for the alleviation of this hopelessly corroding sorrow. I remember well having seen an accomplished and beautiful creature, already married a few years, blest with all that the world could bestow, yet bursting into tears at the sight of a chubby boy borne by a beggar woman; and who does not know of the rejoicings that oft occur, when some titled dame presents her lord with the long-expected heir to his possessions? As though the reproductive act were a rarity among the more refined and civilized of the sex; as though while "peasants bring forth in safety" and rear



in poverty a hardy brood, any valid reason should be assigned, why this process should be interrupted among the higher and more educated classes. If the immutable laws of Nature were more closely observed and followed, making due allowance for congenital imperfections, there is no reason why one class of women should be found to be more prolific than another.

I have analyzed the many peculiarities of sexual disappointments; I have furnished correspondences to and fro, descending even to *minutiæ* as far as permissible; and I here declare that with regard to sterility on the part of the female, and incapacity to impregnate on the side of the male, an ampler field is open for "aiding and abetting" such ends, than can be expressed in ink, or perhaps, suspected or believed by the world at large. I am candid to confess in sending this publication forth, desirous as I have been of rendering it worthy of perusal, I never intended it to supersede my own usefulness, either to my neighbors or myself; and when these pages meet the inspection of a reader solicitous to know more than is here set down, the application either *viva voce* or otherwise, may not prove a fruitless proceeding. Men advanced in years, and others of younger growth there are, who are sceptical as to the usefulness of art, in completing the joys of married life; but if any should be trustful enough to believe, that through such assistance, effects have followed, on which rested happiness, health, and not the least essential desideratum, the maintenance of family property, I am ready fearlessly to de-



clare, that their faith need not be misplaced. I have been, personally and alone, engaged in the investigation of this subject, and I have had the satisfaction of effecting, even with parties whom I have never beheld, the purposes for which I have been consulted.

It is often the case that the male, though in every respect strong, healthy, and robust, is yet the subject of such morbid dilatation of the seminal vessels, as results in premature emission, and though able to perform the mere act of copulation properly, yet, from the exudation of a thin, watery, effete semen, possessing no adequate vitality, and from its ejaculation at a hasty and inefficient moment, the ordinary mutual excitement of the act being wanting, impregnation is denied. To such, where this is the case, my treatment, having a direct action on the seminal vessels, is well calculated to restore tone and impart energy; and by inducing a healthy secretion of semen, supply the female with the indispensable requisites for a future progeny. Of course, these remarks exclude absolute congenital deformity, or malformation, in the absence of which, the cases are comparatively *very rare*, which admit of no relief from medical art.

We go out of the world by the same changes almost, as those by which we enter it. We begin as children—as children we leave off. We return, at last, to the same weak and helpless condition as our first. We must have people to lift us, to carry us, to provide us nourishment, and even to feed us. We again have need of parents. And how wise the arrangement!—We find



them again in our children, who now take delight in repaying a part of that kindness which was shown to them. Children now step, as it were, into the place of parents, while our weakness transposes us into the place of children. The venerable oak, on the other hand, does not enjoy the benefit of such a wise regulation. The old decayed trunk stands alone and forgotten, and endeavors in vain to procure from foreign aid that support and assistance, which can be the work only of natural affection and the bonds of relationship.

The undue loss of the seminal secretion in a natural way; that is, from too frequent intercourse with the other sex, is productive of dire evils; but where resulting from self-pollution, no language can describe those sufferings which violated nature is compelled to endure. All the intellectual faculties are weakened; the man becomes a coward, apprehensive of a thousand ideal dangers, or sinks into the effeminate timidity of womanhood; he becomes truly hysterical, sighs or weeps upon the slightest insult or want of sympathy with his hypochondriacal sensations. Such a one commences the career of incipient manhood by the abuse of Nature's most secret and sacred functions, and that at a moment, when the system is incompletely formed, when energy and passion need as yet the controlling rule of riper reason. Exclusively absorbed by this evil practice, all the powers of mind and body are wasted in delusive enjoyments, in imaginary creations; and an age of care and anxiety follows, broken only by useless and unavailing regrets.



Under the various forms of this peculiar excitement, but especially in the diseased fancy of the victim of solitary vice, we find associated every species of morbid sensibility, erratic imagination, and their consequent results, often indicated by an indecision of character difficult of comprehension by those who are unacquainted with its cause. Waywardness, stubborn self-love, selfishness in every modification, or that form of it which requires and would attract the anxiety and attention of others too exclusively upon himself—such are often the mental outlines of a character which secretly debasing passions have contributed to form. An incessant, irksome uneasiness, continual anguish, or alternating with fits of unreasonable and childish merriment, depression or excitement without adequate cause—these form some of the mental inquietudes connected with the practice of masturbation.

All the victim's fire and spirit are deadened by this detestable vice; he is like a faded rose, a tree blasted in its bloom, a wandering skeleton; nothing remains but debility, languor, livid paleness, a withered body and a degraded soul. A youth endowed by nature with talent and genius, becomes dull, or totally stupid; the mind loses all relish for virtuous or exalted ideas; the consciousness of the purity and essential holiness of the Creator operates as a bar against any approach to Him, or the appropriation of any of those consolations under suffering, which Religion is destined to afford. The whole life of such a man is a continued succession of



secret reproach, painful sensations arising from the consciousness of having been the fabricator of his own distress, irresolution, disgust of life, and not unfrequently self-murder. Nay, what in effect is this but the consummation of slow self-destruction? Could we but lift the veil of the grave, how should we startle at the long train of the victims of Sensualism!

A gentleman of high connexions, and apparently possessed of every requisite to make life happy, was found unexpectedly dead in his bed; a pistol, the instrument of his death, was clenched in his hand; none could account for the rash act, and doubtless, but for his own revelation, it would have passed away as unaccountably as the "temporary insanity" of the newspapers. Upon a piece of paper, in his own handwriting, were discovered the words, "I am impotent, and unfit to live." Scarcely a day passes that deaths by suicide are not recorded, where no cause is assigned for the deed; but which, from the result of experience, I am strongly inclined to believe, could we explore the secrets of the gloomy prison-house, would be easily explained. Generative debility is not so unfrequent as many suppose; it most usually is the result of sensual excesses; and the mental agonies of such a one are almost insupportable. What *bodily* pain can equal the agony of the soul? "A wounded spirit, who can bear?" aggravated as those feelings must of necessity be, by the consciousness that to his own imprudence, his own base slavery to sensualism, he owes his forlorn, blighted, and miserable condition,—a being on whom the



eye of beauty beams not with fond and pure affection, an outcast even from the paid embraces of a mercenary wanton.

There is in this class of patients an exquisite *sensitivity* to *external impressions*. The slightest change of weather affects the sensualist most severely; he cannot perceive the correctness of the remark that ours is a temperate climate, for with him the seasons are always in extremes, the summer scorches him into lassitude, or he becomes peevish at the continuance of the cold. Such individuals are excessively prone to catarrhal affections, they take cold from trifling causes, their bodies becoming as keenly delicate to external and atmospheric agencies as the most perfect barometer. We find that, in them, the lining mucous membrane of the nostrils and eyes is peculiarly irritable, fits of long-continued sneezing annoy them. The eyelids become strangely hot and irritable at night, the handkerchief is in frequent requisition, and a continual winking and pressing together of the lids is then observable. Many miscalled Rheumatic diseases are solely dependent upon this practice. The organs of generation participate also in the misery of local deprivation. It is a singular fact, that the habit of self-pollution is connected with an inevitable *diminution* of the *size* of the *penis*. The author has had frequent occasion to verify this statement. The virile organ becomes shrunk, and what is worse, the power of perfect erection is altogether destroyed.

It is undoubtedly true, that the thinner parts of the



semen distending the *vesiculæ seminales*, or seminal receptacles, become absorbed into the living mass of circulating blood in the body. The gelatinous *residuum* contained in the cells is rendered thereby more acrid and stimulating, provoking the natural desire ; and when in this way Nature herself solicits the sexual act as a relief to the distended receptacles, there can be no doubt that, as Sanctorius observes, "Moderate coition is good, but when it is solicited by the imagination, it weakens all the faculties, and particularly the memory." Nor is this difficult of explanation. When the *vesiculæ seminales* are replete with the seminal secretion, that, by the loss of its more fluid parts, has attained a degree of consistency, rendering its entire return into the circulation difficult, if not impossible, and when, under these circumstances, evacuation follows, we may be assured that the body will not thereby become debilitated. The act of evacuation however induced, is more pernicious when unnecessary ; and because the masturbator has the power of exciting these organs to secrete a thin fluid, when the seminal vesicles contain nothing sufficiently stimulating to rouse the erection necessary for the sexual act, he is able to perpetrate so much the greater mischief.

It will be remembered that excessive *nervousness* and *morbid irritability*, are amongst the spermatorrhœal effects which are directly the causes of impotence. Throughout the course of my professional labours, never lose sight of the influence of the nervous system and the imagination upon the generative organs. Th



*physical* sympathy is so intimately connected with the mind, that mere ideas, conveyed through the brain and nerves, often lead to spermatorrhœa, and to premature effusion on coition; the effect being more or less permanent and dangerous, according to the degree of irritation ordinarily prevailing in the cerebral organs.

It has been stated that, in the great majority of cases, the testicles are specifically disordered, both in decided and partial impotence. But it may be right to apprise the general reader that seminal discharges at stool or during urination, rather indicate disease in the *vesiculæ seminales*, or seed bladders, than in the testicles. In such cases the morbid discharge arises from two mechanical causes. If the discharge take place whilst urinating, it is caused by pressure of the urinary bladder downwards upon the seed bladders, which lie immediately underneath, and have become so weakened or relaxed as to be unable to withstand a pressure which, whilst in health, can produce no perceptible effect, but which now creates such a degree of irritation that the semen is forced out into the urethra; for a high degree of nervous sensibility always exists when the organs are in a state of debility. Almost in the same way, when at stool, a costive motion, constipation alternating with diarrhœa, being a general condition of seminal weakness, presses the rectum, or lower bowel, against the relaxed and sensitive seed bladders, forces the seminal fluid into the urethra, and thus a portion oozes out through the orifice of the penis.

I have thus gone through some of the principal



causes, symptoms, and effects of sexual debility—the three conditions being frequently so nearly identical with, or dependent on each other, that it has not been always possible to keep them separate, with due regard to what may be termed the *entirety* of the subject.

Always bearing in recollection the *possibility* that affections of this deplorable nature may supervene silently, insidiously, from other causes besides those mentioned, and may go on for years increasing in violence and malignity, whilst the sufferer may be actually unconscious of his affliction, it is more than probable that the infinite majority of instances in which promising marriages turn out “unfortunately,” as it is termed—that the majority of irreconcilable matrimonial antipathies, separations, divorces, violations of virtue and decorum—of sickly, pining offspring, perishing in infancy, and of no offspring at all—arise from the neglect of that precaution which every man ought to take ere he commit himself to the duties and responsibilities of wedded life; and it is equally probable that continued and increasing embitterments between couples already united arise in the same manner from neglect—from neglecting an application or inquiry which might result in the removal of the most common cause of chagrin, discontent, and approximate disgust.

So, likewise, as respects the married man, whose hopes have been disappointed; who, whilst self-deceived, has unwittingly deceived another; and whose matrimonial life is resolving itself into a concatenation of mutual re-



pinning, mutual discontent, mutual recrimination, mutual misery ; it is very probable, that, by a brief confidential consultation with a physician who has made this department of therapeutics his study, the hapless Benedict will soon, to the infinite solace of both parties, put a satisfactory end to all this repining, all this recrimination, all this misery and discontent.



## CHAPTER VI.

SEMINAL WEAKNESS,  
IMPOTENCY AND STERILITY.

## TREATMENT.

GREAT BLUNDER—WANT OF SYMPATHY—LITTLE DESIRE FOR  
SOCIETY—SELF-QUACKERY—FEAR OF EXPOSURE—DIS-  
HONORABLE DOCTORS—LALLEMAND'S TREATMENT—  
PORTE CAUSTIQUE—PRESSURE ON PENIS—SUPPOSI-  
TORIES. GENERAL INDICATIONS : LOCAL—CONSTITU-  
TIONAL—DIETETIC—MORAL. MECHANICAL INVENTION :  
REMARKABLE EFFECTS—HOW OBTAINED.

BEFORE concluding the present chapter, we shall in-  
troduce to the notice of the reader, an important me-  
chanical invention, which—together with proper col-  
lateral treatment—is used with very great success for the  
cure of impotence, total or partial, atrophy, and dispro-  
portion or diminution of the external organs of gen-  
eration. But we must *first* call attention to some gen-  
eral remarks, which we consider important, by way of  
admonition, explanation, and criticism.

It very often happens, that the physician, whose op-

portunities have enabled him to gain little or no information upon this delicate branch of practice, or, as is most common, has not availed himself of the opportunities within his reach, sadly fails to discover the true cause, or the principal cause, of the mental and physical prostration of his patient. In such cases he usually ascribes the murmurings and complaints of the unfortunate invalid to mere fancy or imagination, and endeavors to persuade him that, in order to be well, he has only to think himself so. Friends and acquaintances are told that it is all whim and nonsense; that there is no real disease, and that they must make light of the sufferer's complaints. So his own folks, perhaps, speak of him as hypochondriac, foolishly *fancying* that he is sick; and the poor sufferer finds little *charity* from his neighbours. Hundreds of cases have come before us, which every one, except the well educated physician, who has given special attention to this branch of pathology, would, at once, pronounce *complaints* without *disease*, when a thorough examination revealed the most frightful disease—disease which would inevitably render the life of the patient wretched, and hasten him to the grave, unless judicious medical treatment interfered. No, reader, you must not make light of the sufferer's complaints. It is, without doubt, advisable to keep up his courage. A cheering word, uttered at the right time, may have a good effect; but even this, a mere placebo, or soother, must not be substituted for active measures of treatment. On the errors committed by



medical men, in ascribing to fancy or hypochondria, disorders in which actual organic lesion is present, an European writer has the following pregnant remarks :—

“ It is in vain that we say to the so-called hypochondriac—amuse yourself, employ your mind, go into society, seek agreeable conversation ; so long as we have not removed the cause of his disorder he is unable to profit by our counsels. How can we expect, that when a man is fatigued by the least exercise he shall occupy himself with walking or gardening ? How can we desire him to go into society, when the simple presence of a woman intimidates him, and recalls all his former misfortunes ? How can we expect him to enjoy conversation when he loses its thread every moment—when his memory leaves him, and when he feels his nullity ? We persuade him to seek amusements and pleasures, but are they such to him ? Is not the happiness of others his greatest punishment ? Because he is unable to follow our advice, we accuse him of unwillingness and we wish to compel him. But *let us first remove the cause of our patient's disease*, and we may then hope that his character and conduct will change, and that he will return to his natural tastes and habits.”

Again :—There exists a class of patients who gather a little knowledge as to symptoms, and, at the same time, a fearful amount of error and delusion from some empirical work, which lauds one medicine or application, as the universal remedy for a number of diseases, variable as the climates and seasons, undergoing alterations



marked as the change from sunshine to shade. Self-opinion and want of knowledge ever march hand in hand, and the self-constituted doctor, by his sage treatment of himself or friend, seriously increases the difficulties with which the regular practitioner has to contend. There is a great deal of truth in the trite old adage—

“Whoever has himself for a client, has a fool for his adviser.”

The mischief that arises from this absurd self-quackery, by persons not professionally educated, induces me, more as a duty than with the hope of suppressing the evil, to warn the reader against it. Although most men in a legal dilemma apply to their lawyer, and in cases of sickness in the lower order of valuable animals, the best veterinarian is consulted, yet the very man who has acted with caution and judgment in both or either of the matters named, will, when his own health, happiness, and even life, are at stake, tamper with all, and very probably in the end, succeed in ruining his constitution from the delusion of self-conceit. There are individuals who indulge the fond, yet irrational hope, that nature is capable of resuming without assistance her lost powers; to such I can only say, that the time which is wasted in this delay is precious and irrecoverable, and can only tend to perpetuate the predicament of hopeless imbecility, and render Impotence permanent. We have before remarked that this is one of the diseases that nature's force does not cure. Art must interfere, or the patient inevitably



sinks. Many are prevented from applying for medical advice and assistance, through fear or dread of accidental exposure. In reference to this, we will here remark, that every physician who graduates at a medical college of respectable position, solemnly obligates himself by signing articles of contract before receiving his DIPLOMA, that he will hold sacred and inviolable, any secrets confided in him by his patient, and that he will, under no circumstances, betray such confidence. It is proper, however, that we should inform the reader, that such confidence is betrayed *even by regular physicians*, but more especially by those who call themselves physicians without a regular medical education; and those, who, unable to succeed by a straight forward, honorable course *as regular practitioners*, start out, and take upon themselves all manner of foolish names to deceive the people. Our acquaintance with medical men of all classes and conditions, has satisfied us that such are usually rotten at the core. They should not be trusted. They can easier kill than cure. No physician who has the talent and character to succeed in his profession, will take upon himself any other name than that of PHYSICIAN. We speak the things we do know. Such men may be gifted in conversation, and interesting in personal appearance, but there is little honesty or honor about them.

Our own rule is, when we are consulted by letters, to burn them, or return them to the writers, on the termination of their cases; and only under peculiar circumstances is a personal interview or application absolutely



necessary. It would be a matter of no difficulty to me to detail the histories of hundreds of cases, which have been treated most successfully ; in which the most deplorable forms of Nervous and Generative Debility, Obstinate Female Diseases, Impotence, Sterility, Nocturnal and Diurnal Emissions, Seminal Weakness, Indigestion, Syphilitic and constitutional diseases, have been exchanged *for health, vigor, and happiness* ; but this would augment the size of the work most inconveniently ; and there are many whose delicacy would resent the transcript of their cases, even under anonymous initials.

LALLEMAND OF FRANCE is the only author we shall notice upon the treatment of the diseases under consideration. Though we differ from him in some things, it would be egotistical to pass him by in silence ; as his researches and experience deserve our respect ; not so many other authors, who may be consigned to well merited oblivion with a passing remark, that nothing original occurs in their writings, simply because study and practical investigation have never been their object, and bigoted fanaticism takes the place of study and philosophy, whilst outbursts against more successful contemporaries, stand vividly forward as substitutes for sound, rational theory, and well-based practice.

Lallemand says, and truly, too, that "some affection of the organs for the secretion and excretion of the semen is the most frequent and most active cause of Spermatorrhœa." It is worthy of notice that this very statement furnishes one of the best arguments against



his mode of treatment, as I will hereafter point out ; and in another page of his work he states with equal veracity that this malady is by no means, in all cases, of a *moral nature*, but very generally the consequence of peculiar bodily conditions ; yet because *the application of caustic* over the vessels of the eye, is of service in some instances, he concluded that a similar process to the outlet of the ducts must ensure an equally favorable result ; so the “ PORTE CAUSTIQUE ” was invented—an instrument like a catheter, made of silver, and armed at its termination with a piece of lunar caustic, to be passed into the urinary canal of all persons, regardless of what condition the system or local parts might be in. It became that detestable thing, “ a fashionable remedy,” and was blindly thrust down the urethras of the unfortunate victims, to cauterize, sometimes one part, sometimes another, of the urinary tube, occasionally, and but seldom coming in contact with the outlet of the ducts, and when it did, causing much suffering and doing no good,—because,

*First.* If the cause of the disease be *only* locally situated at or near the mouth of the outlet, it must be cruel and unnecessary.

*Second.* If it be seated at a distance, reflected irritation and increased inflammation alone can result, for the ducts in question are the termination of the vas deferens, and the vas deferens itself is only the outlet of convoluted tubes composing the body of the testes and epididymis, and exceeding, altogether, twenty feet in



length; and the attempt to remove an obstruction in one of the numberless rivulets which help to form a stream, by blocking up the mouth of a mighty river, would be as likely to succeed.

The author and disciples of the *Porte Caustique* differ much from each other, as well as from their opponents, as to the amount of pain and length of suffering which this so-called remedy occasions, and this fact incontestably points out that the escharotic is used in different conditions of the *urethra*, and applied to parts of the canal where the outlets are *not*: these small openings, like other orifices of the secretive glands, are composed of erectile tissue with a trace of muscular fibre, which enables them to remain closed and quiescent, or erect and open, so that the cleverest operator cannot ensure the positive contact of his instrument exactly where he requires it to touch, above once in a hundred times; and if, happily, difficult now, it would be still more fortunate for humanity if the feat were *impossible*; for an *agony of pain*, followed by violent inflammation of some ten or fourteen days' continuance, accompanied by a flow of blood with the urine, and occasional painful erections without any improvement, are the mildest symptoms and slightest annoyances to which the patient is subjected; whilst long continued strangury, irritable and inflamed bladder, and *stricture*, are always *risks*, and when a tendency to any of these complaints, or to prostatic disease, chances to be present, will lead on to still more serious maladies, such as acute and chronic ab



scess, ulceration, or even mortification, and fatal hæmorrhage; and yet, with these authentic facts before us, we are told by the advocates of this instrument, that a second application is frequently required. When the *Porte Caustique* exactly reaches its intended destination, and is quickly withdrawn, permanent induration of the outlets, or loss of tone in their erectile tissues, are common results. One of the most celebrated physicians of the present day bears testimony to the suffering, danger, and mischief, he has himself witnessed in victims to the use of this dangerous agent.

Various other so-called remedies of a caustic and irritant nature have been recommended for introduction into the urinary passage, but it may be said of them all, that if they were less escharotic in their action, they would be less baneful in effect; still, more or less mischief might result from their use, and little benefit arise from such harsh applications.

An attempt to compress the walls of the urethral passage, by means of a mechanical adaptation to the penis, does not want advocates at the present day. Surely absurdity can reach no greater length. The invention is just worthy a school-boy suffering from incontinence of urine; the semen flowing as usual into the passage is, by force, prevented from passing away until the instrument is removed, when the semen and urine are ejected together, and the sufferer, perhaps, is beguiled into the idea of amendment, because he does not see the semen escaping, as he did previous to this treatment.



One author speaks in glowing terms of SUPPOSITORIES in the treatment of these cases, which, the public ought to know, are medicated substances, rolled into a solid consistence, to be thrust up the patient's fundament on retiring to rest. A moment's thought will satisfy the intelligent reader, that little advantage could result from such treatment, for a mere tyro in medicine can certify, that any thing placed in the rectum does not come in contact with the seminal ducts, as the parts are separated by the coats of the rectum and the entire substance of the prostate gland. It is well known to medical men, that certain medicinal substances taken into the stomach, may be found, a short time afterwards, in the urine; but in the rectum, the lower part especially, absorption is comparatively trifling, so that an occasional suppository should only be used when the stomach rejects all proper efforts to retain medicines.

The introduction of substances into the fundament is exceedingly uncongenial to the patient, and he cannot see the consistency of administering medicines per rectum, designed to act upon remote parts, when they can be retained upon the stomach; aside from this consideration the SUPPOSITORY is a harmless placebo, provided it consists of non-irritating substances.

An aim at novelty, and a desire to appear possessed of some wonderful drug, fabulous as the roc's egg, or philosopher's stone, have produced the advocacy Suppositories have met with. Our forefathers, with a little more credulity, placed faith in amulets or charms; if



the latter did not possess the efficacy of the Suppository, they were imagined to act favourably, and the difference between them, in curing seminal weakness, is by no means wide.

Lastly, some practitioners rely on a certain class of drugs, which they term "*Aphrodisiacs*" or *sexual incitives*: by the administration of which, much disturbance of stomach is kept up, with increased irritation of the genito-urinary apparatus; consequently, this mischief reacts on the nervous and circulatory systems, aggravating an already formidable complaint, locally and constitutionally.

Want of perception as to the relations of the parts affected, in their manifold connections and sympathies, has induced the baneful treatment alluded to. The choice has fallen either on violent and dangerous applications, or on a single drug of no effect whatever, advertised, puffed, and praised, with cases of cure plentifully appended, to excite curiosity, dazzle the uneducated and thoughtless, and produce false hopes in the invalid, while contemptuous pity and scorn are created in every right feeling breast.

We now come to consider the general indications of treatment in cases of seminal weakness, sexual debility, and impotency. They are LOCAL, CONSTITUTIONAL, DIETETIC, and MORAL.

1. LOCAL. Part of the nerves, which supply the genito-urinary system, pass from the Cauda Equina low down in the pelvis, others may be traced back in the



spinal marrow for some distance, and applications over the origin of these nerves are frequently necessary, as the most likely method of giving tone and power, both of which we seek to impart. Applications over other parts of the body, especially the organs of generation, are frequently indispensable, if we wish to effect a perfect and permanent cure. Sometimes frictions with stimulating liniments; at other times soothing agents are useful. Sometimes cold ablutions do good; at other times warm fomentations. Sometimes pressure is indicated; at other times the very reverse. Sometimes cold baths are serviceable; at other times warm or tepid bathing; etc., etc. But the nature of the application, and the part to which it is to be made, as also the constitutional treatment, *must vary* according to the symptoms, or combination of symptoms, in each case, and should we attempt to write a book pointing out the indications of treatment in every case which may arise, it would require a volume ten times the size of the present, and then the patient couldn't be *his own physician*. Books published by half-bred physicians entitled "*Every man his own Doctor*," are the most ridiculous things that could be offered to the public. We make this remark, we desire the reader to understand, not for the purpose of securing more business than we already have, for we always have as much as we can find strength to perform; but because it is important, that every person should know—and every intelligent person *does know*—that in case of dangerous disease, he needs the skill and experience of a good physician.



When we have the symptoms of an individual case, laid before us according to directions in the last part of this book, we can trace those symptoms to the main cause of the whole trouble, and then we can furnish such remedial agents as we consider most proper, and treat the case understandingly, and in this way only can the physician practice his art successfully and with satisfaction to himself. When we wish to produce a *local effect*, our treatment consists, in selecting those agents, which act directly upon the diseased part, in consequence of an affinity or attraction between the agent taken into the stomach and the organ affected; and this mode of practice, in our hands, has been signally successful in arresting seminal losses.

Let me repeat, how essential it is for every invalid to place himself entirely in the hands of his medical attendant, and to blot out forever from his memory that deadly illusion, "*self-treatment*." Experience amply warrants me in stating that it ought to be termed, "*self-injury*;" for by it, simple cases are rendered complicated, and intricate diseases well nigh permanently incurable.

2. A few words upon the CONSTITUTIONAL treatment. The wide spread ramifications of the senso-motor and sympathetic nerves, bring into a state of functional disorder, not only organs situated near each other, but those which are at a distance, as the brain, lungs, heart, and stomach, all intimately connected by means of the pneumo-gastric nerves; hence the palpitations, difficult and excited respiration, headache, floating bodies ap-



pearing before the eyes, etc., etc., so frequently accompanying different stages of Spermatorrhœa, and alluded to at great length by some writers. Any complications of these or other kinds, will meet with due attention if looked on as the outposts, to be treated in their turn, while the physician continues to employ his main strength on the citadel or stronghold of the enemy.

The class of medicines which allay excitement and irritability may be the first required ; for the stomach is frequently so weakened and capricious that the whole complaint is confounded with indigestion, and demands our first attention, in order that it may receive and assimilate the medicines and food necessary for a permanent curative effect.

Mild and cordial laxatives, alterative medicines with neutral salts and febrifuges, will soon quiet the stomach and enable it to tolerate *tonic* and restorative medicines ; if the last are commenced with when the stomach is very much deranged, all the evils will very likely augment, and time will be lost. No word in medicine is more misappropriated than "*tonic*," one man means *iron* ; another, *quinine* ; a third, *mineral acids* ; whilst a fourth means *stimulant or irritant preparations*, which have no real action suitable for the term ; and so on through the entire Pharmacopœia.

Now, I mean not any one, but the whole class of medicines, properly so called, which must be culled and combined to meet each case, in which consists the real art of scientific prescribing.



Perseverance and steadiness, in obeying the directions laid down for him, are incumbent on the patient, who should bear in mind that carelessness or excess, may counteract the benefit he could not otherwise fail to receive.

3. A judicious and well-followed DIET should not be overlooked in the work of restoration. In the irritable stage, from the feeble condition of the stomach, very little in the way of diet can be borne, compared to the hearty meals afterwards partaken of, when the tonics are acting well. Carefully prepared broths, flavored well, but not highly seasoned, may be administered. Next come small portions of lean meat; finally, all those articles of food which contain most nutrition in the least space, giving the system support, and, as it were, nursing the powers of digestion. The palate, too, may be consulted, so that nothing injurious is fancied.

Without usurping the prerogative of cooks, let me warn patients that it is essential to procure, in the soup or broth, all the *osmazome* or red particles of the *meat*, and this is best done by cutting it into small pieces, and very gradually extracting the required material by placing the meat in a flat covered dish placed in an oven only heated sufficiently to *simmer* the *water*.

A generous diet may be adopted, and the patient can select fish, shell-fish, eggs, poultry, and meat at pleasure.

Warm relaxing drinks, coffee especially, are injurious, and their place may be supplied by new milk, where the stomach does not revolt at it; nearly all green fruits and



vegetables, lemon, vinegar, etc., as a general rule, should be avoided.

As to stimulating fluids, good old wine, genuine brandy, rum of a proper age, or even whiskey, may be prescribed in medicinal quantities, but not for unlimited use; every undue stimulus causes a weakening reaction. Malt liquors, of a perfect quality and well-regulated quantity, are valuable tonics: but their administration, together with a more copious digest of rules, applicable to each person, must remain under the sole control of one more experienced than the invalid, or they may do more harm than good.

4. MORAL TREATMENT. The natural organization of man differs from that of brutes. The latter are urged forward from impulse alone, while the former possesses reason and the power of self-restraint. As man ascends in education and moral feeling, he rises in the power of self-restraint. On the other hand, as he becomes deprived of this wholesome law of discipline, he sinks into self-indulgence and the brutality of savage life. Diseases, also, weaken the power of moral restraint, especially those, belonging to the sexual organization, and which have their origin in sexual excesses and self-abuses.

Marriage, as we have before said, frequently acts as a remedy in many derangements of the system, of both sexes, but it should not be recommended, without feelings of affection and prudence, as a remedy for the sick. The happiness of both parties depends on its results,



and an unfortunate or ill-advised connection of the sexes, particularly arising from physical causes, can only aid in "multiplying misery by two." Let all remember in time the truthful Latin proverb, "*Gutta cavat lapidem, non vi sed sæpe cadendo*"—The drop of water hollows the stone, not by the force, but by the frequency of its falling.

Vice is more easily acquired than eradicated. And those who owe their diseased condition to a continuation of their own fault, I would entreat to seek a state of corporeal health, which may give them sufficient firmness to conquer their evil propensities.

It will be a substantial service to society, if the reader, having attentively perused these pages himself, will forward under envelope, anonymously or otherwise, this work to such of his friends or acquaintance, who, as he may have reason either to know or suspect, have been the secret victims of the baneful habit I have alluded to. In this way a parent may secretly, yet effectually warn that child, to whom on such a subject he would feel it repulsive to speak. I need only point out this mode of performing a humane and charitable action, to render obvious its very useful application.

---

### MECHANICAL INVENTION.

THE method of treatment we have already indicated, we beg the reader to understand. as regards impotence



atrophy, disproportion or diminution of the virile organ, is collateral merely ; while the main reliance should be placed upon the judicious use of a new invention we shall now introduce to the reader's attention. This, we allow, is a subject of considerable delicacy, and is designed for those alone, whose judgment, and good sense, will enable them to treat it with that deference and civility, which its importance demands. The subjects we treat, in this work, are of vast consequence to thousands and thousands of poor, desponding, suffering men and women, and we have constant regard to the delicacy of these subjects, and it is our study, from the beginning to the end, to make choice of such language, when possible, as shall not offend the most fastidious reader ; at the same time, and above all other considerations, it is our design to make ourself thoroughly understood.

NOW FOR THE EXPLANATION ! *First*, a few words upon the structure of the organ to which the instrument is applied. The penis is abundantly supplied with arteries, veins, nerves, absorbents, and a cellulo-vascular structure, which is the erectile tissue peculiar to the organs of generation. It is, therefore, a very *loose* structure and capable of considerable expansion. Now a venereal impression made upon the mind, by circumstances without, by the irritating effects of the seminal fluid in the vesiculæ seminales, or any other cause whatsoever, is at once transmitted, through that wonderful mechanism, *the reflex nervous action*, to the organ itself. This peculiar sensation, or nervous force, causes the organ to ex-



pand, and the blood rushes into all its structures, its vessels are fully distended, and we have the usual enlargement and rigidity, known by the term *erection*.

Now, in sexual debility, there is a sad deficiency of healthy vigor and tone in the nerves which supply the virile member. The organ cannot expand, the blood does not flow to the part, because that amount of vitality, or nervous action, which we find in a healthy condition of the generative system, does not exist. Bear in mind, that the presence of blood, in the frequency and quantity nature intended, is necessary, in order to *keep up* the nervous tone, which is present in health. As an illustration of this, we may remark, that those religious fanatics, who, in all ages, "kill the body to save the soul," by rigid discipline of mind, and sundry applications, to prevent sexual excitement, by preventing the flow of blood to the sexual organs, not unfrequently become totally impotent, and can make no use of their organs, in case they wish, at any time, to put off the *saint* for the *devil*.

If, then, the nervous energy depends upon the presence of blood, and we can devise any means to produce a flow of blood to the organ itself, we may confidently expect, that we shall re-establish the health and vigor of the part. Reasoning thus, the thought struck us, that an atmospheric exhauster, or small air pump, could be constructed, in such a manner, that it would accomplish the very object desired. On making inquiry, however, we were told—with how much truth we will not pretend to



say—that a certain transatlantic surgeon had hit upon the same thing, and that its use, in his hands, gave the highest degree of satisfaction. If this be true, we cannot claim the origin of this invention; but we think no one will deny us the credit of having brought it to its present state of convenience, utility, and neatness, as we now have them manufactured.

The instrument consists of a receiver or tube, and small air pump. The tube is made of the best flint glass thick enough to sustain falls or blows without breaking. It is a little expanded at the bottom, and worked very smooth. The top of the tube is rounded or orange-shaped, and pierced with a small hole, in which is fitted a stop-cock, which you open and close when the instrument is worked. The small pump is made of bronze; it is about three inches long, and vertically attached to the top of the tube. The piston has a small knob at the top.

*Now let us work the instrument!* Place the glass tube over the organ, and it will rest accurately upon the parts in the immediate vicinity. Take the knob of the piston between the thumb and finger, and work it up and down. Every stroke, of course, expels a small quantity of air, and its movements are so accurate, smooth, and easy, that you have no trouble in obtaining the precise amount of exhaustion, that, at any time, is needed. As the air is expelled, the organ expands in every direction, and the blood rushes into its cellular structure, upon the same principle that the air rushes into the lungs when



the chest expands. The erection, of course, can be maintained, for a longer or shorter time, and the blood continues to fill all the cells of the organ. The instrument, also, can be used for all the purposes of a small air pump, in experiments, amusements, etc. Take a small mouse, and having placed the tube over the little fellow, exhaust a small portion of the air, and the animal will, at once, grow plump, if not fat, and amuse you with certain gymnastic exercises, till the small amount of oxygen in the tube ceases to support life. Let the little fellow out in season; don't be cruel. Place any elastic substance, animate or inanimate, beneath the glass, and there will be an enlargement in proportion to the amount of exhaustion, and if you should produce a perfect vacuum, the force would equal fifteen pounds to every square inch. From the maximum down to the minimum, you can obtain every degree of force. This, the reader will understand, is upon the principle of atmospheric pressure, or, as it is sometimes called, *suction*.

The reader will now understand, how we re-establish the nervous energy and tone of the organ; the blood is made to flow to the organ, and *that fluid* is its natural and healthful stimulus. We have no doubt, that, by an occasional use of this instrument, sexual vigor may be retained to a hundred years, if the person live so long. It not unfrequently happens, that dame Nature, who sometimes indulges in freaks and caprices, denies to certain individuals, the usual amount of sexual development; and it is right, and proper, that we should state,



for the benefit of such persons, that this invention, used with becoming gentleness, and in other respects, as we have pointed out in the sheet of directions which go with it, will produce an enlargement or actual growth of one third or one half. Every intelligent reader can now understand the physiological principle in operation, in bringing about this result. There is no *secret* remedy here ; no magic pill to "purge out the humors ;" but the whole thing is laid open before the reader, fairly and candidly ; and we are sure, it will gain the respectful attention of every intelligent, right-minded person.

In cases of total or partial impotence, atrophy, disproportion or diminution, unaccompanied by seminal discharges, or other organic or functional derangements, the instrument, used by the patient himself, according to the directions accompanying it, is the only treatment necessary. Its good effects, in all such cases, did we not thoroughly understand the physiological principle which its action involves, would be looked upon as truly surprising.

But where the conditions above named are complicated with seminal losses, or other organic or functional disorders, and a bad constitution, judicious collateral treatment should accompany the instrument. In the most obstinate cases, however, patients should not despair. It may seem egotistical, but facts furnish just grounds for the assertion, and we re-assure this class of invalids, in the most emphatic language, *that it is within our power to grant them relief* ; and whenever distance, or other



circumstances, render such a course necessary, they can avail themselves of this relief without a *personal application*. Such persons are referred to the last part of this book for directions in laying their cases before us.

We are somewhat enthusiastic upon this subject. We have been engaged, almost alone, in the investigation of these diseases; and we see their prevalence, their terrible consequences, and we know that they can be held in abeyance, conquered, eradicated, by the appliances of medical skill; and the hope of saving some of our fellow beings from utter despair, from degradation of body and soul, from disease as insidious and dangerous as the serpent's coil; the hope of doing something, to induce the medical profession, to give that attention to this subject which its great importance demands,—a subject so sadly neglected by medical men of all grades and conditions,—this hope brings a satisfaction, which the consciousness of having been engaged in a known duty, to the extent of our ability and strength, alone can bring to the mind.

It is proper that we notify the reader in this connection, that we have made all suitable arrangements for the manufacture of these instruments, and we supply physicians and others, who order them of us. They can be obtained from no other source. They are put up in neat boxes, and can be had at our Consultation Office and Laboratory, No. 319 South Thirteenth Street, between Spruce and Pine Streets; also, they are despatched, by express, to every part of the civilized world.—They can be sent by mail, on receipt of seventy-five cents, in addition to the price, to pay the postage Price, Six Dollars.—For further particulars, see last part of the book.



## CHAPTER VII.

### VENEREAL DISEASES.

#### GONORRHŒA.

CAUSES : GONORRHŒAL DISCHARGES—GLEETY DISCHARGES  
—LEUCORRHŒA—MENSTRUAL FLUX, ETC. SYMPTOMS  
AND EFFECTS : SLIGHT ITCHING—INFLAMMATION—PU-  
RULENT MATTER—SWELLED GLANDS — CHORDEE —  
SCALDING ON MAKING WATER—SWELLED TESTICLES—  
STRICTURE — GLEET — IRRITABLE BLADDER, ETC.  
TREATMENT : EFFECTS OF IMPRUDENCE—OF SELF-  
TREATMENT—UNEDUCATED DOCTORS—PATIENTS PUT  
ON THEIR GUARD. PREVENTION WHEN EXPOSED.

A SYSTEMATIC treatise upon venereal diseases, noticing in detail their nature, causes, effects, symptoms, and treatment, would require a volume much larger than the present, and could be of little utility to the general reader. We shall, therefore, in the present chapter, and that which follows, call attention to the *main features* of these diseases, by way of warning, caution, and advice, which is our peculiar mission throughout these pages. There is no person except the medical man,



whose reputation brings him patients from all classes of society, that knows the extent to which these infections exist; he alone understands the terrible consequences of imprudence on the part of patients, in applying for medical aid, and the ridiculous pretensions and blunders of half-grown doctors and newspaper quacks, who undertake to treat these diseases—diseases which require the greatest skill and experience.

Sexual intercourse is occasionally impure; and animal poisons are generated and communicated by such intercourse, which are of a peculiar, malignant character. There are two distinct venereal diseases: one is the poison of *Gonorrhœa*, commonly called Clap, which, coming in contact with the mucous membrane of the urethra, produces inflammation and a discharge of infectious matter: the other is the poison of *Syphilis*, vulgarly called Pox, which, applied to the surface of the skin or membrane, produces local inflammation, and forms a sore which is called a Chancre. This ulcerates, and the matter being received into the absorbent glands, occasions swellings, which have been named Bubo; and if the disease goes on, and the poison infuses itself into the general system, there arises, respectively, inflammation and ulceration in the throat, on the skin, in the membrane investing the bones, and even in the bones themselves. But *Gonorrhœa* claims our present attention; *Syphilis*, and its terrible ravages, will form the subject of another chapter.

*Gonorrhœa* is usually produced by contagion from a



similar disease, as we have already intimated, but it may arise from other causes : Thus, if a healthy person have intercourse with another laboring under chronic mucous discharge, as the *result* of Gonorrhœa, there is great danger that the disease will be contracted. If a man have frequent intercourse with a woman affected with leucorrhœa or the whites, or when she has her courses upon her, there is danger that he will become diseased, for these discharges are sometimes excessively acrid, and capable of producing inflammation, and a purulent discharge, constituting a real clap. The application of irritating substances, local injuries, and, perhaps, some other disorders, may produce the disease in question. Cases are recorded in medical works, Druitt is, perhaps, the highest authority, where the disease has been brought on by horse-back riding, riding in vehicles over rough roads, etc., etc. But we must confess we have no confidence in such stories, from whatever source they originate. If patients must resort to such subterfuges, as an excuse for not contracting the disease in the ordinary way, and cannot find a better explanation in some other cause we have named, we would delicately suggest, that they should have their vehicles without springs, the roads very rough and rocky, or if they ride astride, their horses should be without saddles, reduced to skin and bones, and in addition, they should always manage to get a smart kick in a very tender place. We are fully aware, however, that, where we find slow chronic inflammation of the urethra, as the result of previous gonorrhœa, and



the membrane is very sensitive and tender, almost any causes, which tend to prostrate the system, or irritate the parts already affected, may give rise to a slight mucous discharge. Sexual excesses, self-abuses, the excitement of intoxicating drinks, or even jolting upon a lean horse, will sometimes produce such discharges.

No certain rule can be laid down before a clap will make its appearance, after infection has been communicated. In some instances, three or four days elapse ; in others there will not be the least appearance of irritation before the expiration of ten, or even twelve days. Most commonly, however, the disease is perceptible in the space of from three to eight days. In the male, it commences with a sense of uneasiness, tingling about the extremity of the penis ; often a thrilling sensation not of an unpleasant character, exciting venereal desire. Presently this is exchanged for itching and soreness, and then a drop of fluid escaping without effort, the attention is called to the part, and it is found that the lips of the urethra, or external orifice, are swollen, and inflamed, a whitish, glutinous, and nearly transparent fluid, exuding from the orifice. At first, the discharge from the passage is mucous ; but afterwards it assumes a decided purulent appearance, that is, resembling "matter." This becomes yellow, or, if the inflammatory symptoms run high, green ; and it is often intermixed and streaked with blood. I say resembling matter, for the fact is, that even in these aggravated cases, the discharge contains little beyond the altered mucous secretion of the part. The time



this augmented diseased secretion will continue to discharge, is quite indefinite. Some people assert it will wear itself out; one thing is certain, it will sooner wear out the sufferer; besides, the doctrine is dangerous, inasmuch as it overlooks the permanent consequence of a disease, supposed to pass away. Thickening of the mucous membrane of the urinary canal, is one of the consequences of long protracted and neglected clap, and this state of parts lays the foundation of, if not identical with, Stricture. Or the discharge may cease to present its usual characters, and leave a surface, prone to the secretion of a thin, ichorous fluid, termed Gleet.

It is obvious then, that no folly can be greater than that of suffering this disease to end as many others are apt to do, by terminating in another; and that other, often of a permanently incurable character. Besides these effects on the urethra, gonorrhœa takes a course internally. It does not confine itself to the lips of the urethra, but often produces an erysipelatous inflammation, and swelling of the glands and foreskin; occasioning effusion, and the formation of the diseases termed Phymosis and Paraphymosis, in the former of which, the foreskin cannot be drawn back to uncover the end of the penis; in the latter, the prepuce, forming a tight ring at the back of the gland, cannot again be brought forward; the pain and strangulation in this state of parts are excessive, and demand prompt surgical interference. The glands of the groin often become affected from sympathy. I say from sympathy, in contradistinction to that swollen



state of the inguinal glands, resulting from syphilitic matter, as occurs in the aggravated forms of venereal disease. In the first instance, the glands swell, but not the same range of glands as are liable to be affected with syphilitic bubo ; and there is also this distinction, that while in the latter case they almost invariably burst, the glands that are sympathetically affected, during the progress of gonorrhœa, never, or very rarely, suppurate.

Where this effect takes place from gonorrhœa, several glands of the groin are apt to be affected in succession ; whereas, in the absorption of the poison of syphilis, a single gland only is enlarged on each side. In the course of the disease, swelling and suppuration often take place in the mouths of those *lacunæ*, which, like dilated pouches, are situated chiefly near the extremity of the canal. Matter becomes accumulated there, and this place appears to constitute the last entrenchment of diseased action. Irritation and inflammation occur also in the spongy body, through which the urethra passes, constituting that painful affection called Chordee, in which the penis curves down as it becomes distended, so as to prevent a complete erection ; or, according to some authors, it arises from the deposit of lymph in the spongy portion of the urethra, which glues together the cells, and prevents their distension ; so that when the penis is turgid with blood, it is bent and horribly painful.

Another painful symptom belonging to the acute stage of the disease, is scalding and pain in making water. This is owing to the urine passing over the inflamed or



raw surface of the urethra, and varies in intensity in different individuals. In consequence of the irregular tumefied condition of the urethra, the stream of urine is small, forked or twisted, and passed not without considerable effort, as well as pain and scalding.

One of the most painful consequences which sometimes arise in the course of gonorrhœa, is Swelled Testicles. There is a continuity of mucous surface, from the urethra along the cord to the testicles ; and it is along this surface that gonorrhœal inflammation occasionally creeps, giving rise to horribly painful enlargement of one or both of these organs. The testicle is enveloped in a dense fibrous capsule, which does not readily yield to distension ; hence the pain, when the enlargement is produced by inflammation. In consequence of this, there will be excruciating agony extending into the small of the back, heat, restlessness, and symptomatic fever ; a furred tongue, thirst, quick pulse, and great depression of the vital energies. It not unfrequently happens that the swollen testicle suppurates and bursts ; and whether this occur or no, it is certain that, on the subsidence of disease, its functions, as a secretory gland in the production and elimination of the seminal fluid, are by no means enhanced by all this mischief.

But of all the consequences of gonorrhœa which tell most fatally upon the comfort of married life, and interfere most decidedly with the procreative energies, the formation of Stricture is most to be dreaded. Spasmodic stricture occurs during the progress of clap, and is



produced by temporary spasm of the muscles surrounding the membranous portion of the urinary canal. Inflammatory stricture generally succeeds acute gonorrhœa, and consists in the effusion of adhesive matter around the canal ; while permanent stricture is the result of the thickening of the urethra, and consequent narrowing of the canal from a slow inflammatory process. There are many causes of permanent stricture besides a gonorrhœal inflammation, and while speaking of this, it will be well to enumerate them. No one is more frequent than excessive prolongation in venereal intercourse. Its constant effect, is the exhaustion of the energies of the muscular fibres ; thus are they thrown into irregular action, and permanent contraction of some part of the passage is thereby induced. Indeed, so strong is this effect, that symptoms of spasmodic stricture have been known to arise in some patients, after every repetition of venereal intercourse, especially if due time for repose have not been afforded for the secretory organs ; and though these symptoms at first were found on examination, not to be the effect of permanent stricture, yet this was generally produced in the end, and proved most troublesome in its removal.

Masturbation in this way, produces the same or worse effects, than severe venereal effort. Spasmodic stricture, then, or that too violent excitement of the muscles around the neck of the bladder, whether arising from inflammation of mismanaged or neglected clap, or any other cause, may terminate in permanent constriction of the



urinary canal. At the commencement of the formation of permanent stricture, the surgeon is made acquainted with the real nature of the complaint, by the following indications :—The first is the retention of a few drops of urine in the urethra after the whole appears to have been discharged. Although the stream of urine may be somewhat diminished, the patient feels no particular uneasiness until he feels some difficulty in its expulsion. The effort becomes greater than usual, and a straining continues, even after the bladder is emptied. In the progress of the disease, the bladder becomes irritable; this is evinced by the person not being able to sleep as long as usual, without rising to effect the urinary discharge. A man in health will sleep usually from seven, eight, or nine hours, without being obliged to empty his bladder; but if he labor under stricture, he cannot continue for a longer time than four or five hours, and frequently much less even than this. The stream of urine becomes small, and sometimes forked, owing to the contracted, uneven state of the canal, and cannot be ejected to the usual distance, though the patient be sensible of the bladder making more than usual exertion. Even the thread-like stream, conspicuous in the advanced stage of stricture, often gives place to a discharge by mere drops, attended by the strongest efforts, and the most excruciating pain. The coats of the bladder become enormously thickened; there is dilation *behind* the place where the stricture occurs; the ureters or canals leading from the kidneys to the bladder, become distended and di-



lated, and the kidneys themselves, the secretory organs of the urine, become diseased. These conditions are the result of a physical impediment, a narrowing or stricture of a portion of the urinary canal; and if viewed in connection with the obligations of marriage, are most grave in their consequences.

GLEET is another sequelæ of clap, and is often difficult of removal, sometimes continuing for years. The gonorrhœal discharge becomes chronic; its character is altered; and from being purulent, it is now semi-transparent. Its persistence frequently depends on the co-existence of stricture in some part of the canal.

Timæus relates that a young law student, the victim of self-pollution, "was seized with a gonorrhœa, accompanied with a weakness of the whole body." He observes, "I looked upon the gonorrhœa as a sequel of the relaxation of the seminal vessels," and his reasoning was correct; but as to the discharge, termed by him "gonorrhœa," it was probably the involuntary discharge of semen, or gleety discharge from the prostate, vesiculæ seminales, and urethral surface, not at all analogous to the discharge resulting from clap. We have already shown, in a preceding chapter, that involuntary seminal losses, sexual debility, impotency, and even sterility result from venereal diseases, self-abuses, sexual excesses, etc., etc.

There is an exceedingly distressing affection frequently resulting from gonorrhœa, and therefore fitly to be introduced in this place, named by surgeons "Irritable Blad



der." I say frequently arising in this way, but it may also proceed from certain solitary practices ; in fact, it is closely identified with all the habits of Sensualism. The patient is annoyed with a frequent desire to void his urine, and this symptom becomes ultimately so urgent, that the inclination to empty the bladder occurs as often as every ten or fifteen minutes. The pain experienced is in exact ratio with the distension of the bladder, and sometimes the urine is discharged mixed with blood. Irritable bladder is a dreadful disorder, the patient's life is a burthen to him ; he is obliged to keep from society, and linger away his hours in solitude. The late Sir Astley Cooper relates the case of a young gentleman, who, being in company with a party of ladies, was about to leave them for the purpose of making water, having at the moment a strong desire ; in the greatest agony he rode with them some miles, when endeavouring at the end of his journey to evacuate his bladder, to his utter astonishment, he could not pass a drop ; a surgeon was sent for, who took away the urine by means of a catheter, but from suppuration supervening upon irritable bladder, he shortly died from exhaustion.

In reference to the treatment of gonorrhœa, and its train of unhappy consequences, the most important remarks we can make relate to the avoidance, on the part of the patient, of illegitimate medical interference. The deplorable results of gonorrhœal disease just recited, are easily averted by common prudence, and proper medical assistance ; but from negligence, or in the hands of un-



skilful physicians, the most calamitous consequences not unfrequently arise. Nothing is more common than to find patients resorting to stimulant resins, as turpentine, cubebs, or the balsam of copaiba, in some of its preparations, before the subsidence of the acute or inflammatory stage ; and, what are more dangerous, astringent and irritating injections. This is a common practice not only by patients themselves, but by those wretched characters, who infest our country, and are continually advertising that they can cure these diseases at once, without change of diet or other restrictions. But mark the result—the deplorable consequences of such treatment. Slow chronic inflammation, obstinate gleet discharge, painful harassing stricture, disease of the testicles, and sometimes disorganization and destruction of those glands—a miserable existence, and death itself, are not unfrequently the deplorable results of such imprudence.

A confirmed clap cannot be arrested *suddenly* in its career *with safety to the patient* ; and those gentlemen who advertise that they can cure the disease in a day or two are totally regardless of the deplorable consequences of their practice. No cautious physician will resort to such extreme measures, and hazard the health and life of the patient for a few paltry dollars. The treatment will vary according to the intensity of the disease, the time it has existed, and the constitutional peculiarities of the patient. Hence the remedies must be selected with discrimination, suited to the peculiarities of each case. It is, therefore, exceedingly unsafe that a man



should venture to treat his own case. The records of our practice attest much serious mischief that has arisen in this way.

Gonorrhœa, if neglected or improperly treated, becomes chronic gleet, and in this state is infectious, as we have before intimated; if, however, the discharge be kept up solely from the existence of stricture, it is not necessarily communicable. Under any circumstances, so long as there is the least appearance of discharge, a matrimonial union is unadvisable, and correct medical advice and treatment absolutely necessary.

There is no disease of the genito-urinary system that requires greater caution and skill than the treatment of stricture. By carefully attempting to dilate the passage, to produce the absorption of the thickened organized lymph surrounding the urethra, or the mechanical destruction of the stricture, we can almost always effect a cure. But the means employed for effecting these objects are dangerous in the hands of the unskillful. In the whole round of operative science, there is nothing demanding more minute acquaintance with the anatomy of the parts, than the treatment of stricture; none in which blundering rashness or ignorance may effect more deplorable mischief. The bougie or catheter may be forced into the bulb of the urethra; or tear its way into the substance of the prostate gland; and death may ensue from unrelieved distension of the bladder, and the irritation supervening upon the injury.

All the diseases of this unhappy class, are of a com-



plicated and varied nature. They embrace in their consequences so many painful affections, that I never consider them, however slight in appearance, as mere local effects, but always dread their approach to a constitutional character; for, by a deplorable fatality to which limit is unknown, the most trivial cases of these diseases become the fruitful mine of a thousand discordant feelings and symptoms, that harass their devoted victim for an indefinite period. I therefore, strongly recommend, in all cases, a minute investigation, that the treatment may be effectual. Let such apply for medical aid on the first outbreak of suspicious symptoms, and they will save themselves a world of anxiety and entailed suffering. The interest of such persons is best consulted by referring them directly, and at once, not to medical books which can only confuse the mind, but to a regular educated practitioner, who has made venereal diseases a prominent study.

There are two classes of medical men to whom a person laboring under any form of venereal disease, should never apply for treatment, if he can find the third class. One is the regular practitioner, who is wholly engaged in the routine of general practice, and has neither time nor disposition to bestow proper attention upon the diseases we are considering; for no physician, however worthy and eminent as a general practitioner, can treat these diseases understandingly, unless he make them a *special* study, and have much practice of this kind. The other class is commonly designated as *charlatans* or *quacks*.



They make the treatment of venereal and secret diseases their principal business, but have never received a collegiate medical education, and without this, it is impossible to *study* a speciality, except under the greatest disadvantages. Such practitioners, especially, are sadly deficient, in a proper discrimination of the varieties and changes, which take place in diseases bearing the same name. Their practice is never safe.

We are aware that we shall be met with the objection, that many persons possessing the highest advantages for a medical education, turn out to be miserable practitioners. Now this we acknowledge, in all its length and breadth. So, many persons follow the sea all their lifetime, and never become good navigators; and a person might as well attempt to navigate a ship across the Atlantic ocean, without ever having seen a chart or compass, or braved the ocean waves himself, as to attempt to practice medicine understandingly and successfully, without the advantages afforded by the present state of the science; and these advantages he cannot find out of our colleges and hospitals. There are many things in medicine that are still the subjects of conjecture and speculation; on the other hand, there are facts counted by thousands, that are as well demonstrated as any principles in mechanics, and these are the result of the investigation, experience, and study, of some of the ablest men the world ever produced for the space of two thousand years, and perhaps much longer. A collegiate medical education is highly important, then, that the young practitioner may fully under-



stand *how little he knows*, and be prepared to *start right* in the terrible responsibilities which he necessarily assumes, in the position he occupies. No man who has received a collegiate medical education, will speak lightly of it. Not long since, twenty candidates for the honors of the medical department, of New York University, were rejected, and we have no doubt those poor fellows speak in the most contemptuous terms of college diplomas, etc. We knew a man in an obscure country town, who pushed himself into the practice of physic without so much as having seen the inside of a college or hospital. As a matter of course, he was out against the "regulars." He was regarded by many as a *skillful physician*, and in their estimation, actually placed above an old practitioner in the same town, who belonged to the "calomel and jalap school," and *perhaps* deservedly. Now it came to pass, that a peculiar change of circumstances brought to this man's door a handsome fortune. He suddenly dropped his practice and started for college, where he soon found, very much to his mortification, that he stood at the foot of his class, and knew far less than any boy, who had studied one year with a regular physician before entering college. He became a respectable, common sense practitioner, and was heartily ashamed of his former conduct, and never felt his importance so much afterwards. He often declared that he only made people think he knew something, that he was now fully sensible that when his patients recovered it was without proper medical assistance, that frequently their diseases



might have been cut short, mitigated, and his patients saved much harassing delay and suffering, and that patients sometimes died in his hands whose diseases would have yielded to the proper remedies. These remarks we have made in good faith, being fully sensible, that, in the present state of society, they are of the utmost importance to our readers. But the reader may inquire, what guarantee he has, how he can tell whether a man is qualified or not for the profession he assumes. One thing you can do; demand his DIPLOMA; this at least will show that he has *started right*.

We ought to remark, in this connection, that when any person, male or female, is exposed to venereal diseases, the infection may always be prevented, with absolute certainty. Upon this subject, full instructions are given our patients, and any others who wish to consult us by letter or otherwise. But its nature is such, that it cannot be explained in this book, taking, as it does, a high rank as a popular work: and allow me here to state, that you cannot find a common sense, truthful explanation of this matter, in any work extant; much less can you find it in those little, nasty works, which touch upon almost everything and explain nothing properly, and are advertised and sold for twenty-five cents or thereabouts. See last three pages.



CHAPTER VIII.

VENEREAL DISEASES.

SYPHILIS.

ANIMAL VIRUS—FORMATION OF CHANCRE—CHARACTER OF  
OTHER VENEREAL SORES—SPECIFIC POISON—PERIOD  
OF COLUMBUS' RETURN—HUNTER'S HOBBY—ABUSE OF  
MERCURY—MERCURIAL DISEASE—SORE THROAT—UGLY  
NOSE—DISEASED CARTILAGES AND BONES, ETC.—  
TRANSMITTED TO OFFSPRING—PROMPT TREATMENT—  
SELF-TREATMENT—WARNING GRATIS.

WE have already observed, that animal poisons differ not merely in their intensity, but in their nature ; that some confine their agency to the surface, where the contaminating virus is originally applied, producing rather a peculiarity of disordered action than diseased change of structure ; the constitution sympathizing little, and distant parts remaining unaffected. Such is the poison of clap ; but the virus of syphilis or pox, produces local destruction of the surface, and from absorption, the whole mass of circulating blood becomes diseased. After an indefinite period, and even after the local sores have



healed, the throat, the nose, the skin, the bones, become often successively implicated ; and if neglected or maltreated, death may, and not unfrequently does, arise from its invasion. The local sores affecting the surface of the external genitals from impure intercourse, are denominated Chancres, usually single, but sometimes two or even three are present. The time at which the effect of the poison producing these ulcerations makes its presence evident, is very uncertain. Generally speaking, the chancre makes its appearance three or four days after impure sexual contact ; but it may not appear till ten, fifteen, or even twenty days afterwards. An inflamed spot is first perceptible, presently a minute pimple bursts, and displays a rapidly enlarging ulcerated surface. In the centre of the sore, an excavation is sometimes observable of considerable magnitude, extending beneath the skin, exquisitely sensitive and painful, erysipelatous redness surrounding the ulcer, and the skin assuming an unusual firmness. The edges of that sore are irregular, its form often oval, but hard and ragged, its surface yellow, and this feeling of solidity easily perceptible, if the penis be grasped between the thumb and finger. In fact the thickened base is a distinguishing peculiarity of syphilitic sores.

If a chancre have not penetrated the skin, it heals under the application of proper topical and internal treatment, but if once the skin be perforated by destructive ulceration—if the cellular tissue underneath partake of the diseased action, it becomes irritable, sloughs, or mor-



tifies, and is attended with danger. When a syphilitic sore is confined to the surface of the skin, its progress is slow, and it is comparatively easy to cure; if, on the contrary, it burrows deeply into the integuments, the sloughing may be expected to be extensive, and the immediate constitutional and febrile symptoms will run high. Syphilitic sores or chancres vary exceedingly in character. This variety is not only produced by the previous mode of living, and the constitution of the patient, but is undoubtedly ascribable to diversities in the nature of the poison. If two persons differing in irritability absorb the same virus, the more irritable subject of the two will present a sore, surrounded by violent inflammation; so a person laboring under simple sores to-day, if he indulge to-morrow in any act of intemperance or debauchery, will change by that imprudence the aspect and tendency of the ulcer. In some unfortunate instances we have clap co-existent with chancre; however, the matter of gonorrhœa will not produce chancre, nor will the secretion from a chancre originate clap, proving that these are two distinct poisons. Besides these, there are sores believed to be followed by constitutional and secondary symptoms, produced by the contact of men, whose constitutional condition is peculiar, with women whose genital organs secrete a simply irritating fluid—as whites, the diseased menstrual secretion, or indeed, any impure secretion of a puriform character.

It happens not unfrequently, that males become infested with troublesome and suspicious sores from inter-



course with women whose purity is undoubted; nay even from contact with their own wives at certain periods. These views are fast gaining upon the confidence of the profession, and the result is most salutary, inasmuch as it was formerly the practice to style every sore, without exception, syphilitic, to apply mercury indiscriminately and, to say nothing of the injurious moral imputation, mercurial remedies unnecessarily and injudiciously applied, have frequently created a diseased condition mistaken for the effects of the syphilitic virus itself. Healthy women, in whom not a vestige of actual disease could be traced upon examination, and so pronounced healthy, have undoubtedly, in consequence of some diseased peculiarity, totally unconnected with unchaste intercourse, communicated by after contact with their husbands or lovers, actual sores, closely resembling the previously recognized forms of venereal disease. These ulcers, which are perfectly simple in character, may be reasonably referred to the presence of matter, irritating the surface to which it is applied, and co-operating with a constitution prone to the promotion of that peculiar form of local mischief.

Many authors favour the opinion, that there exists not one poison of a specific venereal kind, but many. If the poisons that respectively produce clap and chancre be evidently distinct, forming two, who shall say that the limitation proceeds no farther; that each of these poisons is not attended by its own distinct results, not only as regards the character of the sore, but also of the



secondary and constitutional symptoms? Those, on the contrary, who hold the opinion that the whole train of venereal symptoms, both primary and secondary, are the product of the same poison, refer the diversities in the appearance of the sore to the modifying influence of health, temperament, and especially the habits of the patient.

It is exceedingly probable that if these animal poisons, producing syphilitic sores, be not all identically the same, at least they are not very unlike, and may be considered as the different species of one genus, owing their differences chiefly to the peculiarity of constitution in which they are engendered; for it is certain that the poison of one sore in the female, will not invariably give rise to a series of corresponding sores, in each of those individuals of our own sex, with which she may have been placed in contact. It is tolerably well ascertained too, that the sexual diseases which devastated Europe, about the period of the return of Columbus from the discovery of America, and which were supposed to have been carried thither by his sailors, are now, if not extinct, at least so altered, as to bear no relation to the horrible, yet doubtlessly faithful, relations of the historians of that period. Many of the French writers are decidedly of opinion that infectious sexual diseases have been contemporary with the world's history, always prevalent in some form or other; and they suppose that an especial malignancy, how generated it is now impossible to say, occurring in the fifteenth century, and correspond



ing with similar exacerbation and decline in our own times, led the world to mark incorrectly as a new disease, that which, under some modification or other, had existed from time immemorial—in all ages.

It was the opinion of Hunter, that gonorrhœa and chancre arise from the same specific virus, and his practice was conformable, and followed out, until the days of Cline, Cooper, and Abernethy, by the administration of MERCURY, equally for the cure of both diseases. But Hunter's authority has passed into oblivion. Sir Astley Cooper, in reference to this distinction, was accustomed to observe, "Let me say no greater folly, nor indeed cruelty, can be committed than that of giving mercury to patients laboring under gonorrhœa. I abstain from entering the venereal wards of the other hospital, because patients under gonorrhœa are compelled to undergo so infamous a system of treatment." Hunter spoke, perhaps, truly, of a particular species of sore, but he generalized too much, identifying the "Hunterian chancre" with every other species of ulcer resulting from venereal intercourse; hence his conclusions are much modified in modern practice. He taught us to believe, that it is the invariable character of all truly venereal sores to become progressively worse, and never undergo any amendment, unless mercury, the specific remedy, be exhibited.

Thus, chancres on the penis and secondary sore throat, are described as constantly going worse, without the aid of mercury. Now, the fact is, there are many sores, which become irritable and disposed to slough, under



the mercurial treatment ; and ignorant physicians, mistaking the true nature of the case, have concluded that a more complete and speedy saturation of the system, alone could cure the mischief their own remedies were actually producing. If a sore were found to heal, as many will without mercury, then, according to the Hunterian doctrines of the English school, it was declared not to have been venereal. Certainly, there is nothing in a name, whether ulceration and destruction of parts be styled venereal, syphilitic, or simple, if originating in sexual contact : men do not, or ought not to prescribe for names, but for an actually existing condition. In doubtful cases I was once advised to defer the use of mercury, for the purpose of judging of the nature of the disease by the foregoing criterion. But now it is well known, that many rapidly-spreading dangerous sores, arising from sexual intercourse, are not only curable without the administration of a grain of mercury, but are absolutely rendered malignant, by its ignorant and injudicious employment.

We fully coincide in the spirit of the following passage from the published lectures of Dr. Dickson, formerly a medical officer on the British staff :—" As the non-mercurial treatment of primary sores gained ground, 'secondary symptoms'—or more correctly speaking, what were formerly mistaken as such—diminished at the same rate. Many of these, miscalled 'secondary symptoms,' have only lately been found out, in many cases, to be the primary symptoms of bad practice. Yes, the rotten



skulls which are to be found in anatomical museums—with all their beautiful specimens of diseased bones, which, in our younger days, were so abundant in hospitals, in the great majority of cases, were the production of long and harassing courses of mercury. When the mercurial treatment was most in vogue, secondary symptoms were most numerous ; but the medical men of that day, the blind devotees of the doctrines of Hunter, supposed them to be the result of too little mercury having been employed in the primary treatment. These practitioners resembled the celebrated Sangrado, who, when his patients died, after he had drawn almost every drop of blood from their bodies, and drenched them with warm water while they were able to swallow it, declared their deaths could not have happened, if they had been sufficiently bled, or had taken warm water enough."

The rash, indiscriminate, and unqualified abuse of mercury, has been productive of infinite mischief, not only in the hands of professedly educated physicians and ignorant quacks, but from them the practice has descended to patients, who have thought to cure themselves. Under the notion of its being an antidote, the untutored think they have only to saturate the system, or to persevere in the use of some one of those advertised nostrums, the basis of which is always mercurial, though professedly vegetable and harmless ; and so thousands are annually mercurialized out of existence, or their constitutions so broken, and the functions of the living system so impaired, as to render the residue of life miserable. It



must be recollected that, at best, the peculiar condition which mercury produces upon the system, is in itself a diseased, unnatural predicament. For with respect to the principle on which mercury acts, we suppose it cures true syphilis, not by any chemical operation, but by exciting in the constitution and parts affected, a particular action, to all intents and purposes the effects of a poison, yet not in dose to extinguish life, and that upon the principle or law of living organization, that no two widely differing morbid agencies can exist together, the syphilitic action is obliterated and put out. No considerations short of the absolute impossibility of averting its use, should reconcile us to the evil. There certainly are cases where a choice of evils presents itself, where mercury is apparently indispensable ; but the selection of these cases, and the judicious administration of the remedy, both as respects the form of the preparation and its dose—these are matters which require the most nice discrimination. Mercurials are among the edge-tools of physic, and require to be wielded by a competent and practised hand.

True syphilis, then, is that disease in which the chancre, or primary ulcer on the genitals, has a hardened edge and base ; in which the blotches are scaly, with excavated ulcers in the throat ; or when affections in the bones are complained of, those patients only are truly syphilitic, who have nightly pains in the shafts of the long bones, or decided enlargement of the bone. All other cases, although approaching, in many of their characters, to



syphilis, are not to be considered as such, but as they generally proceed from sexual intercourse, the term "venereal" is still applied to them.

As to the treatment of the true syphilitic chancre, even this is curable without mercury, but this does not warrant the assertion, that mercury ought never to be employed. Judiciously administered, this mineral will sometimes expedite the process of cure.

From the foregoing description it appears, then, that venereal sores, or the swollen condition of the glands of the groin, termed Bubo, may occur without the general system being at all contaminated; but when the poison has been conveyed into the blood, unless proper remedies be applied, another order of parts inevitably become affected, namely, the skin, the tonsils, the nose, throat, inside of the mouth and tongue. When absorption of the syphilitic virus has taken place, ulceration of the throat is the earliest indication of the general disease, but the eruption in the skin is usually considered the first of the constitutional symptoms; this, when truly syphilitic, is scaly, affording an excellent guide in the treatment, a circumstance by which it may be distinguished from those venereal eruptions which neither require nor bear mercury, which are either pimples, pustules, or elevated tubercles. The mucous membrane of the nose is liable to be affected by this disease, as well as the lining membrane of the throat. Ulceration in this part very speedily affects the bones, which become diseased, and are thrown off, the patient losing the



natural prominence of the nose, as well as the acuteness of smell, and acquiring a most unpleasant peculiarity of tone in speaking. The bones often separate, long after the syphilitic action has ceased, and the treatment of this variety of disease is similar to its management when occurring in other parts of the body. Under proper treatment, no person perhaps ever lost his nose from syphilis, but the instances are very numerous in which this deformity has arisen from the abuse of mercury. Affections of the bones in syphilis—or after the primary symptoms have disappeared—are often mistaken for rheumatism. Pain in the bones is often the indication of syphilitic action, after not merely the healing of the local sores, but even after ulceration in the throat and eruptive blotches upon the skin have entirely passed away; it would seem that there is an order of parts, mostly, but not always attacked in succession, of which the solid structure of the bones, as well as their fibrous investment, are usually the last to suffer.

A most important feature in the history of syphilitic diseases, is the fact of their transmission from parent to offspring. Infants may be affected with syphilis in various ways. They may be diseased before birth, in consequence of the state of one or both of the parents. Dr. Burns, in his work on "Midwifery," observes, "that infection may happen when neither of the parents has at the time any venereal swelling or ulceration, and perhaps, MANY YEARS after a cure has been APPARENTLY effected. I do not," he says, "pretend to explain here the theory of



syphilis, but content myself with relating well established facts." In such cases it is very common for the mother to miscarry, or have a premature labor without evident cause ; frequently the infant, born before the time, has been preceded by one or two dead children. It may be clean, and apparently healthy, and continue so for even a month or two, but oftener it is feeble and emaciated, having a wrinkled countenance, the appearance of old age in miniature. Presently the eyes are inflamed, its cry is husky, low and murmuring, there is purulent discharge from the eyelids, often, though not invariably, resulting from syphilitic contamination. Copper-colored blotches, ending in ulceration, appear on the shrivelled skin, the nostrils become stuffed with a fetid discharge, the voice becomes hoarse or whistling, the throat becomes involved in the ulcerative process, if indeed, as rarely happens, the child live long enough to arrive at that state. If the unconscious, helpless babe, receive the infection from its hired nurse, we discover ulcers on her nipples, and the disease appears on the child's mouth before the surface of the body is affected. Sometimes within twenty-four hours of their entrance into the world, such children have the palms of their hands, the soles of the feet, or the buttocks, covered with copper-colored eruptions, the nails at the same time beginning to peel off, and unless something be done for the little sufferers, they will quickly be carried off, from the violence of the disease ; indeed, many children die of it, in consequence of the true nature of the complaint not being understood by the medical practitioner.



A case is recorded by Hunter, of a couple having been married for twelve years, during which time neither party had been unfaithful to the other, nor were either diseased; the husband had had syphilis two years previously to his marriage, but considered himself cured. About this time the lady bore him her fifth child; her two first children were healthy, but the two following were feeble, and soon died; the lady was also in poor health. The last child was put out to nurse, and being itself afflicted with blotches resembling venereal, and having a sore mouth, the nurse became affected, both locally on the nipples, and constitutionally, with a disease bearing every similitude to syphilis. Why this disease should lurk in the system for many years, to develop its action on the child in the womb, or through what agency this connection was produced, we know not. That the association does exist, it would be futile to contradict; in fact, it frequently occurs that we can trace in infants a regular continuity of the action of this irritant poison from its parent. Once having entered the system, and identified itself with the circulating fluid, it engenders a thousand fierce and contending symptoms, which may be indefinitely postponed; but so long as a germ remains in the constitution, a renewal of its hostile action may be expected, and its half-extinguished energy again usurps its power with gradual and terrible progress.

The necessity of attending to the first symptoms of venereal complaints, has been already urged. The advantages of doing so are two-fold. The necessity for



taking quantities of loathsome medicine is avoided, from the probability of being able sooner to cure the disease. By taking it thus timely, also, many of the most formidable symptoms may be averted altogether, and the constitution spared that debility that is the inevitable attendant upon protracted syphilis. There is oftentimes, unluckily, great apathy and indifference in young men who suffer any of the aforementioned diseases. It is not an uncommon thing to hear that a patient has had a clap or gleet for a year, or even years; and the reason he gives why he has endured it so long is, that the attempts at cure have been so multifarious and futile; or, that he has become tired of taking medicine, and that he had determined on allowing it to pursue its own course. The probability is that he lacked resolution and perseverance in following the advice steadily, of any one medical man, and that he has run the gauntlet of half the profession, and had lost much time in seeking advice from those out of it. The same remarks are applicable to the afflicted with stricture or syphilis. The former complaint, generally, is of many years' duration, before an attempt is made to get rid of it; and in the latter instance, the healing of a chancre or the subsidence of a bubo, lulls the owner into false security, and after the lapse of several years, secondary symptoms have been known to show themselves, thereby involving the necessity of going over the same ground of treatment again. These occurrences certainly mostly happen where the parties have been moving from place to place, and their



cases have not had that attention they demanded, or else in those instances where they have been unskillfully treated throughout. Nor are these facts mentioned to create unnecessary alarm; they are simply stated, and the reader with common reflection can admit or deny their plausibility.

Let not false delicacy induce the sufferer to hazard the dangerous experiment of the management of his own case. Without any knowledge of the modifications which individual temperament produces upon the character of disease, without an intimate acquaintance with the nature of disease, rather than with the mere history of symptoms—ignorant of the precise operation of powerful remedies, for such a one to turn these potent engines of good or of evil upon himself, is a species of weakness truly pitiable. Attempts at self-cure are too frequently finished in self-destruction. It has been said, and not without truth, that in the practice of the law, he who conducts his own case has a fool for a client; and much more emphatically may the assertion painfully apply to those, who turn, in weakness and suffering, their ill-judged remedies against themselves. The practitioners of the healing art are generally wiser, and silently teach the unprofessional world an important lesson, in refusing to prescribe for themselves, when laboring under dangerous disease; for they are fully aware that physical derangements have more or less influence upon the mind—that they cannot see themselves in the same glass in which they behold others, and they feel the need of all the aid which medical science affords.



One remark more. We earnestly desire, in warning patients of the dangers which lie in their pathway, that our motives may not be misapprehended. We do not urge patients, laboring under the various forms of venereal diseases, to place themselves in our hands for treatment ; neither do we purpose making this book a medium for advertising our practice, further than its merits may secure the confidence and respect of an intelligent people. We would remark, however, that when such patients apply to us for medical assistance, and we have sufficient time to attend to their cases in a proper manner, they always find that sympathy and kindness, which their unfortunate condition so imperiously demands. But when we cannot find time to attend to their cases properly, as sometimes occurs, we very freely give such patients the names of a few medical men, who, we are fully satisfied, understand the management of this class of diseases, and they can better suit themselves to a physician. But our attempt to put patients upon their guard, the warning and advice found here and there upon these pages, grows out of a deep conviction of its great importance, and is in perfect keeping with the title of our book. Reader ! " We speak the things we do know, and testify to the things we have seen "

With reference to the prevention of syphilis, when exposed to the cause, we refer the reader to our remarks on page 137, as they apply to every form of venereal disease.



## CHAPTER IX.

## THOUGHTS ON PREGNANCY.

INTRODUCTORY REMARKS—FREE QUOTATION—TO LIBERTINES  
 —TO HYPOCRITES—TO THE PURE-MINDED—CONSTITUTIONAL DEFECTS—HORRIBLE CUTTING OPERATIONS—GREAT DISTRESS DURING PREGNANCY—HEREDITARY DISEASES—POVERTY AND LARGE FAMILIES—AFFECTING LETTER—OBJECTIONS ANSWERED—FRENCH PROPRIETIES—FEMALES' WISH SHOULD BE CONSULTED—NOT GOOD FOR MAN TO BE ALONE—SEDUCTION AND APPEAL TO PARENTS—HUMAN AFFECTIONS MUTABLE—FASHIONABLE RASCALITY AND LEGAL ROGUERY—GRACE AND GLUTTONY—ONLY SAFE, HEALTHY, AND EFFICIENT MEANS.

WHEN considering the relations between the sexes, impotency and sterility, we had occasion to observe, that most persons possess an ardent desire, to bring into the world, and rear offspring, that they may perpetuate their name and image in the land of the living, and transmit their property to their own children. We remarked that children are often a source of domestic happiness,



the pledge of affection and love, the delight and joy of parents, who look upon their mental and physical development with the utmost pride and solicitation for their future well-being. But we did not there complete the picture. We shall, therefore, in the present chapter, call the reader's attention to the other side of the question, that both the "prosecution and defence" may have their full weight, and a just verdict be obtained in individual cases.

We remark, then, that circumstances not unfrequently occur, which must convince every rational person, that it would be the height of imprudence, the greatest wickedness, nay, madness, to allow pregnancy to take place; that there are other circumstances that clearly show that it would be an unbounded blessing to society, and the young beings themselves, could parents limit their offspring according to their circumstances. Before concluding this chapter, we shall show that pregnancy can be prevented without lessening, in the least degree, those pleasures growing out of the connubial relation; we shall also point out the only safe, certain, and healthy means by which this can be effected, and fearlessly expose the base fraud of certain persons, calling themselves physicians, who have offered to the public their "thousand and one" preventives of conception.

As we do not prefer arguing this question ourself, to any great extent, we shall make a very free quotation from a modern author, no less distinguished as a philanthropist, than a physiological writer. His arguments



are certainly unanswerable, and full of sound, practical suggestions. An allusion or two toward the last part of the quotation, seems to favor what is called "Socialism," but we are sure, that it was far from the mind of this excellent writer, to teach a doctrine so unnatural as well as pernicious in its social bearings; we shall, therefore, quote the passage entire.

Thus he eloquently introduces the subject :

"Libertines and debauchees ! these pages are not for you. You have nothing to do with the subject of which they treat. Bringing to its discussion, as you do, a distrust or contempt of the human race—accustomed as you are to confound liberty with license, and pleasure with debauchery, it is not for your palled feelings and brutalized senses to distinguish moral truth in its purity and simplicity. I never discuss this subject with such as you.

"It has been remarked, that nothing is so suspicious in a woman, as vehement pretensions to especial chastity ; it is no less true, that the most obtrusive and sensitive stickler for the etiquette of orthodox morality is the heartless rake. The little intercourse I have had with men of your stamp, warns me to avoid the serious discussion of any species of moral heresy with you. You approach the subject in a tone and spirit revolting alike to good taste and good feeling. You seem to pre-suppose—from your own experience, perhaps—that the hearts of all men, and more especially of all women, are deceitful above all things and desperately wicked : that



violence and vice are inherent in human nature, and that nothing but laws and ceremonies prevent the world from becoming a vast slaughter-house, or a universal brothel. You judge your own sex and the other by the specimens you have met with in wretched haunts of mercenary profligacy; and, with such a standard in your minds, I marvel not that you remain incorrigible unbelievers in any virtue, but that which is forced on the prudish hot-bed of ceremonious orthodoxy. I wonder not that you will not trust the natural soil, watered from the free skies and warmed by the life-bringing sun. How should you? you have never seen it produce but weeds and poisons. Libertines and debauchees! cast these pages aside! You will find in them nothing to gratify a licentious curiosity; and, if you read them, you will probably only give me credit for motives and impulses like your own.

“ And you, prudes and hypocrites! you who strain at a gnat and swallow a camel; you whom Jesus likened to whited sepulchres, which without indeed are beautiful, but within are full of all uncleanness; you who affect to blush if the ankle is incidentally mentioned in conversation, or displayed in crossing a stile, but will read indecencies enough, without scruple, in your closets; you who, at dinner, ask to be helped to the bosom of a duck, lest by mention of the word breast, you call up improper associations; you who have nothing but a head and feet and fingers; you who look demure by daylight, and make appointments only in the



dark—you, prudes and hypocrites! I do not address Even if honest in your prudery, your ideas of right and wrong are too artificial and confused to profit by the present discussion; if dishonest, I desire to have no communication with you.

“Reader! if you belong to the class of prudes or of libertines, I pray you, follow my argument no further. Stop here, and believe that my heresies will not suit you. As a prude, you would find them too honest; as a libertine, too temperate. In the former case, you might call me a very shocking person; in the latter, a quiz or a bore.

“But if you be honest, upright, pure-minded—if you be unconscious of unworthy motive or selfish passion—if truth be your ambition, and the welfare of our race your object—then approach with me a subject the most important to man’s well being; and approach it, as I do, in a spirit of dispassionate, disinterested free inquiry. Approach it, resolving to prove all things, and hold fast that which is good. The discussion is one to which it is every man’s and every woman’s *duty*, and ought to be every one’s *business*, to attend. The welfare of the present generation, and—yet far more—of the next, requires it. Common sense sanctions it. And the national motto of my former country, “*Honi soit qui mal y pense*,” may explain the spirit in which it is undertaken, and in which it ought to be received.”

“What, let me ask, would be the effect, if mankind generally possessed the means of preventing pregnancy,



when absolutely demanded, and limiting their offspring, according to their means, to rear and educate the young beings committed to their charge?

“My settled conviction is—and I am prepared to defend it—that the effect would be salutary, moral, civilizing; that it would prevent many crimes and more unhappiness; that it would lessen intemperance and profligacy; that it would polish the manners, and improve the moral feelings; that it would relieve the burden of the poor, and the cares of the rich; that it would most essentially benefit the rising generation, by enabling parents generally more carefully to educate, and more comfortably to provide for, their offspring. I proceed to substantiate, as I may, these positions.

“And first, some women are so constituted that they cannot give birth, not to say to *healthy*, but not to *living* children. Others again cannot give birth at all, except through the instrumental mangling and cutting of the Cæsarean operation—of a piece-meal extraction of the infant from the mother’s womb—happy, indeed, if the woman’s life fall not a sacrifice to the butchery. Truly, such spectacles are too horrid to contemplate. And yet such women are permitted to become pregnant, in total ignorance that pregnancy ought and can be *prevented*, by safe, simple, invariably healthy, and infallibly certain means.

“Some women, again, although not in immediate danger, from becoming too frequently pregnant, yet during seven or eight of the nine months of pregnancy, ex



perience the utmost agony of mind and body, making existence a continuous state of misery and suffering, destructive alike of their health, beauty, vigor, and spirits; who, after confinement and recovery, live in constant and perpetual fear and dread of again becoming pregnant, again to undergo the series of intense sufferings, from which they have but just emerged. Life, under such circumstances, to the fond and affectionate wife, is but a constant suffering. Can it be otherwise to the kind husband? Can he behold the partner of his joys and sorrows—his bosom companion—the mother of his children—his solace in sickness or difficulty, thus dragging out her days of wretchedness and anguish, emaciated, disheartened, broken in body and spirits; and that, too, in the meridian of her life, in the hey-day of her existence, perceptibly sinking into an early grave, to leave her offspring motherless, or entrust them to the cold and sordid care of the world? Can a husband, possessing the feelings of a man, behold this with indifference; nay, will he not shudder at the possibility of such consequences, arising from too frequent pregnancy? Will he not pause and reflect ere he becomes the cause from which such dreadful effects would flow? The happiness as well of husband, of wife, and children, will be enhanced by the preservation of her health, by lengthening the intervals between the periods of pregnancy, making the interval between the births three, four, or more years, as in France, depending upon the health of the wife. Thereby it will, under ordinary circumstances,



be preserved to rear, guard, and educate her children,—to soothe and comfort the declining years of the father, when age and decrepitude are upon him. When, perchance, his own sufferings can be assuaged by only her hand, who alone knows and anticipates his every wish—whose affectionate attention, having accompanied him through the rugged path of life, alone knows how to impart content and happiness.

“But there are still other reasons scarcely less urgent, why pregnancy should be sometimes prevented, which have the welfare of the offspring in view.

“It is but too lamentable a fact, that the sins or misfortunes of the parent, are visited upon their offspring. It is indisputable that diseases which carry off their thousands, are, many of them, hereditary,—transmissible from parent to child. Such as confirmed Consumption, King’s Evil, or Scrofula, Gout, Venereal Disease, Hypochondria, Insanity, and other diseases, and even drunkenness.

“In view, then, of the transmission of disease and suffering to our offspring, should they even survive a brief existence, every reflecting being should hesitate whether it were not better to prevent pregnancy, than to thrust human beings into the world, blighting their brief existence with entailed disease and wretchedness.

“Let us now look solely to the situation of married persons. Is it not notorious, that the families of the married often increase, beyond what a regard for the young beings coming into the world, or the happiness



of those who give them birth, would dictate? In how many instances does the hard-working father, and more especially the mother, of a poor family, remain slaves throughout their lives, tugging at the oar of incessant labor, toiling to live, and living but to toil; when if their offspring had been limited to two or three only, they might have enjoyed comfort, and comparative affluence! How often is the health of the mother, giving birth almost every year to an infant—happy if it be not twins!—and compelled to toil on, even at those times when nature imperiously calls for some relief from daily drudgery—how often is the mother's comfort, health, nay, her life, thus sacrificed! Or, if care and toil have weighed down the spirit, and at last broken the health of the father, how often is the widow left, unable, with the most virtuous intentions, to save her fatherless offspring from becoming degraded objects of charity, or profligate votaries of vice!

“Fathers and mothers! not you who have your nursery and your nursery maids, and who leave your children at home, to frequent the crowded rout, or to glitter in the hot ball-room; but you, by the labor of whose hands your children are to live, and who, as you count their rising numbers, sigh to think how soon sickness or misfortune may lessen those wages, which are now but just sufficient to afford them bread—fathers and mothers in humble life! to you, my argument comes home, with the force of reality. Others may impugn—may ridicule it. By bitter experience, you know and feel its truth.



“ But, is it not most plainly, clearly, incontrovertibly *desirable*, that parents *should have the means of limiting* their offspring, whether they choose to exercise it or not? Who *can* lose by their having this means? and how many *may* gain! may gain competency for themselves, and the opportunity carefully to educate and provide for their children! How many may escape the jarrings, the quarrels, the disorder, the anxiety, which an overgrown family too often causes in the domestic circle!

“ It sometimes happens, that individual instances come home to the feelings with greater force, than any general reasoning. I shall, in this place, adduce one which came immediately under my cognizance.

“ I received from an elderly gentleman of the first respectability, occupying a public situation in one of the western states, a letter, requesting to know whether I could afford any information or advice, in a case which greatly interested him, and which regarded a young woman, for whom he had ever experienced the sentiments of a father. In explanation of the circumstances to which he alluded, he enclosed me a copy of a letter which she had just written to him, and which I here transcribe verbatim. A letter more touching from its simplicity, or more strikingly illustrative of the unfortunate situation in which not one, but thousands, in married life, find themselves placed, I have never read.

“ Dear Sir,

“ The friendship which has existed between you and my father, ever since I can remember: the unaffected



kindness you used to express toward me, when you resided in our neighborhood, during my childhood : the lively solicitude you have always seemed to feel for my welfare, and your benevolence and liberal character, induce me to lay before you, in a few words, my critical situation, and ask you for your kind advice.

“It is my lot to be united in wedlock to a young mechanic of industrious habits, good dispositions, pleasing manners, and agreeable features, excessively fond of our children and of me ; in short, eminently well qualified to render himself and family and all around him happy, were it not for the besetting sin of drunkenness. About once in every three or four weeks, if he meet, either accidentally or purposely, with some of his friends, of whom, either real or pretended, his good nature and liberality procure him many, he is sure to get intoxicated, so as to lose his reason : and, when thus beside himself, he trades, and makes foolish bargains, so much to his disadvantage, that he has almost reduced himself and family to beggary, being no longer able to keep a shop of his own, but obliged to work journey work.

“We have not been married quite four years, and have already given being to three dear little ones. Under present circumstances, what can I expect will be their fate and mine ? I shudder at the prospect before me. With my excellent constitution and industry, and the labor of my husband, I feel able to bring up these three little cherubs in decency, were I to have no more : but when I seriously consider my situation, I can see no other



alternative left for me, than to tear myself away from the man who, though addicted to occasional intoxication, would sacrifice his life for my sake ; and for whom, contrary to my father's will, I successively refused the hand and wealth of a lawyer, and of a preacher ; or continue to witness his degradation, and bring into existence, in all probability, a numerous family of helpless and destitute children, who, on account of poverty, must inevitably be doomed to a life of ignorance, and consequent vice and misery.' ”

“ Of course I withhold the name.

“ Need I add one word of comment on such a case as this ? Every feeling mind must be touched by the amiable feeling and good sense that pervade the letter. Every rational being, surely, must admit, that the means of preventing, without injury or sacrifice, the increase of a family, under such circumstances, is a public benefit, and a private blessing.

“ Will it be asserted—and I know no other even plausible reply to these facts and arguments—will it be asserted, that the thing is, in itself, immoral or unseemly ? I deny it ; and I point to the population of France, in justification of my denial. Where will you find, on the face of the globe, a more polished or more civilized nation than the French, or one more punctiliously alive to any rudeness, coarseness, or indecorum ? You will find none. The French are scrupulous on these points, to a proverb. Yet, as every intelligent traveller in France must have remarked, there is scarcely to be found, among



the middle or upper classes, and seldom even among the working classes, such a thing as a large family ; very seldom more than three or four children. A French lady of the utmost delicacy and respectability will, in common conversation, say as simply—ay, and as *innocently*, whatever the self-righteous prude may aver to the contrary—as she would proffer any common remark about the weather : ‘ I have three children ; my husband and I think that is as many as we can do justice to, and I do not intend to have any more.’

“ I have stated notorious facts, facts which no traveller who has visited Paris, and seen anything of the domestic life of its inhabitants, will attempt to deny. However heterodox, then, my view of the subject may be in this country, I am supported in it by the opinion and the practice of the most refined and most socially cultivated nation in the world.

“ Will it still be argued, that the practice, if not coarse, is immoral ? Again, I appeal to France. I appeal to the details of the late glorious revolution—to the innumerable instances of moderation, of courage, of honesty, of disinterestedness, of generosity, of magnanimity, displayed on the memorable ‘ three days,’ and ever since ; and I challenge comparison between the national character of France for virtue, as well as politeness, and that of any other nation under heaven.

“ It is evident, then, that to married persons, the means of limiting their offspring to their circumstances is most desirable. It may often promote the harmony



peace, and comfort of families ; sometimes it may save from bankruptcy and ruin, and sometimes it may rescue the mother from premature death. In *no* case can it, by possibility, be worse than superfluous. In *no case can it be mischievous.*

“ If the moral feelings were carefully cultivated, if we were taught to consult, in everything, rather the welfare of those we love than our own, how strongly would these arguments be felt ? No man ought even to *desire* that a woman should become the mother of his children, unless it was her express wish, and unless he knew it to be for her welfare, that she should. Her feelings, her interests, should be for him in this matter *an imperative law.* She it is who bears the burden, and therefore with her also should the decision rest. Surely it may well be a question whether it be desirable, or whether any man ought to ask, that the whole life of an intellectual, cultivated woman, should be spent in bearing a family of twelve or fifteen children ; to the ruin, perhaps, of her constitution, if not to the overstocking of the world. No man ought to require or expect it.

“ Shall I be told, that this is the very romance of morality ? Alas ! that what ought to be a matter of every day practice—a commonplace exercise of the duties and charities of life—a bounden duty—an instance of domestic courtesy too universal either to excite remark or to merit commendation—alas ! that a virtue so humble that its absence ought to be reproached as a crime, should, to our selfish perceptions, seem but a fastidious refinement, or a fanciful supererogation !



“ But I pass from the case of married persons to that of young men and women, who have yet formed no matrimonial connection.

“ In the present state of the world, when public opinion stamps with opprobrium every sexual connection which has not received the orthodox sanction of an oath, almost all young persons, on reaching the age of maturity, desire to marry. The heart must be very cold, or very isolated, that does not find some object on which to bestow its affections. Thus, early marriages would be almost universal, did not prudential considerations interfere. The young man thinks, ‘ I must not marry yet. I cannot support a family. I must make money first, and think of a matrimonial settlement afterwards.’

“ And so he goes to making money, fully and sincerely resolved in a few years to share it with her whom he now loves. But passions are strong, and temptations great. Curiosity, perhaps, introduces him into the company of those poor creatures, whom society first reduces to a dependence on the most miserable of mercenary trades, and then curses for being what she has made them. There his health and his moral feelings alike are made shipwreck. The affections he had thought to treasure up for their first object, are chilled by dissipation, and blunted by excess. He scarcely retains a passion but avarice. Years pass on—years of profligacy and speculation—and his first wish is accomplished ; his fortune is made. Where now are the feelings and resolves of his youth ?



“ ‘ Like the dew on the mountain,  
Like the foam on the river,  
Like the bubble on the fountain,  
They are gone—and for ever?’ ”

“ He is a man of pleasure—a man of the world. He laughs at the romance of his youth, and marries a fortune. If gaudy equipages and gay parties confer happiness, he is happy. But if these be only the sunshine on the stormy ocean below, he is a victim to that system of morality, which forbids a reputable connection until the period when provision has been made for a large, expected family. Had he married the first object of his choice, and simply delayed becoming a father until his prospects seemed to warrant it, how different might have been his lot! Until men and women are absolved from the fear of becoming parents, except when they themselves desire it, they ever will form mercenary and demoralizing connections, and seek in dissipation, the happiness they might have found in domestic life.

“ I know that this, however common, is not a universal case. Sometimes the heavy responsibilities of a family are incurred at all risks; and who shall say how often a life of unremitting toil and poverty is the consequence? Sometimes—if even rarely—the young mind *does* hold to its first resolves. The youth plods through years of cold celibacy, and solitary anxiety; happy, if before the best hours of life are gone, and its warmest feelings withered, he may return to claim the reward of his forbearance and of his industry. But even in this comparatively happy



case, shall we count for nothing the years of ascetical sacrifice, at which after-happiness is purchased? The days of youth are not too many, nor its affections too lasting. We may, indeed, if a great object require it, sacrifice the one and mortify the other. But is this, in itself, desirable? Does not wisdom tell that such sacrifice is a dead loss—to the warm-hearted often a grievous one? Does not wisdom bid us temperately enjoy the spring-time of life, ‘while the evil days come not, nor the years draw nigh’ when we shall say, ‘we have no pleasure in them?’

“Let us say, then, if we will, that the youth who thus sacrifices the present for the future, chooses wisely between two evils, profligacy and asceticism. This is true. But let us not imagine the lesser evil to be a good. It is *not* good for man to be alone. It is for no man’s or woman’s happiness or benefit, that they should be condemned to Shakerism. It is a violence done to the feelings, and an injury to the character. A life of rigid celibacy, though infinitely preferable to a life of dissipation, is yet fraught with many evils. Peevishness, restlessness, vague longings, and instability of character, are among the least of these. The mind is unsettled, and the judgment warped. Even the very instinct which is thus mortified, assumes an undue importance, and occupies a portion of the thoughts which does not of right or nature belong to it; and which, during a life of satisfied affection, it would not obtain.

“I speak not now of extreme cases, where solitary vice



or disease, or even insanity, has been the result of ascetical mortification. I speak of every day cases ; and I am well convinced that, however wise it often is, in the present state of the world, to select and adhere to this alternative, yet no man or woman can live the life of a conscientious Shaker, without suffering, more or less, both physically, mentally, and morally. This is the more to be regretted, because the very noblest portion of our species—the good, the pure, the high-minded, and the kind-hearted—are the chief victims.

“ Thus, inasmuch as the scruple of incurring heavy responsibilities, deters from forming moral connections, and encourages intemperance and prostitution ; the knowledge which enables man to limit his offspring, would, in the present state of things, save much unhappiness, and prevent many crimes. Young persons sincerely attached to each other, and who might wish to marry, would marry early ; merely resolving not to become parents until prudence permitted it. The young man, instead of solitary toil or vulgar dissipation, would enjoy the society and the assistance of her, he had chosen as his companion ; and the best years of life, whose pleasures never return, would not be squandered in riot, or lost through mortification.

“ My readers will remark, that all the arguments I have hitherto employed, apply strictly to the present order of things, and the present laws and systems of marriage. No one, therefore, need be a moral heretic on this subject to admit and approve them. The marriage



laws might all remain for ever as they are ; and yet a moral check to population would be beneficent and important.

“ But there are other cases, it will be said, where the knowledge of a preventive would be mischievous. If young women, it will be argued, were absolved from the fear of consequences, they would rarely preserve their chastity. Unlegalized connections would be common, and seldom detected. Seduction would be facilitated. Let us dispassionately examine this argument.

“ I fully agree with that most amiable of moral heretics, Shelley, that ‘ Seduction, which term could have no meaning in a rational society, has now a most tremendous one.’ It matters not how artificial the penalty which society has chosen to affix to a breach of her capricious decrees. Society has the power in her own hands ; and that moral Shylock, Public Opinion, enforces the penalty, even though it cost the life of the victim. The consequences, then, to the poor sufferer, whose offence is, at most, but an error of judgment, or a weakness of the heart, are the same as if her imprudence were indeed a crime of the blackest dye. And his conduct who, for a momentary, selfish gratification, will deliberately entail a life of wretchedness on one, whose chief fault, perhaps, was her misplaced confidence in a villain, is not one whit excused by the folly and injustice of the sentence. Some poet says,

“ The man who lays his hand upon a woman,  
Save in the way of kindness, is a wretch  
Whom ’twere gross flattery to call a coward.”



“ What epithet then belongs to him who makes it a trade to win a woman’s gentle affections, betray her generous confidence, and then, when the consequences become apparent, abandon her to dependence, and the scorn of a cold, a self-righteous, and a wicked world ; a world which will forgive anything but rebellion against its tyranny, and in whose eye, it seems the greatest of crimes to be unsuspecting and warm-hearted ! I will give my hand freely to a galley-slave, and speak to the highway-robber as to an honest man ; but there is one character with whom I desire to exchange neither word nor greeting—the cold-hearted, deliberate, practised, and calculating seducer !

“ And, let me ask, what is it gives to the arts of seduction their sting, and stamps to the world its victim ? Why is it, that the man goes free and enters society again, almost courted and applauded for his treachery, while the woman is a mark for the finger of reproach, and a butt for the tongue of scandal ? Because she bears about her the mark of what is called her disgrace. She becomes a mother ; and society has something tangible against which to direct its anathemas. Nine-tenths, at least, of the misery and ruin which are caused by seduction, even in the present state of public opinion on the subject, result from cases of pregnancy.

“ If the little being lives, the dove in the falcon’s claws is not more certain of death, than we may be, that society will visit, with its bitterest scoffs and reproaches, the bruised spirit of the mother and the unconscious innocence of the child.



“If, then, we cannot do all, shall we neglect a part? If we cannot prevent every misery which man’s selfishness and the world’s cruelty entail on a sex which it ought to be our pride and honor to cherish and defend; let us prevent as many as we can. If we cannot persuade society to revoke its unmanly and *unchristian* persecution of those who are often the best and gentlest of its members—let us, at the least, give to woman what defence we may, against its violence.

“I appeal to any father, trembling for the reputation of his child, whether, if she were induced to form an unlegalized connection, her pregnancy would not be a frightful aggravation? I appeal to him, whether such means as would save her from a situation which must soon disclose all to the world, would not be an act of mercy, of charity, of philanthropy—whether it might not save him from despair, and her from ruin? The fastidious conformist may frown upon the question, but to the father it comes home; and, whatever his lips may say, his heart will acknowledge the soundness and the force of the argument it conveys.

“It may be, that sticklers for morality will still demur to the positions I defend. They will perhaps tell me, as the committee of a certain society in this city lately did—that the means of preventing conception ‘holds out inducements and facilities for the prostitution of their daughters, their sisters, and their wives.’

“Truly, but they pay their wives, their sisters, and their daughters, a poor compliment! Is, then, this



vaunted chastity a mere thing of circumstance and occasion? Is there but the difference of opportunity between it and prostitution? Would their wives, and their sisters, and their daughters, if once absolved from the fear of offspring, all become prostitutes—and sell their embrace for gold, and descend to a level with the most degraded? In truth, but they slander their own kindred: they libel their own wives, sisters, and daughters. If they spoke truth—if fear were indeed the only safeguard of their relatives' chastity, little value should I place on virtue like that, and small would I esteem his offence, who should attempt to seduce it.

“That chastity which is worth preserving, is not the chastity that owes its birth to fear and to ignorance. If to enlighten a woman regarding a simple physiological fact will make her a prostitute, she must be especially predisposed to profligacy. But it is a libel on the sex. Few, indeed, there are, who would continue so miserable and degrading a calling, could they but escape from it. For one prostitute that is made by inclination, ten are made by necessity. Reform the laws—equalize the comforts of society, and you need withhold no knowledge from your wives and daughters. It is want, not knowledge, that leads to prostitution.

“For myself, I would withhold from no sister, or daughter, or wife of mine, any ascertained fact whatever. It should be to me a duty and a pleasure to communicate to them all I knew myself; and I should hold it an insult to their understandings and their hearts to im-



gine, that their virtue would diminish as their knowledge increased. Vice is never the offspring of just knowledge, and they who say it is, slander their own nature. Would we but trust human nature, instead of continually suspecting it, and guarding it by bolts and bars, and thinking to make it very chaste, by keeping it very ignorant, what a different world we should have of it ! The virtue of ignorance is a sickly plant, ever exposed to the caterpillar of corruption, liable to be scorched and blasted, even by the free light of heaven ; of precarious growth ; and even if at last artificially matured, of little or no real value.

“ I know that parents often think it right and proper to withhold from their children—especially from their daughters—facts the most influential on their future lives, and the knowledge of which is essential to every man and woman’s well-being. Such a course has ever appeared to me ill-judged, and productive of very injurious effects. A girl is surely no whit the better for believing, until her marriage night, that children are found among the cabbage leaves in the garden. The imagination is excited, the curiosity kept continually on the stretch ; and that which, if simply explained, would have been recollected only as any other physiological phenomenon, assumes all the rank and importance and engrossing interest of a mystery. Nay, I am well convinced, that mere curiosity has often led ignorant young people into situations, from which a little more confidence and openness on the part of their parents and guardians, would have effectually secured them.



“ But if we *could* prevent the circulation of truth, why *should* we? We are not afraid of it ourselves. No man thinks *his* morality will suffer by it. Each feels certain that his virtue can stand any degree of knowledge. And is it not the height of egregious presumption in each, to imagine that his neighbor is so much weaker than himself, and requires a bandage which he can do without? Most of all is it presumptuous to suppose, that that knowledge which the man of the world can bear with impunity, will corrupt the young and the pure-hearted. It is the sullied conscience only that suggests such fears. Trust youth and innocence. Speak to them openly. Show them that you respect them, by treating them with confidence; and they will quickly learn to respect, and to govern themselves. You enlist even their pride in your behalf; and you will soon see them make it their boast and their highest pleasure to *merit* your confidence. But watch them, and show your suspicions of them but once,—and you are the jailor, who will keep his prisoners just as long as bars and bolts shall prevent their escape. The world was never made for a prison-house; it is too large, and ill-guarded: nor were parents ever intended for jail-keepers; their very affections unfit them for the task.

“ There is no more beautiful sight on earth, than a family among whom there are no secrets and no reserves; where the young people confide everything to their elder friends—for such to them are their parents—and where the parents trust everything to their children; where



each thought is communicated as freely as it arises ; and all knowledge given, as simply as it is received. If the world contain a prototype of that Paradise, where nature is said to have known no sin or impropriety, it is such a family ; and if there be a serpent that can poison the innocence of its inmates, that serpent is SUSPICION.

“ I ask no greater pleasure, than thus to be the guardian and companion of young beings, whose innocence shall speak to me as unreservedly as it thinks to itself ; of young beings who shall never imagine that there is guilt in their thoughts, or sin in their confidence ; and to whom, in return, I may impart every important and useful fact that is known to myself. Their virtue shall be of that hardy growth, which *all* facts tend to nourish and strengthen.

“ I put it to my readers, whether such a view of human nature, and such a mode of treating it, be not in accordance with the noblest feelings of their hearts. I put it to them, whether they have not felt themselves encouraged, improved, strengthened in every virtuous resolution, when they were generously trusted ; and whether they have not felt abased and degraded, when they were suspiciously watched, and spied after, and kept in ignorance. If they find such feelings in their own hearts, let them not self-righteously imagine, that they can only be won by generosity, or that the nature of their fellow-creatures is different from their own.

“ There are other considerations connected with this subject, which farther attest the social advantages of the



control I advocate. Human affections are mutable, and the sincerest of moral resolutions may change. Every day furnishes instances of alienations, and of separations; sometimes almost before the honey-moon is well expired. In such cases of unsuitability, it cannot be considered desirable that there should be offspring; and the means of refraining from becoming parents until intimacy had, in a measure, established the likelihood of permanent harmony of views and feelings, must be confessed to be advantageous.

“It would be impossible to meet every argument in detail, which ingenuity or prejudice might put forward. If the world were not actually afraid to think freely or to listen to the suggestions of common sense, three-fourths of what has already been said would be superfluous; for most of the arguments employed would occur spontaneously to any rational, reasonable being. But the mass of mankind, have still, in a measure, everything to learn on this subject. The world seems to me much to resemble a company of gourmands, who sit down to a plentiful repast, first very punctiliously saying grace over it; and then, under the sanction of the priest's blessing, think to gorge themselves with impunity; as conceiving, that gluttony after grace is no sin. So it is with popular customs and popular morality. Everything is permitted, if external forms be but respected. Legal roguery is no crime, and ceremony-sanctioned excess no profligacy. The substance is sacrificed to the form, the virtue to the outward observance. The world troubles its head little



about whether a man be honest or dishonest, so he knows how to avoid the penitentiary, and escape the hangman. In like manner, the world seldom thinks it worth while to inquire whether a man be temperate or intemperate, prudent or thoughtless. It takes especial care to inform itself whether in all things he conforms to orthodox requirements ; and if he does, all is right. Thus men too often learn to consider an oath an absolution from all subsequent decencies and duties, and a full release from all responsibilities. If a husband maltreat his wife, the offence is venal ; for he premised it by making her at the altar, an ' honest woman.' If a married father neglects his children, it is a trifle ; for grace was regularly said before they were born.

"With such a world as this, it is a difficult matter to reason. After listening to all I have said, you may perhaps cut me short by reminding me, that nature herself declares it right and proper, that we should reproduce our species without calculation or restraint. I will ask, in reply, whether nature also declares it to be right and proper, that when the thermometer is at 96°, we should drink greedily of cold water, and drop down dead in the streets ? Let the world be told, that if nature gave us our passions and propensities, she gave us also the power wisely to control them ; and that, when we hesitate to exercise that power, we descend to a level with the brute creation, and become the sport of fortune—the mere slaves of circumstance.

"To one other argument it were not, perhaps, worth



while to advert, but that it has been already suspiciously used to excite popular prejudice. It has been said, that to recommend to mankind prudential restraint in cases where children cannot be provided for, is an insult to the poor man ; since all ought to be so circumstanced that they might provide amply for the largest family. Most assuredly all *ought* to be so circumstanced ; but all *are* not. And there would be just as much propriety in bidding a poor man to go and take by force a piece of Saxony broad-cloth from his neighbor's store, because he *ought* to be able to purchase it, as to encourage him to go on producing children, because he *ought* to have the wherewithal to support them. Let us exert every nerve to correct the injustice, and arrest the misery, that results from a vicious order of things ; but, until we have done so, let us not, for humanity's sake, madly recommend that which grievously aggravates the evil ; which increases the burden on the present generation, and threatens with neglect and ignorance the next."

---

#### ONLY CERTAIN MEANS.

READER ! the foregoing quotation contains arguments which cannot be gainsayed. It is clearly shown, that circumstances sometimes exist, which render it a duty, the most sacred and urgent, to prevent conception ; and we shall now explain the only means that can be employed with safety and success for this purpose. But



we must first remind the reader, that the vilest fraud is constantly practiced upon this subject, by the vilest fellows living, in the "thousand and one" things they offer, as preventives to conception. We have looked into this subject, and have taken pains to collect a number of instruments, and even medicines, sold to prevent conception; and we now have these in our laboratory, as monuments of the gross imposture, and deep degradation of their authors. One fellow in New York, advertises an instrument for this purpose, for which he claims French origin, and asserts, that it is extensively used among French ladies, and that he is the sole agent in the United States. Now the truth is, the French never saw such a thing, and if offered to a French lady, she would throw it at the fool's head. Another fellow in Albany, N. Y., advertises a thing, which he calls an "Electro Preventive," and in connection with this, he reminds young people, that he can furnish them with "love powders," which will enable them to win the "devoted affections" of any persons, towards whom they may feel the promptings of "passionate attraction;" also powders, which will "*make a lady tell all she knows*;" it is only necessary to drop a little upon any part of the dress. Wonderful astrologist! Reader! this is no exaggeration. The pamphlets are before us, in which these ridiculous things are advertised. Ladies are very carefully informed, that these preventives can be carried about their persons, and be ready for use at all times, and under all circumstances; as though a decent female needs a preventive every time she attends a ball or tea-



party. Notwithstanding the wholesome laws, which we find in all our Statute books, against such fraudulent and pernicious transactions, these things are allowed to exist, especially in Gotham and its suburbs.

Now, in regard to all such contrivances, one remark will suffice, viz : they are vile cheats, and totally fail of the objects for which they are recommended, and no female should countenance such ridiculous things, proceeding from such vile sources.

The female syringe is not unfrequently used as a means of preventing pregnancy. You will find the *straight* and *crooked* syringes in most apothecary shops ; they are usually made of glass. Their most common use is to throw into the vagina, medicinal substances, cold water, etc., in relaxed and diseased conditions of the internal organs. They are also used by many females merely for the purposes of cleanliness. But when used as a protection against pregnancy, they often prove a total failure, and the reason is obvious, viz : they are not properly constructed. There has been such total disregard of the anatomy of the female organs, in the construction of these instruments, that their use becomes most irksome to the female, and she soon falls into a state of negligence, or rejects them altogether, preferring to "take the chances." Moreover a glass syringe should never be used by the female herself, for any purpose whatsoever, as they have sometimes been broken within the organs, and the results have been most serious. To obviate these difficulties, we have succeeded, after much



perplexity, in constructing a metallic syringe, having special regard to the anatomy of the female organs, and the prevention of pregnancy. The pipe, or part introduced into the vagina, has a bulb of peculiar construction at the extremity, and is bent at right angles with the barrel or cylindrical portion. The pipe is curved in such a manner, that it is introduced with the greatest ease, and the bulb is naturally placed near the mouth of the womb.

Now let us correct a very common error, and we shall have no difficulty in understanding how the use of this instrument must positively prevent pregnancy. Most persons suppose, that in sexual intercourse the semen, or male fluid, is usually thrown into the cavity of the womb. This is a very great mistake. Every physician or other person, who understands the anatomy of the female organs, will tell you that the womb, with its straight neck, is situated nearly at right angles with the vagina. The semen, therefore, can only be thrown towards, or, at most, against, the mouth of the womb, which in the unimpregnated female is very small; and the fecundating principle is afterwards taken into the womb by imbibition, or a kind of suction. This is a settled question: there is no difference of opinion upon this subject among medical men. Now take our metallic syringe soon after sexual commerce, draw it full of water, introduce the pipe, and throw the water into the vagina; the stream is naturally and easily directed against the mouth of the womb, and flows down by the pipe, bringing away



the semen, the mucous secretions, and any unhealthy matter that might be present ; in other words, the parts are thoroughly washed out, and fecundation is absolutely impossible. This instrument is already used by a great many females, and it never fails to give the most perfect satisfaction. Its adaptation is so perfect, and it is managed with so much ease and convenience, that its use is no task, but a pleasure, to any female of cleanly habits. The only pre-requisite is a basin of water, tepid or cold, to suit the feelings in every case. The pipe, and bulb at the end, are small—though of the requisite length—as nothing could be gained by having them larger—and the instrument can now be easily used by unmarried females, in leucorrhœa or other disorders.

In cases of leucorrhœa, or, as the disease is more commonly called by females, *the whites*, or other unhealthy discharges from the vagina, indicating a weakness, and usually more or less relaxation of the parts ; take one drachm of sugar of lead, dissolve it in a pint of cold water, and throw a syringe full into the vagina, night and morning, until the discharge diminishes, or ceases altogether ; then use occasional injections of cold water, and the parts will soon return to their natural condition of health and tonicity. In cases of flooding, or profuse menstrual discharges, let the female thoroughly inject cold water, after the discharge has proceeded to a sufficient extent ; let her also observe the recumbent posture, and there will be found little difficulty in arresting the loss of blood, even in the worst cases of flooding.



Again : in prolapsus, or falling of the womb, injections of cold water always do great good. They give firmness and tone to the vagina, which is always in a relaxed condition, as well as the ligaments in this disease, allowing the womb to fall below its natural position. Cold water injections will frequently cure bad cases of prolapsus, and are always serviceable in conjunction with other means. The reader will also observe, that injections of tepid or cold water, must have a salutary influence in keeping the female organs of generation in a state of health and vigor ; also, when used soon after sexual intercourse, they must be a perfect protection against inoculation from animal virus, or any unhealthy secretions, which might be present. But the common syringe cannot be used with safety and success, for any of these purposes. Our experience has been of the most tried character, and we are warranted in speaking with great positiveness upon this subject. It is so awkwardly and improperly constructed, that it is neither convenient nor reliable.

Ours is not the common *cast* syringe, but *drawn*, so that it is thin and light : and at the same time durable, and will last a life-time. In addition to the pipe for the front passage, an ordinary injection pipe wrought very smooth and nice, goes with it. These screw upon the barrel, so that one can be taken off and the other screwed on at pleasure ; and you have all you will ever need in the form of a syringe for the vagina, etc. Don't get the idea that this is a common cast syringe with a wooden piston, and liable every now and then to get out of or-



der. The piston is made of drawn metal like the rest of the instrument, hollow of course, so as to be light, with a ring at the top for the finger, *and it never gets out of order*. You can always rely upon its working well. We wish the reader to understand, that we mean to be emphatic, when we assert that, compared with this, everything else in the form of a female syringe is utterly worthless. The price of the instrument is five dollars. All necessary instructions go with it. They are put up in neat boxes, and despatched by express to every part of the country. They will be sent by mail on receipt of seventy-five cents, in addition to the price, to pay the postage.

Now don't, for mercy's sake, accuse us of anything quack-like, because we offer for sale in this book, two instruments of our own invention. You could not do us a greater injustice. This, we earnestly assert, is not our character. Our invention for the cure of impotence, atrophy, etc., is one of the most important surgical inventions that has been brought before the profession for a long time, and our female syringe is not less important. They are already ordered by the best men and women *in and out* of the medical profession, and spoken of in the highest terms. We think we have explained these instruments, so that every intelligent person, for the most part, can understand their construction and uses. How then do they savor of quackery? They are not foreign to our legitimate practice; for, in our rounds of duty, we have frequent occasion to use them, and recommend



them. We have no sympathy with quack business of any kind, but we practice our profession in this large town, and for anything we know, occupy a respectable position; and our advantages, as a medical man, have been very great, and not confined alone to this, our native country. We should not feel called upon to make these remarks, had not the public so often been imposed upon by the vilest fellows living, calling themselves physicians, and offering sundry articles for sale.

As additional assurance of good faith, we have no hesitation in making a solemn pledge, that if it can be shown in any instance, that these instruments do not, in every particular, come up to our description, and fully answer the purposes for which they are recommended, the price shall be refunded. See last three pages.



CHAPTER X.

THOUGHTS

ON

ABORTIONS OR MISCARRIAGES.

FŒTUS IN THE WOMB—FLOATS IN THE WATERS—CORD AND  
PLACENTA—SLIGHT ATTACHMENT TO THE MOTHER—  
CAUSES OF ITS SEPARATION—FALLS—BLOWS—VIOLENT  
MUSCULAR MOTIONS—EMETICS IMPRUDENTLY GIVEN—  
SUDDEN FRIGHT—FITS OF PASSION, ETC., ETC.—LUDI-  
CROUS CASE OF A GERMAN WOMAN—WHEN JUSTIFIABLE  
TO PRODUCE ABORTIONS—DEFORMED PELVIS—WOMB  
TURNED BACKWARDS—HEMORRHAGE IN PREGNANCY—  
EXCESSIVE VOMITING, ETC.—RAPES—SEDUCTIONS—  
DANGERS AND SAFETY—NOTORIOUS MADAME RESTELL—  
PROFESSOR BEDFORD'S CASE—PROBING—DRUGGING  
—CAUTION AND WARNING—JUST REBUKE—DIRECTIONS  
FOR PATIENTS.

AMONG the diseases or accidents to which pregnant women are liable, perhaps none are more common than abortions or miscarriages. While the natural term of pregnancy is about two hundred and eighty days, or, to



use a common reckoning, nine months ; the attachment of the foetus to the mother is so delicate, that many causes are found sufficient to break up this attachment, as it were, before the natural term of delivery ; and there are many diseases, to which the frail nature of the foetus itself is liable, which may serve to bring its life to a speedy and premature close. The foetus being dead, acts as a foreign body in the womb, irritates and excites its muscles, and gives rise to the pains and contractions of miscarriages, as well as the bloody discharges, that usually attend these contractions.

Though the foetus is contained within the cavity of the womb, it does not come in contact with that organ, except by the placenta. It constantly floats in a fluid called the water of the amnion ; and the interior of the womb is lined everywhere by two membranes adhering to each other, called the amnion and chorion. Now let us bear in mind that the foetal lungs are perfectly dormant, no air is admitted to those organs, no blood is thrown to them to become oxygenized, till the child is born and gasps for breath. But the placenta or after-birth attached to the surface of the womb, and to the foetus, by means of the cord through which the circulation takes place, is the true source whence the blood becomes arterialized, and the oxygen is, of course, furnished by the mother. The reader is now prepared to understand what must be the result, when the attachment of the placenta to the womb is destroyed. If it be completely separated, the foetus dies as speedily as the adult,



when no air is admitted to the lungs ; but if the separation be partial, it may slowly perish ; or possibly recover, if the injury be not too extensive.

Usually, the union of attachment between the placenta and the womb, is very slight. It may be overcome by a fall, or blow on the woman's abdomen, especially if the violence be directly over the place of union, which is most likely to take place. Sudden and violent increase of the motion of the blood in the maternal vessels, is sometimes sufficient to break the union. Professor Meigs says, that " this happens in consequence of the increased circulation causing some drops to escape from the womb, and lodging betwixt it and the placenta—thus peeling or dissecting it off, little by little, until a sufficient superficies is removed, to destroy the life of the embryo."

Violent muscular motions of the mother, which frequently takes place in lifting heavy weights, in ascending stairs with heavy loads, in attempting to recover from falls, pressure made upon the womb by suddenly stooping, leaping, running, dancing, horseback-riding, riding in vehicles over rough roads : all these causes are sufficient, under certain circumstances, to destroy the connection between the placenta and womb.

The relaxing effects of powerful emetics, the violent action of drastic cathartics, certain essential oils and other substances, which act powerfully upon the womb, are sometimes sufficient to produce abortion.

Sudden fright, and violent fits of passion, are sometimes sufficient to produce abortion. We were called to a



case of this kind, not many years ago. A German woman who was a clerk in a furniture store, had some altercation with a customer, who accidentally let a table fall, and broke off one of its legs; one word followed another—the customer at the same time, making merry of the whole affair, by his frequent use of *yaws* and *nichts*—till the poor woman's passion mounted so high, that she caught the table leg, and was about to inflict condign punishment upon the customer's head and ears, whereupon the customer caught the table leg in one hand, and with the other committed an indecency upon the person of the woman; this was a new provocation, and her passion rose still higher, as the thermometer rises upon the application of increased heat. As the result of this fit of passion—for there had been no external violence—flooding soon commenced, and the writer had the *honor* of conducting the case to a safe termination, which was the expulsion of the foetus from the womb.

But abortions, and premature labors, are frequently induced in *legitimate medical practice*, for the purpose of saving the health and life of the mother, or avoiding the risks, which, in some cases, attend delivery at full term. This, in competent hands, is a trifling operation, and accompanied with little or no danger to the mother; but in ignorant hands, or when attempted by patients themselves, the danger is very great.

We now call the reader's attention to some of those circumstances, which justify the operation in question:—

1. There are certain diseases belonging especially to



childhood, such as Rickets, Mollities ossium, or softening of the bones, also, violent injuries to which children are liable, which sometimes cause the pelvis to be jammed or bent out of its natural shape, and though the child may perfectly recover its health, the deformity remains through life. Hence, we sometimes find the cavity of the pelvis so contracted, or distorted, in its diameters, that it is utterly impossible to deliver a child at full term, or a living child, through the natural passage. In all such cases, the physician is liable to be called upon to decide between the Cæsarean operation, and the production of premature labor, or early abortion. Now the Cæsarean operation consists in nothing less than actually cutting the mother open, and lifting the child out of the womb, with the hope of saving the latter, but giving the poor victim of such horrible butchery the slightest possible chance for her life, for statistics show the most melancholy results of this operation. We cannot, therefore, understand how a physician of good judgment, and decent moral sensibilities, can hesitate to decide in such a dilemma. In such a case, we are morally bound to sacrifice the unconscious foetus, and save the life of the mother.

2. When the womb is retroverted, or turned backwards in the pregnant female, and it cannot be repositied by any means within our reach, the life of the mother may be in imminent danger if the pregnancy be allowed to continue, and we are authorized, nay, solemnly commanded by our sense of duty, to arrest the development



of the child-bearing organ, by bringing on abortion. This is most assuredly a critical position for the inexperienced physician to find himself placed in ; but he should bear in mind, that if pregnancy is allowed to go on, the *fœtus must* perish, and, in all probability, the mother will fall a sacrifice to his ignorance, or neglect. He should promptly avail himself of every means within his reach, that might be of service to him in such an uneasy predicament ; and he should act, at all times, with deliberation and firmness, and in reference to the happiness and safety of the poor distressed mother.

3. Whenever the placenta becomes slightly or partially detached from the womb, by any one of the causes already named, hemorrhage is the inevitable result. As a general rule, if a woman not far advanced in pregnancy, loses the slightest amount of blood, there is a strong probability that she will miscarry, and yet cases have occurred, where the woman not advanced beyond the fourth month has lost many ounces, and after the cessation of the hemorrhage, the pregnancy has gone on to full term. Now it is always in the power of the physician who thoroughly understands his business, to arrest a hemorrhage, however profuse, if within the fifth month of gestation, by means of the tampon ; but when this is employed, the life of the *fœtus* is always sacrificed. Hence the question has arisen, to what extent is it justifiable to allow the hemorrhage to proceed, before resorting to means that will cause the death and expulsion of the *fœtus* ? Some eminent men in the profession teach us, that



we should wait till we feel positive assurance that the woman must die, unless the fœtus be sacrificed. Now we desire the reader to understand distinctly, that we protest against this doctrine in the most emphatic language, as dangerous and immoral in principle and practice. Look at it for a moment. Here is a pregnant woman flooding, but she has not yet miscarried; if the physician resorts to other means, or leaves the case to itself, there is a *slight chance* that if the mother recovers, the fœtus will be saved, but the *danger* to the mother is greatly enhanced; for if she does not lose her life, she will probably lose her health, and have a feeble, sickly constitution through life, as the result of excessive loss of blood. The physician knows he can arrest the flooding at once, and save the life of the poor woman, by sacrificing the unconscious embryo; still he looks on, and allows the blood to flow pint after pint, speculating upon the abstract question of sacrificing the life of the fœtus. Truly, such a man has little conception of moral duty; he shamefully betrays the confidence of his patient, who expects that he will do all in his power for her health and safety; and such a man justly deserves to be kicked out of the profession. Professor Meigs, of the Jefferson Medical College, in lecturing to his class upon this subject, uses the following significant language:—"I am anxious to put you upon your guard upon this point; I trust you will always act up to the principle, that you must not do evil that good may come. Whenever a clear indication for the sacrifice of the tender embryo exists, no



evil is done in procuring the greater good of the mother ; on the contrary, the act by which it is destroyed, is an act in morals as purely good as the saving of a man's life. The lesser, in morals, must yield to the greater ; the lesser is always included in the greater."

4. Excessive and protracted vomiting in pregnancy, sometimes places the life of the mother in the most imminent danger, and the physician, or council of physicians, is called upon to decide, whether or not it is justifiable to induce abortion or premature labor, as a means of safety and relief. This subject has recently attracted much attention. In 1852, a spirited discussion took place in the French Academy of Medicine, embracing the question—Is it ever justifiable to produce abortion in cases of excessive vomiting ? The principal argument, employed by those who opposed this means of safety to the mother, was the assumption that, in some cases, pregnant women have recovered, who were supposed to be in a dying condition from excessive nausea and vomiting, and have brought forth living children. In reply to this argument, it is only necessary to remark, that if a pregnant woman, apparently in a dying condition from excessive vomiting, has recovered her health, it was a rare exception to a general rule, and therefore worthless as a principle to guide us in practice ; for it is well known that many women have succumbed from this cause, who, in all probability, would have survived, if miscarriage had been effected. Some striking instances of death from this cause are on record, and I am sure that the experi-



ence of practitioners could furnish many more examples. It is, therefore, the duty of the judicious practitioner, to fortify himself by a careful and thorough examination of all the circumstances in each case, and if he be satisfied that the greatest safety of his patient consists in bringing on abortion, he is morally bound to grant her that means of relief. The following significant language, touching this question, we quote from Professor Bedford, of New York University :—

“ I cannot, for myself, recognize any difference between the decision of this question, and multitudes of others, that are more or less constantly presenting themselves to the practitioner, while engaged in his daily rounds of duty. Where is the physician, who has not, at times, been almost bewildered in his desire to decide the nice question, *further depletion or stimulation*, in a case, for example, of pneumonia, pleurisy, or typhus, knowing, at the same time, that on the correctness of his decision, must depend the life of his patient. In a case like this, after the proper exercise of his honest judgment, *looking merely at the safety of his patient*, whatever that judgment may indicate, and whatever the issue may be, I hold that the medical man has performed his duty. So gentlemen, it is, in symptomatic vomiting, endangering, if not checked, the safety of the mother. Look carefully at all the circumstances, and if, with the aid of additional counsel, you should be impressed with the conviction, that the greatest, *if not the only safety of your patient*, is in premature delivery, then, in my opinion, you would de-



serve 'rebuke, if you withhold this means of relief; for, after all, the question which you are to determine is, the simple but grave one, of life or death, and the decision has nothing to rest upon but human judgment."

In addition to the causes we have now noticed, there may be others, such as tumors, or diseases of the womb, or other parts, which call for abortion or premature labor, as a means of relief and safety to the mother.

In the days of Hippocrates, and at a much later period, when the opinion prevailed among medical men of all grades and classes, that the male and female have about the same office to perform in the mysterious act of fecundation, it was supposed that impregnation could never result from a rape, or forcible connection; indeed, many physicians, as well as unprofessional persons, at the present day, entertain the same opinion, not as a matter of science, but as tradition. This is a very great mistake. In order that the female may become impregnated, it is only necessary that the spermatozoa, or fecundating principle of the male semen, come in contact with the ovum or egg furnished by the female, and find a safe lodgment in the uterus; and this minute ovum is not a mere secretion taking place during intercourse, but it is slowly elaborated in the ovary, and awaits the life-giving principle of the male, or is thrown off as waste matter. Touching this subject, Professor Bedford holds the following significant language:—

"A very general opinion has prevailed, that pleasurable excitement during intercourse, is essential to a suc-



cessful fecundation. This is an error, for it is well-known that women, in whom intercourse is not only without the slightest voluptuous sensation, but even repugnant, become readily impregnated. The opinion that pleasure is necessary on the part of the female, has more than once been cited in courts of justice, as proof against the purity of a woman, on whose person a rape, followed by impregnation, had been committed. This latter circumstance, however, is no proof at all either in favor of the consent, or adverse to the chastity of the female; and it is well for you to remember the fact, for it may be through your testimony that the scales of justice will be rightly poised, and character sustained."

Now the question has arisen among medical men, as an abstract principle of practice and morality, whether or not the physician would be justified in a clear case of pregnancy following forcible connection, or where female innocence had been artfully and wickedly traduced, in producing an early abortion as a means of relief. Our solemn opinion is, that were the law silent upon this subject, it would be an insult to common sense, and a violation of the best feelings and principles of our nature, to maintain that there can be no extreme cases of rape or seduction, no considerations of character, relationship, or other circumstances connected with such cases, which would justify the physician in sacrificing the unconscious embryo, and relieving the innocent female from such a burden of death and degradation. Under such circumstances, whatever the honest physician might feel to be



his duty, he would be held to answer for his conduct before the tribunal of his own conscience, and that of his God. Still, such a principle of practice, openly avowed by the profession, and tolerated in law, would, no doubt, have no good influence upon female virtue. Besides, we find laws in all our Statute-books, touching the question of abortions and premature labors, and whatever may be said to the contrary, they are full as well obeyed as many other laws, such as those relating to the sale of intoxicating drinks, gambling, Sabbath-breaking, profanity, etc., etc.

The dangers arising from the induction of abortion, or premature labor, are often greatly exaggerated by medical men as well as others. We acknowledge that it is extremely dangerous, when attempted by a mere charlatan or the patient herself, as often happens; or produced by a fall, a blow, a kick from a horse, or any other external violence or injury, causing internal contusions, or rupture of blood vessels; and also, but not to the same degree, when produced by sudden fright, or fits of passion; but the danger in all such cases arises more from the causes which produce the abortion, than from the abortion itself; for it is well-known by every physician who is versed in obstetrics, that where it is deemed indispensable to bring about miscarriage, it is attended with little or no danger, especially in the earlier stages of pregnancy. When necessary, the earlier the better; but in no case, if properly effected by a skilful physician, with proper care on the part of the patient, is it attended



with danger ; indeed, a physician who will allow a patient to flood so profusely, as to endanger her life, or even health, as the result of a miscarriage before the fifth month of gestation, deserves to be hooted out of the profession, with a badge of dishonor affixed to him, as long as he lives.

But whatever the causes which justify the induction of miscarriage—whether malformations of the pelvis, displacements or diseases of the womb, flooding in pregnancy, excessive nausea and vomiting endangering the life of the mother, or any other causes whatsoever—let me warn the patient never to attempt the operation herself, nor trust herself in the hands of any person, male or female, except a physician of known integrity and experience. You should have nothing to do with the vile quacks of both sexes, who swarm our country, either by purchasing their nostrums, or submitting to their manipulations ; for they are persons totally destitute of moral principle, and are ready to sacrifice the health, and even lives, of *innocent* females, for a few paltry dollars. No drug should be taken, unless furnished by a physician of character and experience, who understands modifying the violence of its action by a combination with other ingredients, so as to ensure the effect without the violence or danger.

Heed our admonition, we beseech thee ! Thou poor victim of disease ; thou unfortunate daughter of drunken parents, left without the counsel and instruction so necessary amidst the snares and devices of the world, almost



driven by the sheer force of circumstances, to degradation and despair ; thou, who hast struggled between poverty and virtue, and at length fallen beneath the wrongs and cruelties of society ; thou, poor orphan girl, left without a father's protection, or a mother's counsel and guidance, whose lonely pillow has oft been wet with tears—heed our warning, it is for thine own good ; disregard the things we lay before thee, and when thou lyest upon thy dying bed, or when disease of body, and anguish of mind, fasten themselves upon thee, like grappling irons, for the rest of thy life, then mayest thou think of the word of warning, we so earnestly desire to press upon thee. Merciful God ! remove the scorn, the injustice, the awful retribution, society casts upon the *unfortunate*, while the *grossly wicked* are allowed to tread in the flowery paths of *refined* society.

The induction of premature labor, as we have already remarked, when entrusted to a physician thoroughly versed in obstetrics, does not endanger the life or health of the patient. Such a physician can perform the necessary operation, or use the means requisite to cause the expulsion of the contents of the womb, without, in the least degree, *hurting* the patient. But when entrusted to incompetent hands, or attempted by the unfortunate patient herself, the most terrible consequences frequently follow ; and we desire, if possible, more earnestly to impress this fact upon the mind of the reader. When our readers shall have seen a tithe of those frightful things which have passed under the observation of the writer,



they will certainly agree with him, that the facts he is endeavoring to impress upon the mind, are of vast consequence, having direct reference to the lives, the health, and the character of thousands.

Some of our readers may have heard of a notorious woman in New York, calling herself Madame Restell, whose only business for sometime past has consisted in probing, and drugging females of all classes, for the purpose of producing miscarriages. Her advertisements may be found in nearly all the city papers, inviting to her rooms the high and the low, the married and the single, the innocent and the vicious. Madame Restell ! alias Rest-well, ah ! This woman is not an educated physician, and, as a matter of course, does not understand the anatomical relations and situations of the internal organs of generation. Two prominent features characterize her practice, boldness and ignorance ; and her victims of poor health, the most horrible uterine diseases, an awful gulf of despair, and death itself, may be counted by scores.

Dr. Bedford, of New York University, from whose excellent work on diseases of women and children, consisting of clinical lectures delivered before his class, we have already quoted a few brief passages, relates a remarkable case, as the result of this woman's practice, which came under his own observation ; and as it is one of great interest, and may serve as a warning to others, we shall introduce it in this connection. The narration commences on page 252. Thus the eloquent lecturer, as well as able obstetrician, introduces the subject :—



“ December 19th, 1843, Drs. Vermeule and Holden requested me to meet them in consultation, in the case of Mrs. M., who had been in labor for twenty-four hours. On arriving at the house, I learned the following particulars from the medical gentlemen : Mrs. M. was the mother of two children, and had been suffering severely, for the last fourteen hours, from strong expulsive pains, which, however, had not caused the slightest progress in the delivery. I was likewise informed that, about four hours before I saw the case, Dr. Miner, an experienced physician, had been sent for, and, after instituting a vaginal examination, remarked to the attending physicians, that, “ in all his practice, he had never met with a similar case.” Dr. Miner suggested the administration of an anodyne, and having other professional engagements, left the house. Mrs. M. was taken in labor Monday, December 18th, at seven o'clock, P. M., and on Tuesday at seven P. M., I first saw her. Her pains were then almost constant ; and such had been the severity of her suffering, that her cries for relief, as her medical attendants informed me, had attracted crowds of persons about the door. As soon as I entered her room, she exclaimed, “ For God's sake, doctor, cut me open, or I shall die ; I never can be delivered without you cut me open.” I was much struck with this language, especially as I had already been informed that she had previously borne two children. At the request of the medical gentlemen, I proceeded to make an examination per vaginam, and I must confess that I was startled at what I discovered, expect



ing every instant, from the intensity of the contractions of the uterus, that this organ would be ruptured in some portion of its extent. I could distinctly feel a solid, resisting tumor at the superior strait, through the walls of the uterus; *but I could detect no os tinæ*. In carrying my finger upward and backward toward the cul-de-sac of the vagina, I could trace two bridles, extending from this portion of the vagina to a point of the uterus, which was quite rough and slightly elevated; this roughness was transverse in shape, but with all the caution and nicety of manipulation I could bring to bear, I found it impossible to detect any opening in the womb. In passing my finger with great care from the bridles to the rough surface, and exploring the condition of the parts with an anxious desire to afford the distressed patient prompt and effectual relief, I distinctly felt cicatrices, of which this rough surface was one.

“ Here, then, was a condition of things produced by injury done to the soft parts at some previous period, resulting in the formation of cicatrices and bridles, and likewise in *the closure of the mouth of the womb*. At this stage of the examination, I knew nothing of the previous history of the patient more than I have already stated, and the first question I addressed to her was this: Have you ever had any difficulty in your previous confinements? Have you ever been delivered with instruments, etc., etc. She distinctly replied that her previous labors had been of short duration, and that she had never been delivered with instruments, nor had she sustained



any injury in consequence of her confinements. Dr. Vermeule informed me that this was literally true, for he had attended her on those occasions. This information somewhat puzzled me, for it was not in keeping with what any one might have conjectured, taking into view her actual condition, which was undoubtedly *the result of direct injury done to the parts*. I then suggested to Drs. Vermeule and Holden the propriety of questioning the patient still more closely, with the hope of eliciting something satisfactory as to the cause of her present difficulty ; remarking, at the same time, that it would be absolutely necessary to have recourse to an operation for the purpose of delivering her. On assuring her that she was in a most perilous situation, and, at the same time, promising to do all in our power to relieve her, she voluntarily made the following confession : About six weeks after becoming pregnant, she called on the notorious Madame Restell, who, learning her situation, gave her some powders with directions for use ; these powders, it appears, did not produce the desired effect. She returned again to this woman, and asked her if there were no other way to make her miscarry. " Yes," says Madame Restell, " *I can probe you ; but I must have my price for this operation.*" " What do you probe with ?" " *A piece of whalebone.*" " Well," observed the patient, " I can not afford to pay your price, and I will probe myself." She returned home, and used the whalebone several times ; it produced considerable pain, followed by discharge of blood. The whole secret was now disclosed. Injuries



inflicted on the mouth of the womb by these violent attempts had resulted in the circumstances as detailed above. It was evident, from the nature of this poor woman's sufferings and the expulsive character of her pains, that prompt artificial delivery was indicated.

"As the result of the case was doubtful, and it was important to have the concurrent testimony of other medical gentlemen, and as it embodied great professional interest, I requested my friends, Drs. Detmold, Washington and Doane, to see it. They reached the house without delay, and, after examining minutely into all the facts, it was agreed that a bi-lateral section of the mouth of the womb should be made. Accordingly, without loss of time, I performed the operation in the following manner: The patient was brought to the edge of the bed, and placed on her back. The index finger of my left hand was introduced into the vagina as far as the roughness, which I supposed to be the original seat of the *os tinæ*; then a probe-pointed bistoury, the blade of which had been previously covered with a band of linen to within about four lines of its extremity, was carried along my finger until the point reached the rough surface. I succeeded in introducing the point of the instrument into the centre of this surface, and then made an incision of the left lateral portion of the *os*, and, before withdrawing the bistoury, I made the same kind of incision on the right side. I then withdrew the instrument, and in about five minutes it was evident that the head of the child made progress; the mouth of the womb dilated almost



immediately, and the contractions were of the most expulsive character. There seemed, however, to be some ground for apprehension that the mouth of the uterus would not yield with sufficient readiness, and I made an incision of the posterior lip through its centre, extending the incision to within a line of the peritoneal cavity. In ten minutes from this time, Mrs. M. was delivered of a strong, full-grown child, whose boisterous cries were heard with astonishment by the mother, and with sincere gratification by her medical friends. The expression of that woman's gratitude, in thus being preserved from what she and her friends supposed to be inevitable death, was an ample compensation for the anxiety experienced by those, who were the humble instruments of affording her relief. This patient recovered rapidly, and did not, during the whole of her convalescence, present one unpleasant symptom. It is now ten weeks since the operation, and she and her infant are in the enjoyment of excellent health.

"I omitted to mention that the urethra was preternaturally dilated. I introduced my finger as far as the bladder without any consciousness on her part, such was the degree of its enlargement.

"About ten days after the operation, Dr. Forry visited this patient with me, and heard from her own lips the narrative of her case, so far as her visit to Madame Restell is concerned, and which I have already stated. On Saturday last, January 20th, Dr. Forry again accompanied me on a visit to this woman, and a vaginal ex-



amination was made. The mouth of the womb was open, and permitted the introduction of the end of the fore-finger; the two bridles were distinctly felt, extending from the upper and posterior portion of the vagina to the posterior lip of the *os tinæ*, which they seemed firmly to grasp. The urethra was very much enlarged, and somewhat tender to the touch. At my last visit to this patient with Dr. Forry, she made some additional revelations, which I think should be given not only to the profession, but to the public, in order that it may be known that, in our very midst, there is a monster who speculates with human life with as much coolness, as if she were engaged in a game of chance. This patient, with unaffected sincerity, and apparently ignorant of the moral turpitude of the act, stated unequivocally, to both Dr. Forry and myself, *that Madame Restell, on previous occasions, had caused her to miscarry five times*, and that these miscarriages had, in every instance, been brought about by drugs administered by this trafficker in human life. The only case in which the medicines failed was the last pregnancy, when, at the suggestion of Madame Restell, she probed herself, and induced the condition of things described, and which most seriously involved her own safety, as well as that of her child. In the course of conversation, this woman mentioned that she knew a great number of persons who were in the habit of applying to Madame Restell for the purpose of miscarrying, and that she scarcely ever failed in affording the desired relief; and, among others, she cited the case of a female



residing in Houston Street, who was five months pregnant ; Madame Restell *probed her*, and she was delivered of a child, to use her own expression, '*that kicked several times after it was put into the bowl.*'

"It, indeed, seems too monstrous for belief that such gross violation of the laws of both God and man should be suffered in the very heart of a community professing to be Christian, and to be governed by law and good order. Yet these facts are known to all who can read. This creature's advertisements are to be seen in most of our daily papers ; there she invites the base and the guilty, the innocent and the unwary, to apply to her. She tells publicly what she can do, and, without the slightest scruple urges all to call on her who may be anxious to avoid having children. Here, then, is a premium offered for vice, to say nothing of the prodigal destruction of human life that must necessarily result from the abominations of this mercenary and heartless woman. With all the vigilance of the police of our city, and with every disposition, I am sure, on the part of the authorities to protect morals, and bring to merited punishment those who violate the sanctity of the law, this Madame Restell, as she styles herself, has as yet escaped with impunity. Occupying the position I do, and fully appreciating the important trusts confided to my care in connection with the department over which I have the honor to preside in the University, I have felt it to be a duty I owe to the community, to the profession, and to myself, publicly to expose the facts of this case ; and I fervently hope that



the disclosures here made may tend to the arrest of this woman, and the infliction of the severest penalty of the law."

When practicing medicine in New York city, we had an opportunity of learning something about the notorious Madame Restell, even from the lips of more than one of our own patients, and we must assure the reader, that Professor Bedford has not told one half the story. Being totally ignorant of the nice anatomical relations of the internal organs of generation, her own probing, as well as that of the patients themselves, not unfrequently produced lacerations, and injuries of the womb, sometimes the vagina, and even the bladder itself, which were of the most obstinate and loathsome character, rendering the patient miserable for the rest of her life, and making her prefer death to such degradation of soul and body. The drugs, which this woman furnished, were such raw substances of the *materia medica*, as act with violence, not only upon the womb, but frequently upon the whole system, and sometimes even caused the death of the patient.

Whenever, therefore, circumstances exist, which justify the induction of abortion, certain pre-requisite considerations are indispensable :—First. The patient should trust herself in the hands of no physician, unless she have the best reasons for believing that he has given special attention to this subject, whatever other qualifications he may possess—and we must say that not one medical man in a hundred, has given the subject such attention. Be



sides, he must be a thoroughly educated physician, or he will not have a good knowledge of the anatomy of the parts with which he has to deal. Second : If the probe is to be used, it must be highly polished—a silver probe is the best, and its curvatures must exactly correspond with the anatomy of the parts. Third : No drug or medicine should be taken unless furnished by a physician of integrity, as well as experience, who understands making a combination that will be perfectly mild and safe, as well as effectual in its action ; and if we may be allowed to express an opinion in rather awkward language, we must say that, on this point, most physicians as well as Restells, are as ignorant as horses.

We have now spoken with great plainness and self-confidence upon the subject of this chapter, as well as others discussed in this book, too much so, perhaps to appear modest in the eyes of our professional brethren ; if so, it is because we have given great attention to the subjects in question, and feel the great importance of a proper knowledge of those things we have so earnestly desired to bring home to the understanding, and consciences of our readers. Heaven knows we feel that we have a mission to perform, and that mission relates not to the positions or purses of our professional brethren, but the relief of the suffering, the restoration of lost hope, the mitigation and cure of frightful diseases. Among the fallen, are some of the noblest specimens of men and women, physically, ah ! and mentally, that ever came from the hand of the Almighty, and a part of our life may be profitably spent in seeking their health, happiness, and



restoration. Call us an enthusiast if thou wilt, we claim to be a *christian*. Where is thy christianity, thou sectarian hypocrite, who strainest at a gnat, and swallowest a camel? Hast thou one particle of that compassion, forgiveness and benevolence, that the lowly Son of God manifested in his whole life from the cradle to the cross, and that constitutes the very soul and essence of christianity? Thou haughty man, who, peradventure, hast a loving wife to *draw* thee to thine own abode, who maketh thee to differ from other men? Circumstances! Thou proud woman, reared in indolence and fashion, in the parlor, and before the glass, who maketh thee to differ from other women? Circumstances! O haughty man, O vain woman, thy position in the world, thy loving and loved companions, family relations, and friendships, are the result of circumstances, or the gifts of Providence, and thou art, after all, a thing of circumstance, changing with the wind every day thou livest. Learn, then, a lesson of humility, or true wisdom, and boast not of thy strength while the evil days come not.

In this connection, it may not be out of place to notify our readers, that we hold ourself in readiness at all times to be consulted upon the subjects of this chapter, and all other questions discussed or alluded to in this book, at home or abroad, by letter, or viva voce, and as we are permanently located in this city, persons living at a distance, who address us by letter, may be assured of prompt response to their communications. All communications must be addressed to Dr. Wesley Grindle, Philadelphia, Penna.



## MEDICAL OFFICE,

319 SOUTH THIRTEENTH STREET,

*Between Spruce and Pine Streets, Philadelphia.*

TO CORRESPONDENTS :—When persons at a distance order either instruments, offered for sale in this work, it is only necessary to enclose the price, and state what they want ; but when they wish to put themselves under our special treatment, they must state age, sex, married or single, time the infirmity or disease has existed, *and the symptoms*. They must write out the symptoms in their own plain, unvarnished style, as they might make mistakes, if they should attempt to use medical language, unless they be physicians. Such statements will usually enable us to understand the actual condition of our patients ; when, however, we are not fully satisfied—which sometimes happens—we can ask a few questions in reply. Much of our practice, of late, has been carried on by correspondence, and our success has been truly satisfactory. Every physician, acquainted with our medical career *knows* that we effect cures of certain chronic diseases with remarkable facility. This statement is made, not in a spirit of boasting, but that patients at a distance, who, perhaps, have sought relief from many sources, and found it not, and are ready to give up in



despair, may know the advantages that are within their reach, if they are disposed to avail themselves of our services.

Persons of both sexes, who need the sympathy and kindness of a medical adviser, and efficient medical aid, are invited to call when they can do so. Our terms are always reasonable, and patients can ascertain our charges before putting themselves under our care, then act their pleasure. No charge for such consultations. We throw out these remarks, because many persons of moderate means, are actually afraid of the charges of city physicians, and we must confess that some rascally things are carried on in this line.

Our charges are invariable in all ordinary cases, except where we are acquainted with the patient, and know him to be deserving of charity; but our charities cannot extend all over the land.

Persons addressing us by letter, and enclosing five dollars, will be entitled to special attention, advice, information, and medicines, if needed, sufficient to last three or four weeks. When the case requires that the treatment should be continued, we usually charge only three dollars for each subsequent attendance.

When either of our instruments is ordered, and special advice, or other treatment is desired along with it, only *three dollars*, in addition to the price of the instrument, is exacted.

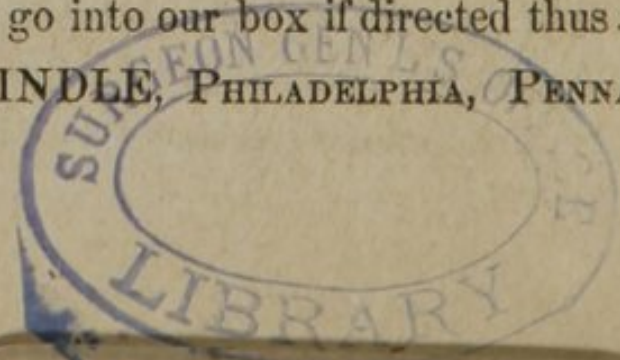
Thus the reader will perceive that our charges are very moderate, not more than one half what they once were; but fortune has smiled upon us in the amount and



success of our practice, and we desire, as far as consistent and reasonable, to place our treatment within the reach of all persons, who are yearning to be delivered from certain lothesome and dangerous diseases.

For the most part we furnish our own medicines, not being willing to trust every druggist to select and compound them for us. In this, we think, much of our success depends.

New York is no longer our place of abode, but we are now permanently located in this town, and all letters and orders at any time hereafter, that are in accordance with our expressed terms, will receive prompt attention. We have such complete system in carrying on correspondence at a distance, that mistakes do not occur, and persons need not hesitate in sending their orders by mail. To avoid all possibility of mistakes, they should write names and post office addresses *in a plain hand*, and should give the name of the county, as well as town and state. Packages are sent by mail and express to the most distant places without danger of breakage or exposure, and such are the facilities of conveyance, that they reach their destination in a very short time. This book is sent by mail, far and near, on receipt of the price, and the postage, where the post office laws require prepayment. Within 300 miles, and in an open envelope, the postage is three letter stamps, or nine cents; in a sealed envelope it is six letter stamps, or eighteen cents. All letters are sure to go into our box if directed thus:—  
DR. WESLEY GRINDLE, PHILADELPHIA, PENNA.

A circular blue ink stamp is located at the bottom of the page, partially overlapping the text. The text "SURGEON GENERAL'S" is curved along the top inner edge, and "LIBRARY" is curved along the bottom inner edge. The center of the stamp is blank.



success of our practice, and we desire, as far as possible, to place our treatment within the reach of all persons who are yearning to be delivered from certain loathsome and dangerous diseases.

For the most part we furnish our own medicine, not being willing to trust every druggist to select and compound them for us. In this we think much of our success depends.

New York is no longer our place of abode, but we are now permanently located in this town, and all letters and orders at any time received, that are in accordance with our expressed terms, will receive prompt attention. We have such complete system in carrying on correspondence at a distance, that mistakes do not occur, and persons need not hesitate in sending their orders by mail. To avoid all possibility of mistake, they should write names and post office addresses in a plain hand, and should give the name of the county, as well as town and state. Packages are sent by mail and express to the most distant places without danger of breaking or exposure, and such are the facilities of conveyance, that they reach their destination in a very short time. This book is sent by mail free and near, on receipt of the price, and the postage, where the post office laws require payment. Within 300 miles, and in an open envelope, the postage is three letter stamps, or one cent; in a sealed envelope it is six letter stamps, or eight cents. All letters are sure to go into our box if directed thus—

DR. WESLEY GRINDLE, FARMINGTON, KENNA.



