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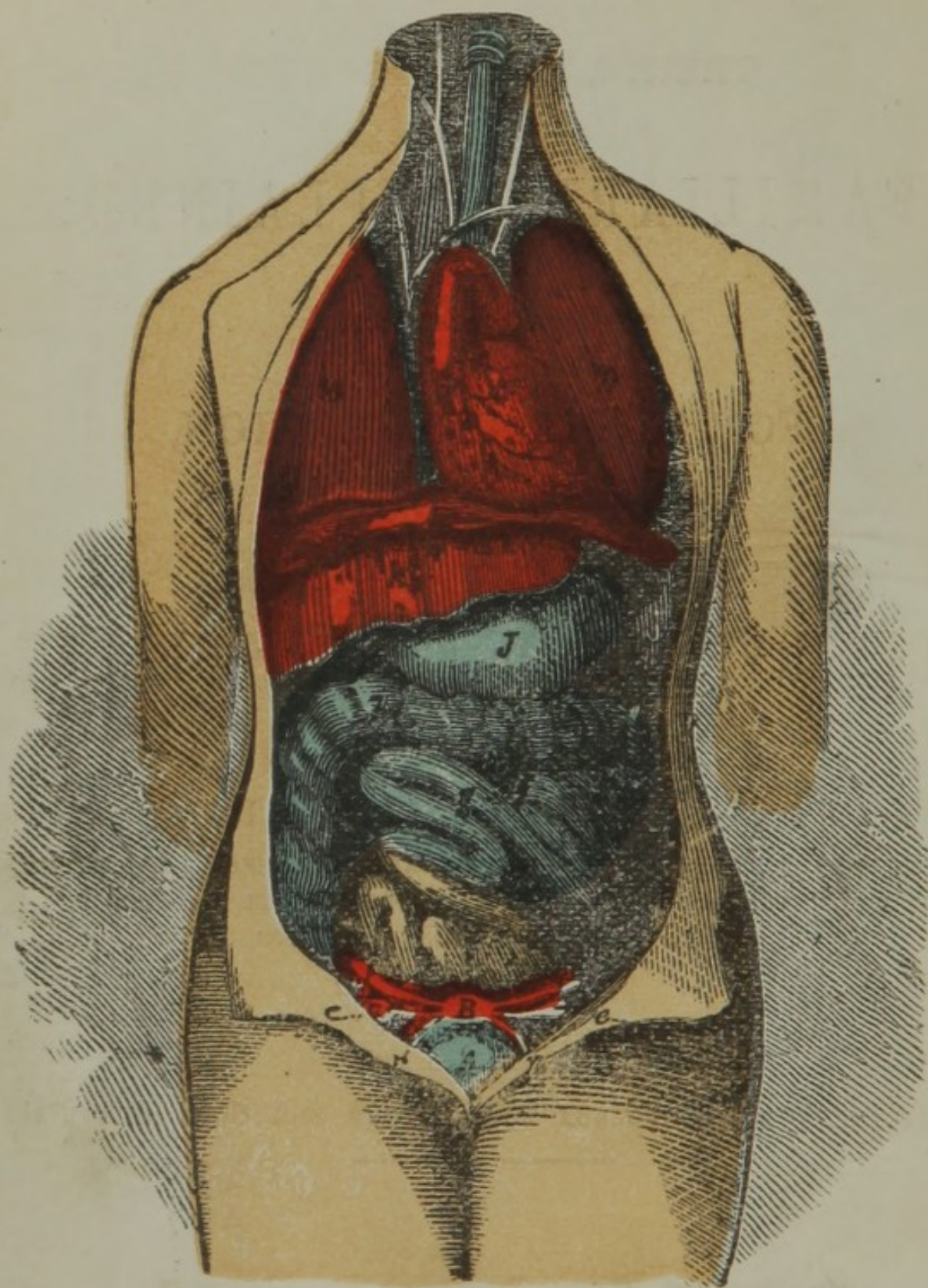
ANNEX

Section, *Gynaecology*

ANNEX

N. 100306.

Front View of the Female Organs.



FEMALE ORGANS.

A. The Bladder. B. The Womb. e, e. The Ovaries.
f, f. The Fallopian Tubes. r, r. The round Ligaments.

ORGANS COMMON TO BOTH SEXES.

n. The Heart. m, m. The Lungs. l. The Diaphragm.
k. The Liver. j. The Stomach. i. The Spleen. h. The
large Intestine.

DISEASES OF WOMAN,

THEIR CAUSES AND CURE

FAMILIARLY EXPLAINED;

WITH PRACTICAL HINTS

FOR THEIR PREVENTION,

AND FOR THE

PRESERVATION OF FEMALE HEALTH.

BY

FREDERICK HOLLICK, M.D.,

LECTURER ON PHYSIOLOGY AND FEMALE DISEASES, AND AUTHOR
OF "THE MARRIAGE GUIDE," "THE MALE ORGANS,"
"MATRON'S MANUAL," ETC., ETC.

Illustrated by Numerous Engravings and Colored Plates.

63D EDITION, MUCH ENLARGED AND IMPROVED.

NEW YORK:

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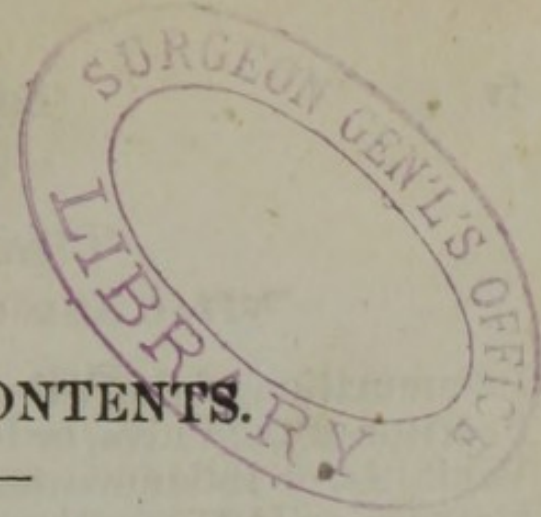


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**LIST OF SOME OF THE PRINCIPAL WORKS REFERRED
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Davis' Principles and Practicos of Obstetric Medicine.—*Collins' Practical Treatise on Midwifery.*—*Ryan's Manual of Midwifery.*—*Lees' Researches on the Pathology and Treatment of the Diseases of Women.*—*Des Maladies propre aux Femmes, par M. Nauche.*—*Practical Observations on Uterine Hemorrhage, J. Burns.*—*Burns' Principles of Midwifery.*—*Dewees' Treatise on the Diseases of Females.*—*Baudeloques' Treatise on Internal Uterine Hemorrhages.*—*Good's Study of Medicine.*—*Copland's Medical Facts and Observations.*—*Astruc's Treatise on the Diseases of Females.*—*Copland's Dictionary of Practical Medicine.*—*Hooper's Medical Dictionary.*—*Education Physique des Jeunes Filles, ou Hygiène de la Femme avant la Marriage, A. M. Bureaud-Rioffrey.*—*Mackintosh's Practice of Physic.*—*Histoire Philosophique de l'Hypochondrie et de l'Hystérie, E. F. Dubois.*—*Addison on the Disorders of Females connected with Uterine Irritation.*—*Manning's Treatise on Female Diseases.*—*Smith's Treatise on Hysterical and Nervous Disorders.*—*Dissertation sur l'Hystérie, G. L. Duvernay.*—*Cullen's Practice of Physic.*—*Medical Researches into the Nature of Hysteria, A. Wilson.*—*Perry's Mechanical Accounts of the Hysterical Passion.*—*Mandeville's Treatise on the Hypochondriac and Hysterical Diseases.*—*Purcell's Treatise on Vapors & Hysterical Fits.*

Guy's Medical Jurisprudence.—*Beck's Medical Jurisprudence*—*Wilson's Lectures on the Urinary and Genital Organs.*—*Denman's Midwifery.*—*Groch's Midwifery.*—*Chaillly's Midwifery.*—*Ashwell's Treatise on the Diseases of Women.*—*Coulombal de l'Isere on the Diseases of Females, &c.*—*Waller on the Functions and Diseases of the Unimpregnated Uterus.*—*Hufeland's Art of Prolonging Life.*—*Beclard sur les Maladies des Femmes, a l'epoque de la Cessation des Menstrues.*—*Fogg's Observations on Uterine Discharges, &c.*—*Capuron, Maladies des Femmes.*—*Hooper's Morbid Anatomy of the Uterus.*—*Churchill's Outlines of the Principal Diseases of Females.*—*Lisfranc on Diseases of the Uterus.*—*Leake's Medical Instructions on the Prevention and Cure of the Diseases of Women.*—The Treatise on the Diseases of the Uterus and the Organs connected with it, by *M. Boivin* and *A. Duges.*—*Seymour's Illustrations of the Principal Diseases of the Ovaria.*—*Dunglison's Human Physiology.*—*Spratt's Obstetric Tables.*—*Combe's Constitution of Man; and Physiology applied to Preservation of Health.*—*Cabanis, Rapports du Physique et du Moral de l'Homme.*—*Parent Duchatetel on Prosti. in Paris.*—*Gall's Works, Translated by Combe.*—*Recherches Anat. et Physiolog. sur les Ovaires, M. Negrier.*—*Traite Philosophique de Med. Pratique, M. Gendrin.*—*Todd's Cyclopaedia of Anatomy and Physiology.*—*De la Puberte et de l'age Critique chez la Femme, &c., M. Raciborski.*—(This last work contains a complete view of the new discoveries and opinions respecting the Ovaries, &c.)—*Lever's Essay on Organic Diseases of the Uterus.*—*Blundell's Observations on some of the more Important Diseases of Women.*—*Lee's Theory and Practice of Midwifery.*—*Histoire Naturelle de la Femme, Moreau*—*Theorie Positive de la Fecondation des*

Mammifères, &c. par M. Pouchet.—**The Origin of Life, by F Hollick, M. D.**—**Neuropathy, and Outlines of Anatomy and Physiology, by the same author.**

REVIEWS, &c.

Glasgow Medical Journal.

Transactions of the Society for Promoting Medical Knowledge

Journal Général de Médecin.

Medico Chirurgical Review.

Nouveau Journal de Médecin

Philadelphia Medical Journal

Reveu Medicales.

Transactions of the Medico Chirurgical Society.

Medical Gazette.

Lancet.

British and Foreign Medical Review

Braithwaite's Retrospect.

Ranking's Abstract.

Archivés General de Médecin.

Guy's Hospital Reports.

London Medical Repository.

Midland Medical and Surgical Reporter.

Boston Medical and Surgical Journal.

Baltimore Medical and Surgical Journal.

American Journal of the Medical Sciences.

New York Journal of Medicine and Collateral Sciences.

American Medical Intelligencer.

Littel's Monthly Journal of Foreign Medicine.

Dictionnaire des Sciences Medicales.


Reports of various Lunatic Asylums.

(And various other Reviews and Journals.)

N O T I C E .

All letters for Dr. Hollick should be addressed "Dr. F. Hollick, No. 3606, Post Office, New York City," and if asking advice or information, they must contain the usual fee of \$5.00, or they cannot be attended to.

Also address as above for any of Dr. Hollick's Books or Remedies.

 It is always best to send money by *P. O. Order* or *Registered Letter*, if not by check, or express. When money is sent in a letter, note should always be taken of the *name, number and letter* of the bill, so that it can be traced if necessary.

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No letters are ever seen by any one but Dr. H. himself, and all are destroyed immediately they are answered to ensure *secrecy*.

PREFACE.

A VARIETY of circumstances induced me at the commencement of my professional career, to give my chief attention to the physiology and diseases of the female system, and my practice ever since has been mainly connected therewith. Many causes have given me at different times, peculiar facilities for acquiring information on these subjects, particularly on certain points not usually well understood, and I have been desirous of making that information available to the best of my ability, as a means of alleviating physical suffering, and removing moral evil.

Experience early taught me that the greater part of the female diseases which came under my notice, were caused, directly or indirectly, by the ignorance of the sufferers respecting the constitution and relations of their own systems. This ignorance not only produces their diseases, but also conserves them, because it prevents the adoption of proper means for their removal, and leaves the sufferers liable to constant imposition from uninformed or designing pretenders. The *very best* medical practice, unfortunately, is obliged to leave numerous diseases unchecked, and I feel fully assured that the greatest skill in the world could never cure so many physical evils, as a little timely knowledge would prevent. There

fore, both as a means of teaching females how to avoid disease, and to instruct them in simple means of treatment, and also to prevent imposition, a certain amount of knowledge of themselves is indispensable. So fully convinced was I of this, that I determined to devote greater part of my time and what little ability I possessed to the dissemination of that knowledge. I found, however, that this was a very difficult task, and required considerable devotion and perseverance. Ignorance dislikes to be disturbed, prejudice is difficult to overcome, and interest easily becomes alarmed at innovation, as I soon discovered. Feeling confident, however, that I was engaged in a useful undertaking, and one that would ultimately be universally commended, I kept on, notwithstanding the obstacles I met with, until, I am happy to say, a fair amount of success attended my efforts. For the future I intend to labor in the same field, unless my place be taken by others more capable, and my efforts become unnecessary, which I shall be very happy to see.

In the spring of 1844, I commenced in New York city a course of public lectures to females, on female diseases, illustrated by anatomical models, and contrary to general expectation they were extensively patronised, and met with general approbation. The press universally commended them, and many ladies of eminence and ability gave voluntary testimony in their favor. I continued lecturing in New York for three months to large audiences, and then went to Philadelphia, where my success was even greater, upwards of *four hundred ladies* having attended in one day! Since then I have many times repeated them in both places, and also in Washington, Baltimore, and other cities with the same result. On several occasions, particularly in Philadelphia, I have been

presented with votes of thanks, and with flattering testimonials, one of which had over *three hundred names* attached to it, and also with many valuable *presents* among the rest with a splendid large GOLD MEDAL!

During this time I have met with the approbation of all who were acquainted with the real nature of my undertaking, and the manner of my proceedings. Some uninformed persons, judging from prejudice, distrust or misrepresentation, may have misconceived my motives; and many have expressed their regret when undeceived for having done so. A few interested practitioners also, fearful for their practice and reputation, have endeavored to injure me in various ways, and prevent my proceedings; but, as might have been predicted, only to their own discomfiture. A detail of the means they employed is not necessary here, since they failed in their object, and merely afforded a lamentable instance of moral turpitude and mental imbecility.

The present book followed as a matter of course from the lectures. My audiences repeatedly asked me, by public call, to write such a one, so that they could study it at home, or send it to their absent friends, and my daily experience showed me the necessity for it. Many circumstances, however, retarded its appearance. My professional engagements left me but little leisure, and I was also desirous of postponing it till I had made certain investigations of an important character. As it now stands, this book is the result of an extended series of observations in my own practice, and of a thorough examination of nearly all the celebrated works on the subject, native and foreign. The amount of labor required in this examination and its importance, may be partly estimated by referring to the list of books consulted. Many of the most valuable

among these books have never been translated, and much of the information here given cannot be found in any other *original* work ever published in this country in the English language. I have made it a point *to leave no source of information whatever unexplored!*

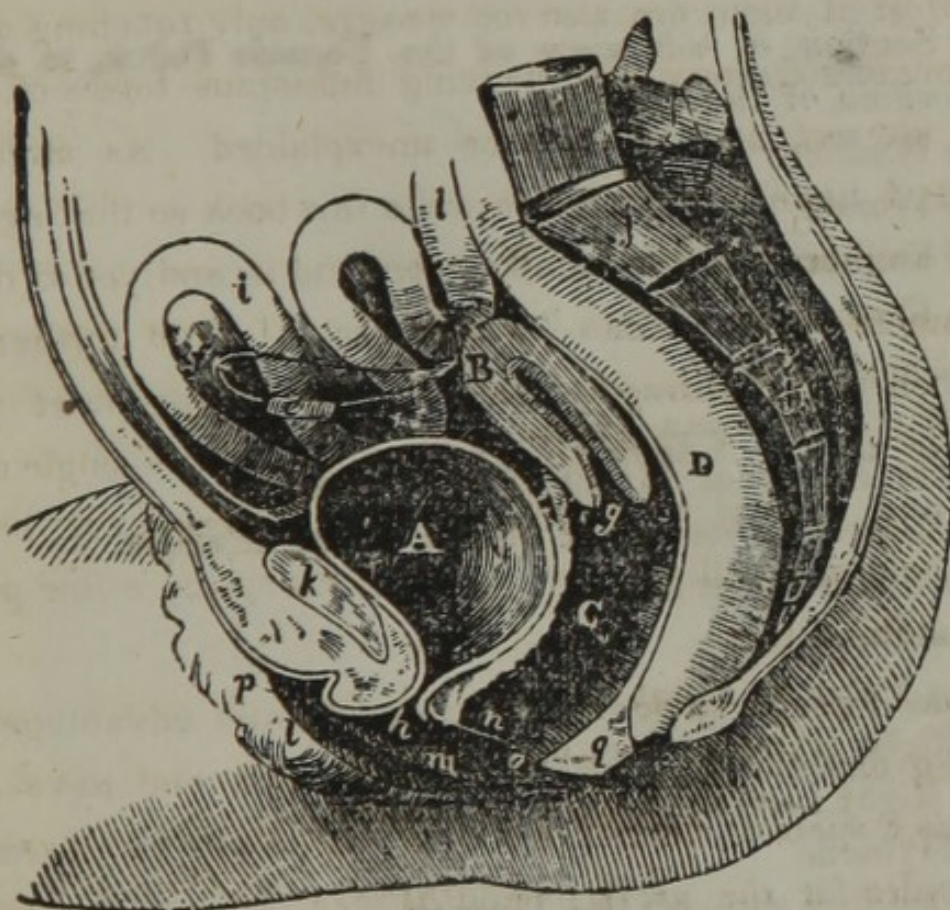
My object being *popular instruction*, I have of course made all my explanations as familiar as possible, and have either altogether avoided names and words not generally understood, or else given an explanation of them. Everything not strictly necessary to an understanding of the subject, or in any way objectionable has been carefully avoided, but nothing has been omitted that is really essential, even though its novelty, and opposition to preconceived opinions, may at first startle the unthinking or offend the prejudiced.

I am well aware that many of the new discoveries I have mentioned are as yet unknown, except to a few medical men, and will naturally surprise those who hear of them for the first time. That is no reason why they should be concealed however, but the contrary. *Every new truth that is announced only takes the place of some antiquated error*; and since the human mind, in regard to every subject, must be occupied by one or the other, which should be preferred? Truth! undoubtedly. Society is now too far advanced for any kind of useful knowledge to be restricted to a few. The public demand to know everything they choose which concerns their welfare, and that demand *must* be complied with. The growing spirit of enquiry among females respecting themselves, makes such a work as the present absolutely necessary, for while it is absent its place will be filled by imperfect or improper substitutes. Several books on this subject have lately been issued of a highly objectionable character, but which are

bought simply because their real character is not perceived, and there is nothing better to supercede them. Some others I have seen, not to be objected to on the same grounds, being written by respectable scientific men, but which, nevertheless, fail in giving *popular information*, because they are not sufficiently simple in their language nor familiar in their explanations. Most of them are also too *meagre*, only touching on a few prominent diseases, and leaving numerous topics of the greatest interest and importance unexplained. As already remarked, I have endeavored to write this book so that every person of ordinary capacity shall understand it, and yet so that no reasonable objection can be made to it. And further, I have, I believe, *explained every female derangement yet heard of or seen!* I do not think there has been a single one omitted, and several that are introduced have never been heard of before, I will venture to assert, except by a few professional men.

As far as it could be done with propriety and advantage, I have given directions for *domestic treatment*, and have always made a special point of teaching how to *prevent* disease. General rules for *the preservation of health* have also been given, and the various causes which tend to destroy it have been carefully enumerated. In short, I have endeavored to make this Book *a complete work of reference* for everything connected with female health and the treatment of female disease! One in which the parent can find comfort and assistance in her own afflictions, and by means of which she may guard her child against them. F. HOLLICK, M.D.

PLATE I.



**Lateral Section of The Female Pelvis, to show the position of the
Organs in their Natural State.**

Explanation on page 16.

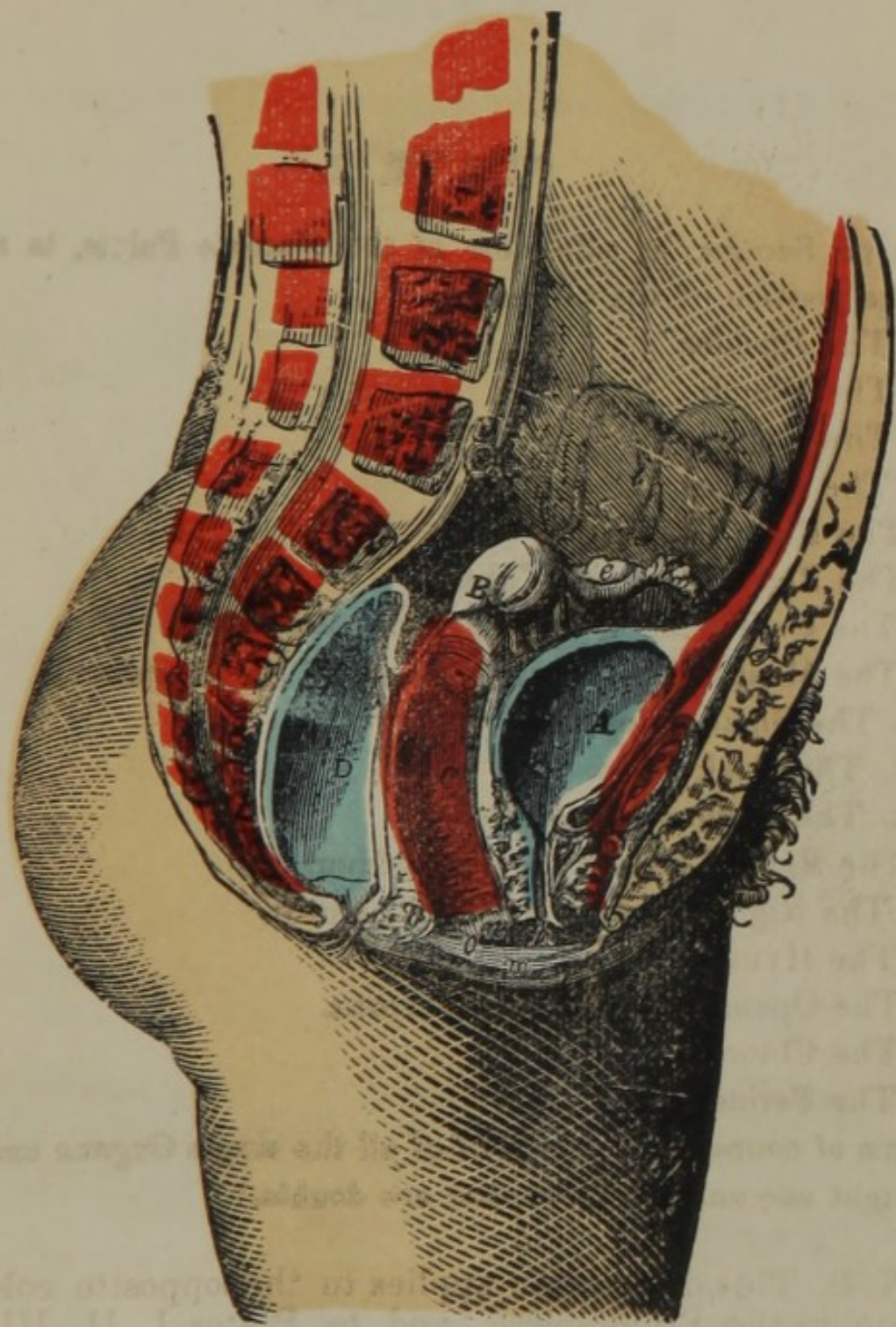
PLATE I.

Lateral Section, or side view of the Female Pelvis, to show the position of the Organs.

- A.** The Bladder.
- B.** The Womb.
- C.** The Vagina.
- D.** The Rectum.
- e.** The Right Ovary.
- f.** The Right Fallopian Tube.
- g.** The Os Tincæ, or Mouth of the Womb.
- h.** The Meatus Urinarius, or Mouth of the Bladder.
- i. i.** The Small Intestines.
- j. j.** The Back Bone.
- e. k.** The Pubic or Front Bone.
- l.** The Right External Lip, or Labium.
- m.** The Right Internal Lip, or Nymphæ.
- n** The Hymen.
- o.** The Opening through the Hymen.
- q.** The Clitoris.
- p.** The Perineum.

(This of course shows the half of all the single Organs and the right one only of those that are double.)

N. B. This description applies to the opposite colored Plate, to the Frontispiece, and to Plates I., II., III V., and VI.



Internal Female Organs.

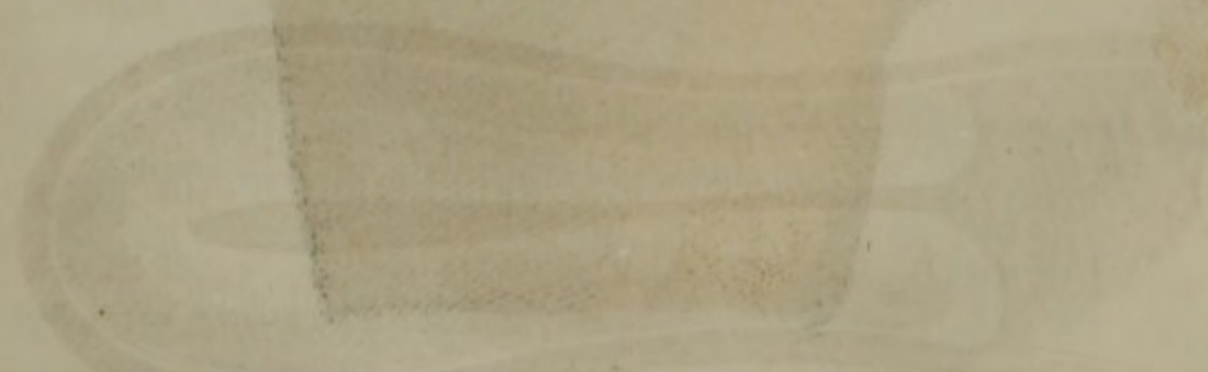
PLATE II

THE WORK AND THE WORKMAN



PLATE III

THE WORK AND THE WORKMAN



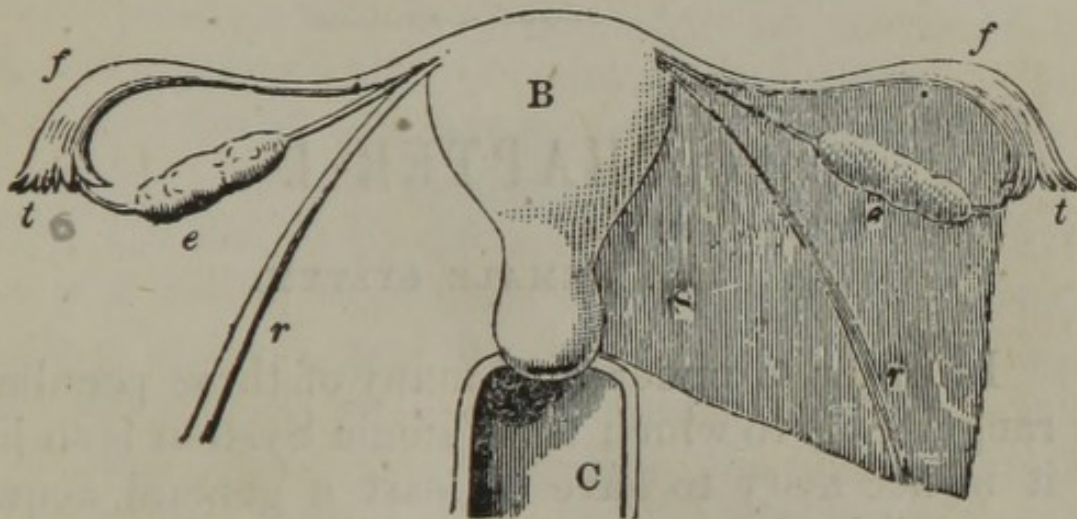
THE WORK AND THE WORKMAN

THE WORK AND THE WORKMAN

THE WORK AND THE WORKMAN

PLATE II.

THE WOMB AND ITS APPENDAGES SEPARATE FROM THE BODY.



B. The Womb. C. The Vagina. *e, e.* The Ovaries. *f, f.* The Fallopian Tubes. *r, r.* The Round Ligaments. *s.* One of the Broad Ligaments. *t, t.* The Fimbriæ of the Tube.

PLATE III

SECTION OF THE WOMB—NATURAL SIZE.



B. The walls of the Womb.
C. The Vagina.
g. The mouth of the Womb.

THE DISEASES OF WOMAN.

CHAPTER I.

THE FEMALE SYSTEM.

IN order to understand many of those peculiar derangements to which the Female System is so liable, it is necessary to have at least a general acquaintance with the structure, position, and uses of the different organs which compose it.

This general acquaintance, sufficient for the present purpose, is intended to be given in the present chapter, those who wish for more extended information being referred "to *The Marriage Guide*."

DESCRIPTION OF THE FEMALE ORGANS, AND EXPLANATION OF THEIR USES.

INTERNAL ORGANS.

The Ovaries.—(e. e. Plates I. and II.)—These are two oval shaped bodies, about the size of an almond nut, placed one on each side, nearly in the groin. They contain a number of small round grains, or granules, called the *ovæ*, or eggs, which are the germs of future human beings, as the eggs of birds are of their particular kind. They are

connected with the uterus by two short arms, or prolongations, and are enclosed in the folds of the broad ligaments.

The Fallopian Tubes.—(f. f. Plates I and II.) These are two Tubes, one on each side, beneath the Ovaries, and extending farther. Each of them has a small passage which opens into the uterus at one end, and opposite the Ovaries at the other. Their use is to convey the ovum, or egg, when it is fully developed, into the interior of the Womb.

The Uterus, or Womb.—(B. Plates I, II, and III.) This is a hollow organ, placed between the Bladder, which is in front, and the Rectum, which is behind. It is connected with the Vagina, and opens into it by the small orifice called the mouth of the womb—(g. Plates I and II.)—The Uterus is the organ which receives the fully ripened ovum, and in which it is developed into the human being. It is connected with the Ovaries by the Fallopian Tubes, and with the Vagina by the Os Tincæ, and is retained in its situation partly by its connections with other organs, and partly by the round and broad ligaments.

The Vagina.—(C. Plates I. and II.)—This is the passage which leads to the Womb from the external opening.

The Os Tincæ, or Mouth of the Womb.—(g. Plates I and II.)—This is the small orifice, opening into the Vagina, by which communication is established with the Uterus from without.

The Bladder.—(A. Plates I, V, and VI.)—The Receptacle of the Urine. It is placed immediately in front, on the pubic bone, the Uterus lying nearly on the top of it.

The Rectum, or Termination of the large Intestine.

(D. Plates I, V, and VI.)—This is situated behind the Vagina, and between it and the back bone.

The Broad Ligaments.—(s. Plate II.)—These are two broad folds of membrane, which serve partly to enclose the Fallopian Tubes and Ovaries, and partly to sustain the Womb in its place. They adhere to the Uterus, and to the walls of the Pelvis.

The Round Ligaments.—(r. r. Plate II.)—These two cords arise from each upper corner of the Uterus, and curving downward are fixed by their other extremities to the pubic bone. They are partly enclosed in the Broad Ligaments. They assist in sustaining the Uterus in its position, and probably also they strengthen the Broad Ligaments and prevent their rupture when the strain upon them is too great.

Fimbriæ of the Fallopian Tubes.—(t. t. Plate II.) These Fimbriæ are like Tentaculæ, or fingers, springing from the extreme ends of the Tubes, and floating loosely in the cavity of the pelvis. Their use is to take up the ovæ when fully ripe, and convey them into the Tube, down which they pass into the Womb. This takes place every monthly period, and is called the process of *ovulation*, or laying of the egg.

EXTERNAL ORGANS.

The External Lips.—(l. Plate I.)—These are commonly termed the *Labiæ externa*. They are two broad folds of membranous and adipose substance, forming the portals to the Vulva, or entrance to the Vagina.

The Internal Lips.—(m. Plate I.)—These are two smaller labiæ, sometimes called the *Nymphæ*, within the first, the chief use of which appears to be to direct the flow of the urine from the urethra.

The Hymen.—(n. Plate I.)—This is a membrane generally found in virgins, which grows over and closes more or less completely the entrance to the Vagina. Use unknown. When it exists there is generally a small orifice through it, by which the menses escape, each monthly period.—(o. Plate I.)

The Clitoris.—(p. Plate I.)—This is a small prominent organ, about the size of a large pea, placed in the upper part of the opening between the external lips, and immediately above the Meatus Urinarius. It is the principal seat of venereal excitement, and is subject to many annoying diseases.

The Perineum.—(q. Plate I.)—The part between the Vulva, or entrance to the Vagina, and the fundament. It is chiefly composed of the muscles belonging to the neighboring parts, and assists very much in supporting the womb.

The Meatus Urinarius, or Mouth of the Bladder, (h. Plate I.)—a small opening by which the urine escapes, placed between the lips, and immediately above the Vulva, or entrance to the Vagina.

These organs are all placed within, or in contact with, the lower part of the Trunk, called the pelvis. They are all intimately connected with each other, and some of them have most extensive and strong sympathies with almost every other part of the system. So much so is this the case in fact, that probably the great majority of diseases to which females are liable arise, directly or indirectly, from Uterine

See also Plate IV., page 32. And for a full description of the Internal Female Organs refer to page 319.

CHAPTER II.

MALFORMATION, OR IMPERFECT DEVELOPMENT OF THE
DIFFERENT FEMALE ORGANS.

MALFORMATION, or faulty developement, of the female organs is frequently met with, sometimes from accidents, and sometimes from natural imperfection. There are so many and such different cases of this kind that it is impossible to enumerate them all, nor is it necessary; we will therefore confine ourselves to those most generally found.

COHESION OF THE EXTERNAL LIPS.

(*l.* Plate I.) Sometimes female children are born with the external lips completely grown together, so as even to close up the passage from the bladder. In this case great distress is very soon felt from inability to discharge the urine, and the assistance of the surgeon becomes immediately necessary. Fortunately this difficulty is generally very easily overcome. It is seldom, however, that the adhesion is so extensive as to close completely the urethra, more generally it is only partially closed, and the urine escapes in drops or small quantities. More frequently it is only the entrance to the vagina that is closed, and then the difficulty may not be discovered till the period of puberty. At that time great distress is felt from the menses not being able to escape from the Womb; but of this we shall speak in another article. There are many accidents that may cause this adhesion of the labia, such as chaf-

ings, inflammation from various causes, and irritation of the urine. In some young persons there is a constant disposition to an inflamed state of these parts, and unless constant attention be paid to *cleanliness* they are very apt to grow together. In married persons this sometimes takes place from injuries at child-birth, and other causes. Let it arise how it may, however, or at whatever period of life, the imperfection should be immediately removed as serious consequences often arise from it; such as violent inflammations, retention of the menses, and even dangerous ulcerations. The surgeon should of course be applied to in all such cases, and, in young persons, *as early as possible*, so that all trace of the imperfection may disappear by the growth of the parts. Very often these things are neglected in children, and then unpleasant exposures have to be made when the parties are grown up. I have known many such left till puberty, or even till marriage, causing then the greatest distress and difficulty. Where anything of the kind is even *suspected*, it should be at once attended to, and parents should bear in mind that very often the regular use of *cold water will prevent the necessity for the surgeon's knife*. There is too much neglect of this precaution!

In nearly all these cases, especially when taken in time, no *knife* is required. In young persons never. There is therefore nothing in the operation to terrify. I have found that the best mode is, to gently *tear* them asunder, or gradually separate them with thin piece of ivory, or hard wood, which may be done with little or no pain. Care must be taken afterwards to keep them apart till they heal, or they may again adhere.

UNION OF THE NYMPHÆ.

The Nymphæ—(*m.* Plate I.)—sometimes adhere from the union of the external labia, and sometimes from other and independent causes. This malformation, like the previous one, may be either congenital or accidental, and its general effects are much the same as those described in the previous section. In such cases there is always a difficulty in urinating; the nymphæ not directing it in a stream, in the proper direction, it flows backwards, or over the person, causing great trouble and irritation, and often leads to the fear that there is gravel, or stone, or weakness in the bladder.

Most of these cases of adhesion are so slight that no *cutting* is required. I have treated many successfully with the simplest domestic means, both in children and adults.

UNNATURAL GROWTH OF THE NYMPHÆ.

An unusual enlargement of the Nymphæ is sometimes observed even in very young children, but is more usually found after puberty. The causes of this unnatural growth are obscure, and sometimes it appears to arise from a constitutional tendency. The annoyance, and sometimes even positive suffering, is very great, so as to seriously impede the performance of several natural functions. Attention should be paid immediately to these cases, because they have not only a tendency often to become much worse, but even to degenerate into Gangrene, Fungus, or Cancer. The use of cold lotions, and saline aperients, with perfect rest, and careful abstinence from exciting food or drink, will usually be sufficient to check the evil, if used early. When

these means fail, however, and the enlargement still continues, leeches may be used, or scarification, and, as a last resort, the parts may be cut away, as is often done in some parts of Asia for other reasons. Certain habits in young persons, and certain excesses in adults, have often more to do with the production of this annoyance than is supposed, and if persisted in will defeat all attempts at cure. Cold water, and *entire absence from all excitement whatever*, is often all that is required.

UNNATURAL GROWTH OF THE CLITORIS.

(p. Plate 1.)—This affection is precisely the same as the last, in its nature and treatment, being merely located in another part. It is however much more annoying, and more dangerous, and is likely to lead to *immorality* as well as to serious disease. The same means may be used as are recommended for enlarged Nymphæ, and, if these fail, amputation may be necessary. If proper cleanliness be observed, and all improper excitement avoided, this last resort is seldom needed. If it ever do become necessary, however, it is consoling to know that the operation is speedy, safe, and almost painless. In some parts of the world it is almost invariably performed.

I am persuaded that more young persons are subject to these two last named annoyances than is generally supposed, and I have no doubt but that the unnatural excitement, thus produced, is a more frequent cause of deviation from the paths of rectitude than has ever been suspected!—A timely attention to physical derangements will often prevent moral ones!

Exciting food, indolence, and vicious habits, are probably some of the principal physical causes of

this evil, conjoined with excited feelings from sentimental reading or improper associations.

CLOSURE OF THE VAGINA.

Imperforation, or want of passage in or to the vagina,—(C. Plates I and II.) is sometimes found at birth, and sometimes arises from accidents in after life. It usually produces no particular inconvenience till the period of puberty, at which time great distress is often produced from retention of the menses.

Sometimes this closure is caused simply by the Hymen having no passage through it. In this case the membrane usually protrudes in a convex form externally, and the fluid may be felt, like a weight, pressing upon it, whenever any accumulation of the menses occurs. In one case occurring in my own practice, of this kind, there had never been a flow though the patient was nearly twenty years old. An examination soon showed the cause. The Hymen was completely imperforate, and protruded in the form of a round ball, from the pressure of the fluid behind. The Abdomen was much distended, the lower limbs were much swelled, and about once a month the greatest distress was experienced, from the persevering efforts made by nature to relieve herself. At one of these periods a small incision was carefully made, and immediately there escaped nearly *three quarts* of fluid matter resembling the ordinary monthly secretion, mixed with clots and cakes of dark blood, and membrane. The patient felt immediate relief, and one month after had her menstræ, and continued to do so with perfect regularity, and without distress. From the suffering previously experienced, and from the wearing down of the system, it was evident she could not long have sur-

rived as she was, and what made her case worse, the parties prescribing for her had given a quantity of forcing medicine, *to bring it on*, as they said, thus increasing the evil. The real cause of the difficulty was never suspected before my visit.

In all cases when the menses do not appear in young persons at the proper time, it should be ascertained, *with certainty*, whether any impediment of this kind exists or not, before any treatment is recommended, otherwise great mischief may be done.

The most usual symptoms of retention from this cause are, enlargement of the abdomen, which varies much however at different times, with great tenderness to the touch,—pain in the loins and back—weight and dragging down in the pelvis—difficulty of breathing—spasmodic starts and twitches—headache—sickness and vomiting—and usually swelling and great tenderness of the breasts. In course of time nearly all the internal organs become more or less deranged, and we find difficulty in passing the urine, or inability to retain it, and frequently great suffering whenever the bowels are moved. In some cases the accumulation has been so great, as to cause severe pressure on the sacral nerves; and thus produce numbness and weakness, or even paralysis of the lower limbs. Sometimes the great enlargement has caused suspicion of pregnancy, and much injustice and suffering has in consequence been experienced. There are cases recorded in which this retention has produced severe nervous diseases, and even insanity. And in more than one instance the fluid has been forced along the fallopian tube into the abdomen, causing inflammation and death.—Dropsy is a very frequent result. In some few instances the fluid is *absorbed* after each monthly

period, but this is rare, and when it does occur, it leads to great constitutional disturbance.

Imperforation of the Hymen is not, however, the only cause of closure of the Vagina. There are sometimes *false membranes* formed, at different parts of the passage, or the two walls may be even *perfectly united* in their whole length, forming a *solid body* instead of a tube! I recollect one case of this kind, in which an operation was performed, and a passage cut, till the womb was reached, and the walls kept from growing together again till they healed. The passage thus produced was very small at first, but gradually enlarged, by proper means of distension, to its natural dimensions. This is a very delicate and difficult operation, however, and not unaccompanied with danger. In the case referred to it was perfectly successful, and in a short time after the menses appeared and became regularly established. The lady subsequently married, and became a mother, with little more than the ordinary pain and difficulty. It is proper to remark, however, that such an operation as this is exceedingly difficult and dangerous, and by many surgeons would not be performed at all, except when it offered the only chance for preserving the health, or life, of the sufferer.

This accident has occasionally arisen from injuries at childbirth, and from criminal attempts at abortion. I have even known it to occur, partially, from other vicious practices, producing inflammation.

In performing the operation of puncturing the Hymen, or other membrane, there is always some risk of inflammation to the womb; and it should therefore only be attempted by a competent person; fatal results having happened from want of proper precautions. It is also desirable to so perform it that

the Hymen shall not be *destroyed*, on account of the *moral* importance attached to it. A little reflection will show how culpably negligent those parents must be who remain so ignorant of the condition of their children, as to allow them to *marry* with this imperfection, and yet this has been done ; and, in one case in my own practice, nearly with fatal results !

Many cases are recorded in medical works in which the Vagina has become closed after a difficult labor, and some even in which it occurred after conception, so that an opening had to be cut before delivery could be accomplished. Dr. Ségalas mentions one such case in which the opening could not be made in time, and the patient died from the bursting of the womb

PARTIAL CLOSURE, OR NARROWNESS OF THE VAGINA

This state of the parts is often found at birth, though it may be produced by various causes afterwards. The closing may be so great as to cause a difficulty in menstruation, with pain, or it may not be discovered till marriage, or even till delivery.

Many cases are on record, and I have known many such, in which the marriage could not be consummated from this cause. In one of these, to the great distress of both parties, a divorce was about to be agreed upon. The lady was brought to me for another affection ; but this being confidentially mentioned, I remarked that *possibly* the difficulty might be overcome. The patient could scarcely be brought to think so, but ultimately agreed that the experiment should be made. The passage itself was not larger than an ordinary quill, though there was no difficulty at the monthly period. By patient perseverance in a proper system of dilatation, with different-sized

elastic tubes, filled with air, in less than six months it had attained its proper dimensions; and, to the great joy of both parties, the difficulty was *fully removed*, and conception afterwards occurred.

The narrowness may either exist in the whole length of the Vagina, or only in a particular part—this, of course, requires to be accurately ascertained. In some cases it arises merely from a partial growing together of the external lips, and is then very easily removed. The danger, at the period of marriage, in some of these cases, is obvious; in some of them much after-suffering, and even *death*, has been produced, which might easily have been avoided by a little timely assistance!

This process of enlarging the vaginal canal is one requiring great care and patience. There are few cases wherein it will not be successful, if rightly conducted, though there are many in which it may fail from very slight inattention. In all cases where there is *pain* or *difficulty*, at certain times, from this cause, it should be immediately resorted to. The use of *cutting instruments* is seldom, *if ever*, required in these cases; I never recollect one, and I have had a great many, in which, by the gradual means spoken of, I did not effect a cure. A case is mentioned by Colombat De L'Isère, of a lady *thirty-four years of age*, who had been married since her fourteenth year, with whom this operation was perfectly successful.

Lacerations, and other injuries, from delivery, frequently produce this difficulty.

The walls of the Vagina will sometimes swell from inflammation, and cause a temporary narrowness, which may be overcome by rest and cold injections. Tumors occasionally develop, either on the walls or on the mouth of the womb, and partly fill up the

passage. These are probably the worst cases of the kind that can occur. Many medical authors assert that no attempt to remove them should *ever be made*: in some cases, however, the operation is successful.

When this narrowness of the passage is not discovered before labor commences, there is sometimes great difficulty, and even fatal lacerations, from the parts not giving way readily; but in general the efforts of nature effect a gradual enlargement, even in the worst cases. It would be better, however, to attend to the difficulty in time, if it be known.

CLOSING OF THE MOUTH OF THE WOMB.

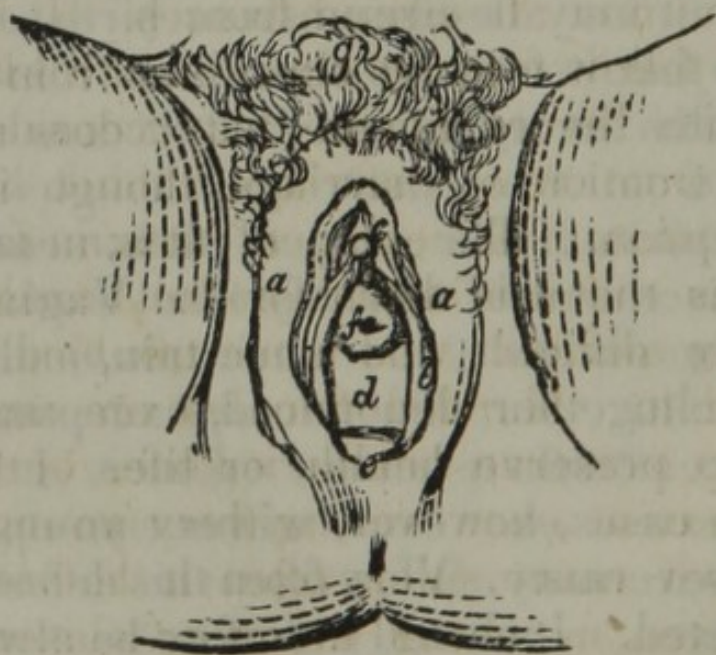
The Mouth of the Womb,—(g. Plates I and II,) may become closed from the same accidents as the Vagina, or it may be closed from birth. The same effects also follow from its closure as from that of the Vagina, with the exception that it does not prevent the consummation of marriage, though it will prevent conception. The plan of treatment is nearly the same as that laid down for the Vagina, but it is much more difficult and uncertain, and by many persons is altogether denounced, excepting as a last resource to preserve health, or life. I have overcome some cases, however, without an operation, by patient perseverance. Very often this defect exists and is unsuspected. It should therefore be always looked for, when no other cause of difficulty is known, particularly in retention of the menses and in barrenness.

ABSENCE OF THE VAGINA, OR WOMB, OR BOTH.

Fortunately these deprivations seldom occur. I have, however, met with some such, and many are on record in medical books; it is therefore advisable to mention them. Either the Vagina or the Womb

may be absent, alone, or both may be absent together. It may also be a congenital defect, or may arise from injuries. The Womb may be absent and yet every other part perfect, so that no indication of the defect will be evident, except on examination. Marriage may then be consummated, but must of course be fruitless. Absence of the Vagina is of course always discovered, and forbids the possibility of marriage. If the Womb and ovaries be perfect when there is no Vagina, we may have the same distress and difficulty as in closing of the Vagina, because there will be no means of escape for the menses if they form.

PLATE IV.



EXTERNAL FEMALE ORGANS—FRONT VIEW.

- a, a. The Large Lips.
- b. The Small Lips.
- c. The Clitoris.
- d. The Hymen.

- e. The Fourchette.
- f. The Meatus.
- g. The Tressoria.

CHAPTER III.

DISPLACEMENT, OR WRONG POSITION OF THE FEMALE ORGANS.

THE different Female Organs are liable, from a variety of causes, to be displaced, or they may even be misplaced congenitally. The Womb is most frequently found out of its proper situation, and its deviations will therefore first engage our attention.

PROLAPSUS UTERI, OR FALLING OF THE WOMB.

This troublesome affliction, scientifically called *Hysteroptosis*, is found at almost every period of life, and under almost all circumstances. It is, in fact, so general, that it may be considered a kind of heirloom, to which every female may consider herself born, and from which she may think herself extremely fortunate if she escapes. It is, in fact, a very *rare occurrence* to meet with any adult female, particularly if long married, who is not troubled with it, or has not had it. Married females are undoubtedly more subject to it than unmarried ones, but it is found to a great extent even among very young persons. I have known many suffer from it before puberty, and some even as young as ten or eleven years of age. Cases are on record where complete prolapsus existed at birth, giving rise to doubt as to the proper attributes of the child. But without referring to these congenital accidents, we have enough to do, unfortunately, with the disease as it arises in after life.

The primary causes of its fearful prevalence are, undoubtedly, to be found in an almost entire neglect of the laws of physical health, in the education of

young females. Want of sufficient self-prompted exercise, with free exposure to air and light ; combined with injurious and absurd modes of dress, and too long continuance in constrained positions of the body, are some of the evils almost universally prevailing. These are sure to lead to bodily debility and imperfect development, particularly when united with over excitement of the mind and feelings. And hence arises the curved spines, the blanched cheeks, the consumptive lungs, and general state of weakness so prevalent among young girls ; and the still greater evils so general among adult females. Falling of the Womb is more frequently produced by loss of tone in the muscular system, than by anything else ; it is, in fact, nearly always a result of debility, except among females who perform heavy labors—and with them it is produced by actual violence, by lifting, straining, or remaining too long on the feet.

Until these errors in the education, and mode of life, of females are corrected, such evils will always exist ; and if any man could prevail on society to adopt a more rational course in this respect, he would *prevent* more disease and suffering than medical art has *cured* since it was first originated.

Among particular causes of prolapsus uteri may be mentioned, wearing corsets,—too violent exertion,—running up stairs,—reaching above the head,—straining from constipation of the bowels,—injuries at childbirth, or rising too soon after it,—frequent deliveries,—and *excesses* of various kinds.

To understand the nature of this distressing affection it will be necessary to refer again to Plate I, II. It will then be seen that the Womb is placed in the Pelvis, between the Bladder and Rectum, to both of which it is attached. Those attachments being the

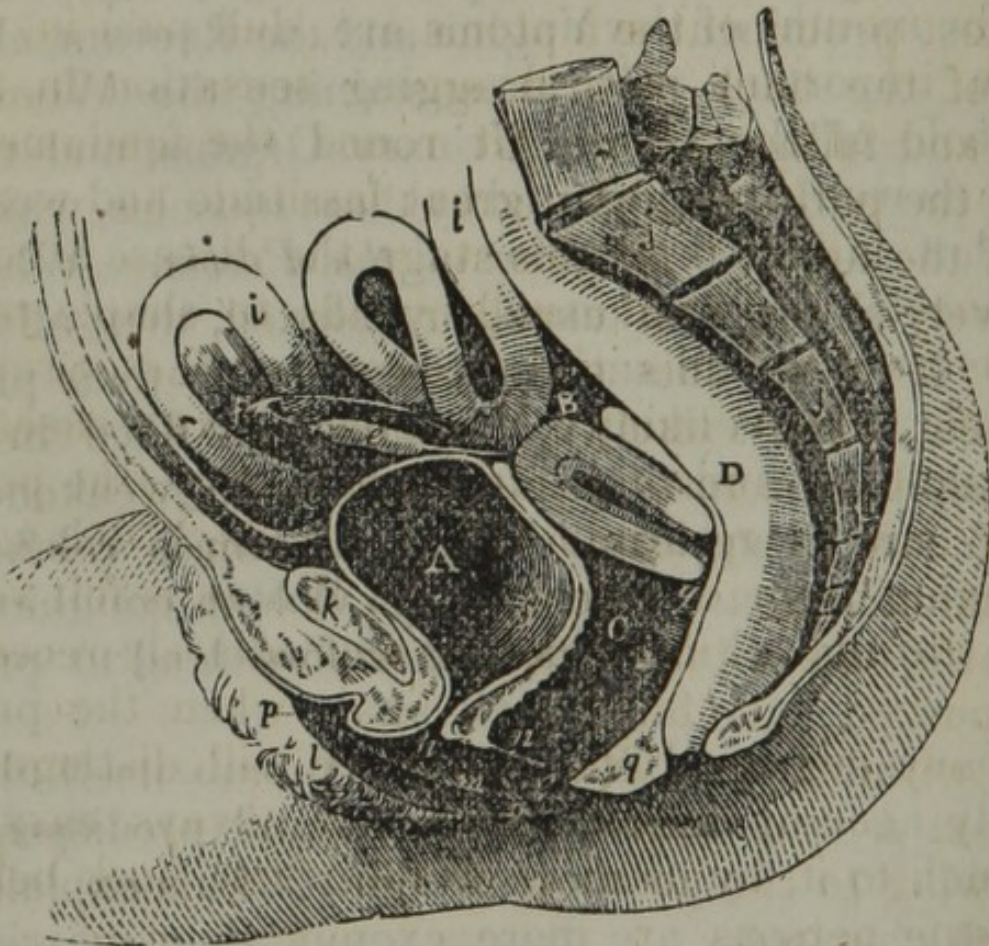
chief means of its support in a vertical position. The ligaments, both round and broad, act chiefly as *stays*, to prevent the Womb moving to the right or left, particularly when the female lies down. The Muscles of the *Perineum*,—(q. Plate I,)—or part between the mouths of the Vagina and the Rectum, also play an important part in sustaining the Womb. The whole of the Genito Urinary Organs, and the Rectum as well, are supported by these muscles, which form what is called *the floor of the Pelvis*. When these muscles are weakened, or relaxed, they allow the parts they should sustain to sink below their proper level, till eventually they become fixed in a wrong position, and their attachments so weakened that they cannot return. The perineum is relaxed by straining from costiveness, by violent coughing, and by lifting, all of which therefore lead to prolapsus.

A heavy engorged state of the Womb itself also generally accompanies this disease, and predisposes very much to it, by its mere weight. This explains why young persons are more exempt than married ones, because the Womb is lighter in them. It also explains how retention of the menses, or any other derangement which increases the *weight* of the organ, leads to the same result.

This disease is usually divided into *three stages*, and will be most advantageously considered in that way.

First Stage.—In this stage we find that the Womb has merely *settled down*, as it were, a little, and instead of being perched on the top of the bladder, as we see it in Plate I,—it has fallen down *between the bladder and rectum*, as we see in Plate V, nearly to the middle of the Vagina, which is of course much

PLATE V.



Lateral Section of the Female Pelvis, to show the position of the Womb in the First Stage of Prolapsus. This should be compared with Plate I.

- A. The Bladder.
- B. The Womb, which is fallen down nearly to the middle of the Vagina
- C. The Vagina, much enlarged at the middle part, owing to the Womb being forced down into it.
- D. The Rectum, also much compressed by the Fallen Womb.
- i. The Small Intestines, also fallen down after the Womb.

[The other parts are the same as in Plate I.]

enlarged, from the pressure of the Womb into its cavity. The immediate causes of this primary displacement are relaxation of the ligaments and the walls of the Vagina, assisted, in most cases, by increased weight of the Uterus, from engorgements. The most prominent symptoms are, dull pain in the small of the back, with dragging sensation in the groin, and fullness or weight round the fundament, and in the perineum, with great lassitude and weariness of the limbs. At this stage the disease is comparatively slight, and usually yields to simple remedies. It is at this time, therefore, that proper treatment is most likely to be attended with success, and it should be resorted to *immediately*, the prospect of cure being lessened by every day's delay.

In examination the neck of the Womb is felt very low down, like a tumor, which immediately recedes when pushed, but falls back again when the pressure is withdrawn. The Os Tincæ will distinguish this from a real tumor, but is not always easy to find, owing to the position of the whole neck being so much changed.

It should be borne in mind here that some persons have the Womb *naturally* much lower than others, and what would be a real displacement in one, may be quite natural in another. The neck of the Womb is also very long in some persons, and this circumstance may deceive, unless care be taken.

It is at this time that we often find great relief, or even a complete cure, in some cases, from cold astringent injections and washes, which give tone and strength to the relaxed and weakened muscles and ligaments. Good abdominal or uterine supporters are also proper at this stage, as they hold up the intestines, and other organs above, and prevent them

from pressing upon the Womb. Unless made on proper principles, however, and well fitted, these instruments are more likely to do injury than good, and this is in fact very often the case.

Cold water is one of the best washes, or injections, that can be used. I would not advise any *mineral* astringents at all, but sometimes it may be advantageous to employ an infusion of *white oak bark*, two ounces of bark to two pints of water, boiled down to one pint. A stronger mixture may be made by boiling two ounces of pounded *nut galls* in a pint of water, for ten minutes. These injections should be employed *cold*, with a *bent syringe*, which should be filled about three times at each application, and used night and morning. Cold water, however, is generally sufficient, and if it were plentifully used, in time, would be a great *preventive*. The cold fluid should also be dashed over the groins and pubes, where the ligaments are attached, and on the inside of the thighs, as well as used with the syringe.

I have found *Galvanism*, however, the most effective agent, both in relieving immediate symptoms, and also in effecting a cure. The effect it produces is that of drawing up the parts, in the first instance, or restoring them to their proper places, and then strengthening the muscles and attachments so, that they are able to retain them. I have known this remedy act, almost from the first application, in so remarkable a manner, that the patient has imagined herself cured at once. The immediate relief it gives is often surprising, but to effect a permanent cure, it of course requires to be continued. I have used it myself in hundreds of cases, and can safely say with more benefit than from any other means.

The most usual mode of applying it is, from the

spine through the ligaments and womb, externally, but in some cases it is requisite to use it internally. It is better, however, always to have it administered by some one who has made a study of the subject, and who fully understands it. There are seldom two cases that can be properly treated in the same way, and I often find it necessary to vary not only the mode of application, but also to procure instruments specially adapted for particular cases.

This derangement is one of those in which it is evident, both from reason and experience, that *medicines* can render little or no assistance. They are proper so far as they can improve the general health, but cannot possibly have any effect in restoring the displaced Womb, though females are often deluded into taking them under that impression, and very frequently to the great injury of their health, as well as the loss of valuable time.

It is seldom the disease remains long at this stage, for if it be not cured it soon becomes worse.

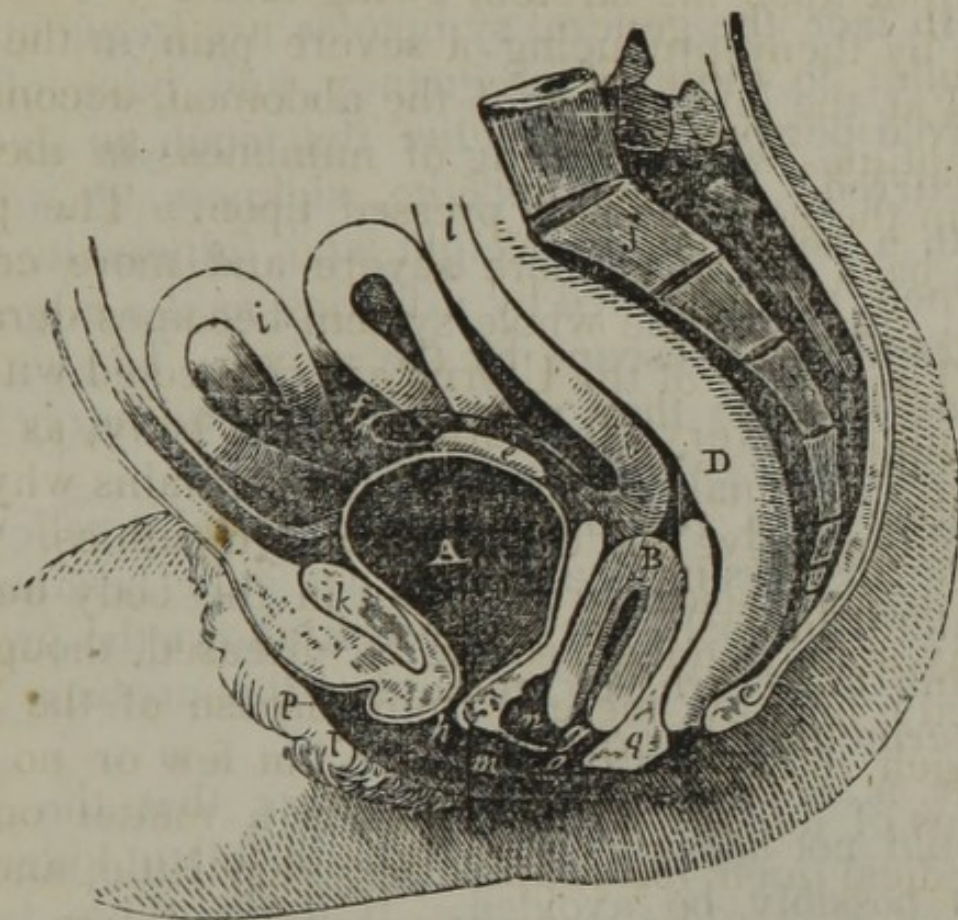
Second Stage.—The Womb has now fallen still lower in the Vagina, and the general symptoms have become worse. The increased descent is shown in Plate VI. The mouth of the Womb,—(g. Plate VI.) is near the external opening. The Vagina is inverted, or turned inside out as it were, nearly two thirds of its length, and is much distended. The Bladder is pressed upon near its neck,—(h. Plate VI.)—and so irritated that a constant desire is felt to urinate, and often a difficulty is experienced in doing so. The Rectum,—(D. Plate VI.)—is also pressed upon in the same way, near the fundament, and a sensation is constantly experienced as if the bowels were going to be moved. Both Bladder and Rectum are in fact pulled down, out of their places, and their

functions materially interfered with. The ligaments are put upon the stretch, owing to the Womb hanging by them, producing a severe pain in the groin, and at the lower part of the abdomen, accompanied oftentimes with a feeling of numbness in the limbs, from the nerves being pressed upon. The pain in the back becomes more severe and more constant, and gradually the whole system becomes deranged.

The *nerves* of the Uterus are connected with those of almost every other organ in the body, as well as with the spinal marrow, and this explains why it has such extensive and complicated sympathies. There is, in fact, scarcely an organ in the body but what may suffer, and appear to be diseased, though perfectly healthy, merely from disease of the Womb, which may nevertheless give but few or no indications of disease itself. This is a matter on which medical men have dwelt but very little, and about which the public generally know still less. Every female, however, ought to have it explained to her, so that she may understand the real cause of her suffering, and the *reason* for the proposed treatment. Palpitation of the heart, bilious derangements, considerable spinal irritation, inflammation of the bowels, difficulty of breathing, and dyspepsia, besides a host of minor derangements, are often produced by falling of the Womb. When this is the case we must, of course, look for a cure only by restoring that organ to its place; but how could a female feel satisfied that any treatment of the Womb would relieve the heart, or stomach, unless she knew how intimately it was connected with them?

Many persons suffer much from headache, distressing nervous sensations, with a feeling of irritability that makes them truly wretched, and with

PLATE VI.



Lateral Section of the Female Pelvis, to show the position of the Womb, and other Organs, in the Second Stage of Prolapsus.

- A. The Bladder.
- B. The Womb, which is now fallen to the bottom of the Vagina, so that its mouth corresponds with the mouth of the Vagina.
- C. The Vagina, much enlarged, and nearly filled up by the Fallen Womb.
- D. The Rectum, which, like the Bladder, is severely pressed
- e. The Os Tincæ, nearly at the external opening
- h. The Meatus Urinarius.
- i. The Small Intestines, still following the Womb.
- j. The Spine.
- k. The Pubic Bone.
- l. The External Lip
- m. The Nymphæ.
- n. The Perineum.
- p. The Clitoris.

[This should also be compared with Plate I, so that the change in position may be obvious.]

weakness and lassitude, making the slightest exertion difficult.

In fact, the general symptoms are frequently very similar to those of pregnancy, and have often deceived persons into a belief that such an event had occurred. Loss of appetite, sickness, or vomiting, with a sensation of weight and fulness in the abdomen, accompanied by a feeling as if a large tumor were about to escape by the vulva. I have known some suppose they were going to miscarry on this account.

Rest in a reclining position usually relieves all these distressing symptoms, not only because it is grateful in itself, but because it allows the prolapsed womb to return, by removing the pressure of the superincumbent organs.

It is of the *utmost importance* that the Womb should not be suffered to remain fallen longer than can possibly be avoided. If it do, there is great danger that new attachments will be formed between it and the other organs, and thus they will be fastened, or grow, in their new positions. This accident, in fact, does often take place in cases that have been left too long; and it is then almost impossible to afford relief. The impropriety of using many of the ordinary instruments, when this has occurred, will be evident. Suppose the organs in a female Pelvis had fallen into the position represented in Plate V, and were then to *become* fast, it will be readily seen that any attempts to force and prop them up will not only be useless, but must cause great suffering. A careful enquiry and examination should therefore be made into every case before any treatment is recommended, so that no harm be done at least, if no assistance can be rendered.

Sometimes a tumor, or polypus, will pass from the inside of the Womb, and protrude through its mouth into the Vagina. In such cases, without great care, a mistake may easily be made, and the tumor be taken for the Womb. The mistake has often been made the other way, and in more than one instance the fallen Womb has been *cut out*, under the impression that it was a tumor!

Prolapsus, in the first and second stages, does not always prevent conception, though it is very apt to do so, partly from the Womb being in a wrong position, and often inflamed, and also because the pain experienced at certain times leads to retirement.

In general the fallen Womb comes still lower in the early months of pregnancy, but rises afterwards. There are instances, however, on record, where it has continued fallen till nearly the full period, and others where it has fallen completely just before delivery. In one case delivery occurred while the Womb was part in and part out of the body!

Occasionally a cure has been effected by pregnancy, but much more frequently the benefit is only temporary, and the derangement afterwards becomes worse. This is very apt to be the case if the woman be of a relaxed habit of body, and rises too soon after delivery, or walks too far. The reason will be obvious when we reflect that the Womb remains partly engorged, and heavier than usual, for a considerable time after delivery, while the ligaments, and attachment, which support it, are weaker. She should, therefore, either rest till the uterus is reduced to its natural weight, and its supports have become strong, or, if she do move about, do so carefully and use an artificial supporter.

When we are satisfied that the prolapsus exists

The next consideration will be the best mode of treating it, and this must depend somewhat upon circumstances. There are many unfortunate cases beyond the reach of medicine, in which the physician can only be an idle spectator, or at best he can only suggest a palliative treatment, to give temporary relief. Fortunately, this is chiefly through its having been left too long. When taken in time, and always *the earlier the better*, some degree of permanent good may be effected, if not a perfect cure. Sometimes it results chiefly from some other disease, which of course must be attended to first. Lencorrhea very often produces prolapsus.

The first thing, in most cases, is to enjoin a recumbent position, in fact the female must lie on her back nearly altogether, during the treatment. This is requisite to allow the parts to return to their natural position, and to prevent their falling again. Sometimes it is necessary first to replace them with the hand. This injunction to rest, however, is not always requisite, nor proper. There are some females whose muscular systems become lax and debilitated from want of exercise and fresh air, and who are benefitted most by moderate exertion out of doors, cold bathing, and a general tonic regimen and diet. A little attention will distinguish one class of patients from the other. The next desideratum is to restore tone and strength to the ligaments and attachments, which may partly be effected by the use of cold water, and astringent injections, as recommended in the first stage. Some practitioners use caustic, and other violent remedies, but I have never yet been satisfied that any good has followed them that could not have been effected by simpler means. We must next endeavor to restore the general

health and strength. This is the great point, for, if the system be left weak and debilitated, the womb will fall again directly the female begins to move about. I have known many females who have been pronounced *cured*, simply because they were temporarily better from rest, and using stimulating tonics, but who relapsed immediately they began to walk out. If an improvement do not take place in the general health, there will always be liability to a recurrence of the prolapsus, as it is essentially a consequence of weakness and debility, in most cases. The shower bath, or the douche bath over the loins and abdomen, when it can properly be administered, is also a useful auxiliary. Galvanism is however the best agent for general use. It gives strength to the muscles, and a healthy tone to the organs themselves. After the prolapsus is reduced it should be applied both externally and internally, at least once a day, either alone or in conjunction with the remedies previously recommended. I have known females who could not keep up the womb by any supporter they could use, who could retain it a whole day after the application of galvanism, without any artificial assistance whatever. A thorough knowledge of the parts themselves, and of their precise condition in each case, is requisite however for success, and it is for want of this that so many have failed. Sometimes a Battery is required, and sometimes we can operate by means of a simple instrument which the female can apply herself.

Medicine in such cases, as previously remarked, except when it can assist in restoring the general health, is altogether out of the question. Mechanical means, when applicable, may render valuable aid, but should never be depended on alone for effecting a cure, nor used indiscriminately in all cases.

The *Supporter*, or Truss, is more frequently useful in the first stage, though sometimes it may be worn with advantage in the second. Before recommending it in any case, however, the physician should be satisfied that he has good reason for doing so, because it may oftentimes do harm. The parts should then be properly replaced, and the female should rest on her back some time by way of preparation, for if the instrument be put on while the parts are down, it will only keep them down, instead of supporting them.

These necessary preliminaries are generally omitted, and the consequence is that disappointment, if not aggravation of the disease, is the result. The patient should also recline while being measured for the supporter, and while it is being adjusted to her person, so that it may fit properly when the womb is in its place.

In regard to the choice of a supporter few general directions can be given. Particular circumstances, in many cases, must necessitate a variety of forms and modes of adaptation. Most instruments of the kind are made to one pattern, and too heavy, and the point of support is too high, so that they rather press *on* the abdomen than *support* it from below. The point of support should either be in the centre, immediately over the pubic bone, or on each side, so as to press nearly on the ligaments. On the back it should be supported by a good wide pad, or two, or more, so that it may not cause too much pressure on any particular spot. The part passing between the limbs should also be specially constructed, so as not to chafe or inconvenience the person, and so that it can be easily detached if required, though it will be seldom requisite to remove it if rightly made.

There may also be fixed to this part, with most persons, a small thick pad to press on the *perineum*, and assist in supporting it, the advantages of which will be evident when the supporting power of that part is borne in mind.

I have made this subject a matter of considerable attention, and have long been engaged in devising a proper instrument of this kind, that could be easily modified, and adapted to every case that would admit of it. As yet I have not succeeded to my own satisfaction, but I hope to do so, for when such aid can be given with propriety, and efficiently, it is invaluable.

Another instrument is sometimes recommended called the *Pessary*. The mode of action, and proper construction of which, is but little understood, we will therefore give a full description of it.

THE PESSARY.

The Pessary is a firm body, larger in diameter than the Vagina. It is usually round, oval, or ring shaped, and on being introduced into the passage pushes the fallen womb before it, and prevents its descent. Suppose the fingers of a glove were half turned inside out, and then a large marble pushed up the inside, it is evident that the part which was inverted will be again put back in proportion as the marble advances, and cannot return while it remains there. This is precisely the action of a Pessary, as will be seen by Plate VII.

PLATE VII.



a.—Represents a Globe Pessary which has been introduced into the Vagina C, and thus pushes up and supports the Uterus B.—*g* is the Os Tincæ.

The Vagina is much enlarged on account of the greater diameter of the Pessary, round which it contracts below and prevents its falling out. The contraction of the muscles necessarily carries the instrument to the top of the passage, so that it presses against the mouth of the womb—(*g*.)

Pessaries have been used from the most remote times, and are mentioned by medical writers among the Greeks, Romans, Egyptians and Arabians. They were formerly composed of many substances not now used, as leaves, cotton, wool, and similar articles. They were also impregnated with drugs, to make them medicinal, and were thus used for various complaints. Sometimes they were constructed of gum, resin, or wax, or of sheep's bladders, and small bags. At present they are made

chiefly of metal, but often of hard wood, ivory, horn, cork, wax, leather, sponge, caoutchouc or glass.

Cork has the advantage of being light, but it is too porous, and absorbs the fluids so that it soon rots, and endangers the health of the parts. Many cases are mentioned where it has led to fatal results. Covering it with wax or gum, partly obviates this objection but adds to its weight, and is liable to wear off.

Hard wood, ivory and glass are too heavy, though they are perfectly clean, and on that account to be recommended when they can be worn.

Wax and resin is too brittle.

Metals not easily oxydised make good Pessaries, but are too hard, and will often corrode in spite of all our precautions, besides they are too costly for general use.

Most generally they are made now of some elastic substance, impervious to moisture, like oiled silk, or caoutchouc, and either stuffed like a pillow, or blown up with air; these last being probably the most effective, and liable to the fewest objections.

The form of the Pessary has been varied so much by different practitioners that it is impossible to describe all its modifications; it is only necessary, however, to speak of those most in use.

The Globe Pessary, as represented in Plate VII. is the most generally employed in this country and in England. It is a perfect sphere, and usually made of very thin silver, gilt, or of pure gold. I have seen some made of glass, but they are too heavy, and liable to be broken. Round balls of India Rubber are also used, and will often succeed very well. The diameter varies from *two inches* to *two-and-a-half*. It must not be so large as to cause pain, but large enough not to fall out when the person stands

up or coughs, or when the bowels or bladder are moved. The introduction of a Globe Pessary of sufficient size, and properly placing it, so that it will not hurt, or fall out, requires considerable care and time, and should always be entrusted to a competent person, for though it may appear a simple matter, it is, in reality, a delicate and important operation! One advantage attending this form is that it requires no adjusting, every position being right when it is once in the Vagina, while those having a depression must be so placed that the lips of the Os Tincæ will rest in it, and those that have a passage through them must have it so placed as to be vertical.

The removal of one of these instruments is often more difficult than its introduction.

The Egg-shaped Pessary is not much used, except by some English practitioners. It is much more easily introduced, and more easily displaced; it is generally perforated through its centre.

The Flat Oval Pessary has to be introduced edgewise, and then turned at right angles to the Vagina. It is difficult to introduce, and is always becoming displaced; besides, it often causes such intolerable pain, that it has to be removed immediately.

The Ring Pessary is in the form of a flat thick ring, with the central opening about three quarters of an inch in diameter. These rings are made of glass, hard wood, or India rubber. To introduce them they are passed into the Vagina edgewise, and then turned horizontal, which is easily done, because the finger can be introduced into the central opening.

The Figure of 8 Pessary is introduced the same as the oval ones, but is not much used, especially in this country. It is easily deranged, and is liable to many objections.

The Stem Pessary is one to which a stem is attached, passing down the Vagina, and attached to a bandage passing between the limbs, which is again attached to a belt passing round the waist. This Pessary has many advantages, though it has some disadvantages. It needs not be so large as the others, because it cannot of course fall out. It must also of necessity continue at the same height, and cannot well be displaced. The stem, however, is liable to irritate the Vagina and external parts, as it is difficult to so construct them as to suit the form and direction of the parts in all their various positions.

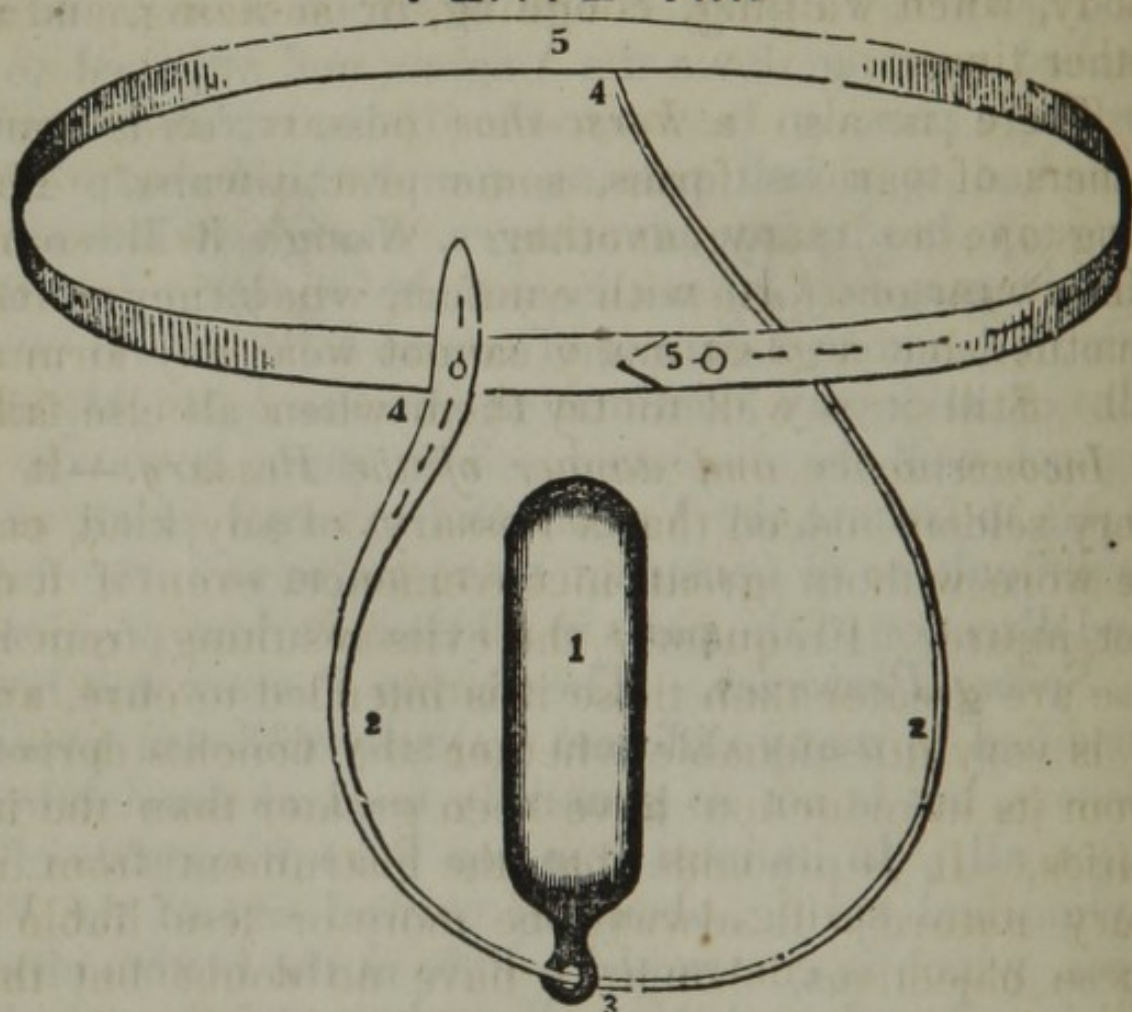
Spring Pessaries. The Spring Pessary has been modified in many different ways by different practitioners, but is not so generally used as some others after all. In its most common form it consists of a cylindrical spring, about the natural size of the Vagina, which is contracted a little at the bottom circle till introduced, and then allowed to spring open, by which means it is held in its place. The upper end is shaped somewhat like a cup, to support the Womb. Sometimes the spring is made of gold, and left uncovered, and sometimes it is made of steel, and covered with India Rubber.

The Elytroid Pessary is a tube of India Rubber, or other elastic material, nearly in the shape of the Vagina itself, it has a cup for the Womb at the upper end, while the lower one rests on the sides of the Vagina just within the Vulva.

The Conoid Pessary is in the form of a cone, which is introduced the large end first. It is chiefly used, when the Vagina itself is much relaxed.

Besides all these we have various others, as the *Cup-shaped*, *Bonards*, and the simple *Inflated Cylinder*, which is probably the best.—See plate VIII.

PLATE VIII.



1. Is a cylindrical bag of India Rubber, very thin and light, filled with air, which may be made of any size. This is introduced into the Vagina. 2, 2. Is a light cord, or wire, or belt, passing between the limbs, and through the ring (3,) at the bottom of the bag. This cord or strap is attached to the belt round the waist by two buckles (4, 4,) so that it can be drawn tight, or slackened, at pleasure. 5, 5. Is a broad belt passing round the waist, to which the under strap is attached, it can be drawn in, or let out, by a buckle, 7.

I certainly consider this the best Pessary in use. It is not likely to injure or inconvenience. It must support the Womb, and being soft and elastic, readily adapts itself to the parts in every position of the body.

Another great advantage is, it cannot easily be displaced. I have known females with Globe and Ring Pessaries be annoyed by their falling from the

body, when walking, coughing, or sneezing, and at other times.

There is also a *horse-shoe* pessary, and many others of various forms, some practitioners preferring one and some another. Women will sometimes wear one form with comfort, when they cannot another, but a great many cannot wear any form at all. Still it is well to try them when all else fails.

Inconvenience and danger of the Pessary.—It is very seldom indeed that a Pessary, of any kind, can be worn without great inconvenience, even if it do not injure. Frequently the evils resulting from its use are greater than those it is intended to cure, and it is very questionable whether the benefits derived from its introduction have been greater than the injuries. It is probable that the instrument from its very nature will always be more or less liable to these objections, though I have no doubt but that it may be made much more serviceable than it ever yet has been. There are many cases in which it is not proper to be used, as in all kinds of irritation, inflammation, or ulceration, either of the Womb or Vagina,—also when there is a Tumor, or Polypus, or confirmed Fluor Albus. It must therefore be ascertained positively that nothing of the kind exists in the first place. Then a careful study must be made of the peculiar circumstances and features of the case, so that the most suitable kind of instrument may be chosen, and the proper modification given to it. It is chiefly from neglect of these precautions, and from treating all cases on the same plan, and with the same instrument, that so little success has been obtained.

In my own experience with this instrument, which is pretty extensive, I have found probably about *one-*

half of those who have worn them, by my directions, derive benefit; and this, I believe, is a very favorable proportion. I often have ladies come to me with a request for one of the Pessaries, to whom I am compelled to say, "Madam, such an instrument is not proper for you." Sometimes they will believe me, when the reason why is explained to them; but at other times they think, because one of their friends was cured by its means, therefore they must be. They accordingly go and procure one, and find in a short time that they are worse than before. The fact is, the instrument is only proper in certain cases, which must be determined by the physician.

There are few persons in whom the presence of a foreign body, like the pessary in the Vagina, does not cause great irritation, and ultimately impair the health of the surrounding organs. Frequently on their first introduction, such pain is experienced in the loins and groins, and such an uneasy feeling in the passage itself, that the offending object has to be withdrawn immediately. Sometimes, however, the first effects are not so unpleasant, and it can be retained longer, but only to produce other evils at a subsequent period. Among these may be mentioned swelling, numbness, and weakness of the lower limbs, and swelling of the veins, with difficulty and pain in urinating, or moving the bowels, owing to the pessary pressing on the Bladder and Rectum. In fact, nearly all the distress produced by the fallen Womb itself, on the neighboring parts, is produced also by the Pessary even in a greater degree, because it is equally inappropriate to the place, and more irritating. This irritation also gives rise to Fluor Albus, sometimes to a most profuse extent, or even to ulceration and abscess. This is particu

early liable to be the case if the instrument is not frequently removed, and both it and the Vagina carefully cleansed. This should never be neglected *a sing'le day*, for if it be, the fluids which accumulate will become very offensive, and both excoriate and disease other parts, and corrode the Pessary itself. A peculiar growth will also be apt to occur, called a vegetation, which resembles bunches of Warts, that pour out a purulent matter with a most repulsive odor. The celebrated Désormeaux was obliged on one occasion to cut away an immense number of these vegetations, before he could find the Pessary, which had produced ulcerous openings into the Rectum and Bladder. Professor Cloquet mentions a similar case, where he had to cut away an immense mass of fungus vegetation in a lady who was supposed to have cancer of the Womb. To the great surprise of all, an old Pessary was found in the midst of the mass, that had been forgotten for ten years! It was completely covered with the vegetation, and encrusted over with calcareous matter. A case is even recorded where the instrument had been left *thirty years*, and ultimately produced symptoms like those of cancer, which disappeared, however, when it was removed.

Another surgeon relates that some time after he had introduced a Silver Gilt Pessary, he was sent for on account of the lady being in great distress. He found her suffering from severe pains in the Pelvis, accompanied by a profuse fœtid discharge. She thought all the distress arose from the Pessary, and requested him to remove it, which he did with great difficulty. It was found to be corroded, full of little holes, and covered with a hard stony crust. Another case is mentioned of a cork Pessary having

rotted in the Vagina, and produced putrid fever with inflammation of the Bowels. And Delamotte gives the history of a lady from whom he was compelled to extract a cork Pessary, which had been worn three years, to which he had to use instruments with all his strength. He was unaware of the nature of the obstacle till it was extracted. It also was completely petrified, like a large calculus from the bladder. Such cases are numerous, and frequently result in fistulous openings into the Rectum and Bladder, so that the contents of those organs escape by the wrong passage. The celebrated Dupuytren had a case of this kind, when the Pessary had eaten its way into both the Rectum and the Bladder, and had to be cut away a piece at a time, with strong pincers. Stem Pessaries are apt to produce accidents of this kind, by the parts becoming displaced and forgotten. M: Lisfranc extracted one through the Rectum, which had become lodged crosswise, with both ends penetrating; the patient died.

In those Pessaries that have a central opening, as a ring for instance, the neck of the uterus is apt to become gradually drawn into the opening, if it be left too long at a time, and strangulated. A foreign medical journal relates that a young girl, who suffered from prolapsus, was advised to introduce a ring Pessary, which she did. The central opening being large, however, the neck of the uterus was first drawn into it, and then part of its body. On examination the strangled part was found like a tumor, as large as a child's head, protruding from the parts. It was found impossible to extricate it till the ring was cut through with a saw. She fully recovered. I had a case of this kind myself, but fortunately the lady, being aware from her feelings

that something was wrong, applied for assistance in time. The neck of the Womb had passed through the ring about two inches, but gradually receded as gentle but continued pressure was made upon it, while the Pessary was held fast by a ribbon. Part of the womb has been cut off in this way, and life has been lost. It is a very common occurrence for these instruments, when neglected, to become *petrified*, as it were, or covered with a hard stony crust, which will sometimes be as sharp as a file, and continually chafe the neighboring parts, till it produces painful ulcers, difficult to heal. These extreme evils are, it is true, the consequences of neglect, but still great distress, if not serious injury, will often follow even in the most favorable cases, so that constant care and attention is required.

The Pessary itself should be smooth and light, and not easily corroded by the fluids natural to the parts. It should be easy of removal, and cleansed, together with the organs, *every day*. And further, it should never be introduced if there be any disease or irritation till that be removed.

The cylindrical inflated Pessary, (plate vii,) is less likely to produce irritation than any other, and being smaller than the Vagina itself, it allows all the fluids, or even the menses, to flow away even better than the ring, or those with a hole through them. This is a great advantage for the retention of the fluids, by solid pessaries, has often produced the most serious results, and first led to their being perforated.

TREATMENT AND PROBABILITY OF CURE.

The treatment, so far as it can well be laid down generally, has been already given in the preceding sections, so that we have now but little to add.

The first thing to be done is, to make sure that the case is one of Prolapsus Uteri, and not one of Tumor or Polypus. It must then be ascertained how long the prolapsus has existed, and what stage it is in; whether the Womb is capable of being returned to its place, or has formed adhesion; and whether there be any other disease of the organs co-existing. If there be any other disease, local or general, that may be supposed to be a principal, or even an exciting cause, that must be first removed. Then if the displacement be recent, and slight, rest or exercise must be enjoined, according to the condition and previous habits of the patient, with astringent washes and injections, and the cold bath. Change of air, attention to diet, with any other means that will give tone to the system, will also assist. If these means are not sufficient, Galvanism must be resorted to, under a competent practitioner. All these means must be tried first, leaving the application of mechanical supports till last. I have known the curing of an obstinate constipation of the bowels, completely remove all tendency to prolapsus of the Womb.

If all these means fail, a Supporter, or Truss, may be tried, providing there are no circumstances to contra-indicate it, such as the Womb having adhered, or fallen too low, as in the second stage of prolapsus, when the truss is seldom proper.

When all other trusses have been tried sufficiently long without effect, a PESSARY may be resorted to, if there be nothing in the case to make the experiment improper. It must first, however, be carefully ascertained that there is no inflammation, or ulceration. Great care must then be taken in properly adapting the instrument, so that it may be worn with ease, and constant attention, for some time after

must be bestowed upon it, to make sure that no injury is being done, and that no alteration is required. If all things remain favorable, and the female herself be strictly attentive to cleanliness, much relief may be afforded, and possibly a permanent cure effected by the Pessary.

Other means have been recommended and tried by different practitioners, but none of them have been much used. Thus some advise the patient not to rise on the feet for a long time, but to lie with the Pelvis higher than the shoulders, in some cases for a month or more. Others use little bags, called *Sachets*, filled with tan, or port wine; and others again form a Tampon, or plug of some astringent material. It has even been proposed to make the Vagina nearly solid, by *cutting* the two walls, and *making them grow together!* This has actually been done in several cases with complete success, so far as the operation is concerned, but *not* with the cure of the disease!

Pregnancy sometimes cures prolapsus uteri, but oftener leaves it worse than before. It is sometimes, too, a dangerous complication.

With respect to the probability of a cure, it is not nearly so great in the second stage as in the first. It is always greater, however, the earlier the case is attended to. I have had a very large number of patients with this derangement, and have succeeded in relieving the greater part of those in the first stage, some of which had existed twenty years, and a gratifying proportion even of those in the second, though of course not so many. I have strong hopes since the use of Galvanism, and the formation of better instruments, that most of those formerly left as incurable, may now be relieved. It is my intention to make

this disorder in future a special and constant object of attention.

The general tendency of a prolapsus, if not attended to, or if improperly treated, is to constantly get worse, and ultimately to attain the final stage.

Third Stage.—The third stage is that where the womb is completely prolapsed, or protrudes through the external opening. It is usually termed a complete *Hysteroptosis*. When this event occurs most of the ordinary symptoms of the previous stages are relieved, because the pressure of the Womb upon the Rectum and Bladder is removed. The ligaments and attachments are more stretched however, and the pulling and dragging pains in the back and loins are greatly increased. There can be no mistake as to this stage, because the organ itself may be seen and felt, like a round ball or tumor, between the limbs of the patient. Sometimes this tumor will project six or eight inches, or more. It is composed not only of the Womb, but also of the inverted Vagina, the Bladder and Rectum, and uterine appendages, all of which have been dragged down by it. The neck and mouth of the womb may always be distinguished, though much contracted, and at the menstrual period the usual flow will occur from the Os Tincæ. In most cases the exposure of this tender organ to the external air, the irritation of the urine, and the friction of the limbs and dress produces violent inflammation, so that it will swell and excoriate, or even become mortified. Sometimes it will remain extruded, however, for a long time with trifling inconvenience, and ultimately become as hard and callous as the external skin. A lady once called upon me who stated that she was much alarmed by the appearance of a tumor between the limbs, which had

appeared suddenly, as she was running up stairs. It was not remarkably tender, nor did it cause her much pain, except occasionally a sharp twitch in the groin. It disappeared when she laid down, and sometimes it was not perceivable for a day or two together, if she rested more than usual. It had been more than six months when I saw her. On making the necessary examination I at once told her it was the womb itself, completely prolapsed. She was greatly surprised and alarmed, and requested me to do what I thought requisite to return it immediately. I at once saw the case was very favorable for treatment, because there was no irritation, no soreness being felt even when it was pressed by the hand. A gentle pressure, rightly directed, soon restored the womb to its place, and relieved the sensation of weakness she complained of. The next desideratum was to prevent its falling again, and to remove the tendency to it. If she could have remained perfectly still nothing more would have been required during the treatment, as it only came down from exertion. She was required to be constantly on her feet however, and therefore some artificial support was necessary. A Truss would not serve the purpose, so I had a Pessary constructed for her, on the plan represented by Plate VIII. This served the purpose effectually; she could walk, run up stairs, and perform any other active motion without the prolapsus occurring again. I then advised her to take the cold bath regularly, use astringent injections at night, when the instrument was removed, and pay strict attention to her diet, so as to produce regular action of the bowels without medicine. This was persevered in for about two months; she then, by my advice, left home for a month, and went to the sea-side to

bathe. At the end of that time she felt so strong that she thought the Pessary might be dispensed with; it was accordingly carefully left off, by degrees, and since then, nearly twelve months, she has remained perfectly well.

Cases have been known where female children have been born with this deformity, as previously mentioned, so that their sex has been a matter of doubt. The celebrated Saviard mentions a case of this kind, where the person was commanded, by the civil authorities of the place where she resided, to wear men's clothes. He, however, reduced the prolapsus and at once established her sex. Many such cases are on record, and very often, before their nature was known, they gave rise to the statements we read of in old works respecting *hermaphrodites*, which were mostly deformities of this kind.

The first thing to be attempted in complete prolapsus is, to return the womb to its proper place. This can generally be accomplished, though not always. Sometimes new attachments have formed, where it has been left too long, and then all attempts may fail. At other times the difficulty arises from the small intestines, and other parts, having followed the womb and filled up the cavity it used to occupy. This is partly seen in Plate V., and Plate VI., where the small intestine, (*i. i.*) has followed the descending Uterus into the Pelvis, and, of course, in complete prolapsus they descend still lower.

It is generally considered by surgeons, in spite of all these difficulties, that there are but few, if any, of such cases, in which reduction is impossible. We certainly ought not to despair of any recent case, when we reflect that Saviard reduced one in an Adult that had existed from birth.

After the womb is replaced, means must be taken to keep it there, till the muscles and ligaments are sufficiently strengthened to retain it themselves. Sometimes simple resting on the back will be sufficient, at others we must use mechanical supports, as with the lady I mentioned.

It is very often the case, unfortunately, that the natural strength of the parts never returns, and some kind of instrument has constantly to be worn. After the reduction is effected the treatment is, of course, much the same as for the preceding stages, which it then resembles, excepting that there is an unusual degree of relaxation.

If this unfortunate state of things should occur during pregnancy, and some are more disposed to it at that time, every endeavor must still be made to return the parts to their places, to obviate the great danger and inconvenience that would necessarily follow from the pregnant womb remaining without the body, though it has done so even till delivery. If the Womb be too large to return it must be supported, carefully kept from all irritation, and the patient reclined on her back till the period of birth occurs, which may then take place without extraordinary difficulty. There have been instances known where all attempts to return the protruded Womb have failed, and where the sufferer has merely been partially relieved by using a suspensory bandage of some soft and elastic material, or by lying constantly in a recumbent position.

In some of these cases the organ becomes gangrened, or mortified, and to save the life of the patient it becomes necessary to remove it altogether. This operation of extirpating the Womb, though necessarily a dangerous and painful one, is not neces-

sarily fatal, it having been performed with perfect safety and success by several distinguished surgeons. It may be performed in two different ways, by the knife or by the ligature, each of which has been tried, and each has its advocates and opponents. With proper attention, bestowed in time, this dreadful alternative need scarcely ever be resorted to, and fortunately it is very seldom indeed that a necessity for it arises. I know one lady who had the Womb, and the greater part of the Vagina, cut out, nearly 15 years ago, on account of a cancer, who perfectly recovered, and has enjoyed excellent health ever since.

ANTEVERSION AND RETROVERSION OF THE WOMB.

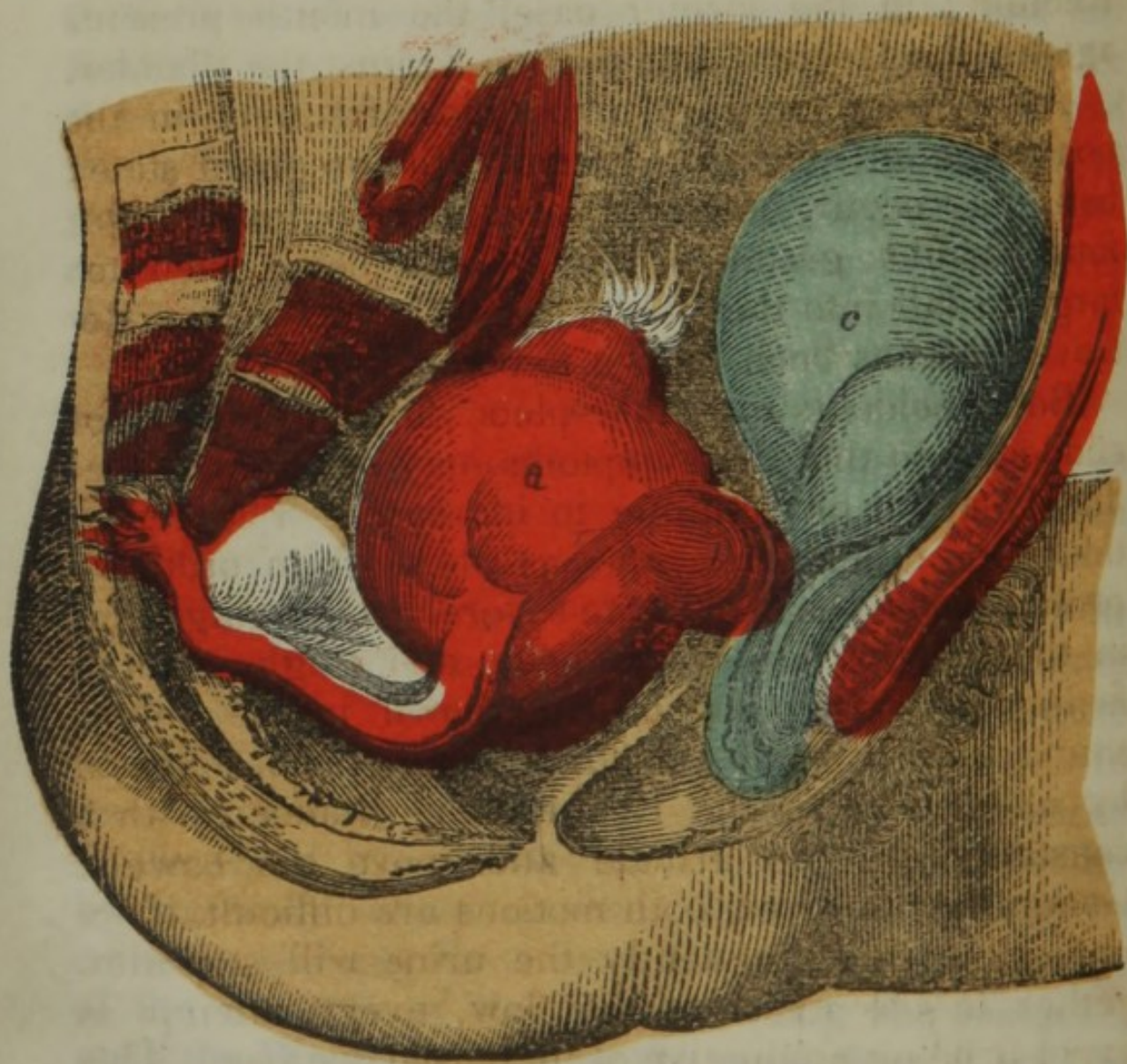
These are two displacements not so common as ordinary prolapsus, but still more frequent than even many practitioners suspect.

Anteversion is a displacement of the Womb by its falling forwards upon the Bladder, towards the bones of the Pubes. By referring to Plate I, the nature of the displacement will be readily understood. In the natural state the Womb (B.) is nearly balanced on the top of the Bladder (A). Now if the Bladder be suddenly made smaller, from discharging its contents, and any force from behind—as the passage of the contents of the Rectum (D.), for instance, push the Womb forward at the same time, it will be evidently liable to fall over towards the Pubic bone (K.) or between the Bladder and Vagina, and thus produce an anteversion.

Retroversion is a displacement of the Womb by its falling backwards between the Rectum (D, Plate I,) and the Vagina (C), being precisely the reverse of anteversion, and produced by directly opposite



Retroversion of the Womb.



a. The Womb retroverted, or thrown behind the Bladder to the bottom of the Pelvis. This occurred in the second month of pregnancy.

b. The neck of the womb.

c. The bladder.

causes. If the Bladder be *too full*, the Womb will be raised upright, and then a slight concussion from jumping, sudden lifting, or running, may throw it over completely, or retrovert it. In this case, the mouth of the Womb presents forwards against the Bladder, and the top or fundus of it against the Rectum; in the former case, the mouth presents against the Rectum, and the top against the Bladder.

Anteversion appears to be most frequent in the non-pregnant, and retroversion in the pregnant state; both may occur, however, in either, though not after four months gestation, the Womb being then too large to fall into the Pelvic cavity in this way. Retroversion has been known to occur in virgins.

Both accidents may take place either gradually or suddenly, so that the symptoms may be either immediately acute or continue to increase. The sensations are much the same as those from ordinary prolapsus, but usually more severe. Dragging pains in the loins, small of the back, and thighs, with a feeling of weight and bearing down in the Pelvis, similar to labor pains, are first experienced, followed by uneasiness in the Rectum and Bladder, with a constant desire to urinate and move the bowels. Generally, however, both motions are difficult, if not impossible, and frequently the urine will stop altogether in the midst of the flow, every attempt to expel it being productive of increased distress. This is followed in a short time by inflammation of the Womb, which causes the most acute suffering. The menses either cease altogether, or flow continually and usually a leucorrhœal discharge also supervenes. Gradually the whole system becomes deranged, the appetite is gone, the strength fails, fever sets in, and if relief be not given speedily a fatal result may be

expected. The immediate cause of all this difficulty is the jamming of the Womb into the small basin of the Pelvis, which leads to inflammation, both of it and the neighboring parts. The mischief is of course made greater by any circumstance that increases the volume of the Womb, as when it becomes engorged from retention of the menses, or from pregnancy. Sometimes, when the displacement occurs at the change of life, the impacted Womb, not having any function to perform, will lose its vitality and become smaller, from wasting away.

It will be readily seen that these accidents are very serious during pregnancy, not only from the difficulty of replacing the Womb at that time, but for fear it cannot be replaced at all, in which case the most imminent danger will be experienced. The Womb will necessarily keep growing larger and larger, though the space in which it is confined cannot hold it when empty, without great inconvenience; consequently, it is subject along with the Bladder and Rectum, to violent and increasing pressure, producing the most intense inflammation, which must ultimately be fatal if not relieved. Under such circumstances, it is recommended by the most eminent surgeons to immediately produce abortion, or even to *puncture the Womb*, to make it smaller by removing its contents, and so permit its return. We have many cases on record where this has been done with perfect success; but still it must always be regarded as a fearful alternative under such circumstances. If proper attention be bestowed by the female herself upon her feelings, and by her medical attendant upon her proper treatment, immediately the accident occurs, relief may in general be obtained by some of the means hereafter to be mentioned.

The cause of these displacements may be either a defect in the form of the parts, or some external violence.

If the Pelvis be too large, the Organs will be liable to gradually fall, or to be easily forced down. If the Womb be too easily movable, it will also predispose very much. The most frequent causes that produce these displacements suddenly, are certain violent contractions of the Diaphragm and Abdominal Muscles, as in vomiting, obstinate constipation, straining to expel the urine, or a sudden fright. Also blows on the Abdomen, falls, and lifting, particularly when the article raised is pressed against the front of the body. All which are more liable to effect the injury in the early months of pregnancy.

A very frequent cause of retroversion, particularly if the woman have a capacious pelvis, is too great fullness of the bladder. Many a one has had it produced in this way, from want of convenience on a journey; the bladder becoming constantly fuller, gradually elevates the womb, until it becomes perpendicular, and then from simply descending a step rising from the seat, coughing, or sneezing, it is thrown completely backwards, or retroverted. The female feels immediately disposed to *bear down*, and every time she does so only increases the difficulty by forcing the womb still lower. Sometimes on emptying the bladder it returns again, and the only sign left of the displacement is a numbness over the ligaments, owing to their having been so stretched. If the female be two or three months pregnant, however, this return is not very likely to occur, without assistance, and will be difficult even with it. Those who are so situated should therefore be careful, and not place themselves under circumstances where the

urine cannot be evacuated when required. Indeed as a general rule, it is injurious for females to allow the urine to accumulate too much, at any time, as it constantly disposes to these accidents, and gradually weakens the uterine supports.

It is probable that in every case of retroversion, unless it occurs from some very sudden violence, the *round ligaments*, (*r. r.* Plate II.) are more or less relaxed, and that this relaxation is a principal predisposing cause. In any case these ligaments are very much stretched when the womb is retroverted, as it hangs by them, and though they undoubtedly have some elasticity, and may shorten again when the womb is replaced, yet this does not always occur. When once they have been strained in this way, it is probable they seldom or never fully regain their former strength, so that one accident of the kind makes a recurrence more likely. Allowing the bladder to remain too long full will effect the same injury to some extent, because while the womb is thus constantly elevated, the ligaments are more or less distended, and thus gradually weakened.

In anteversion the broad ligaments are much stretched, and gradually give way, sometimes even rupturing. The bladder is pressed against the symphysis pubis, and the rectum against the curve of the sacrum. Sudden emptying of the bladder, after it has been very full, will throw the womb forward, and be very likely, when combined with any of the accidents previously mentioned, to produce an anteversion, particularly if the womb itself be engaged and heavy, and the rectum full. Strong purgatives, from the straining they produce, are also likely to assist, and *certain excesses*, which by all means should be avoided.

The general symptoms of these two accidents are so similar that it is seldom possible from them alone to distinguish an Anteversion from a Retroversion ; a proper examination, however, leaves no doubt, and must always be resorted to if there be not absolute certainty without it. Mistakes have been made, even by eminent surgeons, leading to serious results. The celebrated Levret had a patient whom he supposed suffering from a stone in the bladder, and upon whom he even performed the usual operation for removing it, though there was nothing of the kind to be found. The patient died from the operation, and upon examining the body it was discovered that she had an *anteversion of the womb*, which caused the whole difficulty ! The same displacement has also been taken for a tumor, and for dropsy, owing partly to retention of urine in the bladder. The fact is, these accidents have not been fully understood till very lately, nor the extent to which they exist. At the present time such mistakes are not so likely to occur as formerly, though even now there are many persons who take them for something else, and many females who suffer from them without suspecting that they have any derangement of the womb at all. In treating these accidents, the first thing of course will be to return the womb to its place ; to effect which many impediments have often to be removed. We must next endeavor to remedy the evils they may have produced, and lastly to prevent their return.

Usually there is great inflammation and swelling of the parts, which it is very desirable to reduce, and for which purpose, baths, injections, and other means may be used as circumstances may render most advisable. In many cases the replacement of

The womb has been declared impossible, simply because it was attempted while in a swollen state, and afterwards, when the swelling had subsided, it has been effected without difficulty. It is particularly necessary also that the bladder and rectum should both be emptied, because when full they fill up the pelvis very much, and prevent the uterus from rising. In case the urine cannot be expelled naturally, the catheter must be used without delay, as there is danger, if the bladder becomes too full, that it may burst, from the constant pressure upon it. The passage of this instrument, however, is often difficult in these cases, owing to the neck of the bladder being so compressed, and the direction of the passage so changed. Very frequently when all these indications are fulfilled, and the patient lies down, with the hips higher than the shoulders, the womb will replace itself, or will require but little assistance. I know a lady who is constantly liable to retroversion, from very slight causes, particularly if riding long in a shaking vehicle, or having to retain the urine. She has learnt, however, to treat herself, and usually does so successfully. Her first care is to empty the bladder, to effect which she sometimes has to introduce a catheter, which useful manipulation she acquired on purpose, she then passes an enema of thin starch and water cold, which has the double effect of emptying the rectum and soothing irritation; after these operations she lies down with her pelvis elevated on two pillows, and in most cases the womb returns to its proper place at once. In some cases where it is not convenient to do all this, the patient need not be left entirely unaided. for frequently im-

late relief is afforded by passing the finger into the Vagina, and raising up the Womb a little. Cold injections, enemata and bathings, are the most valuable preparatory aids, to be followed by the recumbent position. I knew one case where the patient conceived the idea of *standing on her head*, and she certainly found it have the desired effect! Nor need we wonder at this, for in that position the Womb would be most likely to return, being assisted by its own weight; and besides, the pressure of the intestines and other organs would be entirely removed, which of itself might often be sufficient, for there is no doubt but their weight lying on the Womb has a great deal to do with the accident.

The usual mode of assisting, when absolutely necessary, is by endeavoring to draw *down* the neck of the Womb, which of course causes the top to rise, or by pushing the top upwards, either from the Rectum or the Vagina, according to the way it lies, the patient being on her knees and elbows. Sometimes a large bougie, or Pessary, is employed to force the Womb upwards, and a kind of blunt hook to pull it down; but generally the hand only is used, and this is decidedly the best.

There is often, however, great difficulty in effecting this reduction, and it may even become impossible. In one case, where the woman died, the Uterus was so firmly fixed that the bones had to be *sawn* asunder, before it could be extricated.

Supposing, however, that the reposition has been effected, we must then follow up the baths and injections, to remove all trace of inflammation, and afterwards endeavor to restore the firmness and strength of every part, particularly the ligaments. A douche bath on the groins is very good, or cold wet cloths.

with the injections of oak bark, before mentioned, and Galvanism. The female must keep still for a long time, avoid constipation, *live single*, and never allow the bladder to become too full.

The misfortune is, that when either of these accidents occurs it leaves such a permanent weakness afterwards that there is always danger of it again. When this is the case a Pessary may be worn, if possible, but it should be made with especial reference to the requirements of the case; one side of the upper part should have a prolongation, or lip, which may be so placed as to support the Womb whichever way it falls. In those cases where the weight of the bowels is a chief cause, a Truss may be of service, but it should be applied with great care, and its effects well watched, as it may increase the evil, particularly in retroversion, which I have reason to suspect is often caused by these instruments.

The systematic application of Galvanism, in conjunction with cold water, if rightly persisted in, will scarcely ever fail of effecting a cure, when that is possible.

ANTEFLEXION AND RETROFLEXION OF THE WOMB.

These two derangements are so like the two previously described, in their nature, symptoms, and mode of treatment, that any extended description of them is scarcely necessary.

Anteflexion is a falling of the upper part of the Womb forwards, behind the bone of the Pubes, *k.* Plate I.) while the lower part keeps its place. It is in fact a *bending* of the Womb, so that the upper part points downwards.

Retroflexion is a bending of the Womb backwards

so that the upper part is parallel with the Rectum, while the neck is still in its proper situation.

These derangements may properly be considered as slight cases, or first stages of Anteversion and Retroversion; they are caused by the same accidents, and may be cured by the same means. They are seldom met with, because they soon become righted, or assume a more serious form. Sometimes this curvature of the Womb is natural, or it may arise from disease. It nearly always causes barrenness, because the bending closes up the passage in the neck of the Womb. This is one cause of that state of deprivation generally overlooked, and which can frequently be removed by a simple *change in position*.

OBLIQUITY OF THE WOMB.

This is still the same malposition in a yet slighter degree. It consists in a mere *leaning* of the womb either to the front or to one side. In the non-pregnant state this is so slight a disorder that it seldom requires or receives any special attention. In the pregnant state, however, it is more serious, as it may not only cause great distress but make the labor both difficult and dangerous. In such cases, the mouth of the womb does not present towards the passage of the Vagina, but to the back, or to one side, so that the child cannot be expelled. If the medical attendant, however, understand the difficulty, it is easily corrected.

Many women are troubled with obliquity of the womb during pregnancy. In some it always leans over on one side, and in others, to the front; it has been known to hang completely over the external parts so as to cover them, and even to reach nearly to the knees. A properly formed truss will usually correct the obliquity.

Lying constantly on one side may lead to this wrong position, or leaning forward too long at a time; changing the position when sleeping will sometimes effect a cure.

INVERSION OF THE WOMB.

This accident, which consists in the womb itself being turned completely inside out, like the finger of a glove, is fortunately so rare that very few practitioners have ever seen a case. It always results either from pregnancy, tumors, or some disease that much softens and relaxes the Os Tincæ.

One of the most frequent causes is pulling away the after-birth too soon, and with violence. The upper part of the womb is very likely to be pulled down in this way, and the whole organ inverted. Too violent bearing down is apt to lead to the same result; or a delivery while standing, particularly if the child hang by the cord while that is fast to the womb.

Inversion may occur either along with prolapsus or without it, though most usually they accompany each other. Some authors even consider inversion as merely the last and most serious stage of prolapsus.

Turning the womb, and replacing it, in such cases is a difficult operation, and medical writers are not agreed as to the best mode of performing it. Fortunately the relative superiority of their different modes can seldom be tested.

From the accounts we have of the few cases observed, this is evidently a very dangerous accident and will most probably result seriously in a short time if relief be not obtained. In every case the treatment must be suggested, in a great measure, by the circumstances of the case, and the practitioner

must depend more on his own judgment than on the recorded experience of others.

The usual mode of proceeding, after removing all inflammation by soothing washes and fomentations, is to indent the lower end of the inverted womb, or push it inwards, like the bottom of a glass bottle, and keep gradually forcing it further and further till it all passes through the ring of the neck, and is turned right again. The whole must then be replaced in the Pelvis, if there be prolapsus, and the patient must lie still, use cold injections, and, if necessary, a Pessary, to prevent a relapse. When the inversion occurs from the weight of a tumor, that must of course be removed before a cure can be expected. This operation of turning the womb back again must be proceeded with slowly and patiently, so as not to irritate it, the *inside* being now, it should be borne in mind, on the *outside* ! A mixture of *one ounce of Olive oil*, and *three grains of extract of Belladonna*, will make it much more easy, and will relax the neck to a great degree, if gently rubbed upon it. Some authors have advised to cut small slits in the neck to make it expand more readily, but I cannot think such an operation necessary.

If all attempts fail, and the womb shows signs of gangrene or mortification, it is usually recommended to remove it, either by the ligature or the knife, as in cases of irreducible complete prolapsus.

In some cases the inversion is not complete, the upper part of the womb being merely bent in, or forced partly through the neck. If this be unaccompanied by prolapsus it may remain a long time undiscovered, the symptoms not being usually more severe than those of ordinary falling of the womb. There are, in fact, so many of these uterine derange-

ments, which, in their prominent symptoms resemble each other, that nothing but an accurate examination can distinguish them from each other.

Perhaps the most frequent cause of this accident is violence at child-birth. More than one case is on record where an unskilful attendant, in removing the after-birth, has pulled down the womb and turned it inside out. Nay, it has even been literally *torn from the body* under these circumstances!

FIXTURE OF THE WOMB, OR IMMOBILITY.

It frequently happens after an inflammation of the Womb, or adjacent parts, that the *inflamed surfaces* will grow together, so that the different organs will all be united to each other, and fixed fast to the body. The Womb and its appendages are very apt to be attached in this way, and so become immovable. Such an accident, when low down, may not cause any inconvenience unless pregnancy occur—it may then result seriously. The nature of the danger will be obvious, if we consider that the Womb is naturally loose, and that it both expands and rises up in the body as gestation proceeds. If, however, it should become attached to any part, that attachment must either be violently ruptured, or it will prevent the requisite change of dimension or position.

Suppose the attachment to be to the Bladder, or Rectum, it is evident that, as the Womb rises, those organs must be pulled up with it, causing great pain, and serious derangement of their functions. If the ligaments become attached they will confine the Womb, and prevent it rising up as it enlarges. The result of such a state of things must either be a premature discharge of the contents of the Womb, or the tearing asunder of the unnatural attachment,

in which case there is danger of ruptured blood vessels, great inflammation, or abscesses.

It is now known that these adhesions are a very frequent cause of Abortion, owing to their preventing the requisite motions of the Womb. The celebrated Madam Boivin published a work on this subject, in which numerous cases are given, and which first made medical men aware of its importance.

I know a lady now who has miscarried nine times in succession, apparently from this cause. The Womb is evidently attached to the right side by a kind of hard band, which may be distinctly felt, and which effectually prevents any rising up on that side. At about four months, she feels this band stretch, and the strain upon it will be at times so great that it seems as if it must break. On the opposite side the Womb rises, but not on this, so that it is tilted over as it were. The pain she suffers is very great, and constantly increases till about six months and a half, when the abortion occurs—that being the most usual period in such cases.

It frequently happens when the adhesions extend to the Fallopian Tubes, that conception is prevented, and it would be well if it always were so, the danger from gestation being so imminent, and the probability of miscarriage so great. Unfortunately in such cases, though we are certain of the nature of the mischief, but little assistance can be rendered. It has been said, it is true, that in some instances the adhesions have been destroyed, by using mercurial ointment externally, but I am afraid the remedy will not be found generally successful. The greatest care must be used when there is prolapsus—after child-birth—and in case of accidents, to subdue all inflammation as early as possible, and

to prevent these adhesions—for certainly little can be done towards *curing* them.

Sometimes the adhesion occurs at the upper part of the Womb, while it is fully expanded, in the last months of pregnancy; and the danger is then equally great, if not greater, than in the former case. No particular inconvenience may be experienced till after delivery, but then the Womb, as it retracts and begins to descend, necessarily hangs by the attachment, and in this way is often suspended from the stomach, liver, or colon. These organs then become deranged, painful and inflamed, so that a fatal result may soon follow, unless the attachment break; in which case there is danger of hæmorrhage or abscess. While the adhesion remains, the proper contraction of the Womb cannot take place either so that there is constant flooding from its large blood vessels remaining open.

I have known females with adhesions of this kind, most likely by cords or bands, who almost constantly felt a dragging and pulling at the stomach, as if, to use their own words, every thing was going to be torn out of their bodies. These symptoms would be relieved by lying down, or by pregnancy, as that, in these cases, elevated the Womb and relieved the strain on the other organs.

Certain vicious and degrading habits, in young persons, are apt to produce these difficulties, by the continual irritation they keep up, and so are certain excesses in adults.

HYSTEROCELE, OR HERNIA OF THE WOMB.

This derangement is precisely the same as a common hernia, or rupture, excepting that it is of the Womb instead of the Intestine.

Very few cases, indeed, have been known to occur, so that our description need not be very extended. Most usually the hernia occurs in the non pregnant state, the Womb forcing itself between some of the muscular fibres and appearing just under the skin, like a small pear-shaped tumor. A part of the Organ only may protrude, or the whole of it, and sometimes the Ovary and Tube will follow. The treatment is precisely the same as that of a common rupture—the protruded part being pushed back and a truss worn to prevent its return.

The most frequent causes are blows upon the abdomen, violent lifting and straining, and a former Cæsarian operation.

Cases have been known where pregnancy has occurred along with a uterine rupture, so that the developement of the womb and the fœtus has taken place outside of the abdomen. In some of these the womb has hung down nearly to the knees, and has been cut open and the child taken out, without, however, saving the patient's life. In one case by lifting up, and gently pressing on the protruded organ, it returned into the abdomen, and the female was safely delivered.

The Ovaries are also liable to hernia, from similar causes, and also from various diseases. The treatment is the same as in hernia of the womb, unless the ovary be diseased, in which case it is extirpated.

CYSTOCELE, OR HERNIA OF THE BLADDER.

The bladder, like the intestines and womb, is liable to protrude between the muscular fibres, or through natural openings, and so form a hernia. Both sexes are liable to this accident in certain modes alike, and

the female in certain modes peculiar to herself, which are the only ones necessary here to describe.

The causes and symptoms of Cystocele are mostly the same as those that produce prolapsus uteri, the action having taken place in the bladder instead of the womb. These two displacements have, in fact, often been mistaken for each other, and it sometimes requires careful examination to distinguish them.

The most usual form of this derangement in females is that called *vaginal cystocele*, where the bladder is forced backwards into the vagina, either by pushing the walls of the vagina before it, or by passing between their fibres. In this case the bladder may be felt, like a tumor at different parts of the vagina, according to the distance it has descended, or it may even protrude through the external lips. In examining this tumor it will be found of a different shape to the prolapsed womb, and with no opening like the Os Tincæ, which will always distinguish the one from the other. The passage of the urine is either stopped altogether, or is difficult and attended with pain; particularly if the bladder has passed through a small opening, and afterwards filled. Inflammation usually sets in soon after the accident, and fatal consequences may speedily ensue.

Cystocele is both dangerous and difficult to treat at any time, but particularly when it occurs during delivery, for if the bladder be in the vagina at that time it will be very liable to injury, besides being a serious impediment to the passage of the child. In one case of this kind, which came within my own experience, the bladder was first emptied by the catheter, returned to its place, and retained there by the hand, till the child was expelled. This rupture

occurred, apparently, from violent bearing down labor pains while the bladder was full, and showed no signs of returning after the parts were restored to their natural state. Sometimes the protruded bladder, being quite full, will completely block up the vagina, so that the labor cannot proceed, and the passage will be so compressed and twisted that the catheter cannot be introduced. In this case the bladder is usually punctured, in the vagina, and, when its contents are evacuated, is returned to its place, and the labor terminated. Great care must be taken, however, to ascertain, with certainty, what it is that presents under these circumstances, the fallen bladder having been mistaken for the bag of water, and ruptured accordingly. It is quite easy however, to distinguish them, as in a case of cystocele, the tumor is unconnected with the mouth of the womb, while the protruded membranes proceed from it.

In the non-pregnant state the fallen bladder may prevent the flow of the menses, and other fluids, and lead to inflammation of the vagina or womb. The plan of treatment is to return the bladder, by gentle pressure, to its place, and then use astringent washes to close up the opening by which it escaped. A Cylindrical Pessary may also be necessary, with a small projection to press on the rupture.

When the bladder is not protruded between the vaginal fibres, but merely pushes the walls before it, the operation is much more easy; the after treatment, however, is the same as already described.

Women who have been too frequently pregnant, or long subject to leucorrhœa, and those who keep the bladder too full, are most liable to cystocele. Lifting, straining, running, sneezing and violent

coughing are very frequently immediate causes, and may even produce it in very young persons. I once had a case of a young girl only ten years of age, in whom the bladder descended completely through the external lips, in consequence of violent straining from the whooping cough. The distress was very great, and the necessity for immediate relief most urgent. The bladder was full, and very tender, and the catheter could not be introduced. I at once put the patient in a warm bath, and then had her laid upon the bed with the hips much elevated. By these means, with a little assistance, the bladder partly returned, so that the catheter could be introduced, the urine was then drawn off and it returned entirely. A small plug of soft lint was worn against the opening in the vagina, till the cough subsided, and with occasional injections of oak bark effectually prevented a return. The vagina, however, was much inflamed, and considerable leucorrhea followed; the parts were much relaxed, and the hymen completely destroyed.

Excessive crying has led to hernia of the bladder in infants, and so has the use of strong purgatives. In young girls it has often been produced by the busk, or bone, in the front of the corsets.

In some cases the bladder will not appear in the vulva, but will descend into one of the external lips, which will sometimes attain an extraordinary size. The treatment is the same in this case as in the other.

Great care must be observed by those who have once suffered from cystocele, as it is easily brought on again, and every time makes it more difficult to cure.

I have a patient at the present time who has a

Hernia of the Bladder into the right external lip, which occurred first about five years ago, from immoderate laughing. It will sometimes descend from the slightest exertion, distending the lip as large as the hand, and completely preventing the discharge of urine, till she lies down and allows the tumor to recede. The symptoms being slight when the accident first occurred, and she knowing nothing of its nature, it was neglected, till it became at last so troublesome that she was compelled to seek assistance. I have adjusted a Pessary for her in such a manner that the descent cannot possibly take place while she wears it, and, by means of *Galvanism*, have so far restored the natural strength of the parts that she can now walk a long distance without the Hernia occurring, even when not wearing the Pessary. Had the case been properly attended to at first, a cure would have been much more speedily and certainly effected. Early treatment is of the utmost importance.

VAGINAL ENTEROCELE, OR HERNIA OF THE INTESTINE
INTO THE VAGINA.

This is a rupture where the bowels descend into the Vagina, in the same manner that the bladder does in Cystocele. It is brought about by the same general causes that produce other Hernias, and can only be treated in the same way. It is more frequent just after confinement than at any other time, though it may be met with occasionally in non-pregnant persons.

The symptoms of this displacement are not in general so severe as those attending Cystocele, unless the bowels descend to a great extent, and sometimes they will completely fill up the Vagina, or even pro-

trude externally, so that the flow of the menses, and the passage of the bowels will be both prevented. When this occurs during delivery it may completely prevent the child from passing down the Vagina, and then there is danger, both from the suspension of the labor and from the bruising of the bowels. In such a case the Hernia must be immediately reduced, and fortunately this can nearly always be readily effected.

If the protrusion has taken place in the front part of the Vagina, next the Bladder, the patient must be placed on her knees and elbows, but if it has taken place in the back part, next to the Rectum, she must be placed on her back. The tumor must then be pushed gradually, but firmly, towards the opening, and the lower part of it worked in with the fingers. In a short time it will begin to move in quickly, and at last will slip by the hand and pass entirely into its place. The Cylindrical Pessary, and astringent washes, must then be used to effect a cure.

The protruded bowel is so different from the Bladder, or Womb, that with ordinary attention the one cannot well be taken for the other. Such mistakes, however, have been made, and they show how extremely careful we should be to ascertain with certainty what is wrong.

After Enterocoele has once happened it is very likely to occur again, particularly if left a long time without being reduced.

The descent may take place, as in the case of the Bladder, into the *lip*, instead of down the passage, and is then called *Vulvar Enterocoele* or *Pudendal Hernia*. The lip will be swelled, and a firm tumor may be felt in it, as large sometimes as an egg, but

becoming smaller when the patient lies down. Its reduction and after treatment are the same as in the ordinary form. I have known females suffering from this Pudendal Hernia who could not imagine what the swelling of the external lip was owing to, and who vainly tried to reduce it by washes and lotions. They were amazed when told it was a descent of the intestines. Those who labor too hard during gestation are very liable to this accident, particularly if they have borne many children. I once had a poor woman under my care who was afflicted with both Cystocele and Enterocoele at the same time, from lifting a pail of water. Both of them were reduced, however, and fortunately did not return.

INVERSION AND SWELLING OF THE LINING MEMBRANE OF THE VAGINA.

It is necessary to describe this disorder, though it is not a very common or dangerous one, because it is frequently mistaken for Hernia, or Prolapsus Uteri, from which however it differs materially.

In this case the lining membrane of the Vagina is distended, and partly separated from the other membranes, either from inflammation or from the infiltration of fluid between them. It falls down, sometimes even through the external lips, and has the appearance of a thick fleshy ring, or cushion, with an opening in the centre. The descent, however, may not be complete, or the ring may be a considerable distance up the Vagina, and sometimes there will be two or more rings, one above the other. The manner of this descent may, in fact, be well compared to the falling down of the lining of a coat sleeve, when partly unsewn.

The causes of *falling of the Vagina* are such as those that produce the various Hernias and Prolapsions already described, and also all those that have a debilitating effect on the system. Miscarriage, the employment of instruments in child-birth, continued Leucorrhea, *excesses*, and the vicious habits previously referred to, may also be enumerated. It frequently accompanies falling of the Womb, Cystocele, and Enterocoele, all of which are, in fact, frequent causes of it.

The immediate symptoms are comparatively slight, consisting chiefly in an uneasy sensation of something hanging from the Vagina, or lips, with dragging dull pains in various parts; unless, indeed, the membrane has descended very far, or become much irritated. In this case, the pains become acute, darting to all parts of the Abdomen, and the membrane itself being much inflamed may speedily ulcerate or gangrene, particularly if chafed, or bathed by the urine. The bladder will also sympathize, so that a difficulty will occur in urinating; and a quantity of mucus will discharge from the Vagina.

Sometimes the protruded part will extend four or five inches from the lips, and be as large as the wrist, particularly during pregnancy.

The treatment of prolapsus Vagina is simple, but often tedious. The first thing is to reduce the swelling and inflammation, without which, of course, the parts cannot return. To effect this, all causes of irritation must be removed, the patient must be still for some time, and use cooling lotions or injections, in conjunction with general tonic remedies. Instruments are seldom or never needed, either at the time or after; indeed simple rest and cold water would cure most cases if resorted to in time. Some prac-

tioners use caustic, but I have never seen any good from it in these cases. Occasionally, the protruded part, when long exposed, will become so ulcerated, that the removal of it is absolutely necessary. This operation has been performed several times with success, though it is not unattended with danger. I feel certain, however, that it would never be needed if assistance were sought in time.

This affection may occur at almost every age and period, but not so frequently in the unmarried, though I have met with it in young persons from nine to twelve years of age. Many are subject to it at the turn of life, at which time it is very troublesome, and difficult to cure. Sometimes it comes on suddenly, but most usually by slow degrees.

When it takes place at the time of delivery, it is a very troublesome and dangerous complication, as it interferes with the passage of the child very much. In such cases the protruded membrane is often lacerated severely, and once I saw it nearly torn completely from the Vagina.

The ring or cushion produced by this prolapsus may be mistaken for the fallen womb or bladder, unless carefully examined. The difference, however, will soon be apparent, by pushing on the centre of the tumor through which the finger will pass readily, and reach the Os Tincæ beyond.

About twelve months ago, a lady came to see me from Virginia, who had been troubled with this disorder for more than three years. She had suffered most excruciatingly, though nearly all the time in bed, and had been completely separated from her husband. I found the membrane projecting two inches from the Vagina, and very tender. All the usual remedies had been tried, and an operation ever

performed without any good results, I therefore determined to try *Galvanism*! After the use of cooling lotions to reduce the inflammation as much as possible, I introduced a silver tube into the Vagina, large enough to keep it fully distended, and to force up the prolapsed part as far as it would go. This tube I connected with one pole of the battery, and placed the other on the spine, immediately above the sacrum. The beneficial effects were observed *immediately*! The swelling began to subside, the irritation disappeared, and after six applications no prolapsion could be seen. She remained in the city two months after, but the disorder showed no signs of returning, and I have heard very recently that she still remains perfectly well.

I believe that in this derangement, as in most of those previously mentioned, Galvanism is the best remedy we can use.

Many other displacements of the female organs might be mentioned, but they are so slight, and so seldom met with, that a description of them is unnecessary. All those of real importance have been treated upon, and care has been taken to make each one easily recognized and to distinguish them all from each other.

CHAPTER IV.

VITAL AND ORGANIC DISEASES.

THIS includes all inflammations, morbid growths, and corrosive diseases of the female organs.

INFLAMMATION OF THE VULVA AND EXTERNAL LIPS.

Inflammation is very apt to arise in these parts from a variety of causes, with some of which we are unacquainted, and it may become very troublesome, if not serious. Injuries at child-birth very often produce this kind of inflammation, but it frequently arises in young persons from a mere want of rigid and constant attention to cleanliness in these parts. The natural secretions are apt to become acrid, when long retained in the folds of the Vagina and Labia, and then they irritate every part with which they come in contact. This irritation is sometimes of the most annoying character, and often disposes to those vicious habits we have referred to. When allowed to continue too long unchecked, it produces an offensive purulent discharge, sometimes tinged with blood, and perhaps terminates in ulceration, abscesses, or mortification.

The treatment at first is very simple, constant bathing, either with cold water or cooling lotions. Rest, and regular action of the bowels, will be sufficient in nine cases out of ten. A small piece of alum, or borax, about the size of a hickory nut, to a pint of water, makes a good wash; or a little sugar of lead water, or Goulard's lotion. Ointments of all kinds I think objectionable. When the parts

are very sore, equal parts of port wine and water will be a good application.

It may be advisable, when the two lips are much inflamed, to soak a piece of soft lint in the lotion, and keep it between them till they heal, as they are apt to grow together.

If there be any derangement of the Menses, or constipation of the bowels, it must be immediately corrected—such derangements frequently producing or keeping up this inflammation. Worms will also do the same, particularly the small flat ones in the Rectum, (*Ascarides*), which will sometimes even pass into the Vagina. Great attention must be paid to the diet, which must be light, cooling and laxative. No coffee or alcoholic drinks must be used, no spices, nor unripe fruits.

There is one form of this disease especially to be dreaded. It is usually called *Carbuncle of the Genitals, or Eruption*, and first commences with great heat, redness, and swelling, and terminates in livid colored spots, which soon become small ulcers. If not checked it will rapidly become fatal, from mortification or inflammation of the neighboring parts. The treatment consists in the application of cooling lotions or injections, as before, with washes of camphor, chlorine, and nitrate of silver. The bowels must be opened freely with salts, and other cooling purgatives—nothing irritating must be eaten or drunk—perfect rest must be observed—and leeches may be freely applied, if thought advisable, to the parts.

If neglected, this inflammation may produce deep angry ulcers that will eat into the parts, and even produce fistulas into the Bladder or Rectum. The surgeon is then needed; and, in spite of all his skill,

at this stage he fails often in giving relief. It is therefore especially important to *attend to it in time!* And still more important to observe, in young persons, that attention to cleanliness and regularity of function, which may *prevent* it altogether.

The great number of cases of this kind that come under my care, painfully convince me of the great want of information, on all these important matters, that so universally prevails among females, and which directly leads to so many of their distressing afflictions.

PRURIGO OF THE VULVA, OR ITCHING OF THE EXTERNAL PARTS.

This disease, though not so immediately dangerous as some others, is perhaps the most distressing that can be met with.

It consists in an intolerable and incessant itching of the parts, which nothing seems to allay. Sometimes it is so bad that the female is almost tormented to death; she cannot see company, or walk out, and often shuts herself up alone in her agony. Many have fainted from it, and some have even become delirious. I have seen patients whose hands it was necessary to tie, to prevent them tearing themselves to pieces.

The causes of pruritus appear to be most of those that produce simple inflammation, which it very frequently accompanies or precedes. Pregnant females are very liable to it, and in some it will continue, in spite of all that can be done, till after delivery, when it usually disappears. I have known it produce abortion. Some females always have it at the menstrual period, and others during nursing. Occasionally there is a little eruption attending it.

but not always, though the parts are generally swollen and red. Parasites are sometimes the exciting cause, and should always be destroyed immediately.

The treatment consists in first attending strictly to the diet, which must be light and unirritating, and to the regular action of the bowels and womb; and in using the cooling washes and lotions before mentioned. If the itching still continues, use either of the following washes to the parts:—Sub. carbonate of potash three drachms, water four ounces; put a tea-spoonful of this into a quart of warm water, and use it three times a day.—A tea-spoonful of Eau de Cologne to a pint of warm water.—Sulphate of Zinc, half a tea-spoonful to a quart of warm water. Both these may be used many times in the day.—Borax half an ounce, Sulphate of Morphia six grains; pure water half a pint. This last seldom fails of giving relief. It should be applied three or four times a day, with a piece of soft linen, the parts being first washed with warm soap and water. A tea-spoonful of laudanum will sometimes answer as well as the six grains of Sulphate of Morphia.

Caustic has been employed, and blisters to the inside of the thighs, but such violent remedies are seldom either necessary or serviceable. I have known the parts to be deeply scarified with the lancet, and even burnt with a *red hot iron*, without at all alleviating the pruritus.

In young persons it seems to be often produced by constipation, worms, and gravel; but it most probably depends, essentially, on some impurity, or irritating quality, in the blood, or in the natural secretions of the parts, which should therefore never be allowed to remain long unwashed.

Sitting in cold water, and the application of ice to the parts, has given relief. I have also effected many cures, almost instantaneously, by means of a small *Galvanic plate*, so constructed, as to be worn just within the vulva.

All remedies must of course be applied with caution during pregnancy; and it must be recollected that sometimes the disease *will* continue, more or less, till after delivery, though the distress from it may be much alleviated.

VAGINITIS, OR INFLAMMATION OF THE VAGINA.

This is frequently a mere extension of some of the other inflammations already described, and may be produced by precisely the same causes. It often follows a tedious labor, particularly if instruments have been used, and is frequently produced by *marriage*, especially if that occur at an *improper time*, or if there be any of the malformations, or displacements, described in our second and third chapter. Excesses, of all kinds, are apt to produce it, and the presence of any foreign body, as a Pessary for instance. Also stimulating food, sudden cold, or violence.

The most general symptoms are pain in the groins and over the pubis, a feeling of intense heat, and tightness in the passage, as if it were filled up with something—difficulty in urinating, and pruritus. On endeavoring to touch the Os Tincæ the passage will be found nearly closed, from swelling of its walls, and very tender. In a few days a discharge begins to flow from the vulva, at first like gum water, but gradually becoming thicker, till it is like cream, and often of a green or yellowish color.

In most cases the inflammation passes off in about

ten days, and may leave no ill effects. Sometimes, however, it becomes chronic, and then it terminates in leucorrhœa. And occasionally it produces abscesses, or ulcers, when long neglected, and causes fistulas.

The treatment is precisely the same as that for inflammation of the lips and vulva, excepting that the lotions must be used internally, by means of a female syringe. In young persons just married, all that is required in many cases, is to separate for a short time from their husbands.

If an inflammation of the vagina last too long, the walls will be apt to grow together, and so produce a stricture, or narrowing of the passage, which may be a serious difficulty in child-birth, as well as at other times!—It is therefore advisable to subdue it early.

METRITIS, OR INFLAMMATION OF THE WOMB.

This disease more frequently results from delivery than from any other cause, and appears to accompany puerperal fever, or, as some suppose, is identical with it, at least in some of its forms.

It is found, however, in the unimpregnated state and may result from a variety of causes. The inflammations already described may extend to the Womb, it may be injured by blows, or other violence and irritated by the retention of the menses. During prolapsus it is always being chafed and compressed or exposed to the external air, and may thus become inflamed.

Marriage may produce inflammation of the Womb in some temperaments, and a state of singleness in others. Difficult menstruation, irritating injections, forcing medicines, tight corsets, constipation, stimulating food, pessaries, and solitary vices, may also

be enumerated. Powerful mental emotions, particularly in hysterical persons, are also frequent causes, and highly excited feelings, especially those connected with certain temperaments. When it occurs during pregnancy, it is very apt to lead to abortion.

The inflammation may be seated either in the substance of the Womb, or merely in the mucous membrane, and it may extend through the whole organ, or be confined to particular parts of it.

The symptoms of inflammation in the mucous membrane of the Womb are dull, but constant pain in that part of the organ affected, and in the loins, which gradually extends to the neighboring organs, so that the passage of the urine, or fæces, causes great distress. A sensation of weight is also experienced, which disposes the female continually to bear down, and strain the same as in labor. The abdomen swells, becomes painful, and very tender to the touch, so much so that sometimes the weight of the clothes can scarcely be borne. The patient has chills followed by fever, and suffers from langor and restless anxiety, which in severe cases, may lead to delirium. These symptoms are soon followed by a discharge of mucous, more or less profuse, according to the extent of the inflammation, which may be either thin, like gum water, or of the consistence of cream, and sometimes resembles pus.

This, it must be understood, is a description of the symptoms usually accompanying the disease when it affects the whole or greater part of the Womb.

When it is confined to some particular part, as in the neck for instance, the pain and swelling is chiefly confined to that part, and the general symptoms are more local and less severe.

The treatment usually adopted, is that which ap-

pers most likely to quickly reduce the inflammation. The bowels must be opened freely, perspiration must be induced, and the hands and feet kept warm. Fomentations must be applied to the Abdomen, and diluent drinks freely taken. Hops or poppy heads make an excellent fomentation, and barley, or tamarinds soaked in water, with a little sweet nitre, an excellent diluent drink. A vapor bath will often be very effective in promoting perspiration, and relieving the soreness, and a large meal poultice placed on the Abdomen will frequently allay the pain. Bleeding is generally resorted to somewhat freely, and leeches, or cups, to the inside of the thighs, the Vulva and the Abdomen, but I am inclined to think that the inflammation can usually be subdued by other means. The patient should lie on her back, with the knees raised, and the clothes should be kept from bearing upon her.

A decoction of poppy heads may also be used as an injection, in the Vagina, and, if the pain be very acute, a teaspoonful of laudanum may be added to it. A mustard plaster will frequently alleviate the pain considerably, when applied on the Abdomen, or back, or inside of the thighs. Blisters have been recommended, but they irritate the patient too much, and it is very important to keep her still. She should not be moved, on any account, more than is absolutely necessary. The vapor bath must be given under the bed-clothes, so that no moving, or carrying to it will be required. If the purgative does not operate soon, an enema should be given, as it is particularly important for the bowels to act. The enema may be composed of thin starch and water, warm, with a large spoonful of castor oil.

But little food, of any kind, should be taken till

the inflammation is subdued, and then it should be light, chiefly fluid, and very plain. All stimulants must be carefully avoided, whether solid or fluid. The room must be well ventilated, and the patient kept quiet.

If these means, with such others as the particular circumstances of the case require, be faithfully persisted in, they will, in most cases, subdue the inflammation in a short time; but great care must be taken, and perfect rest observed, till all signs of it are gone, as there is always danger of it increasing again, from slight causes.

When the inflammation is seated in the substance of the womb itself, the symptoms are always more acute, the danger greater, and the result more uncertain. The treatment must be more energetic, and our attention more unremitting.

If the inflammatory action be not subdued very soon, the most serious results are to be feared. The general distress increases, the skin becomes hot and dry, the countenance is anxious, the throat parched and sore, the breathing difficult, sickness sets in, or hiccough, the breasts swell and become tender, and the head throbs and burns till the patient raves in furious delirium. The urine is generally red and hot, and the passing of it, or of the contents of the bowels, makes the sufferer scream with agony. She rolls her eyes, picks at the bed-clothes, grinds her teeth, and draws up the limbs till they press against the Abdomen.

If the pain seems to concentrate at one point, and becomes more pungent, and the patient suffers from night sweats and headache, with inaction of the bowels, it may be suspected that an abscess is forming. This will sometimes break and discharge from the

Vagina, and at other times will form a fistulous opening through the Abdomen, the groin, or at the inside of the thigh. The quantity of pus thus poured out is in some cases enormous; usually the patient sinks immediately after the abscess bursts, but if she can be sustained, the wound may heal after all is evacuated, and a perfect recovery may take place.

The last stages are generally marked by a cessation of heat and pain, by involuntary action of the bowels, coldness of the extremities, convulsions and faintings. If there be gangrene or mortification, a black foetid discharge takes place from the Vagina, and sometimes from the bowels.

When this is seen there is scarcely a hope, and very frequently the disease is thus fatal in two or three days from its commencement, though some will linger two or three weeks.

On examining the Womb in those who have died in this way, it is frequently found to be quite softened, or even converted into a kind of putrescent pulp which almost runs into fluid when pressed upon.

Both forms of inflammation of the Womb are much more dangerous when they occur during child-bed, as all those are aware who have seen the rapid and fatal termination of puerperal or child-bed fever. Most cases of ordinary inflammation, in the non-pregnant state terminate favorably, with proper care, though they may be lingering, and leave much general debility.

The principal danger, after the acute stage is passed, is of the disease becoming chronic, which form, though less severe, and not so imminently dangerous, is still much to be dreaded.

Chronic Metritis, or Inflammation of the Womb, may be produced by the same causes as acute in

inflammation, or may follow from it. There are however, certain circumstances and conditions that dispose to it more than others; as, for instance, a lymphatic temperament, habitual depression of spirits, scrofula, bad air, low damp situations, ill-ventilated houses, a constant use of stimulating food or hot baths, and indulgence of certain feelings. The immediate causes are the same as those already enumerated, and also cold, particularly from sitting on cold damp seats—tight corsets, and habitual constipation.

The symptoms are much the same as those in the acute stage. The inflammation, however, does not extend so much to the neighboring parts, nor does the uterus swell up so suddenly, nor become so excessively tender; sometimes, in fact, it does not swell at all. There is always severe pain in it, however, which is much increased when the female stands long, or walks far, or when she is shaken too much by riding, when the bowels are moved, or the urine passed, and *particularly at certain other times!* There is also great heat and burning, with a sensation of fulness, and weight in the loins or groin. The female becomes irritable, impatient, or sad, or is subject to nervous tremblings.

This disease is frequently mistaken by practitioners for something else. Many look upon it as a purely nervous affection, and go on treating the patient for the mere nervous symptoms, while the real *disease* remains untouched. And many others, who do discover the true disorder, consider it incurable, and either give it up entirely, or merely administer palliatives, to relieve urgent symptoms and satisfy the patient. It is necessary to say however, that it is often impossible to ascertain the truth

from any of the above-named symptoms alone, because they accompany many other complaints; an accurate and careful examination is frequently indispensable.

I once had a lady call upon me who had been suffering for two years from what was called, by some physicians, *Hysteria*, and by others *Dyspepsia*, with Liver complaint. She had almost constant pain in the lower part of the abdomen, which made her dread moving the bowels, for fear of increasing it. The urine was scanty and high colored, the menses irregular, and the bowels mostly constipated. To use her own words, "the whole inside seemed as if it were *burning up*." The limbs were weak, the appetite capricious, and the whole nervous system in a terrible state of derangement. Sometimes she would suddenly go very sallow, with the eyes much congested, and other times she would be very pale, and faint, or sick. From an attentive consideration of the case, I became convinced that none of the previous conjectures about it were correct, but that it was a case of *chronic metritis*. A careful examination with the speculum proved this conviction to be well founded, and I at once began to treat her accordingly.

The first thing attended to was the *diet*, which was directed to be very plain. The quantity of food was rather limited; all spices, coffee, pickles, and warm drinks, were forbidden; meat allowed but once in the day, sparingly, and never smoked or salted. Alcoholic drinks, of all kinds, were strictly prohibited, and in their place was substituted cold lemonade, with a little cream of tartar, barley water, and tamarind tea, or simple cold water.

A cold shower bath was directed to be taken every

morning, immediately on rising, to be followed by a short gentle walk when the weather was favorable. After breakfast she was advised to lie on the sofa for an hour, and after that to take another walk before dinner. The same in the afternoon as in the morning. Several times during the day, but particularly morning and evening, an injection was used of cold thin starch and poppy heads. The thin starch alone was also used daily as an enema, at first, till the bowels began to act regularly from the improved diet, and then it was omitted. During the first week the abdomen was also fomented every night with a strong decoction of hops. *Every kind* of excitement was guarded against, either from reading, company, or *other causes*. The natural warmth of the feet, which she had not felt the whole time, was restored by means of friction and the application of *Galvanism*, and the whole surface of the body, which was habitually chill, was well rubbed every morning till a healthy glow was produced. The only medicine given was a little Cinchona, after the second week.

In three weeks she had sensibly improved, the burning sensation was no longer felt, the soreness and pain was gone, except when she walked a little too far. The appetite became good and steady, and her strength much greater. The nervous symptoms began to amend immediately, the general health was improved, so that she soon became quite cheerful. A steady adherence to this plan of treatment completely cured her in about seven weeks, and she went home with such a knowledge of the disease, and the causes which produced it, that in future she will most likely be able to *prevent* it altogether.

In severe cases it is advised, and may sometimes

be advantageous, to apply leeches to the perineum, or groins, or blisters to the inside of the thighs and abdomen. I am of opinion, however, that a strict perseverance with the milder course I have described, will usually succeed without them.

A teaspoonful of laudanum may sometimes be added to the injection, or fomentation, when the pain is severe, and if it occur in a spasm, like cramp. Galvanism will give immediate relief.

ENGORGEMENT, OR ENLARGEMENT OF THE WOMB.

Cases of chronic enlargement of the Womb, commonly called *engorgement*, are quite common, or rather, they are very frequent. When treating on falling of the Womb, we stated that engorgement was a frequent cause of it, and such is now known to be the fact. In many cases of supposed polypus, or tumor, there is merely a swelling or engorgement of the womb, which has also been mistaken for dropsy.

The causes that lead to this disease appear to be much the same as those that produce inflammation, with which the engorgement is sometimes accompanied, though not always. Whatever has a tendency to excite these organs, or to chill the surface of the body, so as to derange the circulation and produce internal congestion, will be most likely to cause engorgement. Among which may be specially enumerated, sentimental or impassioned reading and conversation, insufficient exercise in the open air, cold, constipation, derangement of the menses, particularly their stoppage, improper diet, and *excesses*, of various kinds.

The symptoms of this disease are often quite obscure at first. Sometimes there is considerable pain, similar to what is experienced in metritis, but at

Other times there is scarcely any pain at all, though there is always more or less uneasiness and feeling of weight. The enlargement of the abdomen may be slight, or it may be very considerable, so as to simulate pregnancy or dropsy.

If the disease continue long, the patient is apt to become hysterical, or suffer from cramps, and creeping of the skin. The stomach will become deranged, and sickness and vomiting may ensue, with very irregular action of the bowels. The breasts will also frequently enlarge and become painful, precisely as in pregnancy, and the patient will be restless and unable to sleep. The menses sometimes stop altogether, for several months, and then a flooding ensues for weeks together; in some cases they never stop for more than a day or two at a time. Very often there is a purulent and foetid discharge from the vagina, almost constantly, as if the Womb were ulcerated or gangrened.

There are two varieties of this disease, different in some of their symptoms, but similar in their effects, and requiring a similar mode of treatment. In the one case there is hardness of the Womb, commonly termed *induration*, as well as swelling, while in the other case it is sometimes even softer than natural.

The general treatment at first should be similar to that for chronic inflammation. After which regular bathing, exercise on horseback, and chafing over the womb with liniments may be added. Dashes of cold water on the lower part of the abdomen are also useful, and cups to the inside of the thighs. If the disease still remain obstinate, a seton or blister may be used on the loins. A new plan of treatment called *firing* has also been found useful. It may be imitated by taking a small flat-faced hammer, and

plunging it for some minutes in boiling water then on taking it out, press it suddenly and firmly on the skin, for a few seconds, heating the instrument afresh for each application. The number of applications may be ten or a dozen, on each side of the back bone, at the small of the back, or in the groins. The pain is by no means so severe as might be expected, if the operation be performed quickly, and it may be done in five minutes. I have known many patients prefer it to either cups or blisters. The effect is often very beneficial.

It should be borne in mind, however, that the mild plan of treatment will usually succeed, though it may take longer time; and this is a disease that requires patience and perseverance, in both patient and physician, to no small extent. Sometimes it is necessary to advise a state of *singleness* for a time, but at other times marriage will be beneficial. This can be decided upon only after a careful consideration of the peculiar circumstances of the case.

One of the chief resorts of the general practice of the day is *copious blood-letting*, in various ways, but particularly by leeches and cups, to the abdomen, perineum, vulva, thighs, and mouth of the womb. This is sometimes continued daily till the patient *faints*. As I have before remarked, however, I think the same effects may be produced by milder means.

If the swelling be not reduced there is danger of a purulent accumulation, and of abscess, or, in case of induration, it will be likely to end in cancer.

During the engorgement there is nearly always either prolapsus of the womb, anteversion or retroversion, the unusual weight causing its displacement.

Hæmorrhage, or bleeding, sometimes accompanies engorgement, but not always. Tubercles, or small ulcers, are also frequently developed in the womb itself, particularly on the neck, and most frequently in those who are badly fed, who live in ill-ventilated houses, and who are scrofulous.

SCIRRHOUS, OR CANCEROUS ENGORGEMENT OF THE WOMB.

It is not my intention to enter into a description of the nature and treatment of cancer of the Womb, for several reasons. It is a disease fortunately but seldom met with, and is in no way different from Cancer in other parts of the body. Besides, so little is known of its nature, and so little is agreed upon respecting its treatment, that any extended account would be merely a record of contradictory opinions, while a meagre one would be utterly useless.

Scirrhus, or Cancer, will, however, produce enlargement or engorgement of the Womb, so similar in some respects to that already described, that it is necessary to distinguish them.

Scirrhus engorgement in the Womb is always very hard, and feels in lumps, or knots; it increases in size very slowly, and when examined by the speculum, the neck appears of a yellowish white color, like ivory. The pain is often darting and very severe, though sometimes there is none at all.

It may be years before this state of things alters, and the Cancer opens into an ulcer, or it may do so very soon. It is also possible, I think beyond doubt, to resolve or remove the Cancerous Tumor by pursuing much the same mode of treatment as we have prescribed for simple engorgement. There is no question but that many cases of undoubted Can-

cerous Tumor in the Womb have been completely cured by such a course. There are cases, however in which the treatment must be modified from numerous causes, and in which the result is always uncertain and much to be feared.

RHEUMATISM OF THE WOMB.

This is a disease about which very little is yet known. There are but few medical works, even the most recent, that contain any allusion to it, and but few medical men who ever treated a case. It is, nevertheless, more common than is suspected, but from its resemblance to other diseases is confounded with them.

Rheumatism may settle in the womb after having existed in other parts of the body, or it may attack the womb first. The same general causes that produce the disease elsewhere will also produce it here, or it may probably be a consequence of other diseases. The symptoms are, for the most part, so precisely similar to those of ordinary inflammation that one cannot be distinguished from the other, and they have therefore usually been confounded together. It is of the greatest consequence, however, to distinguish them, if possible, because the treatment proper for one disease, will be highly injurious for the other. There is no doubt whatever but that many cases of mere Rheumatism have been treated as cases of Metritis, and with *fatal consequences*. Often, on examining the bodies of those who have died from supposed Inflammation of the Womb, *no trace of Inflammation could be found!* The inference is, that no Inflammation existed, but merely Rheumatism, which possibly ended fatally merely through this mistake.

In Rheumatism of the Womb, there is usually more or less cessation of pain at intervals, during which but little soreness is felt on touching. On lifting up the Womb also the pain will often cease entirely, while in Inflammation it is always increased. The peculiar *gnawing, grinding* pain of Rheumatism is also very distinct from that of ordinary Inflammation, and is always recognized by those who have ever felt it before.

This disease is most likely to occur during pregnancy, and is then very apt to lead to abortion. An attack of it during child-birth, will often stop the labor altogether, the woman using every effort to keep still, on account of the agony that any straining produces. The muscular fibres of the Womb are also cramped and stiffened by it, in the same way as the muscles are in other parts of the body.

The treatment of this agonizing disease must be similar to that of Rheumatism in other parts of the body. Brisk purgatives, warm baths, hot fomentations, containing opium and camphor, to the abdomen; anodyne draughts, sweating medicines, and blisters to the loins. In the non-pregnant state, Galvanism will be the best agent, and if there be any derangement of the menses, it must be immediately corrected. When Rheumatism stops suddenly in any other part of the body, it is very apt to fly to the Womb, if that organ be weak, or its functions deranged.

In every case, therefore, where there is a painful affection of the Womb resembling Inflammation, the physician should satisfy himself, as far as he can, that it is not Rheumatism, and should always bear in mind, at least, that it *may* be so, particularly if the patient has had Rheumatism in other parts.

I have no doubts whatever but that many of those cases so often met with, where females suffer excruciating pains in the womb, varying in intensity at different times, and with no apparent inflammation, are really cases of Uterine Rheumatism. I have a case now of this kind; the lady has been suffering for three or four years, at times almost to distraction, without obtaining the slightest relief from any treatment she has received. Some physicians treated her for Uterine Inflammation; others thought a Polypus was forming, and one alarmed her by suggesting a Cancer. On examination I found the Womb very little larger than usual, and not hard, except when drawn up with pain. No pain was experienced on raising up, but, on the contrary, great relief. I became convinced, from these and other symptoms, that it was a case of Uterine Rheumatism, and I have now treated it for some time on that supposition with the happiest results. In fact, she may be considered cured, excepting that there is still a little sensibility just before any sudden change in the weather.

I would particularly recommend both physicians and patients to bear this disease in mind, especially in many of those cases when they are puzzled to tell what is the matter.

LEUCORRHEA, OR FLUOR ALBUS.

This disease, ordinarily termed *the Whites*, is perhaps even more common than Prolapsus Uteri. In large cities particularly, and in certain districts, it is almost universal, occurring in both married and unmarried, young and old, from mere infancy to extreme age. It appears in the form of a discharge from the Vagina, like mucus, or pus, or sometimes

even like green water, or milk, or curds and whey. Its color also varies, being white, yellow, greenish, or reddish brown, and sometimes it is quite colorless. The quantity may be either small so as to merely make a show, or it may be larger, sometimes even to half-a-pint or more in the day.

The discharge itself is very annoying, and causes great distress, but it is also accompanied, in most cases, with more or less constitutional disturbance which may even become serious.

Leucorrhœa often follows from *inflammation* of the mucous membrane of the Vagina and Uterus, but more frequently, perhaps, from tonic debility and weakness. It may therefore be produced by any causes that give rise to inflammatory action, or to general prostration. Among these may be enumerated, deranged menstruation—cold—want of exercise and fresh air—late hours—exciting reading, company, and conversation—depression of spirits—*vicious habits*—too early, or too late, marriage—exciting food and drink—the use of shell fish—stimulating medicines—*excesses*—too much warm bathing—cold, damp, or ill-ventilated houses—thin shoes—the irritation of a pessary, or injury at child-birth, especially by instruments—frequent labors—and insufficient clothing. To these may be added numerous others, and generally all those that debilitate the system. All large cities seem to be so many hot beds to engender this and other female diseases. In them puberty is precociously developed, exciting circumstances abound, and the daily habits of females are calculated to make them weak, and susceptible of cold from the slightest exposure.

In some persons leucorrhœa appears to be constitutional, and probably results from a scrofulous

taint. Particular temperaments are also, apparently more disposed to it than others. Women of a nervous habit—those with light or reddish hair, and thin transparent skins, and those who swell and puff up in the limbs, from slight exertion, are instances.

The intimate connection between the uterine system and the great nervous centres, is also another source of this disease ; and hence it is often produced by sudden fright, continued anxiety, disappointment, grief, and passion. Every other organ in the body is also connected, in the same way, with the Womb, so that their derangement will also cause leucorrhœa. It will also frequently result from the sudden suppression of some other discharge, as diarrhœa, vomiting, profuse perspiration, hæmorrhage, or the secretion of milk. The incautious healing of old ulcers, skin eruptions, setons, or issues, or even the stoppage of a common cold, may also produce the same effect. Sometimes it appears to prevail epidemically, and in some sections of the country almost every female has it. This is mostly in damp low situations. I know some females who always have leucorrhœa in the spring and fall, and others who have it all the winter. I knew one in whom it took place suddenly, from fright, at seeing a child fall out of a window ; and another in whom it occurred after three nights watching with a sick friend. Very often I have seen it follow the stoppage of the menses, though only for a single term, and also from a long continued constipation of the bowels. In short, every thing that deranges, weakens and diseases other parts of the system, will thus disease the Womb, whose mysterious and extensive sympathies connect it with every other organ in the body.

In cases of leucorrhœa it must be first ascertained if there be any exciting cause that produces it, and if so, that must be first removed. Very often the disease depends merely on some other derangement or on the presence of some irritating, foreign body, the removal of which is all that is required. Most usually, however, it is regularly established, so that the inflamed, or debilitated, state of the mucous membrane exists independent of these external causes, and may be either acute or chronic.

Acute leucorrhœa is always attended with more or less of inflammation, and sometimes with slight fever. The discharge, though small and thin, at first, becomes in a short time quite profuse, and highly colored. I have known it in some soak through a dozen napkins in a day. Generally there is pruritus, and similar pains to those felt in metritis, with difficulty in urinating, and burning heat.-- Certain feelings are also apt to acquire undue strength, from the irritation, and hysterical symptoms supervene, with general restlessness and irritability.

This form of leucorrhœa sometimes disappears and returns again, at regular intervals; between the monthly periods for instance. It may, however, continue an indefinite time unchanged, or it may become chronic. It is usually this form that occurs at particular seasons, from violence, strong mental emotion, and sudden cold.

Chronic Leucorrhœa. This does not always follow the acute form, but may arise from independent causes, most frequently from mere debility. Women of a lymphatic temperament are most subject to it, or those most exposed, or those who have been weakened by frequent child bearing, and *other causes!* It also frequently accompanies deranged menstruation.

As a general rule there is no great pain felt in chronic leucorrhœa, nor is there any irritation, but it is nearly always accompanied by distressing weakness and langor. When of long standing, however, the symptoms may become more serious, particularly if the discharge be copious and thick. The female will then complain of a weight, with pain in the back, and in the lower part of the abdomen. The appetite will often become capricious, with sickness at the stomach, palpitation at the heart, headache, giddiness, pain in the breast, and coldness in the feet. The skin feels chilly, and the head hot; the eyes ache and feel too heavy to keep open. The hysterical symptoms become more decided, and sometimes we see the patient cast down with melancholy, while at other times she will have fits of laughing, crying, intense passion, and other uncontrollable emotions.

The external indications of this state of disease are very marked. The face is pale, the eyes dark underneath, the eyelids swollen and heavy, every motion seems a labor, and the general air of sadness indicates the misery under which the poor sufferer contends.

Eventually, if the disease be not checked, the general health suffers still more. The continual discharge causes such weakness that the patient cannot stand, or walk. The skin becomes sallow, the breath foul, the flesh soft and loose, and the limbs swollen as if with dropsy. The stomach becomes acid and full of wind, the bowels tormented with colic pains, but obstinately costive, and the urine becomes small in quantity, high colored, and very thick. Finally, the debility both of body and mind is so great, and the distress so overwhelming,

that the patient sinks in despair, and often prays for death to relieve her misery.

In numerous cases, however, it will continue for years in a comparatively mild form, without ever attaining this extreme stage, though there is always danger of its doing so.

Treatment of Leucorrhea.—It must be carefully borne in mind that the too sudden stoppage of a long established, or very profuse leucorrhea may cause great mischief, particularly if it be accomplished by a mere local application. The mere drying up of the discharge is not a cure, of itself, unless accompanied by an improvement in the general health.

In the acute form the first thing to attend to is the *diet*, the regulation of which alone will often effect a great improvement. Everything heating or stimulating in the food must be carefully avoided, and the drink must be mucilaginous and diluent, like those prescribed for chronic metritis. Injections and enemata must be used also, of the same kind as those recommended in metritis, and the bowels must be kept free. A strong *decoction of poppy-heads, with one ounce of borax to the pint*, is an excellent injection for this complaint, so also is the oak bark, mentioned when treating on falling of the womb. They should be used tepid, and four or five times a day.

Internal medication may be of use, if it can in any way improve the health, or decrease the morbid action. Purgatives have this effect to a certain extent, by exciting the mucous membrane of the intestines, and so relieving that of the vagina or Womb. Many cures have been thus effected by purgatives alone, particularly with rhubarb, which is also a good tonic. Even continued sickness and vomiting will sometimes produce the same effect, and hence

Some physicians have cured their patients by repeated doses of ipecac.

External irritants, as blisters or liniments for instance, to the abdomen, loins and thighs, or mustard poultices, are of great service. Setons, or issues may also be used, and leeches, or cups, with repeated frictions all over the body, to produce proper action in the skin.

All these means, however, are intended for the first period, that is, while inflammation exists, but when that has subsided the course must be varied. The diet may then be more generous, and tonics may be given, such as the aromatic tincture of iron, bitter teas, or even a little good port wine and Peruvian bark. The injections may also be made a little stronger, so as to be more astringent, and some fresh ones may be used, as *alum*, or *sugar of lead*, water, or a solution of sulphate of zinc, or two parts of port wine to one of water. The patient must keep still, in fact she must have *perfect rest*, and must be warmly clothed. If it be the proper season sea bathing will be of great service at this stage, or, in the absence of that, a shower bath every morning, with good rubbing after. Thick shoes must be worn, and plenty of exercise taken in the open air.

The application of *Galvanism*, by means of a large metallic bougie, will often complete a cure sooner than anything else. It seems to impart tone to the membrane, and effects a change, both in the character and the quantity of the discharge, in a very short time. I have used it in some hundred cases, and can safely recommend it, as a means likely to be successful when everything else fails. One of the most remarkable cures of this disease perhaps ever performed, I had the gratification of effecting

by means of Galvanism. The patient had suffered for thirteen years, and was in the worst possible condition; so weak she could scarcely walk, and so dejected that it was difficult to rouse her to the slightest effort. I began by prescribing a generous diet, there being no inflammation, and the frequent use of slightly astringent injections, like those referred to. The body was well rubbed after a shower bath, every morning, and a preparation of *rhubarb and iron* was given internally. This checked the discharge, and improved the general health considerably, in about three weeks. I then began the application of the Galvanism, every day, and continued it for three weeks more, at the end of which time the discharge was *completely stopped*, and the general health so far restored that the patient declared herself *quite well*. She recovered her flesh, the sallowness left her skin, the limbs became strong, and cheerfulness took the place of the melancholy that had formerly overwhelmed her. The change was indeed miraculous, her friends scarcely knew her, nor could she help fearing, to use her own expression, that it was *too good to be true!* I have heard from her repeatedly since, however, and she still retains her health.

Great imposition is practised in the advising of specific internal remedies for this disease. I have known many celebrated practitioners even, completely drench their patients with drugs, under the delusive promise that they would stop the leucorrhœa. Excepting in the way already pointed out, there are but few of them that have even the slightest effect in that way. The only medicines that seem really to act on the mucous membrane of the vagina, in this disease are, some of the balsams, turpentine,

copaiva, cubebs, and tolu, for instance.—One scruple of Sulphate of Iron, and two scruples of Aloes, with as much Venice turpentine as will mix them together, is an excellent preparation; it should be made into twenty pills, and one should be taken three times a day. The common *copaiva capsules* are also very good; two of them may be taken three times a day.

In France and England, they also employ copaiva in the form of injection, or enema, or in what is termed a bougie, or suppository, which is formed by mixing up the balsam with wax, or fat, and a little opium, till it is like dough. It is then moulded into the form of a bougie and introduced into the passage, where it may be worn for half an hour, morning and evening.

In the chronic form of Leucorrhœa there are no inflammatory symptoms to combat, the disease is become constitutional, and cannot be treated successfully by local medication alone. The injections and baths may be used as already directed, and also medicines, but more attention must be paid to that course of treatment called *tonic and alterative*. The strong bitters, such as Cinchona, Gentian and Absynthium, are excellent tonics, and may be taken alternately with the different Preparations of Iron, such as the Muriate, the Aromatic Tincture, or the Compound Mixture, and particularly the *Syrup of Iodine of Iron*, ten drops of which may be taken three times a day. The turpentine and iron pills, previously advised, may also benefit, or the *copaiva capsules* and suppositories.

It will be a great error however, and will lead to much disappointment, if too much dependence be placed on any kind of medication, external or inter-

nal. It is nothing more than an *assistant* agent at best. The chief good must result from that change in the air, diet, habits, and general regimen, which effects a modification, or alteration, in the action of the system. There are many medicines that are capable of driving back the disease, or rather preventing it from showing itself for a time, but this is not *curing* it. The tendency still remains, and on suspending the medicine the disease again appears. *Galvanism* may be used, with more prospect of good than from any medicine, if conjoined with the plan of treatment laid down.

Leucorrhœa is, however, in most cases, so complicated with other affections, either as cause or effect, that we can scarcely approach to any general plan of treatment. The kind of medicine, and the quantity of it; the particular diet and regimen; and the mode of applying the Galvanism, must all be varied in almost every case. By pursuing a certain course with one patient, merely because it was successful with another, we may make matters *worse*, instead of effecting another cure. There are few diseases, in fact, so difficult to treat as this, or that so frequently defy all treatment. A very old practitioner once remarked to me, that he would *rather undertake to cure cancer, or consumption, than Leucorrhœa*; and he certainly had good reason for making the remark. At the present time, however, a little more success may be reasonably expected, because the causes that produce it are better understood. But the greatest curative agent in this, as in many other affections, is, undoubtedly, *the Galvanism*! I am now using it daily, in numerous cases, and in many different modes, but nearly always with great advantage to the patient.

It should always be borne carefully in mind, that a mere discharge from the Vagina does not constitute a Leucorrhœa, nor always indicate one. The discharge may arise from other diseases, particularly from an ulcer, abscess, or cancer in the Womb. This must, of course, be ascertained if possible. It is not always easy to do so, however, and hence arises a great deal of uncertainty. *The character of the discharge itself* is the only sure indication of the place it comes from; that poured out by the Vagina having *different chemical properties* from that which escapes from the Womb! The pus from an abscess, and the discharge from an ulcer, are also very different, in many respects, from the secretion of a diseased mucous surface.

It is, perhaps, advisable to remark here, that the Leucorrhœal matter is sometimes *infectious*, and may produce effects usually thought to arise from *other diseases* only! Ignorance of this fact I have often known to produce unpleasant moral consequences, and great distress of mind.

POLYPUS OF THE WOMB.

This disease consists in the growth of a foreign body in the Womb, called a *Polypus* or *tumor*. It is a somewhat prevalent affection, and a very serious one too. Our notice of it, however, will be brief, on account of the obscurity that hangs over the whole subject.

Uterine Polypii are found to vary in size from a small nut to a man's head, and in weight from half an ounce, or less, up to twenty or thirty pounds. Their color is sometimes whitish, at others red, and at others again it is brown, or even black. Sometimes they are quite soft, or spongy, and at others

hard, like gristle. Generally they are solid, but sometimes we find them hollow.

The symptoms attending a Polypus are almost all those of every other disease, so that there is scarcely a single affection of the Womb but it has been mistaken for. It is particularly liable to be confounded with the different uterine displacements, as already stated, and with inflammation of the Womb, dropsy, or pregnancy.

The dangers from Polypii are numerous. In the non-pregnant state they give rise to profuse floodings and other discharges, which often reduce the system to a state of complete prostration, besides deranging the functions of nearly all the other organs. The probability is also that they will terminate in gangrene or cancer. In the pregnant state, in addition to all these evils, they are apt to produce abortion, or to seriously impede the progress of delivery. In short, there are few diseases of the Womb more serious, and in every case where there is the slightest ground for suspicion, the most careful scrutiny should be instituted, in order to ascertain whether it exists or not.

This is also particularly desirable when it is borne in mind that the fallen, or inverted womb, is often mistaken for a tumor, to the great peril of the patient.

The causes that produce these tumors are but little known. Probably all those that lead to inflammation of the Womb might be enumerated, including a peculiar lymphatic temperament, or scrofulous taint. There is good reason to believe, also, that those condemned to sedentary occupations, like our unfortunate dressmakers and others, are more liable to them. They also appear to be more prevalent at certain periods of life—between thirty

and forty-five years of age for instance. In ~~very~~ old, or very young persons, they are seldom met with, though occasional cases have been observed at sixty years, and others at fifteen, or even younger.

It is supposed that, in every case, there is some immediate cause which first starts the unnatural growth, such as a bruise, or an injury at child-birth, either from the hand, or instrument, or from tearing away the placenta. Injuries occurring *at marriage* may also lead to the same result, and so may the wearing of a pessary, or *certain excesses*. The mode in which these causes act has been compared to that of the puncture of an oak tree, by the insect called the *Cynips Gallæ*. Immediately after this little fly has punctured the bark, and deposited its egg, a swelling begins, which gradually increases, like the tumor in the Womb, and eventually forms what is called a *gall nut*.

The situation of the tumor may be either at the neck of the Womb, so as to protrude into the Vagina, or it may be completely enclosed in the uterine cavity, and is then very difficult to discover. Sometimes it will form in the Vagina itself. The hollow polypi spoken of have been mistaken for the Womb itself, and many practitioners, on cutting one out, have been needlessly alarmed from the supposition that they had removed that organ itself. The most serious mistake however, is that of taking the Womb for a tumor, and operating upon it as such, which has been done more than once.

The length of time a tumor may be in growing, or before it compromises the health of the subject, is very uncertain. It may remain quite small for many years, or may never increase, and sometimes, though very rarely, it will disappear. At other

sometimes its growth will be alarmingly rapid, and a fatal result may occur immediately after its discovery. There is never security while one remains, no matter how indolent it may appear, as a slight cause may make it immediately active. I recollect a case of a lady who suffered many years, and eventually died from a disease which none of her physicians could make out. She was wasted by a continual discharge, sometimes bloody, and sometimes like pus from an Abscess. Severe pains darted through the abdomen, loins, and groins. The Womb was excessively tender, and swollen, and the limbs so weak that she could scarcely stand. The whole system seemed to sympathize, and became completely prostrated; the slightest motion of the intestines, or bladder, caused an increase of suffering, amounting sometimes to complete agony. At last all action seemed to cease as if from a blow—she fainted while attempting to urinate, and never recovered. On examination after death, an enormous tumor, or polypus, was found inside the Womb, which had begun to gangrene, and which caused such pressure on the Intestines and Bladder that the wonder was how they had performed their functions so long. The weight of this tumor was about nine pounds, and its size that of a large cocoa nut. From her own account it had been nearly seven years in growing, and came first from the use of instruments in a difficult labor. Like most other polypi it was connected with the Womb by a small pedicle, or neck, not larger than the little finger.

Females have married, conceived, and been safely delivered, with a polypus in the Womb; but no one should ever expect to do so, the probability being very much against such a happy result.

Treatment of Polypus Uteri.—This is of two kinds, medical and surgical. The medical treatment consists in supporting the strength of the patient—in checking the discharge by means of rest and injections—and in trying to bring about the absorption of the tumor, which is sometimes effected by a proper attention to diet, conjoined with the administration of *Iodine*. It is necessary to say, however, that there have been but *very few* cases where this plan has succeeded, and it can never be depended upon. Sometimes, but still more rarely, the tumor is expelled by the natural efforts of the Womb, precisely as the child is in labor. Medical men have often been deceived in such cases, and have not found out their error till the woman, whom they thought pregnant, has brought forth a tumor, instead of a foetus. I knew one case where a lady was relieved of one that had troubled her many years, through slipping on the stairs. She felt something escape, and on looking found the tumor, about as large as an egg, on the floor. It had been connected with the Womb only by a small stem, or pedicle, not thicker than a quill, which was broken. The smallness of this neck had probably prevented its growing so fast, and allowed it to escape by readily breaking with the shock.

Galvanism has been tried, and I can say, *from experience*, with *success*. In some cases it will cause an absorption of the tumor, and in others it will bring on uterine contractions and so lead to its expulsion. It is true we can seldom tell beforehand, whether the tumor is one of that kind likely to be benefited by this agent, but still it should *always be used* before resorting to any operation, because it can do no harm, and has, undoubtedly, often succeeded. In a short

time I hope to state something more definite on this subject, as I have several cases under treatment, by Galvanism, at the present time.

The surgical treatment of Polypus consists of five different operations, each of which is resorted to according to circumstances, or the predilections of the operator. First, *Cauterization*, or burning it off, either by hot irons or by caustic substances. A plan that can seldom be adopted at all, and is not likely to be very successful when it can. It is scarcely ever resorted to now. Secondly, *Avulsion*, or *torsion*, or the *twisting* and tearing them off, by means of instruments. This plan is very generally adopted, particularly with certain kinds. The small neck, which these tumors often have, makes such a process comparatively easy, and the twisting of the vessels prevents any great loss of blood. The pain is seldom very great. Thirdly, The *Crushing* process, which is also very often used. It consists in crushing, or breaking the tumor, either with the fingers, or with proper instruments. This seldom produces much pain, as the tumor is not usually endowed with much vitality. Fourthly, The *Ligature*. This consists in tying a ligature, or cord, round the neck of the Polypus, and tightening it each day, till the neck is eaten through. This has sometimes succeeded, though it has often to be abandoned, on account of the inflammation it gives rise to. In many cases, also, it is not possible to affix the cord round the neck, though here are many ingenious instruments contrived for the purpose. This mode, when available, has some advantages; there is no cutting to alarm the patient, and no bleeding; the tumor being gradually severed from the womb by the destruction of its connecting link. Besides the

danger of inflammation however, already referred to, it is annoying to the patient to have it examined, and the cord tightened, every day. Fifthly, *Excision*, or cutting it away with a knife. This mode of operating, though apparently the most serious, is in reality, in most cases, the most simple and the least dangerous. The neck, it must be recollected is generally small, so that no great hæmorrhage occurs, which is the chief thing to be dreaded, and inflammation is not nearly so likely to arise as from any of the other modes. Excision is, therefore, generally practised, when circumstances will allow. I recollect one case where the tumor was so large that when the neck was cut through it could not be passed through the Vagina till it was cut into four pieces.

After the operation, by either method, care must be taken to heal the wounded surface, and to keep down all inflammation.

When the tumor is located in the Vagina, or on the external parts, as it sometimes is, the removal is, of course, more easily effected. Great care must be taken, however, that the supposed tumor is *not* the prolapsed bladder, intestine, or Womb.

HYDROMETRA, OR DROPSY OF THE WOMB.

This disease is very rare, and I refer to it chiefly because it is likely to be confounded, when it does occur, with polypus or tumor.

Hydrometra consists in the accumulation of a fluid substance either in the walls of the Womb, or in its cavity, constituting a real dropsy. So few cases have been seen that the causes of it cannot well be traced. Most likely it is produced chiefly by ~~the~~

anged menstruation, or by any of the causes of ordinary inflammation.

Instances are on record where the Womb has been distended, by water within it, till as large as at the full period of pregnancy. Indeed one surgeon records a case where *eighty-five pounds* of fluid was evacuated from the Womb, and another informs us that he found the organ, after death, large enough to contain a child *ten years of age!*

The symptoms are similar to those of polypus, with the addition of fluctuation, or motion, like that of ordinary dropsy.

This is more a disease of the married than of the single state, and is not nearly so dangerous as many others we have treated upon.

The treatment varies with the urgency of the case. Sometimes a little emmenagogue, or forcing medicine, will expel the fluid, and a course of tonic medication afterwards will prevent its return. It may be necessary in some cases to open the mouth of the womb and remove any obstructions, or puncture any membrane that may prevent the escape of the fluid. Cases have been known even where the Womb was opened externally, the same as when we *tap* for ordinary dropsy of the abdomen. In one instance, *fifty-three pounds* of bloody fluid escaped, and though the patient was fifty years of age she perfectly recovered.

Care must be taken here that *pregnancy* be not mistaken for a Uterine Dropsy, an error not impossible to be fallen into.

One form of Hydrometra occurs during pregnancy, and consists simply in a greater accumulation than usual of the amniotic liquor. It is seldom dangerous, but by concealing the motions of the child it may make the pregnancy obscure.

In concluding our remarks on Hydrometra, it is perhaps advisable to say a few words on another disease, supposed by some to exist, called *Physometra*, or wind in the Womb! Many curious accounts are given by old authors of this affection, but they are generally looked upon as fabulous. Thus, one tells us of a woman who had been long sick, with symptoms similar to those of Hydrometra, from whose Womb there escaped a kind of bag or bladder, full of wind or gas, which *bounded on the floor!* Many other accounts equally curious, and equally incredible, might be given, but it is sufficient to say, that the structure and conditions of the parts makes any such æriform collections impossible. Immediately after child-birth, it is true, owing to the alternate expansion and contraction of the Womb, air may be sucked up and expelled again; and gas may be generated from the decay of a portion of the placenta, if it be too long retained, but these accidental accumulations are not the result of disease.

I have known some females much alarmed by the escape of air from the Vagina, from its being so unusual, but it is in reality a very simple affair, and of no consequence whatever. This subject, in fact, has only been alluded to from our desire to leave nothing unexplained, and to quiet unfounded apprehension.

HYDATIDS OF THE WOMB.

This is a name given to a peculiar kind of growth occasionally formed in the Womb, the nature of which is not very well understood.

Some Hydatids are merely cells or bladders growing together like a bunch of grapes, and filled with a white or yellowish colored fluid. Others are longer somewhat like a bean, each one distinct by itself,

and furnished with a kind of claw by which it is attached. Others again are egg-shaped, and occasionally they are of no particular form.

It is generally considered that the single Hydatids, with the claw, are living beings, like worms in the intestines; but the nature of the others is not agreed upon, though many authors contend for the independent vitality of them all. It is certain that many of them, when expelled from the Womb or Vagina, will move in warm water, and apparently live for some time after, but others again shrivel up immediately they are separated from the body.

The causes that give rise to these morbid growths are very obscure; probably we might enumerate most of those that have a tendency to irritate, excite, and disease the Uterine organs.

The symptoms of Hydatids also are not at all distinctive. Most usually they are taken for those of pregnancy, hydrometra or metritis. The enlargement of the abdomen which they cause will sometimes be as great as that at the full period of gestation, or even greater, but does not take place so rapidly, and is unaccompanied by any movements like those of the child. The breasts will swell, however, and the menses usually stop, which makes the female think she is certainly pregnant, particularly when she becomes sick at the stomach, and nervous, as is usually the case.

These symptoms may continue for a long time and may even remit with periods of perfect ease, till at last the Hydatids are suddenly discharged. Their expulsion being often preceded and accompanied by pains and floodings, so similar to those of child-birth, that the woman cannot be persuaded she is not really a mother, till the morbid mass is shown to her.

Sometimes the whole mass will come away at once like a large bunch of grapes, and at others, portions will come at intervals. When all the Hydatids are removed she usually recovers her health, and may suffer no after inconvenience; the disease being seldom serious in its results.

Some kinds of Hydatids are found to exist in the unmarried state, but most usually they are found in the married, and are supposed, in most cases, to be in some way connected with an imperfect conception. Frequently they are formed along with a blighted foetus, and very often the duration of their development, and the period of their expulsion, occupies a definite time, like a real conception. In general, they are expelled about the seventh month; but sometimes they remain till the twelfth or fourteenth. The expulsion is usually followed by a lochial discharge, swelling of the breasts or even milk fever, the same as a real birth.

When the Hydatids are retained too long, severe symptoms may arise, such as flooding, swelling of the limbs and face, with general emaciation, and fainting fits, that may even terminate fatally; but this is seldom the case.

No precise directions can be given as to the treatment of these cases, because we never can be sure that Hydatids exist, till we see them expelled. The same general treatment recommended for metritis, may be adopted to relieve urgent symptoms, and means may be taken to bring on the expulsion if we are satisfied that the Hydatids exist; but it must always be recollected that there *may* be a *real pregnancy*, so that no such means should be resorted to unless there is an *absolute certainty* as to their existence.

I once saw a case of a lady who had been supposed pregnant, and who was actually attended for labor, from whose womb was expelled a small pailful of Hydatids, after which she perfectly recovered.

The single Hydatid, with claws, may exist either in the Womb, or in the Vagina, even near to the external lips. Their origin is enveloped in complete mystery.

Dr. Ryan gives us the following account of Hydatid Tumors in his Gynæco-Pathology :—

“ Another kind of tumor which frequently attacks the Womb, is the *Hydatid*. It is generally observed, in consequence of destruction of the foetus, in the early months, retention of some part of the placenta after delivery, or abortion. There are no diagnostic symptoms, and consequently the disease is often mistaken for pregnancy, or various other morbid affections, already described. The size of the Womb does not correspond with the supposed period of pregnancy, and there is no motion, or quickening perceived. In some cases, the health does not suffer. I have known a case of Hydatids continue for fourteen years, and during the greater part of the time, there was no derangement of health. This case was mistaken for pregnancy, by several medical men, during the period ; indeed, one of them sat up four nights, expecting delivery, the uterine pains were so severe ; and yet there was no pregnancy, and of course no delivery took place. This woman in eight years afterwards, was attacked with uterine pains, fully as severe as those of labor, and expelled a number of Hydatids, with a large quantity of water ; she discharged some pints, mixed with purulent matter. When the orifice of the organ is en

larged, and the tumor extensive, the hand may be introduced into the womb, to expedite the process of expulsion, and to excite the contractions of the womb; but this should only be resorted to in case of hæmorrhage, or when some violent symptoms be come urgent.

“ There is generally pain, fever, and constitutional disturbance during, or after the expulsion of the Hydatids; in the case that I have just described, the most violent symptoms of peritonitis set in, and nearly destroyed the patient. In such disease, the usual remedies are to be employed. The expulsion of Hydatids has been mistaken for abortion, even by the justly celebrated Dr. Cullen. Dr. Hamilton stated in his Lectures, that one of his father's patients being ill, Dr. C. was called in his absence, and declared the lady had miscarried. This opinion was the innocent cause of destroying domestic happiness in that family ever afterwards, as she and her husband had lived separately for two years. On Dr. Alexander Hamilton's return, he declared the bodies expelled were Hydatids, and that there was no abortion; but the parties were never after happy. Dr. Hamilton also mentioned, that a Dumfries practitioner wrote to him concerning a wonderful case, where a female who had aborted, expelled seventeen ova; of course these were Hydatids. Hydatids vary from the size of a pea to that of an ox's bladder; they are small oval bodies, composed of a membrane, which surrounds a quantity of fluid, and have a strong resemblance to the ovum in the early months of gestation. Sometimes there is but one Hydatid; at other times there will be several, and various sizes; they may be attached to each other, like bunches of grapes, or included one within the other.

There is a living animal, floating in the centre of each Hydatid. Though the abdomen may be swelled as large as in the last months of pregnancy, yet there will be no motion felt; the breasts will be flaccid, and no child can be discovered. There may be some slight pain; but there will be indistinct fluctuation in most cases. We can distinguish this complaint from ovarian Dropsy; the swelling being in the Womb in the one, and in one side in the other.

“The duration of the complaint varies very considerably. I have observed the disease continue for fourteen years; I have seen it so early as the tenth year. There is often a copious discharge of water from the Vagina when a Hydatid bursts, and the tumor of the abdomen will become suddenly diminished. Dr. John Clarke knew a lady to whom this happened, while sitting in an eating house, and she literally deluged the floor. The disease usually terminates in this way, after any sudden or violent exertion. It has been attempted to remove the fluid through the orifice of the Womb, but that is a very doubtful operation; because, if there be more than one Hydatid, the sac of one may be evacuated, but that of every one else left untouched. Sometimes the bag or sac comes away, and without much pain. Hildanus mentions the case of a woman who supposed herself pregnant; but, *dum noctu marito reconvalesceret*, a sudden inundation swept away all her hopes. I have seen a female, aged thirty, who, during menstruation, expelled a number of small white worms, resembling white silk, cut short, and these were from Hydatids; the expulsion of them was always accompanied by a discharge of water, and not from the bladder. There is a similar case recorded by a Mr Wellson, in one of the early numbers of

the Edinburgh Medical Commentaries, vol. iii. p. 39
This disease is often combined with pregnancy, or with a mole, and rarely appears alone. Dr. Menro secundus proposed the injection of some bitter infusion into the uterus, as recommended by Cockson; which now can be accomplished by means of the patent syringe. When expulsion is likely to be effected and uterine contraction or pain present, some think the ergot of rye might be used with great advantage, by increasing uterine contraction; and more probably expelling the whole of the Hydatids from the Womb. I have been told of a case where the obstetrician introduced his hand, and brought away a basin-full of these substances. Very early in my practice, I was requested to tap a girl ten years old, who had ascites, evident fluctuation, tense abdomen, on the parietes of which numerous veins were evident. To my great astonishment, no more than six ounces of fluid escaped, though the canula was clear, and the fluctuation most evident; this was decidedly a case of ovarian or sacculated Dropsy, or perhaps Hydatids. When we bear in mind that Hydatids or Vesicles, formed of a thin membranous coat, filled with serum; sometimes cemented together in the form of a great bunch, and hanging by one or more pedicles; sometimes distributed into separate divisions, fixed by different pedicles, which may be filled with limpid, turbid, or purulent fluid, we can readily conceive how the perforation of one of these, which may vary from the size of a millet seed to that of an inflated ox's bladder, may be followed by a considerable discharge, and yet that the abdominal tumor will not be much diminished, and fluctuation will remain very evident. This disease was described by *Ætius*."

Restoring the healthy state of the Womb, and cleansing the passages regularly with injections, usually prevents any further increase of these morbid growths.

CALCULUS, OR STONE IN THE WOMB AND VAGINA.

Very few people have ever heard of such a disease as this, and I have no doubt but the mention of it will excite considerable surprise. In looking through medical books and periodicals, however, many cases of it may be found narrated, and I have certainly seen two myself.

The body called *the stone* is sometimes hard and brittle, exactly like a stone from the bladder, with which it might readily be confounded; at other times it is softer, like bone or chalk. The *origin* of these bodies in so strange a situation, is a matter of dispute; some of those in the Vagina may be formed from the urine passing in, but those in the Womb are most probably derived from a crystallizing of the saline matters which naturally exist in the secretions of the parts, or from their incrustation round a Tumor or Hydatid. In cases of extra uterine pregnancy also, small pieces of bone may pass down the Fallopian Tube, and form a nucleus. So may forgotten Pessaries or other foreign bodies which are often introduced into the Vagina, for various purposes.

These Calculi may exist during the whole of a person's life without causing any great inconvenience. They have frequently been found in the Womb, or imbedded in its walls, in making dissections. In some cases, however, they produce the most violent inflammation, and all the symptoms that usually accompany Polypus, or even Abscess, or Mortification.

If we are satisfied that one exists, by feeling it

with a sound, it must be grasped with a pair of proper forceps, and so removed. • It may even be necessary, if it be large, either to cut the Os Tincæ, to allow of its passage, or to break the stone itself into small pieces. The occasional necessity for these operations will be evident, when we reflect that Uterine Calculi have been found from the size of a pea to that of a child's head, and weighing from a few grains up to *four or five pounds*. One surgeon gives us an instance where he removed *forty-two* small stones from the Womb.

The natural power of the Uterus itself will frequently expel these unnatural substances, and, when we are satisfied they exist, we may, if they are not too large, advantageously assist its contractile tendency.

In one of the cases which I saw, the stone was expelled along with the menses, and caused a sensation like the passage of a large clot. It was about as large as a pea, and brittle as glass. The symptoms arising from it had been very slight, but sufficient to indicate that some foreign body was in the Womb, which was supposed to be a small tumor.

INFLAMMATION OF THE OVARIES AND FALLOPIAN TUBES.

All the Uterine appendages are liable to inflammation, the same as that organ itself, and in many cases it is extremely difficult to tell in what part the diseased action really exists, till the discharge of the morbid matter occurs.

The causes that lead to inflammation of the Ovaries and Tubes are, probably, the same as those that produce metritis. It appears, however, from observation, that deranged menstruation, or *excessive*

excitement, is more apt to inflame the Ovary than the Womb. And so are long-continued attacks of hysteria, and the use of forcing medicines, or those intended to produce certain feelings. The important part which the Ovaries fulfil, in the secretion of the menses, and in the process of conception, keeps them constantly active, and therefore peculiarly liable to these causes of disturbance. Inflammation of the Ovaries, called *Ovaritis*, is also more likely to attack those persons of *certain temperaments*, unless they exercise great control.

The symptoms of *Ovaritis* are, burning pain in the groin, which darts all over the abdomen, down the thighs, and into the loins; a difficulty in passing the urine, or moving the bowels, sickness, fever, thirst, general depression and restlessness, with lassitude and weakness of the limbs. A small round swelling appears in the groin, or in *each* groin if both Ovaries are inflamed, and gradually extends over the whole abdomen, which becomes hot and tender to the touch, and eventually so sensitive that the slightest pressure upon it will cause sympathetic spasms, and convulsions, of the lower limbs. These symptoms of course vary according to the intensity of the attack, and the extent of the inflammation, which may either be confined to the Ovary, or Tube, or extend to the Uterus, or other parts.

Inflammation of the Fallopian Tubes is characterized by almost precisely similar symptoms, so that we cannot distinguish it from *Ovaritis*; this, however, is of little consequence, as nearly the same treatment is indicated for both.

An *Ovaritis* may subside, like any other inflammation, and either disappear altogether, in about eight or ten days, or pass into the chronic form.

When it continues the result is similar to that of metritis; Suppuration ensues, and an abscess forms, usually about the twelfth or fourteenth day. This is indicated by chills and fevers, languid circulation and acute throbbing pain in the tumor. The pus eventually makes an opening and is discharged, either through the walls of the Abdomen, or into the Rectum, Bladder, or Peritoneal cavity, or down the Tubes into the Womb and Vagina. After this discharge the patient may recover. Very frequently, however, the termination is lamentably different; symptoms set in precisely like those of puerperal fever; the whole of the organs in the Pelvis and Abdomen become intensely inflamed, their functions cease, fever and delirium supervene, and a fatal issue soon occurs.

When it passes into the chronic form the symptoms gradually subside, though they remain always subject to sudden increase, from slight causes, and the swelling may eventually disappear. More frequently, however, it becomes permanently hardened, or gangrened, or cancerous. It is seldom that any of these diseased states are cured. They may remain, however, for years before they wear the sufferer out, though sometimes they cause death very suddenly.

The treatment of Ovaritis, in the acute stage, is similar to that of Metritis. A cooling unstimulating diet—diluent and acidulated drinks—poultices and leeches to the swelling—warm baths, and injections of poppy heads, or starch and laudanum—purgatives—and absolute rest. Plentiful bleeding is almost invariably resorted to, and, if the inflammation cannot be made to subside by other means, it may be advisable, but should be avoided if possible.

If in spite of all these means an Abscess forms, it must be opened, when ripe, at the safest and most convenient point, and when all is discharged the wound must be encouraged to heal. If gangrene, or cancer, arise, the treatment will of course be the same as for those diseases when in other parts.

When Ovaritis becomes chronic, we must endeavor to draw off the inflammation, by making increased action elsewhere; this is called the *revulsive* treatment. For this purpose we may employ blisters, or setons, or stimulating frictions, to the groins, loins, and inside of the thighs. The ointment of *Hydriodate of Potash* is excellent to rub over the Ovary. Injections of laudanum and starch will also assist, and occasional enemas, of starch alone. The bowels must be kept free, and the diet rigidly attended to. *Perfect rest* must be observed in *every thing*. In conjunction with these means, we may advantageously employ alterative medicines, mineral waters, particularly those containing Iodine, and sea bathing. Warm clothing must be worn, and care taken against catching cold. The result of this treatment, if it be rigidly persisted in, is a *perfect cure*, in many cases, but the duration of the disease is always uncertain.

The operation of *cutting out* the diseased Ovary has frequently been performed, but is now pretty generally condemned by the most eminent surgeons. It is found by statistics that nearly *one half* of those operated upon die of the operation; and of those who recover, it is questionable whether life is prolonged much, if any, beyond what it would have been without it! The operation is, in short, a fearful one, uncertain as to the slightest good, and frequently attended by accidents of the most unlooked

for and fearful character. The patient's chance is in my opinion, better without it than with it.

It is perhaps advisable to remark, in conclusion, that in some forms of Ovarian inflammation, the patient is subject to an intense degree of *excitement*, which sets all self-control at defiance, and leads to moral consequences that would never have been dreamt of in a state of health. As I have already remarked, *moral evils* more frequently arise from *physical diseases* than many persons suspect.

DROPSY OF THE OVARIES AND FALLOPIAN TUBES.

This disease exhibits itself in the form of an accumulation of fluid in one, or both of the Ovaries, or Tubes. It is sometimes contained in one vesicle, or bag, and sometimes in several, either associated together, or each one distinct by itself. This fluid, or water as it is termed, is sometimes clear and colorless, and at other times thick and slimy, and occasionally it is reddish, or like coffee grounds. The quantity may vary from half a pint, or less, to *five or six gallons*, or more. It may be secreted in large quantities in a very short time, or years may elapse before sufficient is accumulated to occasion inconvenience. The Dropsy may also be attended by considerable constitutional derangement, or the patient may not be at all incommoded, except by the size of the tumor. I knew one case where the patient had been so swelled, for nearly *twelve years*, that she could scarcely force herself through an ordinary door-way, and yet enjoyed tolerable health all the time. The causes of this disease are not very well understood, though it is generally supposed to result from previous inflammation. There is little doubt, however, but that it may arise inde-

pendently, from the same causes that produce Ovaritis, and from various injuries.

The earliest symptoms of Ovarian Dropsy are also very obscure. In general there is neither pain nor inconvenience, of any note, and what is experienced is very apt to be taken for the results of pregnancy, particularly as there is usually a similar swelling of the abdomen and breasts, suppression of the menses, sickness, and capricious appetite. Both patient and physician are often deceived by these signs. The gradual increase of the tumor in the groin, however, after the usual period of gestation is passed, and the occurrence of a deep-seated permanent pain in the same part, soon create suspicion of the truth. This tumor is in most cases moveable, but not always, and may be years before its size is noticeable. Sometimes it feels in lumps, and is painful, at others it is perfectly smooth, and may be pressed without producing any suffering. Generally it projects more on the one side than the other, and falls over when the female lies on the opposite side, but when both ovaries are effected, both sides appear the same. It never however projects at front, like a pregnancy, or like the engorged Womb. As already remarked an Ovarian Dropsy may not seriously compromise the health, at least not for a long time, but, as a general rule, there is more or less trouble occasioned by it. The enlarged tumor, for instance, sometimes presses on the intestines, bladder, and stomach, and impedes their functions, producing costiveness, difficulty in urinating, and sickness. It is also liable to displace the Womb, and produce ante-version, or retroversion, or prolapsus. The patient also feels a severe pulling and dragging, when she stands or when she lies on her side, and sometimes suffers

from difficulty of breathing, owing to pressure on the diaphragm. Various other symptoms, also, too numerous to mention, are met with in different cases.

Some authors consider this disease as always the result of a cancerous condition of the ovary, and if it be so, it is probably the most favorable form in which the cancer could exhibit itself. Both the mode, and the time of its termination, are so uncertain that little can be said about them. Patients have lived to be sixty or seventy years of age, who have had Dropsy of the Ovary most of their lives. Sometimes the cyst, or bag, will burst, and the fluid will then either be absorbed, or escape through some of the passages, or perhaps produce peritonial inflammation. The pressure on the different organs may also lead to various kinds of inflammation, and a fatal result may thus be brought about. General dropsy is also likely to be produced, and various forms of cancer, or gangrene. In short, though some escape death, and even severe suffering, for many years, the disease has nearly always a fatal termination, sooner or later. Those who are cured, either spontaneously or by medical treatment, are extremely fortunate, and considering how prevalent the disease is, their number is fearfully small.

Medical men are but little agreed as to the best treatment in Ovarian Dropsy; each one usually adopting a plan of his own, and for the most part merely as an experiment. Almost every drug in the pharmacœpia has been used—all kinds of baths, blisters, pressure, firing, puncture—and a host of other means, all of which have been adopted, praised, condemned, and abandoned, in their turn. It is probable that each of these plans may be useful

under certain circumstances, and that no general treatment can be advised that will suit all cases, excepting such as improves the health, and removes any irritating causes that may exist.

As a last resort, when medical treatment fails, either of two operations may be performed: that of *tapping*, or *cutting out the ovary*, and, unfortunately, the success hitherto attending both of them has been so small that neither seems to be justified by the result.

The operation of tapping is, in fact, scarcely considered as a means of cure, but merely as a means of relieving the patient for a time, when the accumulation of fluid has become very great. In many cases the tapping is followed by immediate death, and in many others it undoubtedly shortens life, though it may occasionally prolong it. In the "Philosophical Transactions" is an account of a case of dropsy where the woman was tapped *one hundred and fifty-five times*, and as much as *five thousand seven hundred and twenty pints* of fluid drawn off! It is supposed that life was thus prolonged several years. Many other such cases are on record.

Sometimes, after the fluid is evacuated, an astringent injection is thrown in, to stop any further secretion, and in some cases, it is stated, successfully, though in others with the most alarming results. There are many circumstances, in short, that make the operation altogether inadmissible, and many of them cannot be foreseen till it is too late.

The removal of the ovary is, probably, a still more objectionable experiment. The results of it, for simple induration, have been alluded to in the last article, and it is sufficient to say that it is no more successful for this disease than the other. A few are

cured by it, and many die from it. On the whole, the opinion of that celebrated surgeon, John Hunter, is probably near the truth, that *patients would probably live longer if they were not meddled with.*

Dropsy of the Fallopian Tubes apparently results from the same causes as Dropsy of the Ovary, and can seldom be distinguished from it. The same remarks, however, as to treatment, apply to both.

Besides these accumulations of fluid however, the ovaries frequently contain hydatids, and various other substances. Collections of hair, bones, and even *teeth*, are recorded as having been found in these tumors. The origin of these anomalous bodies in so singular a situation, is a matter of dispute. There is no doubt but that they often result from an imperfect conception, but not always, as they have been found in the virgin state, and, in different situations, even in the *male body*. It would seem as if there was a *formative power* inherent in the living body, which, though nearly always exhibited only in the ovary and womb, may, under peculiar circumstances, become active in other parts of either system.

Most of these ovarian diseases are found to prevail at that period of life when the uterine system is most active, namely, from twenty-five to forty-five. They are seldom or ever seen after the change of life, or before puberty, and are chiefly confined to those who have borne children.

The female organs are, of course, liable to many other diseases, which have not here been alluded to, because they belong equally to other parts of the system, and it is our intention to confine ourselves to those peculiar to the female organs only.

CHAPTER V.

DERANGEMENT OF THE FUNCTIONS OF THE FEMALE
ORGANS, AND OF THE NERVES.

In addition to malformation, imperfect development, displacement, and organic disease, the female organs are also liable to become deranged in their functions, either as a result of some other diseases, or from independent causes. These functional diseases require special and distinct notice, and will solely engage our attention in the present chapter. The most important of them are connected with the process of menstruation, the nature and objects of which require to be known before its derangements can be understood. It is, therefore, necessary, to occupy a portion of our space with this explanation, by way of preparation.

OF MENSTRUATION.

Until very recently but little was known, with any certainty, respecting this remarkable and important phenomenon of the female system. The most crude and visionary theories have been advanced to explain it, and our works on medicine and physiology do nothing more than repeat them, one after the other. The investigations of several distinguished physiologists however, within the last few years, have thrown a new light on this hitherto obscure subject, and explained much that was previously unknown, or, at best, merely conjectured upon. A brief statement of the result of those investigations will not only be highly interesting in itself, but will materially as-

ist in explaining what we shall afterwards speak upon.

It is well known that the female organs are liable, at regular periods, to assume a peculiar action, which results in the discharge of a fluid termed the menses. The secretion and excretion of which are highly essential, both to the proper performance of many other functions, and to the maintenance of the general health. Whence comes this fluid, and what causes it to flow? These were questions unanswered, except by mere supposition, previous to the discoveries referred to, which we now proceed to make known.

In the first chapter it was stated that the *Ovae*, or eggs, contained the rudiments or germs, from which, when impregnated by the male principle, new human beings were developed. These *ovæ*, however, are not prepared to undergo this development before the age of puberty, nor after the change of life, nor are the whole of them fit for conception even during the prolific period. It appears that they become fit for fecundation in succession, during the menstrual period, *one ovum being ripened every month!* When fully perfected it separates from the ovary and is then passed along the fallopian tube into the womb, where, if impregnated, it then develops into the foetus. Here then we see the cause of the menses; the ripening of the ovum causes a local excitement, and congestion, in the ovary and womb, which increases till the period when it is thrown off, and then the accumulated fluid is discharged, the excitement subsides, and a new development commences.

This curious process is termed by some physiologists the monthly *ponté*, or *laying of eggs*, and by

others the *Ovarian labor*, or *birth*! A small scar is left on the ovary at the point where the ovary separates, which fades away after a time, but a number of them may always be observed on the ovæ of those who have long menstruated. In those who die during menstruation the ovaries are found very red, and full of blood, and sometimes one of the ovæ will be found swelled, and just ready to burst through, or the ruptured opening may be seen through which it has actually escaped.

Precisely the same phenomenon occurs in the lower animals, excepting that their periods are more extended; some of them occurring annually, and others at still longer intervals. Some of the monkeys even have a species of real menstruation.

These important facts, by enabling us to understand what causes menstruation, give us an insight also into the nature of its derangements, and the conditions required for their regulation. When we call to mind also the close sympathy between the uterine organs and every other part of the system, it shows us how important a proper menstruation is to the general health, because without it those organs must be diseased, and consequently every other part of the system liable to suffer with them.

Formerly many absurd notions prevailed respecting menstruation, which in fact are not quite removed even now. Thus some authors asserted that a female, while unwell, could cause various diseases, by merely *touching* persons! Others supposed they would curdle milk, and nearly all believed that the menstrual fluid itself was highly poisonous, so that females, at those times, were compelled to live apart and approach no one. In the Old Testament there are many regulations given, for females while

menstruating, which show the prevalence of such notions in olden times. It is scarcely necessary to say that there is no foundation whatever for all this, as the fluid itself differs but little from ordinary blood, and is equally innocuous.

In like manner it was supposed, that menstruation was influenced by the *Moon*, and only occurred at a certain period of her age. We know, however, that females are unwell almost every hour of every day in the year.

The due establishment of the menstrual function is absolutely necessary, to the perfection both of mind and body, and its regular performance is quite as essential to the continuance of health, for there is scarcely a single disease that its derangement will not either cause, or at least seriously aggravate.

It is therefore *vitally important* to attend to this matter, *particularly in young persons approaching puberty!* A little care at that time, properly bestowed, may prevent years of disease and suffering, if not untimely death!

We will now proceed to consider the various kinds of menstrual derangement in succession, commencing with its absence, or suppression.

AMENORRHEA, OR NON-APPEARANCE, OR STOPPAGE, OF THE MENSES.

The menstrual discharge may either stop after it has once commenced, or it may fail to appear at all, and the causes that lead to this suppression, or non-appearance, may be either constitutional, or accidental.

Among the constitutional causes may be mentioned certain peculiarities of temperament, such as

that denominated the *sanguine*, which disposes to congestion of different organs, thereby diverting the blood from the uterus. This is generally denoted by a full habit, florid complexion, and great activity. The *lymphatic* temperament, in which there may be great fullness of form, but accompanied by debility, disinclination to motion, and slow pulse. A *scrofulous taint* appears also to operate in the same way, and hence we often see scrofulous girls, and those with either of the above temperaments, much later than others in commencing to menstruate. Among the accidental causes may be mentioned all those which deteriorate the general health, such as living in a damp situation, not being sufficiently exposed to the sun and air, improper or insufficient food, want of exercise, or excessive labor, and depression or over excitement of the mind and feelings. The occurrence of leucorrhea, before puberty, is very apt to prevent the menses from commencing, and this is oftener the case than is suspected. Sudden cold should also be particularly mentioned, and the action of strong medicines. Even scents, and powerful odors in general are supposed by many to have an injurious influence. The celebrated Haller especially alludes to the smell of *penny royal* as having the effect of preventing the menstrual flow. Many other diseases undoubtedly cause amenorrhea, by the increased action they produce elsewhere, and so, I am convinced, will excessive *study*, by the excitement it keeps up in the brain.

All these various causes may of course suppress the flow, when already established, as well as prevent its appearance.

Many times I have known the receipt of some bad news, a sudden fright, or severe disappointment,

cause instant suppression; and such vivid emotions as anger, jealousy, or excessive joy, will also undoubtedly do the same. Even frightful dreams have had this effect, or the sudden start from hearing a clap of thunder, or the firing of a cannon.

In addition to all these, there must further be mentioned many of the different diseases, displacements, and improper developments of the uterine organs, already described—some of them having a morbid effect, and others merely opposing mechanical obstructions.

The symptoms and effects of suppression, or non-appearance, are numerous, and often serious, and may be either local or general. Among the local symptoms are, pains and dragging feelings in the loins and groins, with a sensation of weight in the pelvis, and great weakness in the limbs. Sometimes there is also inflammation of the external parts, and a peculiar excitement, which becomes, in some cases, excessively annoying, or leads to vicious habits.

The general symptoms are much modified by individual peculiarities, though there are some of them pretty constant in most cases. Thus we nearly always observe a feebleness and langor of the system, and the loss of that *freshness* which characterizes healthy youth. The eyes become dull, and surrounded by a dark circle—the heart palpitates—the breathing is difficult—the head is dizzy, or constantly aching—pains like those of rheumatism dart about the limbs, and severe cramps often occur in various parts of the body. The mind and feelings also suffer, so that the patient is dull, impatient, irritable, and melancholy, and so acutely sensitive that the slightest disappointment, or contradiction, will make her weep. Some of peculiar tempera-

ments, on the contrary, are singularly excited. They will be continually moving about, though they have no particular reason for doing so, and impatiently seek every kind of amusement and gay society. I have known some of these patients even become ungovernably impetuous, and so disposed to activity, that the ordinary quiet female occupations were irksome to them.

These symptoms may continue for a considerable time, or they may be speedily followed by more severe ones, particularly by inflammation. Most usually, however, they are succeeded by leucorrhœa, dropsy, diarrhœa, nervousness, convulsions, epilepsy, St. Vitus dance, (Chorea), or delirium. The flesh wastes away, or hangs flaccid on the bones, the skin is cold, and sallow in its color, and the whole system seems to rapidly decay. Eventually the abdomen enlarges, the breasts swell, the stomach sickens, the appetite disappears, or becomes capricious, and a sensation of discomfort and misery creeps over the sufferer, till she almost loathes existence.

When the suppression occurs suddenly, the female often feels many of these symptoms suddenly, and very acutely: Thus some will suffer instantly from a dragging, bearing-down sensation, or from pain in the back, while others will be seized with headache, and giddiness, or even faint away; others will be attacked with leucorrhœa, diarrhœa, or inability to pass the urine, and others again will be taken with a chill and fever.

One of the most singular consequences of suppressed menstruation, however, is the appearance of another discharge, in some other part of the body which apparently acts, to a certain extent, as a substitute. The leucorrhœa, and diarrhœa,

already referred to, acts in this way to a certain extent; but what we have more especial reference to at present are, real hœmorrhages, or discharges of blood, from various parts of the body. These have been known to occur from the nose, the ears, the bowels, the nipple, the bladder, the arm pits, under the nails, from ulcers, or other sores, and from the gums or teeth. Sometimes these discharges will occur with the same regularity as the real one ought to do, and really answer for it; but in others they are irregular or almost constant.

Lastly, we may mention, as some of the ultimate consequences of suppression, hydrometra, engorgement, gangrene, and cancer of the womb, with various chronic affections in other parts, and insanity.

In commencing to treat amenorrhea, the greatest care and circumspection is required. It may be merely a consequence of some other disease, the removal of which is all that is required to effect a cure. Thus it is produced by disease in the stomach, the heart, and the spine, and by consumption. It may also be occasioned merely by a closing of the natural passages, as in Imperforate Hymen, or closed Vagina, and then of course these only require opening. And lastly, it may be the result of *pregnancy*, which the patient is either unaware of, or wishes to conceal. The practitioner must therefore use the greatest precaution, so that he do no injury, either from his own inadvertence or from the criminal deception of his patient.

It must also be borne in mind that some females are much later than others, and that some again stop much sooner, from natural causes. There must therefore be no hurry in prescribing, unless derangement in the general health indicates its immediate

necessity. Again, in many cases, a considerable time elapses after the first one or two periods before another occurs, and without any ill effects. I have known the interval between the first and second period be extended to more than twelve months. This is apt to be the case when puberty commences unusually early.

The age when the menses first appear, varies from ten years to over twenty, but most usually it is about *fifteen years*. The notion that a warm climate makes it much earlier, does not appear to be well founded; it is more probable, as shown by recent observations, that social influences are much more powerful. The conduct and conversation of those around them, and the treatment they receive, has more to do with the precocious development of puberty in young girls, than any influences of climate whatever.

When we are satisfied that the amenorrhea is really due to some morbid condition, and not to any of the above causes, a careful study must be made of the patient's constitution, habits, and mode of life, before judicious treatment can be recommended. Very frequently nothing more is required than a proper attention to the general health, particularly in those of a weakly constitution, or lymphatic temperament, and in those who have been prostrated by a former sickness. In such cases, the happiest results often follow a change of air, and the adoption of a nourishing diet, with a little good wine; the use of mineral waters, particularly those containing Iron; cold baths, with good dry rubbing after; plenty of exercise, especially walking or riding on horseback, and dancing. There is no doubt but this difficulty often arises from the early abandonment of youthful recreations. The absurd notions of society condemn,

in young girls, those exhilarating sports and pastimes so conducive to happiness of mind, and health of body, and the necessity for which in boys, is universally acknowledged. The perfect development of the system is sacrificed to false ideas of propriety or rather, disease is chosen *with* fashionable observance, rather than health *without* it. There is no doubt, whatever, but that the too early abandonment of the *hoop* and the *skipping-rope*, creates an early necessity for the *doctor* !

The state of the mind and feelings must also be carefully attended to, as their derangements have frequently much to do with this disorder. The patient's friends must carefully remove all causes of excitement or unhappiness, and endeavor to promote a state of cheerfulness and contentment. The morbid melancholy, and sentimental dreaminess brought on by reading trashy romances, is very hurtful, and should be broken up by exciting mental and bodily activity. I have known many young females attacked with suppression, from attending protracted religious meetings, love feasts, and camp meetings.

When such means fail, medicines may be resorted to ; and it is but justice to say, that they are often successful in this disease, though they so lamentably fail in many others. The best article, and the one most generally used is *Iron*, which is prepared and used in numerous different ways. The particular preparation of this metal most suitable for any given case, must of course depend on a variety of circumstances, and had better be indicated by the medical adviser. As general formulæ, however beneficial in most cases, and not likely to injure, the following receipts will be found excellent :—Sulphate of Iron, two drachms ; extract of Absynthium, four drachms,

Syrup of Saffron, enough to make it into a paste. This must be divided into one hundred and fifty pills, one to be taken three times a-day.—Or, Sulphate of Iron, one drachm; extract of Gentian, enough to mix it up. Divide into thirty pills, and take one three times a-day.—Or, in case there be any indications of Scrofula, Mr. Lugol recommends Protiodide of Iron, six grains; Starch, twenty-four grains, and sufficient Syrup of Gum, to make it up. This is to be divided into twenty-four pills, one of which may be taken morning and night. The compound Iron mixture may also be tried, or the Aromatic mixture, in the usual doses, as advised for leucorrhea.

Warm injections may also be used, if the age and condition of the patient will allow, and warm baths or fomentations at bed time, with hot bitter teas.

Stronger remedies are of course known, but they are not mentioned here, because they should not be employed except under proper advice, and they might be used under mistaken notions, or from criminal intentions, for other purposes. The above receipts are as simple and harmless, in all states of the system, as any that can be used.

In those cases where the disorder arises from an opposite state of the system, that is, from too great a fulness, and determination of blood to other parts, the treatment must be different. In these cases we must commence by prescribing a rather spare and mild diet, chiefly vegetables, with cold drinks. Cold bathing should also be practiced, and violent exertions, either mental or bodily, carefully avoided. In case such means, when fairly tried, do not accomplish what we wish, warm foot and hip baths may be used, and warm injections and enemas, with stimulating and aromatic fomentations to the external lips,

or vulva. The medicines already referred to may also be used, but sparingly, and with caution, and also warm purgatives, as the compound Aloetic Pill. These means should be tried for about a week before the turn is expected, or ought to occur, and continued for several months, if necessary. It frequently happens that no effect is perceived for a long time, but if the symptoms do not become alarming, it is better to persevere with these modes of treatment than adopt a more powerful one. Some authors speak very highly of the good effects of leeches, applied to the external lips, a few days before the period is expected. And others recommend them to be applied to the *breasts*! The reason for this apparently strange recommendation being, the intimate sympathy between the breasts and uterus, owing to which any increased action in the one, is usually corresponded to by the other. I have frequently applied a mustard poultice to the breasts with the happiest results.

Sometimes the non-appearance of the menses is owing merely to a torpor, or want of action in the uterine organs, which is generally denoted by the manners of the young person, and by the want of development in other parts of the system. She is cold and indifferent, takes no pleasure in the company of the other sex, and exhibits no sympathy or desire for companionship with those who do. The pelvis is usually small, and the breasts but little developed. In these cases, it must be recollected that there may be no great necessity for menstruation, and, at all events we should not be in a hurry, nor use powerful remedies to bring it on, unless we have good reason for doing so. If the health suffers from its absence however, we must interfere, and may then advanta

geously advise the remedies last mentioned, with warm frictions over the abdomen, and the use of flannel around the pelvis. The patient should also be taken into company, to the theatre, and to balls, and may be allowed a rather generous diet, with a little wine. Sometimes a cup is placed on the Os Tincæ, or if the state of the parts will not allow of it there, on the external lips. Sitting over the steam of hot water is also excellent, and dashing hot water on the pelvis.

In those cases of suppression brought on by powerful mental or moral emotions, or by sudden excitement, we must first endeavor to calm the system as speedily as possible, by enjoining rest, quiet, warm baths, cheerful company, and a little sedative medicine, as a few drops of laudanum, for instance. Then, after a time, the more active means may be resorted to, but very carefully. If the suppression arise from intense excitement in the uterus itself, which is sometimes the case, cold baths, and injections with laudanum, and saline purgatives, will usually subdue it, and effect a cure. Various other medicines have been used in this disease, but I am not aware that any of them have been found more efficacious than iron, which itself is only an occasional assistant. In fact, the uncertainty and frequent inefficacy of medical treatment, is generally acknowledged, and has led to the use of many other means, but few of which have, however, been more successful. Among the most efficacious of these may be mentioned the congester, or pneumatic apparatus, invented by Dr. Sunot. This consists of a kind of large air-tight case, which may be fitted to any part of the body, or even inclose half of it, and from which the air may be drawn by an air pump. On fixing

this to any part, and exhausting the air, it acts like an immense *cup*, drawing the blood to that part with great force. It may even be made to act so powerfully as to cause the blood to exude itself through the pores of the skin. The lower part of the body may be thus acted upon to determine the circulation towards the pelvis. I have had one of these instruments in use for some time, and can safely say that it is one of the most powerful and certain means of bringing on the menstrual flow that we possess. In fact it can *scarcely fail!* I have known it bring on profuse flooding in *five minutes* after its application, though the patient had never been unwell for over two years before! Great care must of course be taken in its use, so that it be not employed too powerfully, nor too much. It is often applied to the lower part of the body to relieve headache, which it does by drawing away the blood. Cases have been known, when using it for this purpose, in which it has produced a flow from the womb in females, long past the turn of life!

Galvanism, however, if resorted to in time, and in a proper manner, will almost supersede everything else, in this disease. I have employed it in many hundred cases of amenorrhea, and with such uniform success that I look upon it as *nearly certain!* In many instances, even after long suppression, the very first application has brought on the flow, and in one instance it did so at the third trial, though the patient had reached her twenty-fourth year without having menstruated. In every case, if the simplest means do not succeed, I should advise Galvanism before any powerful medication whatever. The manner of its application varies in different cases: sometimes it is sufficient externally, one pole being

placed on the lower part of the spine, and the other on the abdomen, just over the pubis; but at other times it is necessary to apply it more or less internally, in various ways not necessary to be here described. Neither pain nor serious inconvenience attends its use, nor can any injurious consequences follow, even if it do no good.

On the use of Galvanism in amenorrhea, the Editor of Copland's Dic. remarks, in a note, "*Galvano-electricity*, or electro-magnetism, deserves more particular mention as an emmenagogue remedy. We have succeeded in some chronic cases of amenorrhea, that had resisted all other means, by daily sending a current of electricity through the uterus or by inserting one conductor in a tub of warm water, in which the feet were immersed, and applying the other over the cervical vertebræ, thus transmitting the fluid through the spinal axis. Dr. Ashwell states, that Dr. Golding Bird has recently employed the same remedy with extraordinary success in the treatment of our patients at Guy's Hospital (London). In some of the cases, where, after the condition of the alimentary canal had become healthy, the amenorrhea continued with slight pallor and weakness, electric shocks passed through the loins quickly induced menstruation. In others, its continued repetition three or four times a week led to a similar result; and instances were not wanting where a shock suddenly produced the flow. It is, however, a powerful remedy, and should be employed cautiously, lest it may depress the nervous system, and thus protract the disease; when moderately applied, it often rouses into activity the energy of torpid organs and parts; but, when used in excess, it may altogether destroy their excitability. It

should not be employed in cases of local congestion or general plethora, nor during pregnancy, and it should seldom be used alone."

There is one mode of applying both Galvanism and the congester, and also some other means, which will be understood by referring to the explanation of the cause of menstruation. It was then stated that this phenomenon was produced by the periodical ripening of the Ovæ, and that it consequently depended on the occurrence of that event. The healthy and regular action of the Ovaries is therefore an essential point, and is always wanting, more or less, in this disease. Our applications, therefore, are frequently required to them, and *to them only!* I have frequently brought on the menses by simple friction in the groins, *over the Ovaries*, and by stimulating liniments, when all the ordinary means failed. In like manner we may apply to the same parts, blisters, cups, and leeches, or even *Galvanism*, which in fact I generally administer in this way first. The patient will often feel a stimulus all through the uterine system, immediately the Ovaries are thus excited; and the reason why is obvious, when their functions and sympathies are borne in mind. I knew a lady subject to suppression, who always succeeded in bringing back her courses by a simple treatment, founded on some information I gave her on this subject. She used to apply a mustard poultice over each Ovary, after taking a warm hip bath; and then, on retiring to rest, drink freely of some hot bitter tea. No medicine was required.

In some cases, the menses will re-appear after marriage, but not always, and sometimes they will stop from that cause. This is a matter both very difficult and very delicate to advise upon, but it is

me - that should be seriously considered nevertheless, for the wrong proceeding in regard to it has condemned many a young person to years of disease and suffering. A person of experience, by duly weighing all the circumstances of the case, will seldom be at a loss what course to advise, and *frequently this is all he need attend to!* Some females are attacked with this disease on becoming widows, and others, on the contrary, are cured of it. A subsequent marriage will also have totally opposite effects, on persons of different temperaments and constitutions.

The state of the mind and feelings, as already stated, is of paramount importance, and must be particularly attended to. A disappointment in love will often cause derangements of this kind, while its happy progress, and true return, will as frequently cure them, when all other means fail.

Those cases which arise from the natural passages being closed, have already been spoken of, in our second chapter, and their treatment described. I merely refer to them again, for the purpose of pointing out how necessary it is to know if any such difficulties exist, before resorting to medical treatment, or recommending *marriage*. I read a case in a medical work lately, of a lady who consulted an eminent physician to know why she was barren. She had *never menstruated*, but had been married some time. Most likely she had been treated for the suppression, *medically*, and her friends thought, as it did not succeed, that marriage would effect a cure. On making the requisite examination it was discovered that there was actually *no womb*, though all the other parts were perfect! The grief and disappointment to all parties may be imagined, and w

are forcibly impressed, by so lamentable an occurrence, with the impropriety, if not *criminality*, of allowing marriage to take place under such circumstances before a proper investigation had been made. Another case in point also is that of mine, referred to when treating of narrowness of the Vagina. And I have had another, since commencing this work, of a very curious kind. The lady had never menstruated, though she was very sick, and had enlargement of the abdomen, every month. All kinds of medicines had been given to her, but they only increased the distress. She was then advised to marry, and assured that she would be better. She did so, but was no better. Her friends then brought her to me to have the Galvanism, or Congester applied. I told them, however, that I could not use either, till I knew that no physical impediments existed, which I strongly suspected there did. Investigation proved this to be the case; about three-fourths of the distance up the vagina there was a membrane, similar to the hymen, completely closing the passage, like the parchment on the top of a drum. This completely prevented the escape of the menses, and had also made other difficulties, which could not be overcome and which occasioned the more distress because they were not understood. I chose a time, midway between the two monthly periods, and, after carefully reducing all inflammation in the parts, punctured the membrane with a small lancet, introduced through a speculum. About a quarter of a pint of blackish fluid, like thick coffee-grounds escaped, and in rushing out, widened the puncture considerably. A few days after I widened it still more with a bougie, and continued to do so, till it was as wide as the rest of the passage. She remained alone till the next period.

When the menses appeared quite regular, and without distress. The other difficulties were also removed, and she is now a happy mother.

I could mention numerous instances of a like kind, both in married and single, of which I have notes, with full particulars, occurring in my own practice.

DYSMENORRHEA, OR PAINFUL MENSTRUATION.

There are many cases met with in which the menses occur with regularity, and in sufficient quantity, but accompanied by severe suffering. Most usually in the form of pains in the back, groins, abdomen, and thighs, with a kind of grinding, contraction of the womb, burning heat in the parts, and pruritus. Sickness at the stomach, vomiting, shuddering fits, cramps in the limbs, and severe headache are also frequently experienced, and various hysterical symptoms, such as choking in the throat, yawning, restlessness, irritability of temper, and sudden prostration of the strength.

These sufferings may either commence with the discharge, or begin several days before, and may continue sometime after it has ceased. Very frequently in these cases the discharge is small in quantity, and escapes by drops, as if with difficulty, and at other times it is chiefly composed of clots, or membranes, or fleshy threads. Sometimes, however, it flows perfectly free, and is quite natural in appearance.

Both married and single are liable to dysmenorrhea, though it is more frequent in the single. It frequently disappears after marriage, but not always, though it usually does after child-birth. Pregnancy,

however, is not so likely to occur with this disease; the same conditions that cause the pains, being also likely to prevent conception.

The causes of dysmenorrhea are not well ascertained. It is found, however, most frequently in those of a nervous or bilious temperament, and in those who are easily susceptible of great excitement. It is probably very often connected with some imperfect development of the parts, and with various diseases of them, such as Chronic Inflammation of the Womb, Ovaries or Tubes. It may also result from obstinate Constipation, Dyspepsia, mental disturbances, and particularly from certain excesses. It most usually begins immediately after, or with the first menstrual flow, and when established is pretty constant in its appearance, though sometimes it will remit for a few periods.

The treatment of this troublesome disease is by no means agreed upon, for very seldom are two different cases benefitted by the same. The first step is of course to ascertain if it result from some other derangement, which it so frequently does, and then remove that. Irritability, or Chronic Inflammation of the Womb, being a very frequent cause, great relief is often obtained by warm hip baths and enemata, with warm injections of poppy heads, and starch and laudanum. Hot diluent drinks should also be freely used, and warm purgatives, as the compound Alætic pill. In short, the same treatment that was recommended for metritis. Taking an emetic of antimonial wine, just when it is commencing, will relieve some, and a dose of Alætic pills for two days before will prevent it in others. The acetate of ammonia, commonly called *Mindererus' Spirit*, will very often give immediate ease; twenty drops of this may be

given in a glass of water, and if no relief is obtained, twenty more may be given in half-an-hour. It should not be given beyond the third dose, however, because it has a tendency to check the flow, and for that reason, in fact, it is better not to be given at all, if other means will succeed. Various medical preparations are in use for the same purpose, none of which are serviceable in all cases. The following recipe is, perhaps, as generally useful as any:—Camphor, one scruple, with just sufficient spirits of wine to dissolve it; Gum Arabic, one drachm; Cinnamon water, one ounce. Sweeten it to taste, and drink half of it when the pain commences, and the remainder in two hours after, if necessary. Or the patient may procure a quarter of an ounce of Gum Camphor, and make it into pills of the usual size, two of which may be taken when the pain begins, and two each hour after if necessary, till six are taken. This is as often useful as any elaborate prescription. Laudanum is very generally taken internally, but should always be avoided, if possible, on account of the uncomfortable feeling it produces afterwards. The best way is to use it as an injection, or enema, which does all the good without any subsequent evil. Hot poultices, or fomentations, are often serviceable over the womb, or a small blister on the loins. Very often, however, all medical treatment is useless, and some other plan must be resorted to.

Dr. Mackintosh supposed the difficulty was owing to a stricture of the passage in the neck of the womb, and he therefore proposed to introduce a bougie to dilate it. This has been frequently done, and with occasional success. The operation itself is comparatively easy; a small bougie being intro-

duced first, and larger ones in succession, as far as required. In most young persons, however, this cannot be done, and in all cases it is objectionable. Fortunately other means are known, much more certain, and less repugnant to the feelings.

Galvanism is here again our surest dependence. Its effects are, in fact, sometimes as astonishing as they are gratifying. The application is seldom needed in any other way than externally, as in suppression, and it usually relieves in *a few minutes*, if not *instantly*! Dr. Mackintosh was possibly right when he supposed the difficulty to be owing to a stricture, but most likely it is merely a temporary *spasmodic* one, which is apt to return directly the bougie is withdrawn, but which the galvanism effectually relieves.

It is necessary to state however, that the length of time necessary to administer the Galvanism is uncertain, and that it may exert little or no influence in preventing the difficulty at the next period. My usual plan is to apply it till the pain is fully abated, then in about five minutes withdraw it and await the result, but keep the instrument ready. In many cases there is no return, but in others it has to be continued, more or less, for some hours, or even during the whole period. I then recommence its use about two or three days before the next turn, and continue it up to the time. In this way a cure is effected as often, if not oftener, than by medicines, particularly if proper attention be paid to the general health, and to the removal of other diseases. I have also occasionally advised the use of a small galvanic bougie, which the patient can apply herself, and with the happiest results.

One of the most obstinate cases of this disease I

ever saw, came under my notice in Philadelphia. The patient, a highly respectable married lady, had suffered from it for many years. Her general health was very good, constitution sound, and her periods perfectly regular though the quantity was frequently small. She had never been a mother. Every means that could be suggested had been tried in her case, without the slightest good, and the most eminent physicians had abandoned it as hopeless. The only relief attained was by laudanum, which was taken till it literally stupified her. The distress usually commenced nearly a week before the period, with drowsiness, langor, and weakness in the limbs, followed by qualms at the stomach. For the first day of the flow she seldom suffered much more, but on the second the spasm commenced, with the most agonizing pain in the womb, and loins, and with vomiting and chills. This would continue more or less for that and the following day, during which time she was confined to her bed, and groaning with pain, so that sleep was impossible. When the attack was over, she would be left so weak, and her nerves so shattered, that it took her a week to recover, and thus one half of her life was spent in misery, and the other half in dread of it. A strong dose of laudanum would somewhat relieve her, and force sleep, but left her much worse after—it merely made her insensible. During all this time she was excessively irritable, and unhappy in her disposition; but fortunately, those around her knew the cause, and acted accordingly. Having heard one of my lectures, she sent for me to ask my advice, remarking, when she first saw me, that she had *no hope from medicine*, having taken it for years, almost like her daily food! I at once suggested the Gal

valism, but certainly with no flattering prospect of success. At the next period it was accordingly applied, immediately the pain began, instead of taking laudanum, and to the great joy of all, it eased the pain almost immediately. It was found necessary, however, to continue it more or less during the whole day and night, for immediately it was withdrawn, the pain returned. In this way she lay in tolerable ease, while the battery was playing upon her, which it has often done almost through a whole night's sleep. We were disappointed, however, in our expectations of a permanent cure, for at each succeeding period the same symptoms returned, though they were always relieved by the same means. The galvanism supplied the place of the laudanum, and with none of its injurious effects, so that she was not troubled so long before, nor after. In fact, she often remained quite well up to the time of the attack, and rose immediately it was over as well as before. Her general health became better, her strength increased, and she became much stouter. In this way she has kept on for about two years under my notice, sometimes being a little worse, and at others suffering scarcely at all. I mention this case, because it shows how much *relief* may be obtained by Galvanism, even in the worst cases. I have no doubt but that a resort to it in time would have effected a cure.

I tried the bougie in this case also, but it did no good whatever, neither did the emetic, nor baths. It is probable that if she becomes a mother, the difficulty will disappear; and the treatment, when she was first attacked, ought to have been directed with a view to bringing about that event.

During the time I was treating this, I had another

similar case in a young unmarried lady. The symptoms were almost precisely the same, and so severe, that for two or three days she was compelled to leave her employment, and go to bed. Medicines, or baths, did her no good whatever. The first application of the battery however, gave instant relief, and after continuing it for about half an hour, the symptoms did not return. It was afterwards applied just before the period, and invariably *prevented* the attack. Eventually, in about six months, its continued use seemed to wear the disease out, so that it returned no more.

Like all other remedies, of course it will sometimes fail, and it did so in one instance, which I mention for instruction. It was that of a young lady whose occupation was *teaching*. She was intellectual, of a nervous temperament, and very industrious, and I have no doubt but that it was her incessant mental occupation that kept up the disease, for she was remarkably well in every other respect. Indeed, in many other such cases I have known rest, and quiet of mind, with cheerful out-door occupation, effect a perfect cure alone.

At the present time, I have quite a number of patients under treatment by Galvanism, for this disease, and in the great majority of them, it is effecting the most beneficial results.

I knew one lady who got tired of the warm bath, and hot teas, she had been using for so long a time, and who plunged in despair into a *cold bath*! To her surprise it gave her *immediate relief*, and she ever afterwards resorted to it. I have known others again, who found ease in dashes of cold water, cold injections, and even ice, or wet wrappers upon the abdomen. The shower bath is also frequently

beneficial, begun immediately after one period and continued till the next. In short, there are many means of giving *relief*, but a *cure* is generally difficult, and sometimes impossible, except through some of the changes in life we have referred to, or by a continual judicious *alterative* treatment.

Many poor seamstresses, and waiters in stores suffer from this disease to a great extent, their occupation making all treatment useless, and their circumstances compelling them to continue it.

The whole difficulty, as already remarked, is often caused by the formation of membranes and clots, which irritate in passing away. I have known some of them as large as the hand.

Dr. Ryan gives us the following account of these cases, as most usually seen :

“ The woman experiences severe pain the first day of menstruation, and suffers as severely as if in labor, or by abortion. She often experiences relief by the expulsion of one or many membranous substances from the womb. These membranes are somewhat like the skin of a gooseberry, and are smooth on each surface, thus differing from the decidual membrane. The membrane is so like the covering of the infant in the early months of pregnancy, that a lady, who was a patient of Dr. Hamilton's, thought she miscarried ten times a-year, for three years. Denman and Dewees were of opinion that a female, thus affected, could not have children ; but Morgagni asserts the contrary, as also Hamilton and Burns. If one healthy period without pain occurs, even at an interval of seven years, conception may take place. Hamilton described cases of pregnancy under these circum-

stances, and I myself have frequently known pain attend menstruation for months after marriage, and conception take place. I attended a patient with Mr. Bradford, of Fleet street, aged twenty-three, who labored under dysmenorrhea since the occurrence of the evacuation in her fourteenth year, and still she was pregnant. She never passed any membranous shreds. I know another lady, aged twenty-one, who always suffered severe pain during menstruation, which was much increased by marriage. She is pregnant, however. She never discharged portions of membrane."

PROFUSE MENSTRUATION, OR FLOODING.

This disorder is usually spoken of as occurring in two forms. *Menorrhagia*, when there is merely a large quantity of the menses themselves; and *Metrorrhagia* when the discharge occurs at any other times than the menstrual period.

In Menorrhagia, or profuse menstruation, the quantity may be large, and yet come in the usual time, or it may be many days or even weeks in coming, so that in some cases there is only a few days between the termination of one period and the beginning of another. Sometimes there is actually no cessation at all, the flow being incessant, while at other times the separate periods will be short, but close together.

It is very difficult to decide when there is profuse menstruation, the quantity secreted by different females varying so much. Each one, in fact, appears to have a quantity peculiar to herself, depending on some peculiarities in her constitution. Thus, one will never have more than a mere show, while another will discharge half-a-pint, or a pint, and yet

both enjoy excellent health. The only means we have of judging is, by observing the general health. If this suffers, and the patient is weak and nervous, with no other apparent cause to make her so, we may reasonably conclude that the discharge is too great.

Thin, delicate females generally lose more than those who are full and robust, and in some the quantity varies much at the different seasons and turns of life.

The causes of Menorrhagia are, debility, or plethora, various uterine diseases, and derangements of the other organs.

The treatment must of course depend on what we consider to be the exciting cause, and on the condition of the patient. The only general directions that can be given are, to *rest*, and particularly to lie much on the back, with the pelvis elevated. Those of a strong constitution, and full habit, should also live on a low diet, drink freely of lemonade, or tamarind tea, keep the bowels open, and use the cold shower bath. Those on the contrary who are weak should use a nourishing diet, with good wine, take warm salt water baths, and ride out much in the fresh air.

When this treatment does not succeed, the same means may be adopted that will be pointed out presently for Metrorrhagia, but we should never be in a hurry in resorting to medication, for it is seldom needed, and frequently injurious.

Metrorrhagia. This term includes all those hæmorrhages, or discharges of blood from the uterus not connected with menstruation, pregnancy, or gestation. These occur at almost every period, having been found in females past the turn of life, and also

in children, from a few years old, down to a *few months or even days* ! They are more frequent however during the prolific period, and with the married than the single. The causes that produce them are various. Among the predisposing ones may be mentioned all those that produce metritis, or leucorrhœa ; such as cold, improper diet, violent emotions, *excesses*, and debility, or a too great fulness of the system. Also too frequent child-bearing, and *Marriage*, particularly if that take place *at an improper time*, or when there exists some physical impediment !

Among the exciting causes of Metrorrhagia may be enumerated, violent exercise, particularly hard riding on horseback, or in a jolting carriage—lifting—straining—coughing—and blows upon the abdomen. It may also be brought on by other diseases, particularly by inflammation of the uterine organs, or others, and by constipation, or diarrhœa. It often follows from fever, or other debilitating diseases, and from long-continued grief, severe study, or exhausting labor. Irritation of the breasts, especially by the child during nursing, will frequently cause flooding, and continue it in spite of any treatment.

There are many nervous females in whom flooding will occur from the slightest mental agitation, and many others in whom every little deviation from health is followed by the same results.

The bleeding produced by polypii, tumors, and ulcers, or by the different displacements of the uterine organs, or by violence, is not properly a disease in itself, but merely a symptom, and usually stops immediately the cause is removed.

Sometimes the discharge will be small at first, and gradually increase ; and sometimes it will occur very frequently, while at others, weeks or months may in-

is none between the attacks. In some persons it is almost constant, and in others it comes at regular periods, like the menses. The quantity is, of course, equally variable, from a few drops to a full stream, or sufficient to cause fainting, and even death, in a very short time. In these cases, however, it is most usually brought on suddenly, by some violence, or strong emotion, and may then be fatal before assistance can be rendered. I have known a female lose a full quart of blood in this way in less than an hour.

Occasionally a flooding is preceded by pains in the uterus, like those of dysmenorrhea, and by a sensation of fulness, heat, and weight in the pelvis. The breasts also swell, the pulse quickens, and a general lassitude pervades the system. The face becomes pale, the skin creeps, the feet and hands become cold, and frequently there is pruritus of the external parts. These symptoms are usually modified by the first rush of blood, but if this be too great, or too long continued, the patient complains of a sinking in the stomach, her lips lose their color, her eyes become dim, and her hearing dull, she breathes with difficulty, her pulse almost stops, and at last fainting, or convulsions, terminate the fatal scene.

In those cases where the discharge is great, and frequently renewed, a new train of symptoms set in. The patient's strength is completely prostrated, her digestion becomes imperfect, her appetite disappears, the skin becomes of a sickly dead white color, and a black puffy circle surrounds the eyes. In a short time the limbs swell and fill with water, the abdomen also becomes dropsical, dull, pains are felt in the stomach, and various nervous diseases supervene. This state of things may continue for a long time, or

may be suddenly terminated by convulsions and death.

In regard to the treatment of metrorrhagia, or flooding, it must be remarked that, in most cases, it results from some other primary disease, the removal of which is the first and most indispensable requisite for success. A careful study must therefore be made of the patient's constitution and habits, with a view to this desirable result.

To arrest the bleeding, the female must lie on her back, on a mattrass, with the pelvis elevated, she must be very lightly covered, kept perfectly quiet, both in body and mind, and breathe pure cool air. The feet and hands, however, should be made warm. Her diet must consist of barley water, rice, milk, jelly, or very ripe fruit, and she may drink abundantly of lemonade, tamarind tea, and ice water, and eat oranges, cherries, and other ripe acid fruits. In obstinate cases a tea may be given, made of two ounces of comfrey root, or one ounce of rhatany root, boiled in a pint of water, and sweetened. The bowels may also be relaxed, with about three drachms of cream of tartar, and, if they are very costive, which is usually the case, enemas must be given of thin starch and castor oil.

If in spite of all these means the bleeding still continue, or the patient begins to be exhausted from it, injections may be used, of alum water, ice water, vinegar and water, or white oak bark with thirty or forty drops of laudaum to the injection, which should be retained some time. A few drops of laudaum may also be used in the comfrey or rhatany tea, before mentioned; or thirty drops may be added to an enema. The root of the common black currant, and of the ground black berry, or dew berry, also make

an excellent tea to arrest flooding. A handful of each of these, boiled in two quarts of water for twenty minutes, makes perhaps the best preparation for this purpose that could be given. It may be sweetened to taste, and the patient may drink half a tea-cup full every quarter of an hour. Cold wet towels may also be laid on the abdomen and under the loins, and, if nothing else stops the flow, and she be rapidly sinking, a cold hip bath may also be tried.

The great dependence of most practitioners, however, in these cases, is upon *bleeding*, and *opium*. Some advise the blood to be taken from the arm, others from the feet, or hands, or by leeches to the temples, between the shoulders, or inside of the arms. The theory being that a new direction is thus given to the sanguine discharge, which leaves the uterus to fly to the wound. Though the philosophy of this may not be very evident to all persons, yet there is no doubt but the practice is sometimes beneficial; I think myself, however, that the same good may be usually effected by other means.

In those cases where the discharge is chronic, we must first endeavor to increase the patient's strength. Her diet should be nourishing, but not stimulating, and she may use a little good old wine, with Peruvian bark, or other bitters. The Compound Mixture, or Aromatic Tincture of Iron, already mentioned, may also be given, and occasionally some of the Comfrey, or rhatany tea, or that of the black currant roots. She should also use the cold shower bath every morning, ride out gently into the fresh air very frequently, and go to the sea side; in short, do anything that will promote the general health.

The Ergot of Rye has also been used, in long continued cases, and Savin, but their action is violent, and sometimes dangerous.

It is not always prudent to check a profuse uterin hæmorrhage too suddenly, for it is sometimes a salutary effort of nature to relieve herself from some greater evil. We ought rather to promote the general health, and let it gradually cease itself, or an issue may be established, inside the thigh, if any bad effects result from the stoppage.

After the flow is stopped, great care must be exercised to prevent its return. A light diet should be adopted, all stimulants avoided, and before each menstrual period careful rest should be observed. Excitement should be particularly guarded against, especially of a certain kind, warm clothing should be worn, and late hours avoided.

In those severe cases, when the gush of blood is almost instantaneous, and so great as to endanger life in a very short time, we may employ, temporarily, mechanical means to prevent it. The best of which, and the most readily prepared, is called the *tampon* or *plug*. It may be made of linen rag, cotton, or sponge, in the form of a ball, and introduced into the vagina like a pessary. It should be large enough to completely fill up the passage, but must not be introduced more than about two inches, for fear of irritating and inflaming the mouth of the womb, which is then very sensitive.

A very good way to make the plug is, to cut out round pieces of soft linen cloth, then pass a stout thread through the middle of each and press them close together, till the mass is an inch thick. The string is convenient for pulling it out again, and should always be attached to every one. A small bag filled with tan, or ashes, or sawdust soaked in alum water, is also very excellent. These plugs should not be withdrawn in a hurry, unless severe

symptoms supervene, and when they are removed, care must be taken not to disturb or irritate the parts. If the danger be imminent, and there be no time, or means to prepare a tampon, the lips and vulva should be firmly pressed together with the hand, till other means can be procured.

CHLOROSIS. OR GREEN SICKNESS.

This is a name given to a peculiar disease usually characterized by a pale greenish color of the face which is also swollen and puffy, and by general debility and derangement of most of the functions. It has also been called *white jaundice*, *white fever*, and *morbus virgineus*.

Great doubt and uncertainty prevails as to the nature of this disease, and its origin. Thus some suppose it to originate in the digestive, some in the assimilative, and some in the uterine organs, while others attribute it to debility of the nervous system, and others again to an imperfect state of the blood. It cannot be owing, however, merely to derangement of the digestive or uterine functions, because, in some cases, both these functions are perfectly performed, though not usually. An imperfect state of the blood, on the contrary, *always exists* in this disease, and is probably produced by nervous debility and derangements, which may therefore be regarded as the primary cause.

The singular alteration in the composition of the blood, in this disease, is very remarkable, and a knowledge of it is highly important, as an index to proper medication and nutrition. If we take *one thousand parts* of the blood of a healthy woman, and analyze it, we shall find, after allowing for loss, the solid materials to be about *one hundred and fifty*

parts, iron *eight parts*, and water *seven hundred and sixty parts*. But if we take a thousand parts of the blood of a Chlorotic patient the solid materials will only be about *one hundred parts*, iron but *four parts*, and water *eight hundred and fifty parts* ! From this it is evident that in Chlorosis the blood is more watery, and contains less solid matter and iron than in the healthy state. This deficiency of the solid parts explains the wasting and flabbiness of the muscles, while the increase of water explains the puffy or dropsical state of various parts. The use of iron in the blood is not yet ascertained, but that it is necessary there can be no doubt, nor can there be any question as to its deficiency causing many diseases. The quantity naturally existing in the human body is much greater than usually supposed. The wife of an eminent man in France now wears a ring, made of the iron extracted from her husband's blood, which he lost during a severe sickness. It has even been proposed, on the death of any great man, to make a medal of the iron from his blood, and thus perpetuate a remembrance of him, instead of raising a monument.

It is supposed that this deficiency of solid materials in the blood, is owing to insufficient nervous power in the vessels that form the blood ; but be that as it may, we find, as will be seen further on, that using a diet which contains much of these solids, namely, fibrin and albumen, and taking iron-internally, are the only means of curing Chlorosis.

This disease is found chiefly in young unmarried women, though occasionally met with in the married, in the pregnant, in those that have borne children, in those past the change of life, and in children. and

in some rare instances, even in men. It is however, more especially a female disease, and in the great majority of cases, is attended by obstinate and peculiar uterine derangement.

The supposed *causes* of Chlorosis are both numerous and various. Perhaps the most frequent are, precocious puberty, growing too fast, a feeble constitution, scrofula, menstrual derangement, melancholy, and mental excitement, and especially *certain vicious habits*. Late marriage, or widowhood, should also be mentioned, and disappointment in love ! In addition to all these, there are also undoubtedly many general causes, such as cold, damp, and dark dwelling places, bad air, insufficient or improper food, and a sedentary, luxurious, or indolent mode of life. Drinking vinegar, and eating green fruits, are also specially alluded to by some authors.

The *symptoms* are so peculiar, and characteristic, that Chlorosis is more distinctly marked than almost any other disease we have mentioned. At the commencement the patient is dull, listless, and melancholy ; she is disinclined to any motion, and sighs or weeps, without knowing what for. The face swells, the eyes become heavy and languishing, with a black puffy circle around them. The hands and feet are cold and pale, like the lips ; the breathing is difficult, the appetite capricious, and the digestion imperfect. The bowels are usually constive, and the evacuations like white clay. The heart frequently palpitates on the slightest exertion, or mental emotion, and a constant inclination is felt for sleep, or to remain perfectly inactive. On using the stethoscope, the heart, and some of the large arteries, are found to have peculiar sounds, different

from those in health, and the blood when drawn, is pale and thin. The ancles also swell, as in dropsy, but when the finger is pressed upon them the mark does not remain, as it does in that disease.

If the disease progresses unchecked, all these symptoms become worse. The patient feels the most unaccountable likings, or disgusts, and exhibits the most depraved tastes. Some will eat charcoal, chalk, plaster from the walls, dirt, ashes, and even flies, spiders, and other insects. Some will have no appetite at all for food, while others will eat so ravenously, that they can never satisfy themselves. Pain at the stomach is usually felt after eating, or vomiting occurs, and the tongue is in most cases, swelled and coated with mucus. Flying pains are also felt in the neck, shoulders, arms, and down the spine. The urine becomes pale and scanty, and the bowels subject, at intervals, to a watery diarrhœa.

Leucorrhœa is a common attendant upon Chlorosis, and is generally accompanied by amenorrhœa, though sometimes there will be more or less flooding. The patient is often worse at the menstrual period, suffering pains like those of dysmenorrhœa, with great depression of spirits, or even partial delirium. The discharge is found to be very thin and light colored, and when left on the napkin, it divides into two distinct parts, one rather sticky, like starch, and the other watery. When dry, it is nearly colorless.

In addition to all these, the most troublesome nervous symptoms arise. She either becomes irritable, passionate, and revengeful, or else completely cast down, so that in her despair, she thinks of suicide, or wishes for death. She is either sleep-

less, or disturbed by horrible dreams; her head aches, her sight is dim, her limbs tremble, and she experiences a constant ringing, or buzzing in the ears. Sometimes there is constant tooth-ache, and occasionally twitching of the limbs, and of the muscles of the face.

Finally, this state of things becomes worse and worse. Constant pain is felt in the back of the head, and upper part of the spine. The abdomen swells and hardens, the skin looks quite green, the difficulty of breathing becomes greater, the diarrhoea is more constant, fever sets in, and the whole system seems rapidly to waste, as if it *melted away*! The last stages are frequently marked by general dropsy, pinching up of the features, and blueness of the lips. There is seldom any shock, or struggle, even at death; but the sufferer seems to gradually sink and die from mere debility and marasmus.

The duration of this disease is altogether uncertain. It is seldom fatal itself, though it may lead to fatal results by bringing on other diseases, or it may gradually wear the patient out, by exhausting her strength. Fortunately, there are few diseases more certainly curable than this. Under proper treatment it seldom lasts longer than a month or two, and very frequently can be cured in a week. I have even seen a patient who was drooping like a tender flower in the sun, and too weak to stand, visibly improve in *two days*!

The *treatment* must be first commenced by removing all causes that may be thought likely to continue, or bring on, the chlorosis, particularly all other diseases. The patient must then be placed in a warm and dry situation, where she can breathe pure air. Her clothing should also be warm, and her

body well rubbed every morning after a shower bath. Flannel, worn next the skin, has frequently a very excellent effect, and should always be adopted, unless the other means mentioned keep the surface of the body quite warm without it. The diet should consist of eggs, roast meats, rice, tapioca, sago, and milk. Ripe fruits may also be used, and celery is excellent. *Good wine* may also be used with advantage, and, as a general drink, lemonade, or tamarind tea. All articles that are found not to sit well on the stomach, or that are indigestible, should be carefully avoided. Unripe fruit, salads, and pastry, are generally unwholesome. The object of this kind of diet it will be seen is two-fold; first, to gently stimulate the flagging energies, and restore the failing strength; and, secondly, to supply those solid materials, namely, albumen and fibrine, which we have before shown, the blood in chlorosis is deficient of.

Exercise in the open air is indispensable, but the manner of it must depend on the patient's strength and habits. If she can walk, so much the better, but if too weak for that, or if it distress her, she should ride—either on horseback, which is most desirable, or in an open carriage. Rowing in a boat, and sea bathing, are also very good. It is very desirable however, let her exercise as she may, that it should be done in company with others, so that there may be the additional stimulus of emulation, and the excitement of conversation. In fact, cheerful associates, and pleasing mental occupation, are highly important. Travelling may also be recommended, both on account of the change of air, and of scene. All causes that tend to either excite, or depress the mind, should be most carefully avoided,

and also all reading that calls forth the sensibilities too strongly. Corsets should not be worn, nor should the patient sit up late at night, nor lie too late in the morning.

In *very many* cases the above-mentioned general means will be quite sufficient to effect a cure; but when they are not, medication must be resorted to; and of all medical substances, *Iron* is the most generally useful in this disease; in fact, it is almost a specific. The particular preparation used, is not of so much importance as giving it early, and freely. Any of the iron mixtures and pills already mentioned may be employed, or any of the following:—Compound iron pills, two pills of five grains each, to be taken three times a-day.—Carbonate of iron pills, dose the same as the other.—Syrup of iodide of iron, twenty drops twice a-day, in half a tumbler of water. This is particularly useful where there is any tendency to scrofula.—Tincture of the muriate of iron, ten drops three times a-day, in half a tumbler of water.—Sulphate of iron and sub-carbonate of potash, each half an ounce. These must be rubbed separately to very fine powders, and then thoroughly mixed together, with sufficient thick mucilage of gum tragacanth to make it into a paste. This must then be divided into forty-eight boluses. One of these may be taken morning and night, for the first three days, and one *three* times a-day on the second three days; on the third three days, two may be taken morning and night, and *one* in the middle of the day; on the fourth three days, *two three times a-day*; on the fifth three days, *three three times a-day*; and on the sixth three days, *four pills three times a-day*. This quantity may be continued till the disease begins to disappear, after which the

dose may be decreased in the same way it was increased, or, if the patient seems nearly well, it may be decreased before arriving at the largest quantity. This is the favorite prescription of a celebrated physician, who depends on it for curing almost every case.—Citrate of iron two drachms, Sulphate of quinia half a drachm, water one ounce. Mix these together, and take twenty or thirty drops in half a tumbler of sweetened water, half an hour before breakfast, dinner, and supper.—The Sulphate of iron and gentian pills, formerly mentioned, are also excellent, and so are the iron and rhubarb pills, sold by the druggists, two of which, of five grains each, may be taken twice a-day. These last have the advantage of opening the bowels, which should be particularly attended to; they may therefore be beneficially taken along with any of the other kinds occasionally. It is very desirable not to leave off taking the iron too soon, merely because there is a slight improvement, for by so doing we may cause a relapse. Rhubarb may also be used alone, if necessary, and in case that does not relieve the bowels, enemas should be resorted to.

Emetics have been employed by some physicians, in Chlorosis, and drastic purgatives by others, but they are seldom either of service or needed. If *Iron* be properly administered, in connection with a proper course of diet and regimen, it will scarcely ever fail, unless there be a complication with some more serious disease. Immediately after its use is begun the dull eye will brighten, the skin regain its color, the functions become healthy and regular, the nervous symptoms will become less severe, and the strength will gradually return. The philosophy of this will be evident, when we remember that Iron is

an essential constituent of the blood, and that in Chlorosis the quantity is much smaller than usual. By giving it in medicine therefore, we simply supply artificially what has become naturally deficient.

If we have reason to suppose that the chief existing cause, is the predominance of certain feelings arising from over action of the uterine organs, it may be advisable to suggest marriage. In case that is not possible, however, the treatment must be varied, so as to reduce the uterine excitement. Cold baths, and injections, unstimulating diet, saline purgatives, and active occupation may be recommended. These *moral* causes are frequently the most active ones, and they are the most difficult to remove, because few persons understand them, or know their power, and still fewer know that they *can*, and mostly *ought to be*, attacked chiefly by *physical* means!

The subjects of Chlorosis are the most interesting perhaps of all that come under the physicians care. Delicate and interesting, stricken by a disease from which they deeply suffer, but which often leaves their beauty untouched, or even heightens its attractions, they excite the liveliest emotions of pity, and the most ardent desire to render them assistance. Like many other of the affections previously described, this is unfortunately, very general. A large portion of those now under my care, are victims to it. I am sorry to see this, but some consolation is derived from the fact that relief may confidently be expected by most of them.

When Chlorosis commences just before puberty, which it often does, it frequently disappears with the appearance of the menses, and if there be indications of them, it is better to wait awhile, before commencing medication.

Chlorosis may very easily be mistaken for several other diseases, unless care be taken, particularly for *Jaundice*. But no person of competent experience, and who devotes proper attention to his cases, is likely to make such an error. The peculiar state of decay and weakness, called *Anemia*, or decline, has also been taken for Chlorosis, by inattentive persons.

HYSTERIA.

We now come to the most mysterious, confusing, and rebellious of all female diseases. Almost every woman has either experienced or seen what is called *hysterics*, and the name is so frequently given to the most opposite and discordant symptoms, that it is requisite to explain what is hysteria, and what is not; at least as far as we can.

The name Hysteria is derived from the Greek word for *the Womb*, it being generally considered as essentially a uterine affection. The *symptoms* of this disease comprise, if we were to enumerate them all, those of nearly every other disease under the sun. In fact, they are so numerous, so various, and so changeable, that describing them all is out of the question. We must therefore confine ourselves to a brief enumeration of the most prominent ones, and more especially of those most frequently found at the commencement.

In some cases, the attack, or *hysterical fit* comes on suddenly, but more frequently it is preceded for several days, by more or less derangement of the general health. The female suffers from headache, cramps, palpitation of the heart, numbness of the limbs, coldness of the hands and feet, rush of blood to the head, and redness of the face, with yawning and restless anxiety. She becomes dejected, or *melancholic*.

choly, and will sigh, or burst into tears and then ~~as~~ suddenly laugh in the most immoderate manner, and without any reason for it.

When the fit really commences, she feels in some part of the abdomen a sensation as if a large round ball, or globe, was moving about; which, after appearing to roll in various directions, generally rises, on the left side, up to the chest and throat, and seems to stop up the passage, so that the patient appears to choke, and is in mortal fear of suffocation. During its progress, this ball seems to distress every organ it passes, and to leave a most oppressive sensation of weight in the chest. In severe cases this is followed by fainting, after which she may either slowly recover, or may have other fits in rapid succession. These may be, however, merely slight convulsions, followed by partial loss of sight or hearing, and confusion of the mind. Sometimes the convulsions will be so violent that two or three men can scarcely hold her, and if not prevented she may seriously injure herself. The body will occasionally twist or bend in various ways, the teeth clench, the eyeballs roll, the nostrils distend, and saliva work from the mouth, nearly as in Epilepsy. The head is usually thrown back, in long continued attacks, and the female tears at her throat, owing to its constriction. The cheeks and nose are most frequently cold and white, though sometimes the centre of the cheek will be red, as in fever. In many cases the abdomen swells, and very often there is a severe stitch in the side. Partial or complete loss of consciousness, or delirium, may occur either during the attack, or subsequently, though some females are perfectly sensible the whole time. The senses are in some cases rendered remarkably acute so that the patient will hear dis-

slightest whisper, or smell the faintest odor, and see everything that is going on, even though her eyes are closed. This peculiarity has caused many to be suspected of imposition, by those not acquainted with the disease. This suspicion has also been strengthened by another circumstance: the patient nearly always tells whether she is going to have another attack or not, and is seldom or ever wrong. This foreknowledge, however, is simply the result of her sensations, and need neither excite wonder nor uncharitable distrust.

When the violence of the fit is passed, there is generally observed a singular rumbling of wind in the abdomen, and great quantities of it are discharged by the mouth, from the stomach. Vomiting may also ensue, or confused palpitation of the heart, with labored breathing, and twitching of the muscles. A severe fixed pain in the head is also frequently felt, in one particular spot, with singing in the ears, and bright sparks floating before the eyes. Generally the sufferer utters most piercing cries, so peculiar that they can never be mistaken by those who have once heard them, and so frightful, that few can help feeling alarmed at them. In fact there are few exhibitions of human suffering more likely to appal, and excite consternation, than a *hysterical fit*, especially among those to whom it is new. Fortunately all these symptoms are not observed in every case, for some patients will remain, between the attacks, in a partial stupor, or sleep, during which they will smile and appear quite happy. It has been supposed in fact, by some, that this dreamy hysterical state, is the real mesmeric sleep, or *somnambulism*.

The final cessation of the attack is often denoted by sighing, sobbing, and crying, or immoderate

laughter, similar to what is usually observed at the commencement. This is followed by a gradual subsiding of the more violent symptoms, and by moaning, or deep sighs, after which the heart beats more quietly, the breathing becomes regular, and a gentle heat, with perspiration, appears on the surface. It should also be particularly mentioned, that there is nearly always felt a most pressing desire to urinate, and if this be impossible, the pain and anxiety thus excited may bring on another fit. This should be remembered by those who may be with such cases. Another remarkable circumstance may also be mentioned; immediately the patient recovers, an abundant mucus secretion flows from the vagina, though previously it was unusually dry and constricted. This is a proof how much the uterus sympathises in this disease. I have known this take place to such an extent as to lead to the belief that the urine had escaped involuntarily. A temporary loss of voice may also take place, but it need occasion no special alarm.

When all is over, there seldom remains anything more than a general weakness, with mental dejection, and occasionally dulness of memory, with a disposition to day dream; though some will complain of soreness in the limbs, and a sensation as if the head had been struck violent blows.

The above mentioned symptoms may either be all observed in any attack, or only a few of them, and they are exhibited so irregularly that anything like a classification of them into stages, is out of the question. Their intensity may also be very great, or so slight as to excite no apprehension. Occasionally there are other symptoms added, such as hiccough, or a tendency to bite, as in hydrophobia, and

sometimes others, of a still more unusual character! The attacks may all be over in few minutes, or they may last hours, days, or weeks, and sometimes will become periodical. It is difficult to say when a patient is cured of them, since they may return at intervals of six months or a year. There may also be only one fit at a time, or several, and they may either decrease in violence, or the last one be as bad as the first. The effects on the appearance of the patient are also various; thus some will even become more full of flesh, and look better, while others will fade and become thin. This last is most frequently the case, especially with those who have had much leucorrhœa. Many will have a very jaded and dejected look, and become melancholy and apprehensive.

As the patient advances in life the disease usually decreases; but if it do not, and is unchecked by proper treatment, it may subside into various other diseases, as Metritis, Epileptic fits, Hypochondriasis, Amenorrhœa, Ovaritis, and several others, and thus become fatal. Sometimes it terminates spontaneously, by profuse sweating, diarrhœa, eruptions on the skin, or vomiting, and it has often been stopped by a sudden fright.

One thing should never be forgotten in regard to hysterical attacks, and that is the possibility of the female appearing *dead*, though still alive! There is no question but many have been buried alive while in this species of trance, and in several instances they have awaked during the preparations for their funerals. A celebrated anatomist, (Vessalius) actually began to dissect a female in this state who came to life again. I have a patient at the present time who was found sitting in her coffin, with her

shroud around her, when the undertaker came to nail her up. The way to avoid such lamentable mistakes is easy; the supposed body should not be buried till there be unequivocal signs of decomposition. Very few days will elapse, in any case of death, before the abdomen turns *green*, and then there can be no mistake. I once saw a case myself of supposed death, in which some of the friends had actually proposed preparations for interment, but after *five days*, of perfect trance, the female woke perfectly unconscious of the lapse of time.

The causes of hysteria are as obscure as the symptoms are diversified. Probably some of the most frequent predisposing causes are, weak constitution, scrofula, indolence, a city life, bad physical and moral education, nervous or sanguine temperaments, the over excitement of certain feelings, and religious or other enthusiasm. It is also most common between puberty and the change of life, but is nevertheless found in quite young girls, and in old women. Young persons just about being regulated are very subject to it, and those who have deranged menstruation, also widows, those who have no children, and those in whom the change of life is about to take place. Some of the immediate causes are, the first period, suppressed menstruation, late marriage, chronic inflammation of the womb, vicious habits, and long continued constipation. Vivid mental emotions, and excited feelings, may also be specially mentioned, such as anger, fright, disappointment, particularly in love, reading sentimental and exciting romances, and disagreeable, painful, or sorrowful sights. Some authors also suppose there is a hereditary disposition to hysteria, and others that there is a peculiar temperament which disposes to it. It i

certain that *imitation* has much to do with it, or, in common parlance, it is *catching*, for very often when one female is taken in an assembly, many others will also be attacked from seeing her. M. Andral mentions a case where a young lady was attacked with hysteria in a school, and so many of her companions followed, in the same way, that it was found necessary to close the school for a time, to get rid of it. The same thing has often been seen in churches, and other public assemblages, and particularly at camp meetings, and love-feasts. At some of these places quite a number of persons may be seen raving, rolling on the ground, crying, laughing, and exhibiting all the usual symptoms of hysteria, simply from excitement produced by the preaching. I knew one young lady who went to a camp meeting, and was there attacked with hysteria, which lasted nearly a whole day; the people around said she was *experiencing religion*, and evidently thought her very fortunate. She continued liable to a return of the attack for six months after, but gradually recovered from them by attention to her general health, and by avoiding all excitement.

Women disposed to hysteria are generally capricious in their character, and often whimsical in their conduct. Some are exceedingly excitable and impatient, others obstinate, or frivolous; the slightest thing may make them laugh, or cry, and exhibit traits which ordinarily they are not supposed to possess. Like children, the merest trifles may make them transcendantly happy, or cast them into the most gloomy despair. Very frequently they are made much worse by seeing that those around them have no real commiseration for their sufferings, and perhaps even think they are not real. A delicate at-

tion, and properly exhibited sympathy, will soothe and calm the excited feelings more than almost anything else.

Various other diseases, particularly of the uterine organs, may also produce hysteria, and many apparently slight causes, such as breathing a close, bad air, either in a public assemblage, or in a bed-chamber, and even particular odors! Thus some will be attacked if they smell *musk*, or certain flowers, as *roses* for instance; others again at *hearing* certain sounds, or merely *touching* certain substances. M. Orfila mentions the case of a young lady who fainted if she saw flax-seed tea made. M. Rostan says he has seen hysteria, with loss of voice, and strangulation, produced even by the *color* of a certain flower! And many such cases have followed from smelling orange flowers, and violets. Particular pieces of music, or the reading certain passages from books will affect some, and the sight of certain animals will affect others. A case is mentioned of a young lady who always had a hysteriform attack if she heard the clock strike *five*, her father having died at that hour; and I knew one who suffered in the same way whenever she saw a *ladder*, her husband having been killed by falling from one. In short, there is no end to such cases.

There are *several* other causes, both of a moral and a social nature, that have much to do with this distressing affection, but which I have hitherto only partially alluded to. They are so important, and so little understood or *suspected*, that I feel desirous of presenting them with other authority in addition to my own. I have, therefore, made the following extract from "Copland's Medical Dictionary," just re-published by the Harpers, and probably the most

accredited work of the kind now extant. The extract is part of the Article on Hysteria, and is especially deserving the attention of *parents* and *guardians*! Its importance I trust will excuse its introduction, though some of the truths in it may be as painful as they are novel.

“There is perhaps no other malady which depends so much as this upon the *management* of childhood, and on the moral and physical *education* of early life. A luxurious and delicate mode of living and of rearing; a neglect of whatever promotes the powers of the constitution, especially of suitable exercise in the open air, and of early hours as to sleeping and rising; an over-refined mode of education, and the excitement of the imagination and of the emotions, to the neglect of the intellectual powers and moral sentiments; too great devotion to music, and the perusal of exciting novels; the various means by which the feelings are awakened and acute sensibility is promoted, while every manifestation of either is carefully concealed; and studied endeavors to dissemble desires which struggle to be expressed, all serve, especially at a period when the powers of mind and the conformation of the body are approaching development, to produce that state of the nervous system of which hysteria is one of the most frequent indications. About the period of puberty in females, various circumstances connected with their education tend to weaken their constitution, to excite their emotions and desires, and to cultivate their imaginative and more artificial faculties at the expense of their reasoning and moral powers. Whenever numbers associate previous to, or about the period of puberty, and especially where

several use the same sleeping apartment, and are submitted to a luxurious and over-refined mode of education, some will manifest a precocious development of both mind and body; but in proportion to precocity will tone and energy be deficient, and susceptibility and sensibility increased. In these circumstances, also, organic sensibility, particularly as relates to the uterine system, often assumes a predominance powerfully predisposing to hysterical affections. There can be no question, although the subject has been but rarely approached by British medical writers, that indulgence in solitary vices and sexual excitements is not an infrequent cause of this, as well as of other disorders. Numerous writers have insisted upon the propriety of giving due consideration to this source of mischief, as well as to the ennui and chagrin attending celibacy and continence. I agree with Dr. Conolly in believing that English practitioners pay, perhaps, too little attention to these and other related circumstances; and that, in a country where the passions and emotions are so carefully suppressed or concealed, they sometimes seem to forget their silent operation on the frame, and charge the medical writers of other countries with being somewhat fanciful and extravagant.

“ Besides the above, there are various circumstances connected with the *social state* that tend to develop these conditions of the uterine organs and nervous system, in which hysterical disorder originates. M. Georget remarks that the progressive steps of life, as youth passes away, are sources of painful moral affections, especially to the frivolous, the vain, and the unmarried of the sex. These affections increase the susceptibility of the nervous

system, and, with numerous other circumstances yet to be mentioned, dispose to the nervous disorders of the more advanced epochs of life. There can be no doubt that pampered modes of living; an early or habitual indulgence of temper, or of the emotions and desires; the use of wines and liquors, even within what may appear the bounds of moderation; late hours, and late rising; insufficient modes of exercise, or the want of it, and of pure air; neglect of the requisite exposure to light and sunshine; and sedentary occupations, particularly in over-heated and crowded apartments or factories, more or less predispose the female constitution to this affection. Some writers believe that the use of tea and coffee has a similar effect; it is possible that the former, especially green tea, taken too frequently or in excess, will weaken the nervous system, and that the latter will sometimes excite the uterine organs. The influence of *climate* is not very manifest; temperate and changeable regions certainly furnish more numerous instances of nervous disorder in females than very warm or very cold countries; but as much is probably owing to the state of *manners* and *society* in the former as to climate. Even *dress* has some effect in the production of hysteria; inordinate compression of the waist by stays not only weakens and displaces the digestive organs, but favors local determinations and congestions, and deranges the uterine functions."

Hysterical attacks are not of themselves dangerous, though they are sufficiently alarming, as they usually subside without much after disturbance, unless dependent on some other disease. Nothing, in fact is so astonishing to some persons, as to see

a delicate female immediately after a hysterical fit. Judging from appearances during the attack, they would readily suppose that the danger was really imminent, and that a slow recovery was the *best* thing to be expected. But when all passes off in a few minutes, with no indications whatever of the frantic violence so recently exhibited, they are naturally surprised, if not suspicious. It should be remembered however, that an *imitation* of one of these fits, even if it were fully possible, would exhaust much more than the fit itself, or most likely would produce complete prostration. There is no doubt however, but that many females can work themselves into hysterics, and that many do so, particularly when angered, slighted, or disappointed.

In regard to the starting point, or original seat of Hysteria, there seems to be no doubt of its being in the Uterus, which becomes subject to a peculiar excitement, or disturbance, that exerts a wonderful sympathetic influence on the whole system. The Uterus, it must be remembered, is the *controlling* organ in the female body, being the most excitable of all, and so intimately connected, by the ramifications of its numerous nerves, with every other part. The multitudinous and diversified symptoms attending its derangements need not therefore surprise us, nor need we wonder that they are not found in other diseases. The ancients compared the Womb in the female body to *another living being*, controlling and directing the body in which it existed! It should also be remembered, in relation to hysteria, that it is most frequent at that age, and in those temperaments in which the uterine system is most active. In some instances, *men* are liable to similar affections, and when they are so there is always noticed

in them more or less of what is termed the hysterical temperament. In fact, they much resemble females in their nervous systems.

In treating hysteria the first thing is to relieve the paroxysm, or fit, and then try to prevent its return. The first proceeding, if the attack be violent, should be to take care that the patient does not hurt herself by her violence. She must be held firmly, but not so as to injure, nor unnecessarily restrict her motions. Every article of clothing should be removed that is in the least tight, on any part of the body, and she should then be laid down, with the head elevated. Every person should be immediately sent away, except those whose assistance is really needed, and they should be careful not to hurry and appear confused, nor make unpleasant or desponding remarks about their patient, because she may both hear and understand them, though to all appearance insensible. Fresh air is indispensable, and it should play upon her as speedily and freely as possible. Strong odors, as ammonia, salts, vinegar, or burnt feathers should also be applied occasionally to the nostrils, and Cologne, or cold water, dashed on the temples, forehead, and cheeks. If the mouth can be opened, a teaspoonful of cold water should be poured in it, with about three drops of ammonia added, if it can be conveniently obtained. The hands and feet may also be chafed with advantage. In case the attack still continues, a small enema, of cold water, may be given, containing about twenty drops of laudanum; or cold water may be sprinkled on the chest, and down the spine. Fifteen drops of Sulphuric Ether may also be poured into half a pint of water, and a large spoonful of the mixture given every three-quarters of an hour. In very violent, or long-continued attacks, an enema of thin,

cold starch water may be used, with three grains of camphor, ten of assafoetida, and fifteen of laudanum added to it, after being well mixed in a thick portion first. The whole body may also be well rubbed, particularly down the spine, and mustard plasters applied to the abdomen, inside of the thighs and arms. Spirits of camphor, or oil and hartshorn, may also be used as a liniment, and the spine and limbs well chafed with it. As soon as ever she can swallow, let her have a drink of cold water, but don't ask her any troublesome questions, nor make remarks.

After all the above means have been tried we may resort to vaginal injections, as those of poppy heads, or starch and laudanum, recommended in Metritis. Frightening the patient, or speaking harshly to her, has been recommended by some, but I much doubt the utility of such means. Other practices are also resorted to, the character of which betrays a curious opinion as to the nature of the disease! I would, however, caution those who recommend them as to the probable *moral* consequences afterwards, and I assure them that it is seldom or never the case that the same good cannot be effected by less objectionable means.

To prevent a return of the attack, we should employ what are termed anti-spasmodics, and tonics. Various teas may be drunk, as those of Mint, Balm, Mugwort, Boneset, and Chamomile. Tincture of Myrrh, Assafoetida, Camphor, Musk, and Castor, Gum Ammoniac, Acetate of Ammonia, and Carbonate of Ammonia may also be taken, various preparations of all which are kept at the Druggists'. Vaginal injections should also be continued, of starch and Laudanum, Assafoetida and Camphor, and the bowels

must be kept free. If the shock be not too great, a shower bath every morning will be of great service, or a cold plunge. If the patient be very weak and debilitated, we may give her any of the preparations of iron recommended in Chlorosis, particularly the Carbonate of Iron pill, or that of Extract of Gentian and Sulphate of Iron, and keep the bowels free with the pills of Iron and Rhubarb. A little good port wine, with Peruvian bark in it, may also be of service. And an excellent effect is sometimes produced by repeated injections, and enemias, of olive oil. Sulphur baths have also been recommended, and occasional blisters to the Abdomen and inside of the thighs or arms, and on the spine.

The diet must, of course depend on the condition of the patient. If she be of a full plethoric habit, it should consist of vegetables, light soup, milk, rice, sago, and ripe fruits, with milk, or water, for drink. Meat should be taken sparingly, and never highly seasoned, and spices, or pastry, should be forbidden. If, on the contrary, she be thin and delicate, the diet may be more nutritious, meat may be used more freely, and a little wine allowed. Sea bathing, travelling, riding horseback, and removal to a dry, warm climate, should also be recommended. The mind must be constantly, but pleasingly occupied, and the feelings interested in some innocent, cheerful pursuit. All kinds of sentimental and romantic reading must be avoided, but amusing books, or travels, and descriptions of scenery may be allowed. Music or poetry, when indulged in to excess, and with those of an excitable temperament, is often highly injurious. *More domestic occupation, and less fanciful idling, would prevent numerous disorders in many young females.*

In the article already quoted from Copeland's Dictionary, are some further remarks on the peculiarities, and predisposing causes of Hysteria, whose great value must be an excuse for inserting them.

"Hysterical disorders of the mental faculties consist not merely of the states already mentioned, but of others of a less decided, but not less morbid kind. Hysterical females are not merely capricious or whimsical, but they often become enthusiastic for a time in the pursuit of an object, or in cherishing an emotion by which they have been excited. In many such cases the nervous excitement and vascular turgescence of the uterine organs determine the character of the mental disorder; elevating certain of the moral sentiments, or of the intellectual manifestations, to a state of extravagance, passing, in some instances, into delusion or monomania. Many cases of puerperal mania are merely extremes of the hysterical disorder of the moral and intellectual powers or states of the mind. All these more extreme forms of mental affection are observed only where, in connexion with much local or uterine irritation, there is great deficiency of nervous energy generally, and of mental power in particular; or where, with such deficiency, there has been either much injudicious culture, or perversion, or improper excitement of the imagination.

"Females sometimes become passionately attached to an object; and this passion may advance even to nymphomania or monomania. The same person, on experiencing a disappointment in her affection, or if she be placed in circumstances entirely preventing the enjoyment of her passion, often becomes enthusiastically religious, especially if powerfully

cited by powerful popular preachers. After field preachings, or other ministrations of an exciting kind, the most hysterical females, especially those who have experienced the fully developed fits on these occasions, have become, at least for a time, the most religious. In this, however, there is little to regret; there is no harm, and generally much good from this direction of the feelings, unless, indeed, advantage be taken of this excitement by certain Tartuffes, especially at love-feasts, &c.: a circumstance by no means rare.

“The hypochondriacal feelings, the desire to deceive, or to simulate various diseases, or the delusions which sometimes possess the minds of hysterical females, may be classed with the foregoing, as requiring a similar plan of treatment. In all of them the *intentions of cure* are, to remove irritation or vascular turgescence of the uterine organs; to improve the general health; to strengthen the nervous system; to calm the imagination, and to guide the moral impulses of the patient. The means by which the physical portion of these indications are to be fulfilled have been sufficiently explained. The most efficient, however, of these means are not likely to be adopted by the patient if she is entirely uncontrolled by friends. Few will resort daily to the shower bath, or even occasionally to terebinthinate enemata, or submit to a course of tonics, or to a suitable regimen, &c., while she believes her health but little affected. Even when the hysterical disorder is of a very painful kind, the variability or capricious state of her mind leads her to run from one physician to another before opportunity of administering aid is afforded to any. At last, the most notorious charlatans, particularly those who

either excite the body through the mind, or the mind through the body—the animal magnetizers, the Homœopaths, the St. John Longs of rubbing celebrity, and the Campbells of celestial-bed notoriety—fix her attention. At such medical bagnios there is something promising gratification as well as excitement, and at such places hysterical as well as hypochondriacal patients ‘most do congregate,’

“OF THE PROPHYLACTIC TREATMENT OF HYSTERIA.
—*The avoidance of the occasional causes* is the chief part of this treatment, and this is very difficult. The moral emotions and desires constitute the principal of these causes, and the prevention of them is not in the power of the physician, and, considering the general frailty of our nature, rarely in the power of the patient. A physician sufficiently acquainted with human nature, and with human life and society, will frequently discover the connexion of the complaint with the feelings, and be able to give useful hints to the patient or her friends as to the moral, as well as to the medical management of the complaint. But his proper business is to correct the predisposing or constitutional cause, and to enable the patient to resist the exciting causes. An indolent, a luxurious, and an unoccupied life leads to late hours in bed, to an excited state of the imagination, to susceptibility of the nervous system, to irritation and turgescence of the generative organs, and to general or local plethora. It cannot be sanguinely hoped that females will relinquish ease, luxury, and enjoyment from the dread of a distant and contingent ill. Most physicians of experience must have often observed the influence of these causes on the health, and have met with instances of females who, when in ease and luxury, were

subject to hysteria, having become entirely free from it when reverses of fortune obliged them to employ both mind and body.

“Much depends upon the *moral* and *physical* education of females about the period of puberty in preventing hysteria. If more time were devoted to air and exercise, and less to mere accomplishments—if less strenuous efforts were made to cram much ill-assorted knowledge into the mind in a very limited period—than usually is the case in the present day, an improved state of nervous energy and of constitution generally would result. There would consequently arise a race of females possessed of stronger minds, and better able to make good wives and healthy mothers, than those too frequently met with in the easier ranks of life. Of all the physical influences by which the human constitution is permanently impressed in early age, there are none so powerful as *light*, *air*, and *exercise*. Females, while the frame is being developed, should strictly observe early hours, so that *the period of repose* should never be prolonged much after the dawn of morning. The propriety of *sleeping* in a large, well-ventilated room cannot be disputed. It will be prudent, where more than one must sleep in the same apartment, to have separate beds, each no larger than is necessary for one person; and if the room is sufficiently large and airy, three, but no more, should sleep in it, preferably to two. When very early rising is enforced, the kind of bed on which growing females should sleep is not very important, although a hair mattress is perhaps the best; but the bed-clothing should be light, and the sitting as well as the sleeping apartments ought to be moderately cool and airy.

“The kind of exercise which is most serviceable is that taken in the open air, and in the light of day, and which brings into action the voluntary muscles generally, especially those of the lower extremities. It should preferably be on foot, and be regular, daily, and neither too little nor excessive. Sydenham, Fuller, Mandeville, and Manning advise riding on horseback, as affording the briskest motion, and occasioning the least fatigue. It ought always, however, to be used when the stomach is most empty; for, after a full meal, it retards digestion, rendering it uneasy and flatulent. It is most serviceable when hysteria is associated with retention of the menses and a chlorotic state of the system, or when there is torpid action or obstruction of the digestive and abdominal viscera. In cases of this description, the advice given by Mandeville will be found of great benefit. This is, to rise before six; to have half an hour's exercise in a swinging chair, flying horse, or the common swinging rope, and then breakfast: some time afterward to get on horseback, for at least two hours, either galloping or trotting, as much as her strength will permit her; and, immediately after this, to be undressed and assiduously chafed or dry rubbed for a considerable time, till her skin looks red, and her flesh glows all over. Manning observes that frictions are useful, not only in the cure of the paroxysm, but also as a prophylactic. He directs them to be used on the extremities and trunk of the body, and especially on the abdomen, when the digestive organs are weak. If hysteria be attended with the anomalous symptoms already noticed, or assume an irregular form, friction applied daily and assiduously along the spine will be of great service. Saline has been recommended by Dr. Gilchrist in

he treatment of hysterical and other nervous complaints; and in certain circumstances it will be found useful.

“*Cold bathing*, particularly salt-water bathing, and the shower-bath, will generally be serviceable at this period of life, if females have no particular dread of either, and if the surface of the body be afterward well rubbed, and smart exercise immediately taken. For delicate constitutions, with a predisposition to the disorder, it will be preferable to commence with a warm salt-water bath, or with a tepid shower-bath, the temperature being gradually lowered to the usual grade. Sponging the surface of the body also, every morning, with salt and water, or with water containing some vinegar or a little of the nitro-muriatic acid, the temperature being at first tepid, but gradually reduced to the usual mean of cold, will generally prove most beneficial, not only in preventing the complaint, but also in removing it.”

It has already been remarked, that hysteria frequently depends on some other disease, particularly on deranged menstruation, or indigestion. These primary disorders must of course be removed before a real *cure* can be hoped for, no matter how successful the palliative means may have been. A careful study must therefore be made of the patients' constitution, habits, and general state of health.

An opinion prevails very generally, that in all these cases *marriage* is advisaable, and in the great majority this is perhaps true, but *not in all!* It is sometimes a very difficult matter to advise upon, and it must be recollected that, if the experiment is unsuccessful, *two* persons may be made unhappy instead

of *one*, without any advantage to the patient ! It is seldom however that a competent person, of sufficient experience, will fail to indicate the proper course, particularly if his enquiries be answered with truth and candor. With those of a lymphatic temperament, and in torpor of the uterine organs, I have frequently employed *Galvanism*, with marked benefit, particularly to the Ovaries and Os Tincæ. It will also cut short the fit, in many cases ; but it is so seldom the apparatus is then at hand to use, that my experience that way is not very great. I have now, however, numerous cases under treatment, and am constantly seeing more, so that in a short time I shall test its efficacy more fully. Some authors have recently recommended a sudden and unexpected burst of music, as a means of cutting short a hysterical paroxysm, and others have recommended a systematic use of music, suited to the case, as a means of *actual cure* ! This is certainly a more pleasant remedy than many others, and may be in many cases quite as successful.

There are two peculiar forms of Hysteria, or rather two kinds of Hysteriform attacks, which, by some authors are considered to differ from Hysteria properly so called. These are named *Gastrospasm*, or spasm of the stomach, and *Cerebrospasm*, or brain spasm. The first of these usually commences with severe pain, or spasm in the stomach, and there is little or none of the usual suffocation, or feeling of the ball rising. The general treatment is the same as that already given for Hysteria, but in addition, if the pain continues, a teaspoonful of compound spirits of Lavender may be given every half hour, till three or four are given, and a mustard poultice may be put on over the stomach. If this does not

nausea, and no fainting or convulsions ensue, an emetic may be given, such as a teaspoonful of antimony wine in half a teacupfull of warm water every ten minutes, till it operates. In the cerebro spasm, a dash of cold water on the head, or a warm hip or foot bath will be useful, in addition to the general treatment.

There is so little that is peculiar in these varieties however, excepting what we have already mentioned, that any further attempt at distinguishing them is unnecessary.

HYSTERALGIA.

This disease is also called *Neuralgia of the Womb*. The *symptoms* are much the same as those of severe Dysmenorrhea, or Metritis, but there is no inflammation or swelling. The pain, however, may be terribly severe, resembling that of Tic Doreux, or Neuralgia in the face; some persons have been made almost delirious by it. The *treatment* should consist of bathing, narcotic enemata and injections, purgatives, and mustard poultices, or blisters to the abdomen and thighs. In fact, much the same course as for Rheumatism of the Womb, and for Metritis. If it comes on periodically, quinine must be used, the same as for Intermittent Fever.

The causes of Hystericalgia are too obscure to be definitely stated. Very frequently it is produced by other uterine derangements, and also by *excesses*, and by violence, or by improper marriage. It is very rarely met with.

IMPOTENCE AND STERILITY.

This subject is one of the greatest interest to all, and to many of the most vital importance. It was

not my intention to speak upon it at all in the present work, because I have another in preparation on *pregnancy and its diseases*, in which it will be fully explained. My engagements, however, may prevent that work from being completed for some time; and as I intend this one to be *complete, and to treat on every female derangement*, I have determined to introduce the subject here. Another reason is, that the explanations already given on Menstruation, and on several diseases of the uterine organs, may be easily made available for my present purpose.

This subject is often enveloped in the deepest mystery, medicine and physiology being both equally at fault respecting it. The recent discoveries connected with the ovaries and with menstruation, already referred to, have thrown a light upon it however, which removes much of the obscurity, and enables us to render assistance in numerous cases previously thought incurable.

The two names at the head of this article are generally used as having the same meaning, but this is improper.

Impotence refers to that state of the system in which there is merely some faulty conformation, or physical impediment, preventing conception; as in a case of imperforate hymen for instance.

Sterility is that state in which conception does not occur, though there is apparently nothing to prevent it, owing probably either to absence or torpor of the ovaries, or other essential organs.

A female may therefore be sterile without being impotent, or she may be impotent but not sterile.

Impotence may result from most of the malformations, unnatural growths, and displacement described in the previous articles. such as imperforate hymen.

growing together of the lips or Vagina, closing of the mouth of the Womb, Prolapsus, Tumors, and Hernia; the treatment of which has already been given. If conception does not occur after their removal, sterility may be suspected.

The causes of sterility are manifold, and often not to be ascertained. Among them may be mentioned absence of the Womb, Ovaries, or fallopian tubes, closure of the Os Tincæ or tubes, incurable retroversion, anteversion or obliquity, all of which are irremediable. Chronic metritis, flooding, uterine rheumatism, leucorrhea, and many other diseases also cause sterility. Improper diet, the abuse of warm baths, and certain *excesses*, or vicious habits, may also dispose to it, and so may irregular or suppressed menstruation, or non appearance of the menses. It is true that females have conceived though they have apparently never menstruated, but as a general rule this is never the case. It is probable that in such instances a vicarious or colorless menstruation took place unobserved. Some women appear to possess an unfeminine temperament and constitution, so that they rather resemble the other sex. This peculiarity is indicated in their habits, form and features, and is frequently attended by sterility. Too ardent or too cold feelings are also unfavorable, and so is a very full habit of body. Very frequently the difficulty is entirely owing to a want of *adaptation*, either physical or moral, or both, between the parties. Many such cases have been known, where both have been fruitful by previous or subsequent marriages. What this mutual unfitness consists in, may sometimes be ascertained, and the cause of it removed, but not always.

Sterility sometimes results either from a stricture

of the small canal at the mouth of the womb, or from its being constantly plugged up by mucus. In such cases a cure may frequently be effected by using the bougie, as recommended in dysmenorrhea. This either expands the passage, or removes the obstruction, as the case may be. I have had several cases, where all hope had long been lost, which terminated favorably after this operation.

Sometimes in these cases we succeed in ascertaining the existence of one or more of the above causes, and affording relief, but often no cause is obvious. Some females will become fruitful after a barrenness of many years, and others after a fit of sickness, or change of climate. It is recorded that after the great pestilence in the middle ages, called *the black death*, which destroyed many millions of people, the females were unusually prolific for several years, having large families, and frequently twins and triplets. The same thing has been observed, on a smaller scale, at other times. Abundant food and easy circumstances are not always favorable to fecundity, but sometimes the reverse, and I believe as a general rule, that a people badly fed, and hard worked, will be quite as prolific, if not more so, than those comfortably situated.

Disparity of age is an occasional cause of Sterility, though not necessarily so. The same may be said of the abuse of stimulants, such as spirits and tobacco, or even strong scents. It should also be remembered that the sterility may be in the male, though by no means apparent. It is true that it is much more frequent in the female, but the *possibility* of the reverse should be borne in mind.

When any of the above causes are discovered, their removal, if it be possible, is all that is required

under particular circumstances, and they have conceived immediately on removing this restriction. The most favorable time for conception between any two periods, may undoubtedly be indicated, in every case, and also that when it is absolutely *impossible*, though they are both variable in different persons.

In cases where I have supposed the sterility to arise from imperfect action of the ovaries, owing to which the ovæ were not perfected, I have found great success attend the application of *Galvanism*, both externally and internally. In fact, in such cases it *seldom or never fails of effecting a cure!*

It is commonly supposed that *certain feelings* on the part of the female are indispensable to conception. This is, however, a mistake, for they may be totally absent and yet conception occur, though probably not so readily as when they exist. It is sometimes desirable therefore, since they may be assistant in bringing about this event, and also for other reasons, that they should be established or revived, a result which modern discoveries makes nearly always possible.

Too early marriage is a frequent cause of sterility, and it is possible that a marriage against inclination may be so. It is certain at least that indifference is unfavorable to conception, and actual repugnance may be reasonably supposed to be much more so. Intense mental occupation, and depression of spirits have a very unfavorable influence, and so has *certain states* of the weather, and even certain localities.

Sterility also often results from the *man*. For a full explanation and cure, see *The Marriage Guide!*

of position is all that is required ! These are matters, however, that I merely mention to show that relief is often *possible*, and without any great difficulty. I have had numerous cases under my care, requiring almost every variety of treatment, and have frequently been gratified by a successful issue, when there was apparently least reason to expect it.

The opinions of medical men respecting Sterility, in many cases, especially those with no obvious cause for it, have lately been much modified by the new discoveries respecting the ovaries, described in the article on menstruation. It was there explained that an Ovum or Egg was perfected every month, and that none were capable of being fecundated except those thus perfected. Now it is quite possible, and indeed *probable*, judging from analogy, that some females do not perfect their ovæ, the same as some birds do not perfect their eggs ! And again, others may discharge them almost immediately, with the menses, so that they are lost before conception can occur ! It is asserted, in fact, by M. Pouchet, in his work on this subject, that there is a certain time between the monthly periods of every female when she *cannot* conceive, owing to the ripened ovum having disappeared ! This time may vary, of course, from different causes, so that some can only conceive within a few days, or less, after menstruating, while others may do so nearly till the next period. It is certain that the event is more likely *immediately after* the cessation of the menses than later. I have had proof of this, in the case of those whose religion forbids approach till *eight days after*, because the female is thought unclean till then ! Many women of this persuasion, who were barren, I have advised to procure a dispensation which it seems is allowable

to effect a cure. All malformations must be corrected, displaced organs must be replaced, diseases of them must be cured, and impediments removed. The diet and habits must be regulated, with a view to increasing or decreasing the ardor of the temperament, according to circumstances, and medical treatment may also be resorted to for the same purpose. It is advisable to say here, however, that though medical science *has* resources in some cases of this disease, and of considerable power too, yet they are nevertheless, *seldom applicable!* No greater imposition is practised on the credulity of the public, than that of announcing *specifics for the cure of barrenness!* The "cordials" and other preparations, so glaringly put forward for this purpose, are all composed of a few well known substances, which merely act as irritants, or temporary stimulants from which no permanent good can be expected, but which often produce irremediable injury.

The diversity of the causes of Sterility, and their frequent obscurity, makes any uniform prescription, or plan of treatment, impossible. It is only by careful investigation that these causes are occasionally discovered, and then they are not always removable. Sometimes, however, the simplest advice will be sufficient. Thus when leucorrhea exists, the acid discharge appears either to destroy the Spermatozoa, or to block up the absorbents, or tubes, and I have known Sterility of many years standing, from this cause, removed in a short time, by simply using injections of warm Castile soap and water, *just previous!* The sole operation here is, of course, removing the obstructing mucus, or neutralizing its acidity. In like manner in cases of prolapsus, an-eversion, retroversion, or obliquity, a mere *change*

CHAPTER VI.

GENERAL REMARKS ON FEMALE HEALTH, AT EVERY PERIOD OF LIFE, AND ON CERTAIN PECULIARITIES OF FEMALE DISEASE, AND ITS TREATMENT.

PUBERTY AND MENSTRUATION.

Previous to the establishment of puberty the female system presents no remarkable peculiarities to distinguish it from the male system, but when that event occurs a complete change takes place, many new functions being performed which exercise a controlling influence over all the others. The nature and extent of that influence has already been pointed out incidentally, so that we need do no more here, than refer to its importance as connected with female health.

The establishment of the menstrual discharge is an event which every mother should carefully watch for in her daughter, so that no untoward accident may prevent it. About the time when it is expected, the young person should be questioned as to the state of her health, and feelings, and her occupation and mode of life should be regulated in anticipation of the change.

The objects to be accomplished are, to favor the development of the Uterine system, so that its functions may be properly performed, and at the same time to prevent any undue excitement, either general or local. The regulation of the diet is here of the first importance ; it should be sufficiently nutritious, but easy of digestion, and not stimulating. Milk, rice, sago, young meats, and ripe fruits, are appro-

prate for food, with milk, water, or weak wine and water, for drink. All heavy meats, unripe fruits, pickles, strong beer, spices, spirits, coffee, and pastry, must be forbidden. Tea may be taken occasionally, very weak, but is better left alone; and a little light sharp beer may be drunk, if there be sinking and debility.

Warm baths should be taken every other day, followed by a cold shower, and by good hard friction of the skin. Bodily exercise, in the open air, must be rigidly enforced, and of the most exhilarating kind. The young person should be encouraged to run, and to ride, to use the hoop, skipping rope, and battledore, or other instrument of sport, as much as her inclination prompts. The body should be warmly clad, but *not confined* in any part, and the shoes should be thick enough to protect the feet from damp. Corsets and paper-soled slippers, if they have unfortunately been adopted, should be thrown aside, and the hair should not be bound in a close hard knot on the head, as that prevents perspiration, and keeps up a constant heat, which is a certain source of headache to many.

It is particularly important that the young person should know the reason for these cares, and that she should be told the nature and importance of the event which is about to occur. She will then be more disposed to observe all necessary regulations, and to communicate any symptoms she may have of its commencement. I have seen so many instances of the evil effects of keeping young persons ignorant on this matter, that I am desirous of directing attention to it in a forcible manner. Many, in their ignorance, are dreadfully alarmed at the first flow, and fancy something dangerous, or disgraceful,

has happened to them; they therefore endeavor to stop it, for which purpose some put their feet in cold water, or put cold wet cloths on their persons; others walk till they are exhausted, and others again even take drugs, which they are told of by older companions. The mischief which may result from such practices is incalculable, serious disease, with a life of suffering, or even *death*, may reasonably be feared. And even when such things are not done purposely, they may be unintentionally, by those who are ignorant of themselves, and with the same evil result.

I once saw a most lamentable instance of this kind. A young lady of a delicate constitution, and retiring habits, entirely uninformed respecting herself, was suddenly surprised by the first menstrual flow. Her alarm was great, but her diffidence prevented her from alluding to the circumstance to her mother, with whom in fact she had but little confidential communication. One of her elder companions however, taxed her with it, and she confessed the truth, saying innocently that she *did not know how to stop it!* Her friend unthinkingly said that *standing in cold water* would stop it, for she had done so one night when she wished to go to a party! The poor victim of ignorance did the same, and was not troubled with another appearance for near six months. During this time she became very unwell. She had a constant head ache, with dizziness, dimness of sight, ringing in the ears, rush of blood to the head and face, with sickness at the stomach, and severe pains in her back, and in her abdomen, which was also much swollen. Her appetite was most capricious, her skin sallow, and her hands and feet almost constantly cold. She became

at last almost too weak to walk, and so low spirited and dejected, that the slightest word made her cry, while her mind was so weak that at times she could scarcely be called sane. Ultimately she became delirious, and raved for about three weeks, when she partly recovered, but similar attacks afterwards occurred, more or less, every month. Many physicians of the greatest eminence had attended her, but no good whatever seemed to result from their prescriptions. I found, on enquiry, that they supposed it to be a case of *non-appearance* of the menses, with chlorosis. Being desirous of ascertaining the actual truth however, I requested a female friend to question her closely, during one of her rational intervals. She did so, and the poor sufferer made a full confession. I then at once recommended a course of treatment, which I thought likely to restore the suspended function. Her diet was made light and nutritious. She was taken to the sea side and bathed regularly, and kept pretty constantly in the open air, on horseback. The only medicine given was a few pills of Iron and Gentian, and occasionally of Iron and Rhubarb, to keep the bowels free. A warm hip bath was administered every other day, and a warm injection at the same time. In addition to this, *Galvanism* was applied to the Uterus, in the manner indicated in the article on amenorrhea, and also to the Ovaries. No effect was observed for the first month, her delirious spell coming on as usual, and the other symptoms remaining much the same. About three weeks after, however, or nearly seven weeks from commencing the treatment, while she was riding out, the discharge came on quite suddenly and profusely. She was very sick and faint during the whole time it lasted, which was about

four days, but after that she felt much better, and more lively. *No delirious spell followed*, and at the end of a month she menstruated again without any distress. From that time forward she began to improve, her strength returned, her feelings became more under control, and her mind regained its original vigour. A little attention was bestowed, for some three or four months, for a few days before the periods were expected, to ensure their appearance; and a regular mode of life was enforced beyond which, nothing further was done. She is now perfectly healthy, both in body and mind, though she came so near being a victim, to absurd prejudice, and lamentable ignorance.

It must be borne in mind however, as already stated, that there is considerable irregularity as to the time of appearance, duration, and quantity of the menses, so that it is very difficult in some cases to decide whether assistance is really needed or not. Thus the usual age at which puberty becomes established is *fifteen*, but in some it may be natural for it to commence two or three years earlier, or later. The usual time for the flow to continue is *four days*, though it may be occasionally not more than two, or one, or it may extend to a week, or more, without any injury. The average quantity discharged is probably about *six ounces*, and yet some perfectly healthy females never have more than a mere show, while others may have a pint or more. It should be observed, however, that these irregularities are comparatively rare exceptions, the great majority of females, when healthy, observe nearly the above rule, both as to time and quantity. The only directions therefore, which can be properly given are, *to observe well the general health*

if that suffers in conjunction with any of these irregularities, it is desirable they should be attended to immediately ; but if the person remains well, it is best to wait a little and observe. With young persons however, it is necessary to be watchful, because many symptoms of disease may either be concealed by them, or pass unnoticed, till great injury is done. The moral condition of young females about the period of puberty is also a matter of great importance. All high wrought excitement, produced by reading fictitious adventures and scenes, and all sickly sentimentality from reading mawkish romances, or listening to romantic companions, are very injurious. I have no doubt but such things produce numerous cases of hysteria and hypochondriasis, if not more serious disease. I need not reprobate those books, or associates, of a still more exceptionable character, as these will never of course be openly allowed, but I would wish to caution against the too frequent contamination, from both sources, which occurs unsuspected. In various ways these books are obtained, and read, by hundreds who are supposed to be totally unacquainted with them, their real character being unknown, except by those who read them. The dangerous excitement thus produced may lead to the most deplorable results, both moral and physical, as every physician of experience well knows. With some temperaments, a too frequent attendance at the theatre, or ball room, may be followed by similar results, and very frequently I have known irremediable mischief produced by the vicious teachings of elder companions, particularly at boarding schools. A more direct allusion to these things is neither necessary nor desirable here, but it was my duty to

give a warning about them ! Suffice it to say, that the evil is more extensive than is supposed. The extract from Copland's dictionary, in the article on Hysteria, may be read with advantage in connection with this subject.

The most proper and healthy education is that which fully develops the body, giving it strength and beauty, and which occupies the mind with useful and pleasing *realities*, rather than with mere fictitious dreamings. Bodily idleness, and emptiness, or trifling occupation of the mind, combined with improper food, produce more licentiousness and disease than any other causes whatever ! And active employment, with a well regulated diet, will do more towards preventing or removing these evils, than all the drugs in the *Materia Medica*, or all the moral precepts ever promulgated.

It is not generally known that the health of young persons may be seriously affected by too close contact with the old. Such is undoubtedly the case however, and the fact should be stated. On this point Dr. Copland remarks as follows:—

“ A not uncommon cause of depressed vital power is *the young sleeping with the aged*. This fact, however explained, has been long remarked, and is well known to every unprejudiced observer. But it has been most unaccountably overlooked in medicine. I have, on several occasions, met with the counterpart of the following case:—I was a few years since consulted about a pale, sickly, and thin boy of about five or six years of age. He appeared to have no specific ailment ; but there was a slow and remarkable decline of flesh and strength, and of the energy of all the functions—what his mother very aptly

ermea a gradual blight. After enquiry into the history of the case, it came out that he had been a very robust and plethoric child up to his third year, when his grandmother, a very aged person, took him to sleep with her; that he soon afterwards lost his good looks; and that he had continued to decline progressively ever since, notwithstanding medical treatment. I directed him to sleep apart from his aged parent; and prescribed gentle tonics, change of air, &c. The recovery was rapid. But it is not in children only that debility is induced by this mode of abstracting vital power. Young females married to very old men suffer in a similar manner, although seldom to so great an extent; and instances have come to my knowledge where they have suspected the cause of their debilitated state. These facts are often well known to the aged themselves, who consider the indulgence favorable to longevity, and thereby often illustrate the selfishness which, in some persons, increases with their years."

It is very important to caution young persons against carelessness, during their periods, particularly against exposing themselves to cold in any way, taking too violent exertion, eating anything indigestible, or giving way to violent mental emotions. A quiet state, both of body and mind, is most favorable, with just as much exertion as feels agreeable. Cold baths may be injurious unless regularly taken previously. I know many who use them *always*, not only without injury, but with benefit. As a general rule it is best to make but little change, unless particular indications point out its propriety.

It should also be recollected that the mind and feelings of young persons at this age are naturally

in a very peculiar and interesting condition, and require the most careful and delicate attention on the part of their parents and guardians. They begin to experience new sensations and wants, and to be troubled by new thoughts and vague ideas, which stimulate curiosity, and excite the imagination to the highest pitch. A forced state of ignorance is very apt to aggravate this dangerous condition by enshrouding with *mystery* everything which is desired to be known. Under such circumstances the most exaggerated and ridiculous fancies are indulged, even if worse consequences do not ensue, and wrong notions are entertained respecting themselves, and their future condition, which may have a most lamentable influence on their health and happiness. *When nature prompts enquiry it is worse than useless to attempt to conceal!* The suppression of *useful truth* then, can only leave the mind open to receive *dangerous error!* A prudent parent or guardian will always know what to impart, and when to impart it, and will feel the obligation to instruct her charge to be one of the most sacred duties.

It is neither necessary nor advisable to treat all the vagaries and caprices of a young person with indifference, or deride them, but on the contrary they should be *respected*, and *sympathised* with, or even judiciously *indulged*, rather than rudely condemned. It should be recollected that their fanciful notions are *realities* to them, and that it is not by harshness, but solely by kindness, and obvious interest, that we can so far gain their confidence as to convince them of the contrary. It should also be borne in mind that the female is always subject to certain powerful influences, unknown to the other sex, which modify her whole character, and which make it necessary

to judge her with charity, and treat her with kindness and indulgence. Especially should this be remembered with the young and inexperienced, and with those who have been surrounded by unfavorable circumstances. I have known many an apparently severe indisposition, which had defied all medical skill, yield immediately to the condolence of trusted friendship; and in numerous cases I have seen kindness and sympathy effect a thousand times more than pills and potions! Nor need such a circumstance excite any especial wonder or unjust suspicion, when the peculiarities of the female system are recollected. With them the extensively connected uterine organs are constantly exerting a paramount influence on the nervous system, either from their own functional activity, or by the stimulus they receive through the brain. Woman is therefore essentially a creature of impulse and intense feeling, and in justice should be so treated. With her an unhappy feeling, a capricious fancy, or a wrong idea, should be considered as real a cause of disease as a *Tumor or a Cancer*! This is true of women at all ages, and in all conditions, though sometimes more so than at others. With her also *moral* treatment is often more efficacious than medical, and is therefore more appropriate. A kind look, or expression of sympathy will light up the languid eye, send a healthy gush through the veins, and impart a wholesome stimulus to the whole system, while drugs will only produce greater prostration of the vital energies. The *nature* of many female diseases therefore, particularly those of a nervous character, is essentially different from any experienced by the other sex, and their *treatment* should of course be different also.

In regard to *marriage* and *pregnancy*, nothing need be said in the present work, because another is now ready, as already announced, specially devoted to them, that is, *The Marriage Guide*, in which all about them is fully explained.

THE CHANGE OF LIFE.

The uterine organs eventually lose their preponderance, their functions cease, and they exert but slight influence, either direct or indirect, on the rest of the system.

This great change, called *the turn of life*, does not take place however without a struggle, and before it is fully brought about the female is liable to many serious accidents. The final stoppage of the menses being in fact as momentous to some persons as their first appearance, or even more so, and exerting as powerful an influence on their health.

Many diseases which had lain dormant before, sometimes break out with fatal virulence immediately the change takes place, and many others that had remained comparatively slight, may become seriously aggravated. These evils, however, are by no means necessary or usual results of the change, but mere accidents, resulting from disease or a bad constitution. The cessation of the menses is as natural as their first appearance, and the constitutional disturbance resulting from it is also as likely to be beneficial as injurious. In fact, many females when they fully get over it, seem to become much younger and more healthy. They regain their flesh, their color, and their strength, and actually appear more juvenile at *fifty* than they did at *thirty-five* or *forty*!

Much unfounded apprehension exists both as to

the danger at the turn of life, and its effects on the person. Unless the system be much diseased or debilitated, however, there is no particular cause for fear. It is true that every one feels more or less indisposition for a time, which may inconvenience and alarm, but which can nearly always be relieved by judicious treatment, and frequently prevented entirely by timely attention.

The usual age when the change commences is from *forty* to *forty five*. It is sometimes, however, protracted to *fifty*, and even *sixty*, and in this country it not unfrequently takes place as early as *thirty five*, or *thirty*! It may come on suddenly, so that the female, after having a period as perfect as usual, never menstruates again. Most usually, however, it is established by degrees, the quantity either becoming less and less, or the time between longer and longer, or both. Sometimes it will stop for a long period and then appear again, as is the case of a lady whom I know. She ceased menstruating when she was *forty-two*, and commenced again when she was *forty-six*, and continued quite regular till she was *forty-nine*, when it ceased again; she is now *fifty-three*, perfectly healthy, and with no signs of its re-establishment.

When any special disease arises, at this period, it must, of course, be treated the same as at any other, always remembering that it may disappear of itself, when the change is fully established. This is particularly the case with many of the slighter disturbances, such as headache, palpitation, dizziness, dimness of sight, and nervousness. We should not be too much in a hurry, therefore, to commence any wrong treatment, but rather wait and observe, and as

assist nature when the indications are obvious how to do so.

It is particularly desirable that females should not resort to *medicine*, as many do, to make the change take place safely. Numerous preparations are palmed upon them, by interested persons, which they are told, and believe, will save them from all danger. No specific of the kind is known, and in the nature of things cannot exist. The only precautions that are necessary, and proper, are those which tend to preserve and improve the general health. These should be rigidly observed at all times, but particularly so now.

The body should be warmly clad, and regularly bathed, out-door exercise should be habitually taken, the diet properly regulated, so as to be nutritious, but not stimulating, and the mind should be kept tranquil and cheerful. In short, much the same regulations should be observed in this respect, as those we advised at the commencement of puberty. With women of a full plethoric habit, there is danger, when the excitement subsides in the womb, that it may take place in some other organ. In this way apoplexy is frequently produced, and palpitation of the heart, or various congestions and inflammations. The way to avoid this danger is, for the female to lower the tone of her system, by adopting a spare simple diet, cool acid drinks, and the shower bath, and to constantly exercise in the open air, so that the blood may be equally distributed over the body. She should avoid all intense mental application, or strong emotions, and not think of the change that is taking place. Some persons make themselves very unhappy in this way, and greatly increase the danger of their situation. They cannot help thinking

of their past condition, and dreading the future. Their thoughts, especially when associated with others *peculiar to certain temperaments*, keep up the excitement in the womb, and protract the struggle. Such persons should recollect that the change may be *the very reverse of what they fear*, providing they observe proper precautions, and keep themselves tranquil. As already observed, many females regain their health, and *improve in appearance*, and suffer no deprivation but that of fruitfulness! Proper advice, acted upon in time, will effect this desirable result more frequently than is supposed. I have been consulted on this point in numerous cases, and feel no hesitation in giving such assurance most emphatically.

For some time previous to the critical period, or at least as soon as she feels intimations of its approach, the female must be particularly careful of catching cold, or of exhausting herself by late hours, or by breathing a close atmosphere. She should attend carefully to her diet, eat nothing indigestible, and use no spices nor alcoholic drinks. She should also avoid *all kind of excitement*, and accustom herself, in every particular, to a regular and calm mode of life. Cold bathing, followed by good friction with rough towels, should be practised, with sea bathing at intervals, if practicable.

If there should be any congestion, or inflammation, in the uterine organs, it must be subdued by injections, and fomentations, and other means pointed out in the article on Metritis. The headache and dizziness is usually amended by a few purgatives, or low diet, and the shower-bath. Constipation of the bowels, which is a very constant and troublesome attendant at this time, should be combated first by change

of diet, and friction over the abdomen, and if these do not relieve it, injections of starch and olive oil may be used, or a seidlitz powder taken every other morning.

In conclusion, I would wish particularly to impress on my readers the fact that this change is not, necessarily, a dangerous one, but that most of the evils usually attending it arise from irregular modes of life, improper diet, and *excesses* of various kinds! A more strict observance of the laws of health would either prevent them altogether, or, at least, much mitigate them.

USEFUL HINTS FOR ALL AGES.

Women are in every way more sensitive than men, and require more precaution to preserve their systems in health. Want of knowledge respecting themselves also makes them more inattentive, and silly fashions often force them to adopt habits of the most injurious kind. Many causes of discomfort to them, and even of serious disease, are apparently so trivial that they remain unsuspected, or at best they are merely acknowledged. Some of these will now be pointed out, and commented upon.

There can be no doubt but that many young females suffer much from being pent up in ball-rooms and other such places of resort, where the air is hot and unwholesome, and the associations productive either of excitement, questionable as to its good, or of envy, pride and fretfulness. This is not, of course, meant to apply to rational, innocent, and exhilarating amusement, which is most beneficial under proper arrangements, but to those assemblages where amusement is the excuse, and rivalry, jealousy, and all kinds of unhappiness the actual realities.

In leaving these heated rooms, flushed with the exertion of the dizzy waltz, it is seldom that any precaution is taken by females, unless some one else advises it. They rush into the cold air with their arms and bosoms uncovered, drink ices while streaming with perspiration, and walk on the cold damp ground with shoes that afford no protection. The consequences are they take cold; suffer from irregular menstruation, leucorrhœa, metritis, or consumption. All such obvious improprieties might easily be avoided, and are more productive of disease than is usually supposed.

As a general rule females should wear flannel, particularly around the pelvis, to guard against sudden changes. This is particularly desirable when puberty is about being established, during menstruation, and at the change of life. Those who accustom themselves to the shower-bath, however, will not be nearly so liable to take cold as those who do not.

Bad air, and strong odors of all kinds, have great effect on most females, particularly on the nervous. For this reason it is injurious for them to frequent crowded assemblies, or to sleep, or live, in ill-ventilated apartments. In like manner the use of scents, which is so general, is very objectionable, or even the smelling of flowers, if too long indulged. We are told of a lady, daughter to one of the Counts of Salin, who died from inhaling the odor of a rose, and of another who was found dead in her bed from having left a bouquet of lilies in the chamber. A celebrated literary lady also nearly met her death from a quantity of flowers being placed in her bed-room, which her friends had left on her birth-day, as testimonies of esteem. And many instances have oc-

curred of fainting, hysteria, and even *miscarriage*, from similar causes.

The philosophy of this apparently singular phenomenon is easily seen, when the extreme sensitiveness of the female nervous system is called to mind. The olfactory nerves are irritated by the odorous substance, and the irritation is conveyed by them to the brain, which again transmits the disturbance to the uterus and every other part of the body. In short, the odor acts through the sense of *smell*, the same as a disgusting object does through the sense of *sight*, or a disagreeable sound through that of *hearing*.

Too frequent warm bathing is an injurious habit, though a warm bath about once in a fortnight is advisable, and it should always be followed by a cold shower. The plentiful and regular use of *cold water* both on the surface of the body, and by vaginal injections, is one of the best preservatives of female health. By cold water I mean that which is about the temperature of the body, or nearly as we find it when exposed to the atmosphere during summer.

Very cold water is apt to cause colds, leucorrhea, and other disorders. This part of the female *toilette* is too much neglected in this country, and many evils arise in consequence of that neglect. In several of the preceding articles it has been shown how excoriations, inflammations, and adhesions, arise from a want of habitual bathing of the parts, especially in young persons; and how these physical annoyances lead frequently to *moral evils*! This subject I wish to direct particular attention to again, and to remind females that the most scrupulous attention to cleanliness, in this respect, should be observed, both in the young and in adults. I have no doubt but that many

cases of leucorrhea, pruritus, prolapsus, *and other evils*, are produced by neglect of it. The French article of furniture, called the *Bidet*, should have a place in every lady's dressing room, and will be found a source both of comfort and health. The female syringe should be of tolerable capacity, but small in the part to be introduced, and *curved*, and the end should be pierced with several small holes. These may always be obtained at the instrument makers, or druggists. Napkins used by females should be of soft linen, and never employed roughly, and for particular purposes should always be well aired and warmed.

In regard to female *dress* there are many things merely *absurd*, and which therefore need not be noticed here, though their correction is desirable, but there are others positively *injurious*, and which on that account require to be mentioned. The use of *thin shoes*, particularly at certain times, has already been adverted to, and cannot be too strongly condemned, and also the practice of exposing the bosom and arms to the cold air, after having been in a hot room. Close or heavy bonnets, and those of materials that will not allow ventilation through them, are decidedly *injurious*, by heating the head, and so is the habit of twisting and tying the hair into a hard knot. The use of *corsets* has been so frequently deprecated, and its evils so forcibly exhibited, that any special notice here is unnecessary. Suffice it to say that there are few more fruitful causes of disease, particularly of prolapsus uteri, hernia, dyspepsia, liver complaints and consumption. The corset, in short, destroys both *health* and *beauty*, by interfering with the functions of the different organs, and by *deforming the body*! It is strongly to be hoped that

a better *taste* is now arising, and that the female body will no longer be thought so *imperfect*, naturally, as to require crushing and squeezing *into shape*!

Around the body the dress should be perfectly loose, and no tight garters, bracelets, rings, shoes, or straps, should be worn. *Tight shoes* frequently cause headache and redness in the face, by preventing the proper circulation of the blood to the extremities, and *tight garters* cause numbness and weakness of the limbs. It is desirable, also, that the dress should not press the breasts too hard, particularly at the menstrual period, or during pregnancy, or nursing, but it is advisable for it to support them a little when relaxed.

In the article on *the causes of disease*, in Copland's Dictionary, I find the following apposite remarks, strongly confirmatory of what I have stated, and containing many valuable hints besides:

“Dress, even, has a very evident influence in creating a predisposition to disease. Too little clothing, particularly in females, favors the occurrence of difficult and suppressed menstruation, pulmonary disease, and disorders of the bowels. It was remarked, during the French revolution, when it was the fashion to dress classically,—which was almost a state of semi-nudity, and more appropriate to the warmer climates of Athens and Rome than to those of the north of France and this country,—that pulmonary diseases, rheumatism, suppressed menstruation, bowel complaints, catarrhs; and amongst the children, who were exposed with naked busts and thin clothing, croup, and other diseases of the air-passages and lungs, were uncommonly prevalent. On the other hand, *too warm clothing* is a source of

disease, sometimes even of the same diseases which originate in exposure to cold; and often renders the frame more susceptible of impressions of cold, especially of cold air taken into the lungs. The remarks now offered may be applied to over-heated sitting and sleeping *apartments*, and to warm soft beds and bed clothing. These relax and weaken the frame, dispose to disorders of the kidneys, urinary and sexual organs, and render the system much more susceptible of injurious impressions from without. A predisposition is thus produced, not only to catarrhs, inflammations, affections of the lungs, and rheumatism, but to irregularity in the menstrual discharge. It has been remarked, that the females in Holland, who generally use very warm clothing, warm apartments, and warm beds, are very subject to excessive menstruation and fluor albus. Females, also, become disposed to various diseases, particularly those affecting the pulmonary organs and heart, from wearing very tight-laced and unyielding corsets. Indeed, those dressed in this manner can scarcely call the intercostal muscles into action, and can breathe only by means of the diaphragm. The mechanism of respiration being thus impeded, the requisite changes are not fully produced upon the circulating fluid; and congestion supervenes in the lungs, right side of the heart, and parts situated below the seat of pressure. This cause is especially injurious to females during growth and pregnancy; for the chest should be fully and freely expanded, especially at these periods, in order that the circulation through the lungs and heart may be unimpeded; and that the blood should experience those changes without interruption, that are required for the development of the body and of the *foetus*. The func-

tions, not only of the lungs and heart, but of the liver, stomach, and bowels, are materially interrupted, and even these organs themselves are removed from their natural positions in respect of each other, by this cause. 'This is more remarkably the case as regards the colon, which, by the squeezing together of the hypochondria and lateral regions of the abdomen, is thrown into unnatural duplicatures; the passage of the fæcal matter along it being thereby impeded, and habitual costiveness, with all its consequences, produced.'

Exercise in the open air is as indispensable as proper food, and no female can long remain healthy in body, or comfortable in mind, without it. There are hundreds of women who pass whole days and weeks in the house, and sit, or lie in bed, nearly the whole time. The consequence is they are always sickly, low-spirited, irritable, wearied, and often *wearisome*. They become dyspeptic, sallow, and weak; their hands and feet are cold, and their heads are continually aching, dizzy, or confused. Those who understand the simplest principles of physiology will see the reason for this, and if those principles were more generally understood there would be less of this irrational conduct seen. In the course of my practice I frequently find it necessary to speak upon these subjects, and have known many cases in which my remarks have worked a reform. The exercise of females, however, should be less violent than that of men, and never carried to the extent of producing much fatigue. It should be varied as much as possible, and adapted to the wishes and wants of the individual,

and should invariably be pleasing and agreeable. Tending the flower garden, seeking plants for the study of botany, or rambling in the fields or by the sea-shore, and riding on horseback, particularly in cheerful company, are all excellent. So is dancing, but not in a close hot room, nor late at night, nor when the body is bound up in a tight dress, or the feet pinched in tight shoes. Under these circumstances the mere exercise will not counterbalance the other evils. With young persons real *play*, or even actual *romping*, is required, to exhilarate both mind and body, and send the blood bounding to the utinost extremities of the system.

A celebrated French physician, M. Tronchin, used to command his nervous female patients to *scrub the floors, wash the clothes*, and perform every other menial labor, and such was his influence that ladies of the highest rank would be seen on their knees, and at the wash tub, working like their servants, and eating the same food. Though this treatment was unnecessarily harsh, yet its good effects were so palpable, in numerous cases, that none refused to follow it. In Russia, at the present time, when a fashionable lady is worn out with dissipation, and wretchedly nervous from idleness, it is customary to take her to the cottage of one of the poorest peasants, in the forest, and there she wears the same clothes, eats the same coarse food, sleeps on the same kind of bed, and performs the same labor as the peasant women. This is continued sometimes for months, without any relaxation, and usually effects a complete cure.

Copland's remarks on the influence of external circumstances, of various kinds, on the bodily and

mental health of young females, are very excellent. In the article on "Age" he says:

"PERIOD, OF GIRLHOOD.—From the seventh or eight year to the epoch of commencing puberty, is chiefly characterized by the continued growth of all the structures, and the development of the manifestations of mind. Towards the middle and end of this period, the physical and mental distinctions of sex become more and more apparent. The frame, when free from disease or hereditary taint, evinces a stenic diathesis, a predominance of the sanguine, or sanguineo-nervous temperament, and a liability to nearly the same diseases, particularly those proceeding from infection and inflammation, that prevail during childhood. There is a greater liability to be affected with idiopathic continued fever, with scrofulous enlargements and inflammations, particularly of the lymphatic glands, with various nervous affections, as epilepsy, convulsions, chorea, &c. ; with cutaneous eruptions ; with inflammations of the throat and air passages ; with tubercles, especially in the lungs and alimentary canal ; with flexures of the spinal column and with verminous diseases. The nervous system possesses great susceptibility of impressions, moral and physical ; and inflammatory action has a marked disposition to give rise to new formations, unless when appearing in the advanced stages, or as a sequela, of eruptive or infectious fevers, when it generally occasions serous or sero-albuminous effusions.

"These diseases of this period generally require antiphlogistic remedies and evacuations, especially purgative, either alone or in suitable combination, unless proceeding from depressing causes, particu-

larly those of a specific kind; and even there the necessity of resorting to alvine evacuations, by means of laxatives, or purgatives combined with tonics, is imperative. The vital resistance is usually well marked, excepting in those who have been deprived of wholesome nourishment and pure air, or whose constitutions are radically in fault; and in these, whilst tonics and other means of restoration are required, the due evacuations of morbid secretions and accumulations is equally necessary. Care also should be taken during this, as well as in the preceding period, not to allow the young to sleep in the same bed with the old, nor even with those advanced in age or debilitated, nor with too many—not more than three—in the same sleeping apartment, which ought to be large and well aired. Want of attention to this, is one of the chief causes of disease in early life in London, and other large towns. Academies and boarding schools for both sexes are continually furnishing numerous proofs of this too generally overlooked cause of disease, not only at this, but also at a later stage of life. Attention is also necessary to the exercise of both the mind and the body. Active amusements in the open air are now particularly required. As this period advances, the mental powers acquire such a degree of development as to admit of their further improvement and active exertion,—not only without risk to the organization with which they are related, but with the certain prospect of advancing them nearer to the perfection to which our natures may attain.

“During this and the earlier terms of life, frequent changes of locality and of air, particularly from one healthy and open situation to another, and

especially to one which is more salubrious, where this can be obtained, are extremely beneficial, both in promoting the development of the frame and in removing diseases, particularly those of a chronic kind, or which affect the digestive and assimilating organs. In many of these diseases more advantage has been derived from change of air than from the use of medicine. But, during advanced convalescence from these and febrile diseases, the benefit obtained from change of locality is most remarkable."

"THE PERIOD OF ADOLESCENCE, commences with the first appearance of puberty, and extends to the twentieth year of females, and the twenty-fourth of males. Puberty appears at various ages, according to the climate, the circumstances connected with education, and the constitution of the individual. The usual period in this country, is from the twelfth to the fourteenth year for females; and from the fourteenth to the sixteenth for males. In the northern parts of the island, it is often a year or two later in both sexes. It is often observed earlier in boarding schools, both in respect of males and females. In the latter (in London or its vicinity,) I have not infrequently met with instances of menstruation at ten and eleven years; especially in sanguine and plethoric constitutions; and where the apartments, particularly those for sleeping, have been crowded and close.

"This is one of the most important epochs of human existence; for during it the natural development of the sexual organs imparts a healthy and tonic excitement throughout the economy; bringing to their state of full perfection all the organs of the body and all the manifestations of mind, excepting those that are derived from experience. The organs

of respiration and voice have acquired their full growth and tone, the muscles their due proportion, and the cerebro-spinal nervous system its beautiful organization; placing man, by the exercise of its admirable functions, at the head of all animated creation, the dread of all other animals, the wonder of himself. It is chiefly during this period of life that the mind becomes stored with ideas, derived both from the learning of the ancients, the science of the moderns, and the arts and accomplishments of highly civilized life; and is more particularly and more ardently engaged in decomposing the information thus acquired, and recombining it in new and useful and attractive forms.

“As the functions and destinies of this period are important, so they require the supervision of the experienced and the good. For, with this development and activity of both the physical and mental powers, the instinctive feelings and emotions of our nature have also reached the utmost limits of their activity; and many of them, particularly those which are related to the perfect condition of the reproductive organs, acquire an ascendancy, that both the dictates of reason and moral restraint are required to control. Hence the propriety, both at this and the preceding period of life, of improving the moral affections of the mind; of inculcating sound principles of action and conduct, founded on moral and religious obligations; and of placing them in such relations to the feelings, the intellectual manifestations, and, moreover, to the accomplishments, the elegancies, and the endearments of life, as to render them attractive to a state of mind and constitution which is more easily allured by example than taught by precept.

“The evil practices which both sexes are liable to acquire at this period of life, and to which they more commonly become addicted, when they associate in numbers at seminaries and academies, demand the strictest prevention. They have been too generally overlooked, both morally and medically, from the circumstance of their consequences having been imperfectly appreciated. There is no practitioner of observation and experience,—none even of limited knowledge,—who is altogether unacquainted with the physical exhaustion, the mental torpor, and all but annihilation of existence, which is the ultimate result of indulging them. From this source frequently spring, impotency hereafter; the extinction of families and hereditary honors—honors which such persons are incapable of achieving; the infliction, during after-life, of many of the diseases which proceed from debility, and the exhaustion of the nourishment and vital energy of the various structures and organs; numerous nervous and convulsive maladies, as hysteria, epilepsy, neuralgia, chorea, melancholia, mania, idiotcy, &c.; the dangerous or fatal visitation of fevers, diseases of the heart, disorders of the digestive organs, premature baldness and old age, the formation of tubercles, and the production of pulmonary consumption; and, lastly, the transmission of weak and decrepit bodies and minds to the offspring, of scrofula, rickets, verminous complaints, marasmus, hydrocephalus, convulsions, tubercles, chorea, &c.; the curse is visited on the children to the third and fourth generation, until the perpetuated punishment extinguishes the very name of the aggressor.”

Many of the occupations in which females pass

much of their time are decidedly hurtful to them. Sewing, and other kinds of work which require them constantly to sit, with the head drooping forward, are among the worst. Sad proofs of this are seen in numbers of poor dress-makers and milliners, who are constantly complaining of headache, dizziness, dimness of sight, ringing in the ears, difficulty of breathing, and palpitation at the heart; without enumerating more serious disorders, which, however, are common enough among them. One hour at a time is long enough for any female to sit with her needle, and that should always be followed by some active exertion.

In regard to *food* enough has already been said for general directions, at each period of life. It is advisable to add, however, that women, owing to their comparative inactivity, require simpler and less stimulating diet, and drink, than men, and that they suffer more from excess or impropriety in eating and drinking. Every individual should carefully observe for herself, how she feels after different kinds of food and drink, and by such means she can establish much better rules, in regard to her diet, than any physician can do for her. There are few women that are not injured by the habitual use of spices, and pickles, or strong coffee or tea. In fact both drinks should be used sparingly, and very weak, especially by the nervous, and by those who wish a clear complexion. White bread is neither so wholesome, nor yet so *nourishing* as that with the *bran* in it, though a mistaken notion prevails to the contrary. Bran bread contains more of the elements required for the support of the body than pure flour bread; it also relaxes the bowels in an easy and natural manner, while white bread almost always constipates them.

Constipation of the bowels is a very general complaint among females, and produces the most disastrous results. It should always be attacked by change of diet, exercise, friction over the abdomen, enemas, or Galvanism, rather than by purgatives with which many women seriously injure themselves.

The state of the mind and feelings has a very important influence on female health. Cheerfulness and contentment keep the nervous current equable, dispose to activity, and favor the proper performance of all the functions, while discontent, fretfulness, and irritability have precisely the contrary effects. Many females, owing to a fault in their education, are constantly tormenting themselves, and displeasing others, by getting irritated or fretting about mere trifles, of no real consequence whatever. Such persons are always nervous or miserable, and constantly disposed to ill health in consequence. They should endeavor to school themselves into a little more indifference about such things, and remember that putting themselves about, over a little annoyance, only makes it greater, without doing any possible good. This tendency to distress themselves about small evils, and to fix their inclinations so strongly on trivial things, is extremely unfortunate, both for their own welfare and for the comfort of others. It arises entirely from the trashy education which most females receive, and from the frivolous nature of their occupations. By directing their thoughts to more ennobling objects, expanding their minds, enlarging the sphere of their observations, and by extending their sympathies, this tendency is removed.

All powerful emotions, as those of anger, envy, jealousy and hate, should be carefully avoided.

They derange the stomach, liver, womb, and other organs, and destroy the equilibrium of the nerves. A fit of anger will cause vomiting, diarrhœa, flooding, miscarriage, fatal apoplexy, and other serious results; and habitual ill temper, envy, and dissatisfaction will produce sallowness of the skin, melancholy, or hysteria.

The celebrated Tissot gives us an instance of a female who was taken with convulsions whenever she heard her rival's name mentioned, and history tells us of a French princess who died from jealousy, when she heard that her husband had become attached to another lady. An Athenian lady is recorded to have lost her speech from anger, and another, we are told by Buchan, died from the same cause. Grief has produced similar results, and so has shame, and even avarice, of which we have an instance in the niece of the celebrated Liebnitz. He had left her all his fortune, and immediately on his death she broke open his trunks, which were filled with gold, and died almost immediately from joy at the sight. Had there been nothing, she probably would have died from her *disappointment*. The only way to avoid these evils is, to keep the mind occupied with some useful and pleasing pursuit, and strive to be cheerful, contented, and calm, and never to worry about trifles, or what cannot be avoided.

In regard to the smaller matters connected with the toilette, it may be thought by some that they are unworthy of notice in such a Treatise as the present. I think differently however, and for these reasons: many preparations are used by females which have an injurious influence in various ways, and many others might be used that would have a contrary effect. The objects in view in employing these articles

are, the removal or concealment of defects, and improvement of the appearance, which, in themselves, are laudable enough, and I consider it my duty to assist in accomplishing them. A pleasing appearance is desirable in all persons, but especially in females; and it is advisable, within proper bounds, to encourage their efforts to produce it.

There are few among the thousand and one articles prepared for the toilette that are useful, and very many that are positively hurtful. Among these may be mentioned the different cosmetics for whitening and smoothing the skin, which almost invariably produce the contrary effect. Nearly all these preparations are composed of Oxides of Mercury, Antimony, Arsenic, and other poisonous substances, and they frequently cause eruptions, palsy, convulsions, sore eyes and salivation. The distilled waters are perhaps the least objectionable articles of the kind, though I scarcely think any of them equal to clear soft water alone. The ordinary metallic *rouge*, is decidedly hurtful, and when persons will use something of the kind the *vegetable rouge* had better be substituted. This is extracted from the red sanders wood, or alkanet root, steeped in alcohol, and also from cochineal. Instead of pearl powder there is the preparation of *steatite*, or French chalk, which may be used for whitening the skin, and which is not likely to do any injury.

The only real beautifiers of the complexion are a regular life, proper diet, exercise in the open air, and pure water. Health of body, and cheerfulness of mind, will send a healthy glow to the cheek, make the skin clear and smooth, and impart vigor and elasticity to the limbs. When the skin becomes harsh and discolored from dissipation, exposure, the

use of paints and washes, irritable feelings or other causes, there are few external applications that will do it any good. Some preparations will certainly make it appear for a time clear and ghastly white, but they do so by partly destroying its vitality, and eventually leave it discolored, eruptive and wrinkled, *thus accelerating* old age instead of retarding it. M. Colombat De L'Isère gives the following recipe for a lotion, which will soften and otherwise improve the skin without doing it any injury:—Balsam of Mecca, ten drops, sugar one drachm. the white of one egg, rose water, six ounces. Mix all these articles well together, and strain the liquor if necessary. A soft linen rag may be used to rub it on the face at night, and it must be carefully washed off with clear soft water and some mild soap, in the morning. Sweet Almond Ointment is also very good, if fresh and pure; but the best ointment is made from cucumbers. Equal parts, by weight, of thin sliced cucumbers and pure lard, should be boiled together till the cucumbers become crisp, it should then be strained and set aside to cool. This is an excellent application for the skin, and may be advantageously used for various eruptions. It may be colored, if desired, by putting in a little alkanet root while it is boiling, and scented by a few drops of essence of roses. For chapped or discolored lips, there is nothing equal to this ointment.

Many of the soaps sold for the toilette have a bad effect on the skin, from containing too much alkali. Those that become hard and crack, should be particularly avoided. Almond oil soap, properly prepared is tolerably good; but the best appears to be a preparation made by the French perfumers, called *liquid soap* or *oleine*, which I presume may be obtained

here. All those *chemical soaps* for cleansing the skin and removing spots, &c., so much vaunted, should be shunned like the plague. They are chiefly composed of arsenic and other poisonous substances.

The employment of *depillatories*, or preparations to remove superfluous hairs is exceedingly dangerous. These articles chiefly consist of quick lime arsenic, and other caustic substances, and frequently produce ulcerations, palsy, paralysis, blindness, and various organic derangements. Their use must also be constantly persisted in, because though they remove one crop of hair they cannot prevent others from appearing, so that the use of them must keep the skin continually covered with a paste of virulent, caustic poisons.

Most of the preparations for dying the hair are also poisonous, and sufficient injury has been done by them to warrant us in decrying their use. The hair itself is a great ornament to the head, and most females feel desirous, and very properly, to have it soft, clean, and abundant. There is no doubt but most of the pomatums, greases, and other articles sold for the purpose of making it so, not only fail but even produce the contrary effects. The head and hair should be frequently well *washed*, and when dry thoroughly combed, with a very fine comb. This will not only cleanse it, but also polish it, and make it soft and glossy. A little clear perfumed oil may be used, mixed with Cologne, but no paste or pomatum. If there be dandruff it should be removed with the comb and brush, and after the head is well washed and dried, a little of the cucumber ointment may be rubbed on the scalp occasionally. The chief causes of dandruff are heat of the head,

by study or excited feelings, the use of close bonnets, or the habit of keeping the hair constantly twisted up very tight, and the want of regular washing to cleanse the skin and open the pores. Calmness of mind, regulation of the bowels, and the shower bath, will frequently remove this troublesome disorder, without anything else.

The use of hot curling-tongs makes the hair harsh, and spoils its color, and even disposes it to turn grey. Metallic combs are apt to cut it, and should, therefore, not be used. It is an excellent plan to stroke it downwards frequently with a horse-hair glove, which will soften it, and give it a high polish.

The *Teeth* we need say but little about, if they are decayed, as it would be better for ladies in that case to apply at once to some *good* dentist. I would caution them particularly when needing assistance, not to resort to any of the empirical nostrums advertised, but seek assistance at once from some really scientific man. There is no doubt, however, but that a vast deal of the decay in the teeth, so universally found, might be avoided. General good health, maintained by proper diet, exercise, and other means already pointed out, would prevent much of the evil, particularly if the *inside* of the face was as regularly cleaned as the *outside*! Most persons leave their mouths entirely untouched, so that the decaying food and the vitiated fluids, are constantly acting on the teeth, and soon corrode them. A soft brush, and clean tepid water, used night and morning *freely*, would prevent much of this decay; and if half a teaspoonfull of *powdered charcoal* were well washed round the mouth and teeth for five minutes, before the brush is used, it would come as near preventing it *altogether* as probably anything can. Many of the

tooth powders used contain acids, and other injurious substances, and none of them are a bit superior to fine chaik, nor nearly equal to powdered charcoal.

The mouth should be carefully rinsed after taking any acids, or medicine, and very hot or very cold substances should never be introduced, as they injure the teeth by sudden contraction and expansion of their substance. *Magnesia* is an excellent substance to use, either as a tooth powder, or to rinse round the mouth at night as it neutralizes any acid that may be found.

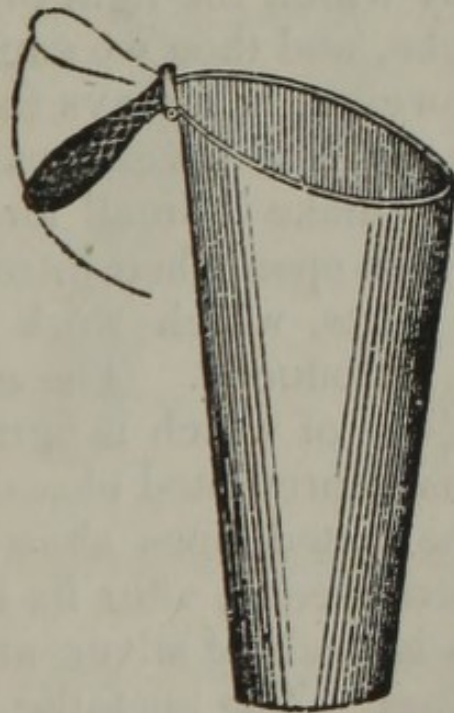
A D D E N D A .

THE SPECULUM.

I introduce this brief description of the Speculum, and explain its use, because so many females are unacquainted with it, and have erroneous notions as to its action and utility. It is now coming much into use, and in many cases is most invaluable, as by its means we can *see* the internal parts, and so become acquainted with their *real* condition, which without such aid is impossible.

There are many forms of the speculum, some advantageous for one peculiar feature, and some for another. The simplest and original form is that of a tube, represented in the following cut.

PLATE IX.



Tubular, or Conical Speculum.

This is introduced into the vagina, (A, plate I,) and carried upwards till it reaches the mouth of the womb. The inside of the tube being quite bright the light is thrown upwards, and the Os Tineæ, (g. plate I,) and other parts, can be seen as plainly as if they were on the exterior of the body. The tubes are, of course, made of different sizes, to suit different ages and conditions.

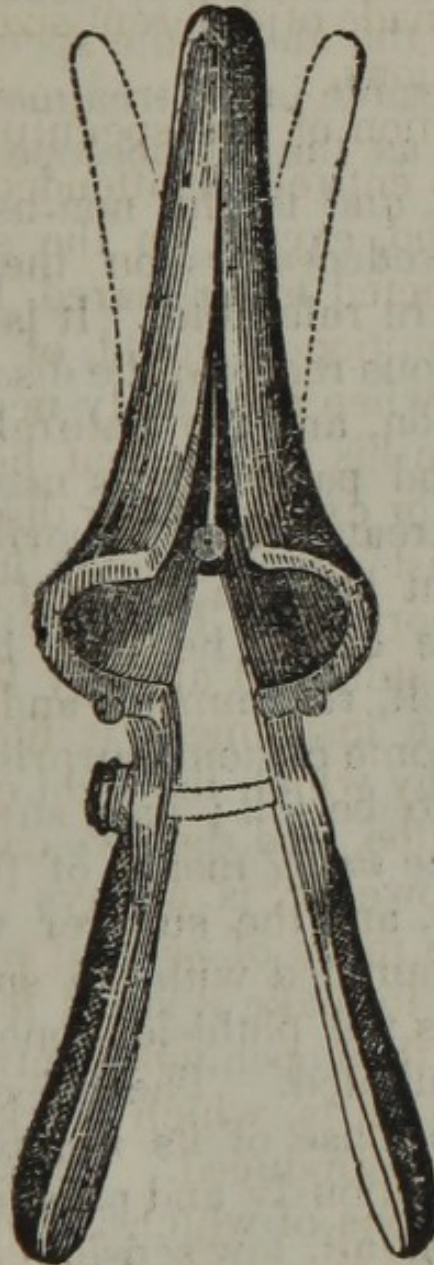
The introduction of the speculum, by an experienced person, is entirely unattended either with pain or difficulty; and, except on the score of delicacy, need not be objected to, or feared, by any one. No respectable practitioner would, of course, desire to apply it except when absolutely necessary, and then he would inform his patient that he *could not* ascertain the nature, or extent, of her disease by any other means, and must either employ it or prescribe in comparative ignorance. The great benefit may then be considered a sufficient apology for both.

Sometimes the instrument is fitted up with a reflecting *mirror*, by which the light of a lamp may be thrown up the tube, and then we can use it at night. The daylight, however, is always the most satisfactory. Some are made of several parts, which overlap one another, to make it small for convenience in the passing, and then open when introduced. Others are made in two parts, which work on a joint, and also open when introduced. These are called *Br. valve* speculums, one of which is figured in Plate IX. The instrument is represented closed, as it is when being passed; the dotted lines showing the position of the blades when opened, after its introduction.

The speculum is made of silver, and various other metals, or of glass. The metallic ones, however, are the best. The plain tube is usually filled with

a wooden piston, or plug, which is withdrawn when it is in its place. This is merely to prevent the mucus flowing in, and obscuring the view

PLATE X



Bivalve Speculum.

In the New York Journal of Med. and the Col
Sciences, in an article on Leucorrhœa, by Dr. M. C.

Roberts, the following judicious remarks are made on the use of the speculum :

“The lesions of the vagina and uterus, with which we have shown that leucorrhea is so invariably connected, are not sufficiently appreciable, and seldom curable, without the aid of the speculum, an instrument as indispensable in the treatment of the diseases of these organs, as the stethoscope in those of the heart and lungs, and to the non-use of which the errors of our predecessors on the subject of the uterine catarrh are referable. It is not even now—for two very obvious reasons, the disagreeable nature of the investigation, and the natural repugnance of both physician and patient to its use—the custom to employ it in the treatment of leucorrhea. But if the physician can but become assured of its value and necessity in these cases, he will, in justice to his patient and himself, recommend and employ it. Its use will then become custom, surprise at its proposal will soon cease to be felt; nay, surprise may even be expressed if the *usual* means of full investigation be not resorted to, and the sufferer with leucorrhea will look to be examined with the speculum with as much certainty as the phthisical one does to be percussed and auscultated. The objections to its use must yield to the sense of its *necessity and utility*; and when conscientiously and properly urged, there will be found, after all, few sensible and right-minded females who will object to its employment; when properly used, few will refuse to consent to a repetition. We trust that no other than a conscientious belief in both, founded upon our ideas of the nature and cure of the affection, and the opinion of others, impels our advocacy of it in the disease in question ;

and whenever it shall come to be generally employed, much suffering will be speedily obviated, many errors in diagnosis corrected, many a barren woman will become the joyful mother of children, and many a case of ultimate degeneration into incurable malignity will be prevented."

The truthfulness and value of the foregoing remarks will be acknowledged by every one of competent experience.

GALVANISM.

PLATE XI.



This Plate represents a lady undergoing the Galvanic process, for an affection of the Lungs.

In the course of the present work I have frequently recommended Galvanism, in many diseases, as the best agent that could be used. It is one, however, so little known, and so different to any other now relied upon, that perhaps a few words respecting it may be thought necessary. Till very lately Galvanism was only used in a few cases, and chiefly as a matter of experiment, but now it is being employed systematically, in nearly every form of disease, and with such good results that it seems likely to supplant, in a great measure, almost every other remedy. The advantages it possesses over *drugs* are manifold; it is more efficacious, and less objectionable, and produces no evil after effects. Very few persons, however, comparatively speaking, understand its nature, or mode of action, so that though it is much used, in certain routine modes, it nevertheless often fails of producing all the good of which it is really capable.

Galvanism, Electricity, and Magnetism, are three very different powers, medically speaking, though they are essentially the same thing, and the Therapeutic action of *each* should be accurately known, before *either* can be used with propriety or advantage. It is seldom, however, that any practical distinction is made between them, and thus it is, in a great measure, a mere chance what effects will result from their employment. The apparatus usually called the *Galvanic Battery*, for instance, is not a Galvanic instrument at all, but a *Magnetic* one, and has a very different physiological effect, indeed, to a real Galvanic Battery. There are even many practitioners who do not know of this difference, and who, in consequence, fail in producing any good by it.

These remarks I have thought it necessary to

make by way of explanation. I have for a long time, employed this mysterious agent in ail its various forms, in numerous cases of disease, and with a success which justifies me in speaking of it in the manner I have, and which makes me desirous of directing public attention to it as a means of mitigating human suffering. My intention here is not to give a full explanation of this subject, but merely to show certain causes of failure, and to assure my readers that they have a resort in Galvanism when all other means fail, and one too which will not injure, even if it do no good.

Some persons, especially ladies, are deterred from undergoing the Galvanic treatment from apprehension that it is painful, or unpleasant. They have heard of the *shock*, and have possibly been *Electrified*, and they fear a repetition of the process. I would remark, that all such apprehensions are entirely groundless, and that neither pain nor unpleasantness need be feared. Even with the *Electro-Magnetic Battery* there is no *shock*, when properly applied, and duly regulated, while with the *Galvanic Battery* there is scarcely any sensation at all. The process itself is exceedingly simple, and the feelings induced by it are usually pleasant and agreeable, rather than otherwise.

HEADACHE.

THE NATURE, CAUSES, AND TREATMENT OF ALL THE
DIFFERENT VARIETIES.

NUMEROUS inquiries being constantly made of me respecting this troublesome affection, I have determined to append a full and complete account of it, so that all may be able to judge which kind of headache they suffer from, and what may be advisable to *try* for it. I have quoted largely from *Dr. Copeland* in this account, but have simplified his statements and translated all the *Recipes*, so that any one can see what they are, and get them made up. In this troublesome affection, no one can be sure that any particular treatment will succeed, and it may be necessary to frequently change it, which can be readily done by following the directions here given.

Headache has too generally been referred to disorders of those viscera of the abdomen with which the head sympathizes, even when manifestly proceeding from morbid states of parts enclosed by the cranial bones. It should, however, be recollected that the primary affections, of which headache has been viewed as a symptom merely, much more frequently exist without than with this attendant; and that, when thus accompanied, some pre-existent or contemporaneous affection of the head is often actually present, either independently or as an intimately related complication of these reputed pri

ary disorders, and is only aggravated or rendered more manifest by them. Besides—and the circumstance cannot be too strongly impressed upon the young practitioner—those very disorders so generally considered the source of headache, are not infrequently produced by an affection of the brain; for pain of the head, although a common symptom of it, is neither universally nor constantly present, but is very frequently altogether wanting at an early or an advanced period; so that disease of the brain itself may, in the first place, disorder the digestive or other functions, this disorder reacting upon the brain, or on the nerves more immediately related to it, and exciting or otherwise altering their sensibility, so as to give rise to headache and other symptoms actually depending upon the brain, although developed and rendered manifest by the sympathetic disturbance of the digestive organs. When this takes place, the means of cure directed to the supposed primary disorder, but really to the symptomatic affection, by removing it, and by modifying the current of the circulation, frequently relieve the disease of the brain, as far as morbid sensibility is concerned; and the relief is more or less complete or permanent, according as the prescribed means affect both the symptomatic and the primary disorder. That secondary or sympathetic affections are often thus mistaken for the primary, will be manifest to every experienced and acute practitioner upon reading Dr. Warren's paper on headaches; for many of the symptoms he has enumerated as indicative of primary disorder of the stomach and intestines, are often either dependent upon the state of the circulation within the head, or associated with an affection of this part, and are resulting

phenomena of previous disorder of the organic nervous system.

The dependance of disorder of the digestive organs and of the altered sensibility of the head upon the state of organic nervous influence has been overlooked by pathologists, owing to the brain having been generally, but erroneously viewed as the source of nervous and vital energy, and to the dominion which the stomach has been supposed to exercise over the functions of other organs through the medium of the brain. But it has been shown in another place, that the brain performs other offices than that of generating organic, nervous, or vital power; that it is enabled to perform its appropriate offices by the vital influence it derives from the organic nervous system; and that the stomach is dependant upon the same source as the brain for the discharge of its functions. Instead, therefore, of considering headache to proceed so frequently from disorder of the digestive organs, as some recent writers suppose, I view both the one affection and the other as often associated phenomena resulting from other morbid conditions; and while I grant that it sometimes arises from that source, I contend that it then appears as a contingent phenomenon only, for when one part of the circle of organic nervous influence is disturbed, other parts frequently become also disordered. as hereditary constitution, previous disease, latent vice, or habits of life may have predisposed particular organs or structures. Moreover, it seems extremely probable that various morbid states of parts contained within the cranium are indicated by pain before they have proceeded so far as to induce change of structure, or even without occasioning this result. The existence of

tered sensibility of the ganglial nerves, distributed to the head, may be admitted without any very evident alteration of the parts they supply being thereby induced. Observation has proved that the degree of pain is no index to the danger or extent of disease, as the most severe headaches are often unattended by any other evidence of organic lesion; while the most extensive disorganization is frequently accompanied by little or no headache.

From this it will appear that headache should be viewed as a symptom of disorder within the cranium, although not of altered structure, more frequently than it usually is; that it should be oftener assigned to a change in the organic nervous energy and sensibility in this situation; and, consequently, that it is oftener a primary disorder than it has been generally considered. In treating, therefore, of headaches, I shall view them with strict reference to pathological states. Some of these states are such as do not admit of the headaches they produce being viewed otherwise than as symptoms; but others allow a nearer approach to a primary or idiopathic form, especially where local or general causes of exhaustion or depression occasion the complaint.

When called to a person suffering, or liable to severe headache, the rational practitioner is led to inquire as to the *causes* and *seat* of pain, and as to its *nature*. But these are among the most difficult points to determine in practical medicine. The *causes* are most numerous and diversified, and yet they have a more or less intimate relation to the kind or form of the pain that results. The *seat* of pain is determined with great difficulty even when it admits of recognition, and in many cases it is

impossible to ascertain it with any degree of precision. In order to arrive at a just conclusion, a number of circumstances—the history of the case, with its causes and progress, the existing symptoms, and more especially those which more directly relate to the functions of digestion and excretion, and to perception, sensation, and locomotion—must be carefully observed and cautiously estimated. When the external or superficial parts of the head are chiefly affected, the exact *seat* and *nature* of the disorder are sometimes manifest. But, even in this case, the external affection may be only the consequence of previous disease of internal parts, the exact nature or seat of which can be only surmised in many instances. Disease of the membranes is generally attended by pain; but when it is chronic, and even when acute, if pressure of the brain is caused by it, no headache may be felt. When the more internal parts, especially the fibrous or medullary structure, are altered, pain is only an occasional symptom. Indeed, whenever the substance of the brain is chiefly affected, the pain should be ascribed rather to those parts of the membranes, or of the ganglial nerves supplying the brain that had become implicated in the disease, than to the brain itself. Although it is the brain that feels alteration of sensibility induced in morbid parts, yet its own sensibility is so obscure, or so deficient, as seldom to be either excited or perverted when itself is the seat of lesion. Besides this, when the disease of the brain is attended by pain, the pain is rarely referred to the internal parts of the head, but either to some superficial situation, or to the head generally, in a confused or indistinct manner; or to some more or less distant part having

an intimate nervous connexion with the seat of disease.

The difficulty of ascertaining the *nature* of headache cannot be considered so great as that of determining the seat of it. Indeed, it is often from inferences as to the nature of headache that we are enabled to form any notion of its seat. A careful inquiry into the causes of the pain in every case, and a due estimate of the constitution, habits of life, previous ailments, and existing state of the patient will generally enable the physician to determine as to which of the different forms of the complaint into which I have divided it, individual cases belong. The *kind* of pain, especially, should be inquired into with the utmost precision. Its severity, its character, the state of the senses and of the general sensibility, the temperature of the scalp, &c., ought to be ascertained. The *pain* may be either slight or intense, or characterized as heavy, dull, indistinct, diffused, numbing, compressive, constrictive, tensive, acute, burning, rending or bursting, or splitting, darting, lancinating, plunging, cutting, tearing, gnawing, boring, pulsating, or throbbing, &c.; but whichever of these may exist, the mode of its accession and subsidence; its duration, remissions, and exacerbations; the circumstances alleviating or aggravating it; the extent and situation of it; and its connexion with affections of sight, with noises in the ears—the character of these noises—and with derangements of sensation, touch, and muscular action in any part of the body, ought to be carefully remarked. The state of the mental operations, of the articulation and of sleep in respect both to its manner and duration, should also receive attention. It is only from

a careful estimate of these circumstance—of all the functions depending upon the cerebro-spinal system in connexion with the state of the digestive, excreting, and circulating functions—that a correct opinion as to the nature of headache can be formed. There is no disorder which tries the science, experience, powers of observation, and acumen of the physician more than this does ; and there is none that requires a more precise estimate of the pathological conditions on which it depends, as a basis for safe and successful indications of cure. From this it will appear that a comprehensive division of the varieties of headache, without being either complicated or unnecessarily minute, is requisite to the due consideration of so important a subject as this.

The several varieties of headache will be more advantageously considered according to the following arrangement: 1st. The *nervous*, from depression or exhaustion ; 2d. The *congestive*, from impeded circulation in the brain or its membranes ; 3d. The *plethoric* and *inflammatory*, from general plethora, active determination of blood to the head, or inflammatory action ; 4th. The *dyspeptic* and *bilious*, from disorder of the stomach, liver, or bowels ; 5th. The *cerebral*, from organic change within the cranium ; 6th. The *pericranial*, from disease of the pericranium, or bones of the cranium ; 7th. The *hemicranial* or *limited*, confined to a spot, or neuralgic ; 8th. The *rheumatic* and *arthritic* ; 9th. The *periodic* ; 10th. The *hypocondriacal* ; and, 11th. The *sympathetic*, from disorder of the uterine and urinary organs.

§. NERVOUS HEADACHE.

Causes.—This *variety* is most frequent in females, in persons of the nervous temperament, and in those possessing high susceptibility and delicate constitutions. Venereal excesses, masturbation, intestinal worms, the abuse of calomel or other mercurials, and whatever depresses or exhausts nervous or vital energy, *predispose* to it.—It is often *excited* by exposure to cold, or to cold and humidity conjoined; by northerly or easterly winds; by the more extreme electrical states of the air, or by sudden vicissitudes of these states; by prolonged or excessive lactation; by losses of blood, menorrhagia, leucorrhœa, or other discharges; by low diet and prolonged fasting; by the depressing passions, alarm, fear, grief, and anxiety of mind; by want of sleep, or inordinate mental or physical exertion; by the improper use of mercury or other depressants, as tobacco, digitalis, &c.; by various odours or mephitic vapours or gases; and by the impure air of crowded or insufficiently ventilated rooms. Sleeping in apartments containing plants in flower, the fumes of burning charcoal, or of turpentine, and recently painted rooms, not infrequently cause it. The irritation of adjoining parts, as caries of the teeth and disease of their fangs, sometimes also occasion it, especially on the same side of the head as the seat of irritation. I have seen the most intense state of this affection produced by the injudicious application of cold to the head, by too copious depletion, by floodings, and by a residence in low, cold, and humid localities. Nervous headache is common to females during the

catamenia, especially when excessive or too frequent. It is often, also, indirectly caused by intoxicating liquors. Heinemann very justly notices it as a not infrequent attendant upon *general weakness*, resulting from disease or improper treatment. I believe that some degree of *cerebral anæmia* very often attends, if it does not produce this variety of headache.

Nervous headache is often sudden in its attack and termination; is frequently acute, excruciating, lancinating, or darting; sometimes constrictive, or attended by a sensation of the temples being pressed together; occasionally accompanied with vertigo, a feeling of sinking and dread of falling, or with great nervous agitation or restlessness, and sometimes confined or limited to a narrow space. The patient is incapable of thought and of physical and mental exertion. The sight is often dim or impaired, dark spots or meshes moving before the eyes. In some instances, the eyes become sunk, and the countenance depressed or collapsed. The pulse is small, occasionally frequent, but generally languid, and always compressible. The pulsation of the carotids is small or weak. The head is cool, and the face more pallid than natural. The stomach is liable to disorder, especially to acidity and flatulence, and the bowels are often costive. This headache is frequently worse in the morning and through the day, and abates in the evening. During severe attacks, wakefulness, dizziness, loss of memory, general susceptibility of the nervous system, &c., are usually complained of.

§ CONGESTIVE HEADACHE

The state of the circulation within the head, the manner in which the blood is returned from the brain, the partial protection of the parts contained in the cranium from the physical influences exerted upon the rest of the general surface, and the periodical changes in the position of the head and in the exercise of the functions of the brain, would seem, on a superficial view, to favor the occurrence of congestion in this part. Yet, if these circumstances be more closely contemplated, there is at least equal evidence that they essentially tend to preserve the brain from passive congestion on the one hand, and inflammatory determination on the other, as well as from the more serious contingencies consequent upon that minute division of the extreme vessels required for the exercise of the various cerebral functions. The congestion occasioning this form of headache is seldom general, but commonly limited to, or seated chiefly in one hemisphere or lobe of the brain, or one or more lobes, either in their vertical or basilar aspect.

Causes.—Congestive headache is produced by pre-existent disorder, especially by repeated attacks of nervous or dyspeptic headache, and of active determination of blood to the brain. It often follows adynamic fevers, phrenitis, congestions of the lungs, and impeded circulation through the heart; and it is not infrequently caused by the circumstances that sometimes give rise to nervous headache, particularly the depressing passions, cold and humidity, miasmata, noxious gases, mercuritic vapors, and crowded rooms. The use of

opium, belladonna, aconitum, and other narcotics, occasionally also produces it, especially in certain idiosyncracies, or in large doses. Tight neckcloths, stooping, and a too low position of the head during sleep, also occasion it. The headaches following the inordinate use of intoxicating liquors are to be referred to this and the preceding variety, rather than to disorder of the digestive organs or any other pathological state. Prolonged or intense mental occupation often gives rise to congestive headache; the repeated or continued determination of blood to the brain, thereby produced, passing into congestion, owing to exhaustion of nervous power; and this state, if allowed to continue, or frequently produced, often terminates in apoplexy or palsy. This variety is most frequently observed in persons advanced in life, and in those who have exhausted their vital energies and injured their constitutions by dissipation or intemperance.

The most *characteristic symptoms* of this variety are, the dull, aggravative pain, and sense of weight in the head; frequently stupor, heaviness, or giddiness; dimness of sight; buzzing, ringing, or humming noises in the ears; and heaviness or pallor of the countenance. The pain is often referred to one part of the head chiefly, probably owing to the congestion being greater in one part than in another. The patient experiences great increase of vertigo when looking up, or when stooping or looking down from an eminence; he sometimes complains of a sense of coldness in the head, of fatigue or prostration of strength, coldness of the extremities, and of susceptibility of the nervous system. Sleep is often sound, heavy, or snoring; occasionally it is disturbed or restless, and attended

by dreams, or by convulsive movements. The spirits are depressed, or almost hypochondriacal. The pulse is languid, weak, or small, occasionally accelerated. The bowels are torpid, and the biliary secretion deficient or morbid. The urine is loaded, and deposits a copious sediment.

§ HEADACHE FROM PLETHORA AND INCREASED VASCULAR DETERMINATION OR ACTION.

The predisposing causes of this variety are, the earlier and middle periods of life, the male sex, plethoric habits of body, sanguineous and irritable temperaments, full living, indolence, indulgence in bed, neglect of regular exercise in the open air, and mental exertion.—*The exciting causes* are, all the circumstances which either increase the vascular plethora resulting from the predisposing causes, or determine an increased flow of blood towards the head, especially neglect of accustomed depletions; the suppression of discharges and eruptions, particularly of epistaxis, the catamenia, and hæmorrhoids; exposure to the sun; intemperance in eating or drinking; premature or inordinate mental culture, and exercise of the intellectual powers; every kind of mental excitement; fits of passion; the supine posture, with the head low; wearing strait corsets; too long hair, or the removal of it; overheated or overcrowded rooms or assemblies; prolonged or unaccustomed continence, and the causes usually occasioning inflammation of the brain or of its membranes, or determination of blood to these parts.

The *symptoms* in this variety sufficiently indicate the cause of the headache; but they differ

very much in different habits, temperaments, and ages.—In young persons the pulse is strong, or full, somewhat accelerated; the head is hot, the countenance flushed, the eyes more or less suffused and heavy; and the pain is rending, severe, sometimes pulsating or throbbing, occasionally with a beating noise in the ears and felt chiefly in the forehead and temples. The bowels are costive; and the patient is depressed, heavy, and indisposed to exertion.—In delicate or young persons, whose mental faculties have been prematurely exercised, or exerted to the neglect of the physical powers, the slightest excitement and the most trifling causes will produce headache, with coldness of the extremities, and great susceptibility of the nervous system, especially of females. The principal flux of the circulation takes place to the head, and the functions of other parts are performed imperfectly.—In persons of the middle age, or beyond it, and especially in those who have lived fully or intemperately, the headache is heavy, rending, or throbbing; often general, or referred chiefly to the occiput; attended with increased heat of the scalp, with distention of the veins about the temples, with fulness or redness of the eyes, and sometimes also of the whole countenance. The face is occasionally bloated, and its expression heavy; the pulse is full, strong, and oppressed, or slower than the usual standard; the bowels are torpid, the liver inactive, and the urine high-colored or loaded. Sleep is heavy, but often disturbed. In some cases, however, with all, or nearly all these symptoms, the patient is excited or restless, is watchful, or sleeps but little, or is irritable, and the pulse is slightly accelerated, the excretions being scanty.

In the first and second classes of persons, this form of headache not infrequently precedes the inflammation of the brain and membranes, or effusion from the latter: in the third class, it more frequently ushers in apoplexy or palsy.

§ DYSPEPTIC AND BILIOUS HEADACHES.

This variety of headache is very nearly allied to the nervous and congestive, and it has been confounded with these in the description of it given by Dr. Warrea. From the circumstance of sickness or vomiting being a frequent symptom, the term *sick headache* has been commonly applied to it. But I am convinced that this symptom often depends upon the brain, and that many cases which have been viewed as merely instances of sick headache have actually been cases in which the affection of the brain has been attended both by sickness and by headache. This form of disorder frequently affects dyspeptic persons who have been longer than usual without food, or who have committed even slight errors of diet, and whose bowels are habitually sluggish. It may occur, as Dr. Burder remarks, without any obvious susceptibility of the brain; or in persons who can bear close application to study without inconvenience as respects the head, and yet who are liable to headache after taking certain articles of food, or mingling them in too great variety.

Dyspeptic headache, particularly when attended by nausea or vomiting, is observed chiefly in persons subject to mental or cerebral excitement, and in whom the gastric disorder, as well as the pain in the head, are only effects of that excite-

ment. in these, the stomach is either irritable or weak, or even both, and unfit to perform its functions, as well as very liable to become farther disordered by slight causes. Stomach headache generally affects the forehead or one temple, particularly the left; but it often extends over most of the head. When the left temple is chiefly affected, tenderness of the left eye is frequently, also, felt. The pain is dull, heavy, or oppressive, or acute, sharp, or darting. The mental faculties are somewhat weakened, and exertion of the mind is irksome. Tenderness of the scalp is seldom present, unless in a slight degree, or in connexion with rheumatism. This variety of headache usually commences when the patient first wakes. It is then oppressive, heavy, or diffused. Nausea often supervenes, and sometimes vomiting. When the pain is slight, it generally subsides after breakfast; but if retching occurs, it continues longer, or until offending matters are thrown off, and then becomes more limited or concentrated. The remains of an undigested meal, or merely an insipid fluid, mixed with frothy mucus, is at first ejected. But if the vomiting continue, bile is frequently discharged. In some instances, an acid or acrid fluid, or greenish bile, is vomited, when pain and all the symptoms disappear. If the attack be not arrested by suitable means, or by the spontaneous vomiting, the pain often increases as the day advances, until stimulating food or beverages taken into the stomach, or sleep, allay it; but it may return the following day. Dyspeptic headache, however, may take place much more slightly and transiently, or it may assume a more chronic or continued form. It may follow a principal meal, and cease in two

or three hours; or it may not occur until several hours after a meal. The pulse is languid or feeble, seldom accelerated. The tongue is white, loaded, particularly towards the root; and its edges are slightly red, and often indented by the teeth. The bowels are usually costive. Vision is frequently indistinct; and coldness or slight numbness of the fingers is sometimes complained of.

It has been supposed by Dr. Warren and Dr. Paris that, when the headache does not occur until several hours after a meal, and particularly when uneasiness or a sense of distention is felt in the situation of the duodenum, it depends upon irritation of this viscus. The circumstance of an emetic often failing to afford relief in such cases, or to evacuate anything material from the stomach, while a dose of rhubarb and magnesia, or of any other purgative, generally removes both the headache and the uneasiness in the course of the duodenum, has been considered as proof of the dependance of the affection of the head upon disorder of this bowel. Without questioning the existence of functional disorder of the duodenum in these cases, the origin of the headache in that disorder does not necessarily follow. Both affections, most probably, depend upon the same pathological states; and it is, moreover, extremely likely that the derangement of the duodenum extends more or less to both the stomach and liver. The symptoms which the writers just referred to consider characteristic of headache proceeding from disorder of the upper portion of the intestines—particularly chilliness of the body; coldness and dampness of the hands and feet; severe pain of the head, with a sense of coldness and tightness of the scalp; slight giddiness.

with weight, distention, and stiffness of the eyes balls, and the appearance of brilliant ocular spectra ; and sometimes tingling and numbness of the fingers and hands—arise as much from disorder of the stomach or liver, or both, as from derangement of the duodenum and upper parts of the intestines. More dependance may, perhaps, be placed upon flatulency and the sensation of dryness and inactivity of the bowels noticed by Dr. Paris, and upon the presence of nausea without vomiting ; but it is most probable that the altered sensibility referred to the head, equally with the symptoms just mentioned, depends primarily upon the state of organic nervous influence.

Biliary derangement is generally connected with more or less disorder of the stomach and bowels ; the affection of the one may have extended to the other, or all may have been simultaneously disturbed by causes affecting the nervous or the vascular systems. In either case, the disturbance is not infrequently, also, extended to the head, and partly manifested by pain in this situation, particularly in the forehead, eyebrows, and orbits.—The headache may proceed from an interrupted discharge of bile into the duodenum, and a consequent accumulation of it in the gall-bladder or hepatic ducts ; the morbid impression thereby made upon the organic nervous system affecting the head, and often, also, other remote parts. When the headache arises from this state of disorder, vascular action is generally weak, languid, or depressed, the tongue loaded or white, the skin harsh or unhealthy in its hue, and the functions of digestion and fæcation impaired. In these cases, flatulence, coldness of the extremities, and a sense of smart

ing in the eyes and eyelids, or pain in the eyeballs, are often, also, complained of.

In some instances, headache proceeds from an exuberant secretion of bile, or from the irruption of morbid bile into the duodenum; but, in most of these, there are increased vascular action and heat of skin, with nausea and bilious vomitings. The face is flushed, the eyes suffused, and the pain is throbbing or rending. The evacuation of bile often gives relief, but the retchings sometimes keep up the secretion, or promote the discharge of it; and the digestive mucous surface, and the nerves supplying it, being thereby irritated, vascular action becomes excited, and the sensibility even of remote parts more or less altered: pains of the head, loins, and limbs are thus induced.

The *Causes* of dyspeptic and bilious headache have a very intimate relation to the predisposition or susceptibility of the nervous systems and digestive organs to excitation or irritation.—Such susceptibility very often exists in a high degree in persons of sedentary and studious habits. Intense application of the mind, the anxieties of parents, the eager pursuit of business or of gain, the speculations of merchants, the gambling transactions of the stock-markets and of club-rooms, &c., keep the mind in an almost constant state of excitement, determine an augmented flow of blood to the brain, and thereby increase the irritability of the stomach, and predispose both organs to be disordered by the slighter causes to which the latter is so much exposed. As vital power becomes weakened, the susceptibility of the cerebro-spinal nervous system is increased, and the sensibility of it more readily disturbed. The digestive and assimilative func.

tions are also weakened, and more prone to disorder, which not infrequently affects the brain, especially when its circulation has been excited, or kept in an almost constant state of erethism, by the circumstances just adverted to. Dyspeptic headache is most common in the young or middle-aged. The bilious variety is most prevalent during summer and autumn.

The *exciting causes* are, errors in diet, especially too great a variety or quantity of food; indigestible, acrid, cloying, rich, or heavy articles; too long fasting; the excessive use of diluents or of stimulating or intoxicating beverages, particularly of spirituous liquors; costiveness or constipation, and the irritation of morbid secretions and faecal matters retained in the bowels. In young persons, especially, headache and increased determination of blood to the head are frequent consequences of costiveness, of collections of sordes or of faecal matters in the digestive canal, and of intestinal worms.

§ HEADACHE FROM ORGANIC CHANGES.

In the early stages, this form of headache can hardly be distinguished from the other varieties; indeed, organic change not infrequently originates in some one of the pathological states of which headache is an occasional attendant. But, while in all these varieties the pain is only sometimes present, or is, at least, entirely absent for considerable periods, that produced by organic lesion is nearly constant or continued, or merely remits, without altogether disappearing. The alterations which are attended by headache are numerous; but

the most common are tumors of various kinds, hydatids, exostosis from the inner surface of the cranium, ossific formations, softening of the substance of the brain, suppuration, adhesions of the membranes; tubercular, cancerous, fungos, and malignant productions, &c. Besides these, aneurismal or ossified arteries, varicose or inflamed veins, obstructions in the sinuses and veins; concretions, albuminous exudations, or purulent matters in these vessels (Lieutaud, Borsieri); enlargement of the pineal or pituitary glands, serous effusion, &c., have been observed.

The pain caused by any of these lesions is generally fixed, often referred to the same spot, continued, and deep-seated. It is independent of the other causes of headache, although aggravated by them, by mental application, by stooping, and by stimulants. Dr. Burder justly remarks that cheerful conversation that would chase away, or at least suspend the feeling of ordinary headache, often becomes insupportable in this variety. When the disease is farther advanced, even a slight motion of the head, or rotating it, often gives rise to extreme suffering, and sometimes to vomiting. The affection of the stomach, dependant upon the cephalic lesion, frequently occurs without any obvious cause, or independently of apparent disorder of the stomach itself, or of any error in diet; and the pain of the head remains when the sickness ceases. Although the pain is generally constant, yet remissions are sometimes felt, or even short intermissions, especially early in the disease. This is even the case when the lesion is malignant or carcinomatous, or consists of fungous tumors; and the pain is usually then lancinating, stounding, or darting, and

referred to a particular spot. In the advanced stage of organic headache, spasmodic contractions of the limbs, vertigo, convulsions, paralysis, or idiotism frequently supervene. When the lesion is of a malignant or contaminating nature, the surface generally assumes a pale straw-colored hue, or is obviously cachectic. Neuralgic pains in the face, or in more remote parts, darting pains in the limbs, are also occasionally present in this variety.

§ HEADACHE FROM DISEASE OF THE PERIOSTEUM AND CRANIAL BONES.

This variety is not often met with. Cases of it have been recorded by Mr. Crampton, Sir E. Home, Dr. Abercrombie, and others; but the best description of it is given by Dr. Burder.—Affection of the *periosteum* is usually *caused* by exposure to cold, to currents of air, to humidity, and vicissitudes of temperature and weather. The pain is tensive, remitting, and increased by pressure, and by the action of the temporal or occipito-frontalis muscles. There are sometimes fever, and excited action of the vessels of the head, with increase of the heat of the scalp. A constrictive pain is caused or aggravated by going into a cold room, or by removing the usual covering from the head. Dr. Burder observes that this variety of headache occurs only in those who have suffered from continued cerebral excitement; and that it is commonly dependant upon a highly susceptible, or preternaturally vascular condition of the brain or its membranes, such as is often induced by long-continued study, by mental irritation, or by gastric or hepatic disorder connected with debility or ex

haustion. If a person whose nervous or vital powers are thus impaired, and whose brain and membranes are rendered susceptible and vascular, is exposed to the exciting causes just mentioned, periosteal cephalalgia of great severity or obstinacy is often produced, the external affection, with the consequent irritation and want of sleep, aggravating the morbid condition of the brain and membranes. The cases which I have seen have been chiefly in persons of the scrofulous diathesis.

Cases of fixed pain of the head, and tenderness of a portion of the scalp, with thickening or swelling of the integuments, have been observed by the writers just mentioned, and by Mr. Pearson and Sir C. B. Brodie. I have seen instances of this affection originate in *otitis*: one of these was in a medical friend, who consulted also Dr. J. Johnson and Sir C. B. Brodie. The external disorder followed the use of the cold douche or shower-bath, recommended for the removal of increased vascular action and heat of the scalp indicative of cerebral excitement. Division of the pericranium in these cases has generally shown thickening of the periosteum, and even disease of the bone in a few instances.

When headache is owing to a diseased state of the bones, there are constant pain and tenderness of a particular spot. Some of these cases originate in syphilitic or mercurial cachexia. Others proceed from inflammation of the ear, and are connected with chronic discharges from this organ, or consist of caries of a portion of the petrous bone, or of the mastoid process. In the cases of this kind which I have seen, there was partial paralysis of the face, with excessive swelling around the ear, especially

below it, and extending even to the eye. I attended one of these cases with Mr. Barnwell, and another was seen by Sir C. Bell and myself, and is noticed in his work on the nervous system. Similar instances are recorded, also, by J. Frank and others.

§ RHEUMATIC AND ARTHRITIC HEADACHE.

Rheumatic Headache is usually caused by exposure to cold, or to cold and humidity, or to currents of air; by uncovering the head when perspiring; by sleeping on a damp pillow; by the passage of air through a carriage window; by sudden vicissitudes of temperature or of weather, especially by easterly or northerly winds. But a *predisposition* arising out of the rheumatic diathesis, or of disorder of the digestive organs—particularly torpor of the liver, accumulations of bile in the bile passages, and collections of sordes in the intestinal canal—is often necessary to the production of this affection of the head.

Rheumatic headache is often preceded by a sense of coldness over the head and face, especially on one side. It is seated chiefly in the aponeurosis of the occipito-frontalis and temporal muscles; but it is not always confined to this structure, it being sometimes associated with increased vascular determination to the membranes of the brain. The pain is severe, heavy, distracting, or aching, and in its uncomplicated state is attended by a sense of coldness, by great tenderness of the scalp, by rheumatic pains extending down the neck, or in one side of the neck, or in one shoulder, or in the face; sometimes by copious perspirations, and more rarely by rheumatic inflammation of one or both eyes. It

is generally aggravated in the evening, and alleviated in the morning, and by warmth. There is no increase of the temperature of the scalp, or augmented action of the arteries of the head, unless the affection be complicated with excited vascular action in the internal membranes. If it be thus complicated, these symptoms are also present; and, as Dr. Elliotson justly observes, there are likewise giddiness, drowsiness, and internal throbbings. This associated disorder is seldom ameliorated by warmth, and the face is often flushed, the eyes injected, and the vessels loaded.

Arthritic Headache is met with in persons who are subject to the irregular forms of gout; and, in those who have an hereditary or an acquired predisposition to this malady, it may be the first manifestation of the gouty affection. Of this I have seen more than one instance, both in males and in females about the change of life. It is not an unusual form of misplaced or of retrocedent gout, in persons who have had the disease in its more regular forms, but who neglect the air, exercise, and regimen necessary to the development of a regular paroxysm; and it is often a dangerous affection. The pain is severe, and attended by a sense of fulness and of heat or burning in the head; by remarkable tenderness, and by increased heat of the scalp; by giddiness, dimness of sight, and fear of approaching insensibility, especially upon stooping; by sounds in the ears, great acuteness of hearing, and intolerance of noises; by flushes of heat in the face; by irritability of temper and restlessness; and by confusion of thought and loss of memory. There are also flatulence and disordered digestion; costiveness; a morbid state

of the stools, and of the biliary secretion; and scanty, high-colored urine, which deposits a copious reddish sediment. The tongue is generally loaded, and its papillæ excited; and the pulse is either natural, as to frequency, and full, or accelerated and hard, or oppressed. If this affection is not removed, it may pass into effusion, with comatose or apoplectic symptoms.

§ INTERMITTENT HEADACHE.

Cephalalgia Periodica, Auctorum—*Febris Intermittens Cephalica larvata*, J. Frank—usually presents the same characters as the functional varieties already described, especially the nervous and dyspeptic, and differs from them only in respect of periodicity. But it may be not merely functional; for the pain caused by chronic inflammation of the membranes, or even by organic lesion within the cranium, may assume, at their early stages, an intermittent type. A strict investigation of the causes, and of the states of the various functions, is therefore requisite to a knowledge of the nature of the affection. When the headache proceeds from terrestrial exhalations, or from cold, raw, easterly or northerly winds, and attacks persons who have been affected with agues or remittent fevers, it generally returns daily, either in the morning or about noon; but it may observe a tertian or quartan form. It is often limited to a particular part of the head—frequently to the forehead, or to one brow, or to the brow and orbit—*brow-ague*. It is sometimes seated in one half of the head. The pain is occasionally so severe and so limited in extent as closely to resemble neuralgia. Indeed, in

intermittent headache and neuralgic affections almost insensibly pass into each other, the paroxysms of the latter being, however, much more intense and of shorter duration than those of the former; and they both frequently proceed from the same predisposing and exciting causes, namely, disorder of the stomach, bowels, and biliary organs, and exposure to malaria, or to cold damp winds, &c.

§ HYSTERICAL AND SYMPATHETIC HEADACHE.

The pain in the head is one of the numerous forms in which hysteria manifests itself. It is generally limited to a small space, or to a single spot; and is often described as resembling a wedge or nail driven into the cranium or pressing upon the brain—*Clavus*, &c. It is commonly sympathetic of irritation of the uterine organs, and associated with irregularity of the uterine discharge; with painful, scanty, or excessive menstruation, or with leucorrhœa; and with flatulent borborygmi, or with the globus hystericus. I have seen it also connected with worms, in the intestines, with the irritation of calculi in the kidneys, and with tenderness and other indications of inflammatory irritation of parts of the spinal chord and membranes. Indeed, affections of the spine seldom exist without pain in the head, in some one of its forms, being occasionally felt.

§ HYPOCHONDRIACAL HEADACHE.

Pain of the head is often one of the most distressing symptoms of which hypochondriacal and melancholic persons complain, and is exaggerated

by them into the most intense suffering that can be imagined ; and yet, when their attention is directed to other objects of interest, or when they are otherwise excited, this part of their miseries seems altogether forgotten, or for the time removed. Their minds brood upon the cause and consequences of the pains referred to this situation, until they firmly believe the very worst results. A patient, some time since, called upon me to know whether or not I considered the pain to depend upon organic change ; and although my opinion was that this was not the source of the affection, yet several visits were afterward made to me with the same object. Another more recently came under my care, with the firm belief that the headache would terminate in insanity or idiotism. Such cases are, however, not rare ; and although the fears, which subsequently become the firm convictions of the patient, are fulfilled in some instances, or even impel them to suicide in others, yet recovery is not infrequently effected by judicious treatment and management. The source and character of the pain in such cases are ascertained with difficulty, as the patients' accounts are often exaggerated, but are most frequently dependant, as far as I have observed, upon the state of the nervous system, in connexion with chronic disorder of the digestive canal and biliary organs. The organic nervous energy is manifestly impaired, and all the functions which chiefly depend upon it. But I have seen cases furnishing evidence of congestion, or of chronic inflammatory action of the brain or of its membranes, and have found a treatment based on this view more or less beneficial.

ON SOLITARY VICES, AND OTHER ABUSES.

It is seldom the case that this subject is broached w females in any form, but every person at all acquainted with it will admit that it *ought* to be so, and perhaps more especially to them than to other persons.

It is not only necessary on account of females themselves being often the victims of these vices, but also because, as *Mothers*, they of necessity exercise a supervision over the conduct of their children of *both sexes*, and they therefore ought to be acquainted with every matter of importance to their welfare.

I am convinced that much of the evil we see arising from this cause, in children, would be prevented if *Mothers* were better informed about it, and had their attention properly awakened.

Some persons suppose that solitary abuse is altogether confined to *Males*; but this is a great mistake. It is doubtless most *frequent* with them, and in general affects them most injuriously; but it is useless to deny that it is extremely prevalent even with the other sex, and likewise leads in them to the most serious consequences.

The nature of my professional experience necessarily brings me more in contact with peculiar cases of this kind than most other Medical Men, and I feel it my duty to refer to this subject in the most emphatic manner, more especially as it has hitherto been so culpably overlooked.

In no other place could it be so appropriately treated upon as in a work of this kind, intended for the special *instruction* and *warning* of females ; and after the information already given, they will clearly understand the remarks and statements it may be necessary to make.

From various causes, many of which have been alluded to in our previous articles, and others which will be as we proceed, the sexual instinct, or desire, is often awakened at too early a period, or excited to a most immoderate degree. Sometimes, even in mere *children* it is strongly developed, so as to lead to unnatural practices at the most tender age, and at other times it becomes so ungovernably intense that everything is forgotten or disregarded in the blind craving for its indulgence.

In our *boarding schools* for young females, it is well known to Medical Men that these vices are fearfully common, though from their nature they are seldom alluded to. The Physician contents himself with treating the *effects*, but never alludes to the *cause* ! I have known cases where *every pupil* in such establishments has been led astray in this manner, and to the most alarming detriment of their health.

From vicious association, or some other cause, one among the number learns the habit and teaches the others, till all become contaminated, and usually without suspecting either any great *impropriety* or any injurious result.

I know that many of the most pure-minded and virtuous young females have been thus led astray, and when made aware, either by proper instruction or by dear-bought experience, that they have been doing wrong, they often experience the most poig-

nant remorse.—It is their fault, however, in only a slight degree, for most of them are kept so entirely *ignorant* of all they ought to know respecting *themselves*, that the wonder would be if they kept in the right path.—Parents have much to blame themselves for in connection with this subject, particularly Mothers; and I trust these few remarks will awaken their attention to a matter of such momentous importance.

Some time ago, I made an allusion to this subject in one of my Lectures to females, and was surprised at the number who afterwards spoke to me corroborating my statements.—Many aged persons, and Mothers of experience, voluntarily testified to the truth and value of what I had said, and *urged* me to press this matter still more than I had done.

One venerable Lady, particularly, confessed to me that when she went to a boarding school, in her young days, these vices were so prevalent, and the effects upon the health of the scholars were so alarming, that it was thought some epidemic disease must prevail, and they all went home.

Another Lady informed me, with the greatest agony of feeling, that her daughter came home from school to *die* from these practices, and confessed it to her parent on her death-bed.

I have also received numbers of *Letters*, from females of all ages, making similar confessions, and asking what they must do to recover from the effects of their thoughtless practices.—Among them, I select the following one, as the writer is now no more, and I know that no one can even suspect who she was, nor indeed would any of her numerous friends and admirers believe the *possibility* of her ever having been the victim she was:

DEAR FRIEND,—

It is with feelings of deep shame and remorse that I sit down to make this confession; but in the hope, that it may save others from the abyss into which I have fallen, and also be the means of some little good to my own unworthy self, I feel that I ought not to fail in doing so.—*You*, I know, can both sympathise with and excuse me—perhaps more so than I deserve; and I will, therefore, unburden my mind of a terrible weight which has now lain heavily upon it for years.

I am now advanced in life, being fifty-one years of age, and the mother of two children—one, alas! a sufferer from his mother's folly while she was yet a child.

I was first taught the nature of sexual feelings, and how to excite them, by a servant girl, when only eleven years of age; and being naturally of a warm and excitable temperament, the gratification was very great, and was frequently indulged in. I had not the slightest idea, when first commencing this disgusting practice, that it was wicked or hurtful, nor did I even suspect so till my health began to fail. Fortunately, an old Medical book fell in my way, which spoke upon these matters, and that first opened my eyes to the sin of my conduct.—Oh! that such books as yours had then been written, and that one had fallen in my way; years of suffering and mental anguish might have been spared me, and my dear child would not have been a living memento of his Mother's folly.

The symptoms which I first began to experience, when about fourteen or fifteen years of age, and which increased as I advanced in life, were of the most distressing character. Extreme languor and

weakness, with a disinclination to either bodily or mental exertion, accompanied by a miserable lowness of spirits that nothing alleviated, were my constant attendants. I hated myself—I could not enjoy life—and I feared death. My head was always heavy and full, and my eyes often red as if with constant weeping, while my judgment became gradually weaker, and my memory failed, till I could neither decide what to do in future, nor remember what I had done.—Fortunately, I was so circumstanced that others took care of me, or I know not what I should have done.

My Physicians attributed my sinking health to Dyspepsia, to the change of life, and various other causes, and prescribed medicines and change of air, but not one seemed to suspect the real cause of the evil.

For years I struggled on in this way, striving against the demon of strong desire with all the strength I had, but only to fall at last. Each act of gratification seemed to become more urgent than the former, and also to prostrate me, both bodily and mentally, still lower than before. At last I became utterly prostrated, and lay for many weeks at the point of death, from mere weakness and exhaustion. Providentially this was the means of my salvation. The bodily exhaustion seemed to weaken my morbid excitability, and my fear that I really should die gave me new courage, so that with returning strength I broke the shackles which had hitherto bound me, and became free. From that time I never once debased myself with the degrading practice again, and my health and appearance so improved, that my friends could scarcely believe it was me they saw.

I, however, still suffered from a shattered Ner-

vous System, and though well, compared with what I had been, felt that, more or less, the consequences of my fault would follow me to the grave. At times I would be attacked with fits of melancholy and extreme depression of spirits, without any apparent cause, and would become so wretched that death would have been a relief. My old weakness of the limbs would also come on occasionally, and my mind, I feel convinced, had not its natural power.

At twenty-two years of age I was married, and lived happily with my husband for twenty-one years, having during that time three children, of whom one died. The youngest of those living, from his birth, exhibited the same unfortunate tendency of the nervous system as his Mother, and, with horror I confess it, was evidently born with a disposition to the same evil habits. Oh ! the hours of watching and intense mental agony I endured while rearing up that dear child, and oh ! the bitter accusations my own heart brought up against me, for I could not doubt that his moral infirmity was inherited from myself.

As soon as he could understand, I hesitated not to speak to him openly and candidly about it, and by gaining his confidence and love, was enabled to save him from certain destruction, though not altogether from suffering.

For myself, I still suffer, though none suspect the cause, and I daily see, among my dear young friends, many bright buds of promise withering away, as I did, and no one dreaming why.

Wherever I can I speak on this matter, in such cases ; but the ignorance of parents is so great, it is not always possible to do so with advantage. I

have the satisfaction, however, of knowing that many have been saved by my efforts in this way, and thus my own fall has perhaps been the means of keeping others in the path.

Oh, with what delight I first heard your Lectures, and read your books!—At last, said I, a better day has dawned, and females will no longer be compelled to suffer and die from mere ignorance.—May you be spared to complete your work, and may the satisfaction of feeling that you do good, ever attend you. .

Most truly yours,

This Letter is but one out of a large number equally interesting and instructive, but from the private nature of most of them, and also because the writers are still living, I do not deem their publication to be proper.

The symptoms arising from solitary vice are well sketched in the above Letter, though they are often much more severe, and many are experienced which are not there mentioned.

The *Hospital*, the *Lunatic Asylum*, and the *Grave* would tell fearful tales respecting this vice, if their records were truly written.

In one of my former works I referred to this subject, and as many of my present readers probably have not read those remarks, I will here quote them. They were intended more especially for the other sex, but are strictly applicable to both, and will be found extremely valuable to *parents*.

The immediate effects of this vice are, great lassitude and depression of spirits. This is followed, after a time, by other symptoms, many of

which are never suspected to arise from this cause. Most generally the memory soon begins to fail, and the mind cannot be directed to one thing for any length of time, but wanders continually; sometimes it even becomes unsettled altogether, and complete fatuity results. The senses are very apt to fail, particularly the eyes, which become affected in various ways, from mere weakness to every degree of inflammation, and even blindness. The hearing will often become affected, and the head will be subject to a distressing fulness, with dizziness, noises, and soreness all over. The individual becomes excessively nervous, full of apprehension, irritable, and wretched. He dislikes society, from mere incapability of exertion, becomes at last melancholy, or mad, and often terminates his existence by suicide. The different organs become more or less deranged, and perform their functions imperfectly: this is particularly the case with the digestive apparatus, the kidneys, and bladder. In males, the genital organs themselves begin to fail; they shrink away, the gratification becomes less, and finally complete impotence and aversion follows.

All these symptoms are, it is true, seldom found in one person, but more or less they characterize every case. Some persons will begin to experience them very soon, while others will not for a long time. It is but rare, however, that any one who abuses himself will miss them altogether.

I do not hesitate to say that a very large portion of the human race are guilty of this excess, probably the great majority, and that a great portion of the evils and suffering which afflict society are produced by it. Indeed, I believe that licentious

cess, in one form or other, is the cause of nearly all the disease, both of body and mind, which exists! In fact, I have sometimes almost thought it was *the sole cause*, for I know of no single disease but what it will either cause directly, or indirectly lead to!

Solitary vice, however, is much more prevalent than any other form of licentiousness, and much worse in its effects. Dreadful as are the consequences of excess, in the natural way, they are but trivial compared with those which follow from solitary vice; nor do I think they can, under any circumstances, equal them.

Most persons are aware that this practice prevails, and that it is injurious, but it is only those who have long been familiar with it, as a subject of practice and study, that can be aware of its great extent and fearful effects. The truth, in fact, can scarcely be believed by those not familiar with it. My own opportunities for acquiring information have been very great, so as to make me acquainted with this terrible evil in every particular, and I do not hesitate to say that it is *the master evil* of the present day! I am firmly convinced that it leads to more disease, of body and mind—more suffering, and premature decay, *than all other causes put together!* Here I make no reservation, nor do I exaggerate, but, on the contrary, I feel convinced that my statement is under rather than over the truth.

This vice is *almost universal*, the exceptions to it being very rare, particularly in the rising generation. I believe it may be safely asserted that *ninety-nine out of every hundred are addicted to it!* And such are the circumstances in which young

people are now placed, that, instead of its decreasing, it is every day becoming more confirmed and extended.

I have reason to suppose that it is as general in the one sex as the other. If there be any difference, it is possible that females practice it most; but simply because they less frequently have natural indulgence in their power.

It is often commenced in extreme youth—nay, even in childhood. I have known instances of children not more than eight years of age, and even younger, being addicted to it. In most of these cases no such thing was suspected, and the poor victims were fast hurrying to an untimely grave. Even when told, their guardians could scarcely believe the statement, till their own observation convinced them it was true. They were then extremely anxious to have the evil removed, which, fortunately, was in most cases accomplished. It is not merely an error of youth, however, but becomes a confirmed and growing habit, to which the individual is a victim all his days. I have known middle aged, and even old persons, who had never been able to emancipate themselves from it.

The object of this practice is, to excite, by artificial means, the sexual feeling. This is accomplished by friction, of the most sensitive parts of the genitals, usually with the hand, but often by other means; assisted by a highly excited state of the imagination.

With regard to the commencement of this practice, some persons have supposed that it must always be learned from another, or at least that some intimation must be had of its nature before it is begun. This, however, I know is not always

necessary. From various causes, most of which we have stated in a former part of this work, the genital organs become precociously developed, and highly sensitive. This produces slight irritation and uneasiness, to relieve which the hand is directed to them; the friction of which produces a new and pleasant sensation before unknown. When once this has been experienced, the desire to create it again becomes irresistible, and with each new indulgence the habit strengthens and becomes more confirmed. In most cases the individual is completely ignorant of the nature of this new indulgence, and knows nothing of its probable consequences. This knowledge, if given in time, would often destroy the habit, but it is seldom given till too late to be of service; indeed, in most cases, the victim has to find it out by dear-bought experience.

Nevertheless, this practice is most generally acquired from others, and for this reason prevails in nearly all institutions where young persons are congregated; nor can this be prevented under present arrangements. Many conductors of these establishments are unacquainted with the existence of the evil; others use every means they can devise to prevent or suppress it; though often without success. From the nature of the practice it cannot be prevented, when there is a disposition to it, unless the offender is kept under *constant surveillance*!

In my public lectures I have always made this a special topic, speaking the truth upon it without reserve, but in charity, and with a sincere desire to do good. This had made me the confidant of hundreds, who would never have disclosed their failings to any one else, and has enabled me to gather more facts bearing on the subject than, perhaps,

ever came in the way of any one individual before. It is neither useful nor just, however, to expose the weakness of human nature, more than is necessary for their correction: I shall, therefore, only make use of the information I have thus acquired in a general way, and for that purpose.

When in New York City, in the fall of 1844, I was accosted, after my lecture on this subject, by an old gentleman, who desired to speak with me in private. When we were alone, he said to me: "Doctor, you are the first person I ever heard speak plainly on this evil practice, and as I am, unfortunately, aware, by sad experience, of the truth of your assertions, I felt much interested in your discourse, and resolved, if you thought fit, to communicate the details of a case with which I am but too familiar." I thanked him for his confidence, and he gave me the following particulars.

He had a son, a fine healthy, lively child, aged eleven years old, whom he sent to a celebrated academy for young gentlemen, in the suburbs of a neighboring city. For the first six months he continued to receive the most flattering accounts of his son's progress, and was highly pleased with him when he returned home at the vacation. In a short time after he was surprised and grieved to hear that his health was failing, and that he was much more backward than formerly. Medical advice was sought immediately, and the assurance was given that there was nothing serious the matter, and that he would probably rally in a short time. The child kept on in this manner for twelve months longer, gradually becoming worse, until at last he was brought home. The father described his condition at this time as most distressing. He was

thin as a skeleton, weak in body and mind, and completely sunk in a deep despondency, from which nothing seemed permanently to rouse him. At last he took to his bed, and died before he was thirteen. One night, however, while he was sick, the father was sitting up with him, and, being weary, leaned back in his chair, with his eyes closed, as if asleep. While in this state, some motion of his son partially roused him, and through his half-open eyes, he saw him in a situation which left no doubt that he was practising Masturbation. The feelings of the father can better be conceived than described. Being a man of information, he partly knew the consequences of this vice, and immediately the idea rushed upon him that this was the cause of his son's sickness, and he at once resolved to discover if his suspicions were true. In the morning after, he began to talk with his child about his school-fellows, asking him as to their practices in play, &c. ; and at last fixing his eyes upon him, he asked him if any ever practised this habit before him? The child burst into tears, and laid his head in his bosom. By a little gentle management he led him to confess that he had been addicted to this vice ever since he went to school, having been taught it by a playmate. Sometimes he practised it three or four times in a day. He also assured his father that there was not one he knew in the school but what did the same, it being considered a meritorious thing, and one which every boy should aim at. The poor fellow had become partly aware, himself, that it was causing his misery, and wished he had not done it; but it had become so much a part of his nature, he could not refrain. The father felt as if a thunderbolt

had broken upon him. Here was his only child stricken before his eyes, and nobody suspecting the cause till it was too late. Said he to me—"I hope my sad experience may enlighten some one else in time."

A short time after, while lecturing at the city where his son was sent, I was introduced to the principal of the very school, whom he had already mentioned to me by name. Finding him a man of intelligence, I commenced talking on the subject of solitary vice, and observed that he appeared much interested. As confidence became established, he at last confessed, that the prevalence of this practice, among his pupils, was a constant annoyance to him.

"I know," said he, "that my establishment is only like others, for I do not think there is one in which it does not prevail more or less; but as I know how baneful it is, I am deeply concerned about it. I find it impossible to prevent it altogether, do what I will. All our scholars sleep separate, and we keep a constant eye upon them, but still I know the evil exists; and, by some accident or other, each new comer becomes tainted with it. I am firmly convinced that there is no institution where young people are brought together but in which the practice may be found; and I have no faith in any means of preventing it but such as you propose."

Numerous, indeed, are the melancholy instances of this kind daily to be met with. Many a youth, robust with health, and with every indication of the highest talents, is sent by his parents to some seminary to complete his education, and returns after a time, debilitated in mind and body and without

either hope, energy, or capability. They mourn over his ruin, but never dream of what caused it; and even if told, could not, in many cases, understand how it had been brought about. I have a case of this kind in my mind now. It is that of a young man who had made the highest attainments, and who gave promise of being one day among the first and greatest in the land. His friends looked upon him with pride and confidence, and gloried in the prospect of his future exaltation. But, alas! a blight came over their hopes; he began to fade, his mind became imbecile, and at last he sunk far below the ordinary standard, without even the desire to rise. He was pointed out to me by a relative, who also told me that it was the practice of solitary vice, learnt at college, which had made him the melancholy wreck he was.

On another occasion, an old man spoke to me after my lecture, and told me that he had a son who had long been in a desperate condition, whose cause of complaint he had never been able to ascertain. "But," said he, "from what you say of the effects of this practice, I think that must be it; I will, however, ascertain if possible immediately." The next week I saw him again, and he told me that he had asked the medical man, who had his son in charge, whether he thought such was the case? and he immediately replied, "Yes! now you have asked me, I can tell you; it is that practice, and nothing else, which has brought your son to his present pitiable condition. I did not like to mention it to you before, for fear you might be, like many others, merely offended with me for speaking the truth; but since you ask, I presume you desire to know." The young man was then so weak, he

could scarcely stand, and so much affected in his mind, that a person was kept with him continually, to prevent him committing suicide. I saw the father a little time after again, and he told me, with tears in his eyes, that his son had died in the mean time. "Had it not been for you," said he, "I should never have known what killed him. I have now another child much younger, who might have died in the same way ; but now I know the evil, I trust I shall be able to prevent it."

Another case, somewhat similar, came under my notice, of a little girl, who had been taught the practice by a female servant with whom she slept. The mother fortunately discovered it, before the evil was gone too far, and by a proper course of moral and medical treatment, it was soon suppressed altogether, and she perfectly recovered.

In one instance, I knew a boarding school, where fourteen young females resided, which had to be entirely broken up, on account of this practice. One after another fell sick, and all eventually were sent home ; previous to which, the principal ascertained, from the confession of one among them, that for a length of time they had all been addicted to this vice. Nine out of these fourteen died in less than five years after !

I am every day receiving written or verbal confessions, of persons who have suffered from this practice. They are all much of the same character, so that one will suffice to give an idea of the whole. The following letter is very explicit, and full in its statements : I therefore select it from among my collection :

DEAR SIR,—

In the course of your lecture last evening, at which I was present, you spoke upon the subject of Masturbation, and requested any of your audience, who thought fit, to ask you for any further information they might desire, either verbally or by writing. I am myself a sufferer from the effects of this practice even now, though over thirty years of age; and I wish to know whether any relief can be obtained. To enable you better to decide, I will make a full confession of my past conduct, and present condition.

I was first taught this practice when at school, being then about fourteen. At first I did not resort to it much, but when about sixteen I used to masturbate often, as much as three or four times a day, till I became so weak and unwell, that I had not power to do it so frequently. I still, however, kept on at intervals, till I was twenty-two or three, but at that time my sexual power, which had been gradually weakening, seemed to die away altogether, and I had no longer either desire or capability. During all this time I had never carnally known a woman. When about twenty-eight my friends wished me to marry, and I, too, was desirous of doing so, being tenderly attached to an amiable female, whom I had known from childhood, who also reciprocated my affection. But then came the reflection—was I fit for marriage? This troubled me much, and I knew not what to do. At last I confided my trouble, in part, to an acquaintance,

* and found, to my shame and mortification,
that I was perfectly powerless and impotent! My

Grief and chagrin were unbounded; I was compelled, by means of one excuse or other, to put off the marriage, hoping in the mean time to procure some assistance. I tried various Cordials and Tinctures which I saw advertised, but none did me any good, and I was ashamed of speaking to any Physician. I am now about thirty-one, no better and in sad perplexity what to do. I cannot bring my mind to abandon the woman I love, without giving a sufficient reason, and yet the only sufficient one, that is the true one, I dare not give.

Is there any hope for me? If so, tell me what to do immediately.

The effects produced upon me by the practice were these. At first I merely felt disinclined to much exertion, either of body or mind; but this gradually became worse, till at last it required great effort to rouse myself sufficiently to proceed with my daily avocations. My strength failed, and I became very weak. My head was all along heavy and dizzy; my eyes weak, and as if a cobweb were before them, obstructing the view. I had pain, particularly in the small of the back, which appeared as if it would give way. My digestion became much impaired, and I suffered extremely from dyspepsia. Flying pains occurred at intervals all over my body, often at night, preventing my sleep. I was also subject to excitement while asleep, sometimes accompanied with losses, though not always; when such was the case I was always worse next morning. My memory was very bad, and I could scarcely bring myself to think, two minutes together, on the same subject. I was very irritable, and so wretchedly low spirited, that I was frequently on the point of com

m tins, suicide. In fact I was so miserable that
 life was a burden. After I became completely
 impotent, I seemed to recover a little, though still
 very uncomfortable. I am at present a little
 stronger, but most of my symptoms appear at times.
 I still suffer from the heaviness in my head, and
 the cloudiness in my eyes, which sometimes seem
 full of black specks, floating in them. My memory
 is no better, nor am I any more capable of mental
 effort. My digestion is better. * * *

* * * My spirits are very low, and my
 present condition makes them worse. My genital
 organs appear as large as in other persons, and no
 one would suspect, from their appearance, that I
 was impotent. I have not had any signs of semen
 existing for the last twelve months, and when it did
 appear, which was in consequence of an exciting
 dream, it was in small quantity, and very thin. *

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 * * * * *
 * * * * *

Now tell me candidly, doctor, do you think that
 any course of treatment can be depended upon,
 with any reasonable prospect of success, for doing
 me good, and recovering my lost power?

An early answer will oblige, yours, &c.,

This letter gives a faithful picture of most of
 those cases which come under my notice. Some
 are much worse, it is true, and others not quite so
 bad. The effects produced depend upon the ex-
 tent of the practice, the constitution of the indivi-
 dual, his mode of life, and other circumstances.

The most general symptoms are, such as those described under the head of excessive indulgence and in the cases we have just narrated. Perhaps the most general results, at first, are, loss of memory, inability to apply the mind to any one object, low spirits, and irritability; accompanied by heaviness and dizziness of the head, and cloudiness or inflammation of the eyes, with more or less derangement of the stomach, kidneys, and bladder. Afterwards the system becomes more extensively affected, and many other effects are produced; particularly loss of sexual desire, and impotence or sterility. This often prevents men from marrying, or makes them and their partners wretched for life, if they do. Insanity often results from it—indeed, I believe more frequently from this cause than from any other. Our Lunatic Asylums often present us with lamentable instances of this kind. The termination is usually an untimely death, either by premature decay, or hasty suicide.

The reason why Masturbation is more injurious than excessive indulgence is, because it is accomplished solely by an intensely excited imagination, without any natural and appropriate associations, either physical or moral. This completely drains all nervous energy, and leaves the individual in a state of complete exhaustion. It can also be practised so readily; and, from its not appeasing the desire, is so often repeated.

Females do not always appear to suffer so much from it at first as males, probably because no seminal discharge takes place. It will eventually, however, produce the same effects in them, as well as some others peculiar to them alone. It is very apt to make the skin sallow, the eyes hollow and

dark underneath, and sometimes to produce eruptions on the skin. When instruments are used, it also destroys the hymen, and brings the organs to the same state and appearance as after marriage. It has not unfrequently happened that young women have been accused, by their husbands, of unchastity on this account; and certainly, in a moral point of view, the charge might be considered as well founded—

* * * * *

It may appear strange to some, why it is that medical men are not aware of this evil, or, if they are aware of it, why they do not more frequently inform parents of its existence. Medical men, generally, are aware of the great extent of this practice, and also of its effects; but, from the ignorance and prejudice which prevails, they dare not say what they know. A Physician once remarked to me, after one of my lectures, that he had numerous instances in his practice similar to those I had described; “but,” said he, “I scarcely ever dare speak to the parents about it, even when I am certain, much less when I only suspect. There are few but what would either feel, or affect to feel, insulted at the very suspicion of such a thing in their children, and if I were to mention my thoughts, I should probably give offence, and be discharged for my pains.” This I know to be the case, having often met with similar treatment myself. The fact is, before we can reform the children, we must enlighten the parents! They will then act with us, and much may be accomplished.

With regard to the means to be employed in removing the effects of Masturbation, and the prospect of their succeeding, little can be said, since

they must vary in every individual case. The first requisite, however, in every instance, is the total abandonment of the practice! Without this be done, nothing else will be of much service. It is but seldom, however, that any individual can emancipate himself from this vile habit, let him be ever so well aware of its effects. I have had persons confess to me, that they were utterly unable to abandon it, though fully aware that it was ruining them, body and mind. Indeed I do not know of a single instance where a person deliberately left it off, unless they had become impotent, or procured natural gratification; but in most cases it soon unfits them for proper indulgence. In some cases, particularly in young persons, the tendency to it may be much decreased by a little medical treatment, attention to diet, regimen, &c. The fear of the consequences, when these are properly placed before them, may operate a little; and still more the fear of *detection*! Let them know, that it produces a certain effect upon their appearance, which, to a practised eye, *points them out as certainly as if they had it written on their foreheads*! So that in spite of the secrecy with which they practice the habit, it still betrays them. I do not expect, however, that much can be done in the way of *curing* the evil when it is established; the only practicable plan of removing it is, to enlighten young people in time, as I have before stated, and so prevent it from being begun! Till this plan be adopted, but little good will be done.

The symptoms here given are precisely such as are ordinarily seen in cases of self-abuse, but there are many others, arising secondarily, which have only been recently ascribed to this cause. Idiocy

and insanity, for instance, and that general failing of all the physical and mental powers, affecting both the individual and his offspring, which leads eventually to the extinction of his family and name. It is only of late that proper attention has been directed to these terrible evils, and that they have been thought to be at all under our control. Formerly they were looked upon as mysterious dispensations of providence, much to be deplored, but only to be met with patience and resignation. Many eminent writers of the present age have distinctly recognised the influence of self-abuse, in the production of idiocy, insanity, and constitutional degeneracy, and have especially urged the necessity of attending to it when treating those evils. Among other recognitions of this kind, I have been particularly struck with one, *a legislative document*, in which there is more wholesome truth told, and more sound reasoning advanced, than in almost all the *medical* treatises on the subject put together. It is a REPORT on the subject of Idiocy, presented to the Massachusetts Senate, by *Dr. S. G. Howe*, in February, 1848, in compliance with a former resolution of that body directing such a report to be made.—I am only surprised that such a document so valuable should be so little known, and that the Hon. Senators should not have seen that their duty was to give it as wide a circulation as possible. The influence of such a document, *from such a source*, must have been very great, and no doubt would accomplish more good, in the way of *prevention*, than all their asylums and medical treatment could do in the way of *cure*.—In time this and similar Reports will be eagerly sought for, and their great value, to the public at large, will be universally admitted. I

shall quote from the Report here for the double purpose of corroborating by it my own statements, and also of making it more generally known.

In speaking upon the necessity that exists for boldly approaching this subject, notwithstanding the prejudice that many persons feel against doing so, Dr. H. makes the following forcible and sensible remarks:—

“ There is another vice, a monster so hideous in mien, so disgusting in feature, altogether so beastly and loathsome, that, in very shame and cowardice, it hides its head by day, and vampyre-like, sucks the very life-blood from its victims by night; and it may perhaps commit more direct ravages upon the strength and reason of those victims than even in temperance; and that vice is

SELF-ABUSE.

‘ One would fain be spared the sickening task of dealing with this disgusting subject; but, as he who would exterminate the wild beasts that ravage his fields, must not fear to enter their dark and noisome dens, and drag them out of their lair; so he, who would rid humanity of a pest, must not shrink from dragging it from its hiding-places, to perish in the light of day. If men deified him who delivered Lerna from its hydra, and canonized him who rid Ireland of its serpents, what should they do for one who could extirpate this monster-vice? What is the ravage of fields, the slaughter of flocks, or even the poison of serpents, compared with that pollution of body and soul, that utter extinction of reason, and that degradation of being, made La God’

in age, to a condition which it would be an insult to the animals to call beastly, and which is so often the consequence of excessive indulgence in this vice?

“It cannot be that such loathsome wrecks of humanity as men and women reduced to drivelling idiocy by this cause, should be permitted to float upon the tide of life, without some useful purpose: and the only one we can conceive, is that of awful beacons to make others avoid,—as they would eschew moral pollution and death,—the course which leads to such ruin.

“This may seem to be extravagant language, but there can be no exaggeration, for there can be no adequate description even, of the horrible condition to which men and women are reduced by this practice. There are, among those enumerated in this Report, some who not long ago were considered young gentlemen and ladies, but who are now moping idiots, idiots of the lowest kind; lost to all reason,—to all moral sense,—to all shame; idiots who have but one thought, one wish, one passion,—and that is, the further indulgence in the habit which has loosed the silver cord even in their early youth, which has already wasted, and, as it were, dissolved the fibrous part of their bodies, and utterly extinguished their minds.

“In such extreme cases, there is nothing left to appeal to, absolutely less than there is in the dogs and horses,—for they may be acted upon by fear of punishment; but these poor creatures are beyond all fear and all hope, and they cumber the earth a-while, living masses of corruption.

“If only such lost and helpless wretches existed, it would be a duty to cover them charitably with

the vail of concealment, and hide them from the public eye as things too hideous to be seen: but, alas! they are only the *most* unfortunate members of a large class. They have sunk down into the abyss towards which thousands are tending. The vice which has shorn these poor creatures of the fairest attributes of humanity is acting upon others in a less degree indeed, but still most injuriously; enervating the body, weakening the mind, and polluting the soul.

“A knowledge of the extent to which this vice prevails, would astonish and shock many. It is indeed a pestilence which walketh in darkness, because, while it saps and weakens all the higher qualities of the mind, it so strengthens low cunning and deceit, that the victim goes on in his habit unsuspected, until he is arrested by some one whose practised eye reads his sin in the very means which he takes to conceal it—or until all sense of shame is forever lost in the night of idiocy, with which his day so early closes.

“Many a child who confides every thing else to a loving parent, conceals this practice in its innermost heart. The sons or daughters who dutifully, conscientiously, and religiously confess themselves to father, mother, or priest, on every other subject, never allude to this. Nay, they strive to cheat and deceive by false appearances; for, as against this darling sin,—duty, conscience, and religion, are all nothing. They even think to cheat God, or cheat themselves into the belief that He who is of purer eyes than to behold iniquity can still regard their sin with favor.

“Many a fond parent looks with wondering anxiety upon the puny frame, the feeble purpose, the

fitful humors of a dear child, and, after trying all other remedies to restore him to vigor of body and vigor of mind, goes journeying about from place to place, hoping to leave the offending cause behind, while the victim hugs the disgusting serpent closely to his bosom, and conceals it carefully in his vestment.

“The evils which this sinful habit works in a direct and positive manner, are not so appreciable, perhaps, as that which it effects in an indirect and negative way. *For one victim which it leads down to the depths of idiocy, there are scores and hundreds whom it makes shamefaced, languid, irresolute, and inefficient for any high purpose of life.* In this way, the evil to individuals and to the community is very great.

“It behooves every parent, especially those whose children (of either sex) are obliged to board and sleep with other children, whether in boarding-schools, boarding-houses, or elsewhere, to have a constant and watchful eye over them with a view to his insidious and pernicious habit. The symptoms of it are easily learned, and, if once seen, should be immediately noticed.

“*Nothing is more false than the common doctrine of delicacy and reserve in the treatment of this habit.* All hints, all indirect advice, all attempts to cure it by creating diversions, will generally do nothing but increase the cunning with which it is concealed. The way is, to throw aside all reserve; to charge the offence directly home; to show up its disgusting nature and hideous consequences in glowing colors; to apply the cautery seething hot, and press it into the very quick, unsparingly and unceasingly.

“Much good has been done, of late years, by the

publication of cheap books upon this subject. They should be put into the hands of all youth suspected of the vice. They should be *forced* to attend to the subject. There should be no squeamishness about it.

“There need be no fear of weakening virtue by letting it look upon such hideous deformity as this vice presents. Virtue is not salt or sugar to be softened by such exposure; but the crystal or diamond that repels all foulness from its surface. Acquaintance with such a vice as this,—such acquaintance, that is, as is gained by having it held up before the eyes in all its ugliness, can only serve to make it detested and avoided.

“Were this the place to show the utter fallacy of the notion that harm is done by talking or writing to the young about this vice, it could probably be done by argument, certainly by the relation of pretty extensive experience. This experience has shown that, in ninety-nine cases in a hundred, the existence of the vice was known to the young, but not known in its true deformity; and that, in the hundredth, the repulsive character in which it was first presented, made it certain that no further acquaintance with it would be sought.”

This is speaking to the point, and Dr. Howe never rendered more important service to suffering humanity than when he laid down these momentous truths.

In another part of the Report the effects of ignorance are made terribly apparent, not only upon the unfortunate victim, but also upon society at large, and it is plainly shown what danger every one runs while that ignorance exists.

In some families which are degraded by drunkenness and vice, there is a degree of combined ignorance and depravity, which disgraces humanity. It is not wonderful that feeble-minded children are born in such families; or, being born, that many of them become idiotic. Out of this class domestics are sometimes taken by those in better circumstances, and they make their employers feel the consequences of suffering ignorance and vice to exist in the community. There are cases recorded in the appendix, where servant-women, who had the charge of little girls, deliberately taught them habits of self-abuse, in order that they might exhaust themselves, and go to sleep quietly! This has happened in private houses as well as in the almshouses; and such little girls have become idiotic!

“The mind instinctively recoils from giving credit to such atrocious guilt; nevertheless, it is there with all its hideous consequences; and no hiding of our eyes, no wearing of rose-colored spectacles,—nothing but looking at it in its native deformity, will ever enable men to cure it. There is no *cordon sanitaire* for vice; we cannot put it into quarantine, nor shut it up in a hospital; if we allow its existence in our neighborhood, it poisons the very air which our children breathe.”

These remarks apply also to our public schools, in most of which this vice prevails to an alarming extent, and sometimes in the most open manner. I have been myself amazed at the revelations made to me on this subject, both by teachers and pupils, and clearly enough has it been proved, to my satisfaction, how that shunning of the subject, which

many so systematically practice, leads directly to the production and continuance of the vice.

In some few cases, masturbation is learned accidentally, or a knowledge of it arises spontaneously, but in a vast majority of instances it is *taught*, and hence the great importance of preventing, if possible, those who are addicted to it from contaminating those who are innocent. Dr. Howe remarks :

“There is one remarkable and valuable fact to be learned respecting this vice, from observation of idiots, and that is, that some of them, though they have no idea of right and wrong, no sense of shame, and no moral restraint, are nevertheless entirely free from it. They could never have been in the practice of it, else they would never have abandoned it.

“From this may be inferred, that it is a pest generally engendered by too intimate association of persons of the same sex ; that it is handed from one to another like contagion ; and that those who are not exposed to the contagion, are not likely to contract the dreadful habit of it. Hence we see, that not only propriety and decency, but motives of prudence, require us to train up all children to habits of modesty and reserve. Children, as they approach adolescence, should never be permitted to sleep together. Indeed, the rule should be,—not with a view only to preventing this vice, but in view of many other considerations,—that, after the infant has left its mother’s arms, and become a child, it should ever after sleep in a bed by itself. The older children grow, and the nearer they approach to youth, the more important does this become. Boys even should be taught to shrink sen-

sibly from any unnecessary exposure of person before each other ; they should be trained to habits of delicacy and self-respect ; and the capacity which nature has given to all for becoming truly modest and refined, should be cultivated to the utmost. Habits of self-respect, delicacy, and refinement, with regard to the person, are powerful adjuncts to moral virtues ; they need not be confined to the wealthy and favored classes ; they cost nothing ; on the contrary, they are the seeds which may be had without price, but which ripen into fruits of enjoyment that no money can buy."

In the present state of society it is almost *impossible*, unfortunately, to prevent children from being taught this vice, either practically or by verbal instruction, and it is, therefore, necessary to guard them against it by timely information and warning. Even if he be strictly kept from vicious associates the child may learn the habit himself, and may sink and die from it while the parent is glorifying himself on the success of his precautions.

In the article on *Insanity* in Copeland's Dictionary of Practical Medicine, the author, in pointing out the various causes of that terrible affliction, speaks in the following terms respecting self-abuse :

"Many, however, of those causes, which thus affect nervous energy, favor congestion on the brain, and occasion disease of other vital organs, tending to disorder the functions of the brain sympathetically. Of these, the most influential are masturbation and libertinism, or sexual excesses, sensuality in all its forms, and inordinate indulgence in the use of intoxicating substances and stimulants. The

baneful influence of the *first* of these causes is very much greater, in both sexes, than is usually supposed ; and is, I believe, a growing evil, with the diffusion of luxury, of precocious knowledge and of the vices of civilization. It is even more prevalent in the female than in the male sex ; and in the former it usually occasions various disorders connected with the sexual organs—as leucorrhœa displacement of the uterus ; difficult, or disordered or suppressed, or profuse menstruation ; both regular and irregular hysteria, catalepsy, ecstasis, vertigo, various states of disordered sensibility, &c. before it gives rise to mental disorder. In both sexes, epilepsy often precedes insanity from this cause ; and either it or general paralysis often complicates the advanced progress of the mental disorder, when thus occasioned. Melancholia, the several grades of dementia, especially imbecility and monomania, are the more frequent forms of derangement proceeding from a vice which not only prostrates the physical powers, but also impairs the intellects, debases the moral affections, and altogether degrades the individual in the scale of social existence, even when manifest insanity does not arise from it.”

Some persons think that masturbation produces only the same effects as natural excess, and in no greater degree, but this is a great mistake. There is the same exhaustion of the semen in both cases, but in self-abuse it is not accompanied by those *natural associations* that bring it about in a pleasing manner, and leave afterwards a feeling of satisfaction. On the contrary, it is induced almost wholly by a powerful exertion of the imagination alone,

aided by manual means that are *felt* to be inappropriate, so that the act itself is but a very imperfect gratification, and the feelings that follow it are rather those of disgust and remorse than of pleasurable recollection. The facility with which the habit can be indulged also leads to its frequent repetition, and as the concurrence of a second party is not necessary, there is nothing to prevent its growing and becoming fully confirmed. In fact the individual becomes a slave to a vice that he himself despises, and which he feels is destroying him. The mental tortures of remorse, fear, and self-condemnation are then added to bodily exhaustion, and we need not wonder at the fearful havoc they produce. The licentious debauchee will often look back with a species of *pride* and vain-glory upon his numerous indulgences, even when he feels they are killing him, and he may even feel over again, by recollection, some of his former pleasures, but for the victim of masturbation there is not even this small solace. His pleasure is but incomplete at best, and clouded by dissatisfaction, while the recollection of it only excites disgust and fearful apprehensions.

In fact the evil effects of excessive natural indulgence, particularly the *mental* ones, bear no comparison, for severity, with those of self-abuse, nor are they nearly so numerous and varied. Natural indulgence, it must also be recollected, *cannot* be practised so frequently as masturbation, and consequently it can never cause such extensive mischief. It is, but seldom that natural excesses cause insanity or idiocy, except secondarily in the offspring; but solitary vice *frequently* does so, *both* in the individual and in his children.

In the Massachusetts Report it is stated that 191 of the idiots examined were known to have practised masturbation, and in 19 of them the habit was even countenanced by the parents or nurses!—116 of this number were males, and 75 females.—In 420 who were born idiots, 102 were addicted to masturbation, and in 10 cases the idiocy of the children was “manifestly attributable to *self-abuse in the parents!*” These ten *known* cases, it should also be recollected, justify the conclusion that there are really *many more*, though not ascertained, and make it clear that much of the idiocy found among children, both mental and *moral*, is owing to sexual vice in the parents! What a fearful fact is this to contemplate, and how important that it should be duly weighed, both by the moral reformer and legislator.

In the Annual Reports of the Massachusetts State Lunatic Asylum, are also some valuable statistics, showing the connection between masturbation and insanity. In the Twelfth of these Reports, I find that the number of cases existing in the Institute caused by self-abuse is set down at *One Hundred and Thirty-nine*, and yet great pleasure is expressed that the vice has “*fewer victims than formerly.*” The decrease in the number is attributed, and justly, too, I have no doubt, if there be a decrease, to “the *information* that has been diffused on the subject, and the *warnings* that have reached the young through the various channels of intelligence that have been opened on this hitherto obscure subject.”

In the Thirteenth Report, *One Hundred and Forty-five* cases are set down as caused by masturbation, and some very forcible remarks are

made on the subject, which I think it will be useful to copy :

“The causes of insanity may be divided into *voluntary* and *involuntary*. Of the former, the principal are *intemperance* and the *secret vice* ; other causes may be of this class, such as hazardous speculation, many religious vagaries, imprudent exposures, and irregularities. None are so prominent as the two first named, and none so fully stain the character with guilt, which even the occurrence of hopeless disease can hardly wipe away. Intemperance disorders the senses, and induces apoplexy, epilepsy, and palsy. The cases from this cause are about as favorable for recovery as the majority of others, but are most sure to return if the habit of intemperance recurs. The secret vice produces the very worst form of insanity, because it is so difficult to avoid the continuance of the cause, and because the energies of the system are more prostrated by it than by almost any other cause. Such patients become degraded animals, so entirely abandoned to the habit, that hopeless dementia and drivelling idiocy generally follow. A few can be influenced to abandon the practice, and a few others can be cured in spite of it ; but in almost all cases the disease will become worse, and these dreadful consequences will ensue.

“The secret vice, though doubtless a frequent cause of insanity, and of other severe and fatal diseases *far more than is generally supposed*, is most operative in preventing recovery from insanity, arising from this and other causes. *It is extensively and alarmingly the result of an active propensity excited by disease and unrestrained by reason, more*

influences or self-respect. Many cases of a favorable character progress towards recovery till this practice is commenced then the patient becomes listless, is inclined to lie down or sit in a bent position, walks moderately, looks feeble and feels weak and miserable. His mind loses its energies, its scope is circumscribed more and more, till this beastly indulgence occupies all his thoughts, and the remnant of all the physical powers are concentrated to this single effort of gross and debased animal nature. Thus the grovelling sensualist lives often a long life a degraded sufferer, without a manly thought or a moral feeling worthy of his nature or his destiny, and finally leaves the world without the regret of his friends, a useless, burdensome, loathsome object of abhorrence and disgust."

In the two Reports, under the head of "*Relation of Cause to Recovery,*" I find *two hundred and seventy-one* males enumerated, and *twenty-one* females, from masturbation and its effects; and of this number *one hundred and ninety-seven* males and *twenty-seven* females were *incurable*!—Only *two* of the females, it will be observed, being curable.

The latter portion of these remarks is copied from my work for *Gentlemen*, and there is much more, to the same purpose, in that work, which every *Father* and *Young Man* should read. The *Marriage Guide* also refers to this and other kindred matters, and should be read by all.

THE following short Extracts from the *Marriage Guide* are made because they contain some valuable physiological discoveries, made since the *Diseases of Woman* was written, and which it is desirable all females should be familiar with. They will also give an idea of the nature of that work.

It was thought advisable to *enlarge* the *Diseases of Woman*, so that it might contain these extracts, because they better explain many things treated of in that work, and because many who possess the *Diseases* may not have the *Guide*. They are, therefore, printed with the present work, for the benefit of those who may not have *both*, and also because they can be here conveniently referred to.

DESCRIPTION OF THE INTERNAL GENERATIVE ORGANS OF THE HUMAN FEMALE.

THE internal Organs consist of the Ovaries, the Fallopian Tubes, the Womb and its Ligaments and the Vagina.

§ THE OVARIES.

These are two bodies placed one on each side of the Pelvis, immediately within the lower edge of the hip-bone, and just underneath the external walls. They are about the size of the male Testicle, and in shape resemble an almond nut. Their color is pale red, and they are covered over with little protuberances and indentations. In early life they are quite small, but, about the age of puberty, they begin to enlarge, and exert a most powerful influence over the system generally, as shown in the article on Menstruation.

Before the real nature of the Ovaries was known, they were frequently called the *Female Testes*, from a mistaken notion that they were glandular, and formed something analagous to the Male Semen. But this idea is now exploded, and their true functions are known. The part they play in the grand process of Reproduction, is to produce the *germs* called, scientifically, the *Ova*, or, commonly, the *Eggs*, as explained in the article on Reproduction in general, and from which all living beings ori

ginate, the human being equally with others. This is why they are called Ovaries, or *egg vessels*.

On cutting open one of these Organs, it is found to contain about twenty or thirty little vesicles, or cells, about the size of a small pea, called the *Graafian Vesicles*. These are filled with a whitish fluid, in the midst of which is seen an *egg*, or ovum, about the size of the point of a pin, or barely discernible with the naked eye. Usually there are from twenty to thirty of these vesicles, containing eggs visible at once; but there are many others, that are rudimentary, and which are only seen as they develop. The actual number it is, of course, impossible to know, but, in all probability, there are many more than are usually suspected, and there is good reason for supposing that none are formed in adult life, but that the germs of *all* are contained in the Ovaries from the very first formation of those organs. Neither the Vesicles nor the included eggs are all equally matured when we see them, but some are more perfect than the others, and *one* usually much more so than all the rest. In fact, they ripen or develop in succession, one after another, commencing at the age of puberty, and continuing to do so till the *turn of life*, when all have been developed. As soon as each one is fully ripened, it is expelled from the Ovary, and lodged in the *Womb*, where it remains a short time, and if impregnation is not effected, it is thrown out of the body and lost, but if impregnation ensues, it remains, and develops into the new being.

This development of the egg, therefore, takes place independently of sexual excitement or connexion, and occurs in all females alike, after the age of puberty, both married and virgin. But the egg,

if must be remembered, is imperfect by itself or not capable of further development alone. It is only *one* of the *two* generative principles, the other, the male *Semen*, being necessary to vivify it, before the development of the new being can commence. The female, therefore, forms the egg, independent of the Male, as he does the Semen, independent of the female, but *both united together*, are needed to form the new being.

This periodical development of the egg is precisely the same as is seen in all other beings, in some form or other. Thus female birds will commence to lay their eggs, and continue to do so, without ever having had any communication with the male whatever, but the eggs so produced, not being impregnated by the male principle, are infecund, and cannot be hatched. It is the same with all the Mammalia likewise, although there are great differences, as to the frequency of the development, and in some of the minor phenomena attending it. Thus, for instance, in the Lion and Elephant, only one egg is ripened in two or three years, while in most horned cattle, one or more are ripened every year, and in the Rabbit, quite a large number are ripened several times a year. Each animal, therefore, has its appropriate period, and it is, of course, only at that particular time that it can conceive, because there can be no impregnation only when the egg is fully developed, and passed into the Womb. If no connexion occurs with the other sex at that time, or, in other words, not till after the ripened egg has left the body, there can be no conception till another period returns again. Nature, however, has so arranged, in the lower animals, that connexion is desired *only at that time*, and

then very strongly. In them, the maturation of the egg, and its passage into the Womb, is always attended with great irritation and inflammation of the whole generative apparatus, which causes the peculiar excitement we term *sexual*, or *amorous*, and makes them desire association with the other sex. This is what is called the *Rut*, or *Heat*, or, scientifically, the *Œstrum*, and, it is well known, that the males and females of the lower animals have no inclination whatever for each other, except at those times, and if connexion were to occur between them at any other period, no conception could ensue, because there would be no egg ripened and ready to receive the Semen. In the human being we see precisely the same phenomena, with slight variation. Thus the development of the egg in the human female is *monthly*, one coming to perfection, as a general rule, every twenty-eight days, and continuing to do so regularly, from puberty till the turn of life. This is why conception is not confined, in our species, to any particular part of the year, as it is in many others, but can occur much more frequently. Even in the human female, however, the same as in every other, there is a time—a certain part of each month—when she *cannot* conceive, and that is after one ripened egg has left the Womb, and before the other has reached it. This will, however, be more fully explained in the article on *Conception*.

The monthly ripening of the egg in the human female is attended with similar phenomena to the annual ripening in others, only slightly different in their manifestation. Thus, in the lower animals at the time of *heat*, we have inflammation, and strong *sexual* excitement, with a discharge from the parts,

of a thin, almost colorless fluid, of a peculiar odor. In the human female also, at the time of the monthly ripening, they have considerable inflammation, with a copious discharge of blood and mucus, termed the *Menstrual* or *monthly flow*, more fully explained in another article. The sexual desire, however, is not generally confined to that particular time, in our species, though it is frequently much the strongest then, and is always most readily induced.

The manner in which the egg is expelled is very curious, and when understood, it explains many of the attendant phenomena. If we examine the Ovary, at about three weeks previous to one of the monthly periods, none of the Graafian Vesicles, or their contained Ova, appear very different from the others, but, in about a week later, one of them is seen to be somewhat enlarged, and is more prominent upon the surface. This enlargement continues to be more manifest as the period is approached, till it assumes the form of a pustule, or pimple, with a prominent point in the centre, indicating that it is ready to burst; and, eventually, it does burst, and the little egg escapes through the torn opening. This is called *ovulation*, or the laying of the egg, and is analogous to the expulsion of the egg from the body in the bird, but in the human being, it is then passed into the Womb, to remain there for a time.

The manner in which the egg is transmitted to the Womb, is very curious, and can be understood fully only by referring to a view of the parts. Each of the two Ovaries are connected with the Womb by a short, firm cord, or ligament, down which there is a passage. Immediately above each Ovary is an Organ, called "*The Fallopian Tube*,"

which is much longer than the ovarian ligament, and is in shape like a Trumpet, the large end, which is loose, being close by the Ovaries, while the other end is connected with the Womb. The open end of this Tube, by the Ovary, is as large as a half dime, and is divided into a number of little finger-like prolongations, called its Frimbriæ. From this wide opening a small passage extends down the interior of the Tube, into the Womb, between which and the Ovary, a communication is thus established.

At the time when the egg is expelled from the Vesicle, in the manner already explained, the open end of the Tube is directed over that part of the Ovary where it lies, and the finger-like ends, or fimbriæ, cling round the egg, and pick it up. By these means, it is taken into the commencement of the Tube, which then contracts behind it, and thus, by continued successive contractions, it is passed onwards, till it reaches the Womb.

The egg usually escapes from the Ovary just about the time when the flow ceases, though, occasionally, not till two or three days after, and it is then from two to six days in passing down the Tube. It never, therefore, reaches the Womb till the flow is fully over, and most frequently it does so about the *second* day after, but sometimes not till the fourth or fifth day. When it reaches the Womb, it is prevented from passing immediately out, by a peculiar thin membrane, or skin, called the *Decidua*, which is formed during the latter part of the flow, and which lines the whole interior cavity. As the egg passes out of the *Uterine* end of the Tube, it pushes on this thin membrane, and makes a kind of nest, or depression, in which it lies.

While this membrane remains, therefore, the egg is necessarily retained in the Womb, and can be impregnated; but in a certain period, varying in different persons, the membrane looses, and passes out of the body, taking the egg along with it, after which, of course, there can be no conception, till another period comes round, because there is no ripe egg in the Womb to be impregnated. From which, it follows, as before remarked, that *there is only a part of each month in which Conception is possible*, and that will be stated farther on, in the article on Conception. If impregnation occurs, the egg, instead of being expelled, attaches itself to the walls of the Womb, and remains, to develop into the new being, while the decidua forms one of the Fœtal Membranes, or envelopes.

In every female, therefore, married or virgin, an egg is formed and thrown off every month, unless conception takes place, and then a new being is produced. During Pregnancy and Nursing, however, the ripening of the ova is usually suspended, for reasons given in the article on Menstruation; and at the change of life, it ceases entirely, because all have been developed.

As a general rule, only one Vesicle is broken each month, but, occasionally, there are two, or more, in which case, if all these ova are impregnated, there may be twins, or triplets, as the case may be. Probably, also, the Ovaries act alternately, generally; one one month and the other the next; but this is not always the case, for one will sometimes lie dormant for a length of time, or even be destroyed altogether, and yet the other will act perfectly regularly alone. Each Vesicle usually contains but one Ovum, though sometimes two are

seen within, and even more. Twins, therefore, or other numbers may result either from several Vesicles bursting, with an Ovum in each, or from one Vesicle containing several Ova. Probably, in those remarkable instances where we have four or five at a birth, both these unusual occurrences take place. In the lower animals, as many Vesicles burst as they have young, unless some of the Vesicles contain more than one Ovum, which is sometimes the case, and then the number of the young is greater.

The Ovaries are among the very first Organs formed, the rudiments of them being found in the bodies of little girls, two or three years old, and distinct traces are to be seen even before birth. They are also plainly distinguishable in the minutest beings—in the Infusoria, for instance, though they require to be magnified thousands of times before they become visible. In fact, in many of the smaller animals, the Ovary is larger than all the rest of the body, at particular times. The body of the Queen Bee, for instance, is much enlarged when filled with ripe eggs, and in some female Ants, the Ovary attains such an enormous size, that the head and trunk are almost lost sight of. The number of eggs found in the Ovaries of some beings, is almost incredible. Thus, in a female Sturgeon, there has been counted *Ten Millions*, and in all probability, many species form even more than this number. In most insects the depositing of the egg is the last act they perform; it is not done till they attain the perfect stage, and then, when the reproduction of their young is provided for, they die. In the more perfect beings, however, the Ovulation is repeated many times.

The immediate cause of the expulsion of the egg from the Ovary is very curious, and shows that there is a peculiar vital action in these parts which accumulates its force at periodic intervals. On examining the Graafian Vesicles, they are found to be surrounded by several distinct membranes, or layers, *between* the two inner ones of which the egg is placed, at the bottom of the Vesicle; the innermost of all the membranes containing the whitish fluid, formerly mentioned. The outer membrane of the two inner ones is traversed by a number of minute blood-vessels, which ordinarily are barely seen, but, about three weeks before each period, some of them are seen to be much enlarged, and engorged with blood. This engorgement continues to increase, till, eventually, some of the blood-vessels break, and the blood is thus exuded between the two membranes, and, of course, *under the egg*, which is lifted up by it, and as the effusion of blood continues, and the quantity increases, it is eventually forced up to the *top* of the Vesicle, against which it presses. The white fluid is, in the meantime, all absorbed, and its place occupied by the effused blood, which, by its constant increase, causes the enlargement of the Vesicle, and its ultimate rupture, when the egg escapes. This secretion of blood in the interior of the Graafian Vesicle, is precisely analogous to the secretion of the Menstrual fluid in the Womb, which it always precedes, and probably originates.

On examining the Ovary just when the egg is expelled, which is usually about the cessation of the flow, there will be found, somewhere on the surface of it, a small space, much inflamed, in the centre of which will be seen a minute rent, or torn

place. This is the spot where the Vesicle has broken open, and the egg escaped. Sometimes, when the dissection occurs at the proper moment, the egg may be seen between the lips of the rent, or may be found on the surface of the Ovary; it is then just large enough to be visible, and appears like a minute globe of bluish-colored starch. The Vesicle itself, about the size of a small pea, may be readily opened, by enlarging the rent, and will be found filled with dark-colored blood, with the walls sometimes shrunk together. Occasionally, a portion of the blood, in the form of a dark clot, passes out with the egg, and both may be found together. This may be as readily seen in any of the lower animals as in the human being, about the commencement of the *Rut* or *Heat*; especially in Rabbits, or Pigs, and, better still, in larger animals.

After the expulsion of the egg, the empty Vesicle gradually shrinks up, by the contraction of its walls, and eventually appears like a mere scar, of a yellowish-brown color. This scar is called the *Corpus Luteum*, or yellow body, and it was formerly thought to result only from Conception. Until recently, every anatomist regarded the presence of a Corpus Luteum on the Ovary as a proof of previous Conception. It was known that they were produced by the expulsion of an egg, but it was thought—as it is now, by many persons—that the egg was expelled *only* when it was impregnated, and that, consequently, the Corpus Luteum was a proof of Conception. It is now known, however, that the eggs are formed just the same when there is no conception, as when there is, and that consequently the Corpus Luteum is only an indication of ordinary ovulation, and is not necessarily

connected with impregnation. This mistake, however, was universal, and has had its influence in Medical Jurisprudence. In examining the bodies of females, for instance, in connection with certain criminal trials, if any of these Scars were found on the Ovaries, it was at once decided that Conception must have taken place, sometime or other, and such testimony might have a most important bearing on the case. Suppose there should be a charge of seduction, it might be important to the defendant, to prove that the female had not been virtuous, and if medical men testified, from these signs, that she had formerly conceived, that object would be accomplished. In fact, many such cases are on record, and, no doubt, many young women have thus had their characters unjustly aspersed, after death, and many guilty persons have escaped punishment in consequence of this error. This fact may be important for *Lawyers* to bear in mind, as well as Medical Men, who especially as they will find no reference to it in the works on Medical Jurisprudence in ordinary use. Haller, the celebrated anatomist, used to dissect animals extensively, and, on asking the dealers to bring him *Heifers*, frequently accused them of deceiving him, because he sometimes found Corpora Lutea upon their Ovaries. No matter how strongly the men affirmed that the animal had never known the male, so firmly was he convinced of the truth of his notion, that all they could say was disbelieved. In 1808, a Miss Angus died in Liverpool, under circumstances that excited suspicions against her master, and an examination of her body being deemed requisite, the Ovaries were seen by many of the most celebrated anatomists in England, the greater part of whom

decided that she had been a mother, because a perfect Corpus Luteum was found. Some anatomists even now, who are not practically acquainted with these subjects, conceive that, though a Scar may be found at each month, yet, that the one formed at Conception, is larger and somewhat different; but this is altogether erroneous, there being no difference whatever in them, let them be formed when they may.

From what has been stated, it follows that a Corpus Luteum is formed every month, and it might be supposed, therefore, that there would always be just as many as the individual had had Menstruations. This, however, is not the case, because they gradually fade away and disappear, so that only three or four are seen at most, and frequently only one. I have seen traces of a larger number under the microscope, however, and, possibly, in some persons, they endure longer than in others. As the turn of life is approached, they become more lasting, probably from the weakened power of the Ovaries to absorb them; and, after the change has fully taken place, the whole surface of the Organ is often covered by them, and in many old persons, the Ovary is one mass of wrinkles, and shrunken very much in size; in fact, it sometimes almost totally disappears. The old physiologists, who thought that a Corpus Luteum was formed only when a conception occurred, used to say, that by counting the number of these scars, they could tell how many children a female had borne. The fallacy of this, however, will be apparent, after the above explanation, and, indeed, many of the physiologists had begun to suspect it was not correct themselves, from the fact, that sometimes four or five Corpora Lutea

would be found in the Ovaries of a young person of *fifteen* or *sixteen*.

In most instances the Ova go on developing regularly, those on the surface coming forward first, and those in the centre working their way outwards, to succeed them till all have been ripened, and then the Ovaries shrink up and waste away. But, sometimes, one or more of the Vesicles and Ova will either be buried so deeply, or be so very rudimentary, that they do not attain nearly their full development at the turn of life, and are, consequently, left in the Ovary in an imperfect state. In such cases, if the Organ remains healthy, these delayed Ova may develop many years after, and may even be impregnated. This accounts for those curious instances of old females sometimes Menstruating a second time, at sixty or seventy years of age, and also of some of them bearing children when very old, as I knew one at *sixty-two*. In such cases, there have simply been one or more of the eggs left imperfect, at the turn of life, and afterwards developed.

In some persons the Ovaries are organically weak, and in others they are diseased, so that they either cannot develop the eggs at all, or else they do so imperfectly. Such persons are always irregular in their Menstrual periods, and disposed to flooding, from the debilitated state of the Organs. If the Ova are not formed at all, they are also barren, of course, and even if they are merely imperfect, Conception is not likely to occur, because the germ is deficient in vitality. It has been conjectured farther, that deformity in the child may also arise from imperfect ova, there being merely vital force enough to allow of impregnation taking

place, but not sufficient to ensure a perfect development afterwards. I once had a patient who had borne five children, all deformed or imperfect, as I surmised, from diseased and weakened Ovaries, who had two others subsequently, quite perfect, after proper means had been used to stimulate and strengthen those Organs, and to regulate their action. Those who have ever observed what imperfect *plants* are usually produced from diseased and imperfect *seed*, will readily understand the philosophy of this, and will see the necessity of a healthy condition of the Ovaries, to ensure both Conception and perfect offspring.

It must not be supposed, however, that the state of the Ova alone influences the quality of the offspring, or affects the liability to Conception, it being equally important that the *male* Organs, and the male *principle*, too, should be perfect, as will be shown farther on. The ripening of the egg in the Ovary is, in many respects, analogous to the ripening of a fruit upon a tree. It remains in the Vesicle till it has attained a certain size, and exhausted all the nutriment provided, and then leaves it, or is cast off, like a foreign body. This is the reason why eggs cannot be impregnated if they are taken from the Ovary, because they are not perfect till they leave it spontaneously, but when found in the Uterus and Fallopian Tubes, they may be impregnated.

Although, as before explained, neither the female egg nor the male Semen can develop into a new human being alone, yet, under certain peculiar circumstances, the egg will occasionally develop into a partial and imperfect likeness of a child itself, without any impregnation. What the conditions

are upon which this unusual power depends, are unknown, but such occurrences have, undoubtedly, been observed. Possibly, the power of the Ovary may be much exalted during a state of *inflammation*, as the power of other organs frequently is. Thus, for instance, in many cases of inflamed eye, the power of vision is so preternaturally increased, that the patient can see in the *dark*, or, rather, in what is darkness to healthy eyes. In what is commonly termed darkness, there are always *some few* rays of light, and the diseased eye can see with those few, though it is blinded by a full light. In the same manner, though the healthy Ovary can only develop the germ into the Ovum or egg, yet, when inflamed, it may be capable of partially developing it into an organized being. The celebrated Hufeland gives us a remarkable instance of this kind, in which there was found in a girl of thirteen years, the rudiments of an imperfect foetus very distinct, contained in a sac in one of the Ovaries, which was diseased. Some few such cases I have also noticed myself, and it is not at all unusual, under such circumstances, to find detached bones, hair, teeth, and single limbs, as if the Ovary had not power enough to organize them together, though it could originate them individually. These occur in undoubted virgins—even in children, and the fact is both interesting and important. There are many circumstances under which such diseased growths might be found, that would seriously affect the individual's reputation, and originate most unjust suspicions.

This shows one use of *sexual excitement*. It is true that this peculiar sensation is not *necessary* neither to the formation of the Ova, nor to Concep-

tion, but it is also equally true, that it may often conduce to both. There is no question but what Amative enjoyment stimulates the Ovaries very much, and in many cold and torpid systems, nothing else succeeds so well in doing so, which is the reason why marriage is often recommended for young females who are irregular or deficient. On the other hand, there are others whose ardor it is necessary to moderate, because their over-indulgence excites the Ovaries too much, and they form the Ova too often. I have often found that producing the sexual feeling in females who had their periods too seldom, and who were cold in their temperaments led immediately to a more frequent and regular Menstruation, although *medical* treatment had utterly failed in doing so. In like manner, I have known Conception to result from the same change, after every other means had been resorted to in vain. Blumenbach tells us, as a singular confirmation of this principle, that he has seen some kinds of Birds practice a species of Masturbation, or excite themselves with their bills, and that immediately afterwards they always laid an egg, even though there was only a half-formed one in the body to be expelled.

The condition in which beings live has a great influence over the action of the Ovaries, so as to completely change it in many respects. Thus for instance, the Wild Turkey lays but one lot of eggs in the year, and, probably, most other species of fowls do the same in a state of nature, but when domesticated, regularly and well fed, and sheltered, they will lay many more; sometimes even they will continue to do so almost constantly. This is owing to the influence of rich and plentiful food

with the absence of privation and exposure, which allows more nutriment, and more vital power to be expended upon the Ovaries. It is probable that all Cattle, when wild, have their *Œstrum*, or heat, at some particular season of the year, but whenever they are domesticated, it occurs in them irregularly and more frequently.

Among human beings, however, the manners and customs of society have more influence perhaps than any other causes, because the sexual instinct in them can be awakened and exalted through the medium of the imagination, and because the action of the Ovaries is so frequent as to keep the whole system more or less constantly under their influence. In the human being, *Love* is a compound feeling, embracing a variety of propensities and desires, domestic and social, besides the *animal* propensity, so that it is awakened in very many different ways, while in the Animal it is only called forth by one impulse. In the article on Menstruation, the effects of social condition are made apparent, and the early amative manifestations of young persons, in all places, when their intercourse is unrestricted, also affords abundant proof.

Too high feeding often impairs the Generative power by unnaturally stimulating the formation of *fat*, owing to which, the functions of the Ovaries, in common with those of many other organs, are then in a great measure suspended, because all vital power is concentrated on the one absorbing process of Nutrition. On the other hand, a meagre and poor diet is also apt to impair the vigor of the sexual organs, or if it does not do so, the other organs suffer, because there is not nutrition enough to maintain them *all* in full action. In the human

being, however, as already remarked, there are so many other causes operating upon the sexual system, that the physical condition is not of such paramount importance as it is in the lower animals. Thus we often see whole classes of people, who live in the most wretched manner, and are half starved, who, nevertheless, are remarkably prolific, and much disposed to amative indulgence. In all these cases, however, it will be found that the intercourse of the sexes is entirely unrestrained, there being no considerations of prudence, no calculation of means or consequences, but a perfect abandonment to the mere sexual impulse. Consequently, marriages occur early, and there is no motive whatever for restraint afterwards. In these people, however, the Virile power does not endure so long as in those who are better circumstanced, and its exercise being one of the few indulgences left them, they are apt to abuse it.

At the present time, we know of many means by which the power of the Ovaries can be either increased or decreased, as may be most advisable, and by which also the egg itself can be made more perfect. Some of these are described in my work on *The Diseases of Woman*, and others will be, eventually, further on.

§ THE FALLOPIAN TUBES.

The Fallopian Tubes, as already explained, form the only means of communication between the Ovaries and the Womb, and it is into them that the ripe eggs are passed when they leave the Ovary. The structure of these Organs is very peculiar, and they are of great importance to health, besides

being essential to generation. On dissecting them, the interior passage is found to be covered with a number of Cilia, or hair-like threads, which are directed towards the Womb. These Cilia are in perpetual motion, like small worms, drawing themselves up and then elongating, and the Tube itself is also constantly contracting, in successive waves, from the Ovarian end to the Uterine end. The result of these combined motions is, that, so long as they continue, any object, of proportionate size, can enter at the Ovarian end of the Tube, and be conveyed *down* to the Womb, but nothing can enter at the Uterine end, nor be conveyed *up* to the Ovary. The Ovarian end of the Tube is also expanded, so as to embrace or cover any object, and is provided with Fimbriæ, or fingers, to grasp, but nothing of the kind exists at the Uterine end. It is evident, therefore, that, except under peculiar and unusual circumstances, to be explained further on, nothing can pass *from the Womb to the Ovary*, but only in the opposite direction. The great use of the Tubes is, undoubtedly, to transmit the ripe eggs to the Womb, after they are ejected from the Ovary; but, besides this use, they also serve another purpose, of great consequence to female health. The continual excitement to which the Ovaries are subject, causes them to be always secreting various fluids and other substances, which, if not expelled from the body, are apt to cause many evils. Now, the only mode of escape for these secretions is down the Fallopian Tubes, which are consequently perpetually embracing the Ovaries, by their expanded terminations, to allow of this escape taking place. A large portion of those discharges therefore, occurring at ordinary times, from the Vagina

are really the secretions of the Ovaries, transmitted down the Tubes into the Womb, and thence to the lower passage. If the Tubes are obstructed, or paralyzed, as is sometimes the case, this transmission cannot take place, and the Ovarian secretions are retained. When this occurs, they either cause continued irritation, by their contact with the interior surfaces, or acute inflammation, by being absorbed. And in this way often arises Inflammation of the Ovaries, Dropsy of the Ovaries, Tumors and Abscesses.

There are many causes that tend to weaken the action of the Fallopian Tubes, and which, therefore, dispose to the above diseases, and also lessen the liability to Conception. In some persons they are almost totally torpid, *from want of sexual feeling*, the production of which puts them in vivid motion almost invariably. It follows, therefore, that this peculiar excitement—which many uninformed persons affect to despise and totally condemn—is really, in many instances, a preventive of disease, and its experience becomes essential to the preservation of health. On the other hand, *excessive* amorous indulgence will so weaken the Tubes, by the incessant excitement to which it subjects them, that they will almost lose their power of contraction, and then the individual will be liable both to disease and sterility. This is, in fact, the chief reason why Prostitutes do not conceive so frequently as married females; the continued and excessive excitement which they experience, causes a paralysis of the Tubes.

In several instances, proof has been obtained that, at the moment when the egg passes from the Vesicle, the Tube *erects*, and its *fimbriæ* grasp round

the Ovary, so as to include the Ovum within the open end. It is probable also that, at the same time, the body of the Uterus expands, while its mouth closes, owing to the excitement experienced, and thus there is a powerful *suction*, by which the egg is drawn into the first part of the opening. In some females the motion and erection of the Tubes can be distinctly *felt*, and it is occasionally so energetic, that it may be *seen* externally. It is always very readily excited, by external treatment, and is often all that is required to remove many diseases, in their incipient stages.

A perfect Paralysis of the Tubes, or closure of the passages down them, of course, necessarily causes sterility, because the egg cannot reach the Womb. This fact is sometimes of practical value in preventing breeding in female animals. Instead of *Spaying*, or removing the Ovaries, which is the common operation, a ligature is tied round each Tube, which, by closing its passage, and preventing the passage of the egg, effectually prevents any future conception also. In some females the action of the Tubes is very slow, and the egg becomes decayed and spoiled before they convey it to the Womb. The Sterility arising from this cause may always be cured by quickening the action of the Tubes. In ordinary cases, the egg is conveyed down them in about two days, and it first passes into them immediately it is expelled from the Ovary, which is just about the cessation of the flow. The egg, therefore, reaches the Womb, as a general rule, about the second day after Menstruation is over, and then commences the liability of Conception. It may, however, pass down in one day, or less, and may be as long as five or six days. It is

probable that sexual excitement, just at the termination of the flow, hastens the passage of the egg, and thus makes conception so much earlier.

It is probable that many cases of *Hydatids*, and other living bodies, and also Polypi, are caused by eggs being retained, through the inaction of the Tubes. This retention first causes Inflammation of the Ovaries, and then the inflammation causes the Ova to imperfectly develop, as already explained.

At the present time, barrenness from want of passage in the Fallopian Tubes, can be cured, an operation being performed, by which they are opened. This consists in passing a silver tube, properly made, into the Womb, till the end of it touches the opening of the Fallopian Tube, and then a very small probe is thrust out of it, and pushed along the passage so as to open it, or remove any obstructions; with proper instruments, and using due care, this apparently difficult operation becomes quite feasible, and its results are often as acceptable as they were unexpected. I have known barrenness, of many years' standing, cured by this practice—Conception occurring in a few weeks after.

The usual length of the Tube is about three inches, but I have seen them four, and even five inches. Sometimes they are too short, and cannot reach the Ovary, which is, of course, another cause of sterility, and an incurable one.

§ THE WOMB.

The Uterus, or Womb, called also the *Matrix*, was formerly thought to be the most essential of the Generative Organs, but is now known to be merely a receptacle, in which the ripe egg is placed for a

short time after its ejection from the Ovary, and in which it develops into the new being if Conception occurs. There is no Uterus, therefore, in those animals that do not bring forth their young alive, the egg in them being expelled and developed externally.

The situation of this Organ in the body will be readily understood by the explanations already given. It is placed midway between the lower edges of the two hip-bones, and its upper part lies immediately upon the Bladder, which is in front of it, while behind it is the Rectum, or lower part of the large Intestine. The Womb does not extend downwards but about two inches, or little more, and immediately below, connected with it externally, is the pipe or tube called the *Vagina*, which leads up to the Womb, and opens externally at the vulva, between the Labia. When viewed externally, the Womb and Vagina seem to form but one Organ, but internally, the distinction between them is easily seen.

The form of the Womb is nearly that of a Pear, the larger end being at the top. It is not round but flattened, being widest across the body from side to side, and it is slightly curved, or bent, the concave part being towards the back bone. The lower part of it, called the *Neck*, hangs down into the *Vagina*, the walls of which are attached to the exterior of the Womb, some distance above. At each one of the upper corners of the Womb is one of the Fallopian Tubes, and the Ovary underneath, the Tubes being about three or four inches in length, and the ovarian ligament about two or three inches. Underneath these, some little distance down the sides of the Womb there are also attached two round cords, one on each side, very firm and strong, which

are called the *Round Cords*, or Ligaments of the Womb. These are about five inches long, curved round, and by their other ends firmly attached to the pubic or front bone. These act like stays, and keep the Womb in the centre of the body, on the rounded top of the bladder. Without them it would be constantly liable to displacement, but as each of the ligaments acts with equal force, and in an opposite direction to the other, they necessarily maintain the Organ in the centre. Besides the round Ligaments there are also the *Broad Ligaments*, which consist of two broad sheets of strong membrane, one on each side, which extend from the top of the Womb, nearly the whole length down, enclosing the round ligament, Tubes, and ovarian ligaments in their substance. These grow fast to the sides of the Pelvis, and assist in maintaining the uterus, the Ovaries and Tubes, in their proper situations. There are also two ligaments that connect the Womb with the bladder in front, called the *anterior ligaments*; and two others which connect it with the Rectum behind, called the *posterior ligaments*. All these, however, do but little towards actually *supporting* the womb, which is really kept in its place more by the firmness and density of its own substance, and that of the Vagina below, and by the tension of the muscles in the Perineum than by any thing else. When these parts become weak from debility or disease, the ligaments stretch, the Perineal Muscles relax, and the walls of the Womb and Vagina soften till all fall down together, and then we have *Prolapsus Uteri*, or Falling of the Womb, the causes, symptoms, and treatment of which are fully given in my book on "*The Diseases of Woman*."

The length of the Uterus is about two inches and a half, its breadth at the top about one inch and a half and at the lower end a little less than an inch; its thickness also, through the flat way, is a little less than one inch. The walls being very thick the interior cavity is necessarily small, and it is different in form to the exterior. In the upper part, the cavity is shaped like a Triangle, the Fallopian Tubes entering at the two upper angles; in the lower part it is continued downwards like a Tube, which swells out considerably a little more than half way down, and at its termination opens by what is called the *Os Tincæ*, *Os Uteri*, or mouth of the Womb, into the Vagina. This opening, or mouth of the Womb, is like a cleft, placed cross-wise, on the prominent Neck of the Womb, and is readily felt at the top of the Vagina in manual examinations. The two lips formed by this cleft are perfectly smooth and round in those that have not borne children, but are apt to be torn and covered with scars in those who have. The anterior lip, or the one in front, is considerably thicker than the other, so that the cleft, which is about a quarter of an inch long, is not quite in the centre. In Virgins the internal cavity is very small, the walls nearly touching each other, and the Mouth of the Womb, or cleft, is so narrow and its lips so firmly closed, that it can scarcely be ascertained. In young persons in fact the neck feels precisely like the end of the nose, the *Os Tincæ* merely giving the impression of a slight hollow between the lips. In those that have borne children the walls of the Womb separate farther asunder, so that the cavity increases in size, and the *Os*, or Mouth, also enlarges and remains more or less open, so that the

clef is plainly felt. In speaking of the whole Organ it is usually divided into three parts, namely, that above the Fallopian Tubes, called the *Fundus*, that between the fundus and the Neck, called the *Boly*, and that which projects into the Vagina, which is called the *Neck*.—The Neck projects into the lower passage somewhat less than a quarter of an inch, and is plainly felt at the upper part, like a small firm tumor, across which is the cleft or Os Tincæ.

In Virgins the Womb is more straight than in those who have borne children, and it is also higher up in the body, and the neck is considerably thicker. In some persons, however, the Womb is naturally much lower than it is in others, and also smaller, and all are not so much altered by child bearing, even when they have had several.

The substance of the Uterus appears to be muscular, and it is capable, in its contractions, of exerting most tremendous force. The increase in size which it undergoes, at the different periods of gestation, are most extraordinary, and its after contraction to its original dimensions are still more so. Thus at the full period of nine months it will measure over a foot in diameter, each way, in some cases, and yet in a few days after delivery will return to its original dimensions. In my work "*The Matron's Manual of Midwifery*," all these changes are fully represented, by Plates, and instructions are given by which the period of pregnancy may be ascertained by them.

Arteries, Veins and Nerves are plentifully supplied to the Womb, so that it is abundantly nourished, and highly sensitive. Indeed there is no other Organ in the body, except the Ovaries, that has

such extensive sympathies, or that is capable of such rapid growth. The Womb, however, is altogether dependent upon the Ovaries both for its development and its functional ability. If there be no Ovaries the Womb will be found merely rudimentary, and if the Ovarian actions cease those of the Womb cease also. The Neck of the Womb, which hangs down into the Vagina, is usually the most sensitive part of it, and is, in many persons, the principal seat of sexual feeling, even more so than the Clitoris. In fact I believe that sexual excitement is never known in its full intensity excepting when it is experienced in the neck of the Womb, it being always weak and partial when confined only to the Clitoris and Nymphæ. It is to this part therefore that our treatment must frequently be directed, when that peculiar condition becomes desirable.

When the Erotic excitement is intense in the female during connection, the Womb experiences a species of erection and vibration, by which it becomes engorged with blood and is drawn with considerable force and rapidity up and down the Vagina. This brings the neck into contact with the Glans of the Male Organ, which is also the most sensitive part, and their mutual pressure hastens the Orgasm in both. This fact has never been mentioned by any previous writer on Physiology, and it is one of considerable medical and moral importance. The idea which some persons entertain that the Male Organ enters the Womb is both erroneous and absurd, as a consideration of its structure will show; neither is it true, as others think, that *always* when conception ensues the Semen is thrown *into* the Womb. It is true that during a perfect Orgasm,

burn as referred to above, the *Os Tincæ* opens when the Womb descends to meet the Male Organ, and if the Semen is emitted at that time also it will pass directly into the mouth. This is the reason why conception is *more likely* when the Orgasm is mutual and simultaneous, but still it is not absolutely necessary in either.

Sometimes the Womb is very small and imperfect, so that the egg is not retained, and barrenness of course results, and occasionally it is *absent altogether*. A remarkable case of this kind is given in my Diseases of Woman, in which a young person who had never Menstruated, was married, and it was afterwards discovered that she had *no Womb*, though in every other respect quite perfect. This smallness and imperfection of the Womb is very likely to be found in those who were late in Menstruating, or who have been irregular.

In many Quadrupeds the Womb is forked, or like two horns, and it has been found *double* in the human being, in some very rare cases.

The form of the Uterus varies much in different beings, so much, in fact, that it scarcely appears to be the same Organ. It is sometimes round, oval, and even triangular, and not unfrequently divides into two horns, as in the Cow, Pig, Horse, and Whale, in which we also find the Fallopian Tubes very long and contorted. In most of the Carnivorous Animals, and in the Rodentia, as the Rat and Squirrel, the Uterus is very short, and divides at the lower end into two parts, communicating with two short and straight tubes. In the greater part of the Rodentia, in fact, as in the Hare and Mouse, the Womb is really double, there being a separate one in connection with each Fallopian Tube,

and consequently two Mouths, both of which can be distinctly seen in the Vagina. In the Marsupial Animals, as the Opossum and Kangaroo, there is no Uterus, properly speaking, but the end of each Fallopian Tube, when it opens into the Vagina, is expanded, and made to answer the purpose of one. In these imperfect wombs, the young are retained but a short time, and are then expelled, and placed in the pouch outside, as before explained, in which they are gradually perfected. The Vagina, also, is double in these animals, one communicating with each Tube. Occasionally the Vagina is partly closed, previous to connexion, by a species of Hymen, as in the Mare, the Cow, and Ape, but it is never so perfect as in the human female.

In very rare cases, the Womb has been found double in the human being, each Organ being distinct and separate from the other, and opening by a separate mouth into the Vagina. In such cases, one Womb is connected with the right Ovary only, and the other with the left, so that Conception can occur in one and not in the other at the same time, though it may do so afterwards, and cause a superfœtation, or Conception in a person already pregnant. More frequently the Womb is simply divided by a partition inside, and is not properly double, though, possibly, superfœtation might take place even then.

§ THE VAGINA.

The Vagina is the passage leading from below upwards to the Womb. At its lower extremity is the *Vulva*, or external Mouth, between the lips, and at the top of it is the Neck of the Womb. The Vagina is like a pipe or tube, with very firm,

thick walls, capable of dilating or contracting to a very considerable extent. The length of it is from four to six inches, though I have seen it as long as eight inches, and as short as three. The diameter varies from an inch and a half, to two inches and a half. It is not straight, but curved, the hollow part of the curve being in front, next to the bladder, while the convex part is next to the rectum, or large intestine.

The diameter of the canal of the Vagina is not uniform in its whole length, it being some little narrower in the middle than at either end. It is lined with a Mucous Membrane throughout, like the Uterus, and in virgins is not smooth, but is marked with a number of *rugæ*, or folds, which gradually disappear after connection, and especially after delivery. Under the Mucous coat is another thick one of Cellular Membrane, and under that again is another coat, called the *Corpus Spongiosum Vaginæ*. This is a true *erectile* tissue, like the *Corpus Spongiosum* of the Male Organ, and capable, like it, of becoming congested with blood during excitement, and of erecting and contracting. It is this power that enables the Vagina to draw down the Womb during the Orgasm, as explained in the previous article, and it also makes it *compress* the Male Organ at the same time, by thickening the walls, and contracting the passage, and thus increasing the pressure and excitement in both. The principal portion of this erectile tissue is, however, confined to the lower part of the Vagina, though it exists more or less in its whole length. And it is a knowledge of this fact that enables us to use many internal instruments advantageously, for the cure of falling of the Womb. When the instrument is

once introduced, the contraction of the lower part of the passage which is acted upon by the presence of the foreign body, prevents its being expelled. In some females the erectile tissue is much developed at the narrow part of the Vagina, about half-way up to the Womb, and it will contract so forcibly there, from any excitement, that a passage can scarcely be effected beyond. Those who have the erectile tissue imperfectly developed, are always liable to a lax Vagina, which leads to falling of the Womb, and also to rupture of the bladder and rectum through its walls. In all such cases, if the erectile tissue is made to act, by the excitement natural to the parts, the relaxation is much relieved, and a step is made towards permanent improvement.

At the mouth of the Vagina is a strong circular muscle, like that which closes the mouth and eyes. It is called the *Sphincter*, or *Constrictor Vaginæ*, and when it acts properly, the mouth of the Vagina is kept nearly closed by it. This Muscle is of great importance in maintaining the parts above, by drawing the lower walls of the Vagina together, and making them more firm. It also co-operates along with the Erectile Tissue, in increasing the pressure during coition. In some females it acts so powerfully as to close the passage completely, and, so strongly, that an entrance can scarcely be obtained. This is often the case in those who have an irritable Clitoris, or *Nymphæ*, and every act is as difficult with them as the first, though not painful. When this Constriction of the Sphincter is conjoined with great engorgement of the Erectile Tissue, the difficulty is of course still greater, but in all such cases, the intensity of the *Orgasm* is also proportionably increased.

The relaxation of the Sphincter Muscle, which is very common, is a serious evil, as it disposes all the parts above to displacement, and much impairs the sensibility of the parts. The lower part of the Erectile Tissue, round the base of the Nymphæ, exhibits a curious net-work of Veins, called the *Plexus Retiformis*, which during excitement are singularly enlarged. They are apt sometimes to become obstructed, and swell, causing *varicose veins*, and enlargement of the lips.

The *Hymen*, which partly closes the mouth of the Vagina in Virgins, has already been explained. The opening in it is usually crescent-shaped, and is thought to have originated the symbol of *Diana*, the Goddess of Chastity, which was a *half moon*, or crescent.

Immediately within the Vagina, on each side, are certain little openings called the *Glands of Duverney*. These secrete a thickish gray-colored fluid, or a peculiar odor, which is often discharged in great quantities during connection, and was formerly thought, by uninformed persons, to be a kind of Semen. The situation of these Glands causes them to be compressed by the Constrictor Muscle, which is the reason why they discharge most during the strongest excitement. In some persons the quantity of fluid lost amounts to several ounces.

In addition to the Glands of Duverney, there are also a number of Mucous Follicles, both in the Vagina and on the inner surface of the lips, which also discharge freely under similar circumstances.

The Vagina, like the other parts, is liable to various malformations. Thus in some it is too small, and in others it is closed by the inner walls or external lips growing together. In others, again, it is

unnaturally large, so that the Womb continually falls down to the lower part of it. Many of those cases in which the Vagina is closed, are not discovered till marriage, and then great distress and suffering result. Many such instances are given in my book on the Diseases of Woman, and also the means of remedying the defect, which can be often done without medical assistance. When the canal is too short, great distress may often ensue in marriage, unless certain precautions are observed.

Most of these difficulties appear much worse than they really are, it merely requiring time and skilful appliances to remedy the worst of them, as the cases in my book will show.

In rare cases, the Vagina has been found *double*, like the Womb, sometimes with two Uteri, and at others with only one. I once saw a case of this kind myself, in which connexion could be effected perfectly in either of the two passages, each having a perfect external mouth and Sphincter Muscle of its own, one being below the other.

THE FEMALE EGG, OR OVUM

HAVING now described all the Organs of the female system, and shown how the egg is formed, we will next proceed to describe its structure and changes.

It has already been remarked that the egg of the human female does not differ, in any essential particular, from that of any other being. On examining it with the microscope, it is found to be composed principally of a mass of yellow grains, constituting what is called the *Vitellus*, which is analogous to the yolk of a bird's egg. Around this is a thin layer of *Albumen*, or white, and in the interior of the yellow grains is seen a small round, greenish-colored body, called the *Germinal Vesicle*. The different parts are also held together, and separated from each other, by various enclosures or membranes, and these several parts constitute the whole *Ovum*. At its fullest development in the human being, it is not larger than the point of a pin, so that it can scarcely be seen with the naked eye, and yet from this mere atom emerges a *living human being*. In the case of the bird, the young has to develop away from the mother's body, and the germ has therefore to be surrounded by a mass of nutritive matter, to afford it the material for its development, which is the reason why the bird's egg appears proportionately so large. In the human being, on the contrary the germ is, from the very moment

of conception, attached to the mother's body, and takes its nutriment from thence, so that it does not need any surrounding material.

The Germinal Vesicle is the same thing as the white opique spot, or *Cicatricula*, that is seen on the surface of the egg of the bird, and which is erroneously supposed to be the male principle. The Vesicle is placed first in the centre of the Vitellus, but afterwards changes its position, as will be explained further on, and in its centre may be seen a dark colored spot, called the *Germinal Dot*.

The yellow part, or *Vitellus*, is composed of little round vesicles, or grains, which are hollow and filled with still smaller bodies, called *Granules*. The Membrane which covers each vesicle is also *granulated*, and thus we have first the round egg itself, made up of little round vesicles, and each of these made up again of still smaller bodies or granules, while the covering of each vesicle is also granulated like the interior. There is in fact a succession of vesicles, or spheres, one set included within another, as far as we can observe.

The *Germinal Vesicle*, which is larger than the Vitelline Vesicles, among which it is placed, is also composed of granules, and is covered with a granulated membrane. The granules in the centre of it being much condensed, or crushed together, so as to be opaque, and thus form the *Germinal Dot*.

The Vitellus, or Yellow, is the material from which the new being is first formed, and it is found in the egg of the Virgin precisely the same as in that of a married person. In fact the perfect formation of the vitellus constitutes the *ripening of the Ovum*, which escapes from the Ovary immediately it is formed. Many singular and interesting chan

ges take place in this substance, after the egg enters the Tube, some of which throw great light on the manner of the first commencement of the new being. On examining the Vitelline Vesicles immediately on the escape of the Ovum from the Ovary the enclosed granules are seen to be in rapid motion, round a number of different centres, and this motion continues till the primary arrangement of the Vesicles is entirely broken up. They then re-arrange themselves in a different order, and begin to form the principal Vital Organs of the new being. This however will be more fully explained further on.

Another remarkable change which takes place soon after the egg enters the Tube, is the escape of the Germinal Vesicle. This is first placed, as before remarked, in the centre of the Yellow Vitellus, where it is readily distinguishable by its greenish color, and by the darker dot in the centre. Just at the time when the egg escapes, however, the Germinal Vesicle mounts to the upper part of the Vitellus the Membrane surrounding which then tears open and allows it to pass out. This leaves *an open passage* into the interior of the Ovum, which, it will be seen further on, is essential to impregnation. The Germinal Vesicle always escapes in this way immediately, so that we can never find it in the egg except at the moment when that is leaving the Ovary; after that event we merely discover the rent through which it passed. This is the reason why many Microscopical observers never found the Germinal Vesicle, because they only examined an Ovum taken from the Tubes, or Uterus, and from all those it had, of course, escaped. The reader will see from this what a singular analogy there is between this event and the Ovarian expulsion of the

Ovum. As soon as the Vitellus is fully formed the egg is expelled from the *Graafian* Vesicle, and immediately afterwards the Germinal Vesicle is expelled from the Vitellus in a similar way.

The Yellow Vesicles forming the Vitellus are disposed so closely that they press upon one another which makes them not round, but many sided, like the cells in a honey-comb. In the spaces between the larger Vesicles smaller are seen, so that the whole substance is very dense. This may be seen very perfectly in the yolk of a bird's egg, when boiled hard and broken across. The Vesicles, like small round grains, can be readily distinguished with an ordinary glass.

Sometimes one or more of the Vesicles will burst while we are examining them, and the contained granules will flow out. In such cases they always pass in a steady current, and it takes some ten minutes or more before the Vesicle is completely emptied.

To discover all these curious formations and changes requires, of course, numerous and careful observations, with the most perfect instruments, which is the reason why they have not been made before. They are, however, of the greatest value, and until we were acquainted with them many of the most important generative processes could not be explained.

There is good reason to suppose that the outline of the future being always exists in the egg even before it is impregnated, and indeed in the Ova of some beings it can be distinctly seen. Thus Haller plainly observed the form of the bird in the egg of a hen, which had never been impregnated, and the same thing has frequently been seen in the egg.

of various Amphibious animals. The bodily structure, therefore, probably exists in the egg from the first, independent of impregnation, but the male principle is necessary to give it life. This will explain those curious cases, formerly mentioned, in which imperfect Fœtuses have been found in Virgins. These were simply the structures which naturally existed in the egg more than usually developed. They had grown like vegetables, but had no life.

The various conditions of the system in both sexes, which lead to sterility, or barrenness, and also the causes of the *difference in sex* in children, so that either sex can be had *at will*; are fully explained in "THE MARRIAGE GUIDE." It is there shown that offspring can be *regulated*, both as to *number* and *sex*, and that few persons need be without children who wish them.

NOTICE.

ANY persons wishing to communicate with Dr. H. by Letter, can address to

"DR. F. HOLLICK,

Box, 3606, Post Office,

New York City, N. Y."

and they will be promptly replied to.

All Letters asking an opinion, or advice, must be full and plain in their descriptions, so that a correct judgment can be formed, and they must always contain the customary fee of *Five Dollars*, or they cannot be attended to.

N. B.—Persons visiting New York, can always hear respecting Dr. H. by calling on T. W. STRONG, 599 Broadway his publisher, who will know if he is then in town or not, and will give the address of his office. In the changes constantly occurring in New York, removals frequently occur, which makes this precaution advisable Dr. Hollick's present office is 599 Broadway.

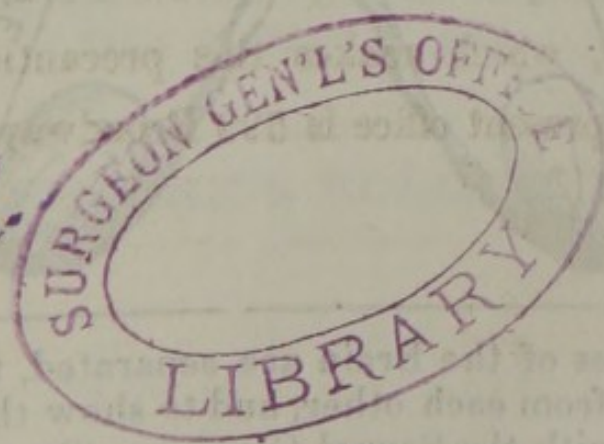
F. H.

APPENDIX

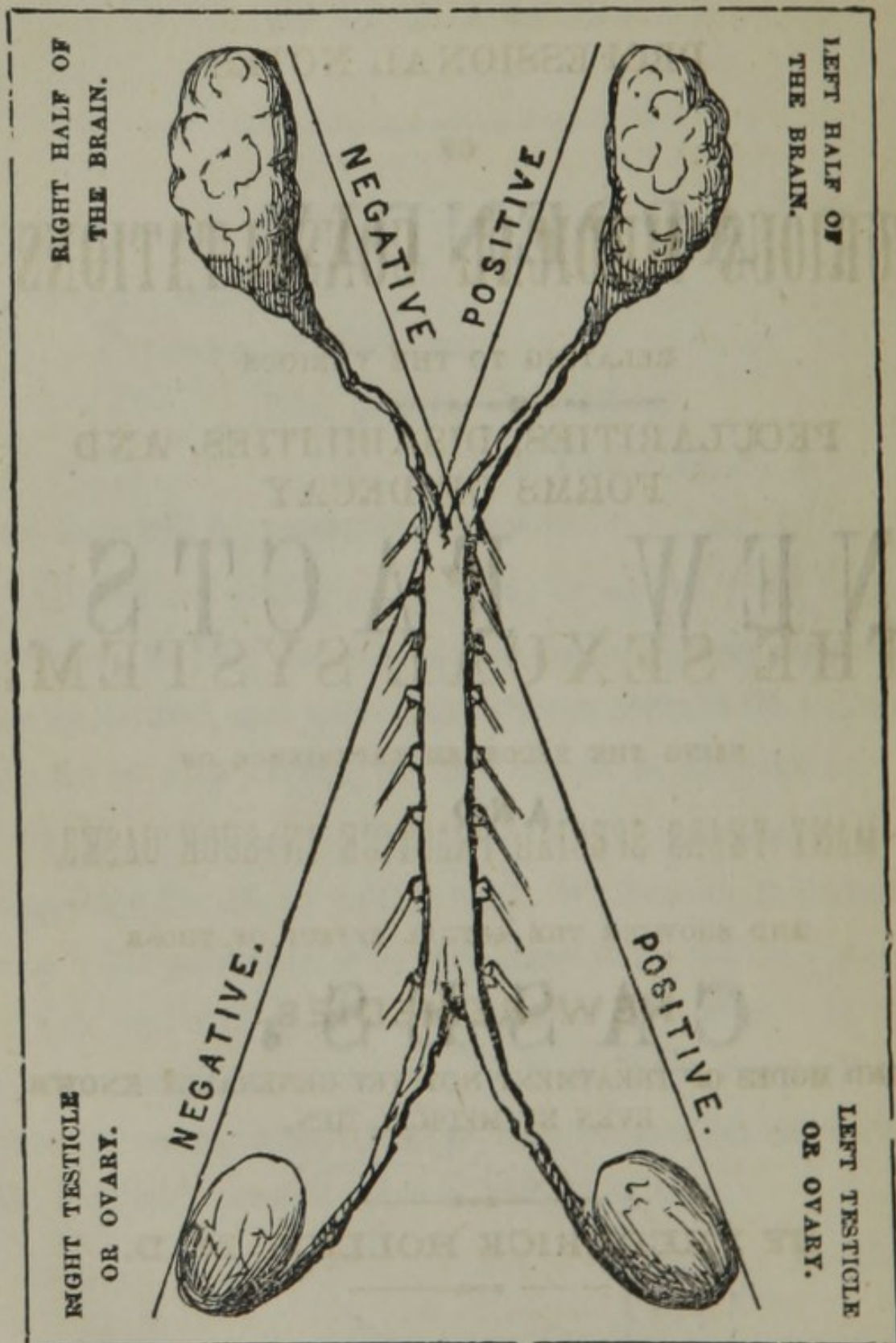
NEW FACTS

AND

CASES.



CONNECTION BETWEEN THE BRAIN AND THE SEXUAL ORGANS.



The two halves of the Brain are separated, to show they are distinct from each other, and to show their connection with the Sexual Centres. (See page 45.)

FACTS FOR THE FEEBLE!
OR
PROFESSIONAL NOTES
OF
CURIOUS MEDICAL CONSULTATIONS
RELATING TO THE VARIOUS
PECULARITIES, DISABILITIES, AND
FORMS OF DECAY
OF
THE SEXUAL SYSTEM.

BEING THE RECORDED EXPERIENCE OF
MANY YEARS SPECIAL PRACTICE IN SUCH CASES,
AND SHOWING THE ACTUAL EFFECT OF THOSE
NEW REMEDIES,
AND MODES OF TREATMENT NOT YET GENERALLY KNOWN
EVEN BY MEDICAL MEN.

BY FREDERICK HOLLICK, M. D.

HISTORICAL AND EXPLANATORY

INTRODUCTION.

A FEW years ago I commenced the first complete popular Lectures on Sexual Physiology, to Ladies and Gentlemen, separately, ever delivered in the United States. They were illustrated by Anatomical Models, and Diagrams, and in every respect were scientific and practically useful. At their commencement, from the novelty of such an attempt, many people regarded them with distrust, but as their real character became gradually known they were regarded with increasing interest daily, and received an amount of patronage far greater than was ever anticipated. In fact few novel enterprises ever succeeded so well, considering the prejudice and misconception that had to be overcome. For a long time "*Dr. Hollick's Lectures*" were the principal topics of conversation in New York, and also in Boston and Philadelphia! (See Notices.)

My object in delivering these Lectures was to familiarize the public mind with the discussion of such matters, in a proper manner, and to point out the real source of numerous physical and moral evils under which society labors. Having succeeded past my hopes in arousing the public mind, I soon saw, as I had anticipated, numerous co-laborers start up on the same field of action. Lecturers on Anatomy and Physiology, with *Manikins*, soon became

HISTORICAL AND EXPLANATORY

common every where, and have since been steadily increasing in number.

As soon as this result was obtained, I turned my attention to another matter, *namely*, the preparation of a popular and scientific *Book*, on the same plan as the Lectures, to serve as a *manual*, and for the instruction of those who could not attend the Lectures. The first publication of the kind which I issued was called "THE ORIGIN OF LIFE!" It had a most extraordinary run of popularity, and soon became regarded as *the Book* on such matters. The public needed something different from the old, obsolete, *unpractical*, and mostly indecent publications on such matters, which alone had previously existed, and "The Origin" was every where welcomed as being *just what was wanted!*

An absurd and bungling attempt was spitefully made, by the Medical *Old Fogies* in Philadelphia, to prevent the sale of this book, and also the delivery of my Lectures. As might have been anticipated however, such an attempt not only *failed*, most completely, but also increased the popularity of both Books and Lectures a hundredfold, while the would-be monopolists of knowledge became truly pitiable objects of public scorn and contempt.

In a short time I found my audiences making other demands upon me for more extended information. The *Ladies* desired a book on the *female system*, and the Gentlemen one exclusively on the *male system*, and all its derangements. I therefore published "*The Diseases of Women*"—and the "*Matron's Manual of Midwifery*," and soon after "*The Male Generative Organs*," all of which at once attained an immense circulation, which is constantly and steadily increasing. It was soon apparent also, that the scope and matter of the original work, "*The Origin of Life*," required extending, in accordance with the advance made in the public mind. I therefore re-wrote it entirely,

making it a complete *Cyclopedia* of everything relating to sexual matters that could possibly interest adult persons of either sex, or be of use to them. To express more fully its objects and uses the name was also changed to "*The Marriage Guide*," or Natural History of Generation, &c. This work has been more popular even than any of the former ones, and is now daily printed in increasing numbers.

All these books had to be written in the few moments I could occasionally steal from my professional duties, which became constantly more and more burthensome. At present I am so much occupied with my practice that I can only overlook the new Editions of each work, and keep them all, in every respect, fully up to the times, by inserting all the new discoveries, and giving the latest views.

The *Diseases of Women* is expressly for females' own use; giving the causes, cure, and prevention, of every derangement to which their systems are liable, from infancy to old age.

The *Matron Manual* of MIDWIFERY is intended to explain the nature and whole art of childbirth and delivery, in such a way that any one may learn from it what to do in case of emergency, and how to do it. From the aim

plicity and practical nature of the explanations, aided by numerous engravings, it is suited to make this matter clear even to the most ordinary intelligence, at the same time that it is perfect enough for medical students or professional men.

The Male Generative Organs, is intended for Gentlemen the same as the *Diseases of Woman* is for Ladies. It gives the causes, prevention, and cure of every disease and derangement to which the Male Generative Organs are liable. Many of the most important of these derangements were scarcely known, even to the majority of *Medical men*, before the publication of this book. This was the case especially with that most serious of all Male Generative derangements, *Urinary loss of Semen!* This fatal disease, which consigns thousands to imbecility, and untimely death, without their ever suspecting even the cause of their ruin, was never properly explained till this book was written. (It should be observed that this is not a *venereal* work, but treats only on those derangements to which all are liable.

Venereal Diseases are fully treated upon, in a special work, called "*A Popular Treatise on Venereal Diseases,*" &c., written in the same way as the other books.

The Marriage Guide has been already spoken of sufficiently to give a tolerable idea of its contents. It should be remarked, that no other book in the English language is at all like it, nor can the information it contains be found anywhere else, except in recent French and German Medical publications. The new discoveries on Generation especially excite the surprise of all who first read them, the old ideas on these matters are totally upset, and practical results are arrived at regarding *Conception*, and kindred phenomena, as new as they are astonishing.

CHAPTER I.

THE PHYSICAL AND MORAL EFFECTS OF CONTINENCE

By *Continence*, is meant a voluntary abandonment of sexual indulgences, in those who are capable of, and who have a desire for them. When a person abstains simply from want of inclination for such pleasures it is called *Chastity*, which differs from continence inasmuch as it requires no effort.

Chastity is a natural condition for many, owing to peculiarity of constitution, and is therefore both proper and beneficial. Continence on the contrary is an unnatural struggle, against one of the strongest animal instincts, and is always more or less injurious, as every attempt to evade the laws of our being must be.

Every living thing, *Vegetable* as well as *Animal*, has, at some period or other of its existence, a desire, or tendency, towards the opposite sex, and this desire or tendency should be gratified, both for the purposes of procreation and also because it is necessary to the individual's own well being.

To praise and recommend absolute continence as a *Virtue* is a great mistake, and to suppose that it can be really practised, by those who are *physically perfect*, is equally a mistake! It is true we hear of it, and possibly some persons think they really are absolutely continent, but most assuredly they deceive themselves. Some of these persons are really *Impotent*, and give themselves credit for Continence when in fact they are only *powerless*; others who forswear natural indulgence either abandon themselves to disgusting habits, a thousand times worse, or suffer from unnatural pollutions.

There is a period of life, in all perfect organizations when sexual indulgence becomes an actual necessity, as much so as food or drink. In some organizations this necessity is of course much stronger than in others, and the consequences of not obeying it are in them proportionably increased. In such persons we often observe the most singular Mental eccentricities, and sometimes even moral perversity, carried to excess, and not unfrequently ending in mania, melancholy, suicide, or crime. The physician often sees, in cases of forced continence, the most hideous exhibitions of Nymphomania, Satyriasis, Priapism, and Erotomania, not unfrequently terminating in Insanity or death.

Besides mental and moral perversions, Continence also originates many physical derangements, such as various infirmities of the Genital and Urinary organs, softening and inflammation of the brain or spinal marrow, with wasting of the flesh, and fever.

The celebrated Esquirol remarks, that most of the insane persons who come from *Convents*, exhibit morbid amative tendencies. And Mathieu gives us an instance, in his *Etudes Clinique sur les Maladies des femmes*, of a young girl who was attacked with Nymphomania after a fit of religious fervor, and probably from previous undue restraint. Many of the so called *Perfectionists* in religion, especially those who exhibit the phenomena of *TRANCE*, or *Convulsions*, have confessed that during their fits of excitement they experienced the liveliest sexual emotions. And I have heard similar confessions made to me, by those who have been excited in the same way at *love feasts*, and *protracted meetings*.

In short in all cases where the natural propensities are unduly restrained, especially from mistaken religious views, there is a constant liability to such exhibitions of Erotic furor, which are often mistaken, even by the individuals themselves, for genuine devotional fervor.

Those who are curious about details of this kind should read the writings of *Hecquet*, who had many opportunities of becoming acquainted with these religious enthusiasts. In my own practice I have had similar facts communica-

ted perhaps equally curious, and equally instructive, some of which will be given in another place. In all my experience, and it has been extensive, I have never known a female who was subject to fits of intense religious excitement, such as we often see at *Camp Meetings*, but who either had *some uterine disease*, or was naturally of an ardent amative temperament.

I have often seen the characters of these *Devotes* change in the most extraordinary manner, under a proper course of *medical treatment*, so that their church friends accused them of *backsliding*, and attributed the change to the influence of *Satan*! Many others I have also seen changed in a similar manner, on being *married*; and in one such instance the husband was accused of leading his wife *from religion*.

The old *Ascetics*, who swore to practice perfect continence, have left us many records of their daily and nightly struggles against nature, and of their remarkable *amative hallucinations*,—for which, by the way, they often were called *Saints*.

This is particularly seen in the records left by *Ascetic Females*, whose lucubrations are curious compounds, half pious half erotic, betraying either uterine disease or intense warmth of sexual feeling.

Many Medical writers have testified, after long and careful observation, that *uterine furor* is very general among those females who resist all amative impulses from religious motives. And not unfrequently, in spite of all their severe chastity, nature overpowers conviction, so that the poor victim of a so called *virtue* is constrained, in spite of herself, to betray her real condition. In more than one instance, during uncontrollable erotic furor, exhibitions, and advances, of the most libidinous character have been made unwittingly, by those renowned for having conquered all *fleshy lusts*. So much so in fact is this the case that, in France, it is a common proverb that *the Convent and the Confessional are the Parents of Hysteria and Nymphomania*!

The terrible struggle which many estimable females maintain in this way is most extraordinary, and not unfre-

quently terminates in Insanity or death,—though those around them have no idea that any unusual effort has been required on their part.

In short sexual approach is a necessity of the organization, and those who practice undue continence will always suffer a variety of evils from which those who do not are free. It is also the foundation of *Marriage*, one of the fundamental Institutions of civilized society, and equally beneficial to individuals and to the community at large. Continence is of course opposed to this institution, and should therefore be discountenanced by all well wishers of our race.

Statistics prove that married persons on an average, are longer lived than single ones, and my own observation has convinced me that they are more exempt from disease. So well convinced were the ancients of this that they erected a statue to Hymen, the God of marriage, with this inscription "*To Hymen, who prolongs youth!*"

According to statistical reports it appears that while, in a given time, among *single* men between 25 and 45 years of age, 28 will die out of every hundred, among *married* men of the same age only 18 die out of the hundred!

It appears also that for every 78 married men who attain 48 years of age there are only 40 single ones who do so, and as we advance further in life the difference is still more striking. Thus out of every hundred married men 48 will live to be 60 years old, but in a hundred single men only 22 will attain that period of life. And at 80 years of age we find nine married men, to only three single ones.

Among females the difference is still greater in favor of the married, notwithstanding the many dangers of maternity, and they are also less subject to disease.

As a further proof of this important truth, it is found that out of every hundred *suicides* sixty-seven are single and only thirty-three married! And in seventeen hundred and twenty-six Insane, also nine hundred and eighty are single and only seven hundred and forty-six married.

It is true that the unmarried state may not necessarily

be a state of *Continence*, but it must either be that or a state of illicit or unnatural indulgence, either of which is injurious.

Many of the diseases and infirmities arising from *Continence* are attributed to other causes, both by people generally and also by Medical men, who have not made these matters their study. This is especially the case with young females, whose natural modesty induces them to carefully conceal the truth, even if they fully perceive it themselves. A crowd of hysterical and nervous derangements are originated in this way, besides various uterine diseases.

In describing *Chlorosis*, or the green sickness, which is often the result of forced *Continence*, a celebrated French writer gives us the following touching picture, true to the Life.—“See that young female with pale wax-like cheeks, languishing sunken eyes, and tottering steps, hanging her head like a withered flower, her heart palpitating and her breathing interrupted by heavy sighs. Her digestion is bad, her appetite capricious, and she has an unnatural tendency to eat strange unusual substances, which she often craves in the most urgent manner. If allowed to remain in this state too long she will continue to languish, and at last descend prematurely to the tomb. Let her marry however, to the being she has constantly seen in her dreams, and health returns like glorious day at the rising of the sun. The roses soon return to her cheeks, happiness brightens her eyes, and a pure wholesome blood rushes gaily through her veins.”

Such pictures are daily to be seen, though none but experienced eyes detect their meaning. In the other sex also we have similar experience but not so frequently, owing to less innate modesty, and more facility for gratification.

In history also, as well as in modern experience, we find numerous instances of the evil effects of undue *Continence*, some of which are worthy of being referred to. Hippocrates saved the life of a young Prince, who was fading away from some unknown cause, by advising his marriage with the young female he loved, and the same ser

vice was also rendered to another young Prince by Erasistratus. The celebrated Galen likewise, being called to treat the daughter of a noble house, who was pining away, detected at once that she was a victim of forced continence, and he assured her father that nothing but marriage could save her life. Much against his will he had to Consent, his daughter refusing to marry any other than a young *plebeian*, with whom she was in love. The result proved however that, though pride was sacrificed, health was repaired and life saved.

In that interesting work the *Physiologie des passions*, we find a curious instance of the same kind. The subject, a young lady, was intended by her parents for a *Nun*, but having an ardent *Uterine Temperament* the idea was extremely distasteful to her, and she became seriously sick from grief and apprehension. At first she fell into a dull stupor, from which she roused only to pass through all the stages of *Hysteria*, and *Nymphomania*, till her reason seemed almost gone. That skilful physician Alibert being called in he saw at a glance what was the cause of her sickness, and promptly told her parents that she must marry or *die*! Their love for their child was fortunately stronger than their fanaticism, and they consented to her marriage. She at once recovered and became a happy healthy wife and mother.

In such cases the natural action of the Genital organs is indispensable to the health of all other parts of the system, and their forced inaction is highly prejudicial.—The Physiological reason for this, and also the rules by which indulgence should be regulated will be found in the "*Marriage Guide*."

The evil consequences of Celibacy, whether it be accompanied by actual *Continence* or not, are as great perhaps to society as to the individual, a fact which many lawgivers have recognized. In the sacred writings of the Persians, the Hindoos, the Chinese, the Hebrews, and the Turks, we find Celibacy expressly condemned, and in some of them it is even stated that the souls of those who die in a state of Celibacy will not enter heaven, but will wander eternally on earth. To avoid this it was custom

ary to marry the *dead*, before they were burnt. The old Romans, and the Greeks, had express laws against Celibacy, and so harrassed those who practised it that the offence was quite rare.

Lycurgus excluded those who practised Celibacy from all civil and military employments, forbade them attending the public amusements and branded them as infamous. At certain solemn fêtes they were also exposed to the ridicule of the populace, who promenaded them around the public places with shouts and laughter, while the women tore their faces and struck them with small whips.

A curious instance of the contempt which was shown for the unmarried is found in Spartan History. It is well known what extreme reverence these people had for their old men, who were invariably saluted with respect by the young whenever they met. On one occasion however, an old man was refused the customary mark of respect by a youth, of whom he accordingly complained, to the magistrates. The youth on hearing the accusation admitted its truth, but replied, "this old man has never married,—now then can he demand marks of respect from me when he will leave no children to show them to me, when I am old?" This reason was deemed good, and the old man was sent away with contempt.

The Laws of Plato tolerated Celibacy in men only till the thirty-fifth year, and in females only till the twenty-fifth,—after these periods they were socially outlawed.

A Roman Citizen could not testify in any case till he replied in the affirmative to this question—"on thy soul and conscience art thou married?"

Under Julius Ceasar, and many of the other Emperors, laws were passed to degrade those who did not marry, and to reward those who did.

Even in the Romish Church, among the Priests, Celibacy is comparatively a modern Institution, and except in as far as it makes the Church itself more powerful, it has always been objected to.

In fact Celibacy is an unmitigated evil to society, as Continence is to the individual. A forced abstinence from natural indulgence leads to disease or unnatural abuses,

while a neglect of marriage leads to licentiousness and prostitution. In all cases where a nation has become vitiated by luxury and vice it has disregarded marriage, as we see in the decline of the Roman Empire, and of the Grecian communities.

In giving these remarks I presume no apology is needed, at least not to those who *think*, because their *utility* must be apparent. I will now proceed to give some cases from my note book, confirmatory of the statements above made.

To the prudish, and to those who are governed by old prejudice against such discussions, I recommend the following passage from Montaigne.

"What is there then in the Genital act, necessary and natural as it is, which should cause it to be proscribed as a subject for rational conversation? We pronounce commonly enough the words *kill*, *steal*, *filthy*, and *Adulterous*, but must not name the act by which our lives begin, and by which the race is continued! Oh false modesty!—oh shameful hypocrisy!"

CASES FROM MY NOTE BOOK,

UNDUE CONTINENCE, FROM WORLDLY PRUDENCE

THE first case which I extract from my notes is a good type of a large class,—those who are continent from *prudential* motives, and who think to avoid complying with the requirements of nature without suffering permanent inconvenience.

CASE I.—The subject of this case was a Lawyer, aged thirty-one, of good constitution, and of active Temperament. When he applied to me his general health was not much affected, but from various unusual symptoms he had begun to be somewhat alarmed.

I found on enquiry that he was naturally very amative, but at the same time *very prudent*, and uncommonly fond of money. He had made up his mind not to marry till

he had secured a *fortune*, and was able to support a family in *good style*. This he expected to do before he was forty, and in the mean time sexual gratification was to be fore-sworn.

His fear of consequences, and of exposure, kept him from illicit intercourse, except very rarely, and he had too much good sense to practice self abuse, except when quite young. He entertained the notion, as many others do, that his reproductive powers could be held in abeyance as it were, and yet be found ready when he could *afford* to employ them. In fact I have no doubt but he promised himself extra indulgence then to make up for his prudential restraint.

The only serious inconvenience experienced up to his twenty-eighth year was nightly emissions, which somewhat affected his mind, making him, as he expressed it, not quite so bright as usual. These however became gradually less frequent, but the effects *increased*! His memory especially began to fail, and also his *power of application*, so that he had to *drive* himself to his work, instead of making it a pleasure, as formerly.

At times he would feel nearly as well and energetic as ever he did, but then would follow a period of terrible depression and languor, which he was strongly tempted to relieve by using stimulants, but fortunately did not.

His consolation was in thinking that he could keep on at least as well as he was, until the hoped for period of his retirement, when all would come right again. The symptoms had however become so much more strongly marked, and his periods of depression, or fits of the *horrors* as he called them, so much more frequent, and so much longer in their duration, that he began to fear he might be *too far gone* to recover.

In this state he called upon me, and I found he had a tolerable idea of his condition, though unwilling to do what nature demanded. "I know," said he, "that I *ought* to marry for my health's sake, but my business is not yet in a satisfactory state, and I *cannot* be troubled now with domestic matters, they would unsettle my mind, though I

have no doubt I should be very happy with a wife and family."

In vain I argued with him on the folly of such a course, and tried to show him of how much more consequence his health and happiness were than any amount of mere money, he tacitly agreed with me, but unfortunately had the idea that he could still hold over by *the help of Medicine!*

I told him unhesitatingly that this was a vain dependence, and that I should only deceive him if I made him any promise that would favor it. The utmost that could be done, I fully assured him, was, to correct the evil already done sufficient to make *marriage* proper, so that nature herself might have a chance to work. His sexual powers had become considerably impaired, but still were capable of renovation, by judicious treatment and conduct, if such renovation were advisable. It would however have been useless to restore his powers unless they were to be naturally employed, because they would otherwise fail again worse than ever.

In spite of all however, he determined to try his powers of endurance still further, and accordingly procured a *Nervous stimulant* which was recommended to him and kept on as before. I lost sight of him for about nine months, and then receiving a letter dated from a celebrated water-cure establishment, informing me that he was *worse*, and that he would shortly come on to consult me again.

The Letter states—"I found myself so much worse about four months ago that I was compelled to leave my business, and abandon the medication I had till then persisted in. In my despair I came on here, to try the *cure all* treatment, but to my sorrow it has failed also. I am worse and *growing worse!* You can have no idea my dear sir what I have suffered, and yet with little or no bodily ailing, at least none that is very apparent. Day after day have I sat in my office trying in vain to *fix my mind* on a case. I could not do it to save my life.—My mind would fly to the stars or to the depths of the sea, or even lose itself altogether, but *would not* fix upon

what I wished to study. After hours spent in these vain attempts I would rush out in a state of absolute despair, and conceal myself, from very shame and vexation. And then oh! who can imagine the torture I underwent? You *may* my dear sir, from having seen so many similar cases, but others I am sure cannot, and I would rather die than attempt to explain my condition to my friends.

My head has also begun to pain me, especially in the back part of it, and is constantly *full* and heavy, as if packed with *lead*,—my eyes often become dim, and a rushing sound fills my ears, till I become quite confused. Latterly also I have suffered considerably from palpitation of the heart, and my bowels and stomach are quite irregular in their action. The emissions I have not seen now for six months, and this I think must be a good sign. I am however troubled with a very frequent desire to urinate, and my water is often thick and cloudy.

Now my dear Doctor I am determined to follow your advice, *providing* you can sufficiently restore me! There however is a new apprehension, my sexual powers and desires have decidedly lessened, especially since I have used the cold water, and I begin to fear I never *can* marry,—in which case I say solemnly *I do not want to live!* You must therefore be candid with me when I come, and tell me the *truth*, as nearly as you can, for I wish to know the worst at once. As for the *fortune* let it go to the dogs! Only let me be again a *man* and I care not what labor or privation is before me, nor what station I occupy. Remember, therefore, your decision in my *fate*, but do with me, and direct me, as you choose. I shall be with you in two weeks. Yours, &c."

On seeing this Gentleman I found he really had, as he remarked, gone *down hill* at a rapid rate, and I by no means felt sanguine of his recovery. From his excellent constitution however, and from his not having been exhausted by excesses of any kind, I did not despair, but put him at once under proper treatment.

The *worst* sign was precisely that which he thought the *best*, namely, the stopping of the *nightly emissions*. I suspected at once that the discharges still occurred, but in

another and unseen form, much more dangerous. I explained to him how, in such cases, the semen began at last to flow out *with the urine*, by which means so much was lost that the ordinary emissions ceased altogether. This was a new light to him, and he at once called to mind a number of symptoms which seemed to prove my position. To make it certain however I at once submitted a portion of the urine to microscopical examination, as is my custom, and the result left no doubt as to the existence of the trouble. The urine in the morning contained an immense quantity of semen, and I found that more or less escaped every time the bladder was emptied.

On reading my book on *The Male Generative Organs*, which he had not seen before, the truth broke at once upon him, and he remarked that if he had perused that work earlier, particularly the part referring to *seminal losses*, he should not have delayed as he had done.

The first thing to be done was to remove the irritability and relaxation of the seminal Ducts, which was the immediate cause of the semen flowing out with the urine. This was effected by *Cauterizing*, the case being one which properly admitted of that operation. The result was perfectly satisfactory, the urinary losses ceasing entirely, so that the old nightly emissions again commenced, at intervals, and his desires and powers evidently began to return. The administration of my Aphrodisiac Remedy with strict attention to diet, and general hygienic measures, made the improvements still more manifest, but it was necessary for him to abandon *business* altogether, and live perfectly at ease.

In six months he was decidedly *restored*, to a very great extent, though not fully to the condition he enjoyed originally. I saw however that the system could recuperate its energies, to a great extent, sufficient in short to allow of his marrying with *physiological* propriety, providing he continued in the proper course, which he was determined to do.

In ten months after my seeing him he did marry, and the result was very satisfactory. He is now the happy Father of two healthy children, and in the enjoyment of

very tolerable health himself. His sexual powers however are inferior to what they ought to be, and to what they would have been had he married earlier, but still, as he expresses in one of his Letters, sufficient for the mutual happiness of himself and partner. His mind has, to a great extent, recovered its powers, but he is not even now capable of any continued mental efforts, as in former times.

Here then is the result, under *favorable* circumstances. If this man had not been properly instructed in regard to his case, in time, he would have become incurably, hopelessly, powerless and probably insane, unless his bodily deterioration had terminated his existence. As it is he has now a reasonable prospect of existence and of considerable enjoyments of life, though probably in a much less degree, and for a *shorter time* than he otherwise would

UNDUE CONTINENCE, FROM MISTAKEN NOTIONS OF RELIGION.

THIS was a minister of the Gospel, a man of earnest piety and of the most perfect self-denying character. He conceived the idea that it was his duty to fly from all *fleshly lusts*, and devote himself entirely to his religious ministrations. This he did most scrupulously, till he was twenty-seven years old, though with hard struggling against the promptings of sin. "I have," said he, "passed entire nights combatting my evil thoughts, and resisting those physical manifestations which indicate our earthly longings. In spite of all my efforts however, I realise too forcibly how weak we are, and what an empire the old Adam has over our souls. Of myself I see too well I can do but little, and my sole dependance is upon assistance from above."—

With this man it was much more difficult to deal, owing to his peculiar notions about *sin*. I could only tell him that, in his circumstances, the sin really lay, according to my notions, in what he considered his only *virtue*, and that both his well being and his power of doing good depended entirely upon his obeying the laws of nature.

His principal reason for applying to me was the singular state of his feelings, and a peculiar distress in his head. He was subject at times to fits of excitement of the most violent character, without any apparent provocation, and even when quite alone. At such times he could not rest, but seemed impelled to move quickly about in spite of himself, while anger and rage, he knew not what for, filled his mind. At other times on the contrary he fell into a state of *dreamy* languor, or mental torpor, so profound that he was scarcely conscious of his own existence, and utterly indifferent to anything that occurred.

Before any of these attacks he usually experienced a buzzing in the ears, with a throbbing in the large veins of the neck accompanied by a redness of the eyes and a kind of *whirling* in the brain, which occasionally even made him feel quite giddy.

In all respects the life of this man was irreproachable. He was strictly temperate in eating and drinking, took plenty of exercise in the open air, and cultivated a cheerful contented tone of mind. His general health too, until quite recently, had been quite fair, with the exception of a constipated state of the bowels.

His Genital development was perfect, and his amative propensity quite strong, or, physiologically speaking, he formed a large quantity of Semen, the excess of which nature intended to be expelled according to the laws of his organization. This natural expenditure not going on however a constant struggle became necessary, the organs trying to retain the fluid with which they were overburdened, but being compelled at times to allow it to escape, in the form of nightly emissions. This overcharged condition of the Seminal organs kept the *brain* also in a constant state of excitement, from the powerful efforts required to overcome the feelings and desires engendered by the Seminal stimulus. And in this way was produced the different moral paroxysms into which he was plunged.

It was with difficulty I could make him see and admit his actual condition, and on no account would he admit that the natural remedy I advised was necessary. He had made up his mind to a life of Celibacy let the conse-

quences be what they might, and he merely wished me to give him medicines to palliate his troubles and to deaden his sexual feelings, so that they would not require so much effort to overcome them.

This I of course refused to do, because it required more or less injury to the organs themselves, and my duty was to *heal*, not to *hurt*. I candidly told him, that as long as his organization remained perfect those feelings must be experienced, and that as long as he persisted in his celibacy he would always have the same trouble in struggling against them. As to injuring the organs, or *checking their action*, as he expressed it, I of course refused to do any thing of the kind.

Finding that my views of duty would not allow me to treat him as he wished he left, and for a time I heard nothing of him. Afterwards I learnt however that some of his admirers,—and he had many of them,—sent him on a voyage to Europe, in the hope that change of scene and air would benefit him. This however did no good, and finally he died in a private Lunatic Asylum, in France, after suffering intensely both in body and mind.

A VICTIM TO BUSINESS.

This was a mercantile Gentleman, who remained unmarried till his forty-fifth year, when he retired from business, with a hundred thousand dollars, and married a young Lady with whom he had kept company for nearly fifteen years. For the previous six or seven years he had suffered, more or less, in the same way as the Gentleman in the first case, but as his business was well regulated, and he had excellent agents, his own deficiencies were not so apparent, neither to himself nor to others. His stomach and bowels had become very irregular, and he was troubled with an almost constant desire to urinate, but otherwise his bodily health was quite passable.

In regard to his sexual powers he admitted that for the last three years he had experienced a sensible diminution, so much so in fact that he scarcely ever felt any desire at all. Formerly he was accustomed, at irregular intervals

to have illicit indulgence, which had doubtless delayed his decay considerably, but when about forty-one years of age he unfortunately attended a Lecture on *Amativeness*, by a Phrenologist.

In this Lecture he was told that all sexual connexions, except for the purpose of *procreation*, was improper, and that the true way to preserve the generative powers was not to use them, except for that purpose. He accordingly practised the strictest continence after this, and found that his amative propensity became gradually weaker, till at last it seemed almost entirely extinguished. He consoled himself however by thinking that all would come right at his marriage, and that his present state of *rest*, would only give him greater power afterwards.

Neither he nor the Phrenologist, whom he consulted, were aware that *Urinary Spermatorrhæa* had taken place, in consequence of his continued Continence, and that his sexual organs had nearly become powerless. Such however was the case, and to his horror he found on his marriage that he was nearly *Impotent*!

The state of mind of a man so circumstanced may be better imagined than described. "Here I am"—said he to me, "*a poor, wealthy, imbecile wretch!*" In my senseless pursuit of riches I have lost that which all the wealth in the world cannot recompense me for. Had I known ten years ago what I have since learnt from your book, (The Male Organs,) I should now have been fifty thousand dollars poorer in *money* perhaps, but a healthy perfect *man*: I might also have become a proud and happy *Father*, which alas I now never expect to be."

This was one of the most unpromising cases I ever had to deal with, as I candidly told him, but still I undertook to do the best I could.

By means of a good tonic regimen and diet, sea bathing, Champooing of the Genitals, and the use of the Aphrodisiac Remedy, he began in three months to have some slight indications of power, and in six months much stronger indications. It was not possible however to make a *permanent* restoration, because the Testes were considerably *wasted*! They were not so far gone as to be

totally inactive, but it took them a long time to form any considerable quantity of Semen, which of course made his periods of power and inclination very rare.

Even what he did gain, small though it was, was much more than he ever expected, for he fully believed he was incurable and totally impotent. Had I seen him two years before I would have answered with my life for making him comparatively perfect, for I gathered from what he told me that no wasting of the Testes had then taken place, and till that occurs *no case is hopeless*.

In addition to these I could quote a large number of other cases, to show the evils of undue continence, and especially some very curious ones in young females, who were brought to me as being *Chlorotic*, and *Hysterical*, but these are quite sufficient for my present purpose. I have had a *Priest*, who declaimed against sexual indulgence as improper, and who adduced his own case as a proof that Continence was possible, came to me to be cured of a loathsome infirmity which that very continence had caused.

CHAPTER II.

THE CONSEQUENCES OF SEXUAL EXCESSES AND ABUSES.

THESE consequences are much more frequently seen than those of Continence, and people are more generally aware that they are of a hurtful character, though the actual extent and nature of the injuries resulting from them are not suspected.

From a variety of causes, many of which are but little known, a majority of human beings are addicted to excess in sexual indulgences, and to various unnatural modes of gratification. The reason for this is a matter deserving

of earnest investigation, though unfortunately it has hitherto received but little attention. The Theologian is content to ascribe these, in common with all other human frailties, to *Original Sin*, and seeks their source only in a *depraved soul*. But the enlightened student of human nature as it really is, recognizes various direct and indirect influences, some belonging to the individual's own Organization, and others to the objects and circumstances by which he is surrounded. These influences often impel man to that course of conduct which his reason condemns, and which produces untold misery and pain.

Among these influences may be mentioned Hereditary Tendency, Excessive development or morbid irritability of the Genital organs, vicious associations, stimulating food and drink, and various social institutions more or less opposed to nature's requirements.

In those persons who have little or no knowledge of the consequences of sexual abuse these influences operate almost unchecked, but in those who have such knowledge the fear of those consequences operates more or less as a restraint. The influence however is frequently so powerful as to overcome all such restraints, and the victim falls into the gulph with his eyes wide open, but still impelled by a force from which he has neither the power nor the desire to escape. There is good reason to believe that sexual excesses and abuses produce, directly or indirectly, by far the largest part of human suffering and disease, much more in fact than all other causes that can be enumerated. People generally only observe the more palpable and direct consequences of these vices, while the indirect results of them are lost sight of, or attributed to other causes.

The sympathies of the sexual Organs are both extensive and complicated, in consequence of which their derangements often affect remote parts of the system, and in many different ways, appearing like so many different diseases. This is especially exemplified in *Venereal diseases*, and particularly in *Syphilis*, the different *stages* and *hereditary modifications* of which, extending as they may do over several generations, are only just now being under

stood even by medical men. (On this point I would refer my readers to my *Treatise on Venereal Diseases*, in which all this is fully explained.)

The connexion between the Sexual Organs and the *Nervous System*, especially the *Brain*, is another important matter, also but little studied or understood, and yet it is of the most overwhelming importance. Not only may the bodily health of human beings be affected by peculiarities in the action and development of their Sexual organs, but the tone and ability of their *Minds*, and also their *moral tendencies* are under the same influences.

It is requisite, for the welfare of society, perhaps even for its very existence, that certain *actions* should be called *virtuous*, and be held up to praise, and that others of an opposite tendency, should be called *vicious*, and be condemned. Every one is interested in the maintenance of that *moral order* which experience has shown to be most productive of human happiness, and we must therefore, as rational beings, approve of whatever is favorable to the maintenance of that order, and disapprove of whatever militates against it. It may be requisite, with this end in view, to condemn, or even to punish, in many cases where our consciences so far from *blaming*, see only cause for pity and regret. The regulation of society must have for its end the *general good*, and to secure this it is often the case that *individuals* are sacrificed to *expediency*.

Thus, for instance, a particular *crime*, or immoral action, is punished the same in all who commit it, though we know that it must have been much more *criminal*, properly speaking, in some than in others. Thus for, instance, in sexual immorality the degree of culpability, properly measured, must be infinitely varied for the same offence, though all are punished for it alike.

Some human beings are strongly impelled to *seek* sexual indulgence from the peculiarity of their organization, from disease, or from hereditary tendency, while others on the contrary are but slightly impelled, and others even *avoid* it, except at rare intervals. It is therefore evident that, under the same circumstances, the effort of self-denial, or *resistance to temptation*, is required to be *much greater*

in some cases than in others, and of course the *possibility* of successfully resisting the temptation is proportionably less.

Society however cannot consider these distinctions, because it is impossible to ascertain the relative degrees of criminality, and therefore similar criminal acts must entail similar penalties on all alike.

The institution of *rewards* and *punishments* has become such a fundamental principle in our social order that, whatever we may, in many cases, think of its *abstract justice*, we cannot consent to its being abolished. Till better motives than *fear*, and the hope of *reward* can be generally instilled we must not do away with these, for if we do we shall have nothing to fall back upon.

The Philosophic mind, which traces *cause and effect*, and which draws its conclusions from *reasoning*, and not from *passion*, must often pity the criminal as a *victim*, and conscientiously exonerate him from all *moral blame* even when admitting the necessity for his *punishment*,—so true it is that our Social duties and requirements are often at variance with our conscientious convictions. As *Individuals*, in our own hearts we must often have *charity*, or even *commiseration*, for those that social duty compels us to condemn; and, in fact, with reflective minds this is ordinarily the case.

These remarks I have made to prevent the possibility of my being misunderstood, or misrepresented. In the course of this book I shall show numerous causes disposing, or even impelling, human beings to immoral acts, and which causes many cannot escape from. I do not wish it to be understood however that I advocate, on this account any radical change in our *conduct* towards these persons, for such acts, but merely that we think of them justly and charitably *in our own minds*, and that we strive to remove, or modify such unfavorable causes, and so prevent others being equally unfortunate. As men become more experienced the science of *preventing* evil will be generally studied, and then such inconsistencies as I have alluded to will gradually cease. The present little book, I trust, will do something towards attracting attention to

these matters, and lead those who read it to *reflect* and *reason* on human frailties as well as *condemn* them.

Sexual abuses commence at a much earlier period of life, in many cases, than is usually supposed, and their injurious effects are also much earlier experienced. A precocious development of the Sexual organs, or a tendency to preternatural exaltation of the genital instinct is by no means uncommon, and from either cause the most injurious habits may be practised even in Infancy. Many persons suppose that such manifestations never commence till the age of *puberty*, but this is a mistake, they are sometimes observed, unmistakably, while children are yet in their Nurse's arms.

It is an error to suppose that no injury can result except from a *loss of Semen*. for long before that fluid has begun to be formed both mind and body may be irretrievably ruined, by nervous excitement and exhaustion. This is of necessity the case with females, who form no Semen, and it is also equally the case with males, though few persons are aware of the fact.

One of the most obvious principles of Animal Physiology is, that no vital action whatever can occur except through the agency of the *Nervous power*,—whether we *think, eat, digest, walk, or speak*, every muscle is moved, every secretion is produced, and every idea is eliminated by the stimulus of the mysterious *Nervous fluid*, the grand excitant and moving power in all Organic or Vital processes.

If the Nervous power be deficient in any organ, that organ will work imperfectly, to a corresponding degree, and if it be absent altogether the organ cannot work at all, any more than a Steam Engine can work without Steam. Any cause therefore which decreases the requisite amount of nervous energy in the system causes imperfect or inefficient action, either locally or generally, and thus predisposes to disease and premature decay.

We require so much Nervous power to think, so much to digest, so much for muscular exercise, and so much for all the other organic processes, and in a healthy condition of the system there is always enough for the proper per-

formance of them all. If however any one function be performed in an exaggerated degree, so as to exhaust more of the nervous power than properly should be expended upon it, the others must of necessity receive less than they naturally should do, and must be imperfectly performed.

Instances of this kind are often seen among *Business men*, who expend so much of their nervous power in intense *mental exertion*, owing to pressure of business, that they have not enough left to effect *digestion, nutrition*, and all the other processes necessary to the maintenance and continuance of the system. In consequence of which they become *Dyspeptic*, debilitated, and *Impotent*, and after living miserably they at last *drop off*, in an orthodox business way, long before they naturally might be expected to do so.

Such men suppose that, *Pills, Bitters, and Stimulants*, or a day or two of relaxation once a year or so will make all right,—but they too often find out their mistake, and become *first rate patients*, always on the *Books*, and calculated upon for so many “*hundreds*” a year, by their physicians, with as much certainty as his Bank is calculated upon by the Banker for his *Dividends*.

In the same way other men think they can expend most of their nervous power in *Sexual excesses*, and yet perform sufficiently well all the ordinary organic functions at the same time, but they likewise discover their error, and frequently too late to retrieve it.

The performance of the Generative act requires more Nervous power than perhaps any other organic function, and of course it exhausts in a corresponding degree. So also does mere Sexual excitement, and therefore indulgence in either should be regulated on proper Physiological principles, such as are laid down in my Book called “*The Marriage Guide*.” Excesses of this kind are the most injurious of all, and the evils resulting from them are amongst the most irremediable.

Different periods of life, as also different conditions of the system, require different amounts of Nervous power, and also to have it differently *distributed*.

In Adults the Body is only required to *Maintain itself*,

or to hold its own, but in Youth it must not only do this but also *increase*, or *grow*, to perfect itself. There is therefore required, at this period an *extra amount* of nervous power, and if it is not supplied the body becomes, in consequence, imperfectly formed. Anything therefore which causes great nervous exhaustion is peculiarly hurtful in youth, and its evil effects are seen afterwards throughout the whole of the individual's life.

This is the reason why *Sexual abuses* are so very injurious in young persons, and why their effects are so often irremediable. Numbers have their *growth arrested* in this way, and remain more or less dwarfed, or weakly developed, while in others the *internal organs* are imperfectly formed, and in consequence always *act* imperfectly, thus causing a liability to *Disease*, and to *premature old age*, or *untimely death*!

Such instances come every day under the notice of the observant Physician, and are in fact every where to be met with, though there are few who understand them aright. Those however who bear in mind the Physiological principles above laid down, will be able to explain them, and to comprehend why our efforts to *cure* such evils so often fail.

No matter in what form Sexual abuses are practised during youth the same consequences, to a greater or lesser degree, may be expected to follow, and, generally speaking the *earlier* the abuses are practised the more serious are the after consequences, because of the more imperfect stage at which the system is arrested. This is the reason why *Infantile Masturbation*, in both sexes, is so hurtful. There is nothing similar to the *loss of Semen*, of later years, but there is an equal, if not greater amount of *nervous excitement*, and *exhaustion*, and for want of the power thus wasted the system cannot perfect itself.

In like manner Sexual abuses are extremely hurtful in the decline of life, because then there is a less amount of Nervous power eliminated, owing to the decaying energy of the system, and anything which unduly exhausts it still further hastens the period of its final extinction. Many old men have experienced this to their cost, in expending

as much vital power in one Sexual act, imperfectly performed, as would have sufficed for the ordinary purposes of existence for a month.

In short it is only after the system has perfected its growth, and before it begins to decay, that Sexual indulgences can be practised with impunity, except in the most prudent and temperate manner. In the prime of life, with a perfect healthy acting body, there is *more* nervous power produced than the system requires merely to *live* with, and this *surplus* may be safely expended in Sexual indulgence.

But even at this age, if exhausting labor have to be performed, whether bodily or mental, or if sickness makes an extra drain upon the nervous power, or lessens the quantity of it produced, Sexual indulgences must be correspondingly abbreviated.

These are the true principles which should regulate the conduct of human beings in these important matters, and just in proportion as they understand, and act upon them, will they be able to avoid those evils which ignorance, or inattention of such things are sure to entail upon them.

I shall now proceed to detail a series of CASES, in illustration of these matters, taking them mostly as I find them in my *note book*, and making such comments, and explanations, as I may think requisite. They are not arranged systematically, so as to apply only to certain topics, but are taken promiscuously, to illustrate *all*, though I shall endeavor to make some of the first ones refer *more* especially to the principles just laid down.

MISCELLANEOUS "CASES,"

WITH

NOTES AND EXPLANATIONS.

RETARDED DEVELOPMENT

THIS was a remarkable instance of *Retarded development*, from Masturbation, which, fortunately was partially corrected, by the subject of it having his attention awakened in time. I shall first let the individual speak for himself, and make my comments, and explanations, when I think most useful.

TO DR. F. HOLLICK, P. O. BOX 3606.
New York City, N. Y.*

"MY DEAR SIR,

"A short time ago I attended your Lectures on Parental Physiology, in Philadelphia, and from hearing them I have determined to address you. I am one of those truly pitiable creatures of whom you spoke, in the early part of your discourse, when referring to *Infantile Masturbation*, and I am perhaps as painful an instance of the awful effects of this practice as you ever saw. When you first spoke upon this subject, and portrayed the terrible *after consequences*, I was plunged in despair, and truly felt desirous to 'shuffle off' this mortal coil' as soon as possible, for to *live* as I am is impossible. Your final remarks

* This Address will always find me, at any time.

however gave me some hopes that possibly it might not be too late for me to recover, at least to some extent, and it is for the purpose of having your opinion on this point that I now address you. On your opinion depends *much*, I assure you ;—I will not however say further on this point, but proceed to my *statement*, which shall be *full*, and *truthful*, in every particular, though it has cost me a severe struggle to make such a confession, and it never would have been made had I not heard you *Lecture* ! From your excellent discourse however I felt full confidence, both in your skill and in your kind sympathy, and I therefore reveal to you what I have hitherto concealed from every human being, and which, had I not met with you I should have carried a secret to the grave.

I am the son of Parents well to do in the world, and who have always, to the best of their knowledge, striven to do what was best for me. Unfortunately however their kind intentions were but imperfectly realized, owing to their want of proper information.

In early childhood I was very stout and robust, full of animal spirits, and active to an unusual degree. Everything seemed to promise that I should grow up a *val* developed man, but alas all such expectations were doomed to be disappointed.

My parents kept a female help expressly to attend upon me, whose whole time was occupied in playing with me and taking me about. One day she took me with her to see some of her friends, who lived in a very low part of the City, (Baltimore,) and while engaged gossiping she left me to play with the children of the neighbour's, who were swarming all around. They were as depraved, miserable, and vicious perhaps as could be found, and child as I was, being not over four years of age, I could not help thinking their conduct and language very strange. It was new and exciting however, and that was enough to make it interesting, so that in a short time I cast off all restraint and became fully initiated into many of their habits and sayings, which I thought especially excellent, no doubt. Among the rest was one precocious ragamuffin, older than the rest, who undertook to explain to them

various mysterious points in physiology and Parentage, and the uses of certain parts of their bodies, to which my attention had never before been directed. This was done *practically*, there being both girls and boys present, and none having the slightest objection to any kind of exposure, but rather courting it. The revelations which I then heard, given in the grossest manner, and the sights I saw, have never been effaced from my mind, but, young as I was at the time, they are as fresh and vivid now as if it occurred but yesterday.

Among other things we were all of both sexes, taught the habit of *Masturbation*, to the pleasurable feelings from which I was peculiarly liable, owing to my temperament I suppose, and from that time I began to give myself up to the habit. I had command enough of myself to keep it secret, from my parents, because I felt instinctively there was something in it they would condemn, though I knew not why. My attendant knew, and rather encouraged it than otherwise, because it often relieved her of the trouble of attending me. In fact the whole group, at the time of the *initiation*, were surprised, in the very midst of their proceedings, by my nurse and one of her female friends, who seemed to consider it a capital joke, and highly amusing, by the way they laughed about it when describing the scene to their companions. She however frightened me out of telling any one else about it by assuring me I should be severely punished if I did, and besides this I did not want to do so,—it was *my secret*, and in my way I felt quite important about it.

From this time on I continued, more or less, almost constantly, to practice this habit, in various ways, till it became a perfect furor, and at six years of age I have kept awake for hours together, in the night in this way.

The immediate consequences were that I became puny and weak, and irritable in my disposition, to such an extent that I was both wretched myself and a source of constant discomfort to those around me. To add to my misfortune my Parents placed me under the care of a *Physician*, who drugged me, and sent me to the sea side, but all to no purpose, for I did not improve in the slight

est degree. Study I could only pursue at intervals, and in a very *flighty* manner, so that I was behind with my education, and as my memory was bad I fell far behind my schoolmates.

Things continued more or less in this way till I was fourteen years of age, when puberty became established, and I began to form Semen. In consequence of this, I suppose, my Sexual desires and feelings grew stronger, or perhaps I should say they then first became natural, and I indulged more frequently than ever. I have frequently expended the Semen four and five times a day, for several days together, till I became so weak I could scarcely walk, and quite childish in my mind. My friends all thought I was in a Consumption, and none of them ever expected me to live.

From that time till now *I have never grown*, and I am over *twenty-one*! Neither do I seem in any way further *developed*. I am no heavier,—my voice has the same sound, and my Sexual Organs are quite as small as they were at fourteen years of age. In some respects, however I am better than I was, and I attribute it all to this circumstance. I was one day passing down the street and looking into a Bookstore window, I saw your Book on "*The Male Organs*," and from curiosity went in and bought it. The perusal of that book first opened my eyes, and made me begin to think that my weakness and sickness was caused solely by Masturbation. It is true I had partially suspected this before, but the impression was not strong enough to make me leave off the habit. Now however I determined to do so, and by hard striving I partially succeeded.

At times I had felt, for a year or two past, much better, and my mind became a little stronger, and more settled, so that I made up a little for my past deficiency, and began to reflect upon my situation. While in these favorable moods I did pretty well, and conquered my fatal inclinations, but when the mood past off I fell back again.

It was in my seventeenth year when I purchased your Book, and from then till now I have been struggling in this way, and on the whole perhaps I have gained, but

still very little, and latterly I have begun to fear I should never be much otherwise than I am. This fear began to haunt me continually, and I had made up my mind to come to New York to see you when I noticed the Advertisement of your Lectures here, and to my great joy had an opportunity of hearing you. After I left the Lecture room I determined, in the first place, to write to you, and then, if you thought there might *possibly* be anything done for me, I would visit you personally. I am rich enough in this world's goods, having inherited considerable property, and am both able and *willing* to recompence you to any extent you may think requisite, within a reasonable amount. Money I value no more than the dust under my feet, for unless I can be *made a man* I shall not need it, and if I can be, I shall be quite glad to give it to *my saviour*.

I have thus my dear sir, made a sufficient confession, I hope, to enable you to judge of my case, and I trust you will render me your reply as *promptly as possible*, for you may well imagine the agony of suspense in which I am. Excuse my long and rambling Letter, which is, I fear, like my mind, very confused,—and accept the enclosed check as a retaining fee.

“Yours, most truly,

_____”

Upon fully considering this Letter I concluded it was *possible* that the subject of it could be helped, though to what extent was uncertain, and so I informed him. The result was an interview, in which I found him, as his letter described, *half developed, puny, and weak minded*, but still with indications that *originally* he had been possessed of a good constitution. There were also indications that nature was even now endeavoring to recover her lost ground, and some little growth, with occasional increase of mental power, gave *hopes* for the future.

At his earnest request I at once commenced to advise and to treat him, his circumstances fortunately being such that he could live as I choose to direct. In the first place I prescribed such a regular course of diet, daily exercise,

bathing, and friction of the skin, as I thought most likely to promote his general health and bodily growth. With that I also commenced to treat the *Genital Organs*, in the most active manner, feeling assured that their development would stimulate the whole organization, and add to the power of both body and mind.

The *Cougester* was used daily, with shampooing, and my *Aphrodisiac Remedy* was also used, though very carefully. The result began to be obvious in less than *three months*! The *Genital Organs* increased in size and power. The Semen was *secreted* in greater quantity,—and the Sexual desire became strong and natural. The whole body also soon began to develope most obviously, so that his friends made remark of it, and his mind became more *manly* in its tone, and more *steady*, so that he was capable of more continued mental exertion, and soon extended his acquirements considerably. One difficulty however arose which I had foreseen, but could not altogether prevent. His continued practice of *Masturbation* had of course both *weakened* and *irritated* the Genitals, so that when the Semen began to be secreted in greater quantity it could not be retained, and he suffered from *Spermatorrhœa*. To such an extent did this evil prevail, especially in the *urinary* form, (as described in my book on "*the Male Organs*,") that I feared it would counteract all I could do. By degrees however it was overcome, by *Cauterization*, and then the real advance commenced in earnest.

In the course of the next *two years* he seemed almost to *leap forward*, so rapid was his growth, till I feared he would become sickly and weak from it. By good Tonic treatment however, and constant care, this danger was avoided, and he continued to advance, so that in his *twenty fifth* year he was fully up to the average standard of young men of that age, in size, weight and strength. His *mind* was also quite active, and of good ordinary capacity, though not capable of very powerful or long continued efforts. No one who had known him formerly ever supposed it possible for him to become what he was, and he himself felt so elated that he entirely overlooked the

actual deficiencies which still existed, and thought himself perfect enough.

His greatest pleasure was in writing regularly to me, and constantly noting the different stages of his advancement, and speculating as to the future. I never knew a patient more gratified or more grateful. In one of his Letters he remarks, "such as I now am you have made me, for without your assistance and advice I certainly should not have now been in existence!"

The *Sexual* powers of this young man became quite good, though irregular in their manifestation, and he was fully capable of the duties of Married Life, but not so frequently as in the generality of persons at his age.

On this case I shall make but few comments, because it tells its own tale, in most respects, and the instruction it conveys must be obvious. The principal facts indicated by it are the *arrest of development*, caused by the loss of nervous power, from sexual abuse, and the recommencement of growth when the sexual power became restored. If the Sexual Organs had not grown, and become active, *no other development* would have occurred to any useful extent, and if their weakness and irritability had not been overcome he would soon have died from *Spermatorrhæa*.

It was also fortunate that proper attention was bestowed *in time*, before the period when growth is possible had passed. In several such instances I have been consulted *too late*, when that time had gone by, that is for the body generally, though the *Sexual Organs* may often be much perfected until nearly the *thirtieth year*, and of course the *energy* of the system,—especially of the *mind*,—along with them.

The *Moral Lessons* which such a case conveys, particularly respecting the patient's *childhood*, must, I think, be clear to all, and do not need special remark. There are more children exposed to *similar* evils than is usually supposed.

Unfortunately this individual was *killed*, in one of those *steamboat accidents* which are unfortunately so frequent out West, or he would now have been a remarkable instance of what proper Medical and Hygienic means can accom-

plish, even in the most unpromising cases. when employed on correct Physiological principles.

Similar cases to the above I often have communicated to me, not only by Males but also by *Females*, many of whom are taught such practices by their domestics, or at school.

In one such instance the patient was perhaps the most wretched victim of alternate excitement and depression of the Nervous System ever seen. At times she was subject to fits of almost frenzied agitation, and was so restless, both bodily and mentally, that she could not sit down, nor sleep, nor speak on the same subject two minutes together. At other times she would be perfectly listless, and almost as if suffering from Congestion of the Brain. Indifferent to all about her, powerless and torpid she seemed altogether too low ever to rally again.

All that could be ascertained about the origin of her suffering was that she had been taught the practice of Masturbation by a female domestic when about ten years old. She had never Menstruated, though nineteen years of age when I saw her, and she had many peculiar imperfections in her organization. The Pelvis, and internal Organs were unusually small, while the external Genitals were remarkably large, and singularly irritable. Her head was also small, and her muscular system lax.

The case was interpreted easily enough by these signs. Her *development* was imperfect and irregular, from the nervous excitement and exhaustion she had undergone just previous to puberty, from the habit that had been taught her.

Every means was tried to lessen the irritation of her system, and to perfect her development, but all failed. She died before her twentieth year, almost a maniac.

CASES SHOWING THE USE OF THE MICROSCOPE,

IN DETECTING THE ABSCENCE OF THE SEMINAL ANIMALCULES

THOSE who have read my Marriage Guide will be aware that the Semen can impregnate only when it contains living and perfect Animalcules, and that many men may be able to have connection, and even appear Vigorous, in whose Semen there are no perfect living Animalcules. Such men of course can never become Fathers, though they may be totally unaware of their imperfection, and always ascribe the fault to the female.

This state of things can only be detected by microscopical examination of the Semen, which in the course of my practice I am often called upon to make, frequently with very unexpected and curious results.

Some years ago I was waited upon by a married couple, of high standing in society, to get my advice in regard to their being childless. They had been married nine years, both were young, and apparently perfectly healthy. The Gentleman informed me that, independent of the gratification to their own feelings, which were intense for offspring, it was of the utmost importance they should have a child on other accounts. It seems a large property was so left that their child would inherit it, if they had one, or themselves as its heirs even if it died, while if they died childless it would go to a distant connection of the family, who was already enormously rich, and a very undeserving personage into the bargain.

Here there was both happiness and wealth at stake and I was requested to do or suggest everything in my power.

The parties were fully communicative, and disposed to hear anything, or to discuss anything that I thought necessary. The result was that I became fully convinced the Lady was in no way whatever imperfect, but fully capable of Conception, and consequently the fault was with the Husband! On stating this to him he was amazed, and

quite incredulous, for, said he, how am I wrong? I enjoy the same feelings, and the same powers as other men, and have even a copious Seminal Secretion. I then explained to him in what I thought the difficulty consisted, and a Microscopical examination of the Semen was at once instituted. My surmise proved to be correct. There were only a few, very imperfect animalcules contained in it, utterly inefficient for the purpose of impregnation. The examination was of course frequently repeated, to make sure that this was the normal condition, and always with the same results.

On the true state of affairs being made obvious to him he became unusually thoughtful, and evidently brooded over the matter most intensely. At last he remarked, in a half abstracted manner, "well, it has always been my strongest desire that Maria, (his wife,) or her children, should inherit this property, and it shall be so,—if possible! So now Doctor *what can be done?*"

I told him at once that I believed the case was hopeless, for the imperfection, in his case, was not the result of weakness, disease, or over indulgence, such as can often be recovered from, but was evidently *constitutional*, and I therefore could hold out no prospect of its removal. He made me the most liberal offers if I could succeed in making him capable, but I told him at once I could not deceive him.

Soon after this they returned to Europe, where the property lay, and I heard no more from them for four years, when one day the Gentleman again called upon me, and after stating that they had been travelling for some time, requested me to call and see his wife, who was somewhat indisposed, and desirous of seeing me. On enquiring after his health I found him just about the same as usual, only much stouter, as is often the case with such constitutions on approaching forty years of age. He was unusually cheerful however, and on leaving remarked, in a matter of course way, and with an evident effort to be unconcerned,—“by the bye Dr. *our little one* is not very well either and I shall be much obliged if you will pay

particular attention to him, for you know how much depends on his life ! ”

The announcement took me quite by surprise, and he probably saw by my look that it did so, for he at once apologized for not having told me of their good fortune before, knowing how I should be interested in it. But, said he, it is now three years old nearly, and I forgot that you had not been informed of the happy event. I of course made no remark, but paid my visit, and found the mother and child only a little inconvenienced by the journey, and change of air. In a short time they were quite well again.

A happier couple I have seldom seen than they were. The child was adored by both, and fortunately seemed likely to live to reward them for their care and affection.

There was however a little awkwardness and restraint in their manner to me, and an evident avoidance of the subject of our first conference. Only on one occasion, just on the eve of his departure for Canada, did he allude to it. He then remarked, “ Doctor, could any one else find out what you told me four years ago ? ” No sir, said I, only by the same means, and there are perhaps not two other men in the world who would think of using them. “ Oh well,” said he, “ I am glad of that, though its of no consequence now, because matters have turned out right at last you see, and Maria’s property will not go to those who had no right to it.” To this I replied not and he went away. Six months after he died of Apoplexy, quite suddenly, to the great distress of his wife, who was sincerely attached to him. Her grief in fact made her quite sick, and for some time her life was despaired of, but finally she recovered, apparently more from love to her child than from a desire to live on her own account. In fact her whole existence seemed devoted to her son, whom she watched with unremitting care.

One day that it was somewhat indisposed I was called to see it, and found with her an old female friend, one of those who always say whatever comes uppermost, without thinking of consequences. I had just assured the mother that nothing serious was the matter with the child, as

indeed her family Physician had stated just before, when the female friend, an old Lady, remarked that the child had a *thick neck*, and "what a pity it would be if it took *after its Father*, and was Apoplectic!" I could not for bear looking toward the mother, whose eyes met mine, and I saw at once that she detected my after-thought in a moment, when I gravely said I thought there was *no danger!*

Some days after she requested to see me, on the eve of her final departure for Europe. A candid admission was made to me that my first judgment had not been invalidated by what had occurred. Suffice it to say, the Husband had determined, with her concurrence, that *her* child at least should inherit the coveted wealth, even if one of *theirs* could not,—and hence what had followed. They had thought I might imagine a change had occurred in him, and that matters were perfectly natural, which was the reason why our first consultation was never referred to. The old Lady's remark however, and my manner of replying, showed the mother that I was not deceived, and hence the confession. Of course it was no concern of mine, and I could only assure the mother that the secret was perfectly safe. He had been, I fully believe, almost as happy as if really a parent.

On another occasion I had for a patient a married Gentleman, but Childless, who had unfortunately got entangled with an intriguing Mistress, who was perpetually extorting money from him. Being rich however, this was not of serious moment, but at last the Lady became Pregnant, and in due time was safely delivered of a son. My Patient was now informed that he must make ample provision for this new comer, and for its mother, for Life, or some very disagreeable disclosures should be made. I was not aware of this event till the child was ten months old. The Gentleman then mentioned it to me to explain the great embarrassment and trouble under which he labored, and which was acting very prejudicially upon his

health. I was then treating him for *Spermatorrhoea*, which had begun to weaken his powers and to affect his mind. My Microscopical examination had shown me that he was naturally imperfect, like the Gentleman in the previous case, and I at once saw that he could not be the Father of the young stranger. He however had no idea of this, and was really desirous of settling upon it a handsome annuity, but some unexpected embarrassments had made it difficult for him then to do so. Being my Patient I considered it my duty to tell him the truth, to prevent his being imposed upon. He was both astonished and indignant on learning this unexpected fact, and would at once have had a final, and not very friendly interview with the Lady, but the fear of consequences deterred him.

Now here was a terrible state of embarrassment for a man, with no apparent means of getting clear. He must either be plundered and imposed upon to maintain the offspring of another man, or he must be disgraced, and his domestic happiness destroyed, by a disclosure of his own improper doings. What was to be done? In his despair he was almost driven to suicide, but by degrees his mind was calmed, and I induced him to consider his predicament in a proper manner, with a view to his extrication.

After consideration I told him I thought I saw a means which might be successful, and though not called upon to do anything of the sort, as a Medical man, yet out of consideration for an old and liberal patient, I consented to try. At my suggestion the Lady was induced to visit me, as a patient, she being a little indisposed. I saw at once that she was a designing *intriguante*, but evidently not overburdened with information, and readily impressed by a confident manner of speaking.

After attending with all due consideration to her own case, the conversation was gradually turned towards the Gentleman her friend, who I remarked was one of those peculiar beings, that Medical men like myself occasionally met with, whose *bodily imperfections* would never be suspected! This piqued her curiosity, as I intended it to do, and led her to inquire more closely what kind of imperfections I alluded to? The matter being thus entered

upon I at once told her, in an off hand manner, that it was impossible for him *ever to be a Father*! The announcement seemed to come upon her like a clap of thunder, and for some time she remained silent. Finally however, putting on a show of offended dignity, she remarked that perhaps I was not aware of the relation in which the Gentleman and herself stood? Excuse me madam, said I, but I am aware of your *liaison* perfectly well. Oh! said she, that is not what I mean, you do not know then, it seems, that he is the Father of my son, now ten month's old? No madam, said I. Nor can such be the case;—it is an *utter impossibility*!

This assertion brought on a perfect *scene* of rage and assumed grief at being *suspected*, but finally the tempest cooled down and she began to talk more coolly. I told her that I had no wish to give offence, and was entirely ignorant that my friend was accused of being the parent till just now, and that in all probability she was deceived herself. Finally she seemed to change her tactics, doubtless from a consciousness of being in the wrong, and at last asked me, with evident interest, if the peculiar imperfection which I spoke of in the Gentleman could be *proved*? I assured her it could be, and that if called upon in evidence I could readily prove it, beyond a doubt. This evidently put her completely to a nonpluss, and she went off, quite crest fallen.

At my suggestion the Gentleman entirely discontinued his visits to her, and treated her in quite a cool manner, as if he no longer had any fear. This created a disposition on her part to come to terms, and by the agency of a legal friend, who visited her for the purpose, and hinted something about a possible prosecution for attempted *imposition*, matters were finally arranged, and for a reasonable consideration she and the child went away, and my friend was relieved from his embarrassments.

On another occasion I had a Patient who died of *Consumption* at the age of twenty eight, leaving a widow, and

a son aged three years. It had been what the French call a marriage *de convenance*, in which there was neither affection nor even respect on either side.

This Gentleman made one of those unjust wills by which his widow had the enjoyment of a handsome income for life, *providing she never married again*. The disposition of considerable property also depended on the life of the child being preserved till he became of age. Now the widow had no desire whatever for another marriage—probably from her experience of the first,—and was quite satisfied with her condition. She almost idolized her child, and devoted every moment to his care.—He was perfectly robust, and no apprehension whatever crossed her mind in regard to his health till in his fifth year. She visited a part of the country where lived the connections of her late husband, with whom she had never been at all acquainted. The marriage had been altogether the work of so called *friends* on both sides, and respecting the family or antecedents of her husband she knew very little previous to their union, and cared nothing about after.

Being now however quite free from all restraint, and in the neighborhood, she naturally sought some further information respecting him that was gone. To her great consternation she learnt that his whole family had always been noted for their tendency to *Consumption*. Very few of them were then left, the majority in every Branch, having died quite young, and not one having been known to live over *twenty-eight* years, which was the age of her husband at his death. It was in fact generally called *the doomed family*, and an old Nurse thoughtlessly remarked, as a matter of course, that little Charley, strong as he looked, would never see his *thirtieth* year, even if he passed childhood. The mother became at once almost frantic with despair. She looked upon her darling boy as doomed also, and thought with horror of the day when he would be taken away from her, perhaps when just bursting into manhood and promise.

I have never seen a woman so entirely possessed by one idea as she was with this. She left the neighborhood at

once where she had learnt this fatal news, and began resolving numerous plans to escape the threatened evil, but with no confidence in any of them. Finally she came to me, to ask my advice as to the probable success of a removal to another part of the Globe. Our consultation was of course confidential and full in every respect, because I feel it necessary to arrive at the true cause of her evident terror and apprehension. I had previously been her medical adviser, as well as her husband's, whom I had also known before his marriage.

Now it so happened that he had consulted me immediately after their marriage, in reference to his Sexual powers, which were rapidly failing, as I discovered, from Urinary Spermatorrhœa. This was arrested and he partially recovered, but only imperfectly. In the course of my Microscopical examinations I discovered that he was then totally impotent, there being but a very few animalcules in his Semen, and all *imperfect*, though he had, to a certain extent, the ordinary Sexual powers.

This fact I had intended to make known to him in order to explain better his real condition, and also why he had no family. To my surprise however he announced to me one day that his wife was *pregnant*! Of course I did not then feel called upon to state what I knew, more especially as the expectation of an heir seemed to give him great pleasure. His health also was evidently failing, and I expected his death from Consumption even before it occurred. This secret therefore was mine alone, and would have been buried with me, but for the present state of affairs. I *knew* that this man was *not* the father of the child whose mother was then suffering from such terrible apprehensions. I felt perfectly assured in making the assertion I afterwards did, and I had no doubt but that my accusation would both be admitted and pardoned, for the sake of the consolation it would bring. I therefore said at once, in the most decided and emphatic manner, that the child was in no danger whatever *from his connection with the family of the late Mr. ———!* The way in which I said this evidently caused both surprise and interested attention, and in a somewhat confused manner she

asked me to explain what I meant? I then remarked, without any comment, and as a matter merely of professional interest, that the boy was perfectly safe from that source, because it was *impossible* Mr. ——— could have been, at that time, his Father!

It is not necessary to attempt a description of the confusion, shame, and pretended anger which at first followed. Suffice it to say all this passed off, and in tearful humility, but with eager earnestness I was asked if this was *beyond doubt*. I assured her it was so, and that her child ran no risk of inheriting the Consumptive fate of her late husband. Of course I could not say what risk he might run from his real *father*, because he was unknown to me.

The peculiar mental condition of this woman, at this time, was one of the most curious perhaps ever known. Consternation at the discovery of what she had no doubt thought past discovery, and shame at thinking I had known it so long, was intermixed with real joy and thankfulness at the escape of her child. I of course assured her that the secret was as safe as if it really rested with her alone, and that to me it had no other interest than a professional one, and would never have been disclosed even to her but under such circumstances.

Immediately afterwards she departed with her child for France, where she intended to bring him up away from all the associations of her own previous life.

On the eve of her departure I received anonymously a handsome present, with these words—"I had never dared, or wished, to think it might be as you said, but now *know* it must have been so, and feel that I ought to make you this acknowledgment."

SOFTENING OF THE BRAIN.

This is a much more frequent disease than most people have any idea of. Medical men are only just beginning

to appreciate its importance, and to be aware of the fearful destruction of intellect and life, which is caused by it. Softening of the Brain is the same disease, essentially, as that called *Spinal Consumption*, of which the old writers tell us so much.

The causes of this justly dreaded disease were till lately unknown, or but vaguely suspected, and a variety of theories were invented to account for it. Lately however, its connection with Sexual derangement, in the majority of cases, has been established conclusively, and to make this clear we must give a little Anatomical and Physiological explanation.

The substance of the Brain, and of the Nervous System generally, is essentially different, both in its structure and composition, from all the other parts of the body, and therefore it requires to be nutrified in a different way, and by different material, from any other part. All the Vital Organs may be perfect, and the Muscular system well developed and supported, owing to their special nutrition being complete, and yet the Nervous System may be in a state of decay. It is true that decay of the Nervous System is soon followed by decay of all the other parts, but it may commence independently of any imperfection in them, and even while they are as perfect as usual.

The actual material, or substance, of the Nervous System, as elsewhere remarked, is almost identical with that of the *Seminal fluid* in Man, and of the *Ovae* in Woman, and its composition is also very similar.

In all probability the same vital effort which calls forth the Generative Elements also creates, at the same time, the Nervous substance. Whenever therefore the production, or nutrition, of the one is imperfect, so is that of the other. There is therefore not only a close sympathy, but a real coincidence of origin, and mutual dependence of existence between these two most mysterious portions of our being. The Brain and the Sexual Apparatus are placed at the opposite extremities of the body, like the two poles of a Galvanic Pile, each being connected with the Spinal marrow, which unite them. When one of these Poles is overcharged with vital power, the other is

undercharged, and when one is exhausted the other is soon in the same condition.*

This explains at once why excessive mental exertion is often followed by Sexual impotence, and why, on the contrary, Sexual abuse so frequently destroys the intellect. Softening of the Brain is caused by an actual deficiency of some of the substances composing it, and these substances are precisely those that are carried off by the Seminal discharge. When a man expends too much Semen therefore he does the same thing as if he really destroyed a portion of his brain, because he takes away that which is necessary to nutrify it. Nature will not produce enough of these substances to make Brain and to allow of licentious indulgence at the same time. In this way arises softening, or chronic decay of the Brain, a disease which may be very slow in its progress, but every step of which weakens the intellect more and more, and which eventually causes either death or idiocy.

It is not wilful Licentiousness alone however which leads to softening of the Brain, but more frequently it arises from Urinary Spermatorrhœa, or loss of Semen in the urine. This is a most destructive and insidious disease, but little known to Medical men, and almost totally unsuspected by the people at large, numbers of whom are its daily victims. The first, and only full account of this disease, in the English Language, was given in Dr. Hollick's Treatise on "The Male Generative Organs," to which the reader is referred for fuller particulars.

In treating softening of the Brain, or the Sexual difficulties from which it arises, it will readily be seen that quite a different course is required from that which is pursued in other diseases. It is not only necessary to arrest the Nervous decay, and Seminal loss, but also to supply such substances as will make more new brain, or new Generative elements, and this none of the ordinary Medicaments will do. There are but few things in fact that are suitable for this purpose, and it requires an accurate knowledge of their real properties, and of the true Chemical composition of the Nervous and Seminal matters, to know

* See Frontispiece.

how to properly combine and apply them. The ordinary *Cordials*, and *Invigorators*, are mere excitants, or stimulants as elsewhere explained, and only excite for a time the little Nervous or Generative matter that is left, but do not stop its decay, nor cause a new production of it.

The effects of softening of the Brain are worse even than those which follow from Urinary loss of Semen, because they affect more generally, and quickly, the whole system. It is also a more hopeless disease than *Spermatorrhœa*, unless taken very early. Its extent cannot always be judged of however by the apparent effects, as some patients will suffer much from the first, while the Disease is but slight, and others will hold up for a considerable time against it till they give way all at once.

The condition of a person suffering from Softening of the Brain is, in the main, much like that of one suffering from confirmed *Spermatorrhœa*, and it requires careful Microscopical examinations to tell which of the two troubles is being experienced, or if both exist together. Usually however there is more *mental imbecility* in Softening of the Brain, with a greater *change of character*. The patient *feels that his mind is passing away*. He *cannot think clearly*, and has a sensation as if his head were really empty, and as if he would like every moment to close his eyes and *go off!* There is no possibility of *rousing* a man in this state, nor of doing him good in any way, till the waste of the Brain is arrested and the process of renovation recommences.

Many patients remark, after their recovery, that they used literally to *lose themselves*, and forget *who and where* they were. One Gentleman assured me that on waking in the morning he would frequently be half an hour or more before he could make out who he was, and what he should do. It would partly come in his mind and then go out again, till he got some *stimulant*, and then, for a time, he would gradually come round. The fact was that his ideas were previously only *half formed*, and imperfect, owing to the imperfect condition of his Brain. He could no more *think* perfectly than a man can labour hard who has weakened muscles.

NERVOUSNESS.

It is scarcely necessary to remark that Nervousness is very general, and spoken of as something which all people are supposed to be acquainted with, but still it is something which no one can describe or define. The term *Nervous* is applied to such a variety of bodily and mental derangements, combined so differently in different people, that it is scarcely possible to find two nervous people whose experience is the same. This however need not surprise us when we reflect upon the functions of the nervous system, and its associations with every part of the organization. Itself the source of all organic power, upon which every part depends, and by which alone the whole is maintained in action, it cannot experience the slightest derangement without affecting all that is dependant upon it. If the integrity of the Brain and Spinal Marrow be impaired, we not only experience mental imbecility, or moral perversity, but derangement of the Vital organs also, though in their *structure* they may be apparently as perfect as we could wish.

Even a slight affection of the great Nervous centres causes *sympathetic* derangement of everything else, which is the reason why *nervous people* suffer from such a complication of symptoms, without perhaps having a single organic disease they suffer the peculiar effects of almost every disease known. Once correct the vitiated condition of the Nervous System in these cases, and all the symptoms vanish at once, so that the patient passes in a single day almost, from the extremest misery to well being and happiness. Uninformed people either ridicule such cases, or else attribute them to mere deception or wilfulness, but those who know their nature look upon them as among the most interesting that can be met with, and eminently deserving of true sympathy.

A deranged condition of the Nervous system arises either from actual decay or change, in the Nervous matter itself, as in *Softening of the Brain*, or else from sympa-

thetic irritation, as in various derangements of the Sexual Organs. In fact the nervous system becomes deranged through the influence of other parts in nearly every instance, and seldom suffers from any disease originating within itself. In the majority of cases *Sexual* derangement precedes, or accompanies *nervous* derangement, and must be corrected before the Nervousness can be overcome.

In Nervous *females* the Womb, or Ovaries are affected, and in Nervous *men* the Testes or Prostate Gland, almost invariably, and to those who are acquainted with the Physiology and connections of these different parts of our organization, this mutual action and reaction will be no mystery. Those who have not yet become acquainted with these matters are referred for a full explanation, to the *Marriage Guide*.

The great misfortune for Nervous people is, that they are seldom treated for the disease under which they really labor, but only for the *secondary* derangements to which it has given rise. The *effects* only being observed, while the *cause* remains unnoticed. This is owing to the general inattention, among medical men, of all matters relating to Sexual Physiology and sympathy. Now for instance, a female will have chronic irritation of the Womb, or Ovaries, giving rise to the most curious train of nervous derangements and symptoms, and will be treated with the utmost skill as a *Nervous Patient*, without the slightest benefit, but once remove the Ovarian or Uterine irritation and the *Nervousness* ceases at once. Numbers of men also lose their judgment, and memory, and become wretched to the last degree, from Urinary loss of Semen, which must be stopped before any assistance can be rendered to them.

Severe Sexual derangement will even cause actual *wasting* of the nervous substance, as before experienced, and on the other hand any serious disease, or exhaustion, of the nervous system, reacts upon the Sexual organs and deranges them. In the *great majority of cases* however the Generative Organs are the first to become impaired and the Nervous system follows, in both sexes.

This intimate mutual relation of the Nervous and Sexual systems will be made more evident by an inspection of the Frontispiece Plate of the "*Nervous and Sexual Centres.*"

The Brain is composed of two perfectly distinct halves, either of which may act, or become diseased, without the concurrence of the other,—the same as either Testicle or Ovary may act perfectly, or become diseased, independently of any action, or affection of the other.

The *Testicles* in the Male, and the *Ovaries* in the Females, are precisely similar, both in their organic functions and in their sympathetic relations. In fact they are identical, in every respect, in the earlier stages of development. The Testicles are merely more fully developed Ovaries, in the same way that all the Organs of the Male Generative system are merely more perfect developments of corresponding parts in the female.

The two Sexual Centres, and the two Nervous Centres, stand to each other in the relation of *Electric Poles*, being Positive and Negative reciprocally. If an undue amount of power be concentrated, or expended, in a Sexual Centre, the opposing Nervous Centre must be proportionably deficient in power, and on the contrary if the Nervous Centre be over excited the opposing Sexual Centre must become torpid.

This will make the true nature of all cases of Sexual or Nervous derangement evident, and will also show the reason why all past treatment of them has been so useless. Dr. Hollick has found out, from his experience, that all the old ideas on these subjects were fallacious, and he has been compelled to study out the true explanation of them from actual observation and experiments. These views therefore are entirely new, and are now for the first time laid before the public. In a short time they will be more fully elucidated in a work which Dr. H. is now writing exclusively upon the Nervous system.

PERFECT RECOVERY FROM IMPOTENCE,

BROUGHT ON BY EXCESSES.

IN this case we have an example of a very large class of persons naturally of *powerful Sexual Organizations*, capable, in the first vigor of virile power, of the most continuous and exalted enjoyment, but, *from ignorance alone*, becoming *dispirited, debilitated, and impotent*. It also shows that, in even the worst of such cases, it is generally possible, *by the use of proper remedies*, to recover most of what had been lost, and to *rejuvenate* the Sexual Organs after their functions are thought to be entirely extinct.

The individual living at a distance communicated with me by the following Letter.

— — —
TO DR. HOLLICK,

New York City, N. Y.

"MY DEAR SIR,

A fortunate chance having thrown in my way your invaluable and unique Book on "The Male Generative Organs," I have determined to address you in regard to my case, feeling fully assured that if any mortal man can assist me it is you.

Not to lose time, or to occupy you unnecessarily, I will make my statement as brief as possible.

I was born in affluent circumstances, well brought up, and well educated; and at twenty-one years of age found myself the uncontrolled master of quite a respectable income, and in the enjoyment of a large circle of friends and acquaintances. I had never been much addicted to the usual vice of young people, *Masturbation*, though constantly in the midst of it; neither had I ever been intemperate, and at twenty-one I was healthy, full of animal spirits, and capable of the most perfect physical enjoyment. About my eighteenth year my Sexual desires became very strong, but my position, and prudential consid-

erations, prevented me from running into excesses. Besides this I looked forward to my majority as a time when I could indulge as I should wish, without any control, and thus repay myself for past restraint.

Had it not been for my Guardian I should have married as soon as I was of age, and had I done so it would have saved me incredible suffering, and a broken down constitution. He however dissuaded me from it from *pecuniary* motives, and ignorantly sacrificed my health and happiness to filthy lucre.

I formed several attachments of an illicit character, and being led away by my powerful Sexual propensities, I indulged to excess. How much I need not perhaps specify, but suffice it to say that till my twenty-fifth year it was almost my sole occupation, and till that period I felt no diminution of power, but soon afterwards my *appetite* for these indulgences began to lessen, and by degrees my *powers* also. I had neither desire nor capability so often as before, and frequently for a considerable period would be totally indifferent. This falling off in my Sexual powers was also followed by a lassitude and debility, both bodily and mental, which unfitted me for any active exertion whatever. I became dull, listless, peevish or morose, my appetite failed me, and all the symptoms of confirmed dyspepsia set in. My condition in fact became so bad that I consulted a Physician, but only about my general health, for I dared not then speak on other matters. He gave me directions as to my diet, and directed some Tonics, with cold bathing. These did me some good, for a time, but I rapidly fell off again, and became worse than before, especially *Sexually*. In fact I was nearly Impotent, and in my despair I resorted to many of the *Cordials* and *Antidotes* which I saw advertised, in the hopes that they would restore me. Some of them did stimulate me for a time, and I began to hope I was going to recover, but alas it was soon over, and I felt that I was worse than before, and that my general health had also been much injured by these remedies. I then gave up all hope nearly, and came to the melancholy conclusion that I must drag out a short lived miserable existence in the best way I

could. This has continued till now, my twenty-ninth year, when a gleam of hope has been awakened by perusing your book.

Now Doctor I want you to deal candidly and honestly with me, and tell me plainly if a person in my situation has *any prospect* of recovery? I don't wish to be deceived, and would rather know the worst at once.

I will tell you plainly I am as nearly Impotent as man can be, not being capable of Sexual communion more than once in two or three months, and that in the most imperfect manner, with no enjoyment, and scarcely with any Seminal flow at all. My Organs are wasted, and my desires for the other sex are almost extinct—in fact I am becoming a *woman hater*! Of my state of mind I can scarcely trust myself to speak. Doctor, I am perhaps the most utterly wretched being that lives! I sit and mope for hours together, with the most gloomy images crowding upon me, and black despair hovering over all. Fearful apprehensions constantly haunt me of some impending evil, and I distrust every one who comes near me. This I know is wrong; but *I cannot help it*! A dark cloud seems constantly weighing upon me, and casting a gloom on all my thoughts. Reason I cannot, for my judgment and memory are nearly gone, and my mind is not under my control.

Of my bodily sufferings I will not now speak, though they are severe enough I can assure you. Suffice it to say here that my system is thoroughly debilitated and run down, and that scarcely a single function is perfectly performed.

Doctor, I am a mere *wreck*, and I fear too much broken and shattered to be ever repaired. Perhaps I am only showing my imbecility by indulging even a hope, but I could not resist the impulse to address you. Had I read your book, Doctor, when I was twenty-one, oh what might I not have been. It maddens me to think how terribly I have paid for my ignorance. But I must now stop. I have written this, Doctor, under the influence of stimulants, I confess it to my further shame, but I could not have made the effort without. The effect of the stimulant

is now passing away, and oh the sinking which I feel coming on is horrible to think of,—but it is done, I have written to you, Doctor, and earnestly pray you will speedily reply. Tell me if it be *possible* for me to be *helped*, I will not dare to say *recovered*, and if you will take me under your care. The expectation of your answer will somewhat buoy me up till I hear from you,—but what that answer may do I dare not even imagine. Write soon Doctor, and let me know my doom.

Yours, despairingly,

On receipt of this Letter I at once wrote for him to come to see me, as I considered a personal interview desirable. On his arrival I certainly found as unpromising a case as could be well imagined, but still I did not despair, and without making any definite promise I agreed to advise him.

In conjunction with appropriate general treatment, I commenced giving him the Aphrodisiac Remedy, and carefully watched the result.

In a short time it became evident that he was recovering, and I gave him leave to return home, having first arranged to correspond with him regularly, and supply him with the Medicine.

In *six months* he was so much restored that no further treatment seemed called for, and I requested him to send me a full account of his condition at that time, to put on record, as a contrast to his first statement. The following is what I received :

TO DR. HOLLICK, *New York.*

“MY DEAR SIR,

“According to your request I send you a report of my present situation, as I feel I ought to do, if it will be either useful or interesting, for there is nothing, it seems to me, which I can do for you but what gratitude calls on me to do. I merely request that if you make use of my

Letter, it will be in such a way that no one who knows me can recognize them.

I am now, my dear sir, I verily believe, *the happiest man living!* I am quite well in health, in every way, my mind is clear, my spirits buoyant, and my strength greater than I have ever known it before! In fact I am quite *gay*, and instead of moping at home, as I used to do, afraid to see any one, and thinking life a burden, I am constantly on foot, whistling, or singing, as I used to do when a boy. My friends wonder what has happened, and can scarcely think it is really me. I dare not tell them the cause of my happy change however, because it would expose the secret of my former misery, and that I could not bear.

The greatest change however is in my *Sexual Organs*, whose functions I had thought lost. I am now *nearly as powerful as ever I was*, and am evidently gaining still, every day. In fact I intend, if you think it proper, to *marry*, which at one time I never dared to look forward to! It is now the dream of my life, and if you give me leave it seems to me there is little else I can ask for. Please be plain on this point, and tell me candidly if I may, and how soon?

That Medicine of yours seems almost magical, and I wonder you do not make it generally known. The good effects of it were manifested on me *the third dose*, and so convinced did I feel of its good effect that I would have given *all I was worth in the world* for sufficient of it, if that had been necessary! You must, if you can, let me have some to keep by me. The cost is no object. I have not taken any for the last two weeks, because I felt powerful enough.

How evident it now is to me, as you explained, that all my other troubles arose from decay and derangement of my Sexual Organs. Immediately they began to improve, and gain strength, I became better in every way, just in the same proportion. How silly the practice now seems of giving tonics and stimulants for the Stomach, or Liver to try and cure them, while the sole cause of all their diseases is left untouched.

In conclusion my dear sir, I am a perfectly *well man*,

and I firmly believe that your advice and medicine would make any one so.

May you enjoy as much happiness as I do. I cannot wish you better,—and may I be able to show myself as grateful to you as I ought and wish to be.

“ Yours, ever truly,

Being satisfied that he might marry with propriety, I gave him leave to do so, and he is now the happy *Father* of two healthy children, and younger by *Ten Years* than when I first saw him!

This case I have been more particular in describing, in detail, because it is a good example of a large class that come under my care, nearly all of whom are equally benefited by the same means.

RESUSCITATION OF THE SEXUAL POWER

IN AN OLD MAN.

THIS individual was aged *sixty-six* when he called on me, and had been for some three or four years almost entirely *Impotent*. In fact he had begun to think that his powers were really gone, from *age*, and he scarcely ever thought of their being in any degree restored. His health was very good, and his years had evidently affected him but little in other ways, which made him sometimes wonder why he should fall off in this respect alone, and disposed him to ask my opinion.

I told him without any hesitation that proper treatment would act favorably upon him, but I could not judge to what extent. He accordingly commenced following my advice, and in three months afterwards sent us the following Letter.

TO DR. HOLLICK,

New York City, N. Y.

"MY DEAR SIR,

"I wish you to send me a fresh supply of the Aphrodisiac Remedy. I still have some, but wish to be sure of not getting short.

In regard to the *effect* of your treatment, it has worked a real miracle! I am almost as young, in one way at least, as I was at *Forty*, and I assure you that were I not prudent I might easily be led into some folly. What surprises me most however is my not suffering in any way from my indulgences. I was somewhat afraid, when my powers were first revived, of using them, for fear it might do me an injury, but incredible as it may appear I feel no ill effects whatever afterwards. In fact I feel less lassitude after Sexual indulgence than I used to do, and it seems as if my organs were really stronger.

To say how much my happiness has been increased, and how much I feel indebted to you, is unnecessary.

"Yours, truly,

—————."

This old man I knew when he was past *seventy-two*, and there was then no indication of decay in his powers. He merely required to take a little of the remedy occasionally, and decay seemed totally arrested. I have known some instances of even older persons being much benefited in a similar manner.

BARRENNESS IN A FEMALE

OF THIRTY-SIX CURED.

In many instances Barrenness is caused simply by a *torpid* condition of the Genital Organs, which prevents

the absorption of the Seminal fluid, as explained in my "*Marriage Guide*." The Lady referred to was an instance of this kind, and the result shows the power of the Aphrodisiac Remedy alone, in such cases. Her husband had obtained some of the remedy from me without saying definitely for what purpose he wished it; the Letter will tell why.

DR. HOLLICK, *New York.*

"DEAR SIR,

"You will recollect probably that I requested you, as a personal favor, to let me have some of your Aphrodisiac Remedy. I will now tell you what I wished it for, and what has resulted from its use.

I had been married nearly Twelve years, and with no prospects of being blessed as a Father, when I read your book, "*The Marriage Guide*." The perusal of that work led me to think that our childless condition was owing to my Lady's extreme *indifference*, she having always been perfectly cold in her temperament, and I thought possibly your remedy might change this, and cause her to conceive. I accordingly procured some from you and she agreed to take it.

The effect has been as surprising as satisfactory. I need only say that she is *entirely changed in her temperament*, and is now, our Doctor tells us, *five month's Pregnant*, for the first time!

If any one had told me before this that any remedy could effect such a change I should have laughed at them, but such is the fact, and I inform you of it because I know it will both interest and please you, and because I think you are justly entitled to know what your remedy has done. I advise all my childless friends to read your "*Marriage Guide*."

"Yours truly,

GREAT LOSS OF SEXUAL POWER,

AND SEVERE NERVOUS DERANGEMENT, IN A MERCHANT,
CURED.

This Gentleman, like a great many more of his class, had completely exhausted his nervous power by intense application to business. He had *made* his fortune and *lost* his health. The following is a part of the incoherent Letter he first addressed me.

TO DR. HOLLICK, *New York.*

"MY DEAR SIR,

"WILL you be so kind as to tell me at once, if you can do me any good? I am a Merchant, age forty-one. Good constitution naturally, fully grown, and formerly of excellent health.

About seven years ago I began my present business, which required me to exert all my energies, and to apply myself unremittingly. For the first two or three years I held out well, but gradually my energy began to fail, my digestion, became disordered, and I felt miserably weak, low spirited, and dejected. In fact I became a perfect hypo, and had I not been blessed with a good and trustworthy agent my business must have utterly failed, for I could not, during half my time, pay proper attention to it.

I found it utterly impossible to apply myself regularly or to stick to anything,—my mind wandered away in spite of me, and the smallest forcing of attention to anything threw me into utter confusion.

For the last two years this has been much worse, and now I have many bodily ailments too. I cannot sleep well, and wake in the morning with difficulty, and feeling as if

I had been intoxicated the night before, which I never am.

Besides all this I find myself *Sexually Impotent*. My powers have been getting less for the past three years, and are now almost extinct. In fact I have a repugance to the association, and am utterly incapable either of giving or of receiving enjoyment.

Doctor, I cannot say more,—this has required great effort, and I feel weary. Your experience will probably show you exactly how I am, in all that is not here told. Try what you can do for a wretched debilitated man, to whom money is no more than the dirt under his feet if he can but get well. Tell me at once if you can help me.

“Yours, &c.

I made no hesitation in promising this Gentleman that he could be helped, providing he could fully relax from his business. This he did effectually, by selling out, and investing his money.

He commenced at once using the Aphrodisiac Remedy, and observing proper rules of *regimen* and *diet* which I gave him. In two months he was a new man, and by the fourth month he wrote me a Letter from the country, of which the following is an abstract.

* * * “Doctor, I don’t need you any longer now, nor do I think I ever shall again, if you will only let me always have some of that Medicine by me. Don’t think this ungenerous. I mean it to be *complimentary*. From the very first dose I *felt* it would cure me. It seemed to *satisfy* as it were, my nervous system, like food does a *hungry stomach*. All my anxiety and apprehension left me, I felt calm, cheerful, able to apply myself, and disposed to be active. My mind cleared up as if the sun had suddenly broke in upon it, and I began to digest so heartily that I gained flesh rapidly.

My *Sexual powers* also are *fully restored*! I need say no more on this point, except to assure you that you

caution as to being *temperate* shall be faithfully observed, though I am free to confess *it requires an effort now!*

How many of my brother business men lose their health and powers in the way I did,—but how few of them are so fortunate as I have been in restoration. Doctor, you must try to announce that remedy publicly. Why, my dear sir, it would save many a man from ruin, and not a few from insanity and suicide, to say nothing of mere suffering and imbecility. So far I have said nothing about it, as you requested, though I have often been sorely tempted to do so when seeing an old friend suffering, and hearing him demand—‘*what makes you look so well?*’

Please accept the enclosed in addition to your account. I can never repay you, for I verily believe had I not met with you I should not now have been alive.”

* * *

NOTE.—I do not wish it to be supposed that a similar result would follow in *all* apparently similar cases, by simply following the same course. In many instances there are other matters to be attended to, and other derangements to be corrected, before the remedy can act. This was a case of simple Seminal and Nervous exhaustion, uncomplicated.

CURE OF SEXUAL IMPOTENCE

AND INDIFFERENCE, IN CUBA.

SOME two years ago a Gentleman from Cuba called upon me to see if I could render him any assistance. He was only thirty-five years old, but *quite Impotent*, and altogether indifferent to the other sex. He had been *originally* of an unusually warm temperament, and had indulged

to excess till his powers became so exhausted that he could do so no longer. His general health had held out pretty well, though latterly it had begun to fail, and he suffered from severe attacks of nervous depression.

His desire for a restoration of his Sexual powers was so great that nothing seemed too dear to pay for it,—indeed he assured me he would not care to *live* as he was. Unfortunately before I saw him he had injured himself by taking a stimulating *Cordial*, which he saw advertised and I had in the first place to overcome the ill effects of that. I then commenced treating him, and in less than a month he experienced such evident indications of restoration that he arranged to return home, taking sufficient of the Aphrodisiac Remedy with him to perfect the cure.

He also begged me to let him have a little besides to try the effect alone, on some of his companions, who were like he had been. The following Letter shows the result.

TO DR. HOLLICK, *New York.*

“DEAR DOCTOR,

“I send this by the Brig ——— just to say that I am now as good as ever, and am too busy *enjoying myself* to write much. You know I have much *lost time* to make up for.

The medicine I brought here, except what I wanted for myself, I gave to several Gentlemen about here whom I knew to be in want of it, and it has been *fully successful in every case!*

This has made a most extraordinary sensation about here, and I am almost worried to death by others. In fact I have often regretted giving any away, and to save me in future you must really send some more. I could sell any amount for you, if you wish to sell it. Some of *my patients* have been known hereabouts as perfect *Impotents* for many years, and their *resurrection* is regarded as little less than a miracle. Some of their unexpected gal

antries are most amusing, but I am afraid that in the exuberance of our new born strength we shall be apt to need your services again. It is hard to *restrain* ones-self when all seems to prompt to indulgence, in spite of your caution. To give you an idea of how I am now, I will give you an account of one of my Adventures.

* * *

REMARKABLE CURE OF IMPOTENCE

AT NEW ORLEANS CURED.

THIS Patient, like numerous other high spirited and impetuous young Southerners, had thoughtlessly delivered himself to unrestrained Sexual indulgences, till he had become completely exhausted and powerless. In this predicament he was strongly urged by his friends to marry, as a most advantageous opportunity of doing so presented itself, and they knew no reason why he should not. He was also extremely desirous of forming the Union, the young Lady and he having become ardently attached to each other, but alas his condition forbade it. He thus wrote to me, in describing his case.

* * * * "Sexual Union is scarcely possible at all. At times I have imperfect indications of power, but they never come when I will them, and they disappear in spite of all my efforts to perpetuate them. Oh! how mortified I have been at my vain attempts with females lately, and how wretched I have felt at the thoughts that it must always be so. Doctor, I cannot live in this way,—I don't care to do so. And then in regard to this proposed marriage, what can I do, what can I say, how can I possibly excuse myself? Oh Doctor, this is misery indeed,—help me and name your own reward."

* * *

After being treated for *six weeks* he felt so far restored as to arrange for his marriage, and in *three months* from the time of his first consulting me that event took place. He then wrote to me another Letter, from which I extract the following.

* * * * "All my fears are dissipated, I have no apprehensions as to the future, and feel myself in *every way* as capable as I could desire, and much more so than I deserve to be perhaps. No *failures* have occurred, nor have I any reason to dread them in future. In fact it is rather *restraint* that I need now! Doctor, what is that you gave me? By Jove its effects are scarcely credible, and I certainly should be skeptical about them had I not experienced them in my own person. But for that, I should now have either been dead or a poor miserable wretch, instead of the healthy happy *husband* I am. There are thousands in this part of the country who need such a remedy, and who would give their own weight in Gold for it."

* * *

CURIOUS CASE OF LOSS OF SEXUAL POWER

IN A MARRIED MAN, CURED.

THIS was one of those curious cases occasionally met with, in which the Sexual power suddenly fails a man without any previous warning, and from no very obvious cause.

The individual was forty years of age, had been married fifteen years, and had four children. His health was good, his habits regular, and his Sexual powers naturally quite strong. He had never been addicted to Sexual excesses at any period of life, and had never felt symptoms of decay come on.

All at once he found himself quite indifferent to the

caresses of his partner, and quite incapable of Sexual association. To use his own expression "the parts seemed dead, and utterly refused to perform their office." His alarm and mortification at this unexpected occurrence may be conceived, and the most gloomy apprehensions took possession of his mind. He not only thought that his Sexual powers were totally and unaccountably gone, but he also feared that it was only the beginning of complete bodily decay, and visions of premature old age and death loomed fearfully before him. Matters were also made much worse by the fact of his partner being naturally of a warm temperament, and of course chagrined at his impotent condition. Under such circumstances unpleasant surmises arose in her mind as to the *cause* of his indifference, which he was unable to dispel, and thus both were made wretched.

In this condition he sought me, and I commenced the investigation of his case. From his statement however I could discover no very obvious cause for his sudden deficiency, and therefore concluded that it arose from want of sufficient *Seminal and Nervous Nutrition*, brought about by some unusual combination of circumstances. The Aphrodisiac Remedy was therefore given to him, with proper general advice, and with full confidence, on my part, as to the result, though he felt sorrowfully dubious.

After the third day he felt *certain* that his powers were returning, and in two weeks, to use his own remark he was "*a man again!*" It is now several years since this occurrence, and he still retains his usual vigor, though occasionally requiring a few doses of the Remedy, as he says, to keep him *on the right*.

But for proper treatment he would have remained perfectly impotent, and his general health would soon have decayed also.

A CASE OF INVOLUNTARY, AND INSTANTANEOUS SEMINAL EMISSION,

WHICH HAD ALWAYS EXISTED, FULLY CURED.

THIS individual was a perfect Type of thousands of men that are daily to be met with. In his youth he had been much addicted to *Masturbation*, and in consequence his Sexual Organs, and Sensibilities, were so preternaturally irritable that Sexual union was utterly impossible. He had a plentiful *seminal secretion*, but the slightest attempt at connection, or even thinking about it at times, brought on *immediate emission*, so that he was in reality powerless, and had always been so. He had taken I believe every *Cordial* and *Tonic* that was advertised, but all to no purpose, and scarcely a hope of relief seemed left.

By some accident he fell in with the "*Marriage Guide*," and that induced him to seek me.

The first thing I did was to *Cauterize* him, as explained in my book on "*The Male Organs*," and that at once stopped the *involuntary* emissions, but still any attempt at connection brought them on *too soon*, so that the act could not be consummated. For this trouble I gave him the Aphrodisiac Remedy, to *Nutlify* and *Tone* the parts, and improve the *quality of the Seminal fluid*.

The most perfect success followed this course, and in a short time his powers of *retention* were perfect, so that he married, and is now a father.

This trouble, of *too quick emission*, is very common, and is both annoying and hurtful, for it is sure eventually to bring on involuntary emission. I have never known a case that was not cured in this way.



HABITUAL AND SUDDEN CESSATION OF SEXUAL POWER, CURED.

THIS case was very curious, though not uncommon, in certain degrees. The patient was as vigorous, and health

exactly, as any man, and *when alone*, his *feelings*, and *desires*, and the *development of his Organs*, were perfect, but always on attempting connection he became *powerless*, and without seminal loss! *Afterwards* he would become as perfect as he was before, but never could remain so *at the proper time*.

After taking the Aphrodisiac Remedy for *six weeks*, with general treatment, his condition improved so much that for the *first time* in his life his powers were *fully manifested*. The trouble however had existed so long, and had become so fully established, that he is compelled even now, to use a little of the remedy at times.

Many men are troubled in this way, more or less, and I believe all may be completely relieved, unless too far advanced in life.

DISTRESSING CASE OF INABILITY AT THE

TIME OF MARRIAGE, CURED.

In this instance a young man found himself, at the time of his marriage, perfectly impotent from inability to retain the Seminal fluid,—the emission occurring always on the instant of his making an attempt. His shame and despair may be imagined, and I verily believe that nothing saved him from committing *suicide* but the fact that he had read my book on the *Male Organs*, and thought that I could help him.

I advised him to feign sickness for a time, as a reason for his situation, while he underwent proper treatment. This he did, and before *two weeks* the difficulty was over and has never returned since.

MISCELLANEOUS CASES.

BESIDES those above described, and which are only specimens of hundreds which could be given, of the same kinds. There are numerous others of a different character, and which can only be perfectly understood by persons acquainted with the Physiology of Generation. Those persons who have read my "*Marriage Guide*"—or the "*Male Organs*," will understand this at once, and will perceive that many of these cases are the most interesting of all that can come under a Physician's notice.

There are some men impotent because their Testes form no *Semen*, from having become *torpid*. Others form it but of an imperfect kind,—watery, and *without Animalcules*. In some men again there is a peculiar loss of *Nervous sensibility* in the Organs, owing to which there is no *proper feeling*, and though there may be *desire* yet there is neither *enjoyment* nor *efficient capability*.

In the same manner Females are often *sterile* from causes but little known or suspected. The *Ovaries* may be *torpid* the same as the Male Testes, and then they form no *Ovæ*, or *Eggs*, and sometimes these are formed, but *imperfectly*. In this case they either cannot be impregnated or else they germinate into *monstrosities*, as shown in "*The Marriage Guide*."

In the greater part of such cases the Aphrodisiac Remedy, conjoined with proper treatment, usually effects a cure, unless there be virulent disease, or organic defect.

Numbers of *childless couples*, who have called on me, have had their dearest wishes fulfilled, who otherwise would have had no hope whatever. In such cases however it is necessary first to know *in which party is the deficiency*, and this can always be told, by a careful consultation.

The beneficial effects of similar treatment have also been equally apparent in numerous cases of the most distressing NERVOUS DEBILITY and Irritability! In these the Aphrodisiac Remedy acts in the most beneficial manner, soothing the *excitable*, giving strength to the *debilitated*, and new power to the *imbecile*.

Many men, unable to attend to their business, from *Nervous Debility*, have been completely cured in a very short time, and others have had their mental powers so much improved as to be much more capable than ever they were before. The common expression of these men is that their minds seem "*to clear up*," or "*brighten*," so that mental labour is a pleasure instead of a burden, and application does not distress them.

DR. HOLLICK'S
APHRODISIAC REMEDY

THE ONLY SURE AND RELIABLE AGENT
FOR THE
PERMANENT CURE OF
IMPOTENCE, STERILITY,
AND
NERVOUS AND SEXUAL DEBILITY,
IN EVERY FORM;

BEING THE CELEBRATED REMEDY USED FOR SO MANY
YEARS IN

DR. HOLLICK'S EXTENSIVE PRACTICE,
DEVOTED EXCLUSIVELY TO SUCH CASES, AND
NOW, FOR THE FIRST TIME, OFFERED
TO THE
PUBLIC.

GENERAL DESCRIPTION OF APHRODISIACS, AND HISTORY OF DR. HOLLICK'S APHRODISIAC REMEDIES

MEDICAL REMEDIES are classified and named according to the mode in which they act. Some affect one part of the system, and others affect other parts. Those which act upon the sexual organs, so as to preserve or restore their powers, are called APHRODISIACS. Remedies of this kind have always been eagerly sought, and paid for at any price: even gold itself has not been more eagerly prized, and at this hour will be given in profusion for a good Aphrodisiac, though begrudged for anything else—for nothing does a man more crave than sexual power, and nothing does he more fear or regret to lose.

Numerous remedies, called Aphrodisiacs, have been in use in different parts of the world, for ages past, with more or less repute; but their employment never resulted in much good and often in much positive injury. It is the same at the present day—the greater part of such remedies now in use have no effect at all, and those which do act had better be left alone. This arises from the fact that they are administered only empirically, and without any knowledge of their true powers or of their variable effects under different circumstances.

When I first began to use the common remedies of this kind, I found that they were, for the most part, only traditional compounds, often dating back to the dark ages, and given merely because the physician did not know what else to give. Some of them, it is true, acted as powerful *stimulants*, giving temporary power

at the cost of future debility, but the greater part were either utterly inoperative or else acted only on other parts of the system : in short, they were *not* Aphrodisiacs !

I, therefore, set to work to investigate the whole subject of man's sexual nature, and the action of all Aphrodisiac Remedies upon it, for myself. For years I experimented with them, in thousands of cases, both simply and variously combined, carefully noting their effects, and thus by degrees finding out the true value of each, and how and when to use it. No one else, I really believe, ever went into this subject so thoroughly, or with such extensive opportunities for experiment and investigation. My lectures and my books made me so universally known in connection with this subject, that cases of every kind came to me in abundance, from all parts, and I was thus enabled to study practically what had been before only speculated upon.

The result was, after endless trials, the formation of a compound possessing TRUE APHRODISIAC POWERS ! which, when judiciously employed, invariably increases and maintains sexual power, or restores it when lost. This remedy, from its constant success in all cases of impotence, sterility and natural deficiency, became very celebrated, and my practice—which comprised only such cases—rapidly extended. Every day the demand for my Aphrodisiac increased, and I soon found a difficulty in procuring enough for my professional use, on account of the limited supply and great cost of many of the ingredients.

Many of the most powerful and reliable Aphrodisiacs are among the rarest of Nature's products, and are obtained only from the least known and most inaccessible parts of the world ; Musk, for instance, which is a powerful Aphrodisiac, and of which I use a large quantity, is always *worth its weight in gold*, and often much more. There are, however, other substances still more valuable, for which I have often given hundreds of dollars for a few grains. Some of these are

natural and some artificial products, obtained by chemical means, and which can be produced only at immense cost. The great power of most of these articles fortunately makes a small portion go a long way in use, or they could scarcely be employed at all. In my Remedy, there are altogether *thirty-three* different ingredients, and of some of them not more than *the hundredth part of a grain* can be used at a dose. Each of these ingredients has some peculiar power of its own, or is necessary to the full development of the power of some other ingredient, so that the whole act together in producing that wonderful effect for which this Remedy is so celebrated.

At the same time, however, that it acts so energetically as an Aphrodisiac, it has no effect in any other way, and is perfectly harmless to all parts of the system.

It will be readily seen that such a remedy must necessarily be costly, and can never come into common use : it must, in fact, ever remain a special luxury for those who have been favored with Fortune's golden gifts, or for those who are willing to make great sacrifices. As a natural consequence, my constantly increasing demand for these rare articles made them still more scarce and dear, till, finally, I began to fear that my supply would run short ; I, therefore, sent agents to all those parts from which they are obtained, with instructions to regularly buy up and pre-engage all that could be procured. This, of course, took a long time to accomplish and entailed an enormous expense, but it was the only sure course, and was crowned with success. A supply has thus been ensured, which enables me not only to provide all my patients with sufficient, but also leaves a surplus, so that I can now prepare the Remedy FOR PUBLIC SALE, as I have constantly been importuned to do, but for the reasons given was unable to do previously.

In this way originated the Aphrodisiac Remedy, the most remarkable medicine perhaps ever compounded, and the most wonderful in its effects. No advertising,

or other means for disposing of it, are necessary, for its value is so well known that the difficulty will rather be in supplying all who want it. Numbers of my patients always keep as much by them as I can spare to one person, for fear of running short, and many of them would give thousands of dollars rather than run any risk of ever being without it.

As regards the obtaining of this Remedy, or any similar one, I may as well remark here that no one else but myself can possibly supply it! Not only because the proportions of the various articles comprising it, and the manner of combining them, is a secret only known to myself, but because the whole quantity produced, of many of the most valuable articles, is in my hands, or secured to me alone, by always paying large sums in advance, so that no one else can obtain a grain. This I was compelled to do in order to secure a sufficient supply, and to make sure that my patients would not be disappointed. Many of the artificial products are not made for public sale, and, to obtain them, I am obliged to purchase all that certain skillful chemists can produce, and at a rate, too, which offers inducement enough to them to keep up the manufacture for me alone: besides this, some of the articles are made by myself, by a process which I have never disclosed.

It is, therefore, impossible for any one else to supply a true Aphrodisiac Remedy, containing the rarest and most effective agents, because no one else can obtain them. All other Aphrodisiacs can be formed only of the more common and inefficient remedies, such as are to be found in most apothecaries' shops, but they in no respect resemble mine.

The subtle and apparently mysterious way in which this Remedy operates, surprises most people, and it is therefore necessary to give an explanation of its physiological action. Medical agents act in different ways, some as stimulants to particular parts of the body, some as alteratives, and others again as special excitants of particular organs: thus some act on the

bowels, some on the kidneys, some on the heart, and others on the skin. A few act on the nervous system, through the brain, like alcohol and opium. Usually, they excite in the first place, and afterwards act as sedatives, or *stupify*. The Indian Hemp, or *Haschisch*, is of this class, and usually forms one of the main ingredients in all common *Exulants* and *Aphrodisiacs*. It is a dangerous drug when so used, and utterly valueless for any such purpose, but when properly combined with the other articles which I have described, it becomes a valuable auxiliary.

Woe to those who use it and opium for the purpose of intoxication! Alcohol is harmless compared with them!

The true Aphrodisiac, as I compound it, acts upon the brain and nervous system, not as a stimulant, but as a *Tonic* and *Nutritive* agent, thus sustaining its power and the power of the *sexual* organs also, which is entirely dependent upon *Nervous Power*.

A man's sexual vigor represents merely his excess of nervous vigor. All the functions, both of body and mind, are carried on only by nervous power, which enables each organ to perform its peculiar function. The heart, stomach, lungs and every other organ, act only from the stimulus which the nerves bring to them from the brain and spinal marrow. Cut these nerves through and stop the supply, and they act no longer.

Now, every man only possesses a certain amount of nervous power, which varies in quantity according to the health and natural vigor of his system; if, therefore, too much of this power is employed in one of the functions, the others must run short, and, of course, be imperfectly performed. Thus, if a man *thinks* too much, his brain uses up so much of his nervous power that he has not enough for other purposes, and some organs must act imperfectly. Most likely his *stomach* will be one of these, and then he becomes *Dyspeptic*; or he may have Heart Disease, or Liver Complaint, or any of those numerous diseases which we commonly

see—all of which spring originally from impaired nervous action.

An imperfectly acting stomach again re-acts on the whole system, because it prevents proper *nutrition*, and thus causes general weakness or debility. No act, however, exhausts more of nervous power than the *sexual act*! and this is why its too frequent performance is so terribly injurious, and why the votaries of Venus so frequently become debilitated, weak-minded and impotent.

(NOTE.—Those who wish to see this subject fully explained, should read my books, "*The Marriage Guide*," and "*The Male Organs*," in which the whole subject is fully gone into.)

Whenever the system generally, or any particular part, becomes debilitated, and performs its peculiar function imperfectly, we use some medicine to *stimulate* it or improve its action. Thus we employ various bitter tonics to help the stomach, in Dyspepsia, and use Aphrodisiacs in Sexual Impotence. The way in which they really act has only lately been found out, and I will, therefore, now explain it.

CONNECTION BETWEEN THE NERVOUS AND SEXUAL SYSTEMS, WITH AN EXPLANATION OF THE MEANS WE POSSESS FOR THEIR NUTRITION AND RENOVATION.

It has long been known, as a general truth, but very vaguely, that there is an intimate connection between the Nervous and Sexual systems, but it has hitherto been thought to be merely *sympathetic*. Physiologists have, however, recently discovered that the composition, and mode of production, of the Nervous substance and the Seminal fluid are almost identical that, in

fact, they are essentially the same thing. It has also been ascertained that, in all cases of severe Nervous or Mental derangement, the actual substance of the Brain and Nerves either *wastes* away or undergoes a destructive change. And in the same way, in all cases of confirmed loss of Sexual power, the seminal substance either *wastes*, or becomes *destructively changed*, in a similar manner. But, what is still more important, the destruction or injury of either one of these elements of our systems brings on inevitably a similar evil to the other. Every man, therefore, who becomes *Impotent*, is in imminent danger of becoming *Insane*, or at least of weak Intellect, and every one whose nervous substance is seriously impaired will almost certainly lose his sexual powers. The two are intimately dependant, the one on the other, and are affected, for good or for evil, by the same external and internal causes.

At the present time, a number of causes are in constant operation, on most men, exceedingly destructive both to their Nervous and their Sexual powers, causing an actual waste of Brain and Seminal substance, and entailing bodily suffering and mental deficiency to an unknown extent.

This has, of course, originated plenty of *remedies*, as they are called, which are put forth as infallible, by those who know nothing of the nature of these evils, and who care nothing for the effect which follows after the remedy is sold.

In all such cases, it is requisite, in the first instance, to arrest further change, or waste, and then effect a *Restoration*, if that be possible. To effect this *Renovation*, we must, of course, use such means as will really *create new Brain, or Seminal Substance*. The same as we create new *Muscle* in cases of muscular weakness. That this can be done is undoubted, for each portion of the organization draws the elements of its nutrition from peculiar sources, and when we know what those elements are, and whence they can be obtained, we can supply them. It is not possible to nourish and

renovate the Nervous and Sexual systems by the same elements alone that nourish and renovate the muscular system, though these are necessary as adjuncts; there is needed in addition certain *rare elements* that are found only in the Nervous and Seminal substances, and which can be supplied only by the *Aphrodisiac Remedy*.

This preparation is not a Stimulant or Excitant, nor a mere Tonic, but a real *Renovator*, supplying precisely that kind of material and influence, that is needed to produce *New Brain* and new *Seminal fluid*! I have myself often been amazed at its effects, and seldom despair of any case in which it can be used; in fact, it is almost infallible, except where there is some Organic Defect, or some primary lesion which requires correcting first. In proof of this, I need only refer to the "Cases."

It is, of course, equally useful in all kinds of *Nervous debility and derangement*, because they depend upon precisely the same causes as the sexual ones which have been described, namely, want of proper nutrition of the Brain and Nervous Substance.

Especially will it be found effective in that terrible, and too frequent disease *Softening of the Brain*; hitherto deemed *incurable*!

The reader will now understand the Nature of this Remedy, and will see the footing on which I place it. It is not advertised in the manner of the Quack Cordials and Invigorators of the day, nor will it be so, but can always be obtained by those who require it.

In short, it will be found, I venture to assert, as nearly infallible, and self-sufficient, as any medical remedy, in the nature of things, can be! If it fails, the patient should at once seek Dr. H.'s advice, for he may rest fully assured there is some Organic or functional derangement which imperatively and urgently requires Surgical or Mechanical aid.

For convenience, I have it so put up, in a dry form, air and water tight, that it can be kept uninjured, for

any length of time, in any climate, and under any circumstances. It can also be taken without the inconvenience of *measuring*, using *Liquids*, or any other troublesome requirement, thus ensuring secrecy and facility of use, let a man be situated however he may. A gentleman can keep it in his vest pocket without any fear of detection from smell or appearance. It will go anywhere *by Post*, with perfect safety, and in such a *form* that no one through whose hands it passes would ever suspect its *nature*, or that it was anything *peculiar*!

The price for a package is FIVE DOLLARS! and if ordered by Post it will be sent *free*, to any part, with full directions. There are *no Agents* for it anywhere, at present, nor will there be except they are specially mentioned in my Books, so that it can only be obtained by addressing through the Post to "Dr. F. HOLLICK, Box 3606, New York City." I do this to avoid trouble, and also to prevent *Counterfeiting*, which would be sure to be practiced if it were generally sold through Agents. One package is usually sufficient in all ordinary cases of simple debility, from excesses or imprudence; but, in severe cases, it will, of course, require to be used longer, according to the severity of the derangement. Old persons, and those who are much broken down, should use it regularly, at intervals: but, in every case, one single package will prove its power.

It is scarcely necessary for me to repeat that there is nothing whatever in this preparation that can be in any way hurtful, under any circumstances. It is applicable to cases of *Female Sterility* and torpor, as well as derangements of the male System or Nerves, as will be seen by some of the "Cases" in my Books

Persons sending for DR. HOLLICK'S APHERODISIAO REMEDY, should be careful to send the address *plainly* and in *full!* naming the Post Office, County and State, and be sure to address—

“E. B. STRONG & Co.,

“599 Broadway,

“New York City.”

For the Five Dollars, it will be sent free anywhere!

EXTRACTS FROM LETTERS FROM MY AGENTS IN VARIOUS PLACES.

ADEN, Arabia, at the mouth of the Red Sea, }
October 3, 1861. }

To DR. HOLLICK, New York, U. S. A.:—Box, 3606.

DEAR SIR—In accordance with your directions, I proceeded from Egypt to this place, and have now been here three weeks. I find, as you supposed, that this is the best place at which to secure many of the articles you have commissioned me to purchase; but it is much more difficult and expensive to obtain some of them than I had supposed.

The ———, though brought to this place, really comes from the interior of Africa, and reaches here by way of Abyssinia. The Somali, a most wild and blood-thirsty tribe, possess the country where it is produced, and they will take the trouble to procure it only in exchange for arms and certain kinds of cloths. I shall therefore be compelled to keep here a stock of these articles constantly on hand, sufficient to exchange for all they may bring. I do not suppose there will be more than you will need, but if there is, it must still be bought, both to secure the monopoly, and to give them encouragement not to neglect gathering it

The ——— comes to this place from the interior of Arabia—where, I have not yet learnt. The caravans that bring it arrive only twice in the year. I have seen the only merchants who deal with it, and have arranged with them for the purchase of the whole supply in future, so that no one else can procure any. The other articles I shall also ensure in the same way, and stay here till I have done so.

Respectfully yours,

ARNOLD HUFER.

ASSAM, in the interior of Hindostan, }
March 3, 1861. }

TO DR. HOLLICK, New York, U. S. A.:

DEAR SIR—I have now been at this point five weeks, and have been very successful in the objects for which I came.

In regard to *Musk*, I find that it can be obtained purer and in larger quantities, at the southern borders of Hindostan, than anywhere else. It is not produced here, but on the other side of the mountains, in Thibet, South-east China, and some parts of Tartary; there is, however, an active trade carried on across the mountains to those regions, from these parts, and this is the way it comes. It is far purer than what comes from China, but is much dearer, owing to the long and dangerous journey which the traders have to take. I am told it occupies seven months to go and return, and through a most lawless, inhospitable region. I have already arranged with the principal merchants to whom it is always consigned, to take all that comes, at each trip, so that it is useless for any one else to come here after Musk. It is necessary, however, to make large advances and run considerable risk of loss, but that is unavoidable.

The ———, I find, comes only from Northern Burmah and is never openly sold. The despotic rulers

of the districts from which it comes, prize it so highly that they utterly forbid its exportation, under penalty of *Death*! Like everything else here, however, it can be obtained if you go the right way to work, and give plenty of money in the right quarter. It will cost some lakhs of rupees to obtain the quantity you name, besides heavy fees to the officials, but you may depend upon it, and may also rest assured that no one else will have any out of this country. Merchandise cannot be brought here, so that all has to be paid for in silver, and you must, therefore, be careful always to keep a sufficient supply at your agents in Calcutta.

This region is quite healthy, and I shall stay here till the necessary arrangements are made permanently.

Yours, etc.,

JAMES HOXTON.

Cuzco, in the Andes, South America. }
May 15, 1862. }

TO DR. HOLLICK, New York City. U. S. A.:

DEAR SIR—Now I am here, I find no difficulty in procuring all the articles you need. They can be obtained only from the Indians who gather them, and who never take them to the cities. My own experience has shown me the astonishing virtue of the *Coco-leaves* most conclusively, and I now know that the statements of Tschudi, Stevens and others, are not at all exaggerated.

An Indian, at least 50 years old, carried me on his back up the mountains, in a kind of chair, at the rate of twenty miles a day, without a particle of food for a whole day at a time, and yet showed no signs of exhaustion. At starting, he placed his ball of *Coco-leaves* in his mouth, with a little lime, as a taster, and this sustained him thoroughly; in fact, he seemed as fresh at the end of the journey as when he began. In the same time, I required three good meals, and yet

was tired enough, though walking with another man's legs. They both chew it and make tea of it, and I am beginning to use it regularly myself. It is certainly harmless, as all experience proves, and its power of preventing bodily and mental fatigue is amazing. I have been busily occupied for a whole day, and yet at night, by using the *Coca*—could sit up all night, if necessary, writing, with scarcely a symptom of fatigue. It seems to suspend the waste of nervous power almost entirely.

You will receive a regular supply, both of the *Coca* and other articles, from Lima City.

Yours, etc.,

ARTHUR LE KOY.

(*Translation.*)

LEIPZIG, Germany, October 9, 1862.

DOCTOR HOLLICK:—P. O. Box, 3606, N. York, U. S.

DEAR SIR—I can arrange with Mr. —, the well-known chemist, to prepare you the articles you name; but he will require to build a special apparatus for the purpose, and will require you to give security for all the expense, and also to take all the produce at the price agreed upon. He is the only man who will undertake the manufacture.

Yours, etc.,

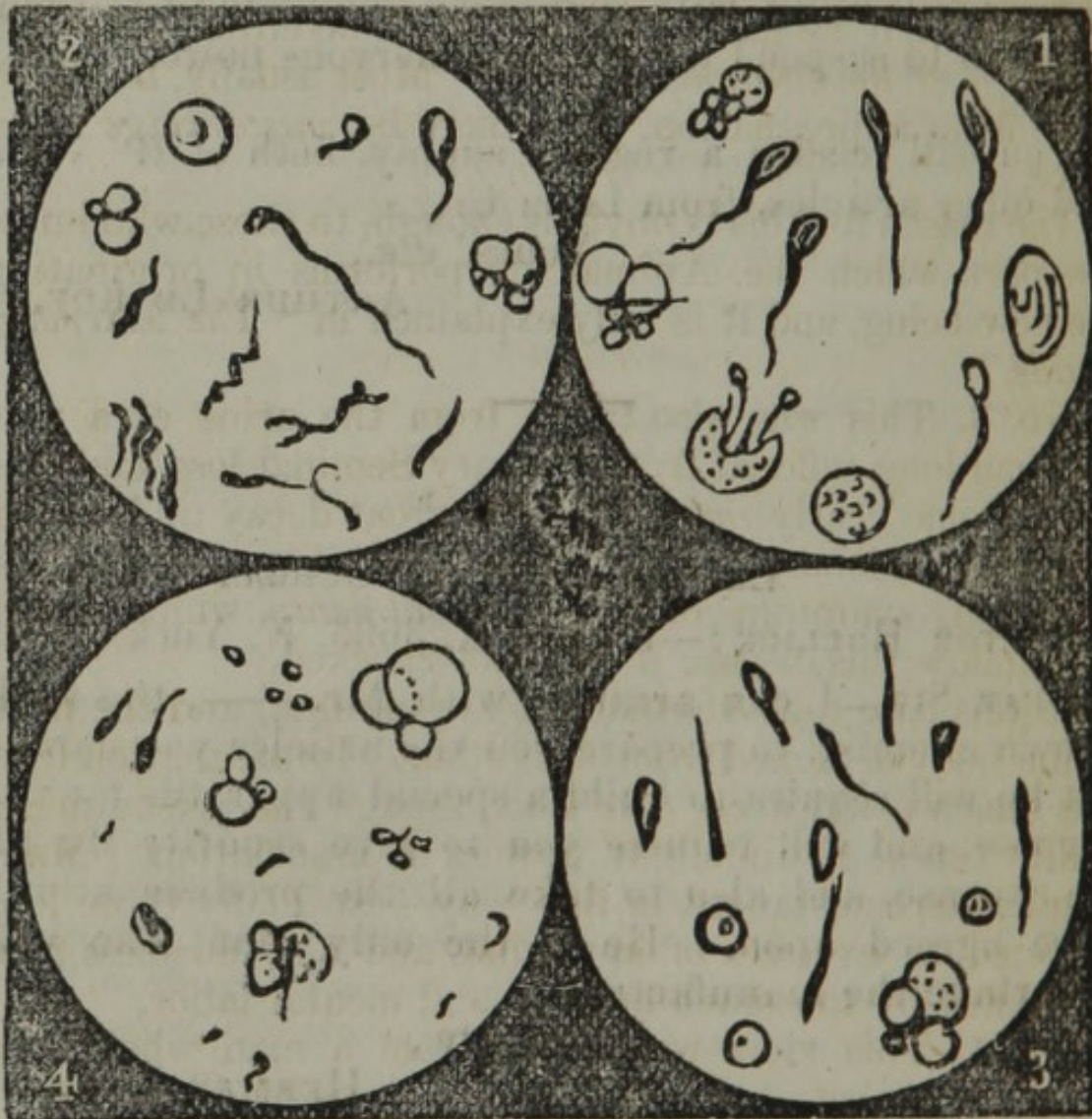
HERMAN BLUM.

These few extracts will show what an expense and labor it has been to procure a certain and sufficient supply of these rare articles, and also why it is that no one else can possibly provide an article like the *Aphrodisiac Remedy*!

F. HOLLICK.

MICROSCOPICAL EXAMINATION OF THE URINE.

No. 1. Represents the appearance of the Semen ~~very~~ perfectly healthy, as seen under the microscope. It ~~was~~ a portion lost in consequence of straining at stool, from constipation, as is *very often* the case.



The *Seminal Animalcules*, those *minute living beings*, always found in that fluid, and without which it is *imperfect*, will be seen perfect in their form, and active in their motions. While this state of the vital fluid exists, a man will retain his powers, but if it continues to be *lost* to an undue extent—and especially if it passes *in the urine*, a change occurs—the animalcules becomes less abundant, imperfect in form, and with very feeble powers of motion. This is shown in No. 2.

No. 2. This was a portion of Semen contained in the urine of a person who had debilitated himself by masturbation, in early life. There are a few animalcules, but they are imperfect and very feeble. This individual had but faint amative desires, and but little power. It is possible that a man so circumstanced may be capable of association, to a limited extent, and may even become a parent, but his children, if he have any, are sure to be either deformed, still born, or constitutionally weak! Most usually, however, there is no impregnation, or if there be, miscarriage takes place.

The reason for this is obvious enough, to those who know the part which the Animalcule performs in originating the new being, and it is fully explained in "*The Marriage Guide*."

No. 3. This was also taken from the urine of a man who had long suffered from Urinary Seminal loss, and who had become nearly impotent, with great decay of his mental powers, gloomy feelings, general debility, and all those distressing symptoms of constitutional decay, which invariably follow this disease if it is not checked.

In this case the Animalcules are all dead, and the parts of the body detached from each other. Impregnation from this semen could never take place, though the person might still at times, retain slight powers of association. Many men are circumstanced in this way—especially those long addicted to excesses of any kind, and also business men, exhausted by too much anxiety and mental labor.

No. 4. This view was taken from a man wholly and hopelessly impotent, and in the last stages of decay, bodily and mental. Of course, at this stage, there is neither power nor desire. The Semen is utterly destitute of animalcules, and almost substance. It passes almost constantly in the urine, and is merely like gum water. During the second and third stages, a man may recover, with proper assistance, but in the last stage there is no hope. There are many married people without children, owing to these imperfections in the male, though it is generally thought that it must be from the female. Some men are even naturally imperfect in this way, and never can be parents, though,

apparently, like other men. The true reason for weakly and deformed children, and also for frequent miscarriage, is also often in the male, though not suspected.

Dr. H. is daily making *microscopical examinations* of this kind, both for those who call upon him, and for others.

Persons at a distance, who cannot possibly pay a personal visit to Dr. H. need not give up all hopes of receiving proper treatment in any of the above affections. Dr. H. can suggest a means by which the necessary examinations can be made perfectly, without their coming, so that he can advise by regular correspondence, as he does constantly with hundreds. All the peculiar medicines which he uses are so prepared as to go by *post*, without fear of injury or detection.

In short, Dr. H. attends to all those derangements which are connected in any way with the *parental system*, in both sexes, and those peculiar nervous affections which arise from them. His practice is, therefore, different from that of any other medical man of the day, and he does not interfere, except incidentally, with those diseases that ordinarily engage professional attention.

The success that has attended his efforts, and the public confidence and patronage that has been so extensively awarded him for many years past, and which is daily increasing, make it utterly unnecessary for him to adopt any means for extending his practice; nor is this statement published for any such purpose. It has merely been issued at the request of many former patients, to let those persons know, who are suffering from these peculiar causes, that there is now one upon whom they can rely, who devotes special attention to such derangements, and thus rescue them from the despairing and hopeless condition into which they are too apt, naturally enough, to fall.

It is scarcely necessary to add that the strictest *confidence* and *secrecy*, is observed in all communications, personal or otherwise, and that the most careful attention is bestowed upon every case. Dr. H. has numerous testimonials from those who were formerly impotent, debilitated or childless, but who were fully restored to health, happiness, and parental enjoyment.

DR. HOLLICK'S BOOKS.

THE
MARRIAGE GUIDE;
OR NATURAL HISTORY OF
GENERATION.

PRICE.—ONE DOLLAR.

A PRIVATE instructor for Married People, and those *about to marry*, both male and female, in everything relating to the Anatomy and Physiology of the Generative system, in both sexes, and the process of Reproduction. Including a full description of everything that is now known respecting the *prevention* and production of offspring, the cause of the difference in sex,—Parental influence,—Natural adaptation,—Philosophy of Marriage, &c., &c.

This is beyond all comparison the most extraordinary work on Physiology ever published. There is nothing whatever that *married people* can either *require* or *wish* to know but what is fully explained, and many matters are introduced, of the most important and interesting character, to which no *allusion* even can be found in any other work in our language. All the *new discoveries*, many of them never before made public, are given in full, especially those relating to *conception* and *sterility*.

No married person of either sex, should be without this book. It is utterly unlike any other ever published, and the matter it contains can be found nowhere else. It contains numerous *Engravings*, and *colored Plates*, designed especially for this work, and showing many of the new discoveries, as well as anatomical details and Physiological processes.

THE
MALE GENERATIVE ORGANS,
IN HEALTH AND DISEASE,
FROM INFANCY TO OLD AGE.

—...—
Price.—One Dollar.
—...—

A COMPLETE practical Treatise on the *Anatomy* and *Physiology* of the Male Generative System, with a full description of the causes, and cure of all the diseases and derangements to which it is liable.—*Adapted for every Man's own private use!*

This is not a treatise on *Veneral Diseases*, nor does it even refer to them, but to those derangements and difficulties, of all kinds, to which *every man* is more or less liable, and from which in fact but few entirely escape.

All the causes which lead to decay of the Generative system are fully explained, and the means pointed out by which its powers may be preserved *to extreme old age!*—More especially is explained that *unseen*, and usually *unknown* form of decay from which thousands become *diseased*, *insane*, and *die*, without ever suspecting what has destroyed them. Even medical men as yet know but little upon this important matter, which it is of the first moment every man should understand for himself. All the *recipes* are given in English, and the treatment is made so plain that all can practise it.


This work is also fully illustrated, both with *Engravings* and with *colored Plates*, and an introductory chapter gives an epitome of all the new discoveries respecting the *Female System* and *Generation*. No other work at all like this was ever published. *No man should be without it, young or old.*

THE
DISEASES OF WOMAN,
Their Causes and Cure Familiarly Explained,

With Practical Hints for their prevention, and for the preservation of Female Health, intended FOR EVERY FEMALE'S OWN PRIVATE USE!—Illustrated with *Colored Plates*, and with numerous Engravings.

If all Females possessed this book in time, there would be incalculably less suffering and disease amongst them than is now seen.—Everything relating to female health is treated upon, *from infancy to old age*, and the most valuable *recipes* are given, together with practical directions, in the plainest manner. There is no known disease to which females are subject but what is here explained, and so that *all can understand*.

DR. HOLLICK has received piles of letters thanking him for writing this book, and has been complimented for it by many of his public audiences of ladies.

 No female should be without it, especially if Married.

THE MATRON'S
MANUAL OF MIDWIFERY,
AND THE
DISEASES OF WOMEN DURING PREGNANCY
AND CHILD-BIRTH.

A COMPLETE practical treatise upon the *Art of Delivery*, and upon all the accidents and diseases that may occur during these periods.

This work is especially intended for the instruction of Females themselves, and any one of ordinary intelligence, upon reading it carefully through, will be able to render the requisite assistance in cases of emergency. The description of all the various *Positions* and *Presentations* is on an entirely new plan, and is made both simple and intelligible. The management of new born infants is also given in full and the use of *Ether* and *Chloroform* during delivery is discussed.

This work contains over *sixty Engravings*, besides *Colored Plates*, showing the various periods, and how to ascertain them.—The different positions.—The progress of delivery, &c.

Price.—One Dollar Each.

The above List embraces the whole of DR. HOLLICK'S Works, which may either be obtained singly or in the set.

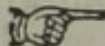
PRICE, ONE DOLLAR EACH,

All with Colored Plates.



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And may be had of Booksellers generally.

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 They will also be sent by *Post*, Free, on receiving the money and address.

### **TO THE TRADE.**

 The Trade will find these works worthy of their *special attention*, as the demand for them is unprecedented and increasing, and the allowance most liberal. All wholesale purchasers will be provided with these descriptive pamphlets free, and, on purchasing a certain number of the books, with their *imprint* upon them. 

### **AGENTS.**

Agents are wanted to circulate these books, and any young man of good address and character will find it extremely profitable; quite a large income being obtained by many. Apply to the Publisher.

### **REMEMBER,**

These are books that any one can *confidently recommend*, and which every one ought to read.

N. B.—The agent who leaves this will call again with the books.



## APPENDIX

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### Notices of Dr. Hollick's Lectures.

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**DR. HOLLICK AND PHYSIOLOGY.**—The second of a series of Lectures, by this gentleman, on human physiology, and the all important truths connected with our physical constitution, was attended by a full house, in National Hall, last evening. The time was well spent, and so appeared to think the audience. On the delivery of the first of these Lectures on Tuesday evening, the speaker in a comprehensive and well-digested exordium, placed himself and the subject right with the public. His manner, language and style, did the first; his sound logic, his argument, his candor and research, accomplished the second. Apart from the interesting and apposite details of the wonders of reproduction, the illustrations of the immutable wisdom of nature, which teem in the animal and vegetable worlds—which

“Glow in each stem, and blossoms in each tree;  
Lives through all life, extends through all extent,  
Spreads undivided, operates unspent.”

Apart from all this, Dr. Hollick's Lecture was excellent as a defence of truth, a vindication of the right of free and unshackled inquiry, and as a convincing refutation of that silly, but far too prevalent opinion that there are truths of which it is better to remain in a state of ignorance. Had nothing else been imparted in the forcible and well defined exordium of Dr. Hollick, than this judicious demolition of that fallacious, silly, but injurious twaddle which would forbid research to pass in advance of the old landmarks prescribed by custom, ignorance or a spurious morality—even that would well deserve the public patronage. Truths, well set forth, will make an impression, whether their investigation be fashionable or not. There is an affinity between the capacity to learn, and the truths to be learned, which always results, when a fitting opportunity is presented, in a free inquiry, and the gentleman who is bringing, in a judicious and elevated manner, a knowledge of those fundamental principles of our corporeal existence which are abused because unknown, will accomplish more good than half a dozen teachers of higher pretensions, and lower ability. It was gratifying to observe the decorum—the sense of respect for both speaker and subject, that was observed throughout the evening, which evidently shows that those who go there are actuated by higher motives than mere curiosity; by desires more ennobling than a passing gratification; in a word, it was clear that those who composed Dr. H's hearers, were men who know and dare to think, and who will profit by these most useful discourses.—*New York Herald*  
August 7, 1844.



## APPENDIX.

**At a Meeting of the Class attendant upon Dr. Hollick's Select Lectures on the Physiology and Philosophy of the "Origin of Life" in Plants and Animals, held at the Lecture Room of the Museum, Wednesday evening, December 1, 1844, George G. West, Esq., was called to the Chair, and Samuel W. Black appointed Secretary**

**Resolved,** That we have listened with unfeigned pleasure and interest to the Course of Lectures delivered by Dr. Hollick, and now brought to a close, and that we deem it an act of justice to him and the community, to express our entire confidence in his character, ability, and the manner of illustrating his subject, which, to use the words of a daily journal, "is couched in such delicate as well as perspicuous language, that the most fastidious could find no fault, nor the idlest curiosity go away unimproved."

**Resolved,** That a committee of three be appointed to tender to Dr. H. the thanks of the Class for his courtesy to the members in affording them every facility for obtaining information upon the subject of his Lectures, and that he be requested to repeat the Course at the earliest period consistent with his other engagements.

Published in all the Philadelphia daily papers of December, 14, 1844, and signed by *one hundred and forty* of the most respectable and influential inhabitants.

(See similar Resolutions, with *over two hundred names* attached, in the Philadelphia daily papers of March 9, 1844; also of March 16; and on several other occasions.)

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*From the Philadelphia Daily Papers, Feb. 21, 1845.*

**At a meeting of the Ladies composing Dr. Hollick's Class, held on Wednesday afternoon, February 19th, in the Lecture Room of the Museum, the following resolutions were unanimously adopted, and ordered to be published in one or more of the city papers:**

**Resolved,** That we have listened with great pleasure and interest to Dr. Hollick's Lectures, and we are happy to add our testimony to the many already recorded in behalf of such Lectures; and regarding Dr. Hollick as a benefactor of his race, and especially of our sex, we cordially wish for him abundant success, and ample reward in the consciousness of doing good.

**Resolved,** That we will exert ourselves to induce our female friends and acquaintances to avail themselves of the great and rare privilege of obtaining the valuable instruction imparted in these Lectures in so haste and dignified a manner

Signed on behalf of the meeting by

SUSAN WOOD, President.

SARAH WIEBE, Secretary.

**With over 50 names attached thereto.**

(See also similar Resolutions, with numerous names, on Feb. 27, 1846, March 20, 1840, and on April 10, 1846, with *over three hundred names attached*.)



**A GOLD MEDAL TO DOCTOR HOLLICK.**—The Ladies of Dr. Hollick's class have presented him with a beautiful Gold Medal, enclosed in a handsome morocco case. The front of the Medal bears the following inscription :

"Presented to Frederick Hollick, M. D., by the Ladies who attended his Lectures on Physiological Science, delivered at Philadelphia, March, 1846, as an expression of their approbation of the knowledge therein conveyed, and as a testimonial of personal regard."

On the reverse is the Sun, and reflected by the rays of the luminary a scroll containing the words

"To give light to them that sit in darkness."

*Phila. Spirit of the Times, March 28, 1846*

#### "LETTERS FROM NEW YORK, NO. 11.

" \* \* \* \* \* There have been several courses of Lectures on Anatomy this winter, adapted to popular comprehension. I rejoice at this ; for it has long been a cherished wish with me that a general knowledge of the structure of our bodies, and the laws which govern it, should extend from the scientific few into the common education of the people. I know of nothing so well calculated to diminish vice and vulgarity as universal and rational information on these subjects. But the impure state of society has so perverted nature, and blinded common sense, that intelligent women, though eagerly studying the structure of the Earth, the attraction of the Planets, and the reproduction of Plants, seem ashamed to know anything of the structure of the human Body, and of those Physiological facts most intimately connected with their deepest and purest emotions, and the holiest experience of their lives. I am often tempted to say, as Sir C. Grandison did to the Prude—'Wottest thou not how much in-delicacy there is in thy delicacy?'

"The only Lectures I happened to attend were those of Dr. Hollick, which interested and edified me much. They were plain, familiar conversations, uttered and listened to with great modesty of language, and propriety of demeanor. The Manikin, or Artificial Anatomy, by which he illustrated his subject, is a most wonderful machine invented by a French Physician. It is made of *papier mache*, and represents the human body with admirable perfection, in the shape, coloring, and arrangement even to the minutest fibres. By the removal of wires it can be dissected completely, so as to show the locality and functions of the various Organs, the interior of the Heart, Lungs, &c.

"Until I examined this curious piece of mechanism, I had very faint and imperfect ideas of the miraculous machinery of the house we live in. I found it highly suggestive of many things to my mind." \* \* \*


L. M. C.

[Extract from a Letter in the "Boston Courier" of Monday, June 14, 1844, by Mrs. L. M. Child.]



**DR. HOLLICK'S** course of lectures at Washingtonian Hall on the **Origin of Life**, commenced on Monday, and were listened to with breathless attention till the close, when the audience, in a body assembled around the speaker's stand, and congratulated him upon the excellence, novelty and utility of his discourse, and the vigor and felicity of his explanations. The manikin used by the Dr. to illustrate his remarks, is as large as life, and contains a fac simile of all the important machinery of the human body, and it is a treat to behold them and listen to the accompanying observations regarding their uses and abuses. The advance of modern science is aptly illustrated by the declaration of Dr. H., that within the last two years there have been discovered greater facilities for teaching medical doctrines to the *multitude* than the two foregoing centuries furnished for the instruction of *medical men*. If then, modern days afford so much additional light, it is even culpable on the part of the community if they do not avail themselves of knowledge so indispensable to health and happiness. Dr. Hollick's remarks are unexceptionable, easily understood, and have all the force of philosophy without the learned jargon of the pedant.—*Boston Post*, March 23, 1848.

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 **Dr. Hollick's** new series of Lectures which commence to-day for ladies in the afternoon, and for gentlemen in the evening, will no doubt prove a source of high gratification, and useful instruction, to all who can attend them. We understand each lecture will be quite complete by itself, and will embrace every topic of interest and every fact of value, that have the slightest bearing upon the subject discussed. The Dr. has a most admirable power of condensation, and never loses time with mere words, so that he puts more valuable matter in one of his discourses than is ordinarily scattered over four. The ladies' lectures are all to be of a strictly useful character, embracing the causes of their various complaints, and how to avoid them, &c. It was remarked by many, who were there last week, that such knowledge would prevent more disease than any medical skill could cure, and that they scarcely knew which to admire most, the value of the information itself, or the singularly pleasing, plain, and delicate manner in which it was communicated. The attendance will no doubt be large, and those who go late will probably be again disappointed, as hundreds were last week.—*Boston Bee*, March 7, 1848.

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**DR. HOLLICK'S NEW SERIES OF LECTURES.**—At the request of many of our citizens Dr. H. has arranged to commence on Monday next, a course for ladies and gentlemen together, on Physiology and Health, and also one in the afternoon for ladies alone, illustrated by his celebrated models, paintings, &c. The great interest and importance of this subject, and the reputation of the lecturer himself, will no doubt cause a very large attendance, but the Doctor has properly made his arrangements so that no more will be admitted than can be comfortably seated. These lectures will be quite a prominent feature in next week's entertainments, and we should not be surprised if the Doctor is even better patronized than he was last winter, when hundreds could not obtain admission to hear him.—*Boston Times* November, 1848



Dr. H's. style of lecturing is exceedingly plain, lucid and intelligible. He relies on no trick or art of oratory—no effort to surprise or startle—to obtain or keep up the interest of his lectures. But they are deeply interesting. They are listened to in silence and with enchained attention—an attention that would feel annoyed at any fictitious arts of the speaker. The reason of this is obvious. The entirely novel character of the lectures, the deep and pervading interest of the subjects discussed—subjects embracing all that is mysterious and of momentous importance in the matter of man's reproduction and existence in this world—give to the lectures a solid and inestimable value as well as enchaining freshness and interest.

We believe Dr. Hollick is the only man in the country who has devoted years of study to this important but too much neglected branch of human knowledge, or rather of human ignorance; and who is now trying to extend the lights of wholesome understanding on the subjects embraced, among the people.

In this matter, we recognize in Dr. H. a public benefactor, and we owe it to the welfare of our fellows to commend him as such in this decided manner. We give utterance to no formal or *paid-for puff* in this matter. Our readers know us to be incapable of such a prostitution of our columns. The large numbers of ladies and gentlemen who have attended Dr. H's lectures know that we do but speak of this subject as it merits.—*St. Louis Intelligencer, Feb. 8, 1850.*

We were most agreeably surprised and delighted. Highly as Dr. H. came recommended, and thoroughly as were his lectures approved by men of intelligence abroad, we had no idea before hearing him, of the vast utility of his labors.

The subjects he discusses are of the highest importance to the well-being of the human race, and an ignorance of them is daily producing a degree of disease and death, the extent of which nothing but the astounding disclosures of eternity will reveal.—*St. Louis Era, Feb. 1, 1850.*

He is certainly an admirable lecturer, being clear in voice, distinct in expression, and having a very felicitous manner of imparting instruction. We are persuaded his lectures must be productive of great good.—*Organ, St. Louis, Mo.*

DR. HOLLICK—This distinguished lecturer had a crowded house at the Apollo last evening and his delighted audience expressed their approbation at the close of his discourse by loud applause.

Dr. H. is indeed a most entertaining and instructive lecturer. We heard a medical gentleman say last evening, after listening to him, that he would not fail to hear the whole series even if he should have to sell his coat to raise the means. The information, imparted by Dr. H., must be truly invaluable to every one who possesses it.—*Louisville Journal, Jan. 8, 1850.*

Undoubtedly he is the most eloquent, instructive and impressive lecturer in the United States upon physiology and health. The people of Cincinnati were so delighted with him that they prevailed on him to deliver four courses of lectures, and, when he was at length obliged to leave them, they obtained from him a promise to return.—*Louisville Journal, Jan. 6, 1850.*



**ANOTHER COURSE.**—Dr. Hollick, in consequence of the great success with which he has met, has concluded to repeat his course of lectures, as will be seen by reference to another column. His lectures impart information of such value and are so highly interesting, that a person who hears him once, will not fail to attend the series.—*Times, Cincinnati, December, 1849*

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Dr. Hollick's Lectures have excited great attention and produce much benefit throughout the country. These lectures are strictly moral and highly instructive. There is nothing connected with them calculated to offend the most sensitive delicacy.—*Delta, New Orleans, Feb. 24, 1850.*

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In November, 1849, Dr. Hollick lectured in *Pittsburgh, Pa.*, to crowded audiences, and at the termination of his last course was publicly thanked and requested to return.

In December, 1849, he gave four courses in *Cincinnati, Ohio*, and then had to give a promise to return at an early period.

In January, 1850, after two crowded courses, the ladies of *Louisville, Ky.*, tendered him publicly a most flattering vote of thanks and requested him to visit them again as early as his engagements would allow.

In *St. Louis, Mo.*, February, 1850, he had crowded houses, both of ladies and gentlemen, for three weeks, and public resolutions, commending his lectures in the highest terms, were passed on several occasions.

On going down the Mississippi River, February, 1850, he was unanimously requested by the officers and passengers of the splendid steamer *Atlantic*, to unpack his Models and lecture to them on the boat, which he did on three several days. At the conclusion, the audience resolved itself into a meeting, Dr. Gibson of Mississippi, being called to the chair, and Dr. Clark of St. Louis, elected Secretary. A series of resolutions were then passed unanimously, returning thanks for the lectures and commending them in the highest terms. These resolutions, headed,

*"Novel and interesting scene on board a Mississippi steamer."*

were published in the *Picayune*, New Orleans, the inhabitants of which place were strongly urged to attend when the lectures were given in their city, and which they did not fail to do

During his stay in the West and South, Dr. H. was everywhere received in the most flattering manner, and his efforts to impart important physiological knowledge in a popular manner, were fully appreciated. In every place the largest room that could be obtained was crowded at each lecture, and the number of applicants for consultations was so great that on several occasions Dr. H. was obliged to postpone the lectures in order to attend to them.



## ADDITIONAL NOTICES.

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In the early part of this year Dr. H. lectured for *four weeks*, with the most unbounded success, in Philadelphia, and for four more in Baltimore, where his reception was enthusiastic, the ladies filling the room, and passing on the last day a series of highly flattering and commendatory *RESOLUTIONS*, which were published in the daily papers. The following are a few of the Editorials given at that time:—

[COMMUNICATED.]

**MESSRS. EDITORS**—The most scientific and useful lectures of the present day, which should claim the attention of every one, are now being delivered at Masonic Hall, by Dr. Hollick, on the subject of *Paternal Physiology and Health*. The writer of this heard his first course, delivered during the last week, and having been educated to the medical profession, is, perhaps, capable of judging of their usefulness. There is no doubt that the general feeling of the medical faculty, and of an enlightened community, towards itinerant lecturers, has been one of disapprobation and apprehension of quackery, but in the present instance there is certainly an exception.

Dr. Dunbar, (formerly Professor at the Washington College,) who attended Dr. H.'s last lecture, on Friday evening, was so pleased with the manner and matter of the lecture that he came out openly at the close of the lecture and stated, before the audience had dispersed, that he had come there at the request of a patient, prejudiced against the lecturer, but on hearing him he thought it his duty to say that the lecture was perfectly fair, scientific, calculated to do a vast amount of good, and that every man, young or old, should hear, and would be benefited thereby. His illustrations are complete and beautiful, and his explanations couched in such delicate language that the most fastidious can find no fault. Those of your numerous readers who may devote an hour to his remaining lectures will thank you for giving this publicity.—*Baltimore American*, March 2, 1852.

**DR. HOLLICK'S LECTURES.**—The distinction which Dr. Hollick has acquired as a most intelligent, judicious and salutary lecturer on the interesting and important subjects of human physiology and health, renders any commendation from us quite unnecessary; yet, in view of the fact that the course which he has lately delivered in this city, is, at the solicitation of many, to be repeated on this and the next two days at Masonic Hall, we would take occasion to assure all of their great value to every individual member of the human family. Many of the most prominent of the medical faculty in this city bear testimony to the excellence of these lectures, as calculated to be highly useful, in imparting, in the most unexceptionable manner, that knowledge of human physical structure and the laws of health, the want of which now occasions so much disaster and suffering.—*Baltimore Sun*, March 1, 1852.



WRITING DESK AND GOLD PEN PRESENTED TO DR. H. BY ONE  
OF HIS LADY CLASSES.



DR. HOLLICK--Dear Sir: The members of your class, desiring the gratification of offering you some testimonial of their personal regard, and grateful appreciation of the benefits which you are conferring upon them and their sex generally, respectfully request your acceptance of the accompanying writing desk.

Were it necessary, we might repeat our assurances that your services to humanity will be, by us, long and gratefully remembered. The women of this generation have reason to rejoice that, by your efforts, a new and extensive field of information has been opened to them, whence they may derive treasures of knowledge, of immense importance to themselves and their posterity, hitherto concealed within professional enclosures.

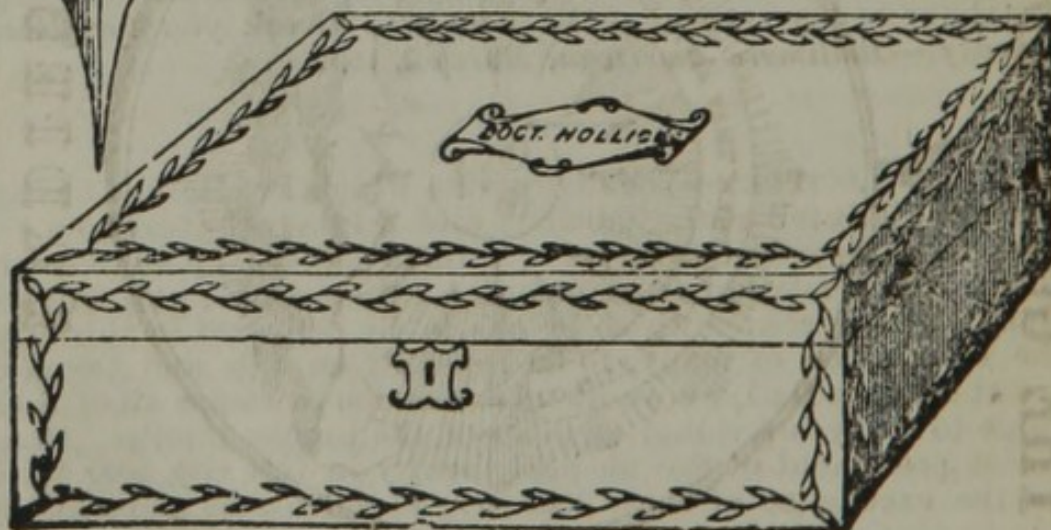
Wishing you health and happiness, we beg leave to subscribe ourselves,

Truly your Friends,

Signed on behalf of the class by,

M. G.  
O. W. B.

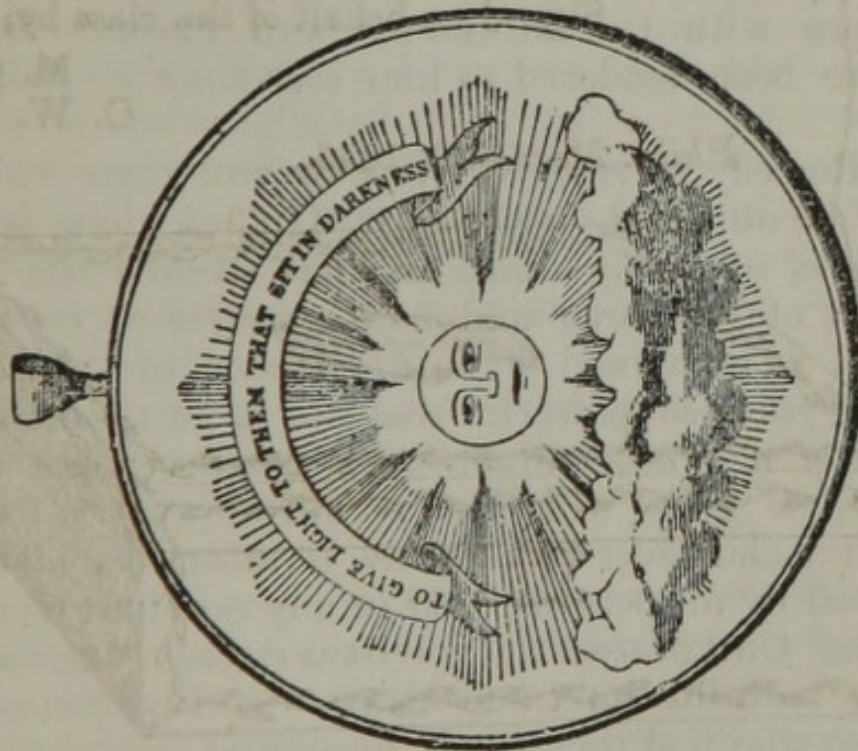
*Phila. March 20, 1845.*





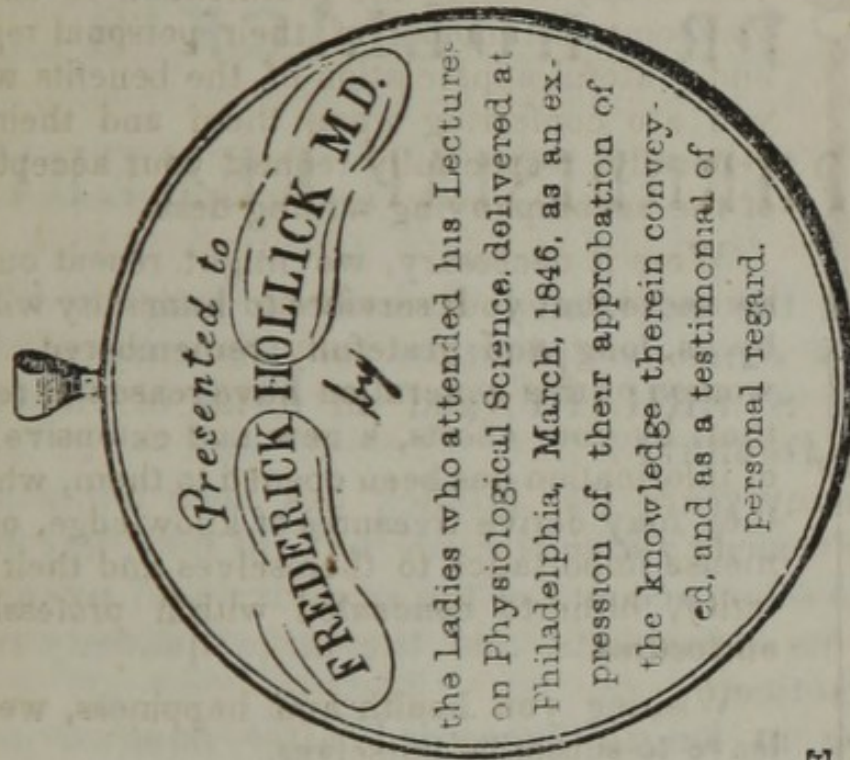
# THE GOLD MEDAL PRESENTED TO DR. HOLLICK,

BY



THE

LADIES OF PHILADELPHIA.



the Ladies who attended his Lectures on Physiological Science, delivered at Philadelphia, March, 1846, as an expression of their approbation of the knowledge therein conveyed, and as a testimonial of personal regard.



# DR. HOLLICK'S APHRODISIAC REMEDY.

THIS is the celebrated Remedy so long used in Dr. HOLLICK'S extensive practice, for the cure of IMPO-TENCE, STERILITY, and all forms of SEXUAL and NERVOUS DEBILITY!

For many years Dr. Hollick has been importuned to offer this remedy *for public sale*, but till now, has not been able to do so, on account of the SCARCITY and DEARNESS, of many of its ingredients, and the large quantity required in his practice.

Having at length succeeded after *immense cost and labor*, in procuring a larger supply, Dr. Hollick now *for the first time* offers it to the community at large, in compliance with the NUMEROUS AND URGENT REQUESTS that have been tendered to him *ever since its first introduction!*

This Remedy is THE ONLY ONE OF THE KIND which can possibly be obtained, because Dr. Hollick alone possesses the *secret of its composition*, and has secured the ENTIRE MONOPOLY of the *rarest and most powerful* of its ingredients. It is composed of THIRTY-THREE DIFFERENT SUBSTANCES; some so powerful that not more than *the hundredth part of a grain* can be used at a dose, and so dear that a *single grain* will often cost from two to four Dollars! It is however PERFECTLY HARMLESS, and may be safely used by all persons, and in any circumstances.

To the CHILDLESS, the IMPOTENT, the NERVOUS, the FEEBLE, both in BODY and MIND, the HYPOCHONDRIAC, and those who find themselves becoming OLD TOO SOON of BOTH SEXES; the *Aphrodisiac* will be found a SURE and PERMANENTLY EFFECTIVE REMEDY!



**It is not a MERE STIMULANT, or INJURIOUS EXCITANT, acting only for the moment, but a true NERVINE and SEXUAL TONIC and RENOVATOR, producing new Nervous and Sexual material, when these have been wasted by excess, abuse, or disease!**

Several of the articles which compose the *Aphrodisiac Remedy*, have been used from time immemorial, in a crude form, and separately, but no scientific combination of the whole was ever possible till now.

The celebrated DREAM DRUG of the East, the INDIAN HEMP, is often used as an Aphrodisiac, and will sometimes cause erotic dreams. This however is only occasional, and such an effect is always followed by unusual debility, terminating at last, if its use is continued, in complete sexual impotence.

In the Harems of Turkey, a compound is used called, in Arabic, "LOVES ASSISTANT!" It is composed of various stimulating spices, with opium and musk, and has some power, when first used, but at last it eventually causes general weakness and decay, both of body and mind. The late *Sultan of Turkey* used this compound till he was nearly an idiot; and at last died from sheer exhaustion.

In China they have a Pill somewhat similar to this, and which causes almost identically the same results. Sometime ago this *Chinese Remedy* was brought to France, and sold in Paris under the name of HONNEUR DE LA FAMILLE! (*Honour of the Family*) this being its Chinese name,—the evil results from its use however, soon caused it to be but little called for.

In some parts of Arabia and Africa, an *Aphrodisiac* has also been long employed, as we can see from allusions in old Chronicles, and in various Poems. Even in the Hebrew Scriptures the *Mandrake* is spoken of as being so used. The *Hindoos* have always been great lovers of *Aphrodisiacs* and they possess some powerful ones, which however they use without knowledge, and consequently derive but little good from them, and much harm.

**All these articles, after much trouble, time and expen-**



ses, Dr. Hollick obtained and analyzed, so as to know exactly what they were.

The Aphrodisiac Remedy contains what is really good and effective in all of them, without any of their hurtful qualities.

The *Common Aphrodisiacs* are merely compounds of *Spanish flies, Opium, Strychnine, Arsenic, Phosphorus* and similar drugs; Most of them are *rank poisons!*

Among other names used for Aphrodisiacs, by the Turks, Arabians, and Hindoos, we find the following, PARENT OF PLEASURE!—DELIGHT OF PARADISE!—FAMILY MULTIPLIER!—YOUTH PROLONGER!—HOPE OF THE AGED!—BRAIN STRENGTHENER!—FOUNTAIN OF POWER!—STRENGTH GIVER!—And numerous others, all indicating the same powers. All of these various articles therefore, imperfect though they are, have still gained a reputation, and are eagerly sought. How much more valuable therefore must be a compound which combines the excellences of all, *without any hurtful qualities whatever!*

Although never advertised, and only known through the reports of those who had been restored by its use, the Aphrodisiac of Dr. Hollick has become known, and sought for in all the principal cities of Europe! Many persons of eminence have regularly obtained it, privately, and in more than one instance the *wishes* and *hopes* of married people of high rank, have been fulfilled through its means.

Its fame has even reached Turkey, and in *Constantinople* itself, the *Aphrodisiac* is rapidly supplanting the hurtful and inefficient drugs formerly in use.

No public announcement is needed therefore to *sell* the *Aphrodisiac*, but only to let those persons know they can now have it who have so long been wishing for it in vain.

In most ordinary cases of Sexual Debility, *One package* of the Aphrodisiac usually restores the virile power completely, and in all cases enough to show that entire restoration is only a question of time. When the system is much run down however, and the decay has existed for a long period, the remedy must be persisted in for a longer time, and several packages may be needed. Old persons,




or those worn down by excesses, should take it *regularly*, to prevent further decay,—and so should those who *overindulge*, to ward off the consequences of their indiscretion.

If no sufficient restoration follows a *fair trial* of the *Aphrodisiac Remedy*, it may safely be inferred, that there is either a *natural imperfection*, or some *Organic Disease*, most probably there is *loss of semen in the urine*! In all such cases the person should at once consult Dr. Hollick, for the purpose of having a thorough *examination*, and a *full treatment* till the difficulty is removed.

FEMALES who are *Childless*, *cold in temperament*, *Nervous*, and *sexually feeble*, are as much benefited by the *Remedy* as males, and many a solitary hearth has been blessed with children through its use.

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For those who cannot possibly visit Dr. Hollick, he will explain a simple mode of *examining the urine* by which the facts of the case can be fully ascertained, so that patients at a distance can be treated by correspondence with perfect success. All Dr. Hollick's Medicines are put up in the form of concentrated *dry powders*, to go by post, without any risk of detection. Hundreds of patients are constantly being prescribed for in this way, with perfect success.

 All letters are destroyed as soon as notes are taken of the case.


(See the Pamphlet accompanying each package—and also Dr. Hollick's Books on *Marriage*, and on the Male Sexual system )

THE APHRODISIAC REMEDY is put up in FLAT GOLD BOXES in such a manner that it will go anywhere by Post like a letter, without any risk of *Inspection* or *detection*. It will also keep *unhurt* for any length of time, in *any climate* and in *any circumstances*! It may be carried unobserved in the *vest pocket*, and requires no *liquids*, nor any *measuring*, or apparatus of any kind when taken; being in a *solid form*, divided into graduated doses, and *without* smell or taste.



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Per Package, for which it will be sent *free by Post*,  
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 TO PREVENT COUNTERFEITING, and to make sure that no one can be imposed upon by pretenders, Dr. HOLLICK does not sell his Remedy *through Agents* (unless specially mentioned in his publications).

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