

Facts for the feeble, or, Professional notes of curious medical consultations : relating to the various peculiarities [sic], 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.

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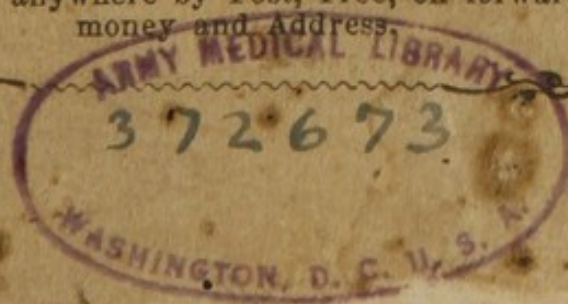
FACTS FOR THE FEEBLE,
OR,
PROFESSIONAL NOTES
OF
CURIOUS MEDICAL CONSULTATIONS,
RELATING TO DEBILITY, IMPOTENCE AND STERILITY



BY DR. F. HOLLIĆK,
THE CELEBRATED AUTHOR AND LECTURER.

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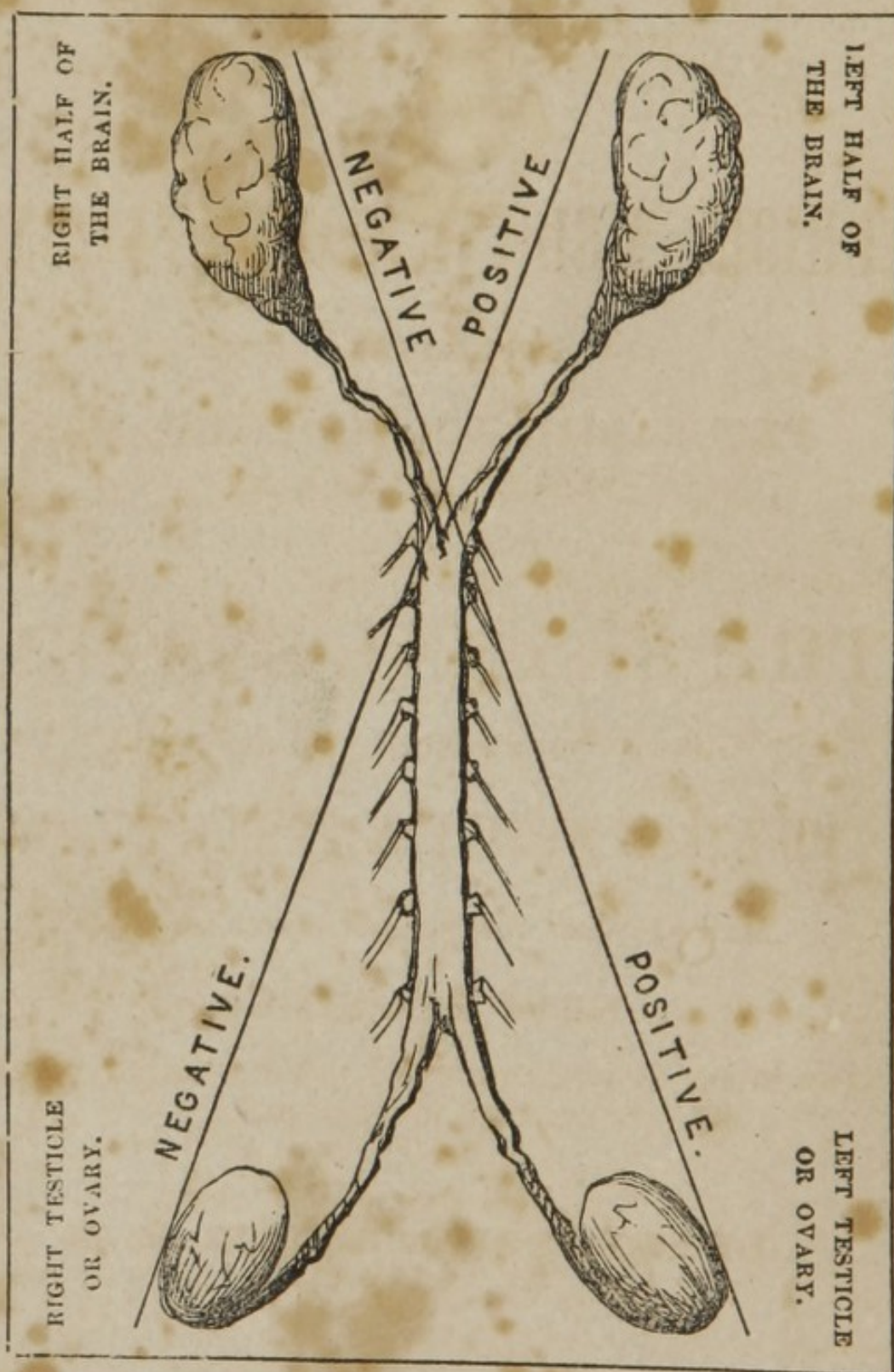




DUE TWO WEEKS FROM LAST DATE

L SEP 6 1955

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.

NEW YORK:
PUBLISHED BY T. W. STRONG,
98 NASSAU STREET.

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## HISTORICAL AND EXPLANATORY

### INTRODUCTION.

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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



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. For eighteen months I published a popular journal, called "*The People's Monthly Medical Journal*," but finding it utterly impossible to spare sufficient time each month to compile it, I was compelled to suspend the issue, though I trust by and by to resume it in another form. At present my professional calls leave me hardly leisure enough to keep perfect the works I have already published, but in time I hope to issue others, on different but kindred topics. The general scope and objects of each Book will be partly gathered from its Title, but it may be as well to state them more fully.

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's 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 sim-



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 these 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.

In short, these works are COMPLETE, each in its own



sphere, and they leave nothing further in their line to be desired.

For convenience they are all published in the same form, and of the same size, with engravings and colored plates, drawn and engraved expressly for them. The price of each is *One Dollar*,—and every new edition always contains the very latest information on its peculiar topics.

Besides these strictly professional books, I have also published some for children and others, on general Anatomy and Physiology, called the "*Primary Lessons in Anatomy and Physiology*"—and "*The American Class Book of Anatomy and Physiology*, which will be found in the advertisements more fully explained.



## Preface.

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As might have been supposed, my Lectures and Books soon created for me a large and peculiar practice, different from that of any other Medical man in the United States. It is well known that on many of the topics on which these books treat no instruction is ever given to medical students, nor do medical practitioners pay any attention to them. This is especially the case with regard to *sterility, impotence*, loss or total absence of proper *feeling*, parental influence on offspring, and numerous other such matters. Let any one try to get advice, or information, on such things, from Medical men generally, and he will soon find how little they know about them, or even seem to care. In fact, such an application would often only excite a laugh, or a stupid attempt at wit, as if such matters were good jokes. And yet few things are more *serious* or *important* to those who are really interested about them. Perhaps no other matters so closely concern *health* and *happiness*, or so well deserve careful and earnest attention.

How many thousands, of both sexes, labor under *difficulties* and *peculiarities*, connected with their Generative systems, which are to them the great concern of their lives, and yet no one know about them but themselves. Conscious that they will not be understood, or appreciated, if they speak about their condition, they conceal it, and carry with them to the grave a secret which has been the



bane of their lives, and perhaps the cause of too early death.

My practice refers especially to all these very difficulties, in both sexes, both married and single, and in this respect is different from that of any other person.

In the course of this practice there have come before me, as a matter of course, the most singular cases, different from any that are ordinarily seen, and which would never have come before any one else. Those who have heard my Lectures, or read my Books, will speak to *me*, though they had previously determined to *remain* for ever silent, and in this way I have gradually acquired information and facts of the most interesting and peculiar kind.

A few of the most peculiar and striking of these cases, with explanatory notes, I have thought likely to be useful, as well as interesting, if published. My idea was that they would serve to give more correct notions in regard to such matters, and also to show that now they are more properly attended to than formerly. Those who are *personally* interested, as patients, can see that *their* difficulties are now understood, and that they also, in common with other unfortunates, may reasonably look for sympathy and *relief*.

In this way originated the present Book, which is intended to show the public what is now known, in regard to these hitherto neglected difficulties, and to give a picture as it were of my own practice.

It is scarcely necessary to remark that all the "*Cases*" referred to are so related and disguised that there is no possibility of detection by any others than the patients themselves. In all cases, in these matters, the strictest privacy and caution is always carefully observed. I am constantly receiving large numbers of Letters from patients, in all parts of the country, and invariably I deal with them in this way,—I first make all the necessary notes of them,



to guide me in my treatment, and then destroy them. The *Notes* are also made in a peculiar *cypher*, which no one can read but myself, so that by no possibility, can any secrets be accidentally disclosed. The same process is also observed with regard to notes of personal consultations. No one in short need have the slightest apprehension of exposure in any way, and in no single instance has anything of the kind ever occurred in the whole course of my practice.

I need only say, in conclusion, that all who consult me, may depend, not only on the most careful attention, and the best exertions in my power, but also on that sympathy and delicate consideration, which such cases so urgently require.

F. HOLLICK, M. D.,

Box, 3606,

*Post Office, New York City,*

NEW YORK.

## NOTICE.

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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, 98 Nassau Street, 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 348 Broadway.


F. H.



## DR. HOLLICK,

Is fully provided with all the Apparatus necessary for treating any of the "CASES" referred to in his works, or he can supply them, if required, for private use. All Instruments which patients may wish to possess themselves of will be furnished to them at COST PRICE.

It will be observed that Dr. H.'s practice is *not a venereal practice*, but is confined to cases of debility, decay, or natural imperfection of the Sexual and Nervous Systems, in both sexes. *Venereal cases are not desired.*

 To persons at a distance Dr. H. can suggest a plan by which the necessary *Microscopical examinations* can be conducted without their leaving home, when that is inconvenient, so that the proper treatment can be indicated, and medicine sent, without a personal interview.

N. B.—Persons sending money by Post should carefully seal the Letters, and take a list of the *Bills*, their Nos., what Bank, &c., and it is best to have the Letter *Registered* at the Post Office, as containing money, which by a recent law can now be done.

"DR. F. HOLLICK,

Box, **3606**, Post Office,

New York City, N. Y.

PART I.

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GENERAL REMARKS

ON

CHASTITY AND LICENTIOUSNESS;

INTRODUCTORY TO THE

“CASES.”





## 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 *fleshly 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,—how 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.

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## 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 individuals 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.



THE  
JOURNAL  
OF  
JAMES  
MILNE  
1841  
TO  
1842  
BY  
JAMES  
MILNE  
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JAMES  
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1843



MISCELLANEOUS "CASES,"

WITH

NOTES AND EXPLANATIONS.

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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,  
*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 pourtrayed 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 well 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 worlds 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 retaing 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.

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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 forbear 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.

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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 Spermatorrhœa, 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.

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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 Sperrnorrhœa. 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 run 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."

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### 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 Sperrmatorrhœa, 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.



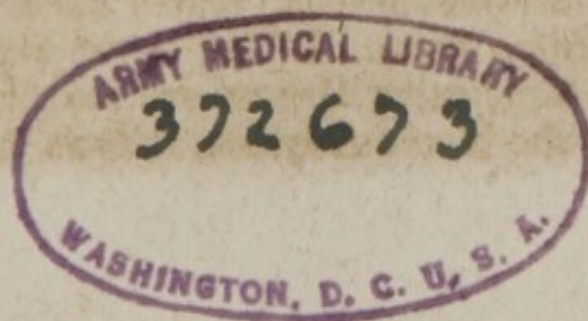
This intimate mutual relation of the Nervous and Sexual systems will be made more evident by an inspection of the Frontispiece Plate of the "*Nervous and Sexual Centres.*"

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. 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.

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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 :

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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.

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## 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 me 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.

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## 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.

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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,

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## 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.

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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 ailings 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 your



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.”

\* \* \*

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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.

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## 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.

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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* oneself 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.

\* \* \*

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## 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.

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\* \* \* \* "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.

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\* \* \* \* "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."

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## 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 *quite 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.

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HABITUAL AND SUDDEN CESSATION OF  
SEXUAL POWER, CURED.

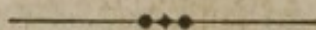
THIS case was very curious, though not uncommon, in certain degrees. The patient was as vigorous, and healthy



*sexually*, 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.



## CONCLUDING PART.

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### THE GREAT FACT.—THE EVIL AND ITS REMEDY.

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 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!

Chemistry has taught us what these rare elements are, and also whence and how we can obtain them, though as yet but sparingly, and upon this recently acquired knowledge is based that successful treatment of Nervous and Sexual debility exhibited in the above "cases." The *Remedy* there mentioned, which I use in my practice, contains all these "*Elements*," properly combined by myself, and this accounts for its great success. The popular *Invigorator's Cordials*, and *Antidotes*, sold by Advertisement, are entirely different. They simply *stimulate*, or *excite* the exhausted organs to extra labour, for a short time, but only to leave them afterwards more hopelessly impotent than before, as thousands have found to their cost.

My Patients, and all those familiar with my Books are



aware how popular this Remedy has been, among those who knew of it, but to many persons it is as yet unknown, except by rumor, and it may be matter of surprise to them that it has not been put more openly before the public. The following remarks will explain this, and also my reasons for now offering it for sale.

There is no doubt but what *all uncomplicated cases* of simple *Debility, Impotence, Sterility, or loss of feeling*, unaccompanied by organic Disease, or natural imperfection, may be cured by this Remedy alone. It will only fail in cases of *Organic Disease, or natural imperfection*, in which no medical remedy can cure alone.

In my work on the *Male Organs* I have given an account of all those Medicines which are generally known, that exert any power over the Generative Organs, and have shown the real value of each. These Medicines are called scientifically *Aphrodisiacs*. There are several of them, but none of those in ordinary use can be relied upon for any good effects, and many of them are quite *dangerous*. When they do act it is as *Stimulants, or Excitants*, giving a false appearance of restored strength for a short time, but only to cause more incurable impotence afterwards. There are some remedies however, (as already explained,) not in common use, that do exert, in numerous cases, a most decidedly beneficial influence, even to the production of quite unexpected and almost unhopd for cures,—especially in *Impotence and Sterility*.

These remedies are difficult to procure, in a pure state, and are expensive. For these reasons they are never employed in ordinary practice; and in fact physicians seldom know anything about them. They are *not mentioned* in the Pharmacopeias, and are only occasionally alluded to in the Medical Journals. The advertised Quack *Cordials, Antidotes, and Invigorators*, it is scarcely necessary to say, never really contain a particle of them, though they pretend to do so.

The necessities of my practice have of course compelled me to procure and use every article of the kind, and to combine them together, and experiment with them in every conceivable way. From this I have succeeded, in the



course of years, in forming a compound that is, I have no hesitation in saying, far more efficacious in all cases of debility, torpor, and premature decay of the Generative and Nervous power, than any other preparation of the kind ever in use. 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."

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, except from some of the causes above mentioned.

For a long time I have been importuned to advertise and sell this preparation, as a general remedy, by those who have used it, or heard of its power, but for various reasons I have not hitherto chosen to do this. The essential articles are very scarce and dear, and the preparation is difficult, so that till lately I could scarcely provide enough for the wants of my legitimate practice, and to supply the demand for it which has arisen through the mere mention of it in my books alone.

Very recently however, after much trouble and experimenting, I have succeeded in ensuring a more reliable and abundant supply of the requisite materials than I before could, and can therefore dispose of this remedy more generally, though it is still rare and expensive. It has enabled me however to sell it to others besides my immediate patients, and thus extend its usefulness. The large and truly unfortunate class of Nervous and Sexually Impotent sufferers may now therefore obtain a remedy upon which they may safely rely for help, and from which *the slightest ill effect can never follow*! Even if taken by those who did not need it no injury or inconvenience could possibly result.

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. There are some few debilitated and Impotent persons who cannot be restored by using this remedy alone undoubtedly, but by far the larger number can be, and even in my regular practice, in all uncomplicated cases, it is the main agent relied upon.

In short it will be found to be, 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 almost 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 from me personally, by addressing through the Post to "Doctor F. HOLLICK, New York." I do this to avoid trouble, and also to prevent *Counterfeiting*, which would be sure to be practised if it were generally sold through agents.

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 to derangements of the male System or Nerves, as will be seen by some of the "Cases" in my Books.

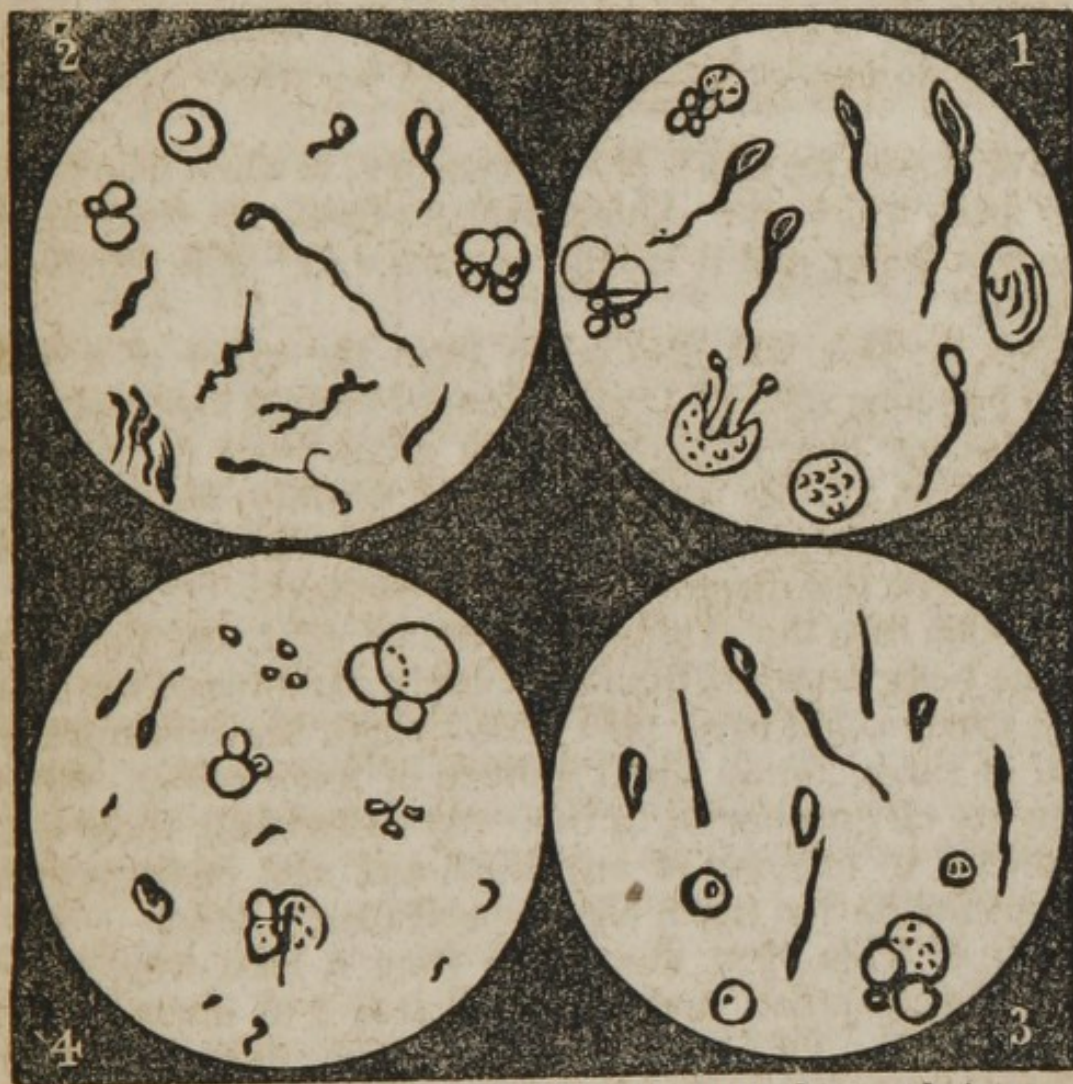


As a *name* is convenient in asking for, or describing it, I have called it "DR. HOLLICK'S APHRODISIAC REMEDY," because that is the term generally made use of, spontaneously as it were, by those who have used, and who speak of it to others.



## MICROSCOPICAL EXAMINATION OF THE URINE.

No. 1. Represents the appearance of the Semen when 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.

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THE

MARRIAGE GUIDE;

OR NATURAL HISTORY OF

GENERATION.

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PRICE.—ONE DOLLAR.

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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 Pysiological processes.



THE  
**MALE GENERATIVE ORGANS,**  
IN HEALTH AND DISEASE,  
**FROM INFANCY TO OLD AGE.**

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PRICE.—ONE DOLLAR.

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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 *Venereal 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.

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## 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.

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**PRICE.—ONE DOLLAR EACH.**



# DR. HOLLICK'S PUBLICATIONS.

"We have just read a new work called "*The Marriage Guide*," by Dr. F. Hollick, the well known Author of the *Origin of Life*, and we are constrained to admit that it is the most extraordinary Book that ever came under our notice. Thoroughly scientific enough for deeply read scholars, or for practical experimenters, it is yet plain and popular enough for the most ordinary understanding. Nowhere else in the English Language, can there be found such a complete and practically useful compendium of Physiological information, strictly adapted for the use of married people, or of those intending to marry. All the new discoveries of *Pouchet*, *Bischoff* and others, are fully given, as well as many others by the author himself, never before made known. The engravings are also excellent, as well as curious. In fact, taking it altogether, it is beyond all question the Book upon these matters, and will probably become as popular in future, and as universally referred to as *Aristotle* has formerly been. One feature which peculiarly distinguishes this book from all others of the kind, is the peculiar tone of *morality* and *delicacy* which pervades it all through, and which makes it both proper and useful to be read by all persons, of both sexes, who have attained the age of puberty. A very eminent clergyman, authorises us to say that he deems it a duty to introduce it privately among his flock, as the best means he knows of preventing and overcoming those hateful vices, unfortunately so destructive to soul and body, which are at the present time so fearfully prevalent."—[*Med. & Surg. Review*.]

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"THE MALE GENÉRATIVE ORGANS."—This book, by Dr. Hollick, the eminent popular Lecturer, and successful practitioner, should be in the hands of every man who values his health, and the preservation or restoration of his powers. It is complete in every particular, and is the only work in the English Language where that fell destroyer of thousands, *urinary seminal loss*, is fully explained, and its cure and prevention pointed out. How many thousands yearly die or become imbecile from this cause, who have never heard it mentioned.—[*Med. Journal*.]

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*This List embraces the whole of the Works, which may either be obtained singly or in the set.*

**PRICE, ONE DOLLAR EACH,**  
ALL WITH COLORED PLATES.

On forwarding the money and address to "Dr. F. HOLLICK, Box, 3606, New York City," they will also be sent by post to any place free.

N. B.—The attention of *Post Masters* and *Agents* is respectfully directed to these Works. Their sale is *rapid* and *sure*, and the discount is most liberal. Address to Dr. H. as above.



## A P P E N D I X.

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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

“Grows 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.



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 chaste and dignified a manner.

Signed on behalf of the meeting by

SUSAN WOOD, President.

SARAH WEBB, 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 2d, 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 prevailing 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 recognise 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 gentlemen 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. 5, 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 produced 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.



## APPENDIX.

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.

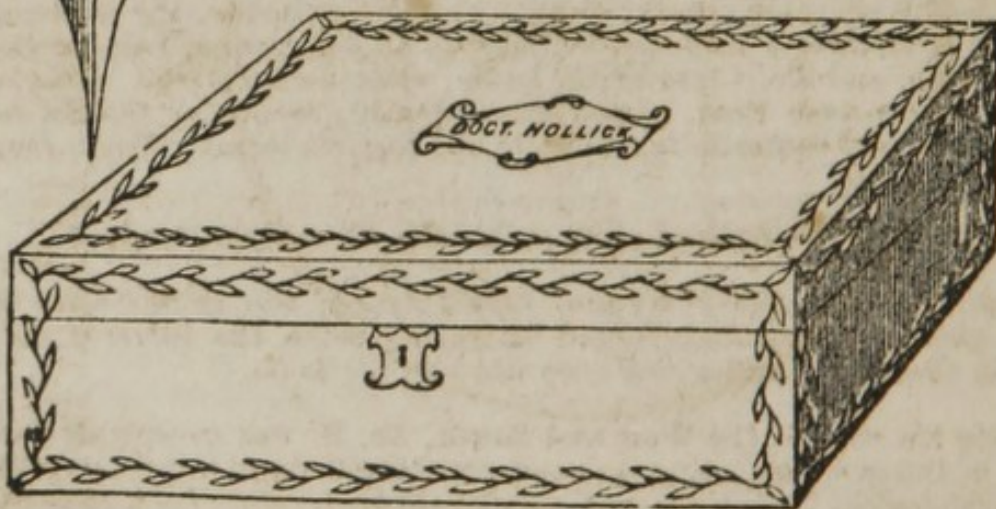
Were it necessary, we might repeat our assurances that your services to humanity will be, by us, long and gratefully remembered. The women of this generation have reason to rejoice that, by your efforts, a new and extensive field of information has been opened to them, whence they may derive treasures 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.

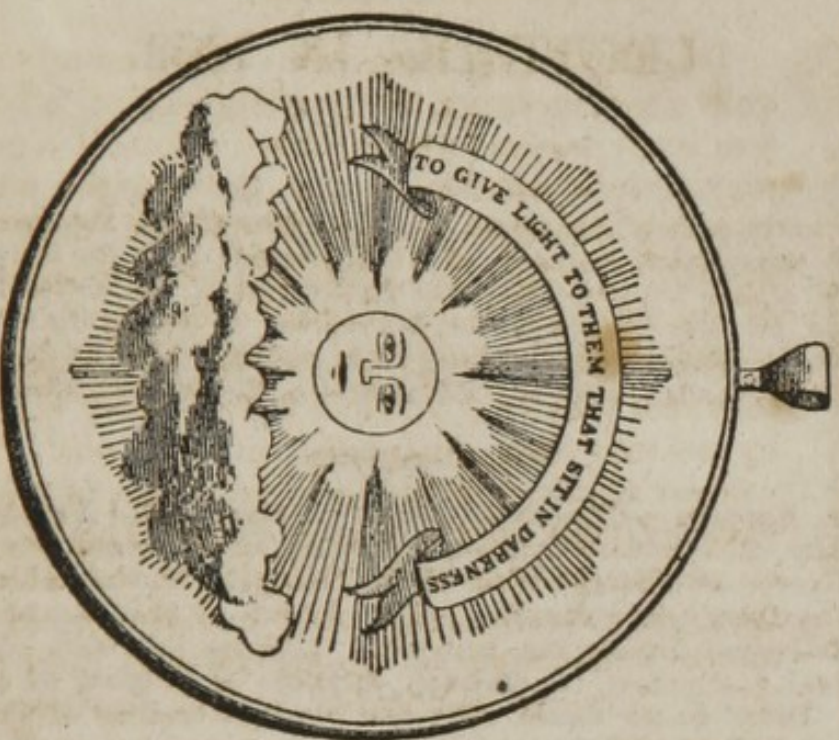
*Phila. March 20, 1845.*



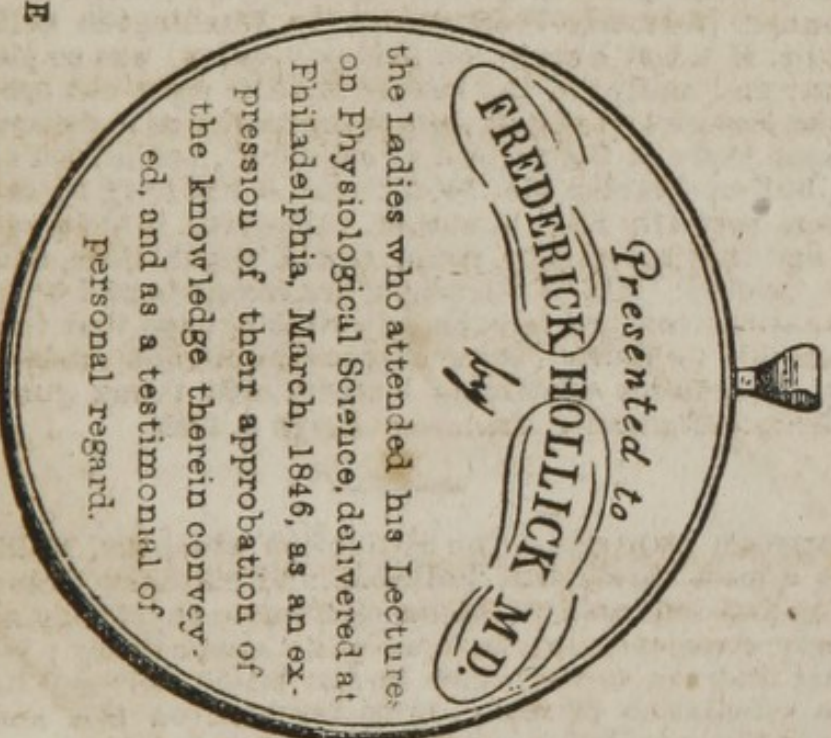


# THE GOLD MEDAL PRESENTED TO DR. HOLLICK,

BY



THE



LADIES OF PHILADELPHIA.



## LECTURES IN 1852.

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.



*This List embraces the whole of the Works, which may either  
be obtained singly or in the set.*


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

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JUL 16 '48



