

The private medical friend, or, A warning voice to young men : an essay on the errors of youth and the secret infirmities of the generative organs, resulting from solitary habits, youthful excess, or infection, with practical observations on the premature failure of sexual power illustrated with many cases in proof of the Author's successful mode of treatment / by Henry Smith.

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THE
PRIVATE MEDICAL FRIEND,
OR A
WARNING VOICE

TO
YOUNG MEN;

AN ESSAY ON THE ERRORS OF YOUTH,

And the Secret Infirmities of the Generative Organs, resulting from Solitary Habits, Youthful Excess, or Infection, with practical Observations on the Premature Failure of Sexual Power. Illustrated with many Cases in proof of the Author's successful mode of Treatment.

BY
HENRY SMITH, M. D.

41, Carlisle Street, Newcastle-upon-Tyne.

SENT GRATUITOUSLY

For the benefit of Nervous Sufferers, by George Thomas, Esqr., a private gentleman, as an act of Gratitude to the Author, for having restored him to health and happiness, after all other means had failed. [The particulars will be found narrated by himself at page 57.]

NEWCASTLE-UPON-TYNE:

1857.

DR. SMITH

MAY be consulted personally, from Ten in the morning till Three ; and from Four in the evening till Eight, daily. On Sundays, for the convenience of patients, from Ten till Four, at his residence,

**No. 41, CARLIOL STREET,
Newcastle-on-Tyne.**

DR. SMITH

Having for MANY YEARS past devoted his exclusive attention to the physiology and diseases of the URINARY and GENERATIVE ORGANS, and having had great experience in the treatment of the same, both in the principal CONTINENTAL HOSPITALS and in PRIVATE PRACTICE, is enabled to treat with the GREATEST POSSIBLE SUCCESS, cases of nervous debility, mental illusions, despondency, morbid imagination, impotency, sexual weakness, and other afflictions of the nervous system, arising from derangement of the generative organs, as well as all diseases of the sexual organs themselves.



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WARNING VOICE
TO YOUNG MEN.

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PREFACE.

IN introducing this little work to those who have not yet perused it, we must refer, for an explanation of its object and purpose, to the introductory chapter, in which the dreadful habit of self-abuse is spoken of generally, in connection with its causes and its consequences.

The popularity of the book, as evinced by the enormous sale of previous issues, is itself a proof of how wide-spread is the debasing sin of which it treats, and how much need there is for instruction and medical aid with reference to it. But that branch of the subject, also, will be sufficiently considered in the sequel, and need not be further dwelt upon here.

Those who have already had the book in their hands will find that its general matter has undergone some revision, with the view of still further perfecting it as a *popular* instructor and guide. The alterations will be most apparent in the "Cases" appended to the work. In the present edition these are almost entirely new, and most of them very recent. Our daily experience supplying every variety of form in which this disease manifests itself, and our patients frequently referring to these cases, we deemed it advisable, on this occasion, entirely to alter the selection. Of course, upon the whole, the same series of symptoms is brought out; but we thought the testimony would be more impressive in the reading, if given in the language of another "cloud of witnesses."

It is incumbent upon us to add, in this place, our acknowledgments for the many flattering testimonies we are constantly receiving of our success, as well in instructing through the medium of this little silent Teacher, as in healing, by our professional practice. Those sufferers who shall in future feel disposed to place themselves in our hands may rest assured that they may do so in all confidence, and that the same delicacy and honourable secrecy will be continued, which have induced so many patients to apply to us, and drawn from them such repeated expressions of satisfaction.

PRIVATE MEDICAL FRIEND.

CHAPTER I.

INTRODUCTORY OBSERVATIONS.—NERVOUS DEBILITY : WHENCE DOES IT ARISE ?

THAT state of bodily and mental weakness and prostration which is designated by the term *Nervous Debility* is by far too common to admit of a question as to its extensive prevalence. It is seen everywhere and every day—in the consumptive youth—in the irascible but unenergetic man—in the shambling gait and pale or sallow visage—in the dull expressionless eye, the averted look, the sudden start. It is seen in our family and social intercourse, exhibiting itself in unaccountable whims and caprices—in absence of mind and aversion to conversation—in hypochondriacal fancies—in a dislike to exertion of any kind—and often in that condition of mental and bodily unhealth where a man's friends will kindly call him "unfortunate," and pity his declining energies and his want of success in everything he undertakes. All these and many more evidences are found in every one's daily experience, and sufficiently attest the universality of that *class* of ailments comprehended within the general expression, "nervous debility." Doubt or ambiguity only arises when we come to seek for the *sources* of these pervading affections. The family doctor may be called in. Suppose him to be both a respectable and a skilful man, well up in all the art and mystery of his profession, of large experience, of comprehensive study, and with the reputation of a successful practitioner. Grant all this: the danger is that he is tied down by professional etiquette. There are certain causes of disease which he must not investigate, certain maladies he must not prescribe for, certain wounds he is forbidden to probe. Let us see what he does. He may or may not look at the patient's tongue and feel his pulse, for these two diagnostics are not so much in vogue as they have been, and must be sparingly resorted to by any fashionable doctor. But he will inquire as to the state of his pa-

tient's bowels—ask how he eats, how he sleeps, and how he feels—get him to perform an amateur cough—probably apply the stethoscope, and, finding nothing the matter with the lungs, get out of the difficulty in the approved professional way, by writing a prescription for some harmless tonics—“a table spoonful to be taken every three hours”—and recommending immediate change of air and great quietness. Possibly he may not depart without what he flatters himself are a searching question or two, intended to draw from the patient a confession as to whether he has been injuring himself by drink. *But he never asks him this question—*

“DO YOU COMMIT SELF-ABUSE?”

We must not blame him too severely for the omission, though it is an all-important one; for in all likelihood the patient would have shrunk from confiding such a secret to a man who, however personally worthy, was his near neighbour, and one whom he must calculate upon frequently meeting in after life. One of the bad consequences of this criminal frailty is the oppressive feeling of self-degradation which in most cases haunts its victim, when once he becomes alive to its wickedness. For a patient to open his breast, therefore, on such a subject, to the medical attendant of the family, would require a power of stern and daring resolution such as few are gifted with, least of all those who have given themselves up to this enervating vice; for how, he would ask himself, could he ever again look that man in the face without remembering that he knew the secret of his degrading weakness? And even could he restrain visible emotion, how could he help thinking—and being wretched with the thought—that the doctor, though outwardly polite, in his heart regarded him with contempt and loathing? Perhaps, therefore, it is better that the treatment of this self-abasing disease should be left—as it practically is—to those medical gentlemen who devote their whole time and attention to it. The patient is encouraged to open his mind to a practitioner situated as we are; for he knows that we are, and will remain, strangers to him. In many cases we never even see our patients, and it is not at all essential that we should, as the cure can be equally well effected by correspondence. Indeed, in numerous instances, correspondence is not only the better, but also the more expeditious, mode of conducting the cure. Most persons suffering from nervous debility will prefer writing a description of their case

to incurring the unpleasantness of a private interview, in which a very natural shame and trepidation might lead them to pass over or forget some of the points most essential for the conscientious physician to know. But by a letter the patient can sit quietly down and make a plain record of his symptoms and the indiscreet acts which have produced them, unconfused by those mental distractions which are attendant upon personal communication in matters so delicate. Hence we generally find that a written statement leads to a more speedy and safe diagnosis than an interview. We may further remark that the tacit arrangement by which the faculty, as a general rule, ignore this disease, has this additional advantage, that the devotion of a class of professional men exclusively to this one branch of curative science secures a much larger field of experience, and a much more certain amount of knowledge, in that one branch, than can be looked for in any ordinary surgeon or physician who undertakes to cure all the complicated "ills that flesh is heir to." Hence it is that the multifarious evils of self-pollution, and their modes of remedy, are so well understood by ourselves, who have devoted a professional life to its investigation and treatment.

All this, however, does not justify the neglect which so serious a matter has, up to this time, met at the hands of the medical faculty generally. But we shall not enlarge on this point at present, as we shall have occasion, further on, to speak of the *moral* as well as the physical bearings of the question before us. It will be enough now to say that in *very* many instances such as the one we have above feebly pictured, the real source of the complaint will be found in *self-pollution*. We do not say in *all* instances. Far be it from us to assert that there are not frequent cases of nervous weakness independent of this criminal cause. We know that there *are* such, and the fact that they are usual is pregnant with a practical significance which we request the reader not to overlook. *The ordinary doctor makes no distinction between such cases and those which have their origin in self-abuse.* He is called in to attend a patient, and finding some of the usual symptoms of nervous debility, he at once, and as a matter of course, concludes that the disorder arises from some of the constitutional or functional causes which do in reality sometimes produce it. He never deems it his duty—he has never been taught such a duty, and it is unprofes-

sional—to ask himself or his patient whether it may not be the consequence of a secret habit of self-exhaustion.

But if the real cause be undiscovered, there can be no chance of success in the treatment. It must be abundantly clear to the humblest comprehension that if a patient is suffering from the effects of bodily waste, produced by his own defiling hand, and you treat him as if the cause were external and altogether remote from this, you are only aggravating his sufferings by nauseous drugs and perhaps ill-spared expense, and tantalizing him with ever-receding hope, until step by step he comes down to his last pillow, and may only know in the next world what it was that killed him; for, although the *conscience* gives warning to the self-defiler as he comes to years of reflection that he is doing something *morally* wrong, yet very few indeed ever dream of the *physical consequences*, unless they discover their incompetency with the other sex; and even then, though painfully humbled and mortified, they are not aware, unless it is pointed out to them, that by persistence in the habit, they are digging up the very roots of their constitution, and draining out the vital sap of their earthly frame. In order to a certain method of cure, the *seat* and *origin* of the disease must be known. This can only be ascertained, in such cases as we write of, from the patient himself. *He* is not likely, as we have shewn, to tell the family surgeon—the latter is still less likely to ask him—and betwixt this perilous reserve on each side, he may finally and ignorantly be crushed, unless our little book should fall into his hands, warning him of the gulph on whose brink he totters.

It is the aim of the following pages to show that nervous debility, in an overwhelming majority of instances, has no other cause than that of *self-pollution*—that self-pollution invariably produces nervous debility in one or other of its forms—and that this same vice of self-pollution is one of frightful prevalence. Each of these positions is susceptible of clear proof, and each will receive its due consideration in the course of the succeeding chapters.

CHAPTER II.

ONANISM OR MASTURBATION—HOW THE HABIT IS CONTRACTED—ITS NATURE AND ITS PREVALENCE.

WE shall devote this chapter to a few observations on the nature of the vice in question, and on the extent to which it is practised.

We shall have to speak of it as a disease, a crime, an infatuation; for it is all these and more; and there are several terms by which we may designate it. Its most popular name is *Onanism*, derived from the 9th and 10th verses of the 38th chapter of Genesis, where we are told that Onan *spilt his seed upon the ground*, to avoid obeying the command to go in to his brother's wife. The inspired volume warns us that *the thing which he did* displeased the Lord; wherefore the Lord *slew* him. Thus we see that the first authentically recorded instance of self-defilement is followed by the Almighty's wrath, and punished by the immediate sentence of death from on High. It is admitted by Hume, Gibbon, and indeed by all the writers and philosophers who have built an immortal reputation by their great intellect apart from religious belief, that there is hardly a conceivable moral offence which you cannot find referred to in the Scriptures, with its retribution awarded in proportion to its enormity. From the vice of careless lying, through all the courses of more studied deceit, incontinence, forgery, robbery, murder, and all the shades and offshoots of these leading transgressions, up to the last and unpardonable sin against the Holy Ghost, the inspired volume leaves no moral depravity unillustrated. Great vanity is an invariable attendant on great genius; and the sceptical authors alluded to explain this remarkable and undeniable characteristic of the Bible upon the hypothesis that its books must have been concocted by minds of their own stamp—by men of penetrating thought and observation, who in one life-time of study could calculate all the phases that human nature was capable of assuming, so long as human nature remained the same as they saw it. The hypothesis is flattering to the sceptical historian; and, when brought to bear upon the doctrines of the ancient philosophers, it is far from being without its plausibilities. These, however, it is not our province to discuss. If we are tempted at all to travel for a moment from the main object of this treatise, it will be to express the conviction that these sceptics are at fault in their logic, and that the Bible is true, notwithstanding that they cannot write a sentence of true philosophy without its help.

About the fate of Onan, the son of Judah, how little is said! How prompt the sentence!—how immediate the execution!—the whole story in two or three short verses! And yet we see it as clearly as if it had been expanded into a three volumed novel. It is this mysterious power of *brevity*

combined with *emphasis*, which enables the inspired writers to put so much into so little compass. The style has from age to age been imitated, but still remains inimitable.

Masturbation is another name by which this vice is known: it means defilement by the hand. It is also spoken of as self-abuse, self-pollution, and by other terms expressing the same general meaning. After what has already been said, we might, perhaps, excuse ourselves from the unpleasantness of describing minutely the *modus operandi* of this habit, because the reader now sufficiently understands what we mean. But we must not allow a spurious delicacy to stand in the way when we have a saving cauterization to perform. If this *be* an evil of which we treat, it ought to be plumbed to its depths. Therefore we address ourselves with courage to a few explanations, which we shall put down in the most modest and delicate language consistent with the conveyance of truth, asking the reader to fill up, by his obviously instinctive knowledge, those things which we have not in words expressed.

Self-pollution, masturbation, and onanism, are terms often used very confusedly. In their popular use, as terms for the *habit*, they are *all* correct, and we have used them therefore throughout this work; but in many cases they do not convey the exact meaning. There may be self pollution without masturbation; there may be masturbation without pollution; but there can hardly be onanism without one or the other. Therefore Onanism seems to be the best general term to use.

The *habit* is very common in boys at an early age. But the purpose of this work being chiefly to treat of self-pollution when it has become a more mature practice, we shall not say much on its early sources, though a long chapter might be written on that part of the subject. Boys learn each other at school a trick of titillating the private member with their hands. This is often the case long before the period of puberty is reached; and it behoves parents and heads of educational institutions to be carefully on their guard with reference to crowded sleeping rooms, beds for more than one boy, and other arrangements having the risk of leading to the formation of this dangerous habit. The common answer to cautious and anxious suggestions of this kind is that boys will be boys, and that if you attempt to restrict them too much you will lose *all* control over them. There is, added to this, a disbelief in many people's minds, of the peculiar dangers to which we refer. The fond parent, as he gazes on

his beautiful boys, watching their sports, wishing to himself as he looks at their open countenances, and catching their frank and ingenuous words, that he were himself "once more a boy," but consoling himself with the proud thought of what bright fellows they will be when his hairs are grey, refuses to let it enter into his dreams that some of these children have a secret *guilt*—for *guilt* he would consider it if he knew of the fact. But the boys do not, at that early age, *think* they are guilty. They are only conscious of a little private, and, as they consider, harmless gratification, which their instinctive modesty tells them must not be talked about in their more boisterous pastimes. Still, there is something solemn and mysterious in the influence of *conscience*, even while it lies inactive in the breast of childhood: *there it is*, though it does not yet assert its power, lying dormant until the proper moment arrives for its spring upon the soul. A prudent and kind Papa will, from time to time, have dropped into his ear almost all the little secrets and boyish confidences of his bright-eyed sons, *except this one*. *This* secret he never catches; and, seeing the trust he inspires in all other respects, he never suspects it. But the slumbering demon wakes up some day, and the sanguine father, instead of seeing his own youth renewed in the energy of his darling progeny, has to watch with daily anxieties, the declining strength of an emaciated youth suffering from nervous debility.

There is not a line in this picture overdrawn. The habit acquired at school grows and becomes more inveterate with years. At first it is a mere pleasurable sensation, without the wasting away which afterwards follows; but the boy, finding so much gratification from the friction of his virile member, continues the practice until his sexual manhood arrives. Then, in one of those solitary indulgences, his passion rises higher than ever before, his whole body tingles with the momentary delight, and the *first emission of semen* takes place. After this he is the guilty young man, and not the innocent boy. For the first time he feels a sense of bodily exhaustion, and is aware that *he has unnaturally abused himself*. Conscience turns over on her drowsy pillow as if something had interrupted her repose, and whispers the "still small voice" into his ear. "Oh, thou self-defiler!" But now he is fully on the track of sin—he has tasted the forbidden fruit—has acquired the knowledge of a new sensation, the temptations for indulging in which are too ready and too facile to be easily resisted. He probably remains long uncon-

scious of the physical weakness he is producing, and goes on from day to day, thinking there are no consequences but those which make his mind miserable. The habit becomes confirmed, and ultimately he sinks into one of those lamentable conditions which are illustrated in our actual "cases," and which we shall more particularly point out hereafter.

Before adducing the testimony as to the early acquisition and fearful prevalence of this degrading habit, let us copy the definition of it which is used in almost all books on the subject:—Self pollution, or Onanism, is that detestable practice by which persons of either sex may defile their own bodies, alone, in secrecy, and whilst yielding to lascivious imaginations, endeavour to imitate and produce to themselves those sensations which nature has appended to the commerce of the sexes.

We happen to know, from what has come under our own observation, that the crime of masturbation is frequently perpetrated by females as well as by males. It seems almost incredible, and it took some unmistakable evidence to convince us of the fact. Of the fact itself, however, we are now thoroughly aware. But we still incline to the belief, that the lovely sex, to whom man is indebted for all the softening influences of his life, is tainted by this plague only to an exceptional degree. It is painful to dwell on such a subject, and we shall say no more about it, except to remark that the *effects* are the same in the one sex as in the other, and that the cure is likewise the same—namely, abandonment of the vile practice, and a resort to those medicines which are specially prepared by ourselves and a few other respectable practitioners who have given their study to the treatment of this peculiar malady.

This, says a late author, appears to be one of those impure habits which is coeval with the world's long history. It was the special vice of pagan Rome. Temples were erected to Venus Fricatrix,* in which the most obscene practices, of which self-pollution constituted one, were publicly perpetrated. The *Friga*, or Venus of the ruder Scandinavians, was honoured with the same vile observances; and from this curious, yet filthy source, we derive the name, *Friga-daeg*, of the sixth day of the week. A word in vulgar use, expressive of the sexual act, has the same dishonourable origin.

* From the Latin verb *frico* to rub or chafe, friction.

“Unfortunately for the history of human nature, it has been found coeval with every form of society, savage or civilized; and the denunciations of the ancient moralists are of equal application at the present period. We find them uniformly expressing the most unmitigated horror at this abominable practice, as a crime most monstrous, unnatural, and filthy, odious to extremety, *its guilt crying, and its consequences absolutely ruinous*; as destroying conjugal affection, perverting natural inclination, and extinguishing the hope of posterity. ‘Increase and multiply,’ is the Scripture text. ‘Plant trees and beget offspring,’ is the apothegm of the magi. The perpetuation of the species being, with the Great Designer of the Universe, an object of the first interest, all living beings are mentally and physically formed with a view to this great end;” and he who perverts these original attributes imparted to him by his Maker, impiously sets his face against the All-wise decrees, and turns a source of joy and fruitfulness into one of wretchedness, barrenness, and destruction.

Of the commonness of this practice among boys, there is as little doubt as there is of the direful effects which follow upon its protracted indulgence. “Of all the voluptuous and dangerous pleasures,” says another modern writer, “that strew the path from youth to manhood, none are so mischievous as that of Onanism, which unhappily offers too powerful inducements for its perpetration. First, it can be practised in seclusion; and, secondly, its effects on the health and personal appearance are not so immediately apparent, as, for instance, the paleness which succeeds a night of drunkenness and sleepless revelry. For a time the solitary, vicious gratification may be concealed: the evil consequences are not known, and, consequently, not anticipated; present excitement banishes the thought and fear of future suffering; but from the insidious manner in which this undermining process is going on, the truth will most assuredly one day present itself in awfully distressing reality. The miserable sufferer is not sensible, it may be, for a long time, of the slow, yet certain change that is passing over him: the debility and paleness that are perceptible to others have crept over him so insidiously that no one part of his body feels weakened more than another. As to the mind, however, the case is different; for a failure of memory is sometimes the earliest indication of mischief.

The unfortunate delusion is usually first communicated

at schools or public seminaries, sometimes at the early age of nine or ten, before the subject of it can be aware of its awful consequences. Hence the utility of a virtuous education in restraining unruly passions at this period. As this disgusting habit commits the most unrestricted ravages upon youth, and inasmuch as it strikes at the very roots of society, at the increase and propagation of the human race, by enervating and debilitating the springs of life, it will be obvious that no language can be sufficiently strong in reprobation thereof."

When one comes to collate the proofs as bearing on the prevalence of this habit among youth, the results are positively appalling to the mind. An instance is told by *Tissot* of a public school in Switzerland, where one of the masters was in the habit of delivering long and dry lectures, and where, to beguile the wearisomeness of these sleepy discourses, the pupils were *all* in the habit of indulging in this disgusting practice. Sir Astley Cooper was uttering a warning to youth against the temptations to this sin when, in one of his public lectures, he said—"If one of these miserable cases could be depicted from the pulpit as an illustration of the evil effects of a vicious and intemperate course of life, it would, I think, strike the mind with more terror than all the preaching in the world. The irritable state of the patient leads to the destruction of life, and *in this way, annually, great numbers perish*. Undoubtedly the list is considerably augmented from mal-treatment and the employment of injudicious remedies." The well-known American writer, the Rev. J. Todd, author of the "Sunday School Teacher," and other moral and religious works, says, "No light save that of the last day could reveal how frequently and constantly the crime of Onanism is practised. I have known an infinite number of young men debasing themselves in *this* manner every day, and continue the practice for years."

Having quoted these authorities, we shall conclude the chapter by adducing one single confirmatory example from the mass of such which we might select from our own experience. The case to which we refer will be found among others at the end of this work; and we allude to it here because the short and terrible facts which it discloses speak more powerfully than volumes of warning, however eloquent and impressive, could do, as to the alarming extent to which this disgusting habit is practised at our schools. An edu-

cated young man, suffering from the horrors of nervous debility, in detailing his case to us, mentions that he fell an early victim to the vice at a large seminary, and vouches for the seemingly incredible fact that *there were not more than sixty boys out of nine hundred who did not make it their idol!* He adds that he made several attempts to escape from the snare, but was urged back into the vortex by the jeers and taunts of his schoolmates. Parents and guardians, as well as heads of educational establishments, may well be taught vigilance by such revelations as these, which cry out trumpet-tongued against the reprehensible ostracism which shuts out of view these perils of the rising generation. We rejoice to entertain the conviction that the complaint of apathetic indifference to this evil—so long just—is now beginning to lose its force, and that the labours of a small and ill-requited band, in disseminating a salutary knowledge of the question, are producing their effects, in a more general appreciation of its importance. We feel it as no mean reward for our exertions to reflect that we have aided in producing so desirable a change in the public mind. We can now hope with some heart that the dangerous and insidious enemy may be arrested in its work of havoc ere it succeeds, as in former times, in bringing on *national*, as well as personal decay and ruin. The clergy and other moral teachers may find appertunities, apart from the pulpit, for whispering a faithful and effective warning. Many of them are now alive to the necessity of doing so, being well convinced that their more sacred exhortations must be comparatively fruitless so long as there is at work a secret vice, which defiles the heart and unfits the mind for the reception of anything that is elevated and pure—which peoples the imagination with obscene visions, even amidst the solemn pealing of the organ and in presence of the altar—which is for ever making unclean suggestions and drawing its devotee from healthier thoughts—a vice which, if not warred against and subdued, will gradually uproot all fine sense of delicacy, lead to rampant and public indecency, and of course choke up, with the noisome weeds of concupiscence, every avenue by which devotional sensations can enter the heart. The medical profession, too, are becoming less bigoted in their traditionary aversion to this topic. They are always the last body in the community to receive any new light on those matters which they consider their own province; and a forward movement on their part may therefore

be regarded as symptomatic of an approaching enlightenment. *They* have *many* means of doing good service in this matter. There is nothing to prevent them from giving due prominence, in their lectures and instructions to their pupils, to the diseases arising from the practice of *masturbation*; and they have the best chances of dropping conversational hints of the existence and consequences of such a practice, and thus rousing, in the patient who may be guilty of it, a consciousness of the true source of his malady, without actually putting him to the blush. Moreover, the happy cure we were the means of effecting in the case just under consideration shows how rapid and successful is the proper treatment when the patient, warned of his danger before it was too late, has promptly sought the remedy where it was to be found. *As yet*, however, there are few of the ordinary practitioners who will bear these lessons in mind; and we must for the present rest satisfied with the assurance that the day is not far distant when they will command universal attention.

CHAPTER III.

SOME OF THE CONSEQUENCES OF SELF-ABUSE:—LOSS
OF MEMORY—PREMATURE DECAY—IMBECILITY—
INSANITY—SUICIDE.

“UNTO the pure,” says St Paul, “all things are pure; but unto them that are defiled, nothing is pure; but even their mind and conscience are defiled.” “If any man,” says the same apostle, “defile the temple of God, him shall God destroy, for the temple of God is holy, which temple ye are.”

These and many similar passages of scripture convey a caution against yielding to that corrupt inclination of the mind, which leads it to indulge in lascivious thoughts; and they at the same time indicate the dread penalty which is ordained to follow on the perversion of Nature's laws. “If any man defile the temple of God, *him shall God destroy.*” These passages evidently refer, not merely to the offences of fornication and adultery, but to all kinds of defiling lust and concupiscence. In the whole category there is none which bears such blighting fruit as the unnatural sensuality of Onanism. In the *Old* Testament we see it punished with instant death; in the *New* Testament it again receives its doom of *destruction*; and if we trace it in its every-day

history, we shall find how faithfully and inevitably the sentence is carried into execution through the operation of those immutable laws which the Creator has instituted for the government of the world. The infatuated masturbator, by anticipating the purpose of nature, and violently abstracting the vital fluid which is designed for the invigoration of his own body, or only to be moderately expended in the lawful and natural embraces of the sexes, prepares the foundation of a succession of disorders, which frequently terminate in insanity, in suicide, or in death by consumption; and thus he is himself fulfilling the behests of the Almighty, and making his own hand the instrument of his chastisement. Dr. Alcott of New York avers that "there is not a town in New England whose bills of mortality, from year to year, are not greatly increased by this wide-wasting scourge;" and Dr. Snow of Boston says, "The practice of self pollution is one of the most common causes of ill health that can be found among the young men of this country." The Rev. Mr. Todd, whose testimony we have already quoted, in his highly popular work, the "Student's Manual"—which has long been a constant hand-book and counsellor to students of all ranks, both in this country and America—thus speaks of this abuse, and enumerates some of its penalties:—

"The incentive to this crime is very great, almost among all. I have bewailed the calamity of many whom I have known, from this execrable cause alone, expose themselves to a premature death. I have thus bewailed some while they were students in college, and some, indeed, quickly after their departure from college, when they had been elevated to a higher position in life. Several persons have endeavoured to defend this practice, as though impelled on by a certain instinct, and an irresistible sway, and have even maintained that God himself willed such a debasing practice. The hand used for this lustful purpose! Do you imagine that there is no sin in it? Believe me, it is a crime, and as great a one as you can possibly conceive. Refrain from using the hand for such a purpose. Remember that the consequences of this practice are:—

"1.—That the memory is exceedingly impaired.

"2.—That the mind is much dejected, foolish and imbecile.

"3.—That the seeds of a *lethiferous* disease, and death itself, are sown in the body.

"4.—That the soul rushes headlong to destruction.

"5.—That tribulation will most assuredly come from God, who, though He is silent, beholds you in secret. 'For God himself will bring to judgment every deed that is done in secret.' 'For it is wrong even to *mention* those things which are done by these wicked people.' Fly, fly for your life, for your soul (from such a crime). 'Check it at the beginning;' you will not be able to subdue this crime, unless by avoiding it."

We may also extract here, the remarks of Dr. Adam Clarke, the celebrated traveller, theologian, and scholar:—

"The sin of self-pollution is one of the most destructive evils ever practised by fallen man. In many respects it is several degrees worse than common whoredom, and has in its train more awful consequences. It excites the power of nature to undue action, and produces violent secretions, which necessarily and speedily exhaust the vital principles and action; hence the muscles become flaccid and feeble—the tone and natural action of the nerves relaxed and impeded—the understanding confused—the memory oblivious—the judgment perverted—the will indeterminate and wholly without energy to resist—the eyes appear languishing and without expression—and the countenance vacant; appetite ceases, for the stomach is incapable of performing its proper office; nutrition fails; tremors, fears and terrors are generated; and thus the wretched victim drags out a miserable existence, till, superannuated, even before he has time to arrive at man's estate, and a mind often debilitated even to a state of idiotism, his worthless body tumbles into the grave, and his guilty soul (guilty of self-murder) is hurried into the awful presence of its judge!"

Moral and medical writers of eminence in all ages have directed their attention to this corroding passion, and have pointed out its consequences, physical and mental, to the extent to which these have fallen under their own observation. Accordingly, there is an astonishing diversity of effects proved as likely to be the result of the same cause; and the apparent contrariety in some of the symptoms may possibly excite surprise until it is recollected, not only that they are all well-attested and now fully established results of this crime, but that it depends much upon the original constitution of the patient and the frequency and duration of his indulgence, what particular symptoms shall most prominently develope themselves in his particular case. To take a very simple illustration of this: we find sometimes a voracious

appetite, and at other times scarcely any appetite at all, set down as among the accompaniments of self-pollution. And they are *both* so strictly correct that it is not at all uncommon to find them verified in the same individual; for a patient may eat heartily and consider himself in excellent health in the earlier stages of his disease, and afterwards find to his cost that he has at length brought on chronic indigestion, with all its train of miseries. The only way of arriving at a true diagnosis is by taking all the observable symptoms in each case in connection; and these should be submitted—in view of a safe plan of cure—to some professional man of experience in the treatment of these maladies. All the authors to whom we refer, however, agree in their general account of the deplorable condition to which excessive venereal indulgence, and the infinitely more baneful habit of masturbation, reduce their victims, even the most stalwart or robust. They show that Onanism, repeatedly practised, may produce almost all those derangements in man's system which science has enumerated in the nomenclature of disease—acute fever as well as chronic consumptions, nervous affections, and organic changes; and, going more into detail we have epilepsy and convulsions, apoplexy, paralysis, whole or partial blindness, tremors, spasms, and many other affections, recorded as having followed from habitually exciting the genital organs. The reader will see more clearly for himself, as he follows the course of our observations, and glances over the *actual facts* recorded in our selection of "cases," how it is not only possible but probable, and not only probable but almost of daily occurrence, that any of these lamentable visitations may fall upon the abandoned solitary sensualist. But let us proceed with a few more authorities.

Dr. Woodward, a physician of extensive experience, supplies a letter from one of his patients, in which he says,—
 "Having endured so long under this blighting, withering curse, my constitution, naturally very strong, is broken down, and my mind as well as body completely enervated. I am haunted day and night with lascivious thoughts and dreams; suspicious of my friends, and disgusted with myself, *my memory has lost its power*. Unable to fix my attention, my mind is filled with terrible foreboding—fear of *insanity*—and at times it has cost me a continual effort to retain my reason. It is with difficulty that I walk, or stand, or even sit upright. An inclination to lie down and

sleep, which desire I am sensible I have indulged too much; my sleep never refreshes me. I rise in the morning weak and weary, to drag out another miserable day. O how often have I wished for death, or rather oblivion, or anything to terminate my woes. I have been much annoyed of late with twitching or spasms in various parts of my body, and frequently my face.....Would to God I had known what I know now, when I was first tempted to this health, life, and soul-consuming sin!" Another patient of the doctor's writes, "I have suffered so much in body and mind, and see no prospect of being restored to health and usefulness, that I am sunk in despair, and am daily contemplating *suicide*. It is the anguish my death would cause my mother and sister, whom I devotedly love, and whom I could wish to maintain, that mainly prevents the commission of the deed." The tendency to suicide is very common; indeed there is no doubt that this sin is the most usual of all the causes of self-destruction. The torture of the soul which it produces on sensitive natures, makes life hateful and almost insupportable, and the unhappy victim seeks a refuge where only madness would think of seeking it—in the dread unknown hereafter. A gentleman of high connections, and apparently possessed of every requisite to make life happy, was found unexpectedly dead in his bed; a pistol, the instrument of his death, was clenched in his hand, none could account for the rash act, and doubtless, but for his own revelation, it would have passed away as unaccountably as the temporary insanity of the newspapers. Upon a piece of paper, in his own hand-writing were discovered the words, "I am impotent, and unfit to live!" But how few suicides leave behind them such a revelation, and how very frequently the verdict of *temporary insanity* is all the information ever acquired as to the motive which impelled the deed! A man, even when frantically and impiously rushing into the awful presence of his Maker, still does not cast off all the better instincts of humanity. He is unwilling to leave an odious stigma on his own memory, and he may have dear friends whose poignant grief would be uselessly aggravated by a proclamation of the unmanly weakness which induced the catastrophe. Therefore he shuns making any record of the weakness, and rushes from his remorse to his doom. We have never forgotten an incident of our own boyhood. Happening to meet an inquisitive companion on a stair-head, he put our eye to the keyhole of a room door, and

we saw, in the act of masturbation, a gentleman who was almost in the daily habit of speaking to us, as we frequently met on the same stair. We little knew the fatal significance of the action, and little dreamt that in a few short years afterwards we should have entered on its contemplation as the professional business of our lives. Perhaps the most *practical* impression the sight made on the two lads was one of *levity*; but we had almost ceased whispering to each other on the subject, and had about expended our small stock of juvenile witticisms, when one morning we learnt that Mr. ——— had leapt from ——— bridge during the night, and drowned himself. Here again there was no perceptible impulse to self-destruction. He was a tall, powerfully-built young man of perhaps 26 or 28, with every appearance of strong health, in a prosperous business of his own, in no pecuniary difficulties, and with troops of affectionate relations and friends; there was no accounting for it; and the coroner's jury came to the unsatisfactory, but, alas! too usual and too necessary verdict of *temporary insanity*.

Sexual imbecility, partial or complete, is an invariable concomitant of the habit of masturbation; but on this head we shall have more to say in the next chapter. *Skin eruptions*, especially about the shoulders, face and abdomen, are common; and these will be much aggravated if the patient happens to have a constitutional predisposition to scrofula. Should the seeds of any scrofulous or pulmonary disorder be generated in the system, by hereditary or other causes, previous to indulgence in the sin of self-abuse, they will, after such indulgence, vegetate and ramify every portion of the system—"heated," says an experienced professor, "by the continuous excitement of the body and mind, which, like hothouses, force and germinate—and pervade every vein and artery of the entire man. The results will quickly appear:—breathlessness on the least exertion; irregular and unrefreshing sleep; *languor and oppressive lassitude*, and other indications of weakness: fever (often generated by Onanism) makes its appearance, and the face is flushed, particularly in the evening; then there is a loss of appetite—the stomach is bad to please, and the scanty food received is frequently rejected, or imperfectly digested. The muscles turn flaccid, the face pallid, the belly distended, and the legs swell; and an irregular and constipated system of the bowels is followed by other fatal and premonitory symptoms, which usher forth the unmistakable truth that *consump-*

tion has appeared. Then the short, dry, husky cough, becomes more frequent; as the disease advances, expectoration, first of a mucous, then of a purulent nature, ensues; and, before long, purging, and profuse night sweats leave no doubt as to the real nature of the disease." This is, no doubt, a picture of the last and worst form of *premature decay* superinduced by the error of self-prostitution. When the terrible pirate, CONSUMPTION, shows his final symptoms, and displays, without longer disguise, his fearful "black flag," there is seldom hope, save in death. But, if the victim be warned ere he has dropped into this *last fatal stage*, he might, in almost every instance, be saved. He has only to *abandon the habit*---attend to a few plain directions for ridding his mind of *its* lascivious habit---exercise some self-determination in breaking off his besetting lust---and *revive his constitution* by a course of tonic medicines, which can only be skilfully and appropriately administered by a practitioner who *knows* the *source* of his illness and is habituated to its treatment. We have known many cures effected in cases where it was believed that the indications of incurable consumption had set in. The mistake, in these instances, was with the patient, who (a very common error) magnified his own symptoms, and, probably verging on that *giving up* of nature which is called consumption, thought he was irretrievably in the monster's grasp. There is a rule which holds pretty universally in this serious matter. *Despondency is not a sign of consumption.* The individual who frets and worries himself, and makes himself believe that he is worse than he is, is always curable by medical science. He is not yet organically broken up. True consumption is always sanguine: the patient invariably expects to get better. How common is it to hear from such the expression, "If the cough would go away, I should soon be strong again;" or, "Oh I feel a great deal better---the cough is nothing like as bad as it was; and if only the spring would come round, I should soon be all right again;"---or, "There is nothing annoys me now but the pain in the side and the weakness in *that* leg---I can nearly walk without help already; and if I could only manage to get away to France, or to the Canaries, or even to Devonshire for a bit, you should see what a changed man I should come back!"

Oh, that consumptive *if*! How often has its mortal hollowness sounded in our ears, when it would have been cruel to tell the patient of its deceptiveness! But we have dwelt

a little on the point here, to encourage the reader not to be deterred from seeking a remedy in time, from a mistaken fancy that he is beyond cure.

In further illustration of the evils of self-abuse, we quote from M. Grassin, many years President of the French Academy. "It is not difficult," he says, "to account for the consequences arising from the habit of self-pollution; but these sometimes present themselves under forms so complicated and horrid, that it would appear as though the prostate gland were the seat of all the vital functions. I have known instances of gonorrhœa, and even symptomatic syphilis, ensue from excess of this practice; blindness, though an uncommon, is not an impossible result; paralysis, epilepsy, and consumption, are the *invariable* effects, after a gradual progress through the various stages of weakness of intellect, torture of conscience, decay of the bodily energies, racking physical pain, external eruptions, and, lastly, internal disorganisation. Nor is this all: so close is the connection between the animal and spiritual essences, that I have known *madness* produced solely by this baneful practice, which has first destroyed the nervous system, and then attacked its seat, the brain."

The erudite continental physiologist, Hoffman, thus sums up, under six different heads, the evil consequences flowing from the habit under consideration; and his conclusions entirely comport with our own daily experience:—

First—"All the intellectual faculties are weakened, loss of memory ensues, the ideas are clouded, the patients sometimes fall into a slight madness; they have an incessant irksome uneasiness, continued anguish, and so keen a remorse of conscience that they frequently shed tears. They are subject to vertigoes; all their senses, but particularly their sight and hearing, are weakened; their sleep, if they can obtain any, is disturbed with frightful dreams."

Secondly—"The powers of their bodies decay; the growth of such as abandon themselves to these abominable practices, before it is accomplished is greatly prevented. Some cannot sleep at all; others are in a perpetual state of drowsiness. They are affected with hypochondriac or hysterical complaints, and are overcome with the accidents that accompany those grievous disorders—melancholy, sighing, tears, palpitations, suffocations, and faintings. Some emit a calcareous saliva: coughs, slow fevers, and consumptions, are the chastisements which others meet with in their own crimes."

Thirdly—"The most acute pains form another object of patients' complaints: some are thus affected in their heads, others in their breasts, stomach, and intestines; others have external rheumatic pains,—aching numbness in all parts of their body when slightly pressed."

Fourthly—"Pimples do not only appear in the face (this is one of the most common symptoms), but even suppurating blisters upon the nose, the breast, and the thighs, and painful itchings in the same parts. One patient complained even of fleshy excrescences on his forehead."

Fifthly—"The organs of generation also participate of that misery, whereof they are the primary cause. *Many patients are incapable of erection; others discharge their seminal liquor upon the slightest titillation and feeble erection, or the efforts they make when at stool.* Many are affected with a constant gonorrhœa, which entirely destroys their powers; and the discharge resembles foetid matter, or mucus. Others are tormented with painful priapisms, disuria, stranguries, heat of the urine, and a difficulty of rendering it which greatly torments many patients. Some have painful tumours upon their testicles, penis, bladder, and spermatic cord. In a word, either the impracticability of coition, or any deprivation of the genital liquor, renders every one imbecile who has for a length of time given way to this crime."

Sixthly—"The functions of the intestines are sometimes quite disordered; and some patients complain of stubborn constipations; others of hæmorrhoids, or piles, and of a running of foetid matter from the fundament."

Such are the fearful sufferings and perils incident to the perverted indulgence of the solitary sensualist. *He* knows nothing of those transporting sensations which belong to the caresses of pure and virtuous love; he *does* learn to know that he has incapacitated himself from realising their sweets; and the conviction goads him with inexpressible remorse and baffled aspirations. This is a severer torment than even the physical injuries he has inflicted upon himself.

CHAPTER IV.

THE GENERATIVE ORGANISM IN MAN.—THE MYSTERY
OF PROCREATION.—FURTHER PENALTIES OF
TAMPERING WITH IT.

IN order that the aroused inquirer should have a full and

intelligent comprehension of the subject of this book, it is necessary that we should enter, with some little minuteness, into an explanation of the procreative functions—their admirable adaptability to their designed ends—the manner in which inevitable mischief follows their perversion—and their intimate association with the nervous and mental structure. Curiosity on this division of the question has probably been already excited in the mind of the reader; and it is fitting and salutary that such a curiosity should be satisfied. The process of conveying information of this kind will impress more intensely on the mind the ugliness and loathsomeness of the vice we seek to depict and eradicate.

The Deity, in ordaining *marriage* as an institution among the human race, by the very fact of the ordinance itself, implied His denunciation of all illicit and irregular gratifications of the sexual desire; and by the injunction, "Increase and multiply," he conferred positive and directly divine honour on the conjugal condition. The practice of all nations, both ancient and modern, both christian and pagan, both civilised and barbarian, has yielded assent to this decree of the Almighty; for even among the most benighted peoples of whom any records remain, we discover regulations, tacit or enacted, for guarding against an indiscriminate admixture of the sexes. That some of them allowed and do still allow polygamy, does not affect the argument we are now introducing. They saw the necessity for *restriction* of some kind; and though they might go the wrong way about it, yet their instinct, their experience, and their reflections told them that the procreative passion would soon destroy the race, if unlimitedly indulged in. Thus savage nature and divine law have alike imposed bounds to this all-pervading propensity. Even in the honoured state of matrimony a too frequent indulgence in the sexual impulse will lead to ill health; excessive gratification with wanton women wastes the vital essence of the body, thins the blood, and leads to early decay, and to the incapacity to procreate sound offspring. Thus the sins of the father are visited upon after generations. "The Jewish Rabbis, in their anxiety to save their nation, are said to have ordered, with a view of preventing the loss of vigour, that a peasant or labourer should indulge but once a week, a merchant but once a month, a sailor but twice a year, and a studious man but once in two years. However practically inapplicable this may be, the *principle* involved is essentially a correct

one, and the inference we should draw is this, that if natural sexual intercourse is thus wisely susceptible of restriction, according to the physical circumstances in which we are placed, how horribly destructive of the vital energies must that habit be which day by day, regardless of the flagging strength, drains off the richest and most curiously elaborated secretion of the human body. Epicurus and Democritus were nearly of the same opinion with Zeno and the Athletæ, and that their strength might remain unimpaired, never married. This is the opposite error; but it may serve to show how clearly the loss of the seminal fluid has been, in all ages, identified with the failure of vital energy. So Moses forbade indulgence before battle, and, if we examine the lower forms of the organised world, we shall find that many plants die as soon as they have flowered, that stags and fish are emaciated after the sexual season, while the prevention of fructification by the removal of the sexual organs renders annual plants biennial, that is, doubling the term of their existence, and that as to those which flower and perish within two years, this process extends their vitality through another or third year."

The *seminal fluid*, that substance which is discharged in the act of copulation, is probably the most important of all the secretions of the animal economy. Its *chief* purpose is no doubt that of continuing the race; but this statement by no means gives expression to all its functions; and, though science has traced distinctly its chief effects in ministering to and supporting *bodily and mental vigour*, there yet remains a mystery in *life* and the means of perpetuating it which the human intellect has been unable to fathom. But it is easy to explain the purposes of the seminal liquor in refreshing the body in which it is secreted; and by such an explanation the reader will see more distinctly the enormous havoc he is committing by wasting this inestimable fluid. One of the consequences is the weakening of the powers of the stomach, and the generation of those disorders which result from imperfect nutrition—thinning of the blood from the non-renewal of those aliments which are prepared for it by a healthy digestion, and the gradual supervention of all those symptoms which herald the approach of extreme debility.

"The great alteration which takes place in the system at the time that the semen begins to be formed and collected,"

says an eloquent writer, "is so manifest that it appears to the most common observer; the rise and continuance of the beard and clothing of the pubes depend thereon, and a wonderful alteration takes place in the voice and passions of the mind. The semen is kept in the *vesiculæ seminales* (or seed vessels) until the man makes use of it; during this time the quantity which is there secreted exits to the act of venery; but the greatest part of this seed, which is the most volatile as well as the strongest, *is absorbed into the blood*, and produces on its return very surprising changes. *It causes the beard and hair to grow*, and, in short, may be looked upon as the *very essence of existence*. The seminal liquor is of vast importance to the human frame, visiting every part of it, and exerting wherever it passes a gentle but continual irritation, which increases the energy of the vessels; their action upon the fluids thereby acquires fresh strength, the circulation goes on with redoubled vigour, and the vital functions receive a new spring, and are performed with the utmost perfection of which they are susceptible. Hence the loss of this valuable liquor must necessarily be highly detrimental to the whole system; yet it is not merely the prodigal waste of so invaluable a treasure that injures, for it must be observed that to produce a seminal discharge, the efforts of the organs immediately employed are not sufficient; to effect it the whole frame labours, the circulation undergoes a violent and preternatural acceleration, the nerves are wound up to the highest tension, the fibres of all the muscles, and coats of the vessels, are contracted by an universal spasm, and a temporary convulsive paroxysm takes place, which requires only to be often repeated, and at intervals sufficiently short, to produce all the worst effects of *epilepsy*. The physical effects usually commence with general debility of the whole system, in consequence of the frequent or long-continued irritation in the generative organs. This either induces *flaccidity, want of erection*, and *temporary or permanent impotence*. The diseases induced may be described as follows:—The bladder does not perform its office properly; it, in many instances, must be evacuated more frequently than usual, and often compels the individual, more particularly when he lives freely, to urinate several times during the night, especially in winter; there is more or less sediment in the urine, sometimes white, but more generally red, like brick dust. The sediment is only apparent after the urine has cooled, and

has been passed an hour or more; and owing to the relaxation of the seminal vessels, the urine has in very many instances a considerable portion of semen intermixed with it, but which can only be detected by a skilful and careful examination. There are pains or unusual sensations in the small of the back, loins, and lower extremities; there is more or less indigestion, flatulence, biliousness, heat in the stomach, and costiveness or relaxation of the bowels; the intellectual faculties are enfeebled, the mind and body are injured, the action of the heart is disordered and often violent, and there is frequently gray emaciation."

It is to be observed that the masturbator is weakened not only by the disgusting habit of exciting seminal discharges by the friction of the hand, but quite as much by those emissions which take place without such a stimulant. The parts are so weak and excitable, and the miserable patient is so constantly under the influence of licentious thoughts that he has frequent emissions in his sleep and at many other times. All these evacuations of the seminal liquor are highly pernicious. Physiologists have always held unanimously that *the loss of one ounce of this vital essence is equal to that of forty ounces of blood*. Hence the debilitating effects of the practice on the corporeal frame, and through it, by means of the nerves and spinal process, on the brain, the seat of intellect and sensation. The masturbator has the power of secreting a thin fluid, which is *not* strong, healthy seed, fit for the purpose of procreation, but a forced and spurious secretion, which will flow and afford him his vile pleasure without a strong and natural erection of the organ. Consequently he is always to a greater or less degree *impotent as a man*, and may be made aware of the fact under very humiliating circumstances. In the embraces of a wife, for instance—should he commit the wicked fraud of inducing some innocent and confiding girl to give herself into the arms of an *imbecile*, and thus blast her dreams of happiness—he will discover, either that emission takes place before connection, (the seminal organism being too much weakened and relaxed by abuse, to have the stamina and retentiveness necessary to the act of perfect coition); or that his manhood forsakes him altogether, and his sexual powers refuse to be excited at all. If he *does* succeed in the act of impregnation, the progeny will be sickly and stunted, and will most likely die early. Let such patients lose not a moment in seeking proper advice for the

restoration of their vigour; and let individuals contemplating marriage be warned of the misery they are preparing for themselves and their lovely partners, and adopt the proper remedies before running the risk of a *lifetime* of distrust and unhappiness. As we have before shewn, nervous debility and seminal weakness arising from this cause may *always*, except in the last stages of consumption, be *cured*, not only with *certainty*, but with *speed*, proportioned to the efforts the patient himself makes to follow the directions of a competent adviser.

A few other distressing results of the practice of Onanism may be noted down; but it would take a volume of much larger bounds than this to describe them all minutely. "*Long and painful erections* of the penis are not the least injurious of the number. The male organ is sometimes kept in a state of excited tension for a considerable period, and when this happens it requires a long period of repose. When it has, perhaps for hours, been kept in this state of throbbing erection, a sudden impotence for coition is often the result. This result may not be produced from fear, anxiety, or anticipated rapture, but from the absolute weariness that reduces it to a state of feeble flaccidity. The masturbator suffers much in this manner, even from the utterance of a casual word. Not only is local palsy the result of frequent excitement of the genitals, but it produces general weakness of the worst description. Many young men may be detected carrying their hands in their trowser's pockets to conceal the outward evidences of this *disease*; and so ungovernable does the propensity sometimes become that an instance is related, on good authority, of a patient who confessed that he could not converse with a female for a few moments, without rushing to some place of secrecy, *and there giving way to his vile habit*. He derived his pleasure from making himself imagine that he was enjoying her. However loathsomely unmanly is such an act, we have good reason to believe that it is far from an uncommon one. The least occurrence will suggest to the masturbator his habitual gratification; and many of our own patients have confessed to us that when committing the abominable defilement, they fancy that they are ravishing some female of their acquaintance. Other consequences of this vice are the actual decay and *shrivelling up of the genitals*; *swelled testicle*, called *varicocele*, loss of substance in the bone, and other painful monitors. Indeed the whole frame becomes

shattered; not a muscle or nerve, or sense escapes the contamination when the practice has been long continued. And *imbecility* is sure to follow; for although, when indulged in only at rare intervals, it may not tell its tale so quickly, yet it *will cling to its victim* until it has accomplished its work of desolation. The well-known Dr. Kahn, of London, says—"It is frequently found even in middle age; seldom, however, later, not because the practice itself is overcome by the controul exercised over the animal propensities by the moral or intellectual faculties, but because, if the habit has been persisted in, all virile power has by that time been lost. Even in middle age this is frequently the case: where it is not, however, where the power still remains, it is no uncommon thing for a man to practise this most degrading vice even after he has entered the connubial state, and has become the father of children. Indeed, when once commenced it is the most difficult matter possible to discontinue it until the virile power has become completely destroyed. Frequently patients present themselves to me at the age of 30, or from that to 40, who tell me that notwithstanding they are married, they are unable to muster courage enough to break off this habit, and that as no erection occurs, they are quite incapable of sexual intercourse, and have not cohabited with their wives perhaps for years." And he narrates the case of a gentleman who contracted the habit young, and afterwards married a most beautiful woman, everything that the most fastidious could desire. He consequently left off this vile practice, but afterwards returned to it, notwithstanding the attractions of his wife, and continued to practise it almost daily, cohabiting with her once a week, or sometimes less often. Four children were born to him; the first tolerably healthy, the next sickly, the third died of atrophy, or wasting away, from a want of vitality in the system, and the fourth lived a perfect walking skeleton. When this last was five years of age, the father had for four years been totally unable to hold intercourse with his wife, in consequence of the want of erectile power; but still he continued to practise this vile habit. At length, observing his wife was becoming very wretched, he judged of the cause, and was driven almost to madness. He then resolutely abandoned the practice for ever; and though in a terribly emaciated state, by keeping his resolution and adhering to a judicious course of medicines, he was finally and completely cured and restored to vigour; and has since been blessed with healthy children.

A fitting termination to this chapter will be an explanation or two on the subject of *Spermatorrhœa*. This is the professional name of the same disease we have just been describing, namely, loss of seed and its resultant debility. Its worst forms are mostly brought on, either directly or remotely, by the habit of masturbation; though a gleet, contracted by impure connexion with the other sex, will sometimes settle into a chronic spermatorrhœa; and there are rare cases in which it is the consequence of general constitutional feebleness, which might in every instance, we believe, be traced to a hereditary taint. We have described many of the effects of a waste of semen when once induced, by whatever cause: but there are extreme instances to which we have hardly yet referred. We have spoken of the partial destruction of the retentive power of the seed vessels; but there are cases in which that power seems to be almost entirely lost. Let the reader remember that the wrethra is the canal by which the water is discharged from the bladder along the penis. In the natural act of copulation the semen, after undergoing a certain preparation in the testes, passes through a pipe or duct opening into the urethra, along which it is conveyed to the female. This duct is called the *vas deferens*, and it will thus be seen that the urine, in being discharged, passes over its mouth. Now the *vas deferens*, like all the other ducts and vesicles connected with these delicate parts, possesses a certain power of tension, or contractility, or elasticity; which enables it, as it were, to grasp its contents and hold them firmly until they are called for in a natural and proper way in the sexual embrace. But a too frequent irritation of these sensitive organisms, especially by a resort to gratifications which they are not constructed to minister to, destroys their contractile and retentive power. They become flaccid and distended, instead of elastic and firm, and the seminal fluid oozes through their loose channels and escapes. The urine, as it passes over the mouth of the *vas deferens*, forces away the seed as it arrives at that point; the bladder itself is often weakened, causing the patient to be frequently urinating; and thus the process of waste is accelerated. In many cases, nearly the whole of the seed passes off in this way, almost unconsciously to the patient, who is only aware—and that too fearfully—of his mental and physical incapacity, and all that train of evils to which we have already alluded as following on seminal debility. He may, however, discover the

cause should he be led to examine his urine carefully, for he will then detect the presence of seed, both by the smell, and by the appearance of the water as it passes from him, particularly the last few drops, which will generally be found to be thick or stringy. In other cases of this class, the discharge does not wait for the irritating action of the urine. The visicles have become so thoroughly deprived of all energy that they are almost useless, and a thin imperfect semen constantly exudes from the orifice of the penis too palpably to be mistaken. It is not uncommon for us to have patients thus affected, whose linen is always stained. In these extreme instances, we may remark, the very desire, as well as the capacity, for venereal gratification is for the time gone; there is never a sufficient accumulation of seed to cause any excitement, and the penis is rarely or never erected.

These two classes form together a body of persons suffering all the worst consequences of nervous debility, the entire number of whom, could it be ascertained, would surprise those patients who are not yet so far involved in the disease, but who may soon be so, if they unwisely neglect early symptoms, and defer resorting to a timely means of cure when it is within their reach. Even in these last and severest stages, however, the cure is always certain, if the patient will use his opportunity of seeking our aid before he has exposed himself to the organic break-up which is called *consumption*.

CHAPTER V.

THE ONANIST AS HE IS.—THE DANGERS THAT SURROUND HIM.

O, wad some power the gift but gie us,
To see oursel's as others see us,
It wad frae mony a danger free us,
And foolish notion!

THIS philosophical reflection of the poet Burns was made on seeing a *louse* crawling over a fine lady's bonnet in church, quite unconsciously to herself, and while she seemed to think that her dress was "the admired of all admirers," and that she was certainly about the most "respectable" person in the House of God that day. How indignant would this self-flattering lady have been at the bare suggestion that such a thing as a louse could possibly approach her gentility; but how utterly confused and fallen from her

high dignity would she have been, had she known that the disgraceful little insect was *publicly* revelling among her "sweetest" ribbons, and that there was a vulgar "chiel takin' notes" of the fact, and intended to "print it!"

How would the secret self-pollutor—who knows his degradation, but wishes to preserve an appearance of purity as he moves through society—who makes unsuccessful attempts at frank cheerfulness and self-possession, and gets his unconquerable timidity smiled and joked at as constitutional diffidence—how would *he* feel if he knew that his solitary guilt was penetrated, that the sun shone on the painted sepulchre, and that there were unsuspected eyes which distinctly saw the louse upon his bonnet. Yet it *is* so. The abandoned Onanist is easily distinguishable by many outward features. True, it is not the generality of people who will mark and note these characteristics, and their number is limited, being mainly confined to observers in our own professional line of study, and to those moral and educational instructors who are now more and more becoming aware of the prevalence of the evil, and have therefore given some thought and enquiry to the subject. But the ranks of the latter class are surely, if somewhat imperceptibly, augmenting with the advance of a bolder and more liberal intelligence; and the concealed masturbator must shortly cease to hold himself secure against there being some one in the community of his friends and associates who can mark the symptoms and divine their cause. There may be many, ere long, who are familiar with all the lines and shadows of this picture of the self-defiler in his every-day appearance:—

The private sensualist may be known by his pallid bloodless countenance, and hollow, sunken, and half ghastly eyes, the lids of which are frequently tinged with red; if his indulgence has been carried very far, he will have black and blue semicircles under the eyes, and look as if worn out, almost dead for want of sleep, yet seemingly unable to get it. He will also have a half-wild, half-vacant stare, or half-lascivious, half-foolish smile, especially when he sees a female. Little things will agitate and confuse him. He will have no promptness, no decision of action; timid and afraid of his own shadow, irresolute, never knowing what to do or what he is doing. Nor will he walk upright in the conscious possession of the physical and moral qualities of his manhood: he will walk and move about with a diminutive, crying, sychophantic, inferior, mean, self-debased manner,

as if depreciated and degraded in his own eyes; thus telling you perpetually, by his shamed looks and sheepish manner, that he has committed some action that he is afraid you may read on his forehead. In company he will blush when addressed; nor can he make the most common-place remark without exhibiting the same emotion; he will be constantly fancying that people are talking about him, and withdraw as much as possible from observation. His secret vices have impaired both his physical and mental manhood, effaced the nobleness and efficiency of the masculine, and deteriorated the soul, besides having ruined his body. Let therefore the solitary sensualist remember that he is marked and known and read by men who have eyes and know how to use them. "Nature," says an author already quoted,—“nature, principle, and all correct feeling are arrayed against the habit of self-pollution; in its rolling dæmonology, it allures gradually from one stage of degradation to another; the painful impression it engenders is the source of unmanly pusillanimity and an abandonment of that essential position man, the rational and intelligent lord of the creation, should maintain as the head of that chain of animated being, which, though inferior, is certainly not infested with these depraved propensities. How fallen from his high and proud estate; how sunk beneath the true nobility of man, is the wretched wreck of humanity, whose deplorable excesses have reduced him to a condition so truly pitiable! In the joyous hilarity of his youth, he rejoiced in the entire command of every manly faculty; now a senseless, yet animated mass of helplessness, exciting the commiseration of those who know not the cause of his ruin, and visited with the bitter scorn of those who, spite of his attempt at concealment, read his degradation enstamped upon every feature. Whither may he fly from the plague that is within him, the evil that haunts him alike in darkness and in light? The quiet enjoyments of literary research, once his harmless and delightful recreation, now pall upon his morbid, vitiated taste; if he read at all, nothing but the more licentious productions of our older dramatists, or the lewd effusions of the reign of the second Charles, prove sufficiently stimulating; or these, it may be, are exchanged for the mawkish sentimentality, the prurient voluptuousness, or concealed obscenity of a low circulating library of trashy novels. Forced to contemplate the gloomy spectre, the shadow of his former intellectual and bodily strength, it is merciful indeed that *loss of memory* in some

faint measure procures for him, negatively, moments of repose from that murderous racking thought which can dwell alone upon images the most horrific and revolting. To such an one what misery arises from the accidental perception of domestic enjoyments! he sees a fond father hug to his bosom his first-born, and cover its laughing face with kisses: But for him—let fancy complete the picture.”

Mental as well as bodily imbecility, idiocy, madness, and suicide, have been already alluded to as among the threatened penalties for indulgence in the crime of masturbation. There are not wanting, to be added to the frightful enumeration, several instances of *sudden deaths*. In the case of suicide from this source, we have remarked on the improbability of the real cause of the deed being even suspected, much less *known*, in the generality of cases. The same remark holds good with still greater force in respect to sudden deaths; for when a man dies unexpectedly by what a jury would call the *visitation of God*, it is obvious that if he had not previously divulged the weakness which induced that visitation, it can never be known; if known through his own confession, it would probably be only to his medical adviser, who might happen to be ourselves or some other practitioner at a distance, but who, whether he reside near or far, is bound by professional honour to preserve the secret. Still, notwithstanding these obstacles to the collection of *numerous* proofs of sudden death from the habit of masturbation, there are such frequently mentioned by both ancient and modern writers on medical jurisprudence. *Pliny* relates two instances which came within his own knowledge of persons who, having emaciated themselves by this habit, in forcing nature in an obstinate attempt of the sexual act, died in that attempt; and the renowned *Galen* mentions the circumstance of a man having died the same night he attempted sexual copulation. *Hippocrates*, after observing on shortness of breath, noise in the ears, and other symptoms, says these “are succeeded by violent fever, *which terminates their days*.” Apoplexy, paralysis, and epilepsy, resulting in death soon after the attack, are also attested by these and other writers. *Dr. Dawson*, a pupil of the celebrated *Lallemand*, and an approved writer on this subject, gives the particulars of a fatal case of *coma*. He says, “when this disease has existed uncontrolled for several years, and the patients are advanced in life, many of the symptoms of apoplexy supervene, although, upon a post mortem examination,

the brain may be found perfectly healthy. The following case occurred a few years ago:—In June, 1842, I was sent for to visit a gentleman residing in one of the northern counties of England, who, it was supposed, was suffering from an *affection of the brain*. Coma, however, had set in before I arrived, and he *died in a few hours after*. His medical attendant told me, that for two years before his death, the health of this patient, which had been declining for some time, rapidly gave way. He had a discharge from the urethra, which was much increased in quantity whenever he passed water or a motion. There was total *anaphrodisia*, with a haggard, a pale, and a peculiar expression of countenance, which, with several other circumstances related, induced me to suspect the presence of the disease under consideration, and to look upon the affection of the head as a *secondary* and not the *primary* disorder." A post mortem examination confirmed his suspicions: and he adds, "The influence of this disease upon the brain is well attested. Nor is it the brain alone which is involved. Lallemand states, it was from the number of patients who consulted him for supposed mental affections that his mind was more particularly directed to the study of pollutions." Dr. Smith, a writer in the *Lancet*, is of the same opinion, and thus expresses himself:—"The constant association of sexual disorder and more or less of generative incapacity with mental derangement, whether cause or effect, is a remarkable fact, and one which appears to me not generally known; yet I will venture to say, that *every insane individual*, whether male or female, *is at the same time also suffering from some sort of procreative disability*, defect, or disorder, either impotency, sterility, or both, and *the removal of one affection would often seem to prove immediately curative of the other.*"

CHAPTER VI

TREATMENT.—CONCLUSION.

THE remarks we have deemed it right to make elsewhere will obviate the necessity of our saying much more as regards the want of general attention to this serious subject. But those persons who still doubt the propriety of publishing popular treatises on a matter of so much delicacy, would do well to turn the matter once more over in their minds, and ask themselves whether, by holding such opinions, they are not doing their utmost to serve the purposes of immorality,

and to prevent the extermination of a vice which, the pages of this book will convince them, if they are not already convinced, exists to an extent sufficient to alarm all good men. And if the evil he admitted, what agency are we to resort to for its eradication but that of the *Press*? Public teachers and ministers of religion are nearly silent; parents seldom suspect their offspring to be affected with an epidemic which the surgeon never hints at; and as to those books of philosophy and morality which are generally read, it is matter of common complaint among those who *have* been bold enough to discuss this evil, that, "on a subject not less interesting to the moralist than to the medical practitioner, it is really surprising to see that nothing worthy of notice is to be found, in a matter so important, in the various writings of standard authors." These are the words of Dr. Smith, in a paper on *Impotency*, published in the *Lancet* of August 28, 1842. He goes on—"This circumstance appears remarkable and unaccountable, when experience convinces us that sexual weakness and imperfections either hereditary or acquired, constitute the great majority, perhaps *nine tenths*, of the causes of nervousness, mental imbecility and derangement."

The Press, therefore, having done comparatively so little hitherto, it becomes the more imperative duty to call its facilities into active exercise now. And what more suitable a messenger of the Press than the *private treatise*? It can fall into the hands of few indeed who will not be the better for its admonitions; it will only be read in seriousness and in privacy; the family circle is not called upon to witness its perusal; no delicacy can be violated; and we have the thorough conviction, that any fears of immorality arising from putting youth on its guard against the snares and pitfalls which beset it, would be *purely* fanciful and mawkish, were they not *also* mischievous. For ourselves, knowing what good our little book has been the means of doing, we shall continue our efforts for the dissemination of information through the press, undeterred by any misplaced and ill-judged squeamishness.

After the debilitated masturbator has become alive to all the consequences of his vice, there remains for consideration the method to be adopted for his cure. It is impossible and dangerous in any printed book, to give recipes and prescribe modes of treatment which would be answerable in all cases. We do not profess to make any such attempt, which is ne-

ver resorted to except by ignorant empirics, who know not the consequences of their rashness, and *care not*, so long as their cupidity is gratified. No medical man of character, whether practising generally, or confining himself, as we do, to the study of one order of diseases, will open the *arcana* of his surgery to his patients, or will propound a remedy which will be universally applicable. So correctly founded on the laws of nature is this practice, that professional men are in the habit of committing patients of their own families to the care of a neighbouring practitioner, so well are they aware that in every individual case of illness there must be a cool, impartial, and careful consideration of all the symptoms in that case—free from that trepidation and anxiety which might mislead the judgment of a man attending his own family—before proceeding to administer drugs. In the diseases arising from self-pollution, the complications are so numerous, and are so much affected by age, constitution, temperament, occupation, marriage, and by other modifying conditions, that the nicest possible discrimination of the peculiar circumstances which govern each case, is required to be exercised in the treatment, the varieties of remedy being as numerous and minute as the symptoms. A delicacy of discrimination such as this can only be acquired by long study and great experience in this one branch of the profession; and we must therefore once more impress upon patients suffering from nervous debility, the vast importance to themselves and to those who love them of at once submitting a full statement of their case to *ourselves* or to some other practitioner, *equally well qualified by exclusive devotion to this malady*, to treat it with safety and success.

There is no doubt that many lives have been sacrificed, through ignorance or charlatanry, which might by judicious treatment have been preserved to their friends and to society, and, in not a few instances of talent and high genius, to an admiring public and a grateful posterity. Even in the best hospitals in England it has been the custom to treat all cases of seminal weakness alike—regarding it as a mere *effect* of general debility, instead of its *sole cause* in nine cases out of ten—and invariably to poison the patients with deleterious preparations of iron. As if the stomach would be toned and the blood renovated by an indigestible poison!—as if a metallic compound would show the masturbator his error, and correct it!—as if *iron* would “minister to a *mind* diseased!” No. Our own treatment has none

of this general and promiscuous and easy, off-hand pharmacy about it. It would be very convenient, indeed, if all diseases could be managed—(or shall we say *despatched*?)—in this ready-made manner. The medical profession, instead of being one of the most laborious and harassing in the world, would become quite a feather-bed and rose-water employment: for, in place of the voluminous mysteries of the *Pharmacopeia*, there would only be a few general *specifics*, always handy on the appearance of an equally limited range of easily-recognised symptoms. This is *quackery* full-grown, no doubt: but to treat a dangerous and complicated disorder, in all its diverse forms of development, and *in utter ignorance of its cause*, with one vile drug, is not the less quackery of the worst kind, as affecting that one department of medicine.

Let, however, *all* the symptoms be confessed—inform us that self-pollution is or has been one of the personal habits—and in almost all cases where this practice is associated with nervous debility and sexual inaptitude, we will *guarantee a cure*; for the instances are extremely rare in our experience, where we have failed to bring round again, in a shorter or more protracted period of time, and with less or more of anxiety according to the intensity of the disease, a patient who strictly attended to our directions; and even in these exceptional instances we were aware from the beginning that the unfortunate invalids were too far gone in consumption for any human aid to save them; though, at their own desire, we “did what we could” to alleviate their sufferings and smooth their passage to the grave, and probably succeeded in at least staving off for a while the evil day.

Our method is to aim at once at the *seat* of the disease—the generative organism—and to strengthen, as soon as possible, the weakened and relaxed vessels connected therewith. As the seminal fluid, (which, in a healthy state, strengthens and keeps in natural tension those ducts and vessels which in the masturbator are relaxed and flaccid) comes from the most vital constituents of the blood, the reinvigorating operation must take place through the stomach, which elaborates the constituents of the blood. This is done by warm, nutritious, and gently stimulating herbal and tonic remedies, which rapidly restore the tone and action of the stomach, nourish the blood, and quickly act on the bladder, the seed vessels, and the testicles, thereby restoring natural erection, and in due time full sexual power. Along with

these we give such directions as are suitable in each case, with regard to exercise and general conduct. And simultaneously with this help for the *bodily* weakness, we keep the patient's *mind* encouraged, by soon convincing him that he is improving; while, by strengthening the general powers, we strengthen also his resolution to carry out our never-failing injunction to *abandon the habit*, finally to conquer which, must be the *aim and end* of both his efforts and ours.

CASES.

NOTICE:—Patients are respectfully informed, that no cases are published unless with the *written consent* of the individual; and the most inviolable secrecy may be faithfully relied on in all communications.

THE reader will be startled at the facts we have to lay before him under this head. We have several times referred to those cases in the foregoing pages; and, to be frank, the conclusions we have drawn, and the advice we have honestly given, in this little work, are more the result of these cases, and of our own actual and incessant familiarity with them, than of anything which arises from theoretical study, though that is not to be despised. We have, indeed, deemed it our duty to carefully overhaul all the books that have been previously written, or that have touched upon, the vice of which we write; and we have not hesitated to copy the language of some of these authorities, when it expressed better than we can do, the same facts and symptoms which we so well know. We were bound to do all this in preparing a work which is intended to fall into the hands of all classes—to warn the college-bred gentleman or peer of the perils of self-pollution, in language which will strike him with unthought-of terrors—and at the same time to be so plain, and so free from technical expressions, that the untaught labourer or peasant can read and be warned.

But in all this research, we checked every statement and every opinion by the great guide, *actual experience*. Knowing that theories and deductions are only safe so far as they are supported by accumulated facts—knowing well, also, that there was not a living practitioner who had seen so much and worked so hard in this peculiar branch of medical treatment as we have done—we turned always to our notes—to our own heaped-up experience—to *what we knew*

"What we knew" was written in a book; and it is to an inspection of that book we shall introduce the reader, when we lay before him the subjoined "cases," at the facts contained in which we have said—and we repeat it—that he will be startled. But, preliminarily, we have both an explanation and a request to make.

The *explanation* is, that this being a branch of the medical profession in which secrecy and confidence form an essential element, all letters or records of each case are of course burnt as soon as their immediate purpose is served. Patients need be under no apprehension on this account; their secrets reach no mortal ear but our own. We are guarded against even carelessness, in this respect, by our own interest, if we were not actuated by any higher consideration; for it is obvious that a great medical practice like ours can only be kept up by our being known to exercise that honourable secrecy, which induces patients suffering from this concealed weakness to trust to us, when they would tremble and turn pale at the very idea of telling it to the family doctor, who, they may happen to suspect, does anything but keep secrets. Do not, therefore, let patients be led to suppose, from the records we are now laying before them, that they will have cause to regret opening their minds to us. God knows it is enough to do it at all; and He only knows how many never do it at all, and die, from fear that their secret should get out! But in all cases of special note we make a memorandum of the circumstances, for our guidance in future cases, and as a record of our own accumulated experience. This is written in a private cypher, can be read by no one but ourselves, and will die when we die.

The *request* we have to make is, that the reader will draw upon his imagination a little and try to picture the Nervous Debility doctor, in his study, writing this book. Both on the table and at his feet there are open books, lying in confusion, of one or other of which he occasionally turns over a leaf or two, as if he were expecting confirmation of what he is already writing. He looks most at a great manuscript book at his left elbow, and he forsakes the other books, and comes ever back to this, and appears to be doing little more than copying from it. "No use," he said to himself, as he smiled at the disappointment he was prepared for, when he looked at a foppish little volume with scarlet engravings—"No use—nothing in it but sound and take-in,—I must

come again back to thee, old left-hand friend—ever faithful when trusted, ever forgetful when forgotten—old thumb'd *Experience*, sweep away those useless pages of ignorant speculation, stick to my study elbow, old *Experience*; be my muse as I write this book; I will be faithful to thee—will follow thee—tell me the appalling stories thou hast enclosed within thy vellum boards, that I may pen them to the lovely youth of my own dear old England, and show them how their beauty will be eclipsed and their proud English romance brought down, if there be not a stop put to that which was one of the great sappers of imperial Rome, **SELF POLLUTION!**

Come out of that dream, reader, and go with us into another. And it shall be so like reality that you shall not think it a dream. We are going to copy from the book; and we have only to ask for one more effort of your imagination, and then we shall abandon the realms of fancy, and adopt that serious language which alone is suitable to the deep solemnity of the actual facts to which these remarks are introductory.

Suppose, then, that instead of a book of notes, we had a pile of patients' letters before us. We can give you neither names nor addresses, because these are purposely obliterated, along with everything which would enable you to make the slightest guess as to who wrote the letter.

We take many liberties in altering the phraseology of these interesting communications, both for the purpose of preventing identification of the writer, and for that of condensing within the limits we have assigned ourselves as many facts and symptoms as possible; drawn from actual *confessions*, of the frightful consequences of self-pollution. Each writer's own language is used as much as these considerations will allow, and the reader will see distinctly where it is used, and where we have been obliged to condense into a few words of our own the remainder of the letter; for it will be readily understood that it would be impossible to print the whole of so many long letters; and that, if it were possible, it would be unprofitable to repeat over and over again the same symptoms, only described in different language.

We feel deeply and humbly thankful to Almighty God for the astonishing measure of success which has attended our efforts for the cure of these patients. The warm, and in many cases enthusiastic acknowledgements they make of our services, are pleasing to us on many grounds, not one of which do we wish to disguise or conceal. In the first place,

the attainment of eminence in any pursuit delights the vanity of the most modest amongst us, let him deny the soft imputation as he will. Secondly, our reputation is bringing that which every merchant and professional man looks for as the substantial and due reward of his labours—a provision for his family and for his own declining years. But above all we are gratified that our success is elevating the study of the solitary and fatal disease over which we have spent a life of reflection, to a dignity somewhat commensurate with its vast prevalence; and that the medical faculty as a body no longer ignore to the same extent the existence of that cause of consumption and early death, which more than half their patients, can, when they have glanced over the pages of this little work, enlighten them about. All honour to those ministers of religion, who, we rejoice to say, have been the first of the collegiate professions, to direct attention, as boldly as they could without offending inveterate prejudices, to the canker-worm of self-pollution. It was peculiarly befitting their pure and beneficent mission that they should take the lead in uttering the warning cry against a vice which stands secretly in the way of all sincere and saving religion.

We now take up the first letter of the supposed pile—or, in more matter of fact words, the first illustration which we shall select from our cryptograph note book; and we number it

CASE 1.

A STUDENT'S CASE.

WE are glad to have first taken up a letter belonging to this series, it being a case which in its result is full of encouragement with regard to the hopes of cure. In no instance is solitary defilement more terrible to contemplate than when its victims—as often happens—are those of great original powers of mind, which good fortune has given them the means of still further exciting by cultivation. Studious, imaginative, often buried in dreams and reveries, the whole nature of the student becomes highly sensitive, and should he give way to this dangerous temptation, he feels far more acutely than commoner minds can do, when once he becomes aware of the abyss of degradation into which he has plunged himself. Fortunately, however, there is generally allied with such natures great strength of mind, when a fair prospect of rescue is presented by its exercise.

Our patient was a student of 22, slightly built, and of the

middle height. In his first letter to us he described his symptoms minutely and yet with that clearness, combined with brevity, which can only be accomplished by a person of education and intellectual parts. We now take up his words—"Great nervousness and indecision of character for the most part gloomy; indifference about society; forgetfulness; impossibility of concentrating my ideas for any length of time; 'vain and foolish' thoughts my constant oppression. Much anxiety, and far too sanguine a temperament to be natural. Great wish for study, and often accomplished, but the effects are not lasting. Very frequent erections of the penis, attended with pain, as if distention were too great; this to a great extent arises from repeated vitiated thoughts, and immediately so. By great exertion I sometimes control this, but it is often almost involuntary, perhaps owing to the exciteable state of the penis arising from the corrupt condition of the governing powers of the mind. Loss of semen at stool and during sleep, and lascivious waking dreams. On awaking in this fact instance my system appears to have undergone a most powerful exertion, and there is a feeling of a loss of, as it were, the corner stone of my body. *Slight* erection, but a discharge of semen, on the least titillation.

"The above are, I am persuaded, (and I blush to write it) the result of *years* of self-pollution. At the age of 11 I was initiated. I committed it for some time in ignorance, but when I was alive to my sinful and dangerous course, not all my exertions, both bodily and mental, have succeeded in freeing me from its power. I have conquered and been defeated, defeated and conquered, until this day. I know it must be subdued in the heart. But you will confer no trifling benefit by renewing the body, as, with the physical vigour your medicines are said to impart, I hope to succeed in a final resistance. I enclose the usual guinea fee.

"P.S. I may add that the penis is small, even in comparison with my slowness of build. I am unmarried, with no immediate prospect of being so. Appetite fair; great lassitude frequently. I am taking small doses of cod liver oil. This sometimes produces the feeling of weariness. The action of the bowels regular."

To this gentleman we sent a packet of medicines, and he was not long in applying for more, stating that though he still would not be over confident, yet he felt "as if he could soon lift up his head and defy the devil which had so long

possessed him," so much strength and success had he already acquired in the contest with his besetting sin. He continued the medicines for some time, and at last wrote—with many more expressions of the same kind—

"It's all right. May God for ever bless you! Is there anything I can do to show my deep sense of what I owe you for the cure? I am amazed at the alteration. I knew that I had some natural talents, and thought I was capable of severe study, but oh, the length of time these gifts were comparatively useless, while I remained under that fearful cloud from which you have rescued me. Memory, judgment, the faculty of mental analysis, all are active again. Rapid discernment has taken the place of dull indistinctness, and I see all things clearly as I used to do when I was a child, bursting into fresh intelligence, and receiving a distinct impression from every new object. My brain no longer staggers under the confused images chasing each other through it, but all is distinct. I am self-possessed, cheerful, and nerved for all the disappointments which may beset the career of an ambitious student, resolved by hard work to make his way in the world. Once more you may command me if I can do anything to extend the reputation of your treatment; and thus aid in emancipating many who are still held in the debasing thralldom from which I have escaped."

II.

CASE OF A WHEELWRIGHT.

THIS patient wrote a very long letter, in order the better to enable us to judge of his case, giving a history of his life. His infancy was delicate, but he got well until, at the age of 17, he contracted the habit of self-abuse, and soon found out that he was suffering from it. "Though I was ill," he says, "and having an idea of the cause, I could not refrain—at least I did not." His body was covered with eruptions—biles, blotches, and itchings, especially in his head, which was frequently shaved, without doing him any good. He felt his life a burden. He often had to abandon his work as a wheelwright, which, being heavy, made him worse, and to lie up for two or three weeks. He had achings in the limbs, weakness in the chest, and shortness of breath. Something like scurvy on the penis and testicles, down the leg and on the chest. He adds, "As regards the other sex, I am, and have been for a long time impotent, or nearly so, emission taking place before I can effect an entrance. But

to sum the host of calamities, I will just add that headache, giddiness, feeling sick, low spirits, pains in the head and chest, weakness, *grey hairs*, and miserable feelings, are my lot at present—unable to follow my employment, and hardly ill enough to keep my bed—and so I linger out a miserable existence.” He then enters into a narrative of how he has been cheated and made worse by the advertising quacks, one after another, till he is on the verge of despair. In this stage he had our book put into his hands, and on its perusal applied to us, though with misgiving, for he had been duped to the extent of nearly £30. He concludes,—“If you think my case is beyond the reach of medical science, I hope you will tell me so, and I will satisfy you for your trouble. Then I can linger on till death puts an end to my sufferings, and be, I hope, ‘where the wicked cease from troubling, and the weary are at rest.’”

We were by no means of opinion that this was a case “beyond the reach of medical science;” for though undoubtedly a serious case, it was one belonging to the most numerous class with which we have to deal—that class which, united to the feelings of despair and mental decrepitude, exhibits also the outward loathsomeness and inconvenience of skin eruptions. So familiar are we with this particular way in which the practice of masturbation gives its warning on certain constitutions, that had the patient only stated two or three of the leading manifestations, we could have filled in for him all those coincident symptoms, which he so minutely describes. Mr. ———, however, underwent a course of treatment at our hands. It cost him a little addition to the sum out of which he had already been duped, for his disease was not to be eradicated without both trouble and attention; but as he went on he gained confidence that he was at last in safe hands; and when writing that he was quite well again and required no more medicine, he expressed great regret that he had not known of us sooner, and said, “I wish I had sent you the whole of the £30 at once. Gladly would I have done so, if I had known what I know now.”

III.

THIS was the case of a young man who, with very limited means, supported a blind father. His symptoms were nearly identical with the above. After receiving a gratis letter of advice from us, he wrote again, expressing the bitterest misery, arising from the consequences of his secret weakness;

and on his own appeal, we arranged with him for the payment of a very moderate fee. He was ultimately cured and restored to be still a blessing to his poor old father.

We only introduce this short case to give us the opportunity of saying, that though we have been many times imposed upon, yet we are always willing to mitigate our charges as far as possible to meet the circumstances of sufferers. No one need therefore be afraid of applying on the ground of poverty.

IV.

ONANISM AND VENERY.

THIS was a case requiring peculiar and skilful treatment, being a combination of the weakness arising from early solitary indulgence, and subsequent disease contracted in polluted connection with females. At 14 he commenced self-abuse, continued it for three years, and then stopped it altogether. At 18 he resorted to sexual intercourse, and contracted, first, gonorrhœa, and then chancre and buboe. He applied to a surgeon, who treated him with large doses of mercurial pills, barks, and potash, until his constitution could stand them no longer, and he refused to take more. The doctor then told him he might give up the medicines, and Nature would throw off the remainder of the disease. He says, "I have two or three hard lumps on each of my glands, at my throat, and deep-seated matter in the tonsils of my throat, of an offensive smell. Sometimes dark livid spots break out on my face, hands, and breast. I have had *seminal emissions* three or four times a week *during four years*. Now if you can cure me of these complaints, I shall pay you, and with gratitude.

"P.S. Please cure the seminal discharges quickly: they have been the origin of many a *dark thought*!"

We prepared special medicines for this very peculiar case. It is two years since we pronounced the patient cured; and he has evinced what he was pleased to term his "gratitude" to ourselves by sundry little kind and unexpected compliments. We say *unexpected*, because we do not look for remembrances of this kind; and, from the private and delicate nature of the professional connection between our patients and ourselves, it is generally preferable that, when that connection ceases, we should forget each other.

V.

A BARBER'S CASE.

THE following case—similar to the foregoing one in some

respects, though not so aggravated—was also successfully treated by us, the patient, at the close of the correspondence, expressing his thankfulness, and vowing that he would sooner perish than revert to a habit which he now remembered with shuddering. It was easy for us at once to perceive that the patient—though he himself at the time was unconscious of it—was slightly affected by the venereal poison, in addition to the prostration caused by his solitary offence :

“I have read almost all the pages of your work, and lose no time in making my case known to you. I could not have revealed this case to any one but to such a person as you, for it is one of the most sinful practices ever committed. But I will be as plain and explicit as I possibly can in stating my case to you. I was about 14 years of age when I was taught this vice by a schoolfellow. I followed it till I was about 21 years old. Then I began to think I was doing wrong. I continued it more or less, sometimes twice a day, but upon the whole about three times a-week. I am now 23 years of age, 5 feet 3 inches, my complexion usually fair and robust, but now rather pale and sometimes flushed. I lose my hair very fast. Sometimes dreadful pains in my shoulders, arms, and legs. I have lately had pain in my head, and my eyesight has been in a dreadful state for two or three days together—almost obscured. This is very bad for me, as my profession is a barber. I am much troubled with nervousness, my hand trembling fearfully in the mornings. Troubled with indigestion and wind—I can eat moderately, but seem to get no benefit, take what I will. Take beer sometimes too freely. And I have to my trouble some kind of a rupture, which falls partly down into the purse. This is down generally in the day time. When I lie down it disappears. The testicles are not so large as they ought to be. When this rupture is down it makes one of the testicles larger than the other. I think the testicles are rather swollen at times, but I may think so owing to the purse being tight, with the testicles almost down to the body. I perceive no runnings or pimples, except that on the neck of the penis are pimples, producing a small quantity of thin fluid, attended with soreness. I am in a weak state in my inside. I do not remember more than four emissions in my life. Sometimes there is a gleet discharge when thinking too freely of the fair sex. I am troubled with nervous stammering, and very shy, even in my

own rank of society. My memory is much afflicted. I am sometimes troubled with erections on waking in the mornings. I have had connection with females, but of little service, the penis not having a proper erection. I sleep well, but am sometimes troubled with frightful dreams. I intend shortly to be married, but can't think of doing so unless I am once more set on the sound elevation of a *man*. Had I seen your work sooner I would have applied immediately. I hope you will send the medicines soon."

VI.

FEMALE MASTURBATION.

WE have numerous cases of this kind in our memoranda; but a consideration for the delicacy and purity of the sex generally, and a belief—already expressed—that this filthy habit is only to a partial extent practised amongst them, induce us to refrain from extracting any of these. We prefer quoting a public case, well known to the profession, and reported in the standard works on surgery. It will be sufficient as a warning of the lamentable consequences which may result to females from giving way to this unnatural lust. Dr. Anthelm Dubois, the French physician, records the case. It is that of a young woman who was so much addicted to masturbation, that she was nearly exhausted by marasmus. Sensible of the danger of her situation, yet not possessed of sufficient fortitude, or else irresistibly impelled on by the pleasurable sensations to which she yielded, she could not command herself, and continued to excrete profuse emissions. Her parents took her to Professor Dubois. The *clitoris* being the principal seat of pleasure in the female, it occurred to Professor Dubois that the extirpation of that organ might possibly be the best means of affecting a cure. He, upon the authority of Levret, proposed this course to the girl and her parents, who consented. The *clitoris* was removed by one stroke of the bistoury, and the bleeding prevented by an application of the cautery. The operation completely succeeded, and the patient was cured of her fatal habit; and by sedulously observing the injunctions, and following up the remedies propounded by her medical adviser, she eventually succeeded to her natural strength and vigour of body, though of course, through the operation she had undergone, she was at once and for ever destined to be an alien from connubial pleasures.

VIII.

A FOOTMAN'S CASE.

The following letter speaks for itself. We do not alter it in any way, except for the purpose of preventing identification of the writer:—

"No doubt you have been expecting to hear from me long before this time as to the state of my health. After receiving your packet of valuable medicines, which was forwarded to me about twelve months ago, and which, I am most happy and most thankful to say, has been the means of bringing me almost to my old self again, although I have been prevented in a great measure from following out your instructions, particularly in taking the medicines as punctually as I should wish. But as regards the other instructions, such as exercise and diet, and giving up the obnoxious habit of smoking, I feel quite a different man—in fact my friends were quite surprised to see the improvement, as I told you in a former communication that by occupation I was a footman, and I have had the good fortune to be with my master on the continent. On my return my friends made the pleasing remark on the improvement, alluding to the fresh air as the cause of it.

"My sight is much improved, and also my voice, and my hair is coming again; and I think another packet will quite restore me again to robust health.

"I must also state that the testicles are more firm, and I have not observed any seminal fluid of late. I don't think it escapes with my urine.

"I am quite out of medicine, as I have not had the opportunity of writing before, as we have been travelling about so much of late. So I should feel obliged if you could forward it as soon as possible. You will find enclosed the amount in postage stamps. Hoping to receive the packet at your earliest convenience, I have the honour, with many thanks, to remain," &c.

IX.

A TEACHER'S CASE.

I have read your work on Nervous Debility, which I received a few days since through the post. I am sorry to have to state to you that I am among that class of unhappy individuals who had the misfortune to transgress the laws of God and nature, by the awful and debasing practice of

self-abuse. I am a teacher of a country school, and am now between 36 and 37 years of age. I first was initiated into the practice by a schoolfellow, much my senior, at the age of 13 or 14. I pursued the heinous practice without the smallest idea of its sin or fatal consequences till about my 19th year, when I became aware it was wrong, and gave it up. But I then knew not the penalty I should pay for my youthful indiscretion. I pursued the practice, alas! so constantly that at that time I had completely destroyed my sexual powers. I perpetrated the deed three or four times a day at times, but sometimes not for a fortnight. Then followed the whole train of evils in this life which are the result of such errors—excessive nervousness, flatulency, breathlessness, pains in the back and limbs, languor, long and tremulous beat of the heart, which I could feel to the very tips of my fingers, noises in the head like the beating of waters, and wasting indigestion. I was from this time troubled with nightly emissions of seed—often twice in the night—and the generative organs so sensitive that if I lay on my belly at times I could not avoid emitting. Even fear sometimes had the same effect. I dragged on in this way till about my 23rd year, when I applied to a country doctor; but neither he nor I knew what ailed me. I completely puzzled him. I was under his care for something more than half a year. I got nothing better, so we parted. I knew not yet what was amiss—some days pretty well, at others completely dejected; but the digestion was never so bad since. I struggled on for a year or two longer, when I was brought into contact with one of the fair sex. I loved her. I had a rival. My nervous state—and I knew now it was nervousness, &c.—forced me to abandon the connection, though I knew she loved me. This had a great effect on me, and almost completely broke me down. It was about this time I became aware it was my youthful indiscretion was the cause of all. I applied to another doctor and stated my case to him. He directed me to bathe, and then come to him, and he would give me something. I had little faith in him, so I left it so. About this time I had something like a fit. A noise would come in my head, my eyes would close involuntarily, but I used not to lose my memory. It wore away. I now, through the means of the press, about my 26th year, became fully aware of my state. It was then I applied to the doctor the second time.

I often, from about my 30th year, drank to forget, though seldom to drunkenness; but I found my mind was not able to bear it, so much that I would sometimes be at the point of idiocy for a short time. I spent more in this way through my good-natured foolishness than would satisfy the reasonable desire of any surgeon for my cure; but this consideration is neither here nor there. From my 28th year the symptoms were much the same—a long and tremulous beat of the heart, sensible to the extremities, pains in my limbs at times—dimness of sight—dejection—weakness of intellect—loss of memory—unpleasant twitching about the hips and kidneys, which would sometimes run down to my knees—an aching also about the kidneys—the penis small and shrivelled—the testicles also small, flabby at times, beefy at others, with a contracting-like sensation about them. The nightly emissions still continued about three times a week. A creeping in my flesh at times takes place, particularly after drinking and smoking—not so much in summer as in winter. There is a slight stuffing in my chest, with a trifling spit, but no cough.

P. S. I should have stated that I feel at present, when I hold the penis when I am heated, that the semen would escape if I did not let it go; but this is not always the case.

[We had the satisfaction of accomplishing a perfect cure in this very difficult case, which, however, owing to its long standing, and the deep hold which the disease had obtained on the patient's nervous system, required the exercise of all our skill for some time.]

X.

ABOUT TO MARRY.

T. K. R. says,—“I have been one of those stupid fools who learnt a bad habit at school, and though I have cured myself of the habit for some time, yet I should like to be a better bed companion than I am. Some eighteen months ago I was advised to see and consult a medical man in London, who was a first-rate adviser in these matters. He told me he was certain he could cure me, and gave me some pills to take, which he continued some time. I followed his advice till he told me he was certain I should not fail, and strongly advised me to try and marry. I had for some five years loved a girl, and nine months ago I got her consent, and we were to be married three or four months hence. Now

I do not mean to have a doubt about being able to make her a good husband; but I confess I should like to be quite certain I can do all she will wish. I never was with a virgin, which I know she is, and I suppose the difficulties are greater. Now I must tell you I have often been with women, but have never succeeded to my liking. I have never had any pleasure from intercourse with them. I resolved, directly I was engaged, that I would never think of another woman, and that my wife should be the next woman I would have anything to do with. This I have strictly attended to. I should not have troubled you, but my medical friend, besides having a large practice in London, is also a navy surgeon, and during the war he again offered his services, and is now thousands of miles away. As I cannot write to him, I ask you to supply his place. I have always thought there must be an immense difference between a wife and a woman who only practises for money. I do dearly love the girl who has consented to be my wife. I have known her from a child and tried hard to get her consent before. My age is 37, hers 9 or 10 years younger. She is very pretty, lively, and accomplished in every way, and my most earnest wish is to make her happy. I shall not be able to see her again before I go to the wedding, as she lives more than 400 miles away, and I cannot spare the time; but I often notice that after thinking about her a good deal, there is at times a little discharge, and I believe you can tell me of something that may be of great use to me, to strengthen the parts necessary. I often notice when I awake that the penis is erect; but whenever I went with a girl I never knew it give me any pleasure, or keep erect so long as I liked. My firm belief is that I was not so much in the habit as some may be. I often tried for months not to do it, but for ten or twelve months or more I certainly have not. I was ill some nine years ago with a fever, and I told my medical friend all about it, and he told me to leave it off, and all would come right. This I did for some time, but when I tried my powers again I found I was the same, and got disheartened. I do not mean to be so now, but confess I should be better satisfied to be more sure of success the first night I am with my wife. If you can on your most positive assurance tell me you will do your best, you shall not be dissatisfied."

To this gentleman we forwarded a guinea packet of me-

dicines, and heard nothing from him until some time after, when, happening to learn our name in the course of travelling, he came forward and personally introduced himself to us. He expressed very warm acknowledgments for the service we had done him. He said that by the time he had finished the medicines, he felt the parts so completely strengthened that all his confidence returned; that he had fully succeeded with his wife, and was now in a fair way of becoming a happy father.

XI.

ABOMINATIONS AT SCHOOL.

THIS patient (whose statements are referred to in a previous page) being young and sensible of his error, was soon completely restored to health and serenity of mind by a course of our medicines. He writes as follows:—

“I received your little book, and having read it, write to crave your assistance for the cure of a disease which has been brought on by that beastly practice, self-pollution.

“An utter ignorance of the fearful maladies attending on this body and soul destroying system of pollution gave assistance to the propensity that seemed to govern me, and which, after a time, exercised such a control over my mind as to bring it to bear upon nothing else but this degrading vice. I entered one of the largest public seminaries in the country at the age of 9 years. For two years I kept myself untainted, the reason being that I was amongst the younger part of the community, who were happily not so much enlightened as the elder boys. But on entering into the companionship of this latter class, I fell an easy victim to a vice, which I will vouch for, although it may seem incredible, there were not more than 60 out of 900 who did not make it their idol. I was then half way between 11 and 12. I used to practice it very often—sometimes three or four times a week. I used to leave it off for weeks, and sometimes months, together; but was too weak to stand for long against the sneers and taunts of my companions; and so I was in the habit of practising it, off and on, for three and a half years. I used to keep from it for three and four months together. Would to God that I had had resolution to keep on in the right path! but it was willed otherwise. I left school at the age of fifteen, fully determined not to give myself up to it any more; but I fell into it again. I practised it very seldom—I think about seven or eight times in six

months, when I finally gave it up. At this time I was in full enjoyment of health and spirits, and was as strong as any generally are at my age, when, about two or three weeks after putting an end to my disgusting habit, I had a seminal discharge during sleep, which made me feel very weak. That is three months ago, and I have had six or seven emissions since, which have rendered me very weak indeed. About six weeks since I began to feel a dimness of sight and a loss of memory, which made me feel very dejected and miserable. I have been getting worse since then, which has made me still more melancholy. I have had one or two very violent spasms across the lower part of the stomach, but they have soon worked off. That is the only bodily pain I have suffered as yet. My symptoms are now, dimness of sight—loss of memory, by which my understanding is greatly impaired—dejection of spirits, but easily excited—weakness, with sometimes thoughts of self-destruction. If you would be so kind as to write and tell me your opinion as to my case, and tell me the price of the medicine I should require, I will as soon as possible send you the money for it.”

XII.

THE following is another of the many cases in which our patient was completely cured by taking one packet of medicines. We cannot too frequently repeat that where the patients themselves resolutely and determinedly abandon the habit, as was done by this young man, the remedies act with redoubled efficacy. He was a pupil teacher, aged 18, and had practised onanism for 4 or 5 years:—

“Having” he says, “lately seen your advertisement and read your work, I have acquired sufficient confidence in you to desire your treatment in my case. About six months ago having accidentally alighted on a treatise on the subject, I was awakened to a full consciousness of the nature of the path which I was following. I gave up the practice instantly, and have never since then repeated it. Although I have thus given it up, I however do not feel my health in the least way improved, but on the contrary very bad. I suffer greatly from indigestion, and am costive in the bowels in defiance of aperient medicine. My inside is weak and unable to bear the least strain, and consequently am unable to keep myself erect in walking or to bear fatigue; and even in bed I feel uneasy, and can lie in no position without feeling my

bowels moving over or hanging towards that side on which I lie. My body is extremely emaciated, and my back and shoulders covered with small pimples. I feel no pain beyond a stitch in the side occasionally, and a stuffing in the breast sometimes produces a deadened pain. My urine produced that red substance which is compared to fine brick dust, while I was in the habit of practising onanism, but it has since greatly decreased. I am subject to involuntary emissions of semen during both night and day. My eyesight is weak, and water rushes into my eyes continually, especially on coming into the open air. My penis is shrunk, and the bag hangs loosely, especially on the left side, occasioned by the state of the left stone, while the right one seems unaffected. I am always low in spirits and melancholy, disinclined to study, and when necessity compels me to do so, I feel my brain hot and confused. I am also troubled by a weakness of memory and restlessness. After any exertion in walking I feel confused and weak and my eyes shift about unsteadily. I have little or no appetite, and my voice is rather weaker than it ought. My nose runs much, thus giving me a continual trouble, and this along with the stuffing at the breast makes me feel as if I had always a dose of cold. I am of regular habits, never indulging in any excess whatever.

"I need add no more, but that I would wish the strictest secrecy to be observed in my case, but as this is your custom it may be unnecessary.

"Please to return an answer on receiving this statement, mentioning the amount of the required remittance, and asking any question that should occur to you. Trusting in your abilities for a speedy and perfect cure, I would desire to remain," &c.

XIII.

A CLERK'S CASE.

I have with great attention and anxiety perused your exceedingly useful publication, from the doing of which I have been induced to apply to you to render me aid in my most depressing circumstances.

I now proceed with great remorse to relate my case—at the age of 12 I was initiated into that monstrous sin of self-abuse, which I continued to practise at various times until about a year since, when I fortunately read a book of a similar description to yours, and was alarmed at its contents, for it opened to me the danger and guilt of so fearful a

sin, I then resolved never to indulge in so great a crime again, which resolution with the help of Providence I have since been enabled to keep. But alas! the breaking off of this guilty habit was followed by emissions by night—a just punishment of my crime. This plunged me into the depths of despair. I applied to a physician; he gave me some medicine, but treated it very lightly, thinking it not very important, and I have now in sorrow to apply to you. I have these emissions on an average about once every nine days—they make me very weak. I have generally pimples and unsightly blotches upon my face, and an emaciated appearance. I have also had a difficulty in passing my water, with pain after, and also pain in the groin.

I have confided my case to your care, having great trust in your skill and sympathy.

XIV

ANOTHER CLERK'S CASE.

THE symptoms of T. V. a clerk in an iron warehouse, aged 20, were with facility removed by one inclosure of medicines, taken with close attention to our instructions. He writes, "I am in receipt of your very instructive work. I expected to have seen in it receipts for the cure of such diseases. However I see you give a satisfactory reason for not doing so. About four years ago I learnt onanism from an apprentice in the same place, and practised it very often till I came of age for the first flow of seminal fluid. I then took fright, and dropped it altogether, and have never done it over half a dozen times since, but have been troubled with emissions in my sleep of late, say perhaps once in 9 nights or so I have never felt pains in my loins in any way or any of these things you mention, except I have imagined very often (and it comes and goes,) a pain in my nose, and sometimes I think, especially in crowded thoroughfares, I cannot see very well.

P. S. I think I may also state for your guidance, (that just below the stomach) whenever I press down on it I get very low spirited for awhile, and then I imagine about the pain in my nose.

XV.

FROM A SOLDIER—VENEREAL CASE.

I have read your medical work, and although there are many cases detailed therein which you have successfully

treated, still none of them proceed from the same causes as mine; but the result seems the same, so I will just state my case, and you will then be able to judge whether I have a chance of being cured. First—I may as well state I have had the venereal disease above a dozen times in different forms, but never felt any ill effects from it further than the pain it occasioned at the time. But about two years ago I caught the clap. I took a great deal of medicines for its cure, but I could not refrain from drinking, so that although the pain left me, I was still affected with a constant discharge. This continued for some months, when I applied to a civil doctor in Malta, who gave me some medicine for it. But whether I took too much at a time, or from what other cause I cannot say; but the consequence was, although the discharge was stopped, I was unable to hold my water. I discontinued taking the medicine, and by degrees that wore off, but I found I was not half the same man as before. Since coming home I have been troubled with worms, for which I took some strong medicine, which has brought on the old complaint, and eruptions on the hands, legs, and thighs, accompanied with an intolerable itching. It is like pimples, and from which comes water, and afterwards blood. I am likewise troubled with pains in the head, loss of power, and discharge of seed whenever I make water.

FROM THE SAME.

20th Sept. 1856.

I am much obliged for the excellent and speedy cure you have effected in my case—the more so as your charges have been reasonable. I think I shall not require any more medicine, as all the bad symptoms have disappeared under your able treatment. Yours respectfully, &c.

TESTIMONY OF GEO. THOMAS, ESQ.

THE following is the statement which Mr. Thomas wishes to have published in connection with his own gratuitous distribution of this work:—

“In humble thankfulness to that Providence which directed me to the means of escaping from a life of unutterable misery, and probably from a fearful end, I have deemed it my duty to extend, as far as my means would permit, the usefulness of this little work, in the hope that its admoni-

tions may prove of service to the thousands who still suffer, less or more, as I did.

"The lamentable symptoms enumerated in these pages will strike, I am sorry to feel convinced, large numbers of my fellow-men as being but the reflex of their own condition. Yet I doubt if, among all the unhappy cases brought forward, there is one which exhibits so fearful a havoc in the mental and physical attributes of humanity, as did my own.

"I acquired the habit of self-abuse at school; and I shudder when I look back upon the years and years during which the unnatural lust held possession of my very soul. For long I was unconscious either of its guilt or its danger; but Time brought its alarm, and forced upon me the knowledge of both. Then, however, I was so far the victim of the propensity that I had lost the power of resistance. My frame had become attenuated and feeble—my mental faculties had lost their elasticity—resolution was gone—and I was in a great measure helpless. So I drifted on to destruction. Then memory almost altogether failed—my sight became more and more obscured—and my brain was habitually in the confused condition of a drunkard's, though I was always a temperate man. I grew so sensitively timid and nervous that the falling of a leaf would have startled me. I shunned society—I feared even to meet my acquaintances—I could not study—and the pulpit, for which I had been educated, was a terror to me.

"For a single moment a ray of hope revived me, as I thought of marriage. An angel of the other sex had raised brighter visions in my soul. But, alas! another moment reminded me that such a blessing was not for one who had so trampled on the laws of God and nature as I had done. I was not only aware that I was utterly disqualified for the marriage bed—the very parts being shrivelled up and disorganised—but several portions of my body were covered with unsightly and irritating eruptions. So I became dishonourable or crazy in the eyes of those who had esteemed me—retreated like a guilty thing from the advances I had made—and well nigh broke an angel's heart.

"Yet, during this one hopeful interval, I did succeed, to a great extent, in subduing the horrid infatuation; and I ultimately completely mastered it. The fearful consequences however, remained; for that vital energy which I had

so long unnaturally forced, continued to escape, as if from habit, after the artificial stimulus was withdrawn. My privy organs had lost all power of retention; and I found, to my horror, that I had opened a sluice which I could not again close, and from which my life would ebb out, as it were, before my eyes. My state was now worse than before. I could not rest, and yet I shrunk from exercise. From the weakness of my bowels my body was bent in walking; I was grey-haired and bald, and prematurely old. Thoughts of self-destruction haunted me day and night (for I slept little); and a reproachful word from friends, or the slightest hint that my true condition was known, would have sent me headlong into the presence of my Maker.

"I need hardly mention that, during all this period, I had been from time to time under the most eminent physicians; but none of them afforded me more than a short-lived relief. At last this book fell into my hands. I perused its contents with the delirious eagerness of revived hope, and did not for an instant scruple to place myself secretly under the treatment it indicates; and the marvellous restoration which, under Providence, has been effected in my broken-down and shattered system, is the motive which impels me, in gratitude to the Great Healer, to give my public testimony to the power and efficacy of this treatment. I have gone through too much real agony to be now scared by its counterfeit; and therefore I do not hesitate to treat with unruffled philosophy any little personal unpleasantness which may result from this short confession of my life—satisfied that if I should encounter the sneers of the censorious, I shall have the blessing of the unhappy, and that still more sweet reward, the approval of my own conscience. If these little warning pages should do but for one what they have done for me, I shall also hope for my reward in heaven.

"I am now a healthy and vigorous man, still in the prime of life, but with the outward look of age—the storm having left its traces. I live retired, but neither inactive nor uncheered; for a long-loved and long-enduring one blesses my hearth at last; the gambols of our first-born chase away sad memories; and my cup of joy would be full if I could but know that these lines will, by a timely caution, save hundreds from ever knowing the depths of misery it has been my lot to fathom."

GEO. THOMAS.

A TREATISE ON THE VENEREAL DISEASE.

THERE is a double ambiguity or obscurity as regards the disorders of which we have to speak in this treatise. This circumstance, however, fortunately does not involve any uncertainty as to the medical treatment; and, indeed, it is a part of the subject which, in a practical essay, might be omitted without in any way lessening the real usefulness of the book. But as it is necessary to begin somewhere, we may as well follow the example of most authors who have written on these matters, and devote a few preliminary lines to a record of the most commonly accepted conjectures on what is vulgarly called the "Venereal disease."

This leads to the first branch of the double misconception to which we have alluded. The terms "venereal disease," "pox," and "clap," are in common *parlance* applied indiscriminately, but inaccurately, to the whole of a series of morbid changes produced in the blood and textures of the body by the action of a certain poison. The true *venereal disease* is that which professional men call Syphilis; and some idea may be formed of the confusion which might result from confounding this with Clap, or gonorrhœal ulcers, when it is mentioned that some investigators have gone so far as to maintain that the two manifestations are produced by different kinds of *virus*. However, as a competent medical man makes no mistakes of this kind, the practical risk is not great; and, after all, probably the unlearned public is not far wrong in classing popularly under one general name a number of ailments which, though distinct, and requiring separate modes of treatment, certainly have a very close affinity, as regards both their source and their seat. We point out, in the succeeding pages, the distinguishing symptoms which mark the presence, respectively, of gonorrhœa, stranguary, gleet, stricture, buboes, chancres, syphilis, and other manifestations of the venereal poison; and by a careful perusal of these, the patient who may wish to place himself

under our care will be enabled to give us such clear instructions, that in almost no case will there be any doubt of his speedy cure.

The second uncertainty is of still less substantial significance than that just disposed of. The *origin* of the venereal poison is a matter involved in such complete obscurity, that it is idle to speculate upon it. Its introduction into Europe is ascribed to the sailors of Columbus, who, it is said, brought it from America in 1493; but even this fact is not established, and is liable to much doubt. One thing is too certain: that the disease is amongst us; and we must treat it as we find it. We have said "*too certain*;" but that may not be a proper or a philosophical expression; for there is another point which is quite certain: *this disease is acquired only by contact*. Everything is ordered by the All-wise for some good purpose. The venereal disease seems, like many other considerations, to direct man to seek the gratification of his amorous instincts only by marriage—by devoting himself entirely to one female. Man is commanded to "increase and multiply," and is furnished with faculties for that purpose; he is enjoined to be faithful to the partner of his bosom, and solemnly admonished of the sin of incontinence; and we see the penalty attached to promiscuous intercourse held up before his eyes in the loathsome and painful disorder now under consideration. For aught we know to the contrary, this fitting punishment may have been in operation since the first infraction of the divine behests. No doubt man's physical organism was, at his creation, so elaborated that Nature would produce her own scourge at the proper moment; and therefore there is nothing unlikely in the hypothesis that at first the poison was the result of inflammation and suppuration, consequent upon the irritation of the female genital organs by friction, combined with the mixture in the vagina of the semen of various males in all states of body.

We have intimated that this is entirely a contagious malady. But it is very necessary to remark that, though in most cases infection takes place through sexual connection, yet very melancholy effects are often produced by the retransmission, in other ways, of the poison so imbibed. It may be absorbed into the skin by sleeping with a diseased person, or by wearing his clothes; it has been received by the transplanting of a tooth of a venereally-affected into

the mouth of a sound person; it has also not unfrequently been conveyed by the touch alone, especially where there has been any cut or abrasion of the skin on the finger or hand brought into contact with the diseased part. All these instances, however, are rare compared with those which arise from inoculation. Every dispensary or parish surgeon knows how many of the diseases of children, among the lower population of our large towns, are ascribable, either directly to the diseased condition of their parents, or indirectly to the transference of vaccine virus from an infected child. Mark how the deadly poison ramifies. A reprobate husband infects his wife; she bears a tainted child; from the matter of that child's arm are vaccinated, it may be, several others, which thus receive part of its vitiated blood, and may in consequence sicken and die; for it is a well-known fact that many healthy children never thrive after vaccination. If they live a few years, they may ultimately die of consumption, induced by no other cause—not, perhaps, before they have procreated offspring with the now hereditary tendency to consumption. Nor is this all. The infant may communicate its impurity to the nurse by whom it is suckled; she again may bring forth consumptive progeny; and so on through a lamentable variety of probabilities.

The disease, in the male, commonly appears first on the surface of the glans penis, or nut, but may exhibit itself by morbid appearances on any other part of the body. Females as well as males are exposed to the infection; but the symptoms are seldom so violent in the female, owing, most likely, to the greater flow of fluids washing off the infecting deposits, or to more systematic ablutions, or to both. Many an unfortunate man has caught the contagion, in its most severe form, from connection with a female who was so slightly affected that it neither interfered with her business nor her pleasures.

This disease differs widely in various persons, both in its character and severity. Two men may both have connections with the same diseased woman; and though they may both catch the infection, in one it may manifest itself by sores and ulcers, and in the other by a constant discharge from the urethra. In one the symptoms may be of a very aggravated kind, while in the other they are so slight as to cause no serious uneasiness. Those differences naturally result, not from any difference in the nature of the poison

itself, but from the state of general health, mode of life, &c., in the recipient. In short, this disease presents itself in so many forms, and under such various degrees of severity, and is attended with apparently such capricious irregularities, that no medical practitioner who does not devote his whole time and abilities to the study and treatment of diseases affecting the generative functions, can be so well acquainted with it as that his practice shall be eminently successful. Our undivided attention has been exclusively directed to the study of the causes, characteristics, and treatment of these diseases for many years, in London, in other large towns in England, and on the continent. We may, therefore, without arrogance, assure any one who may be afflicted with syphilis in any of its forms and stages, that we are capable of treating his case in the best manner, and with the mildest (which our long experience has proved to be the most effective) remedies. Surely that axiom will hold good in this, which holds in all other departments of science and art, and even in the ordinary business of life, viz., that he who devotes himself assiduously to one branch of a trade or profession, will excel in that particular branch. For further particulars we refer to the "Advice to Patients," at the end of this little treatise.

Some persons will have sores which are only superficial, without any hardness around or under them, but with the margin of the ulcers elevated or raised up; while others will present an indurated margin and base, with an indisposition to heal up. Some again will only have one sore, and that of the slightest kind, while others are afflicted with bubo, gonorrhœa, chancre, and phymosis, all at the same time. Yet these are not a complication of various diseases, but the one disease, syphilis, in its various manifestations.

GONORRHŒA, or as it is often called, CLAP, is by far the most common form in which the presence of the venereal poison in the system manifests itself. It is caused by the infected or poisoned matter coming in contact with a mucous surface—as, for instance, the lining membrane of the urinal canal—which causes sores, which sores discharge infected matter. The symptoms of gonorrhœa usually appear within five or six days after infection; but cases have been known in which no uneasiness has been experienced until the tenth or twelfth day after the poisonous application. At first the symptoms are very trifling, and consist of a slight

itching at the orifice of the urethra, the lips of which become swollen, and of a deeper colour when the secretion of mucus is increased, which causes a very slight running. Were people only wise enough to get proper advice at this stage of the disorder, they might be soon and radically cured without any great amount of suffering; but the symptoms are so slight that they are often disregarded until the pain and loathsomeness compel the sufferer to have recourse to medical treatment. In a few days after these premonitory symptoms, the itching is changed for a burning heat or inflammation, and the mucous discharge becomes purulent, and is increased in quantity: the mucus is discharged with scalding pain. The disease may now be considered as fairly set up in the system. The changes in colour and consistence which the discharge undergoes in the progress of the disorder, form one means of determining the hold which it has obtained. At one time it is thin and watery, and at another it becomes thick as cream, while its colour changes from white to yellow, and, as the inflammation increases, to green; and in violent cases is sometimes tinged with blood. A sense of heaviness is felt in the testicles, and darting pains afflict the groins and loins. As the scalding heat in passing the urine grows in intensity, the inclination to void it increases in frequency, and owing to the contraction of the urethra by inflammation, the stream becomes diminished in size, and often scatters in the discharge into two or three streams. To add to all these disagreeable symptoms, the organ swells to an inconvenient size. The patient's miseries have now fairly set in; and if the case is neglected, or what is worse, treated improperly, the disorder will spread apace. The inflammation extending to the bladder, it becomes unfit for the discharge of its duty as a reservoir for the retention of the urine; much pain is felt at its neck, and in the prostate gland, which is often so severe that the patient can neither stand nor sit without much distress. Owing to the extension of inflammation to the groin, the glands swell, and sympathetic bubo is the result. The penis often swells to such an extent as to induce phymosis or paraphymosis, which we shall more fully describe hereafter. The testicles become swelled and inflamed, and an aching sensation is continually felt in them; and, in short, owing to constant pain, want of rest, and distress of mind, the whole system is thrown into a state of fever, which affects the brain, the sto-

mach, the nervous system, the heart, and the circulation of the blood; thus producing general illness, and in some cases leading to permanent stricture, which is more or less a source of trouble for life. Cases have been known in which this disease has been neglected or ill-treated to such a degree as to result in the utter destruction of the genital organ. Those who have visited the medical room in Dr. Kahn's splendid Anatomical Museum will remember with a painful distinctness the models of some such cases, which are there exhibited. In short, it is now considered as an established truth, that gonorrhœa, which is in itself the most common, simple, and in its first stages the most easily subdued of all the forms of venereal disease, will, by long neglect or improper treatment, produce general and chronic syphilis, in which the whole of the blood and tissues of the body, and even the bones, are permeated with poison, and the seeds of corruption and destruction sown—whose harvest is not merely death, but death preceded by unspeakable agony and loathsomeness.

ORCHITIS or SWELLED TESTICLE frequently follows neglected or improperly treated gonorrhœa. It is extremely painful, and often so injures the delicate mechanism of the testicles that their proper functions are permanently lost, and the patient becomes incapable of the office of procreation. This very serious form of development of the venereal poison may take its rise either from neglected inflammation of the urethra, or from too violent exercise in running, riding, walking, &c., or from cold bathing while suffering under a clap, from injudicious purging, or from drinking spirituous liquors. When the pain is first experienced, the epididymis (the group of minute seed vessels attached to the back part of the testicles) begins to swell; the exudation from the urethra ceases or becomes much less in quantity; the testicles are soon found to be enlarging; and the epididymis hardens and becomes acutely painful, especially to the touch. After the swelling has commenced, the spermatic chord (which conveys the blood from the aorta to the testicle,) becomes in many cases similarly affected, and causes greatly additional pain. The whole course of this very sensitive duct is sometimes morbidly irritated, and the patient becomes aware of this by peculiar gnawing pains in his back and loins, besides a fevered condition of the whole body. On the first approach of this disorder the patient feels as if

the affected testicle were at times in a state of motion; but this is soon superceded by more active and throbbing pain. In such circumstances all exertion is attended with more or less danger, and the patient should keep himself as much as possible in repose, as even sitting up in bed is hurtful. Of course no one would think of remaining in such a state without the aid of a proper surgeon; but until such assistance arrives, it would be well to suspend the testicles in one of the bandages made for such purposes, or in a handkerchief suspended by another tied round the waist, and to take a warm bath if it can be had without much exertion. Further advice than this cannot be given in a book without the risk of misleading. The rest of the treatment must be regulated by the patient's individual symptoms, his constitution, &c.

PHYMOSIS is a disorder of the penis, in which the prepuce or foreskin becomes swelled, and tightens over the bulb, so that it cannot be drawn back. Warm fomentations should be used, until a gentle force with the fingers will draw back the skin, when the glans should be smeared with ointment, and the fomentations afterwards repeated until the swelling abates.

PARAPHYMOSIS is a similar inflammation, but of a more dangerous character. In this case the foreskin tightens *behind* the nut, and often effects so severe a strangulation round its neck (both being swollen) that the circulation is interrupted, and if a remedy be not quickly applied, mortification and destruction of the glans penis may ensue. Occasionally ulcers and excoriations accompany these states of the penis, and great care must be taken in having the proper lotions and using the proper means, for nothing is more common than for phymosis to be changed into paraphymosis by ignorant treatment. Phymosis and paraphymosis are in general concomitants of gonorrhœa, though they are sometimes experienced alone.

BUBOES.—*Sympathetic buboes* are swellings of the glands in the groin, and are a result of advanced gonorrhœa. No special treatment is required for them, as they disappear without causing any uneasiness, as soon as the gonorrhœa which caused them is cured, they being merely a sympathetic effect of that disease. They have been known to burst, but such is very rarely the case.

A very different matter, however, are *syphilitic buboes*, which are themselves the seat of the disease, and demand

the most skilful handling. It is therefore of the first consequence to distinguish between these two kinds of swelling in the glands of the groin, which are at first so similar in outward appearance as easily to mislead the inexperienced. The poison is concentrated in the venereal or syphilitic bubo, whence, if not eradicated, it will communicate itself to the entire blood; and as in this case there is no running by means of which the virus can be thrown off, the bubo is almost certain to suppurate, and will burst externally, if not checked by the right treatment, causing a wound very difficult to heal. In preventing this, and exhausting the poison by medical means, lies the skill of the practitioner. Venereal bubo generally commences with swelling of one gland only, causing a stiffness in the joint; but it soon spreads to the other side, with pain or a sensation of burning; and before suppurating it assumes a dark red or purple appearance.

GLEET is a very troublesome, dangerous, and obstinate complaint. It consists of a discharge from the urethra, of a semi-transparent fluid, having something like the consistence of gum water, offensive in smell, and containing the essential venereal poison, so that it is in all respects as infectious as clap or pox. Gleet may be described as a remnant of gonorrhœa, without inflammation; and it may arise from stricture, debility, or ulceration. It may also be produced by intemperance or other causes which impair the muscular and nervous energy of the generative organs; and it is most liable to seize on persons who have been long addicted to excessive venereal indulgence. An individual may have one or two attacks of gonorrhœa without a gleet succeeding, but he must never consider himself safe from it, and must also remember that, though gleet itself differs from gonorrhœa in being comparatively painless, yet gleet, if not radically cured on its first appearance, is only the precursor of a more remorseless guest—stricture.

The discharge in gleet is much influenced by diet and regimen. Moderation should be strictly followed in meat, drink, and exercise, and all food of a stimulating or highly seasoned kind avoided. But of all diseases gleet is the most deceptive; for, when the patient, by adopting strict regimen, and abstaining from every stimulant likely to create inflammation, finds himself better, the discharge diminished, and congratulates himself on the supposed departure of a trou-

blesome complaint, on it comes again with all the obstinacy peculiar to its character. Continued gleet enfeebles and emaciates the body, and ultimately enervates the mind; and it has often in its train afflictions of the bladder and kidneys, swelling and wasting of the testicles, and strictures and obstructions of every description. Parties are sometimes so slightly affected with it as to be unconscious of its presence; and we have known more than one instance in which a man has married in this state, infected his unsuspecting bride, and brought down misery where there should have been nought but bliss.

STRICTURE is a partial, and in some cases, entire obstruction of the passage of the urethra, impeding or preventing the discharge of water, and also in a measure disqualifying the patient for the performance of the sexual function; for it is evident that an obstruction which only allows the urine to escape laboriously, drop by drop, or in a broken and straggling stream, will also prevent the semen from being discharged into the vagina with that freedom and force which are necessary to the perfect act of coition. Stricture is not always the consequence of sexual irregularities, but often arises from exposure to tropical climates, from cold or damp, from a too long retention of urine, or from sedentary habits. Strictures of this kind are dangerous if neglected, but readily yield to proper treatment. Sometimes they are so slight as to cause no inconvenience in the voiding of urine; but a very mild form of the disease will disqualify a man for the act of impregnation. *Spasmodic stricture*, which arises from such external causes as we have just named, has its seat at the neck of the bladder, and is, as already hinted, though dangerous, easily manageable. The patient may himself, until he obtains advice, place his hips in a warm bath; and if not then able to pass urine, he should immediately send for an operator to draw it off. *Permanent stricture*, on the other hand, is almost invariably the result of protracted inflammation from gonorrhœa or gleet, and is justly considered the most terrible of all the forms of disease to which the organs of generation are liable. It is an inflammatory thickening and hardening of the lining membrane of the urethral canal, causing it to block up the passage, inflicting, when neglected, excruciating pain, and necessitating operations which not only cause additional suffering, but which, if undertaken by any but the most

highly skilled and experienced, may, as they often have done, terminate fatally, or cause mutilations for life. There are sometimes two or three strictures in the canal, from the glans penis to the neck of the bladder; the patient has pain about the glans penis; and as there is commonly a thin mucous discharge, the dangerous mistake is often made of treating it as merely gonorrhœa or gleet. The disease, by successive steps, reaches the bladder; the urine becomes poisoned and offensive; the kidneys participate eventually in the inflammation; suppuration at last ensues, and the patient dies in the most acute suffering. Stricture, however, is one of those diseases which readily succumb to science, and it is mostly possible to cure the most distressing case. For spasmodic stricture we almost always find medicinal remedies sufficiently effective; and they are equally so in numerous phases of permanent stricture; but in other cases it is requisite that they should be accompanied by the frequent use of the bougie.

STRANGUARY is somewhat of the same character as stricture, but greatly less virulent. It is a difficulty in the passage of urine, arising in many cases from weakness, and is very troublesome to persons in advanced age, disturbing their repose at nights with the desire to evacuate, and yet permitting but a feeble accomplishment of the function. In such instances, as well as when the disease results from gonorrhœa, the inflammation may easily be subdued, and the functions restored to a healthy tone, by suitable medicinal remedies, which we can at any time prepare on being furnished with an outline of the symptoms.

SYPHILIS or POX.—Syphilis, or Lues Venerea, arises from impure sexual connection, and is a disease of the absorbent system, which if not attended to or mismanaged at its outbreak, has the dangerously deceptive quality of appearing to be cured, and will then lurk in the system for years, and at length burst forth and seize like a devouring monster on every sensitive and vital part of the body, completely contaminating the whole living system, and finally even terminating existence, having previously reduced the entire body to a mass of ulceration, and almost putridity. "Perhaps," says a late eloquent lecturer on this subject, "there is no appearance to which human nature is capable of being reduced, which renders it a more horrid spectacle than the accumulated evils of confirmed pox. We often have to see

the once most elegant form reduced to a complete mass of deformity. The eyes become tender—the sockets exfoliating—the breath horribly foetid and disgusting—the neck stiff, and sometimes the whole or greater part of the face, gums, and teeth consumed by this horrible disease. The venereal first attacks the throat or palate—the roof of the mouth becomes inflamed, and ultimately the bony palate is exposed. The bone then exfoliates, and communication between the mouth and nose is formed; the fluid returns through it, the voice becomes changed, and, if not cured, the whole face becomes diseased, and is ultimately destroyed. And not only that: the mind is left a complete and irrecoverable wreck.”

Syphilis develops itself under two forms, called technically *primary* and *secondary*. The first generally assumes the shape of chancres, or ulcers on the foreskin and nut of the penis, and, if not eradicated, may end in the destruction of that organ; but they sometimes present themselves on the lips, nostrils, or any part of the body invested with a mucous membrane. They begin as a small hot spot or pimple, increasing in size, and on the white head being removed, it forms a pit which eats under the skin, discharging a thin ichor. The poison is carried by absorption to the glands of the groin, and there forms the terrible venereal buboes already described, which have sometimes eaten into the femoral artery, and caused the patient to bleed to death.

The ulcers, when the tonsils of the throat are affected, are the same as those on the penis—hollow in the centre, with raised and jagged edges, yellow on the surface, and the surrounding margin of a livid colour. The upper and back part of the throat becomes one extensive ulcerated cavity; swallowing the softest food is difficult, and the breath is disgusting. The larynx is next attacked, and the voice fails—then the lining membrane of the nose, by which the delicate bones and cartilages are reached by the corroding poison, and the face soon becomes frightfully disfigured. Chancres are often weeks in making their appearance after the poison has been received through foul connection; but they usually appear about the sixth or seventh day. Directly they present themselves, no time should be lost in obtaining those medicines and applications which, promptly resorted to, will soon master the disease, and which we can forward, with suitable directions, on the shortest notice, in cases where we cannot see the patient; but in the mean time,

frequent warm or tepid fomentations, and simple poultices, will do much good in allaying inflammation and cleansing off the discharges as they are formed, and thus prepare the way for more searching and perfect remedies. The *secondary symptoms* are a dreadful form of syphilis, disfiguring the patient without any chance of his escaping the exposure. Their seats are the mouth, nose, face, throat, skin, and bones. There is the same thickening surrounding the ulcer in the skin and integuments, which marks a chancre on the penis, and which exists only in venereal sores; hence it is possible to discriminate this species of cutaneous ulcer from every other kind to which the surface of the body is liable. They sometimes suppurate on the legs; at other times form scabs on the head, and remain in blotches on the face, causing great annoyance and shame. After the virus is absorbed into the habit, and all the sores, as first signs of the disease, have healed, the time of the appearance of constitutional symptoms is extremely indefinite. Thus venereal complaints appear at various periods of time, from a few weeks to the lapse of years. These secondary symptoms, taking place after the lapse of some time, constitute, if not the most painful, one of the most dangerous forms of venereal disease. They speedily assure the victim of their vital hold upon his system, in the depression of spirits and bodily languor which he feels; in his sleepless nights and miserable days; and frequently in a strange and unpleasant alteration in the features and expression of his face. The remedy must be altogether governed by the constitution and antecedents of the patient, and the peculiar aspect of his case; but few need despair who will with promptitude adopt the means of cure.

We have now endeavoured to explain succinctly to the reader all the leading varieties of the venereal disease, their local seats, their general symptoms, and the ulterior evils to which they inevitably lead, if allowed, through the inattention or recklessness of the patient, to take their own course. Several collateral branches of the subject we have merely glanced at: for it would take a large volume to deal fully and minutely with all the complicated and often horrible forms in which the venereal poison manifests itself. Moreover, such a volume would be too expensive for general circulation, and, even if accessible to the many, would only be read by students. Our object is to convey popular instruction and advice in such a form that it shall reach all classes,

and be read and comprehended by all. We hope what we have written will have some effect in deterring youth from giving a loose to their passions, and inducing them to exercise self control, and wait for the happy moment when they can gratify their desires with the sanction of morality, in the safety of pure affection, and without dread of the retribution which is almost certain, sooner or later, to overtake licentiousness. No doubt plausible palliatives may be advanced for what are termed "the errors of youth;" and it has been pertinently remarked by a well-known physician that "the erring sons and daughters of frailty, ignorant of the laws of physiology, lashed up their feelings by heating meats and drinks, by novel reading, by blasted affection, by giving their minds to the contemplation of indelicate subjects, till the propensity became uncontrollable, and in a moment of its preternatural action they sinned. They were in all respects practically deranged. They were more sick, physically, than depraved in motive." We hope, however, that ignorance of the laws of physiology will not much longer be an excuse for their violation; and it shall be no fault of ours if the danger of giving way to foul thoughts, and the evils of unlawful indulgence, be not matters of universal knowledge. But, as the same learned lecturer (Dr. Fowler) observes, the bodies of the victims of carnality must be cured, as the means of restoring them to virtue; and we cannot too often impress upon them the unspeakable importance of placing themselves in experienced professional hands while yet the disease which lurks in their veins is capable of easy and speedy cure. Above all, let those who contemplate marriage be sure that their blood is free from the venereal poison. Oh, it is a cruel and a dastardly thing to wile a pure girl into foul embraces—to take her to sleep in a bower of roses, where she will awake to find herself in a charnel house! It has been already stated that an affection so slight as to be unsuspected by the patient will be sufficient to communicate the disorder; and it must be remembered that the young wife would not be the only victim if she became a mother. What man can contemplate without dismay the prospect of giving life to a doomed progeny—blear-eyed, shrivelled, and wailing as infants—if they live, scrofulous, shrunk, and ill-favoured as youths—as men dyspeptic, hollow-cheeked, and consumptive, and at length sinking into an early grave, the victim of their parent's selfishness or want of reflection.

D R. S M I T H, having given his undivided attention and study to such branches of medical science as he has treated upon in his medical writings, cannot but consider himself calculated to inspire implicit confidence in his honour and experience, which patients should feel in those in whose hands they place themselves, in matters so delicate and momentous. It is quite compatible with all reason and argument to consider that surgeons whose talents and efforts have been so long concentrated TO ONE PARTICULAR BRANCH OF THE PROFESSION, should be the most appropriate to apply to, in those cases appertaining to that particular branch. It were almost superfluous to point out to parties suffering from these diseases, the great advantages which must accrue to them by availing themselves of the experience which such surgeons cannot but obtain, for it is evident that they must have an immeasurable advantage and superiority of skill over those who have engaged their attention in the PROMISCUOUS study of disease and medicine. It is a well known fact that those maladies in which DR. SMITH'S practice is involved, do not receive from medical men in ordinary practice that deep study and observation which is so essentially requisite, before they can be properly understood; and in many instances they are entirely excluded.

D R. S M I T H (as is well known to most of the public) has resorted to the instrumentality of the press, considering it highly expedient and superlatively advantageous, both to those whose position requires the interposition of his skill and attention, and to himself. Accordingly, he systematically advertises through the medium of newspapers, and the active circulation of handbills and placards. It may be

important to mention that such means are almost indispensable, to make known to the public in general the existence of his establishment, and for the more effectual way of carrying out his practice, as also to simplify the difficulties between patients and himself, which numerous circumstances give rise to.

In most cases of neglected disease which have come under the author's notice, where the sufferers have been lingering over months, and sometimes years, of the most important part of their lives, without unburdening their sorrows where only they could reasonably expect sympathy and relief, he has found that this negligence arose from a squeamish and unnecessary dread of exposure. He need scarcely say how important it is that such feelings of false delicacy should be overcome.

In the form of a letter the case may be submitted, with a little care, positively BETTER than it could be viva voce. The pen may pourtray every minute suffering; facts can be avowed that might, perhaps, be less facile to utter; and, in fact, no statement need remain untold, which the flurry, agitation, and diffidence of an interview may drive completely out of the head.

Dr. SMITH does not make the pretence of having one specific suitable for all cases. He knows that that this is not only gross deception in itself, but is fraught with the utmost peril to those patients who are misled by it, and he hopes the day will come when that ignorance of the laws of

physiology which Dr. Fowler laments will pass away, and all intelligent men will see clearly that what would cure one disease would aggravate another, and that even the very same disease in different individuals will often call for different remedies. In his practice he requires to know the symptoms in each case, together with the patient's habits, constitution, and general state of health, after which if a cure be possible, (and there are few cases in which it is not possible) he will effect it, his long and extensive experience rendering him familiar with every attitude assumed by these insidious and multifiform disorders.

The pecuniary circumstances of patients have in some cases, he finds, been the cause of delay on their part, originating a fear in reference to the expense, &c.; but this need be no obstacle, as Dr. S. trusts he has sufficient christian principle and charity to exercise his sympathy in every case of necessity.

And upon receiving a fair and candid statement of their case, he will **(on receipt of a stamped directed Envelope, enclosing 12 postage stamps)** hold himself ready to reply immediately thereto, giving his opinion upon the nature of the case---what may be anticipated---and the **princi-**

ples of treatment necessary to be carried out in order to effect a perfect cure.

The postal arrangements are such now, that patients may be treated in the most distant parts, without delay or additional expense.

Those who prefer writing, or are compelled to adopt that course, will therefore furnish, in a simple style, every particular as to their complaint, age, occupation, general health, habits, &c., which will enable the author to form a correct idea of the case, and of the necessary means for its safe treatment, the more readily from the similarity in the multitude of cases with which he is already familiar. In few instances, if the above conditions be complied with, will a personal visit be requisite.

For many years past a great portion of Dr. Smith's practice has been conducted by CORRESPONDENCE only and since the important change in the English postal regulations (by which invalids in the remotest parts of the three kingdoms may be communicated with, without delay or extra expense), this has been very considerably increased. Patients can have their letters addressed to any country post office, "till called for." The London offices do not however, afford such facilities. Patients residing in the metropolis must therefore give a distinct address, at which communications can be received for them.

NOTICE.

MONEY should, in all cases when possible, be sent by Post Office Order. But when there is difficulty or inconvenience in obtaining an order, postage stamps, bank notes, or gold may be sent. Patients who prefer using some other name may have their post office orders made payable to "Henry Howard, Esqr., 41, Carliol Street, Newcastle-on-Tyne," so that the Clerk at the post office may not know for what purpose the order is obtained.

All letters containing 21 shillings in postage stamps must have **2 penny stamps** affixed on the envelope.

It is earnestly requested that Patients who are in communication with DR. SMITH, will always preserve the same signature or initial, as all letters are arranged alphabetically, it being necessary, on frequent occasions, to refer to previous letters. The Address, also, ought to be repeated in every letter.

Notice to Patients and Invalid Readers.

D R . S M I T H

MAY be consulted personally, from Ten in the morning till Three, and from Four till Eight, in the evening daily, at his residence,

No. 41, CARLIOL STREET,
NEWCASTLE-ON-TYNE.

[In the event of any emergency, or during the intermediate hours, attendance is given by a resident confidential and fully qualified Assistant.]

THE REMEDIES

CAN be forwarded to ALL PARTS OF THE WORLD, carefully packed, and free from observation, and can be taken WITHOUT CONFINEMENT OR HINDRANCE TO BUSINESS.

They can be sent to any address, or be directed to be left at the Railway Station or Coach Office, "UNTIL CALLED FOR."

In all cases, SECRECY is to be considered as inviolable.