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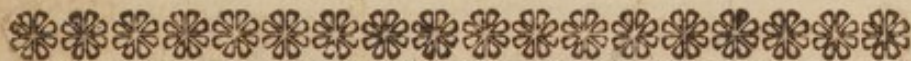


A

T R E A T I S E

O N

ONANISM, &c.



[Price One Shilling and Six-pence.]

THE

ONANISM, &c.

A
T. R. E. A. T. I. S. E.
O N

ONANISM, &c.

[Price One Shilling and Six-pence.]

T R E A T I S E

O N

O N A N I S M, &c.

“ Youth is the important Period for framing a
 “ robust Constitution. Nothing is so much to
 “ be dreaded as the premature or excessive In-
 “ dulgence of amorous Pleasures ; hence arise
 “ Apoplexies, Lethargies, Epilepsies, Tremors,
 “ Palsy, Spasms, Weakness of Sight, Loss of
 “ Appetite, and mental Decay. A Body which
 “ is enervated in Youth, never recovers itself ;
 “ old Age and Infirmary speedily come on, and
 “ the Thread of Life is shortened.”

“ *But what more base, more noxious to the Body,*
 “ *Than by the Power of Fancy to excite*
 “ *Such lewd Ideas of an absent Object,*
 “ *As rouse the Organs form'd for nobler Ends,*
 “ *To rush into th' Embraces of a Phantom,*
 “ *And do the Deed of Personal Enjoyment !”*

Σεμῖδος ἔρωσ ἀρετῆς ὁ δὲ κυπρίδος ἀχθὸς οφείλει.

By *W. FARRER*, M. D.

The Third Edition, greatly altered, and enlarged.

L O N D O N :

Printed for the AUTHOR ; and sold by Mr. JOHNSON,
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 Cockspur-street, Charing-Cross. 1772.



T H E
P R E F A C E.

THE subject of this Treatise is of such a nature, that I was a long time unsatisfied, before I could bring myself to resolve upon the publication of it. I observed it very difficult to treat of it with such prudence and caution, as neither to omit what was necessary to be said, nor to say any thing that the lustful and licentious may not turn to sport and ridicule, or to some further improvement in their vice. And, I doubt not, but others besides me, have been withheld from it by the same consideration ; and that this is the principal reason why so little has been written against it. And yet, perhaps, there is no
subject

subject whereupon there is more need of writing than this.

Innumerable instances have afforded me a melancholy conviction, that there are multitudes in the world, who, tho' free from committing any open acts of impurity, are yet possessed by the disorderly passions of the flesh, and defile themselves divers ways, by actions and desires contrary to chastity. Self-pollution is one of those vices that reign most generally. It is an unnatural, dangerous, wicked, and destructive sin; a sin, that is very often attended with dreadful consequences in this world, and brings ruin and misery to peoples bodies and souls, relations and posterity; and a sin which we see remarkably punished in *Onan*, by a particular stroke from Almighty God. *The thing which he did displeased the Lord, therefore he slew him also* *.

If a man enquire how it comes to pass, that this vice reigns so generally in all places,

* Gen. xxxviii. 10.

places, he will find that the chief causes of this evil, are the scarcity of instruction and assistance in relation to it, and the secrecy in which it may be committed. For it is certain, that did young people rightly understand the heinousness of this sin, and the reasons there are for refraining from it, if they would seriously call to mind those admirable precepts of purity, and the powerful motives to chastity, which are offered by the Gospel ; if they would make use of those so effectual means which the Gospel affords, for conquering the desires of the flesh, and living continently and holily, vices of this kind would be much rarer than they are. But people are not ordinarily instructed in this matter ; and there are few books relating to it, whereby to supply the want of oral instructions ; whilst, on the contrary, there are plenty of wicked books to promote impurity, and the number of them is every day increasing.

Again,

Again, those who are guilty of this sin, study all they can to conceal it, and generally order the matter, so as no one may discover them. But let not such persons delude themselves further ; for they may possibly think also, to manage their lewdness so as to have the pleasure they desire, without incurring the evil consequences that generally attend it ; for if ever they make the attempt, they will be in great danger of finding themselves grossly mistaken, and they will then see their folly when it is too late.

When once young people allow themselves in any lewd or intemperate course, daily experience shews, how it captivates their understandings, gets the ascendant over their wills, and carries them much further than they ever intended, or had any apprehension of. When they have begun to give way to their vicious inclinations, these are apt to grow upon them, and become more and more impetuous, till they have got the mastery over them ; and then no one knows whither they will
carry

carry them. All their resolutions of prudence and management are apt to fail them, and they quickly find, to their cost, how much wiser, and safer, and better, upon all accounts it had been, to have rejected the first temptation to their wickedness : For at best, vices of this kind usually carry persons on by degrees, till they are got beyond recovery ; but sometimes they are quicker in their operation, and ruin them, and expose their vanity and folly in a very little time. For as a certain Author observes

“ Loose thoughts *at first*, like *subterranean*
“ fires,

“ Burn inward, smothering with *unchaste*
“ desires ;

“ But, getting vent, to *rage* and *fury* turn,

“ Burst in *Volcanoes*, and like *Ætna* burn ;

“ The heat increases as the flames aspire,

“ And turns the *solid hills* to *liquid fire*.

“ So sensual flames, when raging in the
“ soul,

“ First vitiate all the parts, then fire the

“ whole ;

“ *Burn up* the bright, the beauteous, the
 “ sublime,
 “ And turn our *lawful* pleasures into
 “ *crime.*”

And whereas this book may fall into the hands of divers who are guilty of the vices herein condemned, I earnestly beseech such to consider seriously what I have advanced, and that whilst they are reading it, they will duly reflect upon their own case, and disengage themselves from the snares of sensuality whilst they may. This is the advice of the Poet :

“ *Opprime dum nova sunt, subiti mala semina*
 “ *morbi,*
 “ *Dum licet in primo, limine siste pedem.*”

OVID. de Rem. Lib. 1.

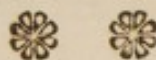
And let those also who have not incurred this guilt, and more particularly the younger sort of both sexes, make a good use of what they meet with here, that it
 may

may be a means of securing them against a
sin, whose consequences are so fatal, and
which involves those that indulge them-
selves in it, in the utmost misfortunes.

W. FARRER.

Note,

Note, Those who think fit to leave letters for the Author, where this Book is sold (especially those who can afford to pay a physician) are desired to leave with them reasonable fees; for he has not leisure to read letters, consider particular cases, and write answers, without suitable gratuities for his time and trouble. Those also who send their cases, ought to be very particular in respect to the symptoms of their indispositions, length of time they have been afflicted, what means they have already used, and likewise their age, present degree of strength, constitution, habit of body, &c. And such as write from the country, are desired to send their letters (post-paid) directed for the Author, to be left at Mr. *Johnson's*, Bookseller, No. 72, in *St. Paul's Church-yard, London.*





A

TREATISE

ON

ONANISM, &c.



MASTUPRATIO, or *Manustupratio*; Manual Stupration, or Self-Pollution, is a vice hardly to be named, much less to be practised in a country, where virtue, decency, or politeness, have the least regard paid to them: It is in itself heinous and unnatural; in its practice odious and detestable; its guilt is great, and its consequences ruinous.

B

Providence

Providence has implanted in human nature, what is by some called the *Passion of Love*, and by others the *Appetite of Lust* *, for very wise purposes ; but has given us reason to restrain this necessary inclination, and keep it within due limits.

Every day, however, furnishes us with instances, which evince, that reason is not always a balance against the appetites ; for young people (of both sexes) regardless, or perhaps ignorant of the consequences, too often indulge themselves in this preposterous method of venery ; and 'tis beyond a doubt, that many, more advanced in years, who are long immured in colleges and cloisters, and at last elope from their cells, utterly destitute of science, and equally unacquainted

* Dogmata divini memorant si vera Platonis

Sunt gemini veneres & geminatus amor.

Cælestis venus est nulla generata parente

Quæ casto sanctos nectit amore viros.

Altera sed venus, est totum vulgata per orbem

Quæ divûm mentes alligat atque hominum ;

Improba seductrix, petulans, &c.

BERGALD. Epigram.

vous system, and so violently stimulate, as to excite convulsions.

For this purpose there are organs in both sexes, admirably adapted, through whose instigation, an ardent desire arises of giving a mutual ease to each other; wherefore by the mediating aptness of the structure in these parts, generation is effected, and the propagation of the species is carried on.

It is observable, that in many persons, this desire is very weak; which happens either on account of their natural temperament, or of the acquired habit of indifference, brought on by a too studious application of the mind.

But in all this stimulus to amorous concupiscence (ever accompanied with a remarkable uneasiness) is more frequently felt at its first onset in the days of adolescence; tho' if we attend to the effects of venereal commerce at this time of life, we shall discover that nature has not intended these humours,

mours, for the purpose of propagation only, since repeated acts in so early an age, restrain the growth of the individual, and unnerve the man.

Besides, that there is a benefit accruing from them to the constitution, may be collected from an observation of those appearances that arise therein at the time of puberty. Then it is that hairs begin to shoot at the *pubes*, the beard grows, the voice alters to a graver tone, and muscular strength is augmented; and that the cause of these appearances, is the *succus genitalis* absorbed, and reconveyed into the habit, there is no room to doubt, how mysterious soever it may appear to the understanding.

It is this vital seed which makes men hot, robust, hairy, of a strong and deep voice, bold and courageous, and fit to contrive or execute any enterprize. Men are a proof of this. Whereas they who are destitute of this animating fluid, are wrinkled, pale, weak, of a shrill voice, without hair, beard-

less,

less, and effeminate : Such are eunuchs.
For,

For we know from experience, if the secretory organs of this juice be destroyed by castration, before the time of puberty, as is frequently done in Italy*, to preserve the voice, the beard does not grow, nor the voice differ from that of a woman ; and if by any accident a man is deprived of his testicles after this age, the destruction of these marks of virility also follow. In confirmation of this, *Boerhaave* has given us an instance of fact.

“ There was, says he, an intrepid soldier, who aspiring after the reward proposed

* We are told that the *Parthians* castrate out of luxury, for the retarding of age, and prolonging of life ; they having observed that castrated animals of any kind, by that means live longer than those that retain their virility, and that likewise they keep a better habit of body by it ; wherefore, as authors also relate, the *Canibals* that live near the *Æquator* and hunt after men to eat them, when they have taken any males of the neighbouring nations, they many times geld them, and fatten them up for slaughter, as we do capons,

“ posed by the general, to him who should
 “ first fix the standard on the enemies fort,
 “ climbed through the thick battery of the
 “ enemy, but unfortunately for him the
 “ fire of a cannon took off both his tes-
 “ ticles ; yet he recovered, and became at
 “ length effeminate, not in mind, but in
 “ body. The strength of the several
 “ muscles of the genital parts still con-
 “ tinued, and nothing was wanting towards
 “ his virility but his testicles, and yet his
 “ voice soon altered, and his beard fell
 “ off, &c. &c.* ”

Hence the following lines of *Butler* :

“ Loss of virility’s averr’d
 “ To be the cause of loss of beard.”

HUDIBRASS.

And hence the Poet’s advice to the Ladies :

“ Suspect the soft smooth chin where
 “ manly strength
 “ Hath spread with sparing hand the
 “ downy beard ;
 “ Or

* Boerhaave Prælect. and Institut. p. 444. Edit. Goet. !

“ Or thou who e'er thou art, fond nymph;

“ too late

“ Shalt rue thy frustrate hopes *.”

For the man who is retentive of the seminal juices, becomes bold, hardy, and strong, like the beasts of the forest; witness the *Athletæ* of old, who led chaste lives.

The *semen virile* is a fluid of the most elaborate and noble production of any in the whole body, except that of the nerves, to which it is analogous, and which in proportion to this analogy cannot be evacuated without diminishing the strength of the nervous system: Hence venery ought to be only moderately used, lest too great an evacuation of this substance prove prejudicial to health.

A frequent ejection of the semen requires a sound and vigorous habit of body,
because

* *Hispida membra quidem, et duræ per brachia setæ,
Promittunt atrocem animum.* JUV.

because it exhausts the strength and weakens the person : Hence *Pythagoras*, when asked when coition was to be used, wisely answered, “ When you have an inclination to “ render yourself weaker.”

The loss of too much semen (says the incomparable *Boerhaave*) debilitates, and renders exercise difficult ; it causes convulsions, emaciation, and pains in the membrane of the brain ; it deadens the senses, and particularly the sight, gives rise to a dorsal consumption, indolence, and various other disorders, which are connected with these * : All which disorders are much more terrible, when occasioned in an *unnatural*, than in a *natural* way.

But these disorders are not wholly owing to the expence of semen, but in a great measure to those universal convulsions that always accompany the emission of it ; and if we consider the human body, as made up of flexible pipes, and yielding fluids, we shall readily understand how convulsions

C

wear

* *Boerhaave Institut. p. 776.*

wear out the constitution, and produce these effects, *viz.* by destroying the strength and elasticity of the solid parts.

That the extacy which accompanies venereal enjoyments is of the nature of a convulsion, is not hard to be conceived. *Haller* says, “ It is a very violent action which
“ borders upon convulsions, and which
“ thereby surprisngly weakens and prejudices the whole nervous system.”

Quincy, in his explanation of *Sanctorius's* Aphorisms, expressly says, “ At the time
“ of coition, the fibres are intensely drawn
“ up; that too frequent use of this exercise cannot but be very prejudicial to
“ health, by overstraining and destroying
“ the force of the fibres *” The natural consequence of which must be a springiness and action upon their contents.

Sanctorius is very copious on this subject: He shews how, if excessive, it curbs perspira-

* *Sanctor.* Sect. IV. Aphor. 1.

perspiration*, hurts concoction, occasions lassitude, destroys agility, prejudices the lungs, cools the stomach, raises palpitations, introduces obstructions, checks stools, hurts the eye-sight, destroys the natural heat, raises inflations, heats the kidneys, causes gravel, and introduces catarrhs and *syncofes*. And all these effects are increased by an excessive draught of the seminal liquor from the blood, which is thereby robbed of its most pure, balsamic, and invigorating particles.

The violent palpitations which sometimes also accompany coition, are convulsive symptoms. *Hippocrates* speaks of a young man who was afflicted with incessant palpitations, occasioned by bacchanalian and venereal excesses †. And *Dobacus* saw one who was seized in the very act, with so violent a palpitation, that he would have been stifled, had he persisted in the operation ‡.

C 2

As

* Mala a nimio coitu orta mediate a perspiratione.

Sect. IV. Aph. 3.

† Epidem. Lib. 3. Sect. 7.

‡ Encyclop. Med. Lib. 2. p. 147.

As venery then only agrees with robust and vigorous constitutions, so the use of it is principally beneficial to health after the stomach is empty, and perspiration duly performed, especially if the person has slept well, and taken aliments of a nutritive digestion. For these things are of such a nature as to increase the strength and vigor of the body, and consequently to favor venery, or at least to prevent the bad effects it would otherwise have. This is the Aphorism of *Sanctorius*: *Coitus immoderatus postulat cibos paucos et boni nutrimenti* *.

Upon a full stomach coition is absolutely injurious, both to the man and to the woman; for as nothing requires more animal spirits than acts of venery, it consumes and robs the stomach of those that are necessary for digestion. A certain man having to do with a woman upon a full and distended stomach, presently after expired.

The

* See, IV. Aphorism 22.

The person who would often engage in venery, ought to guard against all surfeits, hunger, labours, excessive studies, venections, watchings, purges, and every thing which can in the least impair, and destroy the strength.

Celsus observes, “ That we ought not
 “ too eagerly to pursue, or too solicitously
 “ to avoid intercourses with the tender
 “ sex.” Pleasures of this kind rarely indulged, render the body alert and active; but if too frequently repeated, weak, languid, and unactive. And as the proper degree of these pleasures is not to be estimated by the number of repetitions, but by the constitution, the age, and the strength of the person; so we may take it for granted, with respect to this particular, that the enjoyment which is neither followed by weakness, nor succeeded by pain, is not prejudicial.

“ The day (he says) is the worst season for
 “ pleasures of this kind, especially if they
 “ are

“ are succeeded by a full meal ; the night is
 “ less hazardous, but even then subsequent
 “ fatigue with long watching render it
 “ improper. It should also be abstained
 “ from in summer ; because, at that time,
 “ it is subject to throw the humours into
 “ preternatural commotions.” It is more
 salutary in the spring, than at any other
 season of the year.

Again, “ These pleasures (says he) are
 “ always hurtful to weak people, and the
 “ frequent indulgence in them weakens
 “ those of stronger constitutions*.” And
Lommius, in his beautiful Commentaries
 upon these passages of *Celsus*, supports
 the testimony of his author with his own
 just observations, “ Frequent emissions
 “ of the seed, relax, dry up, weaken,
 “ enervate, and produce a croud of evils,
 “ apoplexies, lethargies, epilepsies, faint-
 “ ings, the loss of sight, tremors, palsies,
 “ spasms, and every species of the most
 “ racking gout †.”

Gaubius

* De Re Medica, Lib. 1. C. 9, & 1.

† Comment. de Sanit. tuend. p. m. 37.

Gaubius hath not only painted the ills, but also pointed out the causes with that sagacity and precision, which are possessed only by the greatest masters, “ * An im-
 “ moderate emission of seed (says he) is
 “ not only prejudicial, by reason of the
 “ loss of a most useful humour, but like-
 “ wise

* *Immoderata feminis profusio, non solum utilissime humoris jacturâ, sed ipso etiam motu convulsivo, quo emittitur, frequentius repetito imprimis lædit. Etenim summam voluptatem universalis excipit virium resolutio, quæ crebro ferri nequi qui enervet. Colatoria autem corporis quo magis emulgentur, eo plus humorem aliunde ad se trahunt; sicque sic ad genitalia derivati, reliquæ partes depauperantur. Inde ex nimia venere lassitudo, debilitas, immobilitas, incessus de lumbis, encephali dolores, convulsiones sensuum omnium maxime visus, habitudo, cæcitas, fatuitas, circulatio febrilis, excicatio, macies, tabes & pulmonica & dorsalis, effeminatio. Augentur hæc mala atque infabilia fiunt ob perpetuum in venerum pruritus, quem mens non minus quam corpus, tandem contrahit, quoque efficitur ut et dormientes obscena phantasmata excreant, & in tentaginem pronæ partes quavis occasione impetum concipiant onorique & stimulo sit quamlibet exigua reparari spermatis copia levissimo conatu et vel sine hoc de relaxatis oculis relapsura. Quo circa liquet, quam adolescentiæ florem adeo pessumdet iste excessus.*

Instit. Pathologic. Medicinal. Auct. H. D. Gaubio.

“ wise by a too frequent repetition of the
 “ convulsive motion by which it is dis-
 “ charged ; for the highest pleasure is fol-
 “ lowed by an universal resolution of the
 “ natural powers, which cannot frequently
 “ take place without enervation. Besides,
 “ the more the strainers of the body are
 “ drained, the more humours they draw to
 “ them from the other parts ; and the
 “ juices being thus conveyed to the geni-
 “ tals, the other parts are impoverished.”

“ Hence it is, that from excessive venery
 “ arise lassitude, weakness, numbness, a
 “ feeble gait, head-achs, convulsions of all
 “ the senses, but especially of the sight ; a
 “ dulness of hearing, an idiot look, a fe-
 “ verish circulation, leanness, a consump-
 “ tion of the lungs and back, and effemi-
 “ nacy ; these evils are increased and be-
 “ come incurable, by reason of a perpetual
 “ itch for pleasure, which the mind at last
 “ contracts, as well as the body ; and from
 “ hence it proceeds that they have obscene
 “ dreams in sleep, and that the prone parts
 “ upon

“ upon every the slightest occasion have a
 “ tendency to stiffen, and the quantity of
 “ replaced semen, however small, becomes
 “ a burden and a stimulus, which semen
 “ will be discharged from the relaxed cells,
 “ by the slightest effort, and even without
 “ any effort at all. Thus it is, that this
 “ excess brings such perdition upon the
 “ flower of our youth.”

Persons of a tender and delicate habit of
 body, and weak crasis of blood and spirits,
 should by no means indulge themselves in
 venereal engagements, without great mo-
 deration and caution ; those who are either
 too young, or too old, and those who are
 lately recovered from a disease, ought also
 to abstain from venery, lest they bring on
 too great a relaxation of the nerves, and
 by overstraining the fibres that compose all
 the parts of their bodies, injure and weaken
 their several functions in the animal system,
 and thereby render themselves obnoxious
 to a train of evils that will make their days
 miserable, and shorten their lives ; for no-

thing shortens the duration of life so much,
as the abuse of amorous pleasures.

“ As to venery, says *Sydenham*, he that
 “ is old and gouty (being now destitute of
 “ a stock of spirits, whereby the conco-
 “ tions ought to be promoted, and by con-
 “ quence his joints and the neighbouring
 “ parts to them too much weakened and
 “ loosened without this adventitious de-
 “ struction) is equally as improvident in
 “ my opinion, if he indulge himself in
 “ these allurements, as he that having un-
 “ dertaken a journey should consume all
 “ his provisions before he sets out; for,
 “ besides the mischiefs he brings upon
 “ himself by not restraining the impotent
 “ desires of feeble age, he deprives him-
 “ self of enjoying that jubilee, which is re-
 “ served as the great and special favor of
 “ nature for old men only, whereby, in
 “ the last scene of their lives, they are eman-
 “ cipated from the impetuosities of lust,
 “ which, like a ravenous beast, worried
 “ them all the time of their youth, night
 “ and

“ and day. For the full satisfaction of
 “ these appetites can no way compensate
 “ for that long train of miseries that either
 “ accompany or follow it.”

“ ----- ----- ----- The good old man,
 “ Is by his tame frigidity admonished,
 “ Not to engage in the dull drudgery,
 “ Mistaken for enchanting scenes of
 “ pleasure,
 “ Left thus he snap his feeble thread
 “ of life.”

But there are multitudes of aged sinners who burn with this impure fire, and whose age does not at all render them either the wiser, or the more chaste.

Thus the excess of venery, destroys the bloom of youth, and is pernicious to old age. The death of old men, which often follows soon after they marry young wives, sufficiently declares that love was not made for them.

C A S E.

“ Old *R.* having settled his children in
“ the world, being left to keep house with
“ a young maid-servant, and having his
“ mind entirely disengaged from business,
“ began to fancy himself young again,
“ and turn his thoughts to love. He mar-
“ ried this young woman in the beginning
“ of September, and lived with her just
“ the honey-moon over ; for he died in
“ October, and left her enough to pur-
“ chase a husband, who will suit her age
“ and constitution much better.”

When the time of juvenile pleasures is past, to wish for the happiness which youth only is fitted to enjoy, is a plain indication, that the proper happiness of advanced age suited to improved reason and wisdom, wants a correspondent state of mind for its enjoyment. But debauchery poisons the very source of the human species ; the old retain the vices of youth, and the young are old in constitution before they arrive at the years of maturity.

It

It was another prudent precept of *Cel-
sus*, “ That we should take care of con-
“ fuming wantonly in a state of health,
“ what would be our support during sick-
“ nefs*.” And melancholy observations
have taught me, that acute diseases in those
who addict themselves to excessive venereal
pleasures, were generally very fatal; their
stages are very irregular, their symptoms
capricious, and their periods uncertain.
The constitution furnishes no assistance, art
must do every thing; and as it never pro-
duces any perfect crisis, so when after much
difficulty the disorder is surmounted, the
patient still remains, rather in a languishing
state than upon the mending hand; when
he requires the same assistance as before to
be assiduously paid him, to prevent any
chronical disorder from coming upon him.

Daily observations have also proved to
me, that young people who in their infancy
devoted themselves to this uncleanness at
the

* Cavendum ne in secundæ valetudine adversæ præ-
fidia consumantur.

the time that the marks of puberty began to appear, which epocha is the crisis of nature, when all its powers are required: observation has proved to me, I say, that these young people cannot hope ever to become vigorous and robust; and they may consider themselves very happy, when they enjoy a middling state of health, free from capital disorders, and acute pains.

“ Young people, (says Mr. *Ludwig*,) of
 “ either sex, who devote themselves to las-
 “ civiousness, destroy their health in diffi-
 “ pating those powers which were designed
 “ to bring their bodies to their greatest
 “ degree of vigor, and they at length fall
 “ into consumptions.” For the check
 which is given to the body at the time of
 its growth, is attended with such conse-
 quences as can never be removed.

But, as moderation in every thing con-
 tributes to health, so also does temperate
 venery, and every one ought to carefully
 consider what his constitution can bear;
 for

for a very robust person may safely indulge himself in a degree of venery, which would remarkably weaken one of a worse constitution.

“ Physicians are agreed that copulation
 “ When age adult and high-brac’d nerves
 “ invite,
 “ Should neither be immoderately desired
 “ Nor dreaded to excess.”

And it behoves a wise man, in every stage of life,

——— *servare modum, finemque tenere
 Naturamque sequi*.*

——— to hold the golden mean,
 To keep the end in view, and follow nature.

Thus they, who by nature were stronger than others, have by intemperance rendered themselves much weaker than those who were naturally weak; and those who were much weaker by nature, have by their temperance become superior in strength to those

* Lucan. Lib. 2. V. 381.

those who were stronger ; for nothing renders an animal robust but the seminal juice, which is therefore of great efficacy and importance towards health, strength, and magnanimity, as well as procreation.

But, as there are too many who do not attend to the rules here laid down, so much as would be convenient for them, perhaps the following case may be of some importance to such as have not yet utterly destroyed their constitutions by an immoderate pursuit after pleasures.

----- *Licuit, semperque licebit,
Parcere personis, dicere divitiis.*

C A S E.

“ A young collegian of twenty-five years
 “ of age, of a phlegmatico-fanguine habit,
 “ who from his very infancy had a tender
 “ constitution, when about fifteen learnt
 “ of a wicked school-fellow the execrable
 “ trick of *mastupration*. He indulged
 “ himself in this vile and unmanly prac-
 “ tice

“ tice very frequently, even almost daily,
 “ from the fifteenth to the twenty-third
 “ year of his age, and applied himself at
 “ the same time to writing in a very small
 “ character; by which means he contracted
 “ such an excessive weakness of his head
 “ and eyes, that these latter were frequently
 “ convulsed during his preposterous en-
 “ tertainment.

“ Sometime ago while he was wickedly
 “ employed in this manner, and his design
 “ upon the very point of being executed,
 “ some person or other unexpectedly
 “ knocked at his chamber-door; which
 “ accident put him into such confusion,
 “ that the ultimate scene of his diversion
 “ was left unaccomplished: Upon this he
 “ felt so exquisite a pain, and so vehement
 “ a tension in his testicles and spermatic
 “ vessels, that he could not walk without
 “ the utmost difficulty. The force of his
 “ genius and the sight of his eyes, seemed
 “ at the same time to be diminished and
 “ impaired,

E

“ Though

“ Though he had the danger with which
 “ this execrable practice threatened him in
 “ full view, yet after the pain of his tes-
 “ ticles was removed, he was so much in-
 “ fatuated as to repeat his crime, and be-
 “ gin again his former course * ; but he
 “ was soon after seized with the like pain
 “ in his genitals, especially in his testicles,
 “ where the pain was accompanied with a
 “ very considerable tension. By the use
 “ of external and internal medicines, for
 “ about half a year, he also got this dis-
 “ order removed, but with some difficulty.

“ Soon after he was seized with a swell-
 “ ling in those vessels which go to the left
 “ testicle. This swelling appeared larger
 “ than ordinary after meals, but was not ac-
 “ companied with pain, unless when by his
 “ folly he brought a stimulus on the parts ;
 “ but though it was void of pain, it was
 “ attended with another very unlucky cir-
 “ cumstance,

* ————— “ Facilis descensus averni

“ Sed revocare gradum superasque evadere ad auras ;

“ Hic labor, hoc opus est.” Virg. Æn. 6.

“ cumstance, for it remains with him to
 “ this very day.

“ To this was joined so great a weak-
 “ nefs of his head and eyes, that when he
 “ was about to read any thing, he seemed
 “ to be drunk and flushed with wine ; the
 “ pupils of his eyes were extremely dilated,
 “ and his eyes themselves racked with
 “ darting pains, accompanied with some
 “ degree of tension ; his eye-lids seemed
 “ as it were oppressed with a kind of
 “ weight ; in the morning they were con-
 “ glutinated together, and watered very
 “ much ; but this was not all, for both
 “ corners of his eyes, besides the violent
 “ pains with which they were racked, were
 “ also clogged and stuffed with a whitish
 “ kind of matter.

“ In this deplorable state he was obliged
 “ to give over reading, and interrupt the
 “ course of his studies for the space of six
 “ months, during which time he employed
 “ himself in exercise and recreation, and

“ in taking such medicines as were judged
“ proper for one in his condition ; by
“ which means he recovered so far, as to
“ be able to apply himself to his studies
“ for two or three hours a day, which he
“ can still do ; but if at any time he should
“ chance to protract his application and
“ lengthen out his studies beyond their
“ stated time, he is immediately seized with
“ the symptoms I have just described ; be-
“ sides, he was become so lean, that his
“ body was little more than a skeleton ;
“ and, though his appetite was good, yet
“ he was indisposed after his meals, and af-
“ fected with a kind of drunkenness.

“ But when he had got a juster sense of
“ things, and had for almost the space of
“ two years abstained from his former
“ practice, and from all commerce with
“ women, he began to be troubled with
“ very frequent nocturnal pollutions, by
“ which he found his body gradually more
“ and more weakened, and his strength im-
“ paired ; so that now what seemed princi-
“ pally

“ pally to be regarded was the removal of
 “ this imbecility, which was after some
 “ time entirely cured by the medicines and
 “ means herein after recommended.” The
 following Case is something similar to that
 I have just receited.

C A S E.

T. T. who to the age of seventeen had enjoyed an excellent state of health, and whose body was strong, robust, and remarkably well made and proportioned, in the course of one year was reduced to a mere shadow, and from a fine youth, became an hideous spectre, having the appearance of a skeleton; he was feeble, and seemed to labour under all the infirmities of old age; his limbs could no longer perform their duties; his senses and all the mental faculties, were blunted and impaired. *T. T.*'s physician had ordered him the bark, the cold bath, asses milk, chalybeates, vitriolic acids; in short, almost every thing had been tried in vain. Being called to a consultation on the
 case,

case, I was suspicious of the cause of all these misfortunes, and positively charged him with being guilty of self-pollution; which having at last acknowledged, I gave orders that he should never be left one instant alone, either by night or by day. This restraint, with the exhibition of proper medicines, had the desired effect. *T. T.* gradually recovered his strength; he was introduced into the company of an accomplished young lady; a mutual passion soon terminated the courtship in an happy union. *T. T.* is now an husband, and a father, and enjoys again an excellent state of health.

It would swell this Treatise to a double size if I was to give the history of one fourth part of those cases which have occurred to me: Let these, therefore, suffice, as by them we learn that venery used either too soon, or too often, not only impairs the strength of the body in general, but also debilitates the noble functions of the brain and eyes, to such a degree, that the loss becomes almost irreparable.

I have

I have had an opportunity of seeing a great many cases, where persons well advanced in years, have by immoderate venery, not only brought upon their eyes redness, darting pains accompanied with tension, a heavy sensation as if a weight was laid upon them, and a frequent shedding of tears, but likewise such a weakness of sight, that they were rendered incapable either to read or write; and I have found that in these very cases, the pupils were always dilated, as they are in a *gutta serena*, by reason of the weakened or lost tone of the muscular and nervous fibres which surround them. But, why need I stop here? since I myself know two cases in which a *gutta serena* itself was brought on by excessive venery, and a long series of grief.

I lately saw a man of fifty-nine years of age, who three weeks after marriage with a young woman, fell suddenly blind, and died at the end of four months. We have also an account of a common prostitute at *Hall*, in *Saxony*, who, about twenty
years

years ago in *ipso æstu & actu venereo*, became irrecoverably blind.

Hence it appears how great and surprising a consent there is between the feminal parts, or rather the spirituous feminal fluid itself, and the fabric of the eye, which is composed of the finest membranes, nerves, and muscular fibres, as well as the most clear and transparent fluids.

The lymphatic feminal fluid, as I have already observed, is almost of the same nature and quality with that fluid which is secreted in the brain, and distributed thro' all the nerves of the body; for which reason the more plentiful the evacuation of the former is, the more scanty and defective the secretion of the other in the brain must of course be. Hence also a reason may be assigned why those youths who begin too early to taste the forbidden joys of *Venus*, sustain a considerable loss of memory, and are rendered unfit for study; and likewise why persons further advanced
in

in years, who are excessively addicted to venereal pleasures, lose their strength, and bring on a premature death.

The reason of the nocturnal pollutions in the case first recited, is very plain ; for the more copious and frequent the afflux of the humours, especially of the seminal matter, has been to the organs destined for generation, either by the force of imagination or otherwise ; I say, the more frequent and copious such an afflux has been, the more the spermatic vessels are dilated and relaxed, and the seminal juice for that very reason flows into them in a greater quantity, and lays a foundation for those wanton ideas and seminal excretions, which even during sleep, affect people of warm imaginations.

Many a young man has been utterly undone, who has thus thoughtlessly forced, over-stretched, and weakened the tender vessels of those organs, and when come to the years of maturity, rendered himself

(to women ridiculous, because) totally impotent.

Not only do young people suffer by excesses of this kind when they are come to the years of puberty, but many after they are arrived to the state of manhood, by too frequently indulging themselves in amorous enjoyments, have brought upon themselves a *lapsus seminis*, and such a degree of weakness, that the touch of a woman, or thought of enjoying her, has occasioned an instant emission of the *semen*, without any sensation of pleasure: In others it has caused a total loss of erection. Hence the frequent processes for divorces, *ex capite impotentiae* *.

Nor

* *Hippocrates* has given us some instances, where a constant riding on horseback has also been destructive of virility, and occasioned an impotency in respect to venereal engagements; and men who ride much, experience the truth of this observation. These are his words:

Ὅπως γὰρ ἵππαζοῦναι μάλιστα καὶ πυκνοτάτα ἐκείνῳ πλεῖστον ἀπὸ κιδμαπῶν καὶ ἰχθυῶν καὶ πεδωγῶν ἀλίσκοιται, λαγυρεῖν, κάκισται ἐσὶ. Τὰυτὰ δὲ πλείους Σκυθῶν προσησὶ καὶ ἐκφυχῆ ἰδιόστατοι ἐσὶν ἀνθρώπων διαταῆς προφασίας, καὶ ὅτι ἀναξυρίδας ἔχουσιν

Nor are these destructive practices confined to the male sex only, for they even seem to have made a greater progress with women than with men.

I have known married women of a lascivious disposition, (not satisfied with what their husbands could do) procure to themselves, *digitis vel aliis instrumentis penem imitantibus*, a pleasure, *quæ coitus locum supplet*. Widows, or such whose husbands are absent, young women, and girls at board-

F 2

ing-

ἔχουσιν αἰεὶ εἰσὶν ἐπὶ των ἵππων τὸ πλεῖστον τῷ χροῖσι ὡσεὶ μητῆ χειρὶ ἀπτεδι τῷ αἰδοῖσι ἀπώτε τῷ ψυχῆς κὶ τῆ κοτῆ ἐπιλαθεῖσαι τῷ ἡμερῶ κὶ τῆ μιξῆς κὶ μεθεν παρακινεῖν πρῶτερον εἰ ἀνανδ ροθῆναι.

The reasons are plain ; for first the *erectores* and other muscles lie between the horse and the weight of the rider ; and as they ought to be tense to a certain degree, this position itself seems to destroy their tone ; for how is it possible the muscles should avoid compression in riding, when, at every jolt, they are knead as dough, and are thereby at least relaxed far beyond their ordinary tension. Besides, fatigue has always the effect of exhaling the spirits, and when men lose their spirits, and have paralytic muscles in the parts necessary for coition, it is impossible they should act without materials. There is no speaking without a tongue, or flying without wings.

ing-schools, to their irreparable disgrace, every day sacrifice themselves to this destructive phrenzy.

Hence the general cause of that troublesome and disagreeable disorder the *fluor albus*, or whites, which most women are more or less subject to; a disorder that daily wastes them, makes their lives troublesome, and takes off their colour and appetites.

You need only see a woman's face, to know if she is troubled with the whites; for her eyes have a leaden circle about them, her cheeks are pale and earth-coloured, she is every now and then clapping her hands to her back (which is a secret confession she feels something troublesome there) and such women seldom fail of having pain in their backs.

We are not so well acquainted with what conception is, or rather how we are begotten, as we are with the impediments

to

to generation*; and this is too well known, to wit, that women ſubject to the whites are often barren; becauſe to receive, retain, and convey the matter of generation to its proper and determined ſtation, is the office of veſſels fitted for that purpoſe; and we find that great work of peopling the world falls ſeldom to the lot of moiſt and phlegmatic wombs.

Thoſe, therefore, of opulent families, would do well, to examine from time to time, at proper ſeaſons, into the condition of this part in their female children, for fear they ſometime or other become wives, without the hopes of ever becoming mothers, and families become extinct thereby; for a little care would prevent the laſt degree

* “ Adhuc in tenebris (inquit *Lifler*) ſunt generatio,
 “ et utriuſque ſexûs virtutes: uteri qui ſani et ſecun-
 “ dum naturam ſe habent prolis quidem concipiendæ
 “ potes ſunt, et in quo conſiſtit ita ſanitas, Quæſtio eſt.”
 “ Quando mas (inquit *Ettmullerus*) emittit genituram
 “ [debitæ conſiſtentix] largitèr, et quando, nullum ad-
 “ eſt vitium conformationis, mas abſolvitur, et vitium
 “ ſterilitatis eſt in ſceminâ, quæ mille modis, poteſt
 “ impediri.”

gree of this disease, and keep that part perpetually in good order, and fit for generation.

Besides these symptoms, they are particularly exposed to hysteric fits, or shocking vapors, to cramps in the stomach and bowels, to frequent abortions, to descents of the matrix and the *furor uterinus*; for when they are guilty of excesses, their nervous system being weaker than ours, and naturally more subject to spasms, the accidents which arise therefrom are more violent.

“ Ut corpus, teneris sic mens infirma
“ puellis.”

I have now a young lady, not quite fifteen, under my care; who, by this detestable practice, has brought on a consumption, the *fluor albus*, and a diabetes; she is also frequently subject to convulsions, and also to fainting fits, upon any little extraordinary perturbation of spirits.

From this cause also we may justly derive most of the hypochondriac and hysteric affections, which great numbers of both sexes labour under ; a cause but little known, and seldom enquired into by the generality of physicians ; and if those who are afflicted with these disorders, give themselves up to this practice, it completes all the accidents that flow from them, and renders the patient totally incurable.

Thus the generative organs of both sexes are weakened and destroyed ; the *penis* by its habitual distention is so worn and debilitated, as (supposing a due erection, which is seldom the case) to lose its expulsive, and the womb its retentive faculties ; the semen shall become so thin, waterish, and unconcocted, that their endeavors to beget issue, must prove of course wholly ineffectual ; or if by nature's extraordinary helps, they should procreate, the half-got fruits of their lascivious industry will come so little and weak into the world, as to prove a misery to itself, a dishonour to the
human

human race, and a scandal to its parents*.

A friend of mine not long ago, as we were complaining of the times, repeated two stanzas out of my Lord Roscommon, which, I think may here be applicable.

'Twas not the spawn of such as these,
That dy'd with *Punic* blood the conquer'd
seas,
And quash'd the stern *Æacides*;

Made

* *Celsus* reports, and *Martial* alludes to the same, That the Ancients (to prevent young *Inamoratos* from wasting their strength, by self-pollution, or untimely venery) in some countries ring them when they are young, by putting a great iron buckle thro' the præpuce over the end of the glands, leaving only a passage for the urine, which they take out at the age of twenty-five; whereby their strength is not dissipated, but preserved, for the procreation of young children, and such as should be able to serve their country. The same practice *Juvenal* also takes notice of. If this was to be used here on both sexes, or this ringing to the males, and *Paracelsus's* famous liniment to the females, (of which, he says, a little smeared upon the *labia pudendi*, in a moment of time so contracts and agglutinates them as to prevent entrance) how would the health, strength, beauty and credit, to say no more, of many thousands of young people in this kingdom be preserved!

Made the proud *Asian* monarch feel
 How weak his gold was against *Europe's*
 steel,

Forc'd e'en dire *Hannibal* to yield,
 And won the long disputed world at
Zama's field.

But soldiers of a rustic mould,
 Rough, hardy season'd, manly bold ;
 Either they dug the stubborn ground,
 Or thro' hewn woods their weighty strokes
 did found.

And after the declining sun
 Had chang'd the shadows, and their task
 was done,
 Home with their weary team they took
 their way,
 And drown'd in friendly bowls the labours
 of the day.

Were we strictly to examine the many
 miserable objects that have been seen labour-
 ing under the most intolerable, 'obstinate,
 and incurable diseases, we should certainly
 by tracing find, that they are the manes of
 hereditary vices, debaucheries, and intem-

perance : evils and gouts, scurvies and dropfies, aſthmas and conſumptions, lame-
neſs and rickets, leproſies and ulcers,
blains and blotches ; in a word, half the
train of chronical diſeaſes with which we
ſee children afflicted, are only the ſecondary
ſighs and groanings, the evidential marks
and reproaches of a parentive ill - ſpent
life.

Happy is the man then ! happy are his
branches, the iſſue of his loins ! who, thro'
a ſeries of temperance and well-doing, with
fair age and decay, has entailed the feeling
leſſon of a good and ſober life : pleaſant
muſt that reflective end be, that is able to
pronounce peace to a man's breaſt, and
long life and health to his family, as free
from any right to hereditary diſeaſes !

What numbers of debauchees in different
climes and ages, worn out by guilty intem-
perance, mournfully lament their curſed
fate, in not being bleſſed with an heir to
ſucceed to their half-ruined fortunes ? con-
ſiderate

siderate nature thus to disappoint them----
 for what but impurity, and disease, could
 they give birth to? happy, thrice happy
 decree of nature, that virtue alone can
 claim a smiling, and a healthful progeny!

“ Go to the humble roof of lowly swains,
 “ There shall you find the lusty progeny,
 “ The pictures fair of rosy health: no
 “ aches
 “ Distract their infant frames, no pustules
 “ foul
 “ Deform the bright serene that innocence
 “ Spreads o’er their brows; nor pining
 “ atrophy
 “ Blasts their fair flowers of youth.”

How vastly inferior to these blessings,
 are the vain delicacies of most persons of
 affluent fortunes, which are closely attended
 with real evils. Wherefore,

— *Horum*

Semper ego optarim pauperrimus esse bonorum.

Horat. Satyr. 1. Ver. 78.

As too much friction produces weaknesses of the genital parts, so also doth too much venery ; and the misfortunes which flow from them have so close a connexion, as to make it necessary to describe them jointly ; for what is said of the one, may, generally speaking, be understood of the other ; since both, when immoderate, drain the spinal marrow, and waste the body after an almost incredible manner.

Many by marrying too young, and addicting themselves too much to the *res uxoria*, have by a continual expence of *semen*, tho' it be never so little, quite enervated and destroyed their constitutions, and precipitated themselves headlong into another world. *Dodonæus* tells us, that he knew a young gentleman of eighteen years of age afflicted after such a manner by the profuse expence of his seed, that notwithstanding all that could be done for him, he died in the last stage of a consumption.

Zaculus

Zaculus also, in his practice, relates the case of a young man newly married, who was excessively addicted to venery. This man, says he, though he was nourished with strong meats, yet he was daily more and more extenuated, till being seized with a small fever and short breath, the retentive faculty of his feminal vessels being weakened, he fell into a *gonorrhœa* with extreme weakness, so that he could not go without a staff. And,

Rondeletius writes, that he saw a nobleman who was much troubled with a *gonorrhœa* from too frequent coition, which at last dilated the spermatic passages, and irritated the seed, so as frequently to dart out in the night; after which ejaculation he was so feeble, that he could not keep himself upright, but was forced to lie in bed, or set with his legs elevated. I could give many more recent instances of this kind; but, for the reason already given, I shall only subjoin part of a letter, which I received from a patient lately on this subject.

After

After having lamented his folly, and partly described the situation he was then in, he proceeds, “ In my youthful days
“ I had a glorious and most excellent
“ constitution ; I was healthful, strong,
“ and vigorous, was a perfect stranger to
“ all diseases and distempers ; was full of
“ blood and spirits, liberal and active, and
“ enjoyed so nervous and robust a frame,
“ that I fancied myself proof against all
“ the injuries of time, and infirmities of
“ old age. But, alas ! how changed ! how
“ distempered is that constitution, which
“ was once the admiration and the envy
“ of all mankind ! Instead of my former
“ health and beauty, I am now totally
“ distempered and infirm, and have no
“ part about me undiseased. My head is
“ stupified, my heart vitiated, my lungs
“ ulcerated, my stomach nauseated, my
“ blood extremely poor and corrupted,
“ and my legs and feet greatly inflamed.
“ But these grievous disorders did not
“ seize me all at once ; they have been
“ creeping upon me for years ; and tho’
“ I

“ I have from time to time applied to every
 “ able physician I heard of, and tho’ all
 “ of them pretended to understand my
 “ case, and promised me a speedy cure,
 “ yet, to my great disappointment and
 “ sorrow, I have too late found, they gave
 “ me such hopes only to keep me in hand
 “ for the sake of their fees, and either
 “ could not, or would not restore my con-
 “ stitution. Nay indeed, too many of these
 “ pretended physicians, whom I found by
 “ dear bought experience to be errant
 “ quacks, instead of relieving me for the
 “ large fees I gave them, greatly increased
 “ my disorders. Every one of them *bled*
 “ me largely, tho’ I have scarce any blood
 “ left in my veins, by which they have
 “ emaciated me to such a degree, that I
 “ am become a mere skeleton, and must
 “ of course sink under the weight of my
 “ affliction, if you do not compassionate
 “ my case, and prescribe some remedy
 “ that may prevent the dissolution of
 “ *f—— D——.*”

The pernicious effects of this *gonorrhœa* are very considerable. Dr. *Read* tells us, that there is danger in the least degree of this disorder; for it more and more weakens the vessels, and hurts their action, especially if hard drinking or frequent coition be used. In some, the urine and *semen* have been discharged involuntarily, and generally little threads, filaments, and the like, swim about in the urine.

This has, upon neglect, had such effects on some persons, as to bring them into declining conditions, which have terminated very ill, when some proper corroborating medicines would at first have easily remedied them. Hence it appears how necessary it is to prevent the progress of these disorders; and whatever may be the first cause, not to let them arrive at a degree of inveteracy.

But the most formidable species of this disease, is, when the retaining vessels are so extremely relaxed, as to permit the feminal
juices

juices to pass off upon the slightest stimulus ; as a luscious idea, or conversation with a woman, after straining at the discharge of the excrements, or after riding on horseback in consequence of a relaxation. In the night-time the same accident happens from venereal dreams, with a sensation of enjoyment ; and this is almost constantly attended with a continual weeping, or gleet, which exhausts the strength of the patient,

But this draining is not equally great in every one ; there are some whose powers are only weakened, without being destroyed. I have met with men, who after a virulent gonorrhœa*, excessive venery, or masturbation, had a continual running from the yard, which did not, however, render them incapable of erection and ejaculation.

On the other hand, I have seen others who, like the former, had a running,
H which

* Vid. p. 52.

which rendered them incapable of all venereal inclination and erection, and consequently of all ejaculation, tho' the testicles did not seem unable to perform their functions. The first disorder is much more frequent than the latter ; the reason of which is easily conceived, from a knowledge of the structure of the genital parts.

The matter of this flux is an humid, thin, cold, colourless substance, called by *Hippocrates* a *liquid semen*, which is void of fecundity ; for how is it possible, that nature thus refrigerated, should emit a prolific juice ? Those afflicted with this disorder, must of necessity become old in habit of body, slow, languid, dull, spiritless, silent, feeble, wrinkled, unactive, pale, effeminate, of a weak appetite, cold, with a heaviness of the limbs, and a numbness of the legs, weak, lazy, and indisposed for all manner of action.

In many subjects this disorder is the forerunner of a palsy (which, as *Boerhaave* has observed, is for the most part incurable);
but

but it generally terminates in that species of consumption, called *tabes dorsalis*, a disorder little treated of by physicians, tho' fully described by the divine old man*.

Of the several kinds of consumption incident to the human body, the *tabes dorsalis* is the slowest in its progress, but the most melancholy in its circumstances; and, unless timely obviated, for the most part fatal. The proximate cause of it is a general debility of the nerves, proceeding, as I have already shewn, from *too early venery*, an *immoderate use* of it, or (as is most commonly the case) from *self-pollution*; and

H 2 therefore

* *Tabes dorsalis ex spinali medulla oritur, præcipue recentes sponfos & libidinosos corripit, febres sunt expertes, bene comedunt & colliquantur. Quod si ita affectum perconteris afferit sibi videri, ex superioribus partibus a capite velut formicas in spinam demitti, cumque urinam & stercus reddet, semen genitale copiosum & liquidum ei prodit, neque generatio fit, & inter dormiandum, cum uxore dormiat necne veneris ludibria patitur. Cumque alias, tum præcipue per locum arduum iter facerit, aut cucurrerit, anhilosus, & imbecilis evadit, caput gravatur & aures sonant. Hic temporis progressu vehementibus febribus correptus perit ex lipyria febre.*

Burnet. Hippocrat. Contract. p. 114.

therefore chiefly incident to young people of falacious dispositions.

The symptoms which preface this consumption, I have generally observed to be these : an hypochondriacal oppression, melancholy, and too much thoughtfulness ; pain in the back, and often in the head ; an aching pain, rolling and hanging down of the testicles ; a weakness of memory and sight, and a decay of strength ; there is a sense of weight and giddiness in the head, and a ringing in the ears ; and as the disorder proceeds, all the symptoms are increased.

These are followed by some others ; as a thirst, an hectic disposition, an atrophy, a wasting of the flesh, a hollowness of the eyes, a meagre and thin visage, a palpitation of the heart, a shortness of breath, &c. &c. 'till at last the body is brought to the highest degree of a consumption, and that very often, without any cough, or
any

any other remarkable sign of a consumption of the lungs.

When the disease arrives at this period, a proper method of relief, severely persisted in, may stop its career, but not unless it be severely persisted in; for as these appearances are a long time (years) in *embryo*, their duration is long, obstinately standing out against the necessary and most efficacious remedies.

Before I proceed to the method of cure, may I be allowed a short digression here, since it is not foreign to my subject? Authors take notice of three species of gonorrhœas: The first is called a simple gonorrhœa, or perpetual efflux of the seminal juices, without any virulence. The second, is a virulent, or venereal gonorrhœa, commonly called a clap: And the third, is the remainder of the second, when the virulency is carried off, commonly called a gleet.

This

This last species is a discharge of mucous humour from the *vesiculæ seminales*, and the *prostrate gland* (analogous to the *fluor albus* in women) which is generally the result of an ill-judged method of curing a virulent gonorrhœa, with violent cathartics, which destroy the natural tone of the fibres, heat the blood, and inflame and weaken very much the parts affected.

These gleans are very troublesome to men, but much more so to women; and, unless timely remedied, often end in consumptions, for the same reasons that have been already given; since the matter that is discharged every day, is so much of the nutritious juices of the body; the parts adjacent being defrauded of their proper nourishment, first cause weakness in the loins, then in the back, and by degrees the whole body is affected with hectic heats, and an universal consumption and wasting of the fleshy parts, which, generally speaking, prove very difficult of cure.

And

And this, I believe, will be allowed, that 'tis no such easy matter to restore to their proper tone, and due contraction, any fibres that have been relaxed by an influx of humours upon them for some weeks, nay months, through immoderate and inconsiderate purging in all constitutions.

This purging method is better borne by men, than women, whose fibres are not so tense, or flesh so firm; nor is their constitution so strong as men's: Besides they can't go thro' this course so roundly neither, but must intermit every now and then, and leave off taking medicines quite; in which time the disorder gains ground, and requires more doses, than it does in men; and thus proves the bane and destruction of more of the female sex, than can be at first imagined.

Hence another and a very common cause of impotency in one sex, and barrenness in the other; and many a family lost, occasioned only by this rough method of treating,

ing, such as are the unfortunate adventurers in *Cupid's* gardens.

I will not presume to say that purging is not at all necessary in this case; but I dare boldly affirm, it is the least part of the cure; and, besides the mischief strong purging does in the blood, the strangury, and cordee, the common attendants on this distemper, and the most troublesome and vexatious symptoms to the patient, are always increased by it, and the running continued too long, 'till it ends in a chronic gleet, which baffles every common method of cure.

Now, if these things are true, as I am persuaded they are demonstrable, and self-evident, from the many sad instances of this kind which I have frequently met with, would not an easier method of carrying off and subduing this virulent and contagious humour be a great acquisition to the healing-art, and contribute to the happiness of mankind in general?

Surely

Surely it would; and this I have often done by a simple medicine, which is so far from being ungrateful to the palate, that any child might take it; and it is no more than a few drops of an agreeable liquor, to be now and then repeated, without the usual fatigue, stink, and trouble of swallowing any mercurial or nauseous purge.

A new method of cure, which might be so secretly carried on, and discreetly managed, that even a bed-fellow could not discover it; and after the use of which safe medicine, no pox could possibly follow, as it would cure that besides, if present, into the bargain.

Next, probably it may be expected, that out of my professed benevolence, I should so far extend my charity, as to oblige the public with this safe, short, and neat remedy; but here I must beg to be excused, for two very good reasons: First, for fear of encouraging you in the vice, as it is generally a disorder of your own seeking;

I

and,

and, secondly, because I would not so far offend my brethren, as to deprive them of the best, if not the main branch of their business, and thereby be accessory to so great a detriment done to those of the profession.

And yet, methinks, I cannot but take pity upon these poor wretches too a little; wherefore, to prevent some mischief, I would advise such, immediately after the criminal fact, to wash their wickedness with warm water, dashed with a little vinegar, after having soaked it a while therein first; which, tho' it cannot cure them, may yet prevent the consequences being so violent, by washing off some of the poison, and weakening the rest.

As soon as you have rubbed all dry, fly for your life, run home, mind your own business, and do so no more, lest a worse thing befall you.

Before I return from this digression, I cannot forbear mentioning the following
melancholy

melancholy case, especially as it may serve as a caution to others, how they trust themselves in the hands of any empirical pretender, lest they repent of their folly when it is too late.

“ C. L. was a young gentleman of an
 “ immense fortune, whose character was
 “ univerfally admired. He had in his
 “ travels unhappily contracted the venereal
 “ difeafe, of which he had been palliatively
 “ cured by a pretender in phyfic. At his
 “ return from abroad, he paid his ad-
 “ drefses to a young lady, whose beauty
 “ and merit made her the toast of the gen-
 “ teelest tables. He married her; but,
 “ alas! foon after his marriage, he com-
 “ plained of night pains in the middle of
 “ his limbs, with a stiffness in his joints,
 “ an intolerable pain fixed in the middle
 “ of his fcull, with large knobs, obstinate
 “ imoftumes, and many other fymptoms
 “ too tedious to relate.

“ His wife began also to be afflicted
 “ with strange complaints in various parts

“ of her body, which made him suspicious
“ of his not having been properly cured.
“ He related to her what had passed, and
“ told her, that it was necessary for them
“ to have proper advice ; but a mistaken
“ bashfulness made her reject the counsel ;
“ and she desired that he might take her to
“ the south of *France*, where, not being
“ known, she thought that she could with
“ less restraint, communicate her com-
“ plaint to a strange physician : But she
“ died on the road, and he in a fit of despair
“ put an end to his life.”

It would fill whole volumes to give the histories of those unfortunate victims, who have this terrible disease communicated to them without any guilt on their side ; namely the wives and children of those men, who marry before they are cured of the disease, either knowingly, or imagining themselves quite sound, when they have only gone through a palliative cure of quack-medicines.

But

But so much *en passant*, and no more, for I am not writing a treatise on these maladies; and it is time to resume my former subject.

All physicians that have written upon these disorders, have pronounced the cure to be very difficult, and every one who has had occasion to treat them, has experienced it himself; nor can any other reason be assigned for this, than that in this disorder there is a perpetual afflux of impure humours from all the parts of the body, to those affected, which are already too much weakened, and have their tone destroyed. Besides, these parts consist almost entirely of nerves, and nervous coats; and it is not without the greatest difficulty, as we learn from experience, that the energy of medicines penetrates to them.

But before I proceed to the medicinal part of the cure, I shall first lay down such rules and directions as are necessary to be
4 observed,

observed, and without which few long-existing diseases of this kind, can be easily, if at all removed. These I shall mention under the following heads, *viz.* air, aliment, sleep, exercise, natural evacuations, and passions.

The *Air* should be dry and temperate; the full salubrity of which, is best enjoyed in the morning in the open fields; those who suck in the air at sun-rising, find themselves much gayer the rest of the day, and the effect this circumstance must have upon people who are afflicted with these disorders, is too evident to need an explanation*. The air of a city which is incessantly inspired and expired, contains too many noxious particles.

The *Aliment* should be such as compriseth much nourishment in a small bulk, and is easily digested; this should be taken a little at a time, and often, so as never to

* Animus eorum, qui in aperto acre ambulat, attollitur,

overcharge the stomach, which makes weak people uneasy, feeble, and melancholy, whereby all their ills are increased*. All kinds of salt or smoaked meats, and particularly fat and greasy meats, should be abstained from.

Among those things that may be allowed, milk cannot be too much recommended; it includes all desirable qualities, without any of the inconveniencies that are to be feared, and it may at any time be made to set easy on the stomach, by diluting it with water; but when milk absolutely disagrees with the patient, buttermilk (provided it is not too greasy) may be taken in its stead. Chocolate made with milk, and taken in such quantities as to pass easily off the stomach, is an excellent breakfast for a tabid constitution. The sucking a raw new-lay'd egg in a morning fasting, is also very salutary both in the whites and gonorrhœa.

Young

* Accipe nunc, viscus tenuis quæ, quantaque secum
Adferat, &c. HOR. Sat. 2. Lib. 2.

Young tender flesh, such as lamb, veal, fowls, pigeons, venison, young mutton, &c. either roasted or boiled, may be made use of for dinner ; but for those whose stomachs are weakened, and their digestive faculties very much impaired, the best aliment that can be given, is the juice of these meats extracted when the flesh is half dressed, and mixed with a little bread and wine. Nourishing broths, jellies of all kinds, and even oysters, and the like mucilaginous strengthening food, are also proper.

Light suppers are best ; in short, the less is eaten the better, and nothing but milk warmed before the fire, with a slice of thin toasted bread, can be allowed without detriment, and this should be taken at least two hours before bed-time. Nothing contributes more to promote gentle, easy, and uninterrupted sleep, than a light supper*.

Great

* ————— Vides ut pallidus omnis

Cœna defurgat dubia ? HOR. Lib. 2. Sat. 2.

Great quantities of any liquor are hurtful, as they relax the stomach, and weaken digestion. The best drink is Pyrmont, Spa, or Bristol water, dashed with a little good port (or in summer rhenish) wine; for these waters are corroborating and straiten the glands of the womb and genitals every where, so that the lefs will flow from them. Every thing that is drank, should be drank cold; and tea and all hot sippings (which increase weakness and relaxation) should be refrained from.

Sleep, is the sweet soother of cares, and restorer of strength; but excessive sleep has its inconveniencies. If the dictates of nature are followed (and a physician is nature's minister) we should go early to bed, and rise early. Seven, or at most eight hours sleep, are sufficient for adult persons, and the old proverb is,

*Septem horas dormisse
Sat est juvenique, senique.*

K

But

But if any might be allowed to exceed this time, it would be those who have not strength sufficient to remain long up; or those who take a great deal of exercise of a violent kind in the day-time. A hard bed is better than a soft one, and the patient should avoid sleeping on his back, as that posture heats the genital parts too much.

Moderate *Exercise* is absolutely necessary; this should be proportioned to the strength, and ought never to be so violent as to create fatigue. Now, of all kinds of exercise, riding on horseback is the most convenient; or, if the person be too weak to bear it, riding in a coach, or at least in a litter; next follow fencing, playing at shuttlecock, running, or walking. But where there is not sufficient strength for using bodily exercise, frictions with the flesh-brush are necessary, which should be performed by the person himself, if possible; if not, by his servants.

The natural evacuations which require our attention, are stools, perspiration, and spittle.

Too great costiveness, or too great laxity, are (generally speaking) remedied by the same means; that is to say, by chewing about the quantity of a common nut (more or less) of Turkey rhubarb, every morning, or every other morning as occasion may require: This is not only serviceable in removing these complaints, but as it is possessed of an astringent as well as of a laxative quality, it is attended with this further advantage, that it strengthens the weakened viscera, at the same time that it carries off what is superfluous and prejudicial.

Perspiration is promoted by rubbing the skin night and morning with a flannel, or flesh-brush: Too much as well as too little cloathing, should be avoided; the parts which should be kept the warmest are the feet, which are generally cold in weak

people, and is pernicious to them for several reasons.

Smoking and chewing tobacco are very hurtful, and therefore forbidden. Many have been thrown into a consumption, who flattered themselves that the continual spitting brought on by these foolish customs, was necessary to preserve their health ; not considering what injury they did themselves by robbing the first passages, and indeed the whole body, of its salutary juices.

I come now to speak of the passions : The body and mind are so intimately connected, that whatever affects the one, constantly influences the other. The passions of the mind are not easily cured by medicines, but by contrary passions. Anger and hope remove fear ; joy removes sorrow, and sorrow removes joy. Thus the grief and melancholy of the patient should be diverted, by exciting the opposite passions ; that is, by every innocent dissipation, and by keeping gay and chearful
4 company.

company. All venereal ideas should, as much as possible, be banished from the mind.

Confinement and close study must, of course, be hurtful. The vulgar know not the effects of study; they think all is well with a man, when he eats, drinks, and sleeps well, and wonder to see students look pale and wan; but nothing is more certain, than that a chain of thoughts anxiously pursued, wastes us more in a day, than many good meals can compensate.

With respect to the medicinal part of the cure, when a physician is called in, he ought to do all he can, by proper means and convenient methods, to stop the *gonorrhœa* or *fluor albus*, which are the cause of this consumption; and nothing is more common among practitioners in these cases, than to administer *balsamics*, with a view of strengthening the parts, but generally without success.

As

As little success also attends the exhibition of astringents alone, yet they have their good use; among which the jesuits bark is excellent, inasmuch as it acts upon both the solids and fluids at the same time, giving texture to the one, and elasticity to the other; but let no ignorant pretender meddle with it.

These following, under some circumstances, may also be administered with advantage, *viz.* tincture of roses, elixir of vitriol, dulcified spirit of vitriol, bole ammoniac, japan earth, dragons blood, bistort, and tormentil roots, quinces, crocus martis astringens, and the like; alum whey made by boiling a pint of milk with a quarter of an ounce of powdered roach-alum, is of service for ordinary drink, at times, for a change, as also the white decoction and tincture of roses.

But it has been my practice for some years past, to recommend in these cases a *Strengthening Electuary*, the efficacy of which

which I had experienced long before the first publication of this Treatise; and I may truly say, in many hundred instances since that time. The success with which it has been administered, gives me authority to say (and it is my real belief) that no medicine can be better adapted to remedy these complaints in general, for it corroborates the nerves, and all nervous parts; it braces up and strengthens the weakened and relaxed fibres of the viscera, warms and invigorates the habit, cheers the spirits, and promotes digestion; it gives fresh life to a vapid blood; and, in a word, assists nature in performing all her functions.

But, to be honest, I must confess, that I have sometimes found it necessary, under particular circumstances, to make an alteration in the composition of the Electuary which I hereby recommend, tho' this has not happened often, nor can it be any disparagement to the medicine itself, since every one of common understanding must know that it is impossible to suit one medicine

dicine to every constitution, age, sex, and temperament, notwithstanding what some people may say to the contrary.

The efflux of the nutritious juices being once stopped, we must next endeavour with all our power to replenish the dispirited and impoverished blood, as soon as may be, with new balsamic and benign chyle: With this intention I recommend my *Nervous Elixir*, which is the greatest restorative that medicine can produce, and in the last decays of life will still supply the vital lamp with some recruits.

It is good in all languors, weakness, and decays of the constitution, for it strengthens all parts of the body, and by restoring the oscillation of the fibres, quickens the various motions, and gives fresh vigor to the animal functions.

It is an admirable remedy for those who have been in a manner wore out by venereal engagements, especially if their pleasures

tures have been purchas'd at the expence of a few salivations, or a frequent use of mercurial medicines, as it will revive any constitution that is not quite mouldered into rottenness.

But they best deserve such a restorative, who, by acute diseases, such as malignant fevers, the small-pox, and such like, have been so broke and shattered in their constitutions, as hardly to be within a possibility of recovery; for in such it will to admiration repair the impoverished juices, and fill again the veins with a warm, generous, nutritive blood.

It is excellent in diseases of the head, arising from a consent with the stomach, such as the vertigo, head-ach, sleepy diseases, dread of an apoplexy, weakness of sight, and a noise or ringing in the ears. In convulsive and apoplectic shocks, such as bring on palsies and loss of memory, it is also of the utmost service; and helps to keep on the main springs, and motions of life,

L

which

which otherwise might languish, and at last stand still.

Moreover, when young people are not so happy in their conjugal embraces as many wish to be, and it be suspected from a coldness and insufficiency on that account on either side, the use of this medicine cannot fail to render their intercourse prolific; as a proper use of it, will actually remove the causes of impotency in one sex, and of sterility or barrenness in the other.

In several women conception has been procured by it, who for many years could have no children; and I have frequently administered it in cases of impotency, to people who have thought themselves dead to the act of generation, so as to render them as capable as ever, to the wonder of all that took it.

But, let such as indulge themselves too lavishly in these enjoyments, be careful how they spur nature, and prompt with such
helps;

helps ; for the best constitutions in the world wear out, and sink under the frequent repetition of such profusion ; as the frequent straining any elastic body whatever will weaken more and more its spring, till it is quite lost, notwithstanding all the helps of art to preserve it*.

In short, this truth ought to be imprinted deeply in every mind, that these, and indeed all other

Voluptates commendant ravior usus.

Pleasures are heightened by a sparing use.

The reader now naturally expects, that I should tell him the ingredients and manner of preparing these medicines, otherwise he is determined to pronounce me a quack ; and, notwithstanding all I have said, to believe that this Treatise is intended merely to promote the sale of the medi-

L 2 cines

* Omne violens naturæ inimicum et contrarium est, & motus violentos, natura non patitur absque læsione manifesta.

cines for my own emolument : I must intreat him, however, to hear the reasons which have determined me to keep these preparations a secret.

In the first place I might plead in excuse the example of almost all the eminent physicians among the moderns, who have had their nostrums, and whose secrets after their deaths have been the subjects of a thousand volumes. *Stabl* and *Hoffman*, both professors of physic at *Hall*, and both justly celebrated for their medicinal abilities, without scruple confined many medicines to their own private practice, and died without discovering them to the world. Nor has this been always esteemed a reproach to the physicians of our own country, for many now alive have their secrets ; and the late *Dr. Burton* had a hundred.

But as precedents, provided they are bad, are not of sufficient authority to justify imitation, give me leave to observe further, that these medicines have been and still may

may be of infinite service to a considerable number of people in this kingdom: If I were to make them public, so as that they might be prepared by every apothecary in the kingdom, what would be the consequence?

The consequence would be that notwithstanding their excellence, they would be neglected, and a number of people thereby deprived of a benefit which so long as they remain a secret, may reasonably be expected from them; nothing being more certain, than that mankind naturally despise those things which are commonly known, and too easily obtained: Of this truth I could produce a thousand examples.

Some of the best medicines that ever were contrived, have sunk into oblivion, for no other reason than because their compositions were made known. Does any one believe that Dr. *James's* powder would have been so universally beneficial, if he had published his secret to the world?

To

To conclude; the omnipotent Creator has given us *passions*, for very wise and good ends; which seem to be, that thereby we may be urged with a kind of impetuosity, to shun evil, and embrace good; wherefore the passions are not bad in themselves, it is by their excess that they become vicious, when they rise to so extravagant a pitch, as not to be governed by the dictates of reason. But we ought to use our best endeavors to keep them within proper bounds; and the more difficult the conflict, the more glorious will be the victory.

We have all a natural propensity to pleasures, but these are of two different sorts, the sensual and the mental: Sensual pleasures engross the greatest part of mankind, while those few only, *quos equus amavit Jupiter*, are taken with the beauties of the mental. And the reason why so many run after pleasures of the first sort, seems to be because they hardly ever allow themselves an opportunity of tasting the sweets of an upright conscience, or of feeling
that

that joy which arises to a good man from the moderation of his irregular desires; and being entirely devoted to the gratification of their sensual appetites, they never give attention to the real charms of virtue.

Wherefore, whosoever desires to enjoy this solid happiness, ought to inure himself by degrees to the love of virtue, and ever carefully to avoid adding fuel to the fire of his passions.

Apposite to these sentiments is that saying which *Cicero* puts into the mouth of *Cato*, as by him received from the great *Archytas* of *Tarentum*; that nature never afflicted mankind with a more capital plague than bodily pleasure, the eager desires of which spur on to enjoyment with ungovernable rashness*. And the rest of what that great philosopher has written on this subject, must delight the mind of every wise man in the perusal. Wherefore virtue's exclamation in *Silius Italicus* is very just:

Quippe

* De Senectute, Cap. xii.

*Quippe nec ira Deum tantum nec tela, nec
hostes ;*

Quantum sola nocet animis illapsa voluptas.*

Pleasure, by gliding on the minds of men,
More mischief hast thou wrought than ho-
stile arms,

Than wrath gods.

But as the due government of the pas-
sions strengthens the mind, so temperance
in diet renders the body less exposed to
these turbulent emotions. And this rule
holds good, not only in those who are na-
turally of a hot constitution, but even in
those who curb their appetites ; because it
keeps them in a state of tranquillity ; and
this is the way in general to resist those
evils, or at least to diminish their effects †.

It

* *Panicorum*, Lib. xv. V. 94.

† *Obeatam temperantiam ! nunquam fatis laudandam
nunquam fatis admirandam ! primæve ætatis quam fe-
cisti auream, decus et tutamen ! tui ipsius suadelam uti-
que et pretium ! lætis aliquando Saturni temporibus
visam ! puris puisque animis in omni ævo cultam usque
et colendam. Tu es si quod uspiam in terris, verum
Archæi sedativum, et conservatrix mentis sanæ in cor-
pore*

It is also of the utmost consequence to frequent the company and follow the advice of persons of fortitude and wisdom; for in every stage and state of life, great is the power of example, whereby we insensibly learn to give ear to reason, and govern our passions; which unless brought into intire subjection, will become our tyrants.

But as for those who would have us to be entirely devoid of passions, and to suppress all the affections of the mind as if they were so many evils; they certainly have a wrong notion of the wisdom and goodness of the almighty Creator, who has inserted, and as it were, interwoven them into our frame for excellent purposes; for
they

pore sano. Tu recta deducis tui cultores ad longam et jucundam senectutem vultu placido et juvenili, grato et amabili. Tu denique tui ipsius inimicorum laudibus ornaris, et amabilis etiam ab ipsis dicaris, quibus, te imprudentissimi repudiatâ, manet *Satyrici maledictio*, ut *virtutem hanc videant intabescantque relicta.*

they are not only beneficial to individuals upon many occasions, but even necessary for keeping up society and connections between mankind.

F I N I S.