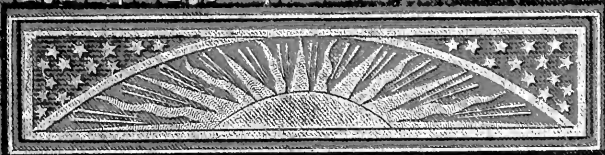


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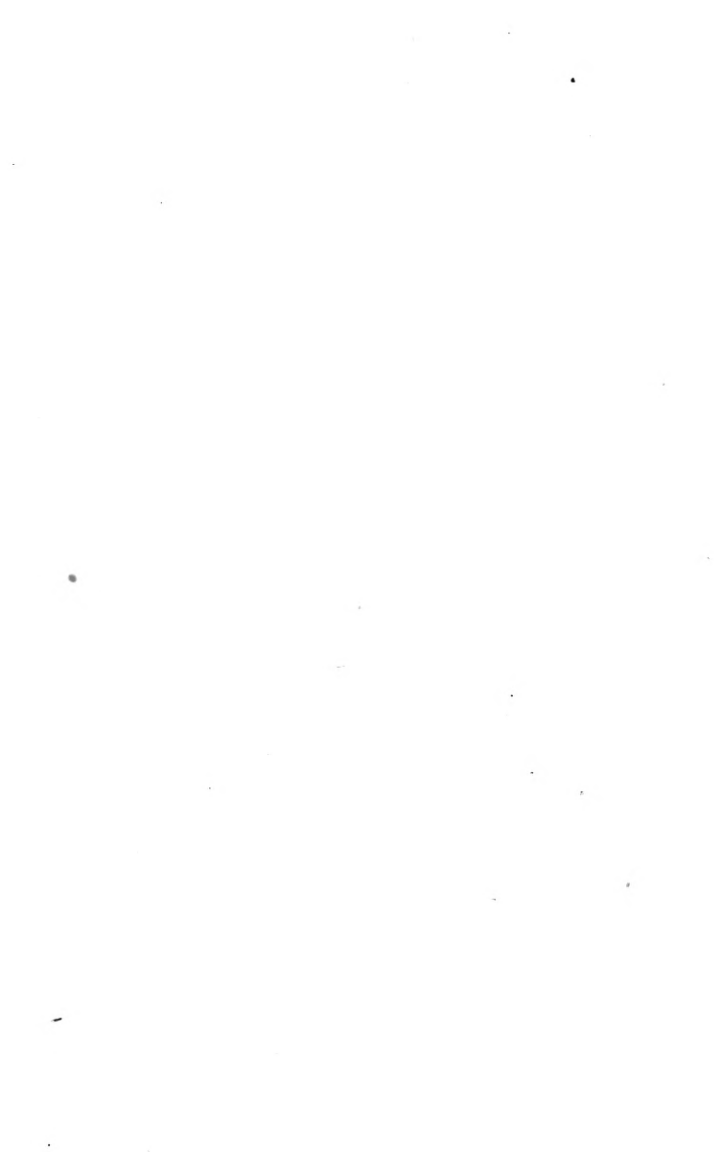




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“A prudent man foreseeth the evil,
and fleeth; but the simple pass on and
are punished.”



W. H. PARKER, M. D.

THE SCIENCE OF LIFE;
OR,
SELF-PRESERVATION.

A MEDICAL TREATISE
ON
NERVOUS AND PHYSICAL DEBILITY, SPERMATORRHEA,
IMPOTENCE, AND STERILITY,
WITH
Practical Observations
ON THE
TREATMENT OF DISEASES OF THE GENERATIVE ORGANS.

BY WILLIAM H. PARKER, M. D.,

No. 4 BULFINCH STREET, BOSTON,

(OPPOSITE REVERE HOUSE,)

*Doctor of Medicine, Chief Consulting Physician of Peabody Medical
Institute; Author of a Treatise on Diseases of the Throat
and Lungs, a Treatise on Nervous and Mental
Diseases; late Surgeon in the United
States Army, etc.*

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LATEST EDITION.



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MEDICAL STAFF
OF THE
PEABODY MEDICAL INSTITUTE

WILLIAM HUMBOLDT PARKER, M. D.,
Chief Consulting Physician.

Honorary Member of the National Medical Association; late Surgeon U. S. Army; Author of the Science of Life, or Self-Preservation; Physiology of Woman and her Diseases; Diseases of the Nervous System, or Pathology of the Nerves and Nervous Maladies; late Editor-in-Chief of the *Peabody Journal of Health*, etc., etc.

GEORGE HOWARD JONES, M. D.,
Chief Surgeon and Consulting Physician.

Graduate of the Harvard Medical College; late Member of the Massachusetts Medical Society; Honorary Member of the Royal Academy of Surgeons at Paris; Associate Member of the American Medical Association; late Surgeon U. S. Vols.; and Correspondent of the *British Medico-Chirurgical Review*.

P R E F A C E .

THE motive which has led to the preparation and publication of this volume has been singly and solely a desire to present to the public, and especially to young men, a treatise which shall furnish the most valuable truths in reference to the physical organization of man, and convey to the minds of inquirers information that will enable them to avoid the terrible dangers to which the unwary are constantly exposed. The vast and various experience of the author of this work has filled him with the liveliest appreciation of the awful consequences that flow, in a broad and almost uninterrupted stream, from the neglect of the education of young people upon matters of such vital importance to the health and well-being of the human race as those which are treated in the following pages. Since the creation of man these subjects have been of the deepest interest; and at this day, more than ever before in the world's history, they are of the most momentous consequence to mankind. With the increasing activities of the age in which we live, the dangers that beset the young, and even the middle-aged and the old, are increased by a neglect of those branches of physiology which relate

to the procreative faculty in man and woman. The cure of most of the maladies that flesh is heir to, although of manifestly great moment, does not yet possess that vital interest which attaches to the treatment of the organs of generation; for the diseases of the latter not only are most painful and destructive, but they affect the population of the earth, and their results reach forward to generations yet unborn. Upon the knowledge which is freely and fully imparted in this comprehensive book, depends not only the present health of those upon the earth, but the health, strength, and proper physical development of thousands upon thousands of their descendants. It is, therefore, not only to prevent and diminish the prevalence of the most wasting, obnoxious, and terrible diseases that can fall upon man, that the author of this work now gives it to the world, but also to cut off, as far as may be, the dire evils that would flow from those diseases, if left unchecked, down the line to future generations. There is no malady in the whole list of human ills to which quackery and empiricism have been so extensively applied as the diseases which flow from imprudence in sexual intercourse, and this must be ascribed mainly to the general lack of knowledge in young persons of their own physiological structure, and the nature of this special class of diseases.

Were all men and women properly educated in these matters they would not only be enabled to avoid these maladies, but if they should yet unfortunately contract them they would not, as thousands now do, be made victims of them until they are almost or quite past remedy, through that false delicacy which prevents them from applying promptly to those who are competent to effect their speedy cure.

I have devoted so many years to the study and successful treatment of the diseases to which the organs of generation are liable, and have acquired so thorough a knowledge of their nature and the certain method of their cure, that I deem it my solemn duty to place before the public so much of that knowledge as can be conveyed through the printed pages of a comprehensive treatise upon this important subject. As I cannot, in the nature of things, attend personally to more than a small fraction of the thousands of sufferers in the land, I feel impelled to send abroad this work as a chart by which a great multitude, setting out on the voyage of life, may be enabled to avoid the rocks and quicksands which have proved the ruin of so many of their fellow-men.

WILLIAM H. PARKER, M. D.,
Physician and Surgeon,
Office, No. 4 Bulfinch Street, Boston.

HIGHLY IMPORTANT TO THE READER.

MORE than twenty years ago, after a careful and thorough course of medical instruction and years of extensive practice, by which the author was brought largely in contact with the alarming ills treated of in the main portion of this book, he felt himself in duty bound to put forth so much of the knowledge gained by this exhaustive study and experience as could be comprised in this concise and comprehensive volume; nor did his duty to his suffering fellow-man end there, conscious as he was of the millions of painful sufferers throughout the land. Therefore, from this extensive experience and observation, such as surely never before fell to the lot of man, and through the advice of the greatest philanthropist of this or any age, whose distinguished and honored name the "Peabody Institute" bears, was established this Institution for the especial and skilful treatment of these most distressing maladies. That the high hopes and

great expectations of the author and philanthropist have been fulfilled, there is abundant testimony by myriads of people, who have been restored from the most miserable physical condition to sound mental and bodily health and happiness. There are more than twenty-five thousand letters in the author's possession that bear evidence of this, although it is fair to presume that only a very small proportion of the restored would be likely to be heard from after being cured; and the National Medical Association, of which Dr. Parker is an honored member, has seen fit to present him, as a token of its recognition, and noticeable reward of professional merit, with the most beautiful and expensive gold and jewelled medal ever conferred upon any one, be he prince or potentate. The author has taken no pains whatever to secure this legion of testimonials, but the great and sole aim of the author in this closing notice is this: While Dr. Parker's works have millions of readers, thousands have been aroused thereby to a consciousness of their danger and impending ruin, and in consequence have applied to their nearest and most available physician, perhaps a physician in general practice, who, to do his best, could only "Pooh! pooh!" at their sufferings and dangers, and is too egotistical or vain to admit of his inability to treat them successfully; or, what per-

haps may be even worse, they have applied to some one of the numerous quacks who infest as vermin all our large cities, or travel through the country to ensnare our too credulous youth. Furthermore, I take this occasion to admonish one and all to shun the numerous and bogus Medical Institutes that abound in this as in other cities; not one of them is entitled to the least degree of confidence. The managers or self-styled doctors thereof could not cure you if they would, nor would they if they could; their only object is to dupe and rob the suffering invalid. Much as I have seen of suffering from disease, it has come far short of the terrible misery and agony caused by the malpractice of these ignorant, rapacious, unscrupulous scoundrels, which has become my daily and painful observation. The author of this work, and the chief consulting physician of the "Peabody Medical Institute," Dr. Parker, has called to his assistance the ablest medical and surgical talent of the age. In addition to a thorough collegiate instruction in the best universities in the world, they have had the advantages of a careful, thorough, and long-continued practical experience under the immediate instruction of Dr. Parker himself. Hence, to this Institution, and this Institution ALONE, the invalid reader and nervous sufferer can look, with the full and positive assurance of

restoration. Our means are ample and our resources abundant. And while the poor, wretched victims of Onanism and all dependent nervous affections have been inquiring almost despairingly, “Is there no balm in Gilead? is there no physician there?” that cry may henceforth cease, and all who will may come and be healed. Let my last words of solemn warning be,—**AVOID ALL QUACKS, CHARLATANS, EMPIRICS, PRETENDERS, AND BOGUS MEDICAL INSTITUTES THROUGHOUT THE WORLD.**

If, after having perused this treatise, the reader has reason to suspect that he is suffering from any of the ills therein described, or is suffering from any cause, obvious or obscure, his attention is respectfully and expressly called to the subjoined letters printed on pages 273-278.

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ON
NERVOUS DEBILITY,
RESULTING FROM
SPERMATORRHŒA, ETC.

CHAPTER I.

THE ANATOMY AND PHYSIOLOGY OF THE
GENERATIVE AND URINARY ORGANS.

IN order fully to understand the nature and treatment of the disorders resulting from the abuse of the reproductive function, it will be necessary that the general reader be informed of the exact position, form, structure, and use of the various parts of the human body which constitute what may be termed the "*generative apparatus.*" These papers, as before stated, being intended for popular use, need only contain such a description of *the male organs* as will render the further inquiry into the subject clear and intelligible. The physiology of each organ, so far as they are known, will be stated, and afterwards their pathology; for it is impossible to draw a line of demarcation between the states of Health and

Disease,—they are so closely related that neither can be studied with advantage, unless in connection with the other. Equally close is the relation of Hygiene (or the art of preserving the body in health) to Therapeutics (which is the *art of curing disease*); and thus, in proportion as our system of treatment loses its empirical character by being based on scientific principles, will it increase in perfection and success.

The organs of the Generative system in man may be divided into external and internal: the former consisting of *the testicles and penis*; and the latter of *the seminal vessels, seminal bladders, and prostate glands*. The Urinary organs consist of the kidneys, ureters, bladder, and urethra, all of which are internal except the urethra. We will take the urinary organs first, commencing with the kidneys.

The Kidneys (Renes) are two glands lying close upon the muscles of the loins, behind and below the stomach, resembling in form a French bean, and are called conglomerate glands. Their outer structure is cortical or glandular; the inner, consisting of minute cells, forming at first into small canals, and afterwards into tubes, which terminate and open into the ureters.

The Ureters are long membranous tubes or canals which connect the kidneys with the bladder, and convey the urine, when secreted in the for-

mer, to the latter. There is one to each kidney; sometimes (but rarely) two.

The Bladder (Vesica Urinaria) is a membranous and muscular bag or pouch, situated in the middle of the pelvis or basin of the body below the abdomen, and is divided into anterior, posterior, and lateral portions, the lower part of which is called *the neck*, terminating in the urethra or urinary canal, which is the common exit of the urine from the body. The bladder is composed of four coats or coverings, the external being *the peritoneal (or serous)* membrane; the next, the *muscular*; then the *nervous* (or cellular); and lastly the mucous (or villous), which is the internal lining. All these organs have their arteries, veins, nerves, and absorbents, which serve for the purposes of nutrition, vitality, and secretion.

We now arrive at the **GENERATIVE ORGANS** in man—(and here, the reader's attention is particularly requested)—commencing with—

The Testicles (Testes); two spermatic glands enclosed in one peculiar bag termed the scrotum, divided interiorly into two compartments, externally formed by a common skin or integument, which, in the external centre, forms a ridge, called the *raphe*, on each side, and in the middle of this bag is a cell or cavity, in which the gland of the testicle is situated. These glands are composed of a vast number of fine tubes, folded

in various directions, and encased in a fibrous membrane called the *tunica albuginea*, proper to each alone, and again surrounded by one membrane common to both testicles, called the *tunica vaginalis*; over this there is a muscular coat called the *cremaster*, and exterior to that the cellular substance called the *dartos*, lying directly under the outer skin, which, in persons in health, is generally puckered or wrinkled. On the upper or posterior portion of the gland is situated the epididymis, which is a network of vascular cells consisting of minute seminal tubes, terminating in the *efferent vessels*, which are from *twelve to thirty* in number, and when spread out form *an united average length of eight feet*, each being rather more than *seven inches long*. These vasa efferentia, or efferent vessels of the epididymis, terminate in two ducts called

The Seminal Canals (Vasa Defferentia), which ascend on either side from the upper portion of each testicle, and accompany the spermatic artery, vein, and nerves, which together form what is termed the *spermatic cord*. This cord passes upward through the groin, and thence laterally attached, and across to the back and lower part of the bladder, where it approaches its fellow and terminates in the *seminal bladders*, from each of which, receiving a branch they emerge, and forming the ejaculatory ducts, open

into the urethra, which they enter on each side at the base of the *prostate glands*.

The Seminal Bladders (Vesiculæ Seminales) are situated at the under part of the bladder, and are close to each other except at their upper extremities. A mucous membrane lines each of these bladders, which are considered to be the reservoirs for the secretion of the testicles, in the same relation as the urinary bladder is to the kidneys.

The Prostate Gland is situated directly in front of the seminal bladders, and surrounds the root of the urethra, just at the neck of the bladder; it is a firm glandular mass, in form resembling a carved chestnut.

The Penis (Membrum Virile) is divided into the root, the body, and the glans or head; the first attached to the arch of the pelvis by the suspensory ligament, secured on each side by three muscles, termed the *erector penis transversalis perinæi*, and *transversalis perinæi alter*; these muscles assist materially in the functions of the organ. Another muscle also, termed the *accelerator urinæ*, or *ejaculator seminis*, rising from the membranous and terminating at the bulbous portion of the urethra, in connection with these; its name at once explaining its function. The body of the penis is composed of cavernous bodies, the vessels, nerves, and the *urethra*.

The upper surface of the penis is called the *dorsum*, or *corpus cavernosum*, and extends from the root to the ridge of the glans; there is a groove on the upper side for the vessels and nerves, and one on the lower, into which the *urethra* passes; and encasing these parts is a firm elastic tissue, the continuation of which forms the *prepuce* or *foreskin* which covers the glans or nut of the penis.

The Urethra (or seminal and urinal canal) commences from the neck of the bladder, passes through the prostate gland, that portion of which is termed the *prostate portion of the urethra*. Here the seminal ducts open into it for the conveyance of the seed; afterwards passing under the bony arch of the pubes or share bone, the urethra assumes the character of a *membranous pipe* (membranous portion). The urethra then acquires a spongy and fibrous tissue, which continues to surround it, when it expands into the top or extremity of the whole, called the glans penis. The urethra is a most delicate and important structure, and its interior surface is lined with a very sensitive *mucous membrane*, having several oblique ducts called *lacunae*, which furnish a secretion to prevent the abrasion of its surface from acrid urine.

Lastly, *the Glans*, or head of the penis, protected by the prepuce or foreskin, is abundantly

filled with arteries, veins, nerves, and absorbents, and invested with a soft, smooth outer skin, and endowed with peculiar sensibility. This completes the popular anatomy of the organs of generation, as far as it is here necessary to explain it.

Having cursorily reviewed the anatomy, we now arrive at the physiology of the Urinary and Sexual Organs; the former of which, as subsidiary to the latter, I shall but briefly mention. The kidneys are employed for the purpose of secreting the urine from the blood, which is conveyed to them by the emulgent arteries. On the entrance of the artery into each kidney, it divides into very minute branches and ramifications, and terminates in a capillary network, from which the secretion of urine from the blood ensues. It is formed, drop by drop, and passes out of the kidneys, through the ureters, into the bladder; whence, after collecting in a certain quantity, it is evacuated, and passing through the urethra, is thus expelled from the body. In addition to the benefit that the system derives from the secretion of urine relieving it of a superfluous fluid, the blood is evidently improved, and the whole system considerably benefited by the withdrawal of a certain number of saline and deleterious substances which the urine carries off in solution, and which, according to Berzelius,

amount to fifteen. These generally exist in the human urine, but the fluid occasionally contains, in a morbid condition of the system, many other substances, as *albumen, bile, sugar, fat, fibrin, blood, milk, and purulent matter*. In fact, there is scarcely any other fluid in nature that contains so many substances dissolved in it. The deleterious and heterogeneous matters which the kidneys separate from the system would erode the interior surfaces of the ureters and bladder, but that these are provided with a villous coat or lining, and plentifully supplied with a secretion or sheathing mucous to obviate such an evil. When secreted, and most commonly when first voided, *the urine has a distinctly acid reaction in man*, and in all carnivorous animals. On the contrary, *in most herbivorous animals the urine is alkaline and turbid*; the difference depending not on any peculiarity in the mode of secretion, but on the differences in the food on which the two classes subsist. Human urine is not usually rendered alkaline by vegetable diet, but becomes so after the use of alkaline medicines. The whole quantity of urine secreted in twenty-four hours depends greatly upon the amount of fluid drunk, and the proportion secreted by the skin. The latter being more active in summer than in winter, it may be estimated that in summer a healthy man voids thirty ounces daily, and in

winter about forty ounces, thus giving a mean average of thirty-five ounces of urinary secretion *per diem*.

In entering upon the physiology of the Generative system, we shall first take the Glands of the Testicle, as they stand in the same relation with the secretion of *the semen or seed*, as the kidneys do with the secretion of the urine; both, in fact, being the organs in which these important fluids are secreted or prepared. The sexual functions commence at puberty, and are performed, if the individual be in health, until the arrival of senescence. The function is dormant in infancy or childhood, and ceases in old age. The secretion of the seminal fluid takes place constantly (though slowly, except under excitement), in *the tubuli seminiferi* of the testicles. Thence it passes along the *vasa differentia* into *vesiculæ seminales*, where it collects and is discharged, passing through the prostate gland by duct, into the urethra, whence it is expelled by emission.

To the *vesiculæ seminales* or *seed-bladder* a double function may be assigned, for they secrete some fluid to be added to that of the testicles, and serve, also, as reservoirs for the seminal fluid. The former is their most constant, and probably most important, office, for in the horse, bear, pig, and several other animals in whom the *vesiculæ*

seminales are large, they do not in any way communicate with the vasa differentia, but pour their secretions separately into the urethra. It is highly probable, however, that the secretion of the vesiculæ (the action of which is unknown) contributes to the proper composition of the impregnatory fluid. There also exists some mystery respecting the secretions of the prostate glands, their nature and purposes; it is supposed they contribute only a subordinate part in the composition of the *impregnating semen*; for when the testicles are lost, or their secretions destroyed, though these organs are perfect, a! procreative power ceases.

The Semen is a thick whitish fluid, which consists of a liquor seminis, and of certain solid particles; is colorless, transparent, and of an albuminous nature. It contains, floating in it, various cells, oil-like globules, minute granular matter, and two principal microscopic constituents, named *spermatozoa* (*spermatic filaments*), and *seminal granules*. The *spermatozoa* are peculiar *living bodies*, existing in considerable numbers in healthy semen, and in the urine of those whose generative systems have become debilitated; and when examined in the field of the microscope, seem to be endowed with the power of executing a brisk lashing movement. Each consists of a flattened oval part or body, and of a long filiform

tail; the body is about one six-thousandth part of an inch in width, the entire body and tail being about one four-hundredth to one five-hundredth part of an inch in length. *The seminal granules* are rounded colorless bodies, averaging about one four-thousandth part of an inch in diameter, and are allied to mucous corpuscles. *The seminal fluid*, secreted by the testicles, is one of those secretions in which a progress of development is continued after its formation by the secretory cells and its discharge from them into the tubes. The complete development of the *spermatozoa*, in their full proportion and number, is not achieved until the semen has reached, and for some time lain in, the seminal bladders (*vesiculae*). These *spermatozoa* present no trace of structure or dissimilar organs; they move about in the seminal fluid, lashing their tails and propelling their heads forward, in various lines. Their rate of motion is about one inch in thirteen minutes. Of the physiology of these seminal filaments, little that is certain can be said: their presence in the impregnating fluid of nearly all classes of animals proves their essentiality to the process of impregnation. They have been regarded as highly organized, and as the materials or organs out of which *the new individual is begun*; but whether their contact with *the ovum in the female* be essential to its impregnation cannot

be determined; it probably is so, though the statements respecting the insertion of part of the *seminal filaments into the cavity of the ovum* have not been confirmed. Nothing has shown what it is that makes the fluid capable of impregnation, and of giving to the developing offspring all the characters, *in features, size, mental disposition, and liability to disease, which belong to the father.* This is a fact wholly inexplicable.

The ingenuity and research of philosophers have been vainly, but not perhaps unprofitably, exerted in the attempt to unravel the mysterious process of conception. Life and organization are neither inseparable, nor even identical. After the investigation of ages, the reference must be for explanation to the Creator of all things. Man is still ignorant of how life begins and ceases. It is all mystery to him. We see the instrument, and can, perhaps, explain the structure; but the hidden strings that produce the harmony are past the scope of mortal vision.

CHAPTER II.

PUBERTY. — MANHOOD. — THE MORALE OF GENERATIVE PHYSIOLOGY.

A PROFOUND and judicious observer of human nature remarked, “long, long ago,” that matters very trivial, either in present or future results, often occupy men’s interest and excite their vehement hopes and fears, to the exclusion of considerations of infinitely greater moment. A significant illustration of the truth of this is contained in the fact that the most important phenomena which occur in the progress of human beings, from the cradle to the grave,—phenomena, on the proper treatment of which depends the alternative of a long life of sound health and happiness, or a short one of ill health and misery,—are those concerning which popular knowledge is most deficient; and which have, by a deplorable misconception of the meaning and intent of moral precepts, been all but ignored by many of our modern physiologists.

This total neglect is of no recent date; indeed, within the last twenty years it has been in *some* measure remedied by the self-sacrificing devotion with which certain men of learning, benevolence,

14 *The Morale of Generative Physiology.*

and distinguished professional attainments, disregarding the whisperings of sordid self-interest and of puerile false delicacy, have applied themselves to the work of extricating, from the dense cloud of ignorance in which ages of barbarous prejudices had enveloped it, the most momentous, most interesting, and at the same time most intricate branch of pathological inquiry. When our fathers were young men, and for a century preceding, this all-important subject was absolutely consigned by the medical profession to the hands of as crafty, as cruel, as ignorant, and as unscrupulous a class of impostors as ever preyed upon credulity and helpless suffering. Things are now somewhat better in this respect. The topic is not wholly a tabooed one, and a few of the most illustrious men of whom science and erudition can boast have labored successfully in the elucidation of the great fundamental laws of human life and death. My own highest pride, my abounding and unfailing source of mental comfort and satisfaction, is the consciousness that to the stock of knowledge collected by these great men, my personal investigations, my opportunities of observation and comparison, my prolonged studies and experience, have enabled me to make additions, and have produced practical results and discoveries, which, in the course of my practice, have relieved an enormous mass of human wretch-

edness, and often substituted health and hope for utter prostration and despair.

Whilst, however, the *relief* of misfortune is dear to philanthropy, an object paramount even to this is to *preclude the access* of misfortune; and in no way can this be more effectually accomplished than by the inculcation of such knowledge as may enable persons in all spheres to discern the road to happiness and to pursue it. Such is the special and single object of the present volume.

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

The term in man's existence when this great marking epoch occurs is known by the generic appellation of "*puberty*." The age at which it sets in varies considerably, according to differences in individual temperament and climate; but it may be stated as a general fact, that except in very warm tropical countries, the earliest age is ten, the latest twenty. As in females the procreative powers cease long before those of the male, so their commencement takes place sooner. Thus in our northern climate the age of puberty is usually from eleven to fourteen in girls; from twelve to fifteen in boys. In Italy, Spain, and the southern countries of Europe, the period is at least one year earlier; and in Africa, India, and some regions of America, it is not very unusual to find girls capable of child-bearing whose years scarcely number nine. The "slaveholders" of Brazil, the United States, etc., very often derive some of their ill-gotten gains from the sale of a mother and child between whose ages the difference is scarcely ten years.

On the other hand there are instances in which young persons of lymphatic constitutions, whose *physical training* had been neglected, approach *twenty*, before the natural capacities of manhood and womanhood are developed. The hastening or the retarding of such development, in either

sex, sometimes arises from various prejudicial causes, which are duly treated in the course of this work.

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

As the body and mind have a close and ineradicable sympathy with each other, these symptoms are discernible, not only in the physical, but in the mental organization. At the time when a youth receives from nature the useful admonition, the meaning of which is so often withheld from him by a cruel and baneful prejudice, a number of new sensations arise to which he has been hitherto a stranger. The extreme restlessness and exuberant elasticity of childhood give way to a staid gravity, almost approaching melancholy, and from which misjudging friendship sometimes endeavors to rally him by ridicule and satire. The gait becomes settled, the voice changes from the shrillness of childhood to the

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

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

In both cases, however, whether of bashfulness or boldness, the physical and mental powers in all parts of the organization are changed. It very often happens that immediately before the access of puberty, Nature, as if to bestow all her efforts on the development and completion of the great functional revolution, permits a temporary diminution of the force and vitality of the other faculties. Languor, weakness, sickness, awkwardness of motion, partial stupidity, are not unfrequently observable. But, the revolution once accomplished, this disarrangement passes away, and Nature, left free to the exertion of her influence over the general system, causes a healthful reaction, in which all the other powers are invigorated in proportion to the efficiency of "the new sense." Then comes a "settling" and strengthening of the general constitution. The bones and muscles become firmer and harder; the joints and sinews somewhat less pliant, but more enduring and reliable; the chest and respiratory organs more capacious; and it sometimes happens that a childhood, precarious and delicate, and afflicted by various infantile maladies, merges into a youthhood of

great robustness, free from disorders of any kind.* The mind, as I have before observed, partakes powerfully of this sudden spring; and the youth is prepared for the profitable study of subjects hitherto incomprehensible to him. The late Dr. Ryan, than whom no modern physiologist deserves greater reverence from posterity for the substantial services which his labors have conferred on all mankind, gives, in his Latin treatise, *De Genere Humano ejusque Varietatibus*, an admirable epitome of the *overt* signs of puberty, a translation of which passage may prove useful and acceptable: "At this age a sudden increase of the whole body takes place, sometimes in a wonderful manner; the voice becomes hoarser in males; the pubes, axillæ, face, and whole body become covered with a whitish down. The genital organs, which were previously small and useless, increase with the body, and being much augmented, secrete a prolific semen, by whose stimulus the youth is incited to the enjoyment of the gifts of Venus. About the same age at which boys become puberous, girls become nubile: the genital organs are evolved, the pubes

* NOTE.—It should here be observed, that though juvenile disorders often disappear at puberty, new disorders, before unknown, sometimes date from 'is critical period of life. Much depends in this respect on the intelligence of parents, guardians, and friends.

appear, and the breasts are developed; a new loveliness appears on the countenance; a new elegance of the whole figure; and if the individual be previously delicate, good health is suddenly enjoyed. Hence, by the laws of nature, the sexes are impelled with a desire to be united, whence offspring similar to themselves are propagated." Rousel, in his *Systeme Physique et Morale*, alluding to the functional derangements which so often occur at this period, asserts that "by the elaboration of the reproductive fluids, there results a superabundance of life, which endeavors to communicate and establish itself; there is a new and mysterious want developed, which compels the sexes to approach each other." And Colonis, in his *Rapport du Physique et Morale de l'Homme*, alluding to the conflicting mental emotions which arise, supposes that "the new want produces in the young man a mixture of audacity and timidity; of audacity, because he knows that all his organs are endowed with unwonted vigor; of timidity, because the nature of his desires astonishes him, as defiance to them disconcerts him. In the young girl this want gives rise to a sentiment of modesty, or virgin shame, of which she was heretofore ignorant, which may be regarded as the hidden expression of her desires, or the involuntary signs of her secret impressions." To these observations I would

add the remark, that at this critical and interesting period the reproductive fluid, deposited as it is in its proper receptacles, and thence naturally secreted and partly dispersed throughout the body, whilst it excites and invigorates the sexual organs, produces a corresponding excitement and vigor in other parts of the system. But it is important to inform the reader that I am here supposing a case in which the healthful course of nature had not been interfered with or set aside by vitiating influences. Too frequently it happens that through circumstances which exist more or less in all states of artificial society, the gifts of Providence are so perverted that that which was intended for man's happiness, health, and longevity becomes the instrument of his wretchedness and premature death.

Much ingenious speculation might be uselessly expended in discussing abstract questions relative to the ultimate law of the mechanical combinations through which the sexual emotion, terminating in the generative orgasm, is produced. The present being a work of instructive *fact*, and not of vague conjecture, I will merely remark, that it is abundantly certain that the emotion may originate either exclusively in the sexual organs themselves, or (through the sympathetic relations existing between different parts of the body) in impressions conveyed externally or

internally to other organs. In man, there is no doubt, such impressions are usually conveyed through the brain, through contact or vision ;* the organs of smelling and hearing exercise similar influence upon many of the lower animals. The natural process which is the result of the emotion is regarded, and no doubt justly, as more intensely absorbing and exciting than any other ; so much so, indeed, that numerous cases are on record in which the excitement has proved too strong for the vital energies, and death has occurred in the consummation of the very act by which life is intended to be perpetuated and reproduced.

No object of juvenile education should be more attentively studied by judicious and affectionate parents than that of taking every measure to guard against the calamity of the era of puberty arriving, under circumstances which could impede or vitiate the process of healthy development. Such circumstances are of various kinds. Luxurious and highly seasoned food, overmuch study, close apartments, ill-ventilated bedrooms, the neglect of strict and regular cleanliness as regards the most delicate parts of the organization, are among the causes which

* But also by other causes, viz., occupations, the use of particular food, changes in the atmospheric temperature, etc., etc.

may produce the precocious and premature growth of sensations, the postponement of which would be profoundly conducive to the welfare of the individual. But independent of these causes, and even of that most dreadful and extensive agent of woe, pain, and death, to which detailed allusion is made in other chapters, evil often arises from unsuspected peculiarities of conformation, which the pernicious habit of ignoring this subject prevents parents from even dreaming of. Cases could be pointed to, in which, at an age scarcely emerging from infancy, it has been found necessary to adopt coercive measures, even with female children, in order to prevent fearful results arising from tendencies and inclinations incidental to a peculiar state of certain organs. Still more often with boys; and the instances to which I am here more especially referring are those in which there had been no depravation from companionship with others. To mere neglect, or rather ignorance, on the part of their seniors, the poor little victims owed the super-vention of circumstances fraught with their future misery. And here I would earnestly impress on parents and all others who have the care of young persons, that there is nothing which more imperatively requires constant solicitude and watchfulness than the part of the system which the frightful errors of other times

left wholly to the chapter of accidents. In neglect of this resides the fruitful cause of the irretrievable calamity and ruin of millions.

The most prolific source of all evil, however, — that which slays its thousands while the others slay their tens, — is the destructive habit most frequently contracted through the unwatched association of young people, though occasionally through the solitary and accidental discovery of a fatal secret. And in this place I would solemnly and emphatically protest against that other most pernicious error, which causes the secret in question to be a secret at all. When the time arrives for the development of certain faculties, it is a monstrous delusion to imagine that mere silence on the part of adult friends can extinguish these faculties, or suppress these instincts, or prevent the youth from feeling the sensations to which they give rise. The rigorous prohibition of all allusion to the subject, the absence of even the most shadowy suggestive intimation, as to the mischief and misery to which abuse or too early indulgence gives rise, is mainly accountable for the wide-spread existence of that devastating vice, which has sent for centuries, and still sends its myriads of miserables to early and ignominious graves, and has wrought the ruin and extinction of many a noble race.

Against this murderous hypocrisy — the most

blind, mistaken, the most obstinate and wrong-headed of all species of conventional hypocrisies — I would raise my warning voice, sadly and solemnly. My conscientious persuasion, founded on experience of an uninterrupted magnitude, — such as probably never before fell to the lot of any man, — is that the prejudice in question *has immolated more victims than war, famine, and pestilence put together*; and it will not be from any want of exertion on my part, if, unfortunately for my fellow-beings, I descend to the tomb without having eradicated it from the list of “social proprieties.”

True morality, sound morality, the morality which will produce its goodly fruit in generations of virtuous, healthful, long-lived, happy, and really “innocent” men and women, consists, not in attempting fraudulently to conceal the sacred laws of Nature, and to close up her book, so pregnant with truth and wisdom, — true morality, I repeat, does not consist in this brutish sacrifice to the demon of ignorance, but rather in instructing the rising youth in the great and noble objects for which his capacities of mind and body were bestowed upon him; in making him distinctly aware of the certain, the inevitable misery involved in the abuse of those capacities, and the equally certain happiness arising from patience, moderation, and the avoidance of dis-

astrous imprudence. The years allotted to the progress from infancy to puberty are years which Nature devotes to the preparation of the *body* for a mighty crisis; the wise and virtuous vigilance of parents and teachers should be equally assiduous in preparing the mind for the same.

Thus much I have felt bound to say in emphatic protest against the continuance of a barbarous and destructive error in the existing system of juvenile education; and I feel the more justified in saying it, because my professional pursuits have necessarily procured me more knowledge than can possibly be possessed by any other of my medical brethren, of the mischiefs which have flowed from want of candor and truth on this grave topic.

For the rest, it would be possible, *apropos* of the subject matter of this chapter, to enter into many interesting details concerning what may be denominated the *Curiosities of Physiology*, but I prefer confining myself as much as possible to that which is most calculated to be practically useful, and avoiding any digression which could divert attention from my main object, — that of caution, warning, and explanation. The opinions of eminent men, as to the period of life at which, in the northern and temperate latitudes, sexual intercourse may be *indulged* in, without

detrimental effects, seem to fix the age of twenty for the male, and of eighteen for the female, as the earliest. Some constitutions require a much longer postponement of amatory indulgence. It is an ascertained fact, however, that the earlier the indulgence the sooner does the power of procreation decay. Women, in general, are incapable of childbearing after forty-five, and the generative function usually ceases in males at sixty or sixty-five. It often happens that sexual vigor does not last near so long; whilst, on the other hand, there are a few well-authenticated cases of children being borne by women who have almost reached their sixtieth year, and of patriarchs of eighty, or even a hundred, becoming parents. Such instances must be regarded as freaks of Nature in her eccentric moods. Precocious and unhealthy development is hastened by meretricious conversation, lascivious pictures, and by perusal of the obscene and exciting books, the composition of which constitutes the trade of a class of wretches who live by pandering to vice and licentiousness, and who deserve the heaviest reprobation and punishment accorded to infamous crime. The subject of *Sexual Physiology* is one of the most grave and solemn which can occupy the contemplation of man, and in that tone it should be treated. Next to the evil of concealment and mystification

respecting its great truths, is that of alluding to those truths in a spirit partaking, even remotely, of levity. Of all the people of Greece, the Spartans were those amongst whom there was the greatest candor, the greatest plainness, the least of either hypocrisy or levity, upon matters relating to the intercourse between the sexes; and of all the people of Greece, the Spartans were the most vigorous, the most temperate, and the most chaste.

Always bearing in mind that not only too early, but too frequent and indiscriminate intercourse is the certain forerunner of premature decrepitude and death, in consequence of the loss of the whole of a nourishing and invigorating essence, much of which was intended by nature to be retained in the system as the most effectual sustainer of its strength, and the most effectual counterpoise to the wear and tear of time; let moderation in the enjoyment of the highest physical pleasure be the motto of the married as well as of the single. The most powerful and healthy body with which man was ever blessed could not sustain, without permanent damage, more than a very prudent and well-regulated amount of intercourse; and it will be well to reflect that any departure from prudence, even during the earlier enjoyments of nuptial love, may not only lay the foundation of disease and infirmity in the parent, but

devolve pain, sickness, deformity, and short life on the offspring, as the penalty of such imprudent abandonment to mere passion.

By faithful attention to the facts and counsel contained in these chapters, intelligent and conscientious guardians of inexperienced youth may avert from their charges some of the direst curses and most degrading miseries by which fallen human nature can be afflicted. It is a subject upon which, beyond all others, ignorance, prejudice, and negligence produce the most terrible effects; and to the removal of these initiative causes of ill (*fontes et origines mali*), and of the train of calamities flowing from them, I have devoted the labor of a long, active, and (within the scope of my own exertions) signally successful professional career. Besides the main evils themselves, I have had collateral difficulties to contend with; one of these being the apathy and indolence of too many of my brother physicians, who, by applying only a small portion of their time and inquiries to a subject whose complexity requires the undivided attention of skilful and qualified men, have practically disqualified themselves from efficiently dealing with it; the other collateral difficulty being the scandal and distrust created by the proceedings of a host of knavish and sordid persons, who, without possessing any one requisite of education, experience, or intelli-

gence, have taken advantage of professional apathy, and, under a variety of assumed and *quasi* foreign nomenclatures, set up as practitioners in a pursuit of the principles of which they are as ignorant as are those who unhappily commit themselves to their treatment. To such a pitch of effrontery have persons of the class named carried their proceedings, that they have even printed and paraphrased, in various ways, some of my published works, interlarding them (in order to evade legal penalties) with irrelevant matter, in which the most dangerous and audacious fallacies are set forth. This sad state of things is indeed to be deplored; but it is only to be put down by men of character and reputation coming forward frankly and fearlessly to warn, to instruct, to heal. My most gratifying recollection, the high and ample reward of much bodily and intellectual toil, much sacrifice of wealth and ease, is, that — as testified by the thankful declarations of thousands who have been rescued from anguish and despair — I have worked efficiently for the accomplishment of this holy and beneficent purpose!

CHAPTER III.

THE PHYSIOLOGY OF MARRIAGE.

THE most venerable philosophers, the most exalted Christian philanthropists and theologians of all ages, have concurred in proclaiming the incontrovertible axiom, that the moral, social, and eternal interests of man are intimately bound up with the due guardianship of his physical well-being. This is a truth, pregnant with meaning of momentous significance, the neglect of which, in one of its most important phases, has been the cause of a larger amount of human misery than, perhaps, any other of the calamitous "mistakes" which originated in the ignorance of by-gone ages.

Now, of all the subjects which bear directly on the perfection or disarrangement of the bodily functions — on the absence or presence of disease, acute and chronic — on the vigorous development of the faculties which produce physical as well as intellectual health — none is more interesting, none more important, none more complicated in its details, none requiring a more perfect combination of skill, delicacy, boldness, and caution, in those who undertake to give advice upon it,

than that which deals with the moral and social relations of marriage, with the causes which produce wedded happiness or its reverse; and, still more especially, with those remote and too frequently unsuspected habits and circumstances, dating sometimes from the earliest period of youth, and by slow, but certain and inevitable steps, paving the way for the most excruciating woe and the deepest degradation which man is capable of enduring.

In short, to use the language of a distinguished medical authority of our own age,* the subject, “considered in all its relations,—religious, moral, social, legal, physical, philosophical, and medical,—will be found of the greatest importance to mankind. . . . The function of reproduction has been examined and inquired into by the most virtuous theologians, naturalists, philosophers, physiologists, legislators, and juriconsults, as the most influential of all the functions of the human economy on every class of society, both civilized and savage.”

It was appositely remarked by the great literary colossus of the last century,† that, “if marriage has many cares, celibacy has no blessings.” Fearfully momentous, however, to each individual is the contingency whether or not the

* The late Valentine Mott, M. D.

† Dr. Johnson.

“blessings” properly appertaining to the conjugal state shall be secured by the solemn contract entered into; for if the result be in the negative, he has but too surely tied himself down to a dire and hopeless bondage. The nuptial union, in short, stands alone, as the one great act, which, beyond any other, and indeed beyond all others together, is destined to tinge with hues of sorrow or of joy each future step of our journey through life. It is emphatically the most important relation that we can form, from the cradle to the grave, and independently of our own individual happiness, the thought that the happiness of others is decisively and forever affected by the wisdom or folly of our choice, ought to be forcibly impressed upon the recollection of young persons.

But here it is necessary to pass to another consideration, deeply concerning the comfort, the peace, and the happiness of thousands of wedded pairs. Much wretchedness is frequently caused by a fear on the part of married persons, that the impediments which baffle enjoyment and balk expectation are absolutely insusceptible of relief, — absolutely incurable, — *when, in reality, the state of things is by no means so desperate as this.* The alleviation of actual evils, the removal of distressing fears and unfounded suspicions, the communication and realization of

rational and invigorating hope, are often, in cases apparently the most cheerless, within the power of the intelligent and educated physiologist; and to any who are already beginning to deplore what they conceive to be their unfortunate predicament, I would say, Decide not hurriedly against yourself or the partner of your bed; ascertain whether it be no mere *temporary* cause (of which, as fortunately proved by the triumphs of medical science, there are many) that forms the obstruction, the apparently insurmountable barrier, to your natural and commendable wishes.

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

Unhappy marriages! Unfortunate matches! What a melancholy retrospect of sin and sorrow do these simple words present to the contemplation of the very few qualified medical practitioners

who have in modern times made cause and consequence in this branch of physiological investigation the peculiar subject of their studies! What tremendous secrets of guilt, caused by parental neglect, — what fearful records of error, never discovered or revealed until too late for remedy, — what awful monuments of the curses which imprudence and wickedness, arising mainly in ignorance, inflict on the whole race of man! There is no branch of science which discloses to the experienced investigator secrets more fruitfully illustrative of the feebleness, and at the same time the obstinacy, of unreclaimed, unguarded, unguided human nature.

Allusion may, in this place, be usefully made to early marriages, and to those which ordinary parlance terms “love-matches,” closely connected as they are with the general subject under consideration. It cannot be doubted that, whilst warm and mutual affection is an essential condition to married felicity, MISTAKES, as to the reality and reciprocity of this sentiment, are active and deplorable accessories to permanent misery. Never was so false and treacherous a guide as passion, when not founded on well-merited and well-defined respect; never was there a feeling which more certainly and speedily relapses into weariness, ending in antipathy and ultimate hatred; never was there a

position more deeply to be pitied than that of a married couple who find themselves chained down, by one fatal mistake, in the woful thralldom of "an ill-assorted alliance." No matter from what source the discontent arises, if that discontent is incapable of being removed, it degenerates into disgust, as surely as cause leads to sequence in the natural procession of things; and the unfortunate, ill-mated pair find each in the other the provocative and promoter of an unconquerable dislike which neither has the power to overcome.

But whilst such sources of discontent are more numerous and peculiar in their origin than is even suspected by the sufferers themselves, still less are they suspected by thousands of parents, guardians, teachers, and others, on whom devolves a great responsibility for neglecting precautions and inquiries much more important, in regard to the future happiness of those committed to their care, than any consideration of pecuniary aggrandizement. If it be true that parental interference, founded on avarice and ambition, have occasionally consigned young people to lives of wretchedness, it is equally so that the *absence* of interference, the neglect of considerations requiring the most close, cautious, and delicate supervision and attention, have led to misfortunes a thousand-fold greater in number and extent.

To come to particulars, there is no danger which requires more caution and vigilance, in order to guard effectually against its results, than that involved in the formation of bad habits, often contracted at schools, but sometimes even under the privacy of the parental roof, by which habits, and by the excesses connected with them, myriads of naturally good constitutions are undermined forever.

Full of wisdom and humanity are the words of a venerable prelate, who alludes to this part of the subject in the following forcible language:—

“ I cannot understand why an evil everywhere acknowledged and felt is not remedied somewhere, or discussed by some one with a view to a remedy. But no: it is like putting one’s hand into the fire only to touch upon it; it is the universal bruise, the putrefying sore, on which you must not lay your finger, or your patient (that is, society) cries out and resists, and, like a sick baby, scratches and kicks its physician. Strange, and passing strange, that the relation between the two sexes, the passion of love, in short, should not be taken into deeper consideration by our teachers and our legislators. People educate and legislate as if there was no such thing in the world; but ask the priest, ask the physician—let *these* reveal the amount of moral and physical results from this one cause.”

It was for the purpose of assisting to remedy the funereal evil indicated in this passage, that I commenced, many years since, a course of study and investigation, which, so far as my labors have proceeded, have produced an amount of good, far transcending any expectations which I could have formed at the outset. As has been truly observed by an eminent writer already quoted, the subject had received the notice of some of the best, wisest, and ablest men who ever lived; but their efforts were for the most part confined to lamenting the fatal infatuation, which had prevented educated medical men from devoting to the topic at issue that undivided attention which its intricacy, its difficulty, its importance, and the vast scope and variety of the fields of contemplation from which it should be viewed, absolutely require. They exclaimed against the neglect, but the neglect still continued, and daily hecatombs of human lives fell victims to it. A deadly evil was acknowledged, — an evil constantly manifesting itself in divorces, in suicides, in horrible and revolting forms of disease, in graves opening for the reception of persons of both sexes who had not attained ripe age; but practically, this state of things was too long ignored — was treated as if it had no existence — was scarcely heard of, save in the indignant protests of the illustrious men to whom reference has just been made.

In the history of human civilization, if there be one feature more brilliant and gladdening than the rest, it is to be found in that civil and wholesome restraint upon brute passions which exists in marriage; without which society would consist of one continued struggle for the momentary gratification of individuals. It may be regarded as the basis of social prosperity, as that which gives us the sanction of legal right to the object of our most intense solicitude.

Conjugal society has been defined as a perpetual compact between man and woman, to live together in mutual love and friendship, for the procreation, conservation, and education of children, and to aid each other by mutual succor through the course of life. "The diversity of the sexes was instituted for this purpose; and there is an innate desire implanted in both to perpetuate their species, their name, and to transfer their property to their children. Marriage was instituted by the Divine Creator in the time of man's primitive innocence, as the means of his happiness and the perpetuation of his race." Its influence extends from individuals to kingdoms, and to the whole world. Jeremy Taylor calls it "The mother of the world, which preserves cities, and fills cities, churches, and even heaven itself." It is the primitive source of morals and society, the nurse of virtue and

patriotism, the stay and support of governments. To the statesman, the divine, and the physician, the considerations which it presents are all-important. No other social institution exercises so wide and profound an influence upon the well-being of states and communities, inasmuch as bodies politic are composed of a number of individual families, the total forming the aggregate results of conjugal unions; and the health, strength, and intellectual and physical vigor of the citizens (all depending so mainly upon the nature and observance of the laws relating to this great ordinance) form the best and only trustworthy support of national glory, greatness, and prosperity.

Whilst recognizing the wisdom of the arrangement which renders the marriage-tie permanent, it is right to remember that that very permanence produces a probability that if the contract be entered on unadvisedly, or should its obligations be undischarged, results the most appalling and disastrous must ensue.

How often, even in the narrow circle in which private individuals move, may they note a legal union in which each party has assumed more or less disguise or dissimulation towards the other; and the fact has only been made apparent when frank sincerity is too late to sever the indissoluble fetter, which until death must bind two people

secretly disgusted with themselves for their duplicity, and with each other for the absence of all that can endear a married home. And if, within the narrow sphere of private observation, the fact occurs frequently, how much of similar misery must exist in the great world around us! How many apparently smiling strange faces painfully conceal the canker-worm secretly consuming all that once was hopeful within. Fortune may have smiled upon one or both, the respected families and friends of husband and wife may hope for their mutual happiness, and turn an unwilling ear to the faintest suspicion that secretly all is not well with them; *all which the world can know* may seemingly be there, to constitute the requisite ingredients in the cup of earthly enjoyment. Perhaps early attachment may be known to have existed, as a further and surer pledge of long years of felicity; it may have been a match in which the most thrilling and delicious of all possible anticipations seemed likely to bid fair for completion, and yet — must it be admitted? — is such the severity of suffering? — can disappointment so horribly mock the hope of years? dash down in a moment the fairy edifice which the labors of a life have been delightfully tasked in constructing? Alas! one hour's possession may do even more than this. Or if balked and baffled eagerness

be not subjected to so sudden mortification, there may silently grow up a repugnance, which, spite of every effort to the contrary, becomes more intense at every endeavor to repress it; a repugnance — *an inability* that has its origin in some cause, *real* or *imaginary*, or haply in the discovery of some concealed hindrance to mutual desire.

But the evils in question are widely different in source, in nature, in degree, and in obstinacy; and one of the objects of the present treatise is to separate and distinguish those which are, *from the very few which are not* amenable to skilful medical treatment.

The object contemplated by the Great Author of the institution of marriage is the increase and perpetuation of the sum of human happiness. This object cannot be attained save by individual virtue and prudence, acting concomitantly with the diffusion of enlightenment and the banishment of popular ignorance. Ignorance of a density unequalled, of an obstinacy unparalleled, long prevailed, on the topics which control most completely the fitness of men and women for wedlock. There are certain states of injured health, capable, by early and skilful treatment, of thorough and speedy cure; but which, if neglected or injudiciously dealt with, render aught but disgust and misery in marriage a

thing humanly impossible. It very often happens, too, that these morbid stages are, in their present and apparent effects, so insignificant, so slightly discommoding, and so connected with early imprudences long since relinquished, or humiliating in description, that they are allowed to gain ground insidiously through the delusive idea that the disease will cure itself; that wedlock can work an improvement in a morbid condition, of which wedlock, in some circumstances, is in truth the most active promoter.

The consequence of such misapprehension is that a contract of the most solemn kind is frequently entered into under circumstances which cannot fail to produce unhappiness in a variety of shapes,—unhappiness which does not terminate with the lives of the individual parties to the contract, but throws its gloomy shadow across the path of posterity. The diseases thus engendered, circulated, and perpetuated in society form only one section—though a most important one—in the chapter of disasters referable to misconceptions of the true objects of marriage, and of the steps which must be taken by all who would completely attain those objects.

A leading and indispensable step in the work of self-knowledge and self-preservation is that of ascertaining, in the first place, upon authority which cannot deceive, that in no part of the

organization lurk even the most remote admonitory symptoms of the past, present, or prospective existence of any infirmities by which functional and general vigor can be impaired. In this task of self-examination the memory and conscience, not less than the reason, must be consulted. It will be necessary to institute a rigid review of every habit, whether relinquished or not, or every incident and circumstance which impartial candor can suggest, as bearing in any degree on the point to be elicited; and reference must be made to the faithful counsel of a physician whose practice is chiefly devoted to that particular branch of pathological science more immediately connected with the subject of inquiry.

As an "unfortunate marriage" is, of all earthly calamities, the most overwhelming and irremediable, and as it so frequently occurs that persons enter ignorantly into the solemn contract, to find, when too late, that they are unfitted to realize its principal ends, and under circumstances which make dissension and misery its inevitable attendant, no prudent man should take the irretrievable step without assuring himself, through competent advice, that he is in all respects in a condition to do so. But consultation with the physician is a mere mockery and delusion unless there be perfect openness and sincerity on the part of the individual seeking his counsel. Every

question which experience may put should be answered with truthfulness, as rigorous as if the eye of the questioner could read the heart of the client. If the latter fail in this duty, he is deceiving himself, and, haply, laying the foundation of a life of anguish and remorse, from which one moment's manly frankness would have rescued him. He may rely on it, that if he *have* unpleasant secrets to reveal, he can tell nothing worse than his well-practised adviser has listened to and soothed. If, on the other hand, his conscience acquit him of any self-incurred affliction, he can feel equally certain of faithful information as to the existence of any latent or semi-latent symptoms which may require to be suppressed and extirpated before the matrimonial compact be entered into.

And here care should be exercised as to the class of practitioner who is applied to. If, on the one hand, he be an empiric, blindly adhering to an imaginary rule of uniformity in cases each of which requires its separate variety of treatment; or if, on the other hand, he be one who has so "diffused" his studies as to have acquired only a superficial acquaintance with any one branch of his profession, the chances are that he is unable to apply to the case before him such a searching test as may eliminate the whole facts. The physiology of the reproductive organs is a subject so

intricate, so extended, embracing so many complications and seeming contradictions, calling into requisition such an amount of minute research, observation, and comparison, as to demand the exclusive, unwearied energies of the practitioner who applies himself to it. It is a thing passing human capacity, to master it in its manifold details, unless the whole mind (prepared, of course, by a careful education in medical science generally) be devoted to it. Hence it follows that the physician who distracts his faculties by avariciously endeavoring to grasp too many branches of practice, is apt, through mere ignorance, to treat with presumptuous levity complaints or applications in which an indefinite series of human misery or happiness is involved. Above all things, therefore, the character and perfect qualifications of the adviser should be ascertained; and then the applicant may freely unbosom himself. It may be well to apprise the reader that absolute secrecy as to the identity of patients is the inviolable rule of the medical profession (excluding, of course, the loathsome vermin who, under assumed titles and fictitious qualifications, usurp and disgrace its name). Setting out with the resolution to speak frankly and truthfully, the applicant may await the result with confidence. If he have ills or infirmities to be healed, they will be healed speedily and radically:

whilst if "all be right" with him, he will have the comfort of knowing that it is so.

A few words now, on the general *morale* of marriage. It may be laid down as a general principle, that when there is a striking disproportion in point of age, health, and strength, when there is a manifest discordance in temper and disposition, when there are disturbing elements connected with religious or family feuds, — prudence would recommend that persons thus relatively circumstanced should on no account commit themselves to the most solemn of earthly engagements. This is assuredly the rule of safety, though experience daily shows that exceptions occur. It is not usual, but it *does* sometimes happen, that we see age and youth, vigor and infirmity, wisdom and stupidity, allied, without producing any apparent symptoms of unhappiness. Such instances of what an actuary would term "departures from the averages" are rare; but they are sufficient to show that personal idiosyncrasy is sometimes so powerful as almost to overcome the ordinary rules of Nature, who loves to exhibit herself clothed in the beauty of variety. Most dangerous it is, however, to act on the authority of isolated exceptions. If Parr survived his century and a half, Parr's next-door neighbor would have been rather worse than an idiot, to found his own arrangements upon calcu

ation of reaching the same comfortable climax of longevity. If a certain noble peer beget healthy offspring at threescore and ten, the celebrity of this "freak of nature" proves its rareness. If Cornelia bore children at sixty-two, and if the illustrious Haller were rightly informed respecting the still more venerable nursing-dame of seventy, he would indeed be a sanguine man, who, upon such interesting phenomena, should rest his hopes of a son and heir on a union with a damsel of fifty. "The averages" are after all the safest landmarks, subject, however, to numerous exceptions.

Among the subjects which occupy the attention of the practical hygiologist, the proper age for contracting marriage has given rise to no small amount of controversy; the result of which is, however, a pretty general agreement that, making allowance for the differences of climate and temperament, the preservation of chastity by either sex, for several years after puberty has been attained, is productive of effects not less beneficial in a physical, than it is beyond all question in a moral sense. If excessively early marriages — those precocious unions which we sometimes see, formed between boys and girls of sixteen or seventeen years old — lead to the birth of children whose parents have neither the means nor experience to guide, to instruct, and to maintain them;

if, in short, these improvident contracts lead to a morbid increase of mere numbers, so, in like manner, the premature activity of organs which should quietly ripen and mature is apt to prejudice the physical vigor both of the parents and their offspring. It sometimes happens that before a man has attained the meridian period of life, even though no vicious irregularity have stained his youth, his powers become debilitated through too early sexual congress, whilst his numerous children are sickly and enfeebled. This circumstance is often referable to the fact of marriage having been entered into at an age when the constitution of the individual had not acquired the hardihood and compactness requisite for the active discharge of all the duties of wedlock.

In many nations, and at various epochs of history, legislative regulations have been introduced with the view of meeting this evil. We find penal obstacles imposed against marriage being contracted before the ages of thirty, twenty-five, etc., etc. But laws of this kind must always be partial, generally ineffectual, and sometimes mischievous. In the warm latitudes of the south it would not be possible, and if possible, it would be tyrannical and pernicious, to compel young people to postpone marriage until the age which would appear timely and advisable in cold cli-

mates. Under the sun of Hindostan, or even of Palestine, a girl is endowed with all the functions of womanhood several years before her faculties would reach an equal development in the meridian of St. Petersburg.* Again: even among persons born and living in the same country, the variations of physical idiosyncrasy are so wide that any useful settled rule is impossible. That which may be absolutely indispensable to the health, the virtue, nay, the very life of one, may be positively pernicious in the case of another person of the same age, but of an opposite habit of constitution. At eighteen years, the system of the one may have acquired a maturity — an exigent impetuosity of development — which it may take seven or eight years longer to produce in the other. It is thus evident that the course of wisdom and prudence is to treat every case upon its separate characteristics and circumstances. Parents and influential friends who adopt this advice, in weighing the pros and cons of arrangements on which such momentous consequences depend, will find their pains richly rewarded by the blessings of those who may have to ascribe the happiness of their lives to this laudable forethought on the part of their guardians.

* It is here to be noticed, that even in the most northern latitudes, peculiar physical developments lead to early puberty, amongst certain races of Laplanders, etc,

The same principle which governs the development applies equally to the stages of change which precede the collapse of the generative faculties. I will suppose three neighbors, one aged fifty-five, another sixty, and a third aged sixty-five; and of these the man of sixty-five is frequently more capable and vigorous — younger, in short, as regards the subjects treated in this work — than his neighbor of sixty, whilst the latter again is younger than he of fifty-five; so much does constitution influence the growth and duration of the powers of manhood. That which would be tantamount to a death sentence in one case may be safe, healthful, and advisable in another. Obviously impossible as it is to apply rules of inexorable uniformity, the proper course where doubt and uncertainty exists is to take the advice of a medical man of experience and character, who will at once point out the necessities indicated by the respective peculiarities of temperament which he has to consider.

That the happiness of married life may in a great measure be secured or defeated, by attention to or neglect of what lies in our power previous to its consummation, is as true as that there are duties obligatory alike upon both parties after marriage. If a man have made a hasty or thoughtless selection, the fault of haste or thoughtlessness is assuredly his own. As to

the period at which it is wisest to enter upon this state, the advice of the great moralist, Johnson, is striking: "Those who marry at an advanced age will probably escape the encroachments of their children; but in diminution of this advantage, they will be likely to leave them ignorant and helpless to a guardian's mercy; or if that should not happen, they must at least go out of the world before they see those they love best, either wise or great." As to *young women* more especially, it is certain that the natural exercise of the organs of reproduction has the happiest effect on those of a warm temperament, excited by diet, inactivity, and other stimulating influences. How often do we note the cessation of frequent hysterical paroxysms, when the subject of such attacks has exchanged the virgin for the matron state! In this respect, the advice of Hippocrates, two thousand years old though it be, is equally applicable in our own day. Hippocrates prescribes marriage as the natural remedy for not one, but many seriously wasting female ailments. When, therefore, a young marriageable maiden exhibits symptoms of the approach of such diseases as hysteria, or irregularity, or absence of certain secretions, the fact that such discouragements are the results of continence is Nature's declaration that marriage is the best method of curing them; and the sufferer should

then, if possible, be united to the object of her affections. Such symptoms generally disappear after marriage, unless long habit or some new disturbing cause, in a few instances, prolong their stay; health blooms again upon her cheek; and to her family and to society a being is preserved, who may be one of their most amiable and valuable members.

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

Allusion has been made to Dr. Johnson's opinion in favor of early marriages. But this opinion is to be received only with a qualification. That the offspring of an aged parent is apt to inherit much of the debility and decrepitude which naturally attend old age; that the law of Nature and the dictates of prudence discountenance the marriage of the old to the young, as an ill-fitting conjunction, tending not only to the discomfort of the wedded parties, but to weak health and short life, as the inheritance of the

fruits of such unions, is indisputable; but scarcely less grave are the mischiefs which ensue from precocious marriages, — from marriages which take place before the parties have attained a considerable degree of maturity. The great physical degeneracy of the Polish Jews has been attributed not more to the custom of marrying, generation after generation, within near degrees of kindred, than to the connubial association of very young persons. In many parts of the Continent similar results have been observed to arise from a like custom; and it may be accepted, as a general rule, that no consummation of matrimony ought to take place before each party has arrived at adult age. If it be argued that very early marriages check libertinism, it may be responded with perfect truth that they tend with equal effect to the production of a sickly, suffering, short-lived progeny, who, fortunately for themselves, seldom reach manhood or womanhood, and are, in fact, “not worth rearing.” The best preventive of libertinism is vigilant and judicious training, combined with careful inculcation of the sacred precepts of religion. Violations of the wholesome laws of Nature in one direction are not to be prevented by the violations of the same rules in another direction; and the effeminate and ferocious character of Louis the Eleventh, of France, is only one of innumerable examples of

the effects of the exhaustion of the nervous powers, and the perversion and destruction of some of the most important of the human faculties, consequent on too early congress. The lapse of two thousand years has confirmed the truth of the principle enunciated by the philosopher who declared that "precocious marriages oppose a good generation; for in the entire animal kingdom the fruits of the first signal of reproductive instinct are usually imperfect, and have not any well-established form. It is also the same with the human species, and the cause is evident; for precocious marriages procure small and contemptible men." The wisdom of this has been confirmed by the experience of all ages down to our own.

In animate as well as inanimate nature, one of the greatest charms is contrast and variety, and the influence of this is conspicuous in the relations between the sexes. It will ordinarily be found that the members of the softer sex fix their affections upon individuals distinguished for the possession of the masculine qualities most opposite to the female characteristics; and so, *vice versa*, with respect to the attachments formed by males toward females. This, as I have observed, is the effect of a great natural law. Admiration of any kind is, in general, directed more intensely toward that which we do

not, than toward that which we do possess, and toward the qualities most different from those with which we are ourselves endowed. On the same rule, by which an animal cannot feel sexual emotion toward itself, it feels comparatively little toward that which is like itself, while the feeling is intense toward that which is unlike it. So we observe that man looks for delicacy, flexibility, and gentleness in his mate; woman, for strength, firmness, and power. In the vital or reproductive system, men and women are found instinctively to seek and approve opposites; so, love from a man toward a masculine woman would be felt to be an ill-ordered association; and an effeminate man is repugnant to woman, whose weakness seeks support in the wants which it feels or in the dangers which it imagines. The classic statue of Hector and Andromache must assuredly have been embodied under the inspiration of the poetry of Homer. The sylph-like mother elings about the manly form of her noble husband, armed for the fight, as she fondly yet proudly exclaims, —

“Too daring chief! ah, whither dost thou run?
Ah! too forgetful of thy wife and son.”

Frequent instances have occurred in which an ill-assorted union brought about by compulsion, by mercenary motives, or any other of the thousand conventional influences “which war with

Nature's honest rule," have caused a married couple to be not only unfruitful but virtually impotent, between each other, though otherwise perfectly competent to the performance of the offices of procreation. Thus, a married couple have often been observed to be childless, until, on the death of one of the parties permitting the survivor to form a more eligible choice, the usual consequences of marriage were soon apparent. Further even than this, a wedded pair have been known to be sterile, though after divorce each has become prolific with an individual of opposite constitution; and it is well known that the test of congress was abolished in France in the seventeenth century, owing to the circumstance that M. de Langeois, though incapable of the duties of the married state with his own wife, was very fruitful with another lady better suited to him.

It may be safely affirmed that a difference in temperament between married persons is conducive, not only to mutual affection, but to fertility. Nature appears to disapprove all unions in which her principle of differences and contrasts is disregarded. She wishes marriages between different families and nations, because such crossings of the various races improve and invigorate the species. The mental weakness, as well as physical predicament, of some of the European royal

families, are strongly confirmatory of the evil of alliances within narrow limits, and daily examples confirm the validity of the principle. Pallas adduces the fact that the intermarriages of the Mongol Tartars with the Russians and Persians produce very fine individuals; while Humboldt and others have observed that the offspring of Europeans and persons of the Ethiopic race are peculiarly robust and active. The philosopher just named argues from this, *that the best mode of eradicating HEREDITARY diseases, gout, scrofula, consumption, madness, epilepsy, etc., in their early tendency, is by the commixture of the species in intermarriages, which arrangement often prevents the transmission of such diseases to the next generation.* If all conjugal unions were assorted after the dictates of nature, or the secret instinct of sympathy, nothing, without doubt, could be more delightful and lasting than the bonds of Hymen. By well-ordered natural alliances both sexes become better and more perfect, the mutual abandonment of one to the other forms one being in two bodies, care is lessened by participation, and pleasure rendered doubly exquisite.

The instinctive feeling of repulsion which we experience at the mention of the intermarriage of very near relatives bears silent but eloquent testimony to the fact that Nature prefers a wide

range in this respect; and physiologists concur in referring the corporeal and mental degradation of many ancient aristocracies and princely houses to the narrow limits within which matrimonial selections are made, — to the system (speaking in homely phraseology) of “breeding in and in.” Mr. Walker, in his celebrated work on “Intermarriage,” advances a theory which has received much confirmation from subsequent inquiries, and which my own extensive observation enables me in great measure to corroborate, — viz., *that a given half or division of a child’s organization is for the most part imparted by the male parent, and the other half or division by the female parent*; consequently that continual transmissions, generation after generation, of idiosyncrasies which have not been healthfully varied — or it may be said, “ventilated” — by accession of fresh blood, had inevitably led to depravation and debility. The noblest race of living beings would, by this long-continued progress of “family alliances,” become degraded, and in time extinct; and the rule here indicated extends from man downward, through the whole realm of animated creation. Mr. Walker argues, that by the laws of resemblance, the qualities of the father and mother are communicated to their progeny, “not in various and minute fractions, but in halves, in the anterior or the posterior series of organs,

and in no other way"; and that by placing himself in suitable relation to an appropriate partner in marriage, the parent has "the power to produce and preserve either series of organs, — the best instead of the worst portion of his organization." Mr. Knight states, as the result of half a century's experience, that the most vigorous offspring, bodily and mentally, is, with scarcely any exceptions, that of persons of different hereditary temperament. This variation is unattainable under the system of in-breeding amongst a limited number of families,—a system which long ago elicited from a British surgeon* the following remonstrance:—

“The marriages of high rank and of hereditary wealth are generally concocted in muniment rooms, where the estates of heirs and heiresses are entailed, together with the personal peculiarities, moral defects, and hereditary diseases of each family, and perpetuated as far as law, signings, and seals can extend them. Hence the frequent termination of such ill-bred races; while in every ancient village of considerable though not shifting population, the names of humble families have continued for more ages, though ill-recorded, than those of the proudest gentry.”

This disastrous state of things has happily, of

* Sir Anthony Carlisle.

late years, been much changed for the better by numerous intermarriages between members of our wealthy families and the sons and daughters of prosperous persons of humble origin, who infuse the invigorating freshness of variety into the "sang pur" of their courtly mates. To this circumstance may be attributed the gradual recovery of our aristocracy from the lamentable effeminacy, corruption, and degeneracy into which it had declined.

These remarks are intended to have a practical bearing upon the principles which ought to guide persons of either sex in their irrevocable choice. True philosophy teaches, after all, that to be natural is to be wise; and even the simple dictates of the bodily organization are, if not infallible guides (which they are not), at least more safe and trustworthy than those of mercenary sordidness and greed.

Having dwelt thus much on the condition, the observance or violation of which so materially influences the happiness or misery of the marriage state, the vigor or decrepitude of offspring, the welfare of individuals and of society at large, it is important to observe that there are numerous incidental affections which, though removable by judicious medical treatment, exhibit so many of the overt symptoms of hopeless and incurable infirmity, that, *in the absence of*

the knowledge that effectual relief can be administered, their presence inflicts the bitterness of despair and the anguish of shameful humiliation upon thousands. The prevention, the suppression, and the alleviation of suffering arising from these causes are one of the purposes of my present labors.

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

The principal of these causes it forms the labor of my life to sift, to identify, and to remove. My professional experience has brought me so much into contact with persons of all grades and stations, and of various mental and physical temperaments, that I feel myself justified in speaking with the freedom of one whom a fund of mournful knowledge has made acquainted with facts which give language authority.

In the first place, then, it is a truth which it would be not only useless but mischievous to disguise, that a prime and leading source of conjugal

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

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

most painful, relatives on both sides became entangled in discussions which promised anything but a friendly conclusion. The mysterious loss of many successive children, whose parents were to all appearance so well fitted for the performance of their respective functions, baffled the ingenuity of the family physician, and at length began to excite suspicions of a kind most injurious to third parties. At length medical advice was taken elsewhere, and the husband was minutely questioned as to any antecedent circumstances which could by possibility have affected his present state of health. He stated that in his youth he had suffered from a disorder which, as he believed, "had been perfectly cured." An examination took place; after rigid analysis it became evident that there still existed in the system some smouldering remains of the evil. Light now began to set in; wife and husband were persuaded to live apart for a few weeks, and a powerful alterative and purifying process was resorted to in the case of each. They then resumed cohabitation. Three or four children, growing up in the bloom of health and vigor, are the fruit of the reunion. But mark the consequences of the neglect, on the part of the husband, to take advice before his marriage from a thoroughly qualified practitioner, as to whether there were anything "to be set right" before the union was consummated.

Half a dozen lives sacrificed; a wretched interval of anguish and mutual reproach; family dissensions, which, once excited, will perhaps never be truly reconciled! Fortunate that the evil effects of culpable neglect proceeded no further. Such is one of the least distressing illustrations of the neglect of an obvious and easy duty.

Whilst on the subject of health of children, it is important to take notice of the cases in which, through many incidents besides incapacity of the procreative powers on either side, there has been no offspring whatever. Such deprivations of life's chief blessing sometimes arise out of conditions the very reverse of those which popular prejudices usually assign as the sole cause of non-fruitfulness. It happens, not very unfrequently, even where morality has never been departed from, where the strictest fidelity has been observed on both sides, where there is no overt disease, no hereditary predisposition to disease, no deficiency or malformation of the essential organs, that no offspring is forthcoming to crown the happiness of the wedded pair. Now, in many such cases, the very ardor and redundant warmth of love are the agents which defeat their own object; in others the disappointment arises from ignorance of a few simple and salutary maxims respecting food, repose, and season. There is more important truth than is generally imagined in the ancient

maxim, "Labor, cibus, potio, somnus, Venus" (Labor, food, drink, sleep, love); and it is equally worthy of note by those who hope to be the parents of a numerous and vigorous offspring, that the wished-for consummation is seldom accomplished save under the influence of "natural and vigorous desire and impulse." Children propagated during intoxication are often decrepit in body, and still more so in mind. Finally, very fond couples will do well to remember that the cherished object of their wishes is marred rather than promoted by a too frequent or impetuous indulgence of their emotions.

There is yet another class of cases, in which the absence of children involves serious consequences, not merely as regards the discomforts of the married state, but in reference to the arrangement of property and to many other objects which will suggest themselves to readers of intelligence. Extraordinary, but well-authenticated narratives are on record, of efforts made to become parents through the violation of *more than one* of the laws of morality. As instruction, however, and not mere amusement, is the object of this treatise, it will suffice to remark that in a vast majority of the cases under review, *timely application to efficient medical counsel would remove both the agony of disappointed hopes and*

the temptation to use vicious means for the fulfilment of these hopes. There are few causes of disqualification which cannot be effectually subdued by the appliances of science and experience — by the guidance of a physician whose devotion of all his faculties to the investigation of the functions of reproduction furnish a guarantee of his capacity to adapt his treatment to the distinctive exigencies of each particular case. Let this precaution be adopted, and rarely indeed will the object fail to be accomplished.

By a careful observance of these admonitory-hints, by attention to the duties which each stage of existence calls into action, the great end of marriage — the health, the happiness, and natural reproduction of our species — will be promoted to an indefinite extent; and countless scenes of misery, degradation, and wickedness be finally extirpated from the earth. The ways of virtue are the ways of Nature; once known and followed, they will be found infinitely sweeter than those haunted by the infatuated votaries of inordinate indulgence. Much must be left to the vigilance of parents, teachers, clergymen, and all having the care of youth, to prevent the seeds of vice from being sown in the minds of their charges; to preclude all possibility of the younger being corrupted by the elder; and, trampling on the hateful and deadly prejudices

created by the demon of false modesty, to be careful in inquiry, and delicate but firm in exhortation. Much will then depend on the mental training of the youth, whereby he may avoid those quicksands of passion on which so many have been shipwrecked. The ages of ignorance are said to have passed away forever. Shall we continue to tolerate that most hateful vestige of ignorance that would cloak and hide a frightful evil, which it rather becomes us to endeavor to remove?

As to those who have attained mature years, who contemplate matrimony, or who have already undertaken its obligations, and would effectually secure the blessings, and as effectually avert the evils, which are (it is hoped) sufficiently clearly indicated in this treatise, the pathway of health and safety, of happiness and longevity, is pointed out to them,—let their own reason dictate to them whether they will follow the auspicious track.

Thus, to all stages of life, to all variations of constitution and temperament, to all grades of social or professional position and circumstance, the subjects which form the staple matter of examination and elucidation in these pages are pregnant with considerations of interest and utility. The experience of a life has convinced me that, of the undefined causes of unhappiness which perplex the politician and the philanthro-

pist, an enormous proportion is referable to the dire neglect with which the more secret and difficult branches of physiology have been treated by the majority of medical practitioners. One of my most cherished objects is that of awakening the convictions of my medical brethren to an active sense of the duty of giving to this department of pathology that studious and respectful attention which its importance eminently deserves. I feel that if I can effect this, I shall have done much toward insuring the desired result of my labors.

But I have yet another object, — one equally in unison with the aspirations of the eminent men to whose remonstrances against pernicious anomalies and prejudices allusion has already been made. That object consists in the diffusion of such an amount of popular knowledge as may serve, at least, to instruct my fellow-beings as to the extent to which the miseries and felicities of life are involved in a line of conduct over which each one of us has control, — viz., the observance or neglect of the celestial lights of nature and science.

It is right and useful that all men should know that there are principles of personal management which cannot be violated without the incurral of grievous penalties; it is right that they should know, when wisdom and regret succeed the hey-

day of inconsiderate self-indulgence, how these penalties may be mitigated, and how the sting of their bitterness may ultimately be removed; it is right that they should understand the beginnings of evil, that so the evil and its consequences may be avoided: but it is almost equally important that the innumerable host of sufferers who are already experiencing the agony of disappointed hopes, and the humiliating degradation of a baffled existence, — it is almost equally important that these should be made aware that *the most absurd of all emotions is that of despair*; that physical infirmity is incalculably aggravated by permitting the mind to brood overmuch on misfortunes which men should seek to remedy instead of dissipating their energies in idle lamentations; that mental prostration is the fertile parent of bodily imbecility and anguish; and above all, that *there is scarcely any degree of weakness or functional derangement to which the timely aid of science cannot apply a cure*. The cases are not counted by scores, but by hundreds upon hundreds, in which I have found a patient hastening to, or already immersed in, an abyss of woe, remorse, incapacity, and deprivation of hope, and have left this same patient in the thankful enjoyment of vigor and buoyant spirits. In the course of a widely extended practice and correspondence such instances are of continual

occurrence; and they have sometimes presented themselves under circumstances which made the conservation of titles and large properties, the dignity and perpetuation of ancient and time-honored races, contingent on the effectuation of the grand object of marriage. It is unnecessary to add more, before proceeding to a detailed exposition of the subjects which enter capitally into the considerations of the Practical Philosophy of Marriage. It is a topic, the interest of which commences with earliest infancy and does not cease until man is consigned to his last narrow resting-place. That the latter catastrophe should not take place until Nature's course is fairly run,—until the venerable dignities of a hale and happy old age have been enjoyed,—until a virtuous, healthy, vigorous posterity is seen flourishing around each honored grandsire; that destructive viciousness be extirpated, and innocence and felicity take its place,—such are among the high designs with which the following pages have been composed; and actuated by this spirit, I feel myself guilty of no presumption when I bespeak the attention of my fellow-men in all countries, to the warnings, the exhortations, and the instructions therein contained.

CHAPTER IV.

ON SPERMATORRHŒA (EXCESSIVE SPERMATIC DISCHARGE, OR SEMINAL DEBILITY) — ITS HISTORY AND CAUSES.

MY chief design, in composing the present work, is to furnish persons uninitiated in professional mysteries and technicalities with information sufficient to lead them to the adoption of those measures of precaution, prevention, or cure, which may, in certain states of the system, be necessary for the *preservation* of health, for its *restoration* when damaged or jeopardized, and for the *arrest of disease*, either imminent or present, ere it reaches that desperate stage with which even skill and science would grapple in vain. I think it right to state, in the first place, that the term "*Spermatorrhœa*" (a Greek derivative) indicates an excessive and unnatural loss of the seminal fluid.

This affection, which is often the precursor and cause of a train of the most dire, excruciating, and deadly maladies to which the human frame is subject, has various origins; the principal of which (and that which is infinitely more general and destructive than all the others put together) is the practice of that fearful habit

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which has slaughtered so many victims at the shrine of the Moloch of sensualism, and which may be delicately, but I hope sufficiently plainly, indicated as *Solitary Vice*.

The promotive causes of Spermatorrhœa, in its meaning of *seminal weakness*, are of several kinds; but the cases which arise from all the others put together are not one hundredth part the number of those proceeding from *self-abuse*, the dreadful consequences of which, in their multi-form shapes, form a principal subject—a subject painful as it is important—of the present work. Among the secondary causes are *venereal excesses* of the natural kind, which come probably next in degree, though still at a vast distance. *Organic disease of the testicles* is another cause; to which may be added long-continued and *obstinate gleet*s. The evil is also occasioned by the action of a variety of nostrums prescribed by injudicious medical men; and there are several kinds of congenital and local malformation which, if not obviated or removed, tend directly to the production of the malady. *Certain cutaneous eruptions*, causing itching on particular and sensitive parts of the body, are sometimes found to produce a similar effect; again, *constipation or tightness of the bowels*, and *the irritation of the rectum or lower bowel* by multitudes of worms, termed ascarides, are another cause. Local accidents to the genital

organs, or those adjoining, likewise to the head, and colds arising from damp or otherwise, at times lead to some of the consequences of Spermatorrhœa; and sedentary habits, long riding on horseback* or even in carriages, are in certain habits of constitution found productive of the worst effects in this respect. But as the influence of all these is absolutely insignificant, either in extent or malignity, compared with that of *self-abuse*, I shall for the present pass them by, and proceed at once to the consideration of that grand source of mischief.

As connected with this subject, I may here observe that anything like prudery or attempted concealment respecting it is not merely one of the most vain and foolish affectations, but one of the greatest practical injuries to morality of which mistaken good intentions are capable. The most ancient and venerable record of human events refers especially to *abuse*; without either sanctimoniousness or profanity, I may reverentially affirm that the Book of books itself is not only standing evidence of the heinousness of *the sin of Er and Onan*, but of the necessity of proclaiming that heinousness to all mankind, and the folly and wrong of endeavoring to conceal it. *Their*

* The prevalence of impotency among the ancient Scythians, who almost passed their lives on horseback, and among certain of the Mongol and Tartar tribes down to the present day, is well known.

crime was committed in the full consciousness of its inherent hatefulness, and therefore their punishment was most signal. They dared to disarrange, to pervert the laws impressed alike upon the conscience as upon the bodily organization of man. Theirs was presumptuous criminality, — not ignorant frailty, but wilful impiety, and their sad example has been left on record as A FEARFUL WARNING TO ALL FUTURE GENERATIONS, as a measure of the depravity of certain transgressions and the inevitable certainty of retributive justice. Is it not, then, gross infatuation on the part of human beings, be they parents, guardians, teachers, or what not, to *attempt to set aside this holy ordinance; to set aside the force and meaning of this great example* by paltry quibble and prevarication, or by any means (as all such means are) inconsistent with candor and truth? Such devices merely create the danger — nay, in many cases the absolute certainty — that the evil may arise, and all its sad train of moral and physical ruin be incurred, *before the victim becomes acquainted with the meaning of the warning*, so wisely and so mercifully set forth in the thirty-eighth chapter of Genesis.* That this has often

* And Onan knew that the seed should not be his: and it came to pass when he went in unto his brother's wife, *that he spilt it on the ground*, lest that he should give seed to his brother.

And the thing which he did displeased the Lord, wherefore he slew him also. — *Genesis*, 36th chapter, 9th and 10th verses.

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

As to the pretence that any allusion to solitary vice may lead youth to the knowledge and practice of it, that would really appear too shallow an argument to be seriously dealt with. *It is an evil against which it is impossible to guard, save by warning and vigilance*; for there are no circumstances conceivable in which a child may not fall into it, if not timely informed of its consequences. In the family circle, among his parents’ servants, in private and public schools, from accidental associates,—nay, by perverse instinct or physical infirmity,—the secret may be learned. The practice of solitary vice—the bane of future life—exists at all ages, from infancy upwards, but chiefly *amongst children and youth*. Even children of seven, eight, and nine years have been brought to their graves through inveterate but unsuspected addiction to this habit, which the unhappy parent discovers when too late; and when we find that even *female* children are not exempt from it—when we find little female infants of tender years producing lascivious emotions by giving themselves up to furious mastur-

bation* — when we find that ignorant manipulation of nurses, working the ruin of children at the breast, and when pathological experience makes us aware of the innumerable instances in which young people are injured through their parents' erroneous idea that until the arrival of puberty, no vigilance need be exercised over "the actions of children with regard to their genital organs," it is high time that the honest and intelligent members of a noble profession should protest against the hateful hypocrisy alluded to, should defy it, expose it, oppose it with might and main, and endeavor, with what force they can, to put it down, and render it as loathed and despised as it really is loathsome and despicable.

Away, then, with this wretched perversion of the meaning of the terms "morality and delicacy," when it is known and declared by experienced physicians that even disease itself, in a variety of shapes, — such as pulmonary consumption, — sometimes leads to considerable and even violent venereal excitement, and that the unchecked, untaught propensities of the young lead them, in infinite numbers, to perpetrate deadly violations of the sacred ordinance in this respect. It is better (in the language of a great master of science) "to admit at once that

* *Annales d'Hygiène Publique et de Médecine Légale.*

among other infirmities of our nature, causes predisposing to masturbation exist within the human organization itself," and to take measures, at least as strenuous, against the development of this all but universal infirmity, as are adopted with regard to others infinitely less common, less seducing, and less pernicious.

It is, therefore, my wish that this publication may become extensively familiar to the superintendents of our schools and collegiate educational institutions; to the clergy, to parents and guardians, and to all to whom is intrusted the formation of youthful character. It will be useful, without admixture or diminution, in enabling them to make timely discovery of a hateful practice among those committed to their care; and it may put them upon their guard, so as to enable them to take such precautions as may be most fitting to avert the consequences. There are a few of those who have devoted themselves chiefly to the treatment of sexual diseases who are not deeply impressed with the prevalency of self-pollution. It is doubted by the mere routine practitioner. Is it denied? He, of all men, is least likely to be able to form an accurate conception. He is precisely the last man to be consulted or confided with the secret.

The family physician may be in possession of the *family secrets*, he may know the hereditary

tendencies common to them all, but it is quite another thing to become intrusted with *individual secrets*,—the confession that the solitary victim will not and cannot make to a *father, a mother, a brother, or a sister*. The common medical attendant, never consulted, and very wisely so, is just as ignorant of the extent and prevalence of these pernicious practices as he is of the best mode for their detection and cure. I am sure that in calling attention to the evils resulting from every form of vicious indulgence, I am adopting the most efficient means to deter unwary youth from the snare; and by pointing out to persons of both sexes the frightful evils, both to body and mind, inseparably attendant upon the grosser habit of self-pollution, I hold the warning beacon up to nature, and mark the treacherous quicksand upon which have been wrecked the hopes and promise of many a noble youth now mouldering in a disgraceful grave. Temporary distraction may suddenly dethrone the self-determining power of the will; life may become extinct under the influence of momentary madness; but the poor slave of filthy propensities is a *deliberate suicide*. And shall it be said it is wrong to strip the mask off this infatuation,—to paint the horrors which await the unfortunate creatures who venture near the edge of a moral gulf, indiscriminately burying within its insa-

tiable vortex the happiness of Time and the hope of Eternity?

Self-pollution is the most certain, though not always the most immediate avenue to destruction. It constitutes a lingering species of mortality, and if it were possible to study and invent some new refinement in cruelty, surely that would most clearly deserve the designation which man deliberately points against himself, — against not merely his temporal but eternal welfare; not by sudden wrench to tear himself away from the amenities of wife, children, and home, but *with his own hand* imperceptibly to infuse a deadly poison, slowly to rankle in the cup of life and embitter each passing day; to shroud in gloom the darkening future, and invite the king of terrors prematurely to do his office.

To describe more precisely this fearful infatuation, *Self-pollution is that detestable practice by which persons of either sex may defile their own bodies, alone, in secrecy; and whilst yielding to lascivious imaginations, endeavor to imitate and procure to themselves those sensations which nature has appended to the commerce of the sexes.* It appears to be one of those impure habits which are coeval with the world's long history. It was the special vice of Rome. Temples were erected to Venus Fricatrix,* in which the most

*From the Latin verb "*frico*" (to rub or chafe), whence "*frictio*" (friction).

obscene practices, of which self-pollution constituted one, were publicly perpetrated. The *Friga* or Venus of the ruder Scandinavians was honored with similar vile observances; and from this curious yet filthy source we derive the name ('*Friga-ducy*,' Friday) of the sixth day of the week. A word in vulgar use, expressive of the sexual act, has the same dishonorable origin.

Unfortunately for the history of human nature, the vice has been found coeval with every form of society, savage or civilized; and the denunciations of 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 extremity; its guilt crying, and its consequences absolutely ruinous; as destroying conjugal affection, perverting natural inclination, and extinguishing the hope of posterity.*

One of the greatest of living physiologists — one of those to whose energetic labors humanity is indebted for the degree of attention which, in modern times, has fortunately been directed toward this subject — observes that no error has inflicted greater ills on society, or produced greater social, domestic, and individual miseries, than that of parents who neglect the consequences which may be produced by children associating

with servants, schoolfellows, playmates, etc. Countless numbers have owed their fall to this cause. But besides the danger arising from evil example, there is that of the child acquiring by himself, through accident or morbid precocity, habits which may ultimately prove destructive. "In some," it is remarked, "there is a kind of precocity of sexual instinct which leads to very serious results. In these it often happens that the instinct arises long before puberty. Such children manifest an intuitive attraction toward the female sex, which they show by constantly spying after their nurses, chambermaids, etc. These practices of children are commonly laughed at; but if they were regarded with more attention, it would become evident that the sexual impulse was awakened." Instances of this kind are, in fact, innumerable; but as I am desirous occasionally to support the results of my own experience by reference to that of such other practioners as have, like myself, addressed themselves to this department of physiological science, I shall here quote a case in point from the reports of a contemporary:—

"M. D——, the son of a physician, when between five and six years of age, was one day in summer in the room of a dressmaker who lived in his family; this girl, thinking she might safely put herself at her ease before such a child,

threw herself on the bed almost without clothing. The little D—— had followed all her motions, and regarded her figure with a greedy eye. He approached her on the bed, as if to sleep; but he soon became so bold in his behavior that after having laughed at him for some time, the girl was obliged to put him out of the room. *This girl's simple imprudence* produced such an impression on the child, that when he consulted me forty years afterwards, he had not forgotten a single circumstance connected with it.

“The continual occupation of his mind by lascivious ideas did not produce any immediate effect, but about the age of eight the most insignificant occurrence served to turn his recollections to his destruction. Having mounted, one day, on one of the movable frames which are used for brushing coats, he slid down the stem which supports the transverse bar, and the friction occasioned caused him to experience an agreeable sensation in his genital organs. He hastened to remount and to slide down in the same manner, until the repetition of these frictions produced effects which he had been far from anticipating. This discovery, added to the ideas constantly before him, gave rise to the most extraordinary abuses, and after a time to excessive masturbation.”

Without entering into detail upon the miserable

effects which resulted from his practices, or describing the utter destruction, physical and moral, which ultimately occurred, it will here suffice to observe that the instance quoted is merely one of thousands of a like nature, in which children and very young persons procure voluptuous sensations by masturbation, or by manœuvres wholly unsuspected by all around them. In some cases the feeling is produced by hanging from doors, furniture, etc.; in others, by compressing the penis between the legs; in others, by sliding down banisters, poles, etc. A curious instance is on record where "an officer of high rank experienced his first sensation against the leg of a table, at the early age of ten years, and continued for several years to employ the same means." By this proceeding the most dreadful subsequent effects were produced. And here I would add my testimony to that of a modern writer, who advises that "the extreme sensibility which the genital organs manifest at the period of puberty should prevent horse exercise from being commenced at this period, as it is usually done." The fact is that some years earlier or some years later is the safer period. I have myself known not a few instances in which the first voluptuous sensation, and the first emission of semen, were caused by horse-riding; and in which, without recourse to any

other means of creating such emotions, debility and impotency at length ensued, which I had not less difficulty in curing, than where the effects had been caused by other irregularities.

After much consideration, in short, *no course* appears to me capable of effectually guarding against the worst effects, resulting from the perversely ingenious contrivances by which illegitimate pleasures are so dearly purchased,—no other course, I say, save that of revealing the awful truth during the early dawn of reason, and inspiring the youthful mind with horror of this, as of other sins. It is madness to wait even so long as the period of puberty. There is nothing so unwise as “the confidence of the parents in the ignorance of their children.” I have demonstrated that long before the arrival of puberty, the genital instinct and impulses are energetically experienced by many. At whatever sacrifice of the innocent recreations of youth, this propensity will find means for gratification, unless there be both watchfulness and WARNING. The former will be comparatively useless—in some cases mischievous—without the latter; for youthful curiosity is easily piqued. It has been well observed that “Children’s sleep is not always so sound as it seems.” Patients have confessed to me that in early childhood they have passed weeks without enjoying noctur-

nal sleep, while seeking the gratification of their instincts by lying on the abdomen, manipulating the navel, and other almost incredible manœuvres fraught with their future misery. Whilst so engaged, their days were passed in listless drowsiness and apathy; fond parents — yea, and grave physicians — attributing the decay in mental and physical health of the once-promising child to every cause but the right one.

But of all the causes and circumstances which lead to vicious habits, and more especially to the deadly one of *masturbation*, not one can bear even a remote comparison to the corrupting influence prevalent in numbers — I might say the majority — of schools, both male and female. The statements which have appeared from time to time in connection with this subject are, so far from being exaggerated, very much within reality; and the reason is obvious. Whilst a child remains at home, the opportunities of, as well as the instructors in, evil are few, if any. A depraved servant or playmate forms (save the exceptional and accidental causes to which I have alluded) the most serious danger then to be encountered. At school it is otherwise. *There* he finds tempters already initiated in vice, to whom corruption and depravity have been transmitted from numerous succession of former pupils, and where again it is engrafted on the fresh arrivals.

“One sickly sheep infects the flock,
And poisons all the rest.”

Most truly have these places been described as being, in many instances, foci and hotbeds of contagion, where destructive immorality assumes a thousand Protean aspects, and where obscenity is instilled by every device of example, persuasion, and menace. The sub-officials in these establishments are not always ignorant of the evil, and are even sometimes criminal participators in and active instigators of it. The principals are, no doubt, either in ignorance, or on discovering, endeavor to repress it — *privately* — without scandal, as they say. But on no account shall the public know anything about it. Not for the world should anything transpire whereby the interests of such-and-such an institution or college or seminary could be compromised. Now this is, *per se*, a great mischief. Nothing effectual is done lest the character of the place should suffer. So one or two rotten sheep are sent away quietly after a note to their parents *recommending* their withdrawal, and twenty or thirty or fifty equally rotten ones are perhaps left; for the infection sometimes extends to the entire establishment. Thus things remain much as before, save the occasional farce of an admonition upon immorality generally, — an exhibition which, from the countenances of the hearers,

would appear as if got up expressly for the purpose of exciting the risible muscles. Now here is a grave, an awful anomaly, — an anomaly eminently calling for legislative action of some kind in order that special and systematic means should be applied for its suppression. The morals, the constitutions, the future manhood and womanhood of our growing population, are perishing and rotting beforehand, under the upas influence of a gigantic evil; and deplorable will it be if either sordid private interests, hypocritical punctiliousness, or the imposture of a pretended regard for our national character for morality, be permitted to interfere between it and its extinction. The latter pretence is not less absurd and unfounded than any of the others. The terrific prevalence of the vice in our schools and amongst our own youth is matter of certainty, to conceal which is impossible, and would be foolish and wicked if it were possible. But in other countries, more especially those to which luxurious refinements have extended, things are no better, as acknowledged by the highest authorities in France, America, and England.* In short, the evil alluded to is the

* The evil greatly preponderates among the male sex, as compared with females. But that it rages with deadly virulence even amongst the latter may be judged from the observation of Mr. Fowler, of Philadelphia, that women, young and apparently

monster one of civilization, in every phase of development, from the barbaric to the more advanced stage.

As already noticed, the effect of *Veneral Excesses*, by which is understood an over-free or promiscuous indulgence in sexual intercourse, is often the provocative of the disease of Involuntary Spermatorrhœa,—a disease which, because not so *evident* in its inroads, is all the more formidable than even those maladies, frightful though they

modest, “are dying by thousands, of consumption, of female complaints, of nervous and spinal affections, of general debility, and of other ostensible complaints innumerable, and some of insanity, caused solely by this practice.” This testimony, did it require confirmation, would receive it from that of Mrs. Gore, in her valuable “Lecture to Ladies, on Anatomy and Physiology.” I may here observe that there are numerous instances of ladies holding medical certificates and practising as physicians in the United States. Mrs. Gore is one of them, and enjoys an extensive practice, as well as much reputation for skill. In the “Lectures” referred to she says, “Some years since, my mind was awakened to examine the subject by the perusal of a medical work that described the effects of this vice (masturbation) when practised by females. This was the first intimation I had that the vice existed among our sex; since that time I have had much evidence that *it is fearfully common among them*. . . . Were this the particular vice of the low and vulgar, there might be more excuse for the apathy and false delicacy that pervade the community respecting it. *But it invades all ranks*. Professed Christians are among its victims. *Our boarding and day schools are sources of intolerable mischief.*” These are native pictures by native writers. With melancholy truth it might be said in reference to our own, and indeed, most countries, — “*Mutato nomine, de te rabâz narrantur.*”

be, the severity of whose external symptoms forces them early on the sufferer's attention. In some instances the affection produced by venereal excess is very difficult of perfect cure; but there is a wide difference, as regards obstinacy, between the infirmity arising from promiscuous excess, and that ensuing on imprudently frequent intercourse with one individual. In the former cases the work of cure sometimes requires a considerable period, while in the latter the difficulties are much less. Much, of course, depends on the *timeliness* of the application for advice. If such application be deferred until the constitution is seriously injured, the obstacles with which the physician has to contend are proportionately greater.

Connected with sexual imprudence, the effects of *Gleets*, generally consequent on attacks of *Blennorrhagia* or *Gonorrhœa*, or as it is commonly called, *Clap*, are sometimes found to be of an obstinately malignant character. The generally received notion among persons unacquainted with medical science is, that the sting of *Gonorrhœa* is quite trifling compared with that of *Syphilis*. This is a great mistake. The effects of *Syphilis* are externally more frightful, but the *Gleet*, consequent on injudiciously treated *Gonorrhœa*, is not less deadly in its ravages. I may instance a case in point which came under my professional

notice not long since. The patient was an officer in the army, who, twelve years previously, when a very young man, had been troubled with what was described as "an ordinary clap." For this he was treated by some inferior practitioner, who dosed him in the routine manner with cubeba, copaiba, etc., etc., and, I had reason to suspect, resorted to a too early use of astringent injections. He was then pronounced "cured." Soon after a painless, gleet discharge was perceived, which, after continuing for several months, was also stopped by some empirical preparation. Here the "cure" was supposed to be complete, but the evil was only suspended. Years afterwards, and when the gonorrhœal attack was all but forgotten (no fresh infection having been contracted in the mean time), the gentleman's bodily and mental health became visibly affected by some cause, which, when the medical man failed to discover it, was as usual considered to be fanciful, and the patient was regarded as a *malade imaginaire*; imaginary or not, however, his complaint produced sad consequences, and I have seldom witnessed a more pitiable example of prostration. *Total sexual impotence* was only one of its symptoms. His abject and miserable condition had been coming on by degrees, and *no one could account for it*. Suspecting the real cause, I submitted his urine to a rigorous microscopic exam-

ination. The result was as I expected. *The spermatozoa* — the characteristic of the human semen, and which, in a healthy condition of the body, could not be found elsewhere — *existed in large quantities in his urine. These animalcules constitute the main material of the seminal liquor, — the very essence of vitality.* Here the nature of my patient's misfortunes at once became self-evident. He was sinking from *Spermatorrhœa*, unsuspected, unperceived, by himself and others. Further examination convinced me that he had been for a long time thus suffering, and that the imperceptible, insidious discharge took place whilst *at stool*, as well as in the act of *emptying the bladder*. In short, my patient had year after year been parting with *life itself*, descending stage by stage to the grave, as a consequence in the first place of improper treatment of common gonorrhœa, followed by gleet, and afterwards through the inability of the general practitioners whom he consulted to detect the real nature of his wasting malady. Had it not so happened that this was discovered in the manner which I have described, the scene would have soon closed over another victim to what, with cruel mockery, is termed "*imaginary*" illness.

Melancholy has been the fate of modern times since the venereal poison was first known and propagated; and sad are the sensations which

must naturally arise in the mind of every friend of humanity who considers its nature and progress. This destructive agent acts not merely upon individual life, but it contaminates every spring, transmitting its dreadful influences to generations yet unborn; it embitters life's sweetest enjoyments, separates husband and wife, parents from the affection of their children, and inflicts a stab upon domestic peace, from which, however forgivingly the tender look of woman's eye may heal the offensive wound, a scar remains upon memory and affection while life endures. It breaks down the vigor of lusty youth, covering the body with loathsome ulcers, or destroying the bones, and thus defacing the manly beauty of the "human face divine." The sonorous voice exchanges its deep, rich tones for a pitiable, contemptible nasal twang, thus compelling the miserable victim, with every word he indistinctly utters, to pronounce his own shame. Such are the revolting features of *Syphilitic disorganization*; its horrible mutilations are shudderingly hateful beyond all possible conception. To crawl upon the face of this fair earth a noisome mass of living rottenness; to waste into hideous decay, from slowly consuming disease and pain, — pain which leaves the mind in full consciousness to brood over past folly; to defile the germ of humanity at the very threshold and

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

Who among us is not familiar with the history of some promising youth, whose noontide sun of existence has been thus in tears and death beclouded? To die, — so to sink into the grave, to be remembered only with fearful regret, to forego the affectionate recollection of surviving friends. These form the slight yet faithful out-

lines of a stern reality; and if the contemplation of the picture deter but one thoughtless youth from the path of folly, how much of human misery may thereby be prevented! It is salutary to ponder over the *consequences of Sensualism*; her fascinations derive more than half their charm from our ignorance of the hidden sting that in the end will "bite like an adder." Were these results ever present in all their power and permanency, could we strip the gaudy, flattering mask from present sensual gratification, surely we should pause, rather than with reckless, desperate heedlessness rush upon disease, misery, and ruin; for

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

The late Sir Astley Cooper observes: "If one of these miserable cases could be depicted from the pulpit as the illustration of the evils 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 maltreatment and the employment of injudicious remedies.*"

There are certain organic malformations of the Testicles, of the Penis, or other portions of

the genital system, which lead to an irritation ending in Seminal Weakness. Even so (apparently) trifling a cause as an unusually large foreskin, causing the formation of a white, pulpy substance on the surface of the glans, may so irritate the sensitive organs as, if not corrected, to produce dangerous symptoms of Spermatorrhœa. The evil is also induced by the administration of various descriptions of drastic purgative and astringent medicines, which, whilst perfectly adapted to one constitution, may be most injurious to another. Congenital predisposition is a very unfrequent cause. Here, the seeds of disease may lurk for an indefinite period in the system, until called into baneful activity by some exciting influence, such as a cold, a fall, a blow, a violent mental affliction, excessive fatigue, etc. Even a single unseasonable act of venery, though performed in the most legitimate manner, and with an untainted partner, may sometimes induce it.

Disorders of the skin, eruptions, itching, and morbid sensibility of the external surface of the body, injuriously irritate the genital organs; and I have had patients who sought my advice, after wasting into approximate impotence under applications of "salves for the skin," "cutaneous lotions," and other empirical nostrums. Affections of the kind must be *constitutionally* treated,

in order that beneficial and not injurious results may be obtained. The removal from the *interna* system of the vitiation which creates the pruriginous sensation, and the cautious but energetic treatment of the spermatic discharge, are the means of cure indicated by science.

The influence of disorders in the Rectum or Lower Bowel is also sensibly felt. In some cases, Spermatorrhœa is produced by mechanical obstructions to the act of defecation or evacuation of the bowels. This obstacle partakes of the nature of a stricture, and must sometimes be removed by a surgical operation. Chronic diarrhœa, or looseness of the bowels, is often perniciously active in inducing seminal weakness, as is also the opposite state of constipation.

I have alluded to the close connection between the organs of generation and those of reason and perception. That connection is not merely sympathetic; it is direct and palpable. Accidental injuries to the head, and especially to the posterior portion, the residence of the cerebellum, very frequently lead to the suspension or temporary destruction of the genital capacity. Among the striking instances of this kind which have come before me in the course of my practice was that of a medical man, a personal friend, and once a fellow-student of my own, who unfortunately met with a fall, by which the occipital

bone was injured, and a slight concussion of the brain ensued. At this time my friend was a strong and healthy young man ; so vigorous, indeed, were his recuperative energies, that after an interval of insensibility which lasted a few hours, he was enabled to resume his professional pursuits. In a short time, however (having meanwhile experienced no particular inconvenience from the accident), he perceived a diminution of the volume of the penis, and a shrinking of the testicles, accompanied by clamminess and morbid moisture. To these symptoms were added great waste of flesh in his person generally, and a peevishness and moroseness of temper, so opposite to his ordinary character as to excite astonishment, and ultimately alarm, among his friends. His misfortune arrived at the climax, when, on essaying an amorous embrace, he found himself totally incapable of effectuating his intention. In this unenviable predicament he applied to more than one professional man, whose attempts to relieve him were as fruitless as they were doubtless well meant. At length he visited myself, in a state of mind which very nearly qualified him for a permanent residence in an insane asylum ; and after relating the circumstances, disposed himself, candidly and in good faith, to my treatment. I soon discerned the true cause of his afflictions. It was entirely

dependent on the injury he had received in the head,—a fact which had escaped the perspicuity of the general practitioners, accustomed to dissipate their attention among numerous branches of practice, the efficient study of any one of which requires the undivided devotion of as much talent and knowledge as a human being can hope to possess. As my only object in mentioning the case is to exemplify the intimate nature of the relations between two chief sections of the organization, I need not detail the course by which I brought the matter to a happy conclusion, and restored the patient to the possession of his former excellent health and spirits. Suffice it to say that the results of the accident, and the means by which the cure was wrought, and a talented and deserving member of the profession rescued from the downward path towards madness and death, have, I have reason to believe, aroused his own attention, and that of others of my medical acquaintances, to the importance of a branch of physiological inquiry in which are involved consequences of great magnitude to the interests of humanity.

Though the above case has relation to temporary impotency produced by cerebral injury, without any lengthened continuance of Spermatorrhœa, I have thought it right to introduce it in this place, as it illustrates the immediate sympathy between the respective sets of organs.

In fine, it may be stated as regards the CAUSES of Involuntary Spermatorrhœa, that there is scarcely a disturbing influence to which the human frame is liable but may ultimately resolve itself into an active promoter of this disease. In the multitude of vitiating circumstances with which the complex positions of artificial society surround our daily life, it seems impossible for any prudent man, without obtaining a skilful opinion on his real situation, to feel assured that he is not in some one of the stages of those "*silent causes*" — erstwhile so mysterious — which send so many of our friends neighbors, and relations to the grave. From this comprehensive and truthful description of the *almost universal* nature of the provocatives which may lead to morbid spermatic discharges, seminal weakness, impotence, insanity, and death, I will not distract the reader's attention by an attempt at specific allusion to each of such provocatives. For instance, a single night's drunken debauch, or the frequent use of tobacco, is, in *some* constitutions, capable of producing the evil. An ordinary cause is the presence of ascarides, or small worms, creating itching in the anus or fundament, and leading to irritation of the generative organs; and there are other influences, which ignorance considers trifling, but which are known to "*cautious science*" as sources of calamity and death.

CHAPTER V.

SYMPTOMS OF SPERMATORRHŒA,—SEMINAL
WEAKNESS, AND IMPOTENCE.

IN proceeding to consider the *symptomatic* indications of the presence of Spermatorrhœa, it is necessary to observe that as the disease, in its progress, assumes a variety of aspects, and increases in intensity at every step, and as in the earlier stages the symptoms are sometimes (though not always) absolutely imperceptible to unprofessional persons, it will not be possible to exhibit a description, however careful and minute, which can enable men to discover, by self-examination, whether they really are patients or not. In some cases, it is true, the fact of present illness forces itself upon the most stolid and passive dispositions; but in others — and these are very often the most dangerous — the disorder *steals* on the sufferer, instead of smiting him so suddenly as to warn him that things are not as they ought to be with him. In the midst of apparent security the enemy may be at the gate, nay, inside the gate of the citadel of health. The only sure mode of ascertaining whether or not he be near, is skilful medical diagnosis. In order, however, that the

people of all conditions may know as much as possible relative to circumstances which may exercise so important an influence upon the happiness or misery of their whole life, and upon the endurance of life itself, I will here mention plainly some of the more overt symptoms, which cannot be mistaken, and also allude to others, detectible by scientific investigation alone.

The symptoms of Spermatorrhœa are divided into LOCAL and CONSTITUTIONAL.

Of the Local Symptoms, the chief are discharge of semen *at night*, whether attended or not by venereal dreams; and discharge of semen *during the day*, which sometimes takes place visibly, in profuse emissions, but most frequently imperceptibly, whilst emptying the bladder or the bowels. The appearance of spermatozoa in *the urine* is, as I have more than once mentioned, an unmistakable token of dangerous disease; but this appearance is wholly unnoticed by the patient himself. Another local symptom, which sometimes becomes distressing, is an intermittent succession of "priapisms" or violent erections of *the penis*, without any pleasurable sensation; these erections being often followed by great exhaustion and a sense of weariness and prostration. Accompanying these, there is sometimes an almost invisible trickling from — or rather, to the sight, mere humidity at the extremity of — the pe-

nis; a kind of oozing, like unwholesome perspiration, which in reality, in its slow but sure effect is not less debilitating than the perceptible emissions. At the same time there is apt to take place, on the occurrence of a voluptuous thought, or when in the society of females, or even by the accidental friction of the clothes, etc., a thin mucus-like discharge, sometimes so very small in quantity that the orifice of the penis is not more moistened than if a single drop of urine had escaped. The drop that does escape, however, is the habitation of living beings; it is a particle of the living seed, perhaps deteriorated by disease, but the gradual loss of which is tantamount to the destruction of the frame.

The state of the penis and testicles is another indication. Though impotence may not as yet have supervened, the patient will, by vigilance, be often able to detect a diminution of his usual erectile power, or, when in the act of copulation, the semen will escape before a proper degree of penetration has been attained. This state of things, if not altered, is the invariable forerunner of impotence.

Having observed that nocturnal emissions may sometimes (though rarely) not be symptoms of disease, it will be right to make a remark, by which persons who are debarred from seeking medical advice may have, ere too late, some

criterion by which to judge of their physical condition.

NOCTURNAL EMISSIONS, OCCURRING MORE FREQUENTLY THAN ONCE IN EVERY FOURTEEN NIGHTS, ARE DECIDED SIGNS OF DEBILITY, AND CERTAIN HARBINGERS OF APPROACHING IMPOTENCE. My ample experience warrants the conclusion that the debility is more obviously confirmed, and absolute impotence more certainly follows, in those instances where emissions occur within the above-named period, on awaking suddenly in the night at the moment of discharge. In many instances the sleep is not broken, and it is comparatively difficult to ascertain how often the evacuation occurs; the consequences on the loss of the seminal fluid are, however, sufficiently evident. Occurring more frequently than can be fairly ascribable to the distension of healthy vessels, the most energetic measures are instantly requisite to avert the identical mischief which would arise, if the loss of the seminal secretion were solicited and voluntary. Profuse and frequent nocturnal emissions may or may not be connected with the habit of self-pollution, and, as the term implies, may occur during the hours of darkness, when the powers of the body are prostrate in sleep. These morbid discharges are most frequently attributable to the practice of self-pollution, and in some cases to venereal

excess; but may arise from disease of the testicles, or from an enlarged or scirrhous state of the prostate gland. It is likewise certain that lodgments of hardened feculent matter in the large intestines sometimes operate as a mechanical irritant, and thus produce diurnal as well as nocturnal evacuations of the most important fluid of the human body.

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

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

So much for some of the more prominent of the local symptoms of Spermatorrhœa. The general symptoms are literally, Legion. Connected, indeed, as they are with every part of

the human organization, it would be difficult to mention any one feeling of functional, mental, or constitutional uneasiness, which may not be referable to this depraved condition of the system. By a curious misclassification, some writers have accounted impotence as among the symptoms, whereas it ought more properly to be referred to the *effects* of the malady. Uneasiness in the stomach, accompanied by flatulence, giddiness in the head, pain or weakness in the eyes (which sometimes cannot endure a strong light), indolence, dislike of exertion, nervousness, dejection; excessive craving for food, followed by intervals during which every description of nutriment is loathed; irregularity of the bowels, constipation alternating with diarrhœa, headache, and pains in the ears; whimsicality of appetite; troubled sleep during the night, succeeded by days of gloomy apathy; uneasiness in the liver; fluttering and palpitation in the region of the heart; and great sensitiveness to heat and cold, — are among the derangements which often accompany morbid spermatic discharges. It is a curious pathological fact that, during the progress of Spermatorrhœa, difficulty of breathing, cough, and tightness of the chest, arising in many constitutions from the seminal disorder, have sometimes been actually mistaken for pulmonary consumption. The cough is often distressing.

occasionally dry, occasionally attended by an expectoration of an offensive kind. I have no doubt that many patients have been maltreated for consumption when Spermatorrhœa was the real malady. That the latter leads to the former is certain enough; but the *stages* and *connections* of the respective diseases have been grossly misunderstood by practitioners who have not had sufficient personal acquaintance with the indications of seminal emission.

It has been remarked that Spermatorrhœa is, in its early stages, frequently attended by an increase of appetite—a species of voracity accompanied (with apparent inconsistency) by a feeling of disgust. Spiced, savory, and highly seasoned food is sought for, and the digestive organs being out of order, it is vainly attempted to strengthen them by recourse to strong drinks, etc. These stimulants only lead to an increase in the morbid discharge, and consequent continuous weakening of the system. The whole digestive economy is gradually ruined, notwithstanding which the patient may perhaps retain much healthfulness and freshness of appearance, and even gather flesh. But meanwhile the evil is taking root.

The senses of sight, hearing, taste, and smell are all more or less affected. The loss of the brilliancy—of the “honest courage”—of the eye

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

With reference especially to the practice of self-pollution, which is the most usual cause as well of the symptoms as of their effects, the late Dr. John Armstrong, taking notice of the peculiar *look* and *gait* of those who unhappily addict themselves to it, observes, "I think I

should know a person in the streets who has addicted himself to this vice, by merely walking behind him, from his peculiar gait." Let not then the victim of secret vice flatter himself that his unmanly act escapes detection. It assuredly does not escape the scrutiny of those accustomed to deal with human infirmity in all its phases. But even independent of the guilty consciousness, the preternatural loss of semen being in fact a loss of the material essential to the constitution of the manly character, the masculine traits are gradually weakened, and the alteration produced thereby, in every movement of the sufferer, will lead a skilful medical man so to shape his questions and investigations as to guide him to the actual fact. Where Spermatorrhœa has existed for any length of time, not only the aspect of the eyes, but the haggard, careworn expression of the countenance, arrest attention; *the complexion is usually pale*, or of an unhealthy brown and yellow hue;* the face and nose mostly angular; the voice becomes effeminate and shrill; the frame weak and stooping, whilst the dragging step and the shambling walk show the presence of some overwhelming cause of prostration and debility. It is not, however, until the disorder

* In some exceptional cases, however, as explained in the text, the body continues for a long time plump, and the color ruddy and seemingly healthy.

has made considerable ravages in the constitution that the symptoms become evident to the uninitiated.

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

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

Taste and smell are affected, and in some patients become perverted and depraved. Articles and objects which have heretofore given pleasure grow insipid, or even disagreeable, and

things of quite a different nature and flavor are preferred. These latter are symptoms of frequent, but by no means uniform occurrence.

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

There have not been wanting writers who have contended that not the semen, but only the mucus of the canal or prostatic fluid, furnishes the discharge in these cases. But this is far from being a correct view of the pathology of the disease: mere chronic inflammation, arising from common causes, may be accompanied with simple mucous discharge, but *Seminal Weakness* is, in the majority of instances, the *consequence of self-pollution*; which, in the first instance, brings about that irritability which evinces itself in *nocturnal discharges*, afterwards in inappreciable but exhausting *diurnal discharges*, and subsequently in *complete debility* of the whole generative system. This seminal fluid, such indeed as it is, weak, thin, effete, and devoid of all fructifying agency, is undoubtedly the fluid which the organs suffer to escape; and to prevent further its flow, as well as to give healthy tone to the secretory and retentive vessels, ought to form our first care. The shock to the nervous system, its repeated excitation and disturbance, is not the only avenue to disease and powerless prostration, consequent upon loss of the seminal secretion; for where the debility is great, and the dribbling loss of thin semen, draining involuntarily from irritable vessels, occurs daily, there is progressive weakness, not referable to mere organs or voluptuous excitement. In fact, as a

popular writer has observed, as the disorder advances, the penis and testicles *become small and relaxed*, and the infirmity might not be inaptly termed a consumption of those glands. Consequently the causes may be, at this period, piles or hemorrhoids, constipation, indigestion, irritability of the bladder or kidneys, etc., etc.; for they all, more or less, are present, and perhaps severally aggravated by stimuli of one kind or other, taken during the day or previously to rest. Another occasion may be the loss of tone of the absorbents, and also loss of sensibility of the passages through which the discharge escapes; thereby acting only as somnolent sentinels to the brain, whereby even the little control the will might possess is lost! Thus we perceive that this infirmity is not merely local debility of the generative apparatus, but that other functions of life participate in it.

I might go further and affirm that these continued seminal discharges of an involuntary character disorder every function of the animal economy; and it may be added that whilst Spermatorrhœa produces so many ruinous effects, peculiar to itself, it aggravates and excites any other disease which may exist concomitantly with it. It possesses this perplexing characteristic, that no single one of the ordinary remedies of the pharmacopœia apply to, or can subdue it;

whilst it exhibits the additional difference **from** other maladies, that here the *vis medicatrix nature* (nature's healing force or tendency) does not apply. The tendency of nature, in most disorders, is *towards cure*; but here it is *towards deterioration*. There is no chance here of the evil "wearing itself out," save in madness and death on the one hand, or on the other by the salutary intervention of the most vigorous, cautious, and enlightened treatment, — a treatment pursued in the full light of the aids afforded by the great discoveries in physiological science, for which the present age is happily distinguished.

But of all the symptoms which bear witness to the shattering and destructive influence of Spermatorrhœa, the alteration in the mental faculties is perhaps the most lamentable, at the same time that it is in general too little understood, not only by the friends and acquaintances of the persons afflicted, but by the medical adviser. This change is usually indicated, in the early stages, by perplexity and confusion of ideas; vacillation on ordinary occasions, where any simple decision is required; a certain degree of hesitation or incoherency in speaking; and a diminution in the patient's ability to concentrate his ideas on any particular topic of study, business, or what not. "Wandering thoughts" rush into

the mind even at the most inopportune times, and these thoughts are not always of a pure or innocent description. The temper becomes peevish, sour, and irritable, upon the slightest provocation, or rather upon no provocation at all. When the sufferer is a married man (and I believe tens of thousands on tens of thousands of married men are unconsciously in the incipient stages), the bitterness of temper consequent on a CONCEALED OR UNKNOWN CAUSE, is often the source of aggravated domestic misery. Characters previously cheerful experience frequent attacks of melancholy and languor; and vague fears of some overhanging calamity, which they cannot define, but still dread, hasten them toward that depth of depression in which life itself becomes wearisome. Forgetfulness, confusion of memory, perplexing comminglement of dates, names, facts, and numbers, show that the sufferer is approaching a predicament of mental prostration in which the most distressing delusions prevail. He imagines enemies among his nearest friends; supposes that the whole world is in conspiracy against his happiness and life; and with an inconsistency peculiar to his unhappy condition, contemplates immediate suicide at the very moment when he evinces a ridiculous degree of apprehension about every breath of air, or other trifling circumstance

which his deluded imagination may conjure up as bearing upon his health.

As the *symptomatic* evidences of the presence of morbid Spermatorrhœa form the special subject of this chapter, I will for the present refrain from sketching the deadly *effects* of the disorder. Though I have by no means touched upon every one of the symptoms, I have, I hope, mentioned enough to apprise readers of ordinary intelligence and prudence of the infinite varieties of circumstances in which it is imperatively binding on men, for the sake of their own happiness and that of all who are dear to them, to ascertain whether or not they contain within their system either the acquired or inborn seeds of affliction which, in its ultimate stages, has been but too correctly described as the most fearful, degrading, and desperate of human diseases. I cannot better close this chapter than by referring to the words of the celebrated Lallemand, in reference to the delusion of *spontaneous recovery*:—

“Many diseases when left to themselves work their own cure, provided only they be not exasperated by the imprudence of the patients. This is not the case with Spermatorrhœa; chiefly, perhaps, because *the effects produced by the disease itself are favorable to the increase of involuntary discharges.* *The natural tendency of this*

disease to become aggravated, AS THE RESULT OF ITS OWN EFFECTS, frequently leads to a fatal termination. The patients, under such circumstances, generally expire in one of the attacks of syncope that follow congestion of the brain. In this way, also, such of the insane as have fallen into a state of dementia usually expire." After alluding to the fact that patients frequently die from diseases aggravated and inflamed by unsuspected Spermatorrhœa, he goes on to say that the other complications usually engross the attention of the attendants, Spermatorrhœa being not even thought of, whilst it is committing its ravages, and reducing the patient to such a state of debility that he is unable to withstand other illness. "In such cases, unfortunately," concludes M. Lallemand, '*Spermatorrhœa is generally unsuspected.*'"

My own observations enable me to confirm the melancholy truth of this statement. I have cases in my mind's eye where patients have been pronounced *cachetic*, or as having died of diseased heart, diseased lungs, etc.; and where all that I have heard from the relatives of the deceased parties leaves me no doubt that the other disorders, where they really existed, might have been arrested for an indefinite period, had the *morbid spermatic emission* been known either to the medical attendant or to the patient, *or being*

known, been properly treated. But it is, in fact, a *new* thing in mere routine pathology, to consider the existence of this disorder at all, though it is the most widely extended, the most treacherous, the most destructive and fatal of any.

CHAPTER VI.

SPERMATORRHOEA, OR SEMINAL DEBILITY, — CAUSES AND EFFECTS.

IN treating of the primary and ultimate *effects* of Spermatorrhœa, it is necessary to explain, in order to make the subject clear, that some of these effects are so mixed up, both with the causes and symptoms, as to make it impossible to describe them, in separate detail, without overloading the work with so much purely technical and scientific phraseology as to render it almost unintelligible to the general reader; therefore, as this book is intended specially to be *popularly* and *generally* useful, I prefer clothing my descriptions in plain and simple language, which will enable persons of ordinary capacity to understand them.

The general importance of the subject it is impossible to exaggerate. It is moderate to affirm that the larger portion of *all* the known diseases which, under so many varieties and modifications, afflict civilized society, are connected, in some way or other, with sexual ailment. The sympathy between the brain, the spine, and the generative members, in both male and female,

is so close that eminent physiologists regard disorder in the former as almost inseparably associated with disorder in the latter. Dr. Warner speaks very much within the limits of truth when he states, as the result of his experience and observation, "that sexual weakness and imperfections constitute the great majority—perhaps nine tenths [he might safely have said ninety-nine hundredths]—of the causes of nervous and mental imbecility and derangement." Indeed, the doctor more nearly describes the real state of the case when he affirms that every insane individual, whether male or female, is at the same time the subject also of some sort of procreative disability, defect, or disorder, — either impotence or sterility, or both. These fearful, but wholesome truths are of an importance which unfortunately is too often ignored by those medical men who, from want of industry, want of opportunity, or on that plea of "want of time" which avarice sometimes appeals to as her excuse for preferring the pursuit of dollars to the pursuit of professional knowledge, have neglected the study of this great department of physiology.

Certain it is that as cerebral injuries cause disturbance of the genital system, so, by analogy of consequence (as proved in innumerable instances), the injury to the generative organs, and the drain of the nourishing fluid which is

designed as Nature's great stay and support, debilitate, paralyze, and ultimately pervert and destroy the faculties of the mind. In the immensely preponderating majority of cases, where the remorse arising from the consciousness of self-incurred penalties — of guilt as well as misery — is present, the evil is, of course, greatly increased; but leaving out of view for a moment the influence of this aggravating incident, it is abundantly certain that the mere loss of the seminal fluid in immoderate quantities, or through any but the sexual orgasm ordained by nature, is, *per se*, certain to produce, sooner or later, most disastrous consequences to the reason as well as to the *physique*. The semen itself, let me repeat, is meant to be the cherisher and nourisher of health and strength in the whole organization; to be taken into and intermingled with the circulating fluids, and through these to distribute its invigorating properties all over the frame. Its healthful retention makes itself evident in the bright eye, the ingenuous expression, the elastic step, the intelligent glance, which mark the votary of chaste and rational love, as contradistinguished from the sunken eye, the pinched and haggard lines, the faltering gait, the blotched skin, the anxious, careworn, sordid tremulousness, which to the eye of experience betray the hapless sensualist.

It is unnecessary to multiply proofs of the intimate connection between the mind and the generative machinery. I may mention, however, the fact, so well known to almost every adult male, that the obtrusion of an irrelevant or disturbing thought will, even at the moment when sexual excitement is at its highest pitch, absolutely preclude the consummation of the contemplated act. Nay, in the very act itself, a trivial accidental interruption, a slight noise, an inopportune word, will produce a temporary suspension of the power of copulation; in short, temporary impotence. Excessive ardor, the too eager pursuit of the object, will lead to the same effect, which, on the other hand, is equally induced by the occurrence of any sudden doubt, whether the other party in the amorous congress be as pure as had been supposed; whilst the directly *mechanical* correspondence between two parts of the organization locally distant, but closely associated through the vertebral machinery, is indicated by the fact that at the awful moment of ignominious death, the shock to the brain and nerves produces a rigid erection of the organ of an executed criminal. The sympathy is, in fact, a uniform and inseparable condition in the physical constitution of man.

But though for centuries the physiological axiom has been recognized that there is a close,

inseparable, and mutually reacting sympathy between the generative and the mental organs in the human frame, the knowledge of the precise nature of that sympathy is of only a few years' date. The physicians of antiquity observed, indeed, that cerebral disease, in any of its graver aspects, whether of raving madness, passive idiocy, or the wasting misery of hypochondriasis, *does not exist* without prostration or perversion of the generative faculties; but it was reserved for our own age to discover that the former afflictions *could not exist* without the latter, — that the one is, in short, the irresistible and certain provocative of the other.

Among the *indicative* proofs of this physical truth may be noticed the great disproportion of male and female lunatic patients, whose insanity can be traced directly to the excesses leading to generative disorders; there is in females a far smaller (comparative) liability to such disorders. Dr. Deslandes remarks that out of 256 individuals admitted into the celebrated asylum of Charenton during the years 1826, 1827, and 1828, the number of males whose insanity was thus traceable was to that of females in the ratio of 15 to 1; and similar results have been ascertained from various countries.

How is this disproportion to be accounted for?

By the fact that females are not subject, like

males, to the effects of that devastating pest, so prevalent among all classes, stations, and ages of the male sex, — viz., INVOLUNTARY SPERMATORRHŒA.

This terrible affliction is simply an unnatural emission of the seminal fluid; and is well described as excessive spermatic evacuation, from whatever cause produced, and whether occurring by night or by day. For nothing should be more constantly remembered by the pathologist than that, whilst Spermatorrhœa or seminal weakness is more evident to ordinary perception, when occurring in profuse discharges by night, it is still more insidious, still more destructive in its effects, when it occurs, imperceptibly, during the day, at stool, at the emptying of the bladder, and in a variety of other modes *never* suspected by a patient, and seldom, until too late, by any medical adviser unpossessed of consummate experience and habits of vigilant observation.

Daily pollutions are, if possible, even more dangerous than those which occur by night, though the latter have almost exclusively attracted the entire attention of careless practitioners, many of whom are, in fact, *ignorant of the very existence and nature* of that which is the developed and most obstinate stages of Spermatorrhœa. The consequence is, that the cessation

of the nightly emissions, or rather their passage into the next and malignant diurnal stage, is frequently unnoticed; the disorder itself is declared to be cured *at the moment when it is producing mortal ravages*; and as it becomes evident, after a while, that some secret malady is still hurrying the patient to his grave, some new "treatment" is adopted, — a treatment which perhaps is the very reverse of that which should be applied. Thus mismanaged, misunderstood, misled, by those who undertake to cure him, the unhappy sufferer is hurried forward, even sometimes when in comparatively good health, toward debility, impotence, paralysis, madness, despair, and death.

Such is the fate of uncounted myriads, young and old, whose bodily disarrangement is aggravated by ignorance as to its real nature. And such, it must be added, is also the fate of multitudes, who, from the insidiousness of the disease, and the mildness of its first beginnings, never suppose that they are ailing at all, nor think of applying to a professional man until the disorder has attained a degree of virulent strength, such as nothing can effectually grapple with but that intimate acquaintance with its infinite ramifications, so seldom, alas! attained by the general run even of those practitioners who have received legitimate qualifications, and of course never to

be found, even in its first rudiments, among the class of charlatans.

In reference to the evil consequences of the ignorance formerly prevailing on this subject, I take the liberty of quoting a few lines from the work of an English author, to whose researches, sympathizing as they do with my own, I have more than once to acknowledge my obligations: —

“Both the patients and their medical attendants are led astray during the most severe periods of the disease by the diminution or entire cessation of the nightly pollutions; but diurnal discharges, the effects of which are much more serious, take their place and become permanent, complete impotency often being the result. The effects of nocturnal pollutions are generally supposed to be in proportion to the abundance, frequency, and energy of the symptoms that precede and accompany them. This, however, is very false; for it is generally when the emissions become less frequent and less abundant that they are followed by more serious and protracted results. This anomaly, however, is more apparent than real, for the nightly now become conjoined with daily pollutions, which latter likewise escape, without any sensation, passing off with the urine, or when the patient is at stool, without either his knowledge or observation. It is of importance, therefore, to warn such patients of the errors which they

are daily committing, in estimating the importance of these nightly pollutions by their abundance and frequency.”

But whence the origin of the sexual disarrangements alluded to? Let the answer be in the words of a scientific lecturer: “Constitutional exhaustion and general *enervation* and *debility*, resulting from premature, intemperate, and *unnatural* venereal excitement, are, without doubt, by far the most frequent causes of impotence and barrenness in both sexes; this latter pernicious vice, which can only have been conceived originally by the imagination of some fiend,* and which, it is lamentable to know, is practised in the present day by the youth of both sexes, produces more examples of the disease in question than all other causes combined.” Now Spermatorrhœa (in its professional acceptation, the involuntary flowing away of the seed, either by profuse nocturnal or diurnal discharges, by emission in the urine or whilst at stool, or by slow, scarcely perceptible, or wholly imperceptible “dribbling”) is the secondary result of unnatural or excessive indulgence, leading inevitably (unless stayed by the intervention of experience and science) to

* The fiend of ignorance, of negligence, of that false and hypocritical affectation of fastidiousness, which is the accursed and prolific fountain of sin and immorality, might have been truthfully specified by the learned lecturer.

the dreadful consummation so quaintly but so truthfully depicted in the following translation from the German of Hufeland:—

“ Hideous and frightful is the stamp which Nature affixes on one of this class. He is a faded rose,—a tree withered in the bud,—a wandering corpse. All life and fire are killed by this secret cause, and nothing is left but weakness, inactivity, deadly paleness, wasting of body, and depression of mind. The eye loses its lustre and strength, the eyeball sinks, the features become lengthened, the fair appearance of youth departs, and the face acquires a pale, yellow, leaden tint. The whole body becomes sickly and morbidly sensitive, the muscular power is lost, sleep brings no refreshment, every movement becomes disagreeable, the feet refuse to carry the body, the hands tremble, pains are felt in all the limbs, the senses lose their power, and all gayety is destroyed. Such persons seldom speak, and only when compelled; all former activity of mind is destroyed. Boys, who before showed wit and genius, sink into mediocrity, or even become blockheads; the mind loses its taste for all good and lofty ideas, and the imagination is utterly vitiated. Every glance at a female form excites desire. Anxiety, repentance, shame, and despair of any remedy for the evil make the painful state of such a man complete. His

whole life is a series of secret reproaches, distressing feelings, self-deserved weakness, indecision, and weariness of life; and it is no wonder if the inclination to suicide ultimately arises,—an inclination to which no man is more prone. The dreadful experience of a living death renders actual death a desirable consummation; for the waste of that which gives life generally produces disgust and weariness of life, and leads to that peculiar kind of self-destruction, *par depot*, from sheer disgust of existence, which is characteristic of our age. Moreover, the digestive power is destroyed; flatulence and pains in the stomach create constant annoyance; the blood is vitiated, the chest obstructed, eruptions and ulcers break out upon the skin, the whole body becomes dried and wasted, and in the end come epilepsy, consumption, slow fever, fainting fits, and an early death.”

This description sums up some of the prominent indications which mark the result of long-continued undue loss of the seminal secretion. Such loss arises chiefly, as I have already explained, either from over-free sexual indulgence (as a *comparatively* minor cause) or from the baneful practice of masturbation (the frequent and major cause). But there are instances, it should be observed, where the evil arises from incidental circumstances, unconnected with either

of those two causes. Cases where accidents, effects of climate, congenital defects, or any other of the innumerable sources of physical disturbance, impair or threaten to impair the sexual faculties, will at once be detected and treated by an efficient medical adviser, to whom recourse should be had on the first occurrence of even the most apparently remote reason for doubting whether there be any trace whatever of morbid lesion. For here it is emphatically true that small things seen grow into great; *and the single, isolated, scarcely visible "drop" or moisture, detected at stool, or after making water, may, if unnoticed or unchecked, grow in a short time into a malady of terrific severity.*

Though the funereal effects of the undue loss of the seminal fluid are familiar to the intelligence of the medical man accustomed to deal with such cases, it is necessary to illustrate them in the most simple and obvious manner, for the benefit of those who, whilst their health and happiness — all that can make life desirable, nay, existence itself — are at stake, are necessarily unacquainted with the nature of many of those secret influences, which nothing short of years of observation, study, and practice enable even the physician to master in their more recondite relations. It should be known, then, that in parting with the material of impregnation, the human being parts

with a portion of life itself ; and each act of coition, even under the most legitimate and natural circumstances, involves a degree of absolute exhaustion, from which the system requires some time to recover. The perfection to which the facilities of microscopic diagnosis have been brought enables us to ascertain definite facts in connection with this subject, of which the practitioners of former times were ignorant. Some of the most ingenious of them vaguely conjectured that the animal semen contained separate living particles ; we, their successors, *positively know* that each minute drop of that fluid consists, when in a healthy state, of *innumerable living beings*, each of these beings being endowed *with the property of imparting its life* to a future man or woman. This is no mere theory, — it is a demonstrated verity. Separate the semen into the most minute atoms which dexterous manipulation can isolate, and in each of these infinitesimal atoms will still exist a multitude of creatures moving about in their little world, and each inspired with an active and restless vitality, the destined agent in that mysterious process which, guided by inscrutable power, forms a stage in the interminable cycle of eternity, and develops itself into the likeness of Omnipotence.

Returning, however, to the effects of that devastating vice which, unhappily, until comparatively

recently, has been neglected in somewhat like an inverse ratio of proportion to its extent, there are substantial reasons for believing that in the lapse of ages it has swept whole races and nations off the surface of the earth. To this cause, eminent writers, not confined to those belonging to the medical profession, have attributed the gradual and incessant process of decay which has so long been manifest in the condition of the Ottoman empire. To this has been attributed the state of decrepitude and depravation which made the colossal empire of Darius so easy a prey to the audacious invasion of Alexander the Great. It was the vice of the ancient Romans, in the era of their greatest moral degradation, turpitude, and filthy luxury, immediately previous to the introduction of Christianity. I have, by the by, whilst accidentally looking over an old file of newspapers, fallen upon a passage which is curiously illustrative of the subject: "The diminution of the Mussulman population in Asia Minor is alarming. Between Tockat and Broussa I found villages almost entirely abandoned by the inhabitants, in consequence of the severity with which the recruiting for the Nizram, the Turkish regular troops, is conducted in this part of the country. It would be an interesting study to seek out all the causes which contribute to the dreadful mortality which prevails among the

young Turkish soldiers. The food which is distributed to the garrisons is of sufficiently good quality, and contagious maladies have been unknown to Turkey in Europe during the last five years. Some European physicians are of the opinion that these young soldiers, not being married, like the ancient Janissaries, abandon themselves to *infamous vices*, and so *destroy their own constitutions*. But whatever may be the cause of this immorality, the consequence is the ever-increasing weakness of the Turkish empire. The fact is nowhere more perceptible than in the interior of Asia Minor, whence the great number of conscripts are drawn to Constantinople. At present, several extensive villages are to be seen in Anatolia from which all the young men have been withdrawn. This remarkable circumstance has not escaped the Khoord chiefs of the neighborhood, who, from the tops of their mountains, regard with profound attention the decay of the Ottoman empire."

It would be a painful thing to enumerate the list of maladies which arise from the practices to which this paragraph refers. In our own country, as abroad, they are most fearful, and are confined to no class or section of the community. A moment's consideration will suggest how necessarily an excessive and continuous drain of the most invigorating fluid contained in the system

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

Hippocrates observed that "*the seed of man* arises from all the humors of his body, and is the *most valuable part* of them." When a person loses it (he says in another place), he loses the *vital spirit*; so that it is not astonishing that its too frequent evacuation should enervate, as the body is thereby deprived of *the purest* of its humors. Another author remarks that "*the semen* is kept in the *seed vessels* until the man makes proper use of it, or *nocturnal emissions* deprive him of it. During all this time, the quantity which is there detained excites him to the act

of venery; but the greatest part of this essence, which is the most volatile and odoriferous, as well as the strongest, is absorbed into the blood, and it there produces, upon its return, very great changes. It makes the beard, hair, and nails grow; it changes the voice and manners: for age does not produce these changes in animals, *it is the seed only* that operates in this manner, for these changes are never met with in eunuchs, or those who have been deprived of their testicles. Can a greater proof of its vitalizing power be shown, than the fact that *one single drop* is sufficient (under proper circumstances) to *give life* to a future being?" Those, then, who waste this precious fluid are truly wretched. Disabled from rendering any service either to themselves or their friends, they drag on a life totally useless to others and a burden to themselves, in the midst of that society which, if it could know, would despise rather than pity them for their self-inflicted sufferings. The moralist and legislator will do well, in estimating the sources of human wretchedness, mental perversity, and crime, to take into account those habits which tend not more to enfeeble the physical constitution of man than to demoralize his springs of action.

It is essential to take notice that the cause which leads to the distressing and fatal symptoms, mental and bodily, described, is sympathetic

with the presence of the *morbid spermatic discharge*, which continues involuntarily, sometimes imperceptibly, but continuously and persistently, long after the vice which originally induced it has been abandoned, and hurries the victim to an untimely grave, unless, by a fortunate discovery of the precipice on whose brink he totters, the helping hand of skill be invoked to his relief and rescue.

In order to corroborate my own statements, I will here introduce an extract from a report on the subject of Idiocy and Insanity, presented to the Massachusetts Senate by Dr. S. G. Howe, in compliance with a formal resolution of that body directing such a report to be made.

Dr. Howe makes the following forcible remarks: —

“ There is another vice, a monster so hideous in mien, so disgusting in feature, altogether so beastly and loathsome, that in very shame and cowardice it hides its head by day, and vampire-like, sucks the very life-blood from its victims by night; and it may perhaps commit more direct ravages upon the strength and reason of those victims than even intemperance; and that vice is

SELF-ABUSE.

“ One would fain be spared the sickening task of dealing with this disgusting subject; but

as he who would exterminate the wild beasts that ravage his fields must not fear to enter their dark and noisome dens and drag them out of their lair, so he who would rid humanity of a pest must not shrink from dragging it from its hiding-places, to perish in the light of day. If men deified him who delivered Lerna from its hydra, and canonized him who delivered Ireland of its serpents, what should they do for one who could extirpate this monster vice? What is the ravage of fields, the slaughter of flocks, or even the poison of serpents compared with that pollution of body and soul, that utter extinction of reason, and that degradation of beings made in God's image to a condition which it would be an insult to the animals to call beastly, and which is so often the consequence of excessive indulgence in this vice?

“It cannot be that such loathsome wrecks of humanity as men and women reduced to drivelling idiocy by this cause, should be permitted to float upon the tide of life, without some useful purpose; and the only one we can conceive is that of awful beacons to make others avoid, as they would eschew moral pollution and death, the course which leads to such ruin.

“This may seem to be extravagant language; but there can be no exaggeration, for there can be no adequate description even, of the horrible

condition to which men and women are reduced by this practice. There are, among those enumerated in this Report, some who were considered young gentlemen and ladies, but who are now moping idiots, idiots of the lowest kind; lost to all reason, to all moral sense, to all shame; idiots who have but one thought, one wish, one passion, — and that is, the further indulgence in the habit which has loosed the silver cord even in their early youth, which has already wasted, and as it were dissolved the fibrous part of their bodies, and utterly extinguished their minds.

“In such extreme cases there is nothing left to appeal to: absolutely less than there is in the dogs and horses, for they may be acted upon by fear of punishment; but these poor creatures are beyond all fear and all hope, and they cumber the earth awhile, living masses of corruption.

“If only such lost and helpless wretches existed, it would be a duty to cover them charitably with the veil of concealment, and hide them from the public eye, as things too hideous to be seen; but alas! they are only the *most* unfortunate members of a large class. They have sunk down into the abyss towards which thousands are tending. The vice which has shorn these poor creatures of the fairest attributes of humanity is acting upon others, in a less degree indeed, but still most injuriously; enervating the body, weakening the mind, and polluting the soul.

“ A knowledge of the extent to which this vice prevails would astonish and shock many. It is indeed a pestilence that walketh in darkness, because, while it saps and weakens all the higher qualities of the mind, it so strengthens low cunning and deceit that the victim goes on in his habit unsuspected, until he is arrested by some one whose practised eye reads his sin in the very means which he takes to conceal it, or until all sense of shame is forever lost in the night of idiocy with which his day so early closes.

“ Many a child who confides everything else to a loving parent conceals this practice in its innermost heart. The sons or daughters who dutifully, conscientiously, and religiously confess themselves to father, mother, or priest on every other subject, never allude to this. Nay, they try to cheat and deceive by false appearances; for as against this darling sin, duty, conscience, and religion are all nothing. They even think to cheat God, or cheat themselves into the belief that He who is of purer eyes than to behold iniquity can still regard their sin with favor.

“ Many a fond parent looks with wondering anxiety upon the puny frame, the feeble purpose, the fitful humors of a dear child, and after trying all other remedies to restore him to vigor of body and vigor of mind, goes journeying about from place to place, hoping to leave the offending

cause behind, while the victim hugs the disgusting serpent closely in his bosom, and conceals it carefully in his vestment.

“The evils which this sinful habit works in a direct and positive manner are not so appreciable, perhaps, as that which it effects in a direct and negative way. *For one victim which it leads down into the depths of idiocy, there are scores and hundreds whom it makes shamefaced, languid, irresolute, and inefficient for any high purpose of life.* In this way the evil to individuals and to the community is very great.

“It behooves every parent, especially those whose children (of either sex) are obliged to board and sleep with other children, whether in boarding-schools, boarding-houses, or elsewhere, to have a constant and watchful eye over them with a view to this insidious and pernicious habit. The symptoms of it are easily learned, and if once seen should be immediately noticed.

“*Nothing is more false than the common doctrine of delicacy and reserve in the treatment of this habit.* All hints, all direct advice, all attempts to cure it by creating diversions will generally do nothing but increase the cunning with which it is concealed. The way is, to throw aside all reserve; to charge the offence directly home; to show up its disgusting nature and hideous consequences in glowing colors; to apply

the cauterly seething hot and press it in to the very quick, unsparingly and unceasingly.

“There need be no fear of weakening virtue by letting it look upon such hideous deformity as this vice presents. Virtue is not salt or sugar, to be softened by such exposure; but the crystal or diamond that repels all foulness from its surface. Acquaintance with such a vice as this — such acquaintance, that is, as is gained by having it held up before the eyes in all its ugliness — can only serve to make it detested and avoided.

“Were this the place to show the utter fallacy of the notion that harm is done by talking or writing to the young about this vice, it could probably be done by argument, certainly by the relation of a pretty extensive experience. This experience has shown that in ninety-nine cases in a hundred, the existence of the vice was known to the young, but not known in its true deformity; and that in the hundredth, the repulsive character in which it was first presented, made it certain that no further acquaintance with it would be sought.”

This is speaking to the point, and Dr. Howe never rendered more important service to suffering humanity than he did when he laid down these momentous truths.

In another part of the report the effects of ignorance are made terribly apparent, not only

upon the unfortunate victim but also upon society at large, and it is plainly shown what danger every one runs while that ignorance exists.

“In some families which are degraded by drunkenness and vice, there is a degree of combined ignorance and depravity which disgraces humanity. It is not wonderful that feeble-minded children are born in such families; or, being born, that many of them become idiotic. Out of this class domestics are sometimes taken by those in better circumstances, and they make their employers feel the consequences of suffering ignorance and vice to exist in the community. There are cases recorded in the appendix, where servant-women who had the charge of little girls deliberately taught them habits of self-abuse, in order that they might exhaust themselves and go to sleep quietly! This has happened in private houses as well as in the almshouses; and such little girls have become idiotic!

“The mind instinctively recoils from giving credit to such atrocious guilt; nevertheless, it is there with all its hideous consequences; and no hiding of our eyes, no wearing of rose-colored spectacles, nothing but looking at it in its naked deformity, will ever enable men to cure it. There is no *cordon sanitaire* for vice; we cannot put it into quarantine, nor shut it up in a hospital; if we allow its existence in our neighbor-

hood, it poisons the very air which our children breathe.”

In preceding and subsequent chapters (especially in those which treat of the result of personal examinations), I introduce some curious and important particulars relative to the condition of healthful, unvitiated semen, when not weakened, corrupted, empoisoned by aberrations from the sacred ordinances of nature. When *her* rules are disregarded, the fluid becomes decomposed, and its living inhabitants mere aggregations of disorder. In the discharge which takes place from the organs of persons who have habituated themselves to improper practices, or who have been suffering for any length of time — perhaps unconsciously — from morbid emissions, the *spermatozoa* (as the animalculæ in question are professionally designated) *are found in a diseased, mutilated condition, full of malignity and irritation, instead of being germs of vitality.* But, as even when in this diseased state, there is absorbed in their construction as much of the strengthening juices of the frame as in that of the vigorous animalculæ in healthy semen, their emission from the system creates a waste equally great, but which the incessant debilitation of his body renders the victim, day after day, less and less able to endure. Meanwhile, the evil proceeds in a duplicate process of aggravation.

As the system becomes less capable of enduring any drain whatever, the drain itself becomes greater, not only relatively but absolutely, and the progress to utter prostration is precipitated with mortal, unrelenting, retributive severity. Truly, terribly, in such cases, the curse of sin "comes home to roost."

In the early stage of seminal weakness, different persons are variously affected: *some are incapable of producing a discharge of semen into the cavity of the female genitals in a natural way, though they may effect temporary erection; whilst others cannot perform the act of copulation, from emission taking place too quickly, and before the proper firmness of the male organ has enabled it to effect the requisite penetration.* What man, possessing the ordinary capabilities of a man, can contemplate without a shudder those terrible consequences of self-indulgence! The nuptial bed of such a one, instead of teeming with a hallowed, ecstatic, and transporting delight, is converted into a scene of blended mortification, disgust, disappointment, and suppressed anger; and it is now that the mistaken bride is made to feel herself the victim of previous sensuality, — the poor, deceived last hope of vigor, — anxious for offspring, yet baffled from day to day, in the arms of the man she has vowed at the altar to love and honor. And he, conscious of the cause of

his infirmity; the dark secret smouldering in his breast, galling his wretched existence, and not to be imparted even to the wife of his bosom! If, under such circumstances (nature roused by repeated and fruitless efforts), the unfortunate female falls a prey to some vile seducer, exulting in the full strength of manhood, her offence is not altogether without palliation, and the husband may well, yet painfully accuse, himself as the cause of her unhappy deviation. A youth devoted to the practice of self-abuse is led to form a matrimonial connection. He is called upon to exchange his abhorred propensity for the natural enjoyments of the marriage bed. How forlorn is then the predicament of both individuals! The husband, perhaps, experiencing an excitation of a new but extremely powerful description, essays to fulfil the chief end of their union. Passion lights up a momentary flame, every faculty tremblingly alive to the impress of a new stimulus: he attempts the sexual act, *a spontaneous emission occurs, the excitement retires, his lively emotions become palsied*, and his animal organization is now utterly incompetent to manly or vigorous effort, — a mere inanimate helpless mockery of all that woman delights to idolize, whose very vehemence, if not courted, is naturally expected.

The various effects that urethral discharges

have upon the animal frame depend greatly on the influence they have on the mind. In most, nocturnal emissions lay the foundation of seminal weakness and gleet, and cases occur where the system, having labored under the influence of morbid emissions, feels more powerfully than others all that nervous irritation which usually accompanies a profuse discharge of the semen ; proving beyond doubt the existence of chronic debility. For what has less effect on one constitution produces symptoms in another extremely harassing to both the body and mind, and thus a complex derangement arises, the combined result of a concatenation of events that may be traced, even with mathematical precision, *to this debilitating cause* : for we are led to infer that seminal weakness precedes this nervous derangement ; and to me it is evident that when nervous debility exists, the seminal discharges are increased, and the repetition of them unquestionably weakens the vital energy, and after an indefinite period, predisposes the sensibility of the cerebral organ to morbid irritation. Thus, from intercourse with the nerves, the general system is disturbed, and body and mind rendered susceptible to the caprice of that vicissitude of irritation, whose universality of influence can only be described by those who have felt its agency. Nor is the

effect of this influence the offspring of a fervid or depressed imagination ; on the contrary, a class of painful and distressing diseases are originated, which, in their progress, have a great effect on the organization ; and this morbid irritability more frequently attends on constitutions previously debilitated by venereal excesses, or, more frequently still, by the baneful habit of Onanism, through which the parts are not only so weakened, but also rendered so irritable, and so easily, from habit, excited by mental influences, that the slightest stimulus is sufficient to call them into action, and thereby produce a discharge of semen.

In some instances, the power of the male genitals is not altogether destroyed ; nay, impregnation may occur in a healthy female, from the laborious embraces of one whose constitutional vigor is almost entirely destroyed. But the offspring,—can it be rationally expected that the child of such a father should be otherwise than puny, feeble, and predisposed to those diseases which, under the most favorable circumstances, destroy so large a proportion of children under five years of age? We know that there are diseases peculiar to childhood. The process of dentition is accompanied by much irritation, and sweeps annually its thousands into the grave. Measles, whooping-cough, croup, and

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most especially inflammatory affections of the lungs and mucous membranes of the bronchial cavities, form the sad catalogue of evils through which, as through an armed troop, the poor little sufferers are doomed to run the gauntlet, and only the minority pass the ordeal.

Is constitutional vigor of no importance in enabling children to resist harmlessly the certain attacks of those diseases to which they are peculiarly liable? The seminal secretion, which in a certain sense communicates life, or is at least the agent, without which the embryotic rudiments of a new being cannot assume active and progressive vitality, *is itself alive*; and if from excessive evacuation of this fluid, seminal weakness ensue, it is not unreasonable, but highly philosophical, to suppose, that in the event of procreation occurring from actual sexual congress, the offspring will bear enstamped upon it the physical characters derivable from parental debility. As illustrative of the truth of this position, I may observe, that from the days of Aristotle, it has been remarked that illegitimate children are frequently endowed with great genius and valor; and both ancient and modern history certainly affords many such examples. The circumstance has been commonly ascribed to the *impetuosity* of both parents during their embraces. Hercules, Romulus, Alexander, Themistocles, Jugurtha,

King Arthur, William the Conqueror, Homer, Demosthenes, and many others, were illegitimate; and in almost every kingdom the most eminent families have sprung from the left-handed offspring of princes. The worthiest captains, best wits, greatest scholars, bravest spirits in English annals have been base-born. Cardan, in his "Subtleties," gives a reason: "These are more noble and powerful in body and mind, chiefly from the vehemence of the sexual act that begat them." Probably their superior energy may be attributed to the strength of parental constitution, which is all for which I contend, the weak and delicate not being so likely to become the prey of unlawful and forbidden love.

If these positions be correct — and who so hardy as to impugn their accuracy, founded most evidently on the common-sense observation of mankind? — it follows that there may be, and are, varieties of *Seminal Weakness* (originating most commonly, if not exclusively, in sensual excess, and especially in self-pollution) which, though not absolutely precluding the performance of the sexual act, may render that act unfruitful, or terminate in the production of progeny to whom a sickly, short-lived existence is rather a curse than a blessing. Born only to rouse the sensibilities of maternal fondness,

"For us they sicken, and for us they die."

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Forgotten indiscretions, the sins of early youth, flit in bitter recollection athwart the keenly sensitive conscience: the poor unconscious babe, upon whose innocent smile love had riveted its tender letters, in the mean time sleeps well; the flowers that deck its coffin are only flowers; but there is one to whose awakened heart those simple memorials are as keen as the blade of a polished dagger.

The term IMPOTENCE is applied as relative to that inability or incapacity to the performance of the sexual act, which may arise from a variety of causes, but from none so frequently as from excesses of Sensualism, more especially the secret, vicious, and solitary indulgences of self-pollution. It is important, in a practical point of view, that we do not confound this condition of the generative system with STERILITY, inasmuch as a male who is sterile, or a barren female, may possess a perfect aptitude for coition, though for all the purposes of procreation absolutely incapable.

In impotence there is a temporary or permanent destruction of those powers which are absolutely essential for *generative* purposes. *Sterility* may therefore be defined as inability to propagate the species, though not to effect the sexual congress; while *Impotency*, in either sex, whether natural or acquired, whether as the result of disease

or malformation, entirely precludes its performance. Impotence resulting from physical imperfection of the sexual organs is most incurable; but when originating in such disorders of the urinary or genital apparatus as are traceable to irritation or inflammation of those structures, or to conditions however produced, thence resulting, such as thickening of the bladder, enlargement of the prostate gland or testicles, wasting of the penis, especially long-continued gleans and strictures, our first efforts are naturally directed to the removal of those *proximate* causes of the affliction, and if the habit be still indulged, to the baneful ultimate or *primary* cause of so severe a deprivation. If under these circumstances Nature does not readily reassume her wonted functions, if there be remaining debility, it is necessary to invigorate the frame by the employment, not merely of those diffusible stimuli which act generally upon the whole system, but by the administration of remedies which are known to act immediately upon the generative parts. If excessive irritability be present, it is necessary to employ such remedies as tend to diminish irritation in the morbidly sensitive organs.

The causes of Impotence in man arise from two sources, — from vicious malformation of the genitals, or want of power ; but among women,

Impotence can only depend on malformation, either natural or acquired. These causes are more commonly observed in man than in the other sex, and this is easily accounted for by the greater part the male has to perform in the nuptial congress. This is evident from the phenomena which gave the virile member the form and disposition proper for erection, the introduction of the organ, and the ejaculation of the semen, which are effected by a violent and complicated action, requiring a concurrence of many indispensable conditions, the organs not only contracting spasmodically, to effect the expulsion of the male fluid, but all the body participating at this moment in a strange convulsion, as though nature at the instant forgot every other function. It will be obvious that the treatment must admit of wide modification, as Impotence may be *absolute or relative, constitutional or local, direct or indirect, transient or apparently permanent*. Many defects of conformation are sufficient more or less completely to interfere with the sexual act; among men, preternatural length, closure, or adhesion of the foreskin, constituting *phimosis*, which may be either congenital or the result of disease. Cancerous or scirrhus enlargement of the prostate is frequent in advanced life, and forms another obvious physical bar to copulation. Among females, adhesion of the

sides of the vagina is not so common as an imperforate state of the hymen, which occasionally so completely closes the entrance to the internal organs that the menstrual secretion has been known to accumulate behind that membrane, and for want of the natural outlet, the cavity of the womb has naturally assumed a distension closely resembling that of pregnancy. Some, from constitutional frigidity, are impotent; thus we read that Zenobia, Queen of Palmyra, only admitted her husband's embraces once a month, and then solely in relation to posterity. It is doubtful whether under such circumstances her sense of duty would make up for the absence of inclination. Excessive venery, and the profuse discharges of *fluor albus* or the whites, are susceptible of completely destroying all power of excitement in women; hence prostitutes, from over-stimulation of the genital organs, seldom conceive. *Transient impotence* is often the result of mere apprehension. Too eager desires, too ardent imaginations, the ecstatic effect produced by the sight of a beloved object, extreme nervous susceptibility, are sometimes sufficient to produce temporary impotence.

It is not unusual to meet with instances of married people becoming quite indifferent to each other's embraces. A patient of mine confessed to me his inability to complete the sexual

act with his wife, unless, by an effort of the fancy, imagination conjured up the form of some more voluptuous female. Physical defect *may* constitute the cause of impotence, but more frequently there is neither organic defect nor local disease ; the affection is a mere nervous suspension of power, which is soon removed under proper management. Even this has its wise ordination. Any individual, however vigorous in his physical capacity, if he anticipates, with too intense eagerness, intercourse with a beloved object, will seldom perform the act well. Even among the most ardent and powerful it occurs, as many have confessed, that after waiting time after time for opportunity, when that has arrived they have not had the power to take advantage of it ; a nervous anxiety, a tremulous delight absolutely indefinable, has completely prostrated all power, and the object of passion has been saved from perdition by its paralyzing all the fire and ardency of animal desire. If the imagination wanders from the task, *temporary impotence* is the result ; and many writers are firmly of opinion that impregnation is often impeded by the presence of ideas which interfere with the due performance of the generative act. Sterne has happily commented on this point in one of his most popular works, introducing his maternal parent as asking, *at a most untimely*

moment, whether his father had not "forgotten to wind up the clock" His views are strictly physiological. Such is the power of the moral over the physical state of man!

Many impotent persons are cured by quieting the imagination and strengthening the constitution, by invigorating the general health and the genital organs. We are acquainted with no function of the animal mechanism so specially dependent upon the mind as this: for though sexual intercourse be a compound act of the body and the mind, its essential energy, its peculiar stimuli, proceed from the mind; and according to the exciting energy of the mind is the act performed. Thus, from a compound act of indescribable pleasure and languor, organic beings are endowed with power to produce others similar to themselves; or rather, let me add, an essential part of themselves is separated in the act, the power of that separation being concentrated in the generative organs. The moment the semen has passed, from the greater exertion used by the male, languor and depression succeed, and at this period his office is complete, and a new and complicated arrangement takes place in the female; but what the character of the arrangement is which actually occurs within the female uterus, after experiencing the most delightful and exquisite of all sensual pleasures, being properly impreg-

nated, and on the eve of giving form and existence to her offspring, we yet know not.

Impotence in the male may arise, then, from a wide diversity of conditions. Incapacity of erection, generally referable to self-pollution; impotence ensuing from a want of power of retention in the seminal vessels, induced by a morbid susceptibility in those vessels, and brought about in like manner by a persistence in the same vicious practice; impotence from inability of retention, resulting from repletion of the vessels, — all demand a variety of treatment peculiar to the precise condition of the parts. Impotence from mental influence has also its appropriate management. Exclusive of this, the generative infirmity under consideration, though occasionally arising from simple disease, is ascribable in by far the greater majority of instances to the excesses of Sensualism, either with women, or more commonly still, *in that vile excess* to which such frequent allusion has been made in these pages. Long-protracted chastity or continence is not to be overlooked as a cause of impotence. The very reverse of the degrading habit of self-pollution, it is not only comparatively rare, but offers in its very nature the indications of cure. But that long-continued debauchery, whether with women or by masturbation, is to be assigned as the most common and prominent of the

causes of Impotence, is a fact admitted by all systematic writers, and amply and painfully confirmed by my own experience. M. Pinel observes, "*The Impotence caused by the latter is too often incurable.*" Fortunately, the records of a numerous list of cases prove that recovery of the powers of manhood is not (under judicious management) so altogether hopeless as might seem to be the fact, trusting only to the observation of those medical men who have not made these subjects their peculiar and exclusive study.

Impotence, then, is chiefly caused by the debility of the genital organs, induced by *precocious venereal enjoyments*, or by the unrestrained abuse of the delicate structures in any method that tends to produce repeated and severe evacuations of the seminal fluid. If impotence result from self-pollution, *there is a want of erection*, and should a seminal emission take place, the semen does not possess its prolific power, and thus *the man is at once IMPOTENT and STERILE*. This form of impotence is truly deplorable, and, unfortunately, it is the most prevalent variety. Nevertheless, *I have succeeded in curing many persons laboring under this complication*, although several involuntary *diurnal*, as well as *nocturnal*, emissions have regularly occurred without amorous impulse. Next to *self-pollution*, EXCESSIVE VENERY is a frequent cause of impotence, as

well as of sterility among the male sex. *This is a frequent cause of want of offspring in young married persons.* In these cases the semen may escape without the aid of the ejaculatory muscles, is imperfect in quality, and devoid of power until the health be improved; or if impregnation ensue, the child undoubtedly partakes of the debility of the parent, soon to be consigned to a premature grave, the victim of that *nameless atrophy or wasting decay* which hurries thousands of infants annually to the tomb. In these cases the male parent suffers from inflammation of the seminal vesicles, or there is a seminal weakness with more or less involuntary discharge.

The surest means by which sound and vigorous children may be engendered is a good constitution, unenfeebled by excessive waste of those powers which, in their assemblage, constitute the manifestation of the living principle. It is admitted, not merely by all philosophic writers who have speculated deeply upon the subject, but by all who have paid the least attention to the facts connected with such a statement, that not merely the physical but the *moral* dispositions of the parents are transmitted by generation; hence, if a sound mind in a sound body be the first, greatest, and most lasting blessing, and its deprivation or absence the

greatest possible curse, how imperatively necessary the obligation to calculate closely the tendency of vicious indulgences, to avoid the contamination of depraved habits, and to correct and elude the consequences of that debility, already imposed upon the generative organs by sensual excess! IMPOTENCE and STERILITY are usually the result of wilful imprudence. Malformation is a direct interposition of creative wisdom ; its occurrence is comparatively rare : but failing power is not only exceedingly common, but generally constitutes a self-inflicted evil. Diseased and delicate parents procreate diseased and weakly offspring. The same results are observed in plants and animals Can it be supposed that the physical powers, the sympathies, of a beautiful woman of an excellent constitution are in unison with those of a man whose best energies were long ago expended in the premature and illicit excesses of lawless excitement, whose youth has been a hurried history of wild enjoyment, whose faculties have been lashed past the natural powers of his bodily organization, and who now brings his decrepit efforts as a worthless offering at the shrine of matrimonial sanctity ? Or worse still, is there a mockery more deep, more bitter, than that desolation of spirit which an affectionate woman must feel on finding she clasps entwined within her circling

embrace the mere wreck of sensualism, the horrible victim of self-pollution; the creature who, having trained his imagination and bodily powers to mere fancied enjoyments, is now deprived almost, if not entirely, of the capability of resuming the action for which his generative organs were destined? Woman's scorn must be the more intense, because, from the very nature of her own position, she is precluded from giving vent to her feelings of anger and vexation. Love cannot be reciprocal in such cases; animal or organic impulse will prefer that which is more accordant with itself; even beasts prefer males which are possessed of vigor, power, and beauty, and this instinct is implanted by nature in all animals. Whatever perversion civilization may effect in our feelings or manners, it cannot extinguish this instinct. And this is an eminently wise ordinance, to the perpetuity of a healthy race of human beings.

If Sensualism has impaired the powers, not of both parents, but of one only, the punishment of the offence is either STERILITY or *debility*; or pain, disease, and death transmitted to the children, and reflected back with sorrow upon the parents. Impotence, then, is the last crowning scourge of sexual imperfection, and demands for its removal the most cautious application of the resources of the healing art. The treatment

of the chronic diseases of the generative system has been strangely neglected and signally misunderstood. The efficacy of well-directed efforts has been much mistrusted in this matter, and it is remarkable that both the patient and the practitioner contribute to these impediments ; for as the latter has been accustomed to see his remedies speedy in their effects, he is himself discouraged if they do not immediately produce the desired benefit. Nor is it any wonder that the patient becomes incredulous of the promised relief,—neither of them recollecting that the morbid states have been slowly produced, and cannot, therefore, be speedily changed. Self-pollution, the frequent cause of sexual impotence and sterility, is generally the habit of the best years of youthful life ; and its deadening impress often tells with deplorable certainty, long after the baneful habit has been relinquished. TIME must, therefore, be afforded for the rectification of that artificial state into which the powers of the system have been wantonly plunged. It is evidently the absence of fixed principles, in our pathology of the slow diseases of the generative system, that has given such *unbridled license to quackery*. There has always existed a vagueness of opinion respecting their nature, and an unsettled doctrine as to the most rational methods to be adopted for their mitiga-

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

The man who, from his anxiety to indulge to the utmost his libidinous propensities, seeks for variety among women, may certainly find in such variety a new stimulus sufficient for the

occasion, and may be able to accomplish more frequent repetitions of the sexual act than the sober married man who is faithful to one. But we cannot overlook the fact that this is undoubtedly accomplished at the expense of a corresponding amount of unnaturally excited energy; and the ultimate results of such efforts tell with fearful and tremendous horror upon the helpless and debilitated votary of greedy pleasure. The nightly partner of a husband's bed silently offers only that gratification which is *demanded* by the sexual organs when fully charged with the seminal fluid, and *impatient* for relief; to such a man the stimulus of variety is unsought, contemned, forbidden, as contrary merely not to all laws, human and divine, but as directly opposed to his well-being, and to the maintenance of his animal organization in health, strength, and usefulness. Here, then, the natural laws of his physical constitution harmonize most admirably with the higher sanctions of morality. The actual amount of enjoyment realized by the temperate is, in the long run, far greater; power is maintained until old age, and a vigorous offspring is engendered: while the hasty, violent, and forced gratifications of the Sensualist, though vivid for a moment, are succeeded by that worst form of helplessness,—*insatiable desire, appended to diseased and powerless organs.* The draining of

the seminal fluid, which occurs either from excessive indulgence in venereal gratifications or from solitary vice, is not equally great in every instance. There are some individuals who are not rendered absolutely but only partially impotent. They can accomplish the sexual act occasionally, and with severe effort, to the disgust, doubtless, of the female; or they are tolerably capable, yet unprolific. Their powers are weakened, not altogether destroyed. These patients have resources left in *surgical skill*, which, if expended in contending against improper or unskilful treatment, ARE LOST FOREVER.

The debility produced by masturbation starts a difficulty in the choice of remedies which does not occur in other cases. *To excite, yet not irritate*,—this is the point of divergency, *where cautious science leaves blundering quackery to pursue her blind, injurious course*. It is a law of animal organization that when motion is increased, the increase is most considerable in those parts which are most susceptible, and these, among Sensualists, are the parts of generation; therefore, the effects of irritating remedies are most sensibly and instantly felt in these parts, enforcing the utmost circumspection, not merely in the selection, but in the administration and employment of medical agents. Thus, sterility may be, in some cases, only apparent

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

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

And so truly it is within the experience of many that when the first warm anxiety for offspring, and its corresponding efforts, have passed away

and subsided, the blessing is granted to less passionate, exciting, and frequent embraces.

The ancient physicians were right in their general rule: the longer parties abstain, the more quickly they generate. Almost all physiologists now agree that the retention of semen for some few days, or temporary abstinence from coition, is necessary to generation. During my practice many persons have consulted me on account of want of family, which entirely arose from this cause. Such cases require great delicacy in their investigation, but it is not difficult to learn their nature, when science, caution, and sympathy are duly exerted. Conjugal, domestic, and social inconveniences must always be avoided; and it is scarcely to be observed, because of its obvious truth, that *excessive sexual enjoyment relaxes both parties*, and may, even in the married state, defeat its own end, be unfruitful from too frequent repetition, and bring on that atony, weakness, and debility of the generative organs, which may end in sterility in the female and impotence in the male.

If these things be so, (and who will dare to contravene their truth, founded as it is on the ordinary every-day observation of mankind?) it follows that there may be, and are, varieties of seminal weakness, originating most commonly in nocturnal emissions, and these dependent, in

many instances (but not invariably so), on the unnatural practice of self-pollution, to which such ample reference has been made in the foregoing pages. That these emissions lead to the most deplorable consequences, independently of the injury done to the generative function, is indisputable. The most studious people, and those of a splenetic cast, are subject to this infirmity; and the discharge of semen is commonly so considerable that they fall into a slow, wasting consumption. A Roman physician (whose opinion is supported by John of Acarius, author of a work composed for the Emperor) observes: “If nocturnal emissions continue any time, the necessary consequences are consumption and death; for the most balsamic part of the humor and animal spirit is dissipated; the whole body falls away, and particularly the back; the patients become feeble, dry, and pale; they languish in slow, melancholy agony.” Let this antiquated, yet terrifically correct portraiture deter the thoughtless from practices which lead to such a state; and by those in whom it is commencing, let not incipient evil be deemed unworthy of their most serious consideration.

STERILITY, however, is frequently the vice of the female organs, under circumstances which preclude its possibility on the part of the male. It may depend, in woman, either upon malfor-

mation, which, in reference to the internal and hidden structure, is more common than is generally supposed; or it may be dependent upon some imperfect action of the generative organs. In some instances the *ovaria* are wanting or too small, the fallopian tubes may be impervious, or the uterus unnaturally small. With this state of the parts there is associated a want of due development of the breasts, and the sexual desire is inconsiderable. But in by far the greater majority of barren women the organs of generation seem to be well formed, nevertheless, the action is imperfect or disordered. The menstrual secretion is either obstructed or sparing; or the reverse defect occurs, and they are troubled with profuse discharges, either occurring at the natural period or at irregular intervals, perhaps alternating with copious mucal secretions of an acrimonious and whitish glairy fluid. It is extremely rare for conception to occur unless a woman menstruate regularly; and on the contrary, correct menstruation generally indicates capability of impregnation on the part of the female. Women who are very corpulent are often barren, for their corpulence either depends upon want of activity in the ovaries (castrated animals generally becoming fat), or it exists as a mark of weakness of the generative system, and of the uterine organs in particular. This state.

of weakness and exhaustion of the generative system (however induced) is unquestionably a frequent cause of female sterility; and among the causes which entail loss of vital and productive energy, excessive indulgence is one of the most prominent. Hence, as before observed, prostitutes seldom conceive, not alone because the frequent repetition of the act blunts sensibility to enjoyment, but also because of the atony of generative power. Must it be added that *vicious indulgences, solitary practices, find their way to the chamber of unmarried girls?* The fact is unfortunately too well attested. I have known an instance where this horrible practice was communicated by a depraved domestic to a family of girls; and in another case that fell under my cognizance, the inmates of a lady's school were all, without exception, devoted to this depraved and destructive propensity.

No combination of human ailments can be so peculiarly and painfully distressing to a sensitive mind, as *that one hidden, yet restlessly gnawing anxiety, arising from the deferred hope of offspring.* The possession of wealth cannot atone for the absence of that which riches cannot purchase, and in vain does the heart turn in lonely anguish, as the springtime of existence is rapidly flitting away, to its miserable expedients for the alleviation of this hopelessly corroding sorrow. I re-

member well having seen an accomplished and beautiful creature, already married a few years, blest with all that the world could bestow, burst into tears at the sight of a chubby boy borne by a beggar-woman. And who does not know of the rejoicings that oft occur, when some titled dame presents her liege lord with the long-expected heir to his vast possessions? As though the reproductive act were an almost impossible rarity among the more refined and civilized of the sex; as though, while "peasants bring forth in safety," and rear in poverty a numerous, hardy brood, any valid reason should be assigned why this process should be interrupted among the higher and more educated classes. If the immutable laws of organized Nature were more closely observed and followed, making due allowance for congenital imperfections, there is no reason why one class of women should be found to be more prolific than another; and I doubt not of the certainty of repeating my frequent and happy experience in the inculcation of such directions as may insure to many of my anxious correspondents the long-cherished realization of their fondest expectations.

I have analyzed the many peculiarities of sexual disappointments; I have furnished correspondences to and fro, descending even to *minutiae* as far as permissible, and I am in possession

of others, from which, in my practice, I derive great assistance. With regard to sterility on the part of the female, and incapacity to impregnate on the part of the male, an ampler field is open for "aiding and abetting" such ends than can be expressed in ink, or perhaps suspected or believed by the world at large to exist. As I am candid to confess in sending this publication forth, desirous as I have been of rendering it worthy of perusal, I never intended it to supersede my own usefulness, either to my neighbors or myself; and should I be in existence when these pages meet the inspection of a reader solicitous to know more than is here set down, the application, either *viva voce* or otherwise, may not prove a fruitless proceeding. Men advanced in years, and others of younger growth there are, who are sceptical as to the usefulness of art in *completing the joys of married life*; but if any should be trustful enough to believe that through such assistance *effects have followed on which rested happiness, health, and, not the least essential desideratum, the maintenance of family property*, I am ready fearlessly to declare that their faith need not in every instance be misplaced. I have been, personally and alone, *engaged in the investigation of this subject for several years*, and I have had the satisfaction of effecting, even with *parties whom I have never beheld*, the purposes for which I have been consulted.

174 *Spermatorrhœa: Its Causes and Effects.*

During the act of copulation the external and internal genital organs of both sexes, which are all supplied by nerves from the same source, are excited and stimulated, the vagina closes tightly on the penis, the uterine orifice is in close contact with the orifice of the male urethra; the tube or oviduct becomes straightened and erected, and its loose or floating extremity (*corpus fimbriatum*) seizes on the ovary, and allows the male fluid, after its injection into the cavity of the womb, to advance through the tube to the ovary, by a species of vital attraction or suction. The moment the spermatie fluid arrives at the ovary, which is seized by the extremity of the uterine tube, it acts on and vivifies one or more ova or ovules, and forms the new being or beings. Such is the natural history of the act which originates a new being, and it is obvious that in the detection of such DEVIATIONS FROM NATURE as occasionally occur, is to be found the secret which baffles hope, and denies to wedded love its legitimate consequences. Those deviations are more numerous and complicated than at first sight the inexperienced in such researches would imagine, and, the imperfection once rectified by the judicious interference of art, impregnation is almost certain to follow; more especially when the female has seemingly of a sudden relinquished her usual capacity for procreation. Such defi-

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

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

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

The undue loss of the seminal secretion in a natural way—that is, from too frequent intercourse with the other sex—is productive of dire evils; but where resulting from self-pollution, no language can describe the nature of those sufferings which violated nature is compelled to endure. All the intellectual faculties are weakened; the man becomes a coward, apprehensive of a thousand ideal dangers, or sinks into the effeminate timidity of womanhood! He becomes truly hysterical, sighs or weeps upon the slightest insult or want of sympathy with his hypochondriacal sensations. Such a one commences the career of incipient manhood by the abuse of Nature's most secret and sacred functions, and that at a moment when the system is incompletely formed, when energy and passion need as yet the controlling rule of ripe:

reason. Exclusively absorbed by this evil practice, all the powers of mind and body are wasted in delusive enjoyments, in imaginary creations; and an age of care and anxiety follows, broken only by useless and unavailing regrets.

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

All the victim's fire and spirit are deadened by this detestable vice; he is like a faded rose, a tree blasted in its bloom, a wandering skeleton; nothing remains but debility, languor, livid paleness, a withered body, and a degraded soul. A

youth endowed by nature with talent and genius becomes dull, or totally stupid; the mind loses all relish for virtuous or exalted ideas; the consciousness of the purity and essential holiness of the Creator operates as a bar against any approach to Him, or the appropriation of any of those consolations under suffering which religion is destined to afford. The whole life of such a man is a continued succession of secret reproach, painful sensations arising from the consciousness of having been the fabricator of his own distress, irresolution, disgust of life, and not unfrequently self-murder. Nay, what in effect is this but the consummation of slow self-destruction? Could we but lift the veil of the grave, how should we startle at the long train of the victims of Sensualism!

A gentleman of high 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 clinched in his hand. None could account for the rash act, and doubtless, but for his own revelation, it would have passed away as unaccountably as the "temporary insanity" of the newspapers. Upon a piece of paper, in his own handwriting, were discovered the words, "*I am impotent and unfit to live.*" Scarcely a day passes that deaths by suicide are not recorded, where



VICTIMS OF SELF-ABUSE, AND THEIR OFFSPRING.
"Neither can a corrupt tree bring forth good fruit."—Matt. vii. 18.

no cause is assigned for the deed, but which, from the result of experience, I am strongly inclined to believe, could we explore the secrets of the gloomy prison-house, would be easily explained. Generative debility is not so unfrequent as many suppose; it most usually is the result of sensual excesses; and the mental agonies of such a one are almost insupportable. What *bodily* pain can equal the agony of the soul? “A wounded spirit who can bear?” aggravated, as those feelings must of necessity be, by the consciousness that to his own imprudence, his own base slavery to Sensualism, he owes his forlorn, blighted, and miserable condition, — a being on whom the eye of beauty beams not with fond and pure affection, an outcast even from the paid embraces of a mercenary wanton.

There is in this class of patients an exquisite sensitiveness to external impressions. The slightest change of weather affects the Sensualist most severely; he cannot perceive the correctness of the remark that ours is a temperate climate, for with him the seasons are always in extremes; the summer scorches him into lassitude, or he becomes peevish at the continuance of the cold. Such individuals are excessively prone to catarrhal affections, they take cold from trifling causes, their bodies becoming as keenly delicate to external and atmospheric agencies as the most

perfect barometer. We find that in them the mucous membrane of the nostrils and eyes is peculiarly irritable; fits of long-continued sneezing annoy them on getting into a cold bed, or on the sudden approach of a strong light. The eyelids become strangely hot and irritable at night, the handkerchief is in frequent requisition, and a continual winking and pressure together of the lids is then observable. The most acute pains form another feature of the increasing malady. They are sometimes referable to the head, or limbs, but more commonly to the stomach, forming the index to that form of Indigestion resulting from the drain upon sensorial energy. Many miscalled rheumatic diseases are solely dependent upon this practice. The organs of generation participate also in the misery of deprivation. It is a singular fact, that the habit of self-pollution is connected with a diminution of the size of the penis. The author has had frequent occasions to verify this statement. Of nocturnal emissions, seminal weakness, diseased testicle, and gleet, as the consequences of masturbation, I shall speak separately. The diminution of the size of the penis is one of the first and most obvious effects of this bad habit. The virile organ becomes shrunk into less than half its former outline, and what is worse, the power of perfect erection is altogether destroyed. This is not wonderful,

if we reflect upon the diversity of operation between the natural sexual act and the vile friction of the masturbator. The latter, even if the seminal vesicles be not sufficiently distended with that natural stimulus which provokes erection, can produce, by friction, a higher degree of irritation than is natural, and he can command the sensation when it would be impossible to maintain the requisite firmness of the organ for coition. Thus then a variety of evils are engendered. The testicles are called upon suddenly and violently to secrete, and the excretory canals to discharge a thin, effete, unprolific semen, and the nerves of the penis are susceptible of an agreeable titillation without the naturally inseparable adjunct — firm erection of that organ. Hence, when the masturbator tries to indulge in coition, he cannot assume the requisite solidity to effect penetration; or if he partially effect an entrance into the vagina, it is followed by a premature emission. The organs have been accustomed to a vicious perversion, to excrete without erection; or if the penis swells for a moment, the genitals of the female do not grasp the whole length of that organ with the rude and forcible friction it has suffered from the human hand.

The reader will understand that the prominent character of seminal weakness is *general*, not *partial* debility. With regard to impotence, either

partial or complete, it is the effect of causes which, whilst themselves produced for the most part by improper or excessive indulgence, may be classed under two general heads; viz., Organic (local) and Functional. When the disability arises from a local cause, such as disease or malformation of any of the organs of generation, but more especially disease of the testicles (such as varicocele, etc.), we have functional *effects*; viz., loss of sexual power, and inability not merely for procreation, but for the act of copulation. In cases where the disability exists without any special organic defect, functional *causes* exist; so much in this class of disorder is cause intermingled with effect, as I have already observed in the earlier portion of this chapter. That which, in one stage or under one aspect of malady, operates as a cause, is, in another stage or under another aspect, recognized as an effect, and *vice versa*. The kinds of disability which I classify as proceeding from constitutional and functional causes (as distinguished from organic causes) are generally curable by a comparatively mild course of treatment, inasmuch as they are not permanent and structural, like malformation of the penis, or deprivation of the testicles, for example.

In addition to those named, there are various constitutional causes, of which seminal weakness, impotence, and sterility are the effects. These

causes are too numerous to be recapitulated, but a brief allusion to them is necessary. The disorder may arise from general ill-health, from an unhealthy or perverted state of the seminal secretions, from an impure and vitiated condition of the blood, from the relaxation created by long residence in tropical climates, from venereal affections, from disordered liver or kidneys, and from several kinds of obstinate diseases of the skin. There are occasional, though comparatively rare cases in which I have found an impotence inborn and congenital, and which are described by Sir Astley Cooper in a passage more remarkable for its poetic beauty than for the soundness of the conclusions at which the learned lecturer arrives. "There are," he observes, "several causes which produce a destruction of the virile power. These may sometimes be traced to a peculiar sluggishness of constitution, to a general torpor of the procreative system, on which the usual attractive animal affinities exert no influence. To such a person a Venus might display her charms, and on such her son might exhaust his quiver, in vain. No genial spring is here, no blooming summer, or fruitful autumn; but all is winter, — a dreary, barren, and desolate winter, in which the springs of life are frozen up and the animal propensities destroyed. Some men are so constituted that

they may be said never to possess a venereal stimulus, and some of the other sex are equally frigid. I knew a person who remained unwarmed by the flame from the hymeneal altar for seven years, and who was incapable of performing the duties which devolved upon him." The mistake here made by Sir Astley Cooper is in supposing that faculties are *destroyed*, which in reality *are only held in a state of suspense or dormancy*. Sir Astley spoke or wrote nearly fifty years ago; science has since proved that in numbers of cases similar to those to which he alludes, the physical peculiarities, formerly supposed to be incurable, are quite within the reach of the healing art.

Incidental to the *effects* of Spermatorrhœa leading to impotence may be mentioned *scirrhosity of the gland of the testicle*, which, if not checked, may ultimately proceed to total destruction of that all-important generative organ. This disorder is characterized by a slow and insidious progress, the effect being for a long time imperceptible, unless by very close investigation. A morbid action in the epididymis, which is a part of the testicle consisting of a number of small vessels and ducts upward of forty feet in length, is another symptom, which, whilst among the frequent *effects* of Spermatorrhœa, is an active *cause* of impotence. To the

same category of cause and effect may be referred hydrocele, or dropsy of the testicle, a disarrangement which is usually comparatively easy of detection.

But of all the symptoms which are to be designated amongst the *effects* of Spermatorrhœa, and *causes* of sexual Impotence, there is none more common than the disorder termed varicocele, or enlargement of the veins of the testicle. This malady tends to the destruction of the testicle by morbid pressure upon the gland, and sometimes absolutely displaces the organ from its proper position in the scrotum or rugged bag, which is its natural receptacle.

I have known some distressing cases, in which, after the disease had continued some time, the scrotum has acquired such an excessive degree of pendulous elongation as to reach half-way down to the knee ; and I have on such occasions had some difficulty in imparting sufficient tone and vigor to the organ to make it respond according to my desire to the subsequent stages of treatment. It hangs from the body in a flabby, humid, unnerved condition, and requires artificial support in order to keep it from being constantly troublesome to the patient. Whilst the disorder is progressing, the Spermatorrhœa or unnatural loss of seed which causes it hourly increases in inveteracy ; although it is possible

that pending this transit from bad to worse, the afflicted individual may labor under the idea either that he is well or all but well, that the affection is a trifling one, or that a rapid cure is taking place. This delusion is encouraged by the circumstance which I have before adverted to, of nocturnal seminal discharge so often changing, at an advanced stage of the disease, into the diurnal and less perceptible one, — a stage of things which, unfortunately, too often baffles the practitioner as much as it does the patient, if the attention of the former has not been specifically directed to the investigation of generative disorders, their causes, symptoms, and effects. As incipient varicocele indicated in the first place by some difference between the size of the testicles, and the length to which they depend, is a certain indication of seminal weakness and approaching impotence, few social and domestic duties appear of more real importance than that every individual who, from any cause whatever, has the slightest suspicion or doubt as to his condition, should obtain careful examination from a medical man of known skill and experience. Not only incurable or distressing disorder, but a thousand anxieties having reference thereto, may be prevented by such examination, combined, of course, with the skilful use of the microscope (the indispensable *vade mecum* of scientific in-

vestigation) by the practitioner who undertakes the diagnosis. By these means the organization can be thoroughly and minutely inspected, and any initiative disease or loss of function detected and arrested ere the malady has assumed a malignant form.

It happens sometimes, though rarely, that disease in the prostate gland is an organic cause of impotence, the seminal canal which runs through the gland becoming relaxed, or otherwise injured, though the rest of the generative apparatus, including the testicles, may be healthy. This, however, is of unfrequent occurrence; for in nineteen cases out of twenty, when impotence supervenes, the testicles will be found in a morbid condition. Cases of impotence arising from other organic disorders are rare indeed; and as most minute inquiry and examination, and a complete revelation of all antecedent circumstances, are requisite for the ascertainment of the real source of the mischief, the failure of "patent medicines" is accounted for, and the folly of having recourse to mere nostrums is obvious.

Other affections, such as stricture of the urethra and malformation of organs (the unnatural enlargement of the penis, etc.), may be accounted among the organic causes which produce the effect of impotence.

In Spermatorrhœa proper, which includes the

imperceptible discharge of semen in the urine, and perceptible discharge almost immediately on the contact of the male organs with those of the female, the testicle may remain for some time free from apparent disease; *hence the importance of the microscope in determining and discovering that which may otherwise remain unknown.* But the results of my experience convince me that in that stage of Spermatorrhœa where there are both nocturnal discharges, and diurnal emissions in the urine or stool and in the form of dribbling moisture, there will almost always be found some disorder in the testicle and epididymis. The scrotum will be found to hang very low; or one testicle (usually the left) will hang much below the other. The glands of the testicle, when they can be properly felt (which is not always the case), will be too large or too small, too soft or too hard; sometimes excessively sensitive, if not actually painful; and when varicocele is present, the testicle feels as if dispersed into small irregular knots. The sensation to the touch, in such cases, has been compared, not inaptly, to that experienced on feeling *a bag of earthworms.*

It is necessary to remind the reader, in reference to diseases connected with the testicles, that these important organs, before they descend into the scrotum or purse, occupy a very dif

ferent position. They are retained in the abdomen until about the last month before the birth of the child; thence they descend to the groin, and from this to their final situation in the body. It sometimes happens, however, that the process of descent is delayed for years, and this circumstance has often caused ignorant surgeons and apothecaries to regard their absence from the scrotum as an indication of congenital impotence. In the last century it was maintained by the celebrated John Hunter that the testicles, when confined in the abdomen, do not fully exercise their functions; but this idea has been long disproved. Sir Astley Cooper informs us of an apprentice of his own "who shot himself because his testicles had not descended," and in whom, on autopsy, the secretory glands were found full of semen. It is a pity that Sir Astley had not made his unfortunate pupil aware of a physiological fact, which is certainly not less important than many others that form the subject of lucrative lectures. I recollect a case where, from ignorance of these anatomical facts, a *surgeon* (!) had actually directed a youth to the house of a surgical instrument maker to ask for a *double truss*, under the impression that the small enlargements visible in each groin were protrusions of bowel, when, in truth, Nature, somewhat tardy in her operations, was about

effecting the descent of the testicles into their ordinary receptacle. Fortunately, in this instance, the intelligent dealer in trusses detected the real nature of the case. Had it been otherwise, the youth would doubtless have been maimed and impotent for life, from the pressure of the pad of the truss upon this exquisitely delicate organ.

It is well known that the testicles may not descend into the *scrotum*, though they may be fully developed in the body, and perform their functions perfectly; indeed, according to some writers, better than in the natural situation. But this is questionable. I was once consulted by a young gentleman who had but one testicle in the usual situation, as to the propriety of his contracting marriage; the other testicle had never descended, and he was otherwise well developed, robust, and healthy. I advised him to marry; he did so, and became a parent. Similar incidents have occurred in the practice of others. So the destruction of one testicle by castration or disease is no impediment to procreation, any more than the loss of one eye is to vision. But when both testicles are completely diseased, or where alternately, from repeated attacks of Gonorrhœa, each of these organs becomes in turn inflamed and enlarged, the utmost care and the most scientifically cautious manage-

ment are demanded, lest the future power of secretion be materially diminished or absolutely destroyed. The slightest reflection upon the structure of the testicle will serve to convince the reader that it is, in truth, wonderful that inflammatory swelling does not more frequently disorganize, thicken, and obliterate the delicate and curiously contorted tubes of which its substance is composed. The testicle is of oval form, of the size of a pigeon's egg ; it is a little flattened on the sides ; it hangs in the *scrotum* by the spermatic cord, which is, in fact, nothing more than the excretory canal leading from the testicle to the urinary passage, the artery or blood-vessel destined for the nutriment of the testicle, some nerves and veins, constituting, by their approximation, a species of soft string, occasionally the subject of disease. As to the semen itself, it is eliminated by the testicles, and separated from the blood, carried thither by the arteries of the cord. As to the course of the semen, we find it passing first upwards, along the *vas deferens*, or lengthened canal, leading from the point of its formation, then deeply downwards and backwards, to the termination of this canal on either side, in the urinary passage.

It is undoubtedly true that the thinner parts of the semen, distending the *vesiculæ seminales*

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

It will be remembered that excessive *nervousness* and *morbid irritability* are among the

Spermatorrhœal effects which are directly the cause of impotence. Throughout the course of my professional labors I never lose sight of the influence of the nervous system and the imagination upon the generative organs. The *physical* sympathy is so intimate that mere ideas, conveyed through the brain and nerves, often lead to Spermatorrhœa, and to premature effusion on coition; the effect being more or less permanent and dangerous, according to the degree of irritation ordinarily prevailing in the cerebral organs.

It has been stated that in the great majority of cases, the testicles are specifically disordered, both in decided and partial impotence. But it may be right to apprise the general reader that seminal discharges at stool or during urination, rather indicate disease in the *vesiculae seminales* or seed bladders than in the testicles. In such cases the morbid discharge arises from two mechanical causes. If the discharge takes place whilst urinating, it is caused by pressure of the urinary bladder downward upon the seed bladders, which lie immediately underneath, and have become so weakened or relaxed as to be unable to withstand a pressure which whilst in health can produce no perceptible effect, but which now creates such a degree of irritation that the semen is forced out into the urethra; for a high degree of nervous sensibility always exists

when the organs are in a state of debility. Almost in the same way, when at stool, a costive motion (constipation, alternating with diarrhœa, being a general condition of seminal weakness) presses the rectum or lower bowel against the relaxed and sensitive seed bladders, forces the seminal fluid into the urethra, and thus a portion oozes out through the orifice of the penis.

I have thus gone through some of the principal of the causes, symptoms, and effects of seminal weakness,—the three conditions being frequently so nearly identical with or dependent on each other that it has not been always possible to keep them separate, with due regard to what may be termed the *entirety* of the subject.

Always bearing in recollection the *possibility* that affections of this deplorable nature may supervene silently, insidiously, from other causes besides any of those mentioned, and may go on for years increasing in violence and malignity, whilst the sufferer may be actually unconscious of his affliction, it is more than probable that the infinite majority of instances in which promising marriages turn out “unfortunately,” as it is termed,—that the infinite majority of irreconcilable matrimonial antipathies, separations, divorces, violations of virtue and decorum,—of sickly, pining offspring, perishing in infancy, and of no offspring at all,—arise from the

neglect of that precaution which every man ought to take ere he commits himself to the duties and responsibilities of wedded life; and it is equally probable that the continued and increasing embitterments between couples already united arise in the same manner from neglect, — from neglecting an application or inquiry which might result in the removal of the most common cause of chagrin, discontent, and approximate disgust. Let me distinctly explain my meaning. Nothing is more easy for a person contemplating matrimony than to satisfy himself, by consultation with the author, whether his physical state be really such as to render it advisable for him to enter at once, without postponement, into the most important of all engagements; whether his state be such as to enable him efficiently to fulfil *all* the expectations of a fond, confiding, ardently loving bride.

So, likewise, as respects the married man whose hopes have been disappointed; who, whilst self-deceived, has unwittingly deceived another; and whose matrimonial life is resolving itself into a concatenation of mutual repining, mutual discontent, mutual recrimination, mutual misery: it is very probable that by a brief consultation with a physician who has made this part of therapeutics his study, the hapless Benedict will soon, to the infinite solace of both parties, put a satisfactory

end to all this repining, all this recrimination, all this misery and discontent. I might fill a volume exceeding tenfold the dimensions of the present. if I were to enter into the details of a tithe of the cases in which I have had the satisfaction of recalling the long-forgotten reality of early love, and of substituting thankful gladness for dreary despair. But I purposely refrain from such details; my object is friendly suggestion, not importunate dictation.

CHAPTER VII.

DETECTION OF SPERMATORRHŒA OR SEMINAL WEAKNESS BY MICROSCOPIC EXAMINATION AND OTHERWISE.

THE determination of means for the absolute and definite ascertainment of the existence or non-existence of morbid Spermatorrhœa is a scientific achievement of very recent date. It may be stated, without exaggeration, that the most eminent investigators of the last generation had, so far as respects the detection of the symptoms, advanced very little beyond the facts fixed on by the physiological writers of ancient Greece and Rome. John Hunter, it may be affirmed, great and undoubted as was his proficiency in every branch of medical learning to which the knowledge of his age extended, was actually ignorant of the facts which in our time are accounted among the most obvious of the phenomena that were formerly set down as anomalies. The word "anomaly," by the by, in reference to natural phenomena, is a misnomer. Nature has no anomalies, and her apparent deviations from law and order might always, if pursued to their source, be traced to causes

originating, remotely or directly, in mere disregard of her ordinances.

The agent to which we are chiefly indebted for determination and certainty respecting the presence of Spermatorrhœa is the *Microscope*; an instrument which within the last few years has been brought to a degree of perfection totally unknown to our forefathers.

Much has been said and written upon the wonders revealed by the microscope; of the revelations effected through it of a life within a life, running through all creation, and exhibiting activity in materials apparently the most inanimate. It has made us intimately acquainted with the structure and habits of creatures, the size of which varies from the *twenty-four thousandth part of an inch* in length, to the *forty thousandth part*. By the microscope we know that an object no larger than the smallest sized duck-shot exceeds in bulk many millions of certain classes of animalcules, and that a single drop of water contains a greater number than could be detected in a long life. But whilst the microscope is to be admired for the wonders which it reveals, still more admirable is it on the score of its utility, — its utility in enabling those whom long experience has made familiar with its use to detect the latent causes of human suffering with a view to their removal.

In the treatment of the disease which forms the principal subject of these chapters, the utmost degree of uncertainty formerly prevailed ; there was a random wildness and contrariety in the course adopted by various practitioners, which too truly indicated the low ebb of professional information on the subject ; and this uncertainty and ignorance proved the fruitful source of calamity.

A brief explanation will show how this occurred. The morbid discharges from the urethra, which, without the aid afforded by the skilful and careful use of the microscope, might be mistaken for Spermatorrhœa, are of various kinds. Among them may be accounted the slight discharge which sometimes remains after Gleet ; also that connected with stricture of the urethra, and the mucous emission from the prostate gland (commonly called the prostatic discharge) and from the mucous membrane. The remnant of a syphilitic attack is also sometimes indicated by a discharge, which nothing but great care and experience can distinguish from Spermatorrhœa or escape of the seed.

Now, each of these affections, besides similar ones, which I do not think necessary to enumerate, possesses distinct characteristics, requiring a mode of treatment different from the others. The misfortune was, then, that there being no

certain means by which any of the others could be distinguished from Spermatorrhœa, the latter disease was not unfrequently met by a treatment the very reverse of that which was properly applicable to it; and the results were, of course, more disastrous. There were, in short, no means of DETECTION,—no means of positively DETECTING the presence of Spermatorrhœa, as contradistinguished from affections similar in appearance, but quite opposite in nature.

Thus the *seminal* was sometimes mistaken for a *gleety or syphilitic discharge*, and subjected to what was called “active treatment.” Cubebs, copaiba, mercury, and astringent injections were administered, the effect of which was to produce a high degree of inflammation, and to irritate and aggravate the real malady, which, being incapable of being *detected*, was very often not even *suspected*; and so its ravages went on unchecked, or, more properly speaking, inflamed and stimulated, by the medicaments applied to them.

It would be unjust to impute blame to the practitioners of those bygone times. In the impossibility of detecting the real disease they had to make choice of the alternative either of striking in the dark, or of permitting the disorder, whatever it was, to pursue its deadly career without an attempt to restrain it. They chose the former

alternative. They struck in the dark, but too often their blow was fatal to the patient instead of to the disease.

That state of things is happily changed. Whilst it is certain that in cases of morbid emission from the urethra, a derangement of some kind or another will, it may almost be said without exception, be found in the testicles, it is not less so that each description of discharge has a characteristic peculiarity of its own, which the microscope enables us to indentify as different from the others. Thus, the presence of *Spermatozoa* in the urine or in the dribbling effusion affords unmistakable evidence of *Spermatorrhœa*. If, on the other hand, the discharge be connected with gleet arising from gonorrhœa, minute globular particles characteristic of that affection will be discovered by the microscopic test. In like manner, when the discharge is syphilitic, the linear and almost crystalline formation can be discovered, and the class of disorder is thus defined. When it is considered that fifty years back there was no possibility of thus ascertaining the nature of disease, and that physicians were compelled to act without any assurance against the possibility that their utmost exertions were doing the patient mischief, instead of good, and that the more vigorous their endeavors to effect a cure the greater the amount

of injury which they might be inflicting on his constitution, some idea may be formed of the sad state of confusion in which this department of therapeutics was involved.

But the errors of the elder physicians have been succeeded in our own times by a mistake of another kind, and the effects of which are also deplorable. Formerly, the danger was that the physician, scarcely aware of the very nature of Spermatorrhœa, generally failed to discover its existence, and treated it as if it were a disorder of a very different kind. *Now*, since the dangerous importance of Spermatorrhœa has been brought to light, it is, by the inexperienced and ill-informed members of the profession, declared to be present upon every appearance of unhealthy discharge. From the extreme of negligence they have rushed to that of childish nervousness respecting Spermatorrhœa. Thus, at present, instead of Spermatorrhœa being mistaken for other diseases, other classes of disorder are frequently mistaken for Spermatorrhœa. This happens not unusually in the case of obstinate gleet, as well as in that of the discharge, similar in appearance, which occasionally remains after syphilis. The maltreatment administered causes the affection not only to continue, but to become more obstinate, and apparently even incurable.

Mistakes of either kind produce distressing

effects, not merely ultimately, in a physical sense, but (separated from that) also with regard to the present comfort of the patient, and to circumstances most important, perhaps, to his prospects and fortune. It will happen, for example, that Spermatorrhœa is mistaken for the gonorrhœal or syphilitic affection; and then the sufferer — perhaps at a time when matrimony might be advisable — is afraid to contract that tie lest his wife should be injured by impure congress; and so an arrangement, desirable in every respect, is postponed, perhaps forever. If, on the other hand, he is led by the medical advice which he has taken to attribute the discharge to Spermatorrhœa (Spermatorrhœa all the while not being present), he is, in like manner, restrained through fear of being unable to consummate the nuptial duties.

These remarks will serve to indicate some of the great benefits which have been conferred on humanity by the pitch of perfection to which the microscope has been brought, and the power which it gives practitioners really acquainted with its uses *to detect, without the possibility of mistake*, the nature of any existing malady, and thus to exhibit the medicines best calculated for their removal. I could in truth recount hundreds on hundreds of instances, in which the utmost distress of mind, the bitter agony of disappointed hope, the torturing fear that life was a

total blight, the feeling of degradation, of hopelessness, of despair, have been scattered to the winds and replaced by health, spirits, and happiness, *through the result of one timely and, as it has sometimes occurred, almost accidental consultation. Such consultation has led to a minute examination of the urine, or of the little discharge from the urethra* which had been the cause of uneasiness; and the consequence has been the dispersion of unfounded or exaggerated fear, and the adoption of the course of treatment adapted to the removal of any derangement which really existed, *and which has often been most easy of cure in the very cases where the fears and despondency of the patient had been most profound.* If, on the other hand, the symptoms were serious, the great point was gained that their meaning was now understood, and the steps to be taken for cure were satisfactorily indicated. Such are the advantages which the microscope confers in the all-important task of detecting the real nature of disease.

But it must be especially observed, in connection with the efficacy of microscopic examination, that *competency to use that instrument with advantage can only be acquired by a long course of study and practice.* The best class of instruments, which alone are capable of effecting trustworthy diagnosis, are probably more complicated in construction than any other machine to which

science has recourse. They are composed of innumerable parts, the proper working of all depending on the perfect order and skilful handling of each; and the least awkwardness or error in the adjustment of any of them, the least divergence from the proper focus of light, the least excess or diminution in the quantity of light, may disarrange the whole proceeding. It is through this circumstance that some gentlemen who have attempted microscopic inquiries without acquiring a sufficient amount of experience, have from time to time *fallen into such serious blunders*. I am, for my own part, free to admit, and I do not fear that the admission will subject me to any imputation of dulness. that I was no less than five years studying and observing the operation of the instrument, under every variety of circumstance and position, and had tested it in every way which my own mind and the advice of eminent professional friends at home and abroad could suggest, before I could trust myself to act practically, for pathological purposes, upon the results of my experience of it. From what I have heard, I am disposed to think that it is a very great pity that every medical man who undertakes to deal with an instrument so delicate and complex in itself, so liable to be mismanaged or deranged, so infallible when skilfully handled, but so apt

to deceive and mislead if there be the slightest error or incapacity on the part of the practitioner, — it is, I say, a pity that every medical man who undertakes to deal with so critical an instrument does not exercise similar industry and precaution with myself.

Having alluded to the distinctive signs by which gonorrhœal and syphilitic discharge may be discerned from Spermatorrhœa, I ought to observe that there are other signs besides the contents of the respective discharges, through which the identity of either may be ascertained. Thus, the slight mucus-like discharge in the urine usually occurs, when it is the effect of syphilis or gonorrhœa, along with the *first drops* whilst emptying the bladder; but the discharge in Spermatorrhœa occurs with the *last drops* of the urine, — sometimes a few seconds after the urine has passed, in which case the spermatic effusion is apt to be accompanied by a spasmodic twinge or contraction caused by the pressure upon the seed-vessels. There are, in short, various modes of diagnosis. A practised eye, for example, can readily distinguish, by examination of the *patient's linen*, whether the stains be produced by spermatic or by ordinary venereal affection; and the modern annals of medico-legal inquiry present several cases wherein the last-named mode of test has decided the

questions affecting the liberty of accused persons.

But the microscope is, after all, the grand and auspicious agency by which doubts of every kind can at once be determined. So Protean and capricious are the aspects and attitudes *assumed by seminal disease* that it is literally impossible to lay down any dogmatic standards of treatment which would apply to every case. The symptoms vary, both in intensity and continuity, according to innumerable circumstances dependent on age, occupation, congenital temperament, the kind of climate in which the patient may have resided during certain periods of his life; likewise according to his general habit of body, etc.: and so arbitrary are these variations, that for the great object of safety it is essentially requisite that each case should be studied in itself, and that every one desirous of ascertaining his actual condition should submit himself patiently to give candid and explicit answers to the inquiries which experience may put to him, with respect to any circumstances that could affect his health injuriously or otherwise.

It is to be recollected that in connection with spermatic disorder there may be such a thing as groundless fear as well as groundless confidence. If thousands on thousands perish, as they undoubtedly do, through not knowing, until too

late, the nature of the dangerous malady which is preying upon their vitals, great numbers endure much needless torture of mind in consequence of the *fear* that deadly disease is present, when the affection is of a comparatively trifling kind, easily removable *the moment it is understood*.

But therein lies the difficulty. The words printed in italics represent the whole contingency. The failure of the inexperienced "general practitioner" to detect and understand the symptoms of the case before him is accountable for the greater part of the evil and misery incidental to derangements of the genital organization; and the mischief is indefinitely increased by the attempt to apply what are called "general rules" to a department of pathology which varies in almost every patient.

Acting always on the principle that investigations as to the absence or presence of disease, and as to its nature where present, must be conducted *individually*, with a view to the particular idiosyncrasies of each person, I shall be happy, when consulted, to apply the fruits of my long studies, and probably unparalleled experience, in removing needless fears where no cause for fear exists; and where disease is really threatened, or has already begun its ravages, in staying its onward course, and by timely use of judicious

measures, eradicating the seeds of mischief. Though it is true that down to a very late and terrible stage of disease, medical science can command the means of cure, and none, therefore, need despair, still the effect of these means is proportionately slow or speedy, according to the progress which disease has made. Thus, there is no wisdom more sound than that implied in the axiom that "prevention is better than cure"; and as one of the baneful characteristics of spermatie disorder is that it is apt to make so much progress before the patient suspects that he is ailing at all, it behooves all persons who think they have reason to entertain any doubt of the actual or probable state of their health to convert doubt into that certainty which will either calm their disquietude where no real cause exists, or, if such cause do exist, will place them on the road to cure. It is difficult to conceive how an honest and conscientious person, to whom doubts of the kind have occurred, can venture to enter into the bonds of matrimony, — can venture to make that solemn engagement on which hinges the happiness or misery of his life and the lives of others, without performing a duty so fraught with the elements of comfort and safety. My province is that of the physician, not of the theologian, — my office is the cure of bodies, not the cure of souls; but here, pru-

ience, morality, a religious sense of duty, are so identical with each other, that I do not transgress my proper sphere when I submit the incumbency, on these as well as other grounds, of doing that which prudence dictates in connection with this grave subject. On its performance or non-performance may often depend the contingency of a wedded life of mutual contentment, or of reciprocal repining, discord, and disgust; and further than this, the question whether the offspring of a marriage are to enjoy purity of health, vigor of constitution, and long and painless lives, or to present, on the other hand, the pitiable spectacle of a set of poor, sickly, rickety, stunted, and debilitated creatures, who, during a short and unhappy life, merely "cumber the earth."

Perfect medical diagnosis is therefore all-important in cases of doubt as to the stability of health. But this brings me to a point which involves some of the most critical considerations incidental to the subject. I have already observed that the sympathy between the genital organs and the other portions of the system is so intimate, that there is scarcely a symptom which can be named but may be dependent upon the presence of Spermatorrhœa. To enumerate the symptoms alluded to would be to enumerate nearly every kind and stage of illness, mental or physical, with which the practitioner can have to

deal. The consequence of this is, that where the latter, unfortunately for himself and his patient, has not been adequately disciplined into the investigation of the circumstances which indicate the presence of Spermatorrhœa, he sets out on a wild-goose search after a thousand other imaginary disorders, and nothing is done to arrest the progress of the real one.

Having said thus much, I can add the further assurance that if medical men can be induced to devote as much time as I have done to the study, in all its aspects, of the most difficult, delicate, and complicated branch of medical science, they will in course of time become aware, as I am, of the reasons of the vast number of failures which take place in the treatment of patients; of the enormous number of deaths, the true cause of which is buried in mystery; of the despair which is apt to overtake the practitioner when he is unable to hit upon the true source of a complaint, or having, as he imagines, hit upon it, and applied the medicines which he considers most applicable, discovers to his amazement that they have inflamed instead of mitigated the symptoms. Before hoping to grapple successfully with the evil, he must become perfectly master of the best means of detecting it. A too general non-acquaintance with the nature and mode of using the best agents of detection is, in truth, the

leading cause of that comparative powerlessness against disease, which constitutes a standing satire and reproach against the members of the healing art generally. Of this I have already convinced many of my professional friends, and I hope, as I proceed, to convince more still. I feel certain that in doing so I am pursuing the course best calculated to elevate medicine from the position of a game of chance to that of a science; to raise it to that height in public estimation which the talent, learning, and benevolence of the majority of its members would qualify them to occupy, provided that, rising from the slough of prejudice and obsolete routine, they would set about making the best use of their accomplishments. Converts among medical men themselves are what are most to be desired; and though the present is essentially a *popularly instructive* work, and is purposely free from abstruse professional technicalities, my trust is that it may not prove wholly fruitless in making converts among that important class. No lay person, uninitiated in the mysteries of the profession, will then be more surprised than the physician and surgeon brought up under the system so earnestly deprecated by Sir Astley Cooper, on discerning the huge aggregate of loss of life, formerly attributed to complaints of the heart, complaints of the lungs, complaints of the head, the stomach,

the liver, and what not, but which will now be readily traceable to a cause little known or understood even by the great Sir Astley himself. That eminent man, whilst his perspicacious mind enabled him to perceive that there was something radically wrong in the system upon which generative disorders were dealt with in his country, lived a few years too early to arrive at the whole truth. He mourned a dire but mysterious evil. Had his life and health been preserved to our day, he would, I doubt not, prove himself an efficient laborer in the good work of removing that ill-omened mystery.

While impressing on my medical brethren the importance and duty of qualifying themselves in that which, whilst the most difficult, has been the most neglected branch of pathology, and above all things, of obtaining a perfect knowledge of the means for ascertaining the true nature of disease, I must warn them, in the name of humanity, to take conscientious care that they do not rush lightly or inconsiderately to the practical application of those means. As nothing, for example, affords such a perfect indication as the microscope, *for the detection of the nature of morbid urethral discharge*, when the instrument is wielded with consummate knowledge of its properties, so nothing may lead to more disastrous mistakes when not handled by the most acute

and painstaking intelligence. I have touched briefly, but I trust sufficiently, on some of the descriptions of discharge, any one of which is so likely to be mistaken for some other one requiring a wholly different treatment. The microscope has removed the *abstract* probability of the danger, but has, at the same time, in consequence of the unskilful handling to which it is sometimes subjected, increased the *incidental* probability thereof. The danger in this case is referable to the same principle by which *chloroform*, which, in the hands of skilful practitioners, is so great an auxiliary in the avoidance of suffering, when surgical operations of an intricate kind have been performed, becomes so perilous and sometimes so fatal an instrument when ignorant presumption perverts it from its right uses, or administers it in excess, without making due allowance for variation in strength of constitution, etc. The attainment of full experience in the use of the microscope for purposes of medical diagnosis, like that of the proper use of chloroform in cases involving painful operations, requires, as I have observed, study and observation continued for many years, and supported by a large amount of general medical knowledge; and great are the responsibilities devolving on the man who, without such qualifications, undertakes to use either the one or the other. The

importance of this remark is all the more urgent, considering the total impossibility of adopting any general rule of treatment capable of safe application in different cases, even when the symptoms are apparently most similar. Where Spermatorrhœa is actually present (but be it remembered that the great task is to discover when it is so), there is, it is true, one sound maxim to which I have already adverted; viz., that in nearly all affections of this particular kind, disorder of the testicles will in some way or other be indicated. But on the other hand, as there are serious complaints partaking of the external appearance of Spermatorrhœa, but which do not necessarily present that indication, the ordinary practitioner will be perplexed to determine the exact nature of the malady. If he do attempt to determine it, so manifold and complex are the modifications which are presented, that the chances are ten to one that he wholly fails; and more probably still, should he tamper with that which, under the eye of skill and experience, is the most efficient of all detective and indicative agencies.

When, again, the presence of Spermatorrhœa has been ascertained beyond the possibility of doubt, though it may usually be accepted as pretty certain that there is disorder in the testicles, complicated with the unhealthy emission of seed, the varieties of disorder to which the

last-named organ is subject are in their turn so numerous that I could mention not less than twenty distinct classes of disease of this kind, every one of which requires its separate course of treatment; but which, without minute and careful analysis, cannot be distinguished from each other. It would fill a corpulent volume to recapitulate, in the most superficial manner, the symptoms of these various affections of the testicles alone, and many of which may or may not exist in accompaniment with Spermatorrhœa, though the latter does not as a general rule exist unless some specific disorder in the testicles is in active operation. So sensitive is the organ subject to the multitude of derangements alluded to, and so very similar in appearance are some of these affections, that it would probably be moderate to affirm that in no department of analysis are serious and irretrievable errors more likely to be committed. It must be remarked that erroneous treatment of disorder in the testicles, even when not intimately connected with Spermatorrhœa, has frequently led to fatal diseases in parts of the system so distant as the spine and head. This circumstance, of which examples are found by the thousand in medical annals, suggests the danger of attempting to tamper with so delicate an organ, save where all the symptomatic circumstances of the case are clearly defined in the mind of the practitioner.

I have more than once made allusion to the danger which exists that Spermatorrhœa may be mistaken for other disorders, such as disease of the heart, lungs, liver, or stomach, the symptoms having in many cases a close outward affinity with such affections, but being in reality connected with some of the various phases of development in which the seminal disarrangement exhibits itself. Through such misconceptions of the nature of the malady, fatal consequences too often ensue; and this circumstance furnishes another proof of the importance of minute and particular acquaintance with the means of detection.

A very distressing train of evils arises where the practitioner, unpossessed of adequate knowledge of the indications of seminal disorder, and unable to discover any tangible cause to account for the mental and physical prostration of the patient, ascribes all to mere fancy and imagination, and endeavors to persuade the applicant that in order to be well he has only to think himself so. Friends and acquaintances are gravely told that it is all whim and nonsense; that there is no real disease; that they must make light of the sufferer's complaints. Now it is, doubtless, very advisable to keep up his courage. A cheering word, uttered at the right time, may, as a collateral help, have a good effect; but disastrous are the results when a mere "placebo," or

soother, is substituted for active measures of cure. On the errors committed by medical men, in ascribing to "fancy," or hypochondria, disorders in which actual organic or functional lesion is present, an eminent writer has the following pregnant remarks:—

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

Such is the language of science and philanthropic philosophy, as distinguished from the dull presumption of the species of knowledge which is only of routine and tradition. Its appositeness to the present subject is peculiar, because nineteen out of twenty cases which are loosely classed as nervousness, hypochondriasis, whimsicality, etc., are mere exhibitions of one of the symptoms of Spermatorrhœa, one of the peculiarities of which, it will be remembered, is to proceed continuously from bad to worse.—this downward progress, instead of tendency toward improvement, being a special characteristic of the disease. Where seminal weakness in any of its stages is detected, nothing but energetic treatment, in which activity must be combined with profound caution at every step, can by any possibility produce improvement. Mere “hygienic” prescription, which consists of advice that might do very well for persons in sound health, may in such cases be often rather mischievous than otherwise, because they are apt to give rise to deceptive expectations, the inevitable disappointment of which is accompanied by most depressing reaction.

The debility and impotence consequent on the advanced stages of Spermatorrhœa or seminal weakness have elicited from the same authority from whom I have already made a short extract,

a few observations on the question of marriage, so pregnant with good counsel to medical men that I cannot resist the temptation to quote them. The author is supposing that a visible improvement has been experienced, and continues: —

“It is not long in such cases before we are embarrassed by questions about the propriety of marriage being put to us. This is a matter which is serious in all its aspects, and on which the least scrupulous should not pronounce without having had sufficient assurances of their patient’s return to health. The question of our patient’s health is now not the only one, nor is even his future happiness alone implicated; the fate of the innocent being who is about to be associated with him is the matter of chief importance, and justice to her demands that we do not counsel matrimony until after sufficiently long proof that re-establishment is permanent.”

Little more need be added than that the moral of this passage is equally applicable to children as to wife; the offspring of a person who has contracted matrimony whilst laboring under infirmity, or who, after marriage, is attacked by disease, being for the most part victims of ill-health and deformity during the continuance of their brief lives. And it applies with not less directness to the state of the married who have been uncertain as to their condition, than to that

of the unmarried. In all such cases, whether of doubt or of disorder, already incurred, individual examination, conducted by one capable of entering into every phase of the applicant's state, is the one thing necessary to his safety and ease of mind. It is by such means (including the conditions which I have specified) that danger can, with certainty, be averted, and actual evil, where 't exists, be driven back from its fell career.

CHAPTER VIII.

GENERAL REMARKS ON THE TREATMENT OF
SPERMATORRHŒA, SEMINAL WEAKNESS, AND
IMPOTENCE.

IT is the duty of a cultivated and well-intentioned medical adviser, who addresses himself more particularly to non-professional readers relative to the treatment of disease, to warn them against hesitation and timidity in applying to a competent person who devotes unweariedly his time, thoughts, and energies to one class of disorders, and so gains an amount of knowledge and experience from the number of cases constantly presenting themselves that mere general practitioners cannot have the opportunity of obtaining.

Apart from those whose self-neglect amounts to culpability, there exists a class of patients who gather a smattering of knowledge as to symptoms, and at the same time a fearful amount of error and delusion, from some empirical work, which lands one medicine or application as the universal remedy for a number of disorders, variable as the climates and seasons, undergoing alterations marked as the change

from sunshine to shade. Self-opinion and want of knowledge ever march hand in hand; and the amateur self-constituted doctor, by his sage treatment of himself or his friend, increases seriously the difficulties with which the regular practitioner has to contend, whenever the time arrives for discovering the truth of the trite old adage, "Whoever has himself for a client has a fool for his adviser."

The mischief that arises from this absurd self-quackery by persons not professionally educated induces me, more as a duty than with the hope of its suppression, to declaim against it: for although those men in a legal dilemma apply to their lawyer, and in cases of sickness in the lower order of valuable animals the best veterinarian is consulted, regardless of expense, yet the very man who has acted with caution and judgment in both or either of the matters named, will, when his own health, happiness, and even life are at stake, tamper with all, and very probably in the end succeed in ruining his constitution from the delusion of overweening self-conceit. There are individuals who indulge the fond yet irrational hope that nature is capable of resuming, without assistance, her lost powers. To such I can only say that the time which is wasted in this delay is precious and irrecoverable, and can only tend to perpetuate the predic-

ament of hopeless imbecility, and render Impotence permanent. Many of them are prevented from applying for medical advice and assistance through fear or dread of accidental exposure. In reference to this it is proper to remark that my general rule is to *burn all correspondence, or to return it to the writers on the termination of their case;* and only under peculiar circumstances is a personal interview or application absolutely necessary. It would have been a matter of no difficulty to me to detail the histories of hundreds of cases which have been treated most successfully, in which the most deplorable forms of Nervous and Generative Debility, Impotence, Sterility, Nocturnal and Diurnal Emissions, Seminal Weakness, Indigestion, Syphilitic and constitutional diseases have been exchanged for *health, vigor, and happiness.* But this would have augmented the size of the work most inconveniently; and there are many whose delicacy would resent the transcript of their cases, even under anonymous initials.

Many symptoms of a character similar to those of Spermatorrhœa may supervene on some affection of the Kidney, Ureter, Bladder, Rectum, Prostate, or some portion of the Urethra not immediately connected with the outlet of the seminal duct; and so intimate is the connection of these adjacent parts through their nervous

and arterial supply, that sympathetic affections of one or more constantly arise when the primary and often more serious disease is quietly committing its ravages in the neighborhood.

Want of perception as to the relations of the parts affected, in their manifold communications and sympathies, has induced the baneful or effete modes of treatment employed by some physicians, where the choice has fallen either on violent and injurious applications, or on a single drug of no effect whatever, puffed up, praised, and advertised, with romantic cases plentifully appended, to dazzle the uneducated, excite curiosity in the thoughtless, and false hopes in the invalid, while contemptuous pity and scorn are created in every right-thinking and feeling breast.

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

A comprehensive view of Spermatorrhœa and its accompanying affections, mental and physical, leads me to divide the principles of its treatment into

1st. LOCAL AND CONSTITUTIONAL ;

2d. MORAL AND DIETETIC.

The first is the entire province of the physician, who only in the last necessity seeks the co-operation of his patient. Moral improvement depends wholly on the firmness and perseverance of the sufferer.

A Local remedy of great value is the use of *Cold Water*, and this may be favorably applied over the whole body by river and sea bathing, also to the region of the loins, and directly to the exterior of the Testicles. Part of the nerves supplying the genito-urinary system pass from the Cauda Equina low down in the pelvis, others may be traced back in the spinal marrow for some distance, and the cold should be used sufficiently high up for application over their origin, as the most likely method of giving "tone and power," both of which we seek to impart.

An enfeebled condition of the scrotum causes the testicle to drag on the spermatic cord more than it ought to do ; so in very many instances a scientifically adapted and properly applied *suspensory bandage* possesses no small degree of comfort and utility.

The action of cold on the scrotum causes a muscle which forms one coat of that purse (and is termed the "dartos") to contract its fibres, and afford more healthful support than would other-

wise be gained. Useful and simple as these applications are, some patients cannot at first bear them, and require to commence with a higher temperature, and so gradually proceed to general immersion and the use of shower-baths. Where salt water is not procurable, a small quantity of bay salt may be substituted.

Coarse towelling or flesh brushes should be used after the bath; for the skin is not only an extensive and highly sensitive structure, but takes no insignificant part in the vital process of respiration.

An embrocation applied along the region of the spine is useful in the earlier stages; but when disease is more confirmed I have recourse to shocks of electricity or galvanism, of course taking care to regulate their power in proportion to the strength of the recipient.

Dry cupping over the dorsal and lumbar regions should not be omitted; it consists in applying the glasses only, without using the scarificator or lancet blades.

Blisters, either fluid or plaster, when judiciously used, are very valuable appliances; safe and easy of adaptation, they can be speedily healed, or by dressing with proper material, continued more or less open, according to the medical directions. The best position for applying them is generally either the dorsal, lumbar. or *sacral* regions; some-

times, however, the course of the Spermatic cord, between the two rings on the face of the abdomen, may be very properly selected. My testimony is decidedly in their favor as valuable allies in this class of infirmities, particularly in very obstinate cases, accompanied by *seminal emissions*, which resist all internal remedies. In such instances I have generally found the blister, when applied to the perineum (that portion of the body behind the testicles), to be highly efficacious.

Compression of the testis should not be omitted. When applied by the physician in an effective manner, it directly and mechanically supports the vessels of the epididymis, and by assisting the tunica albuginea, tends to prevent greater relaxation of the secreting body of the testicle. Men of the highest professional rank will bear testimony to the favorable action of this remedy, in chronic and even acute forms of inflammation in the organ, and to the simplicity of its adaptation and removal.

The proposed limits of this work would be far exceeded by a continuation of the topical remedies which the medical man has at command; his practised eye alone can guide the patient as to *which one* is most applicable to the individual train of symptoms under consideration; and as scarcely any two cases are exactly similar in their minute details, it is wise and rational to conclude

that in order to be effective the curative means must be varied also.

A sketch only of the medicinal or constitutional treatment can be offered; for the widespread ramifications of the senso-motor and sympathetic nerves bring into a state of functional disorder, not only organs situated near each other, but those which are at a distance, as the brain, lungs, heart, and stomach, all intimately connected by means of the pneumo-gastric nerves; hence the palpitations, difficult and excited respiration, headache, floating bodies appearing before the eyes, etc., so frequently accompanying different stages of Spermatorrhœa, and alluded to at great length by some writers. Any complications of these or other kinds will meet with due attention if looked on as the outposts, to be treated in their turn, while the physician continues to employ his main strength on the citadel or stronghold of the enemy.

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

Mild and cordial laxatives, alterative drugs

with neutral salts, febrifuges and sedatives, will soon quiet the system and enable it to tolerate tonic or restorative medicines. If the last are indiscriminately commenced with, all the evils augment, and time is in the end lost. No word in medical phraseology is more misappropriated than "*tonic.*" One man means *iron*; another, *quinine*; a third, *mineral acids*; whilst a fourth means *stimulants or irritative preparations*, which have no real action suitable to the term; and so on through the entire Pharmacopœia.

Now, I mean not any one, but the *whole class of medicines*, legitimately so termed, which must be culled and combined to meet each case, changed and increased according only to their effect, in which consists the real art of scientific prescribing. One man gradually gathers strength from quinine, which would not suit another, whose deteriorated blood globules will become red and healthy under the exhibition of iron, in some of its numerous preparations.

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

A great coadjutor in the work of restoration is a soundly based and well-followed dietetic

regimen, which may be gently hinted at in the next place.

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

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

A generous but not stimulating diet may be adopted, and the patient can select fish, shellfish, eggs, poultry, and meat at pleasure.

Warm relaxing drinks, such as tea, coffee, etc., are injurious, and their place may be supplied by new milk, where the stomach does not revolt at

it; lemon, vinegar, peppers, etc., should be avoided.

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

Most happily for humanity, there are not many causes which render impotence permanent; but organic disease or injury to the cerebellum may cause it. I witnessed an interesting case, some years ago, in a soldier, formerly of General Hooker's brigade.

Obliteration of both *vasa deferentia*, accidental deficiency, or excessive congenital smallness of the penis, must naturally and hopelessly confirm the state of impotence.

I will say only a few words on moral treatment. *Vice is more easily acquired than eradicated.* Those who owe their diseased condition to a continuation of their own fault, I would entreat to seek a state of corporeal health, which may give them sufficient mental firmness to conquer their evil propensities.

Marriage (which every man deems a blessing) cannot without reference to feelings of affection and prudence be recommended as a remedy for the sick; the happiness of both parties depends on its results, and an unfortunate or ill-advised connection of the sexes, particularly arising from physical causes, can only aid in "multiplying misery by two." One victim is more than society can spare. Let all remember in good time the truthful Latin proverb, "*Gutto cavat lapidem non vis sed sæpe cadendo*" (The drop of water hollows the stone, not by the *force*, but by the *frequency* of its falling).

The peculiarity of my treatment consists in the selection of hitherto undiscovered remedies, and in the practical adaptation and application of those we heretofore possessed. *To act directly upon the seminal vessels*, and to impart tone, without the production of irritation; to strengthen without inflaming or temporarily exciting the generative power; to renovate, by the exhibition of remedies which *cure*, by the removal of the proximate cause of debility and disease, and so permanently restore the lost energies of the system,—this is the mode of practice which in my hands has been signally successful.

It will be a substantial service to society if the reader who has attentively, and I hope usefully, perused these pages, will forward, under envelope,

anonymously or otherwise, this little work to such of his friends or acquaintances who, as he may have reason either to know or suspect, have been the secret victims of the baneful habit I have alluded to. In this way a parent may secretly, yet effectually, warn that child to whom on such a subject he would feel it repulsive to speak. I need only point out this mode of performing a humane and charitable action, to render obvious its very useful application.

It is evident that in a work of this nature it is absolutely necessary to cite a few cases cautiously, as descriptive of the character and variety of those sufferings for which I am ordinarily consulted. This is done with care, and no other or further publicity need be feared by those who have already consulted me, or may in future place themselves under my treatment. I have thus endeavored to explain the purpose of the present effort, — to offer an intelligent portraiture of the interruptions to the enjoyment of sexual health, and by explaining the causes in a *simple, forcible, and perspicuous manner*, to enable the reader to disentangle the apparently inextricable and confused maze of his own wandering and diseased fancies, — to point to the concealed, and it may be unsuspected, cause of human suffering, and to the restoration of health, pristine vigor, usefulness, activity, and

joyous hilarity. "Why do I suffer? Why, when all around invites to enjoyment? Why is it that while every face wears a smile, existence is to me a dreary blank,—the world, its pleasures, cares, and duties an irksome weariness?" Are not these questions which even a cursory glance at the previous pages will enable the misguided to solve? Requiring no name (if my patient be desirous to conceal it), I am enabled to afford relief without even knowing the parties who receive it at my hands; and this certainty of concealment is to many a great satisfaction. Nevertheless it is unnecessary, for on no occasion has the slightest suspicion ever been excited. *Inviolable secrecy and certain relief are boons, then, I offer to suffering humanity.*

That I have these in my power to bestow, numberless cases sufficiently attest. I make no pretensions but such as are borne out by the fullest testimonies; and of the authenticity of these testimonies I am prepared to give every proof short of a disclosure of the confidence intrusted to me. Feeling sensible that from the absence of information in other legitimate channels, many errors are committed through *ignorance*, and many evils endured through *shame*, this little work is tendered, accompanied with the hope that its usefulness may not be diminished by any misinterpretation of my real motives. For the

satisfaction of the reader a few illustrative cases are appended; and to those who are suffering from any of the consequences resulting from solitary habits or excess, a reference to the *Notice to Patients* at the end of the volume will point out the method to be adopted, by which the alleviation and cure of such consequences may be effected.

It is to be hoped that the foregoing outline of diseases arising from improper sexual indulgence will be found sufficiently precise to demonstrate at once their complexity and importance. Let not false delicacy induce the sufferer to hazard the dangerous experiment of the management of his own case. Without any knowledge of the modifications which individual temperament produces on the character of disease, without an intimate acquaintance with the nature of disease, rather than with the mere history of symptoms, ignorant of the precise operations of powerful remedies, — for such a one to turn those engines of good or of evil upon himself, is a species of weakness truly pitiable.

Attempts at self-cure are too frequently finished in self-destruction. It has been said, and not without truth, that in the practice of law, “He who conducts his own case has a fool for his client”; and much more emphatically may the assertion painfully apply to those who turn, in

weakness and suffering, their ill-judged remedies against themselves. The practitioners of the healing art are generally wiser, and silently teach the unprofessional world an important lesson in refusing to prescribe for themselves, however trivial or temporary may be their ailments.

PRESCRIPTIONS.

THE following prescriptions have proved, by the most extensive experience, to be thoroughly efficacious in the treatment of the diseases, the names of which are appended to them. They are written in English, Latin names and scientific terms being purposely avoided, and they can be obtained at all reliable drug stores throughout the country. While the following formulæ are of established merit, the reader should bear well in mind that it is important that they be only applied for the diseases for which they are recommended, hence the importance of a correct knowledge of their complaint before using them.

PRESCRIPTION No. 1.

R Tinct. Musk, ℥i.
Tinct. Hops, ℥iii.
Liq. Potassæ, ℥ii.
Infus. Buchu, ℥vi.

Mix: Three tablespoonfuls after meals.

Very useful in Indigestion attended with Nervousness and Flatulence.

PRESCRIPTION No. 2.

R Gum Arabic, ℥i.
Water, Oiss.
Simple Syrup, ℥ii.

Mix: A wineglass frequently.

In Strangury and Irritant Poisoning.

PRESCRIPTION No. 3.

R Gum Arabic mixture, ℥iiss.
Water, ℥iiiss.
Syrup, ℥ss.

Mix: A tablespoonful frequently.

In Bronchial Catarrh of Children

Prescriptions.

PRESCRIPTION NO. 4.

- R Gum Arabic mixture, ℥ii.
 Water, ℥iv.
 Syrup Tolu.
 Orange Flower Water, aa ℥i.

Mix: A tablespoonful every two hours.
Excellent in Slight Colds

PRESCRIPTION NO. 5.

- R Vinegar, ℥i
 Water, ℥xv.
 Sugar, ℥ss.

Mix: To be taken as a common drink.
Very useful in Fevers to allay Thirst

PRESCRIPTION NO. 6.

- R Distilled Vinegar, ℥ii.
 Syrup, ℥ss.
 Water, ℥ii.

Mix: A fourth part every three hours.
In Scarletina (for a child of three years)

PRESCRIPTION NO. 7.

- R Dilute Acetic Acid, ℥i.
 Tinct. Jalap, ℥xv.
 Tinct. Orange Peel, ℥i.
 Mixture Camphor, ℥x.

Mix: Make a draught to be taken 2 or 3 times a day.
In Rheumatism in Debilitated Persons.

PRESCRIPTION NO. 8.

- R Vinegar, ℥ii.
 Ammonia Muriate, ℥i.
 Honey, ℥iss.
 Water, ℥xii.

Mix: Use as a gargle 3 or 4 times daily.
Good for a Sore Throat

PRESCRIPTION NO. 9.

- R Lemon Juice, ℥ii.
 Camphor Mixture, ℥i.

Mix: Make a draught, to be taken 3 times a day.
In Acute Rheumatism.

PRESCRIPTION No. 10.

- R Recent Lemon Juice, ℥i.
 Oil Sweet Almonds, ℥iss.
 Syrup Marshmallow, ℥ss.

Mix: A teaspoonful every 3 hours.

In Obstinate Diarrhoea

PRESCRIPTION No. 11.

- R Camphor Mixture, ℥i.
 Spts. Ether Comp., ℥ii.
 Tinct. Cardamon Comp., ℥iv.
 Spts. Anise, ℥vi.
 Oil Carroway, ℥xii.
 Syr. Ginger, ℥ii.
 Peppermint Water, ℥vss.

Mix: Take two tablespoonfuls.

For Troublesome Flatulence

PRESCRIPTION No. 12.

- R Sulph. Morphia, grs. ii.
 Sulph. Soda, ℥ii.
 Syrup Simple, ℥ii.

Mix: Dose, half a small teaspoonful to an adult after each discharge.

Invaluable in Dysentery.

PRESCRIPTION No. 13.

- R Liquid Tar.
 Powd. Alum, aa ℥v.
 Powd. Licorice, q. s.

Mix: Divide into 100 pills. Take from 6 to 10 every day.

Excellent in Diarrhoea.

PRESCRIPTION No. 14.

- Camphor Mixture, ℥iss.
 Liquid Acetate Ammonia, ℥iv
 Wine Antimony et Potassia Tart, drops xi
 Tinct. Opium, drops xx.

Mix: Take half of the quantity on retiring.

Very beneficial in Acute Rheumatism.

PRESCRIPTION No. 15.

- R Antimony Potassia Tart., 1 gr.
 Saltpetre, ℥ii.
 Almond Mixture, ℥xii.
 Tinct. Camphor Comp., ℥ss.

Mix: Dose, a tablespoonful every hour.

Excellent Cough Mixture

PRESCRIPTION No. 16.

- R Horseradish Root.
 Contused Mustard Seed, aa ℥iii.
 Warm Water. O℥.
 Colaturæ, ℥vii.
 Spts. Ammonia Arom., ℥iss.
 Spts. Pimentæ, ℥ii.

Macerate for an hour, and strain.

Mix: Two tablespoonfuls 3 times daily.

Very useful in Paralysis.

PRESCRIPTION No. 17.

- R Tinct. Arnica.
 Tinct. Capsicum, aa ℥i.
 Chloroform, pure, ℥ii.
 Tinct. Sapo et Opii, ℥iv.

Mix: and mark external use.

Excellent in Bruises and Sprains.

PRESCRIPTION No. 18.

- R Ungt. Belladonna, ℥i.
 Powd. Camph., ℥i.

Mix: Mark external use.

In painful Chords or Piles.

PRESCRIPTION No. 19.

- R Bromide Potassa, ℥iii.
 Cinnamon Water, ℥i.

Mix: Dose, a teaspoonful as occasion may require.

Useful in Headache, or to produce Sleep.

PRESCRIPTION No. 20.

- R Infusion Buchu, ℥vii.
Tinct. Buchu.
Tinct. Cubebs, aa ℥iv.

Mix: Dose, 2 tablespoonfuls 3 times a day.

Useful in Kidney Difficulties.

PRESCRIPTION No. 21.

- R Fresh Milk, Oss.
Lime Water ℥i.

Mix: Four tablespoonfuls is a dose.

Useful in Sour Stomach.

PRESCRIPTION No. 22.

- R Tinct. Spanish Flies, drops ii.
Tinct. Henbane, ℥v.
Water, ℥x.

Mix: Dose, tablespoonful every 2 hours.

Useful in Inability to hold Urine, or Paralysis of the Bladder.

PRESCRIPTION No. 23.

- R Tinct. Spanish Flies.
Tinct. Camphor Comp. aa ℥i.
Tinct. Cinchona Comp., ℥x.

Mix: Dose, 30 drops, gradually increased to a teaspoonful, 3 times a day.

Beneficial in Whooping Cough.

PRESCRIPTION No. 24.

- R Acet. Spanish Flies, ℥ss.
Aqua Cologne, ℥i.
Aqua Rosa, ℥i.

Mix: Make a wash. Rub on the head when the hair falls out.

PRESCRIPTION No. 25

- R Powd. Red Pepper, ℥ii.
Boiling Water, Oss.

Mix: Strain, and when cool take a teaspoonful 3 times a day.

Useful in Malignant Sore Throat.

PRESCRIPTION No. 26.

R Elix. Peruvian Bark with Protox. Iron, ℥xii.
 Dose, a dessertspoonful after meals.
An Agreeable Tonic.

PRESCRIPTION No. 27.

R Liquid Acetate Ammon., ℥ii.
 Sweet Spirits Nitre, ℥iii.
 Aqua Camphor, ℥ss.
 Syr. Simplex, ℥iv.
 Mix: Dose, a teaspoonful every 3 hours.
Very beneficial at the commencement of Fevers.

PRESCRIPTION No. 28.

R Powd. Peruvian Bark.
 Powd. Rhubarb, Turkish, aa ℥ss.
 Carb. mate Magnesia, ℥i.
 Confect. Aromat., ℥ss. No. 1.
 Cinnamon Water, ℥iiss.
 Mix: Make a draught. To be taken twice a day.
Excellent Cathartic.

PRESCRIPTION No. 29.

R Sulphate Magnesia, ℥ii. No. 2.
 Fluid Ext. Senna, ℥vii.
 Simple Syrup, ℥ii.
 Mix: Take all at one draught.
An Excellent Physic.

PRESCRIPTION No. 30.

R Bals. Copaiba.
 Liquid Potassæ, aa ℥iii.
 Mucil. Gum Arabic, ℥i.
 Peppermint Water, ℥vi.
 Mix: A tablespoonful before meals.
Excellent in first stages of Gonorrhœa.

PRESCRIPTION No. 31.

R Ammoniated Tartrate of Iron, ℥i.
 Water, ℥vss.
 Simple Syrup, ℥ss.
 Mix: Dose, a tablespoonful 3 times a day.
Beneficial in Bright's Disease.

PRESCRIPTION No. 32.

R Ext. Henbane, ʒss.
Valerianate Ferri, ʒi.

Mix: Divide in 30 pills; dose, 1 after meals.
Excellent in Neuralgia

PRESCRIPTION No. 33.

R Bromide Ferri, ʒi.
Syrup Orange, ʒss.
Orange Water, ʒiiss.

Mix: Dose, teaspoonful every 6 hours.
Useful in Secondary Syphilis.

PRESCRIPTION No. 34.

R Sulph. Ferri, ʒi.
Distilled Water, ʒxvi.

Mix: Make wash, apply on linen every 2 or 3 hours.
Excellent in Erysipelas.

PRESCRIPTION No. 35.

R Powd. Galls, ʒi.
Sulphate Copper, ʒi.
Lard, ʒi.

Mix: Make ointment, apply to the affected part 3 times a day.
For Ringworm.

PRESCRIPTION No. 36.

R Extract Gentian.
Sesquicarbonate Ammonia, aa ʒi.

Mix: Divide into 30 pills; dose two, 2 or 3 times daily.
In Obstinate Heartburn.

PRESCRIPTION No. 37.

R Glycerine.
Rose Water, aa ʒii.
Powd. Borax, ʒii.

Mix: Apply at bedtime.
An excellent application for Chapped Hands, Chilblains and Sore Nipples.

Prescriptions.

PRESCRIPTION No. 38.

R Ext. Henbane.
 Camphor.
 Extract Hops, aa grs. iii.

Mix: Make 2 pills; take at bedtime.

In Simple Wakefulness.

PRESCRIPTION No. 39.

R Tinct. Iodine Comp., ℥i.

Make external use; apply with a brush thrice daily.

Excellent Application to Swollen Joints.

PRESCRIPTION No. 40.

R Powd. Peruvian Bark, Red, ℥i.
 Lard, ℥ii.

Mix: Make ointment; use 3 times a day on linen.

The best Salve for Sores and Ulcers.

PRESCRIPTION No. 41.

R Powd. Dovers, grs. xl.
 Hyd. Sub. Murias., grs. viii.

Mix: Divide into 8 powders; 1 in every 3 hours, if awake.

Excellent in Pneumonia or Lung Fever.

PRESCRIPTION No. 42.

R Powd. Ipecac Root, grs. iv.
 Mucilage Gum Arabic.
 Simple Syrup, aa ℥ii.
 Distilled Water, ℥i.
 Saltpetre, grs. xv.

Mix: Two teaspoonfuls every 4 hours.

In Measles of Infants.

PRESCRIPTION No. 43.

R Dover's Powd.
 Hyd. Cum Creta, aa grs. i.

Mix: To be taken at bedtime.

Excellent in the Diarrhœa of Teething Infants.

PRESCRIPTION No. 44.

- R Ground Flaxseed, ℥iv.
Ground Poppy Flowers, ℥i.

Mix: Divide in 8 poultices; use a fresh one morning and evening.

Excellent Poultice for a Felon.

PRESCRIPTION No. 45.

- R Tinct. Lobelia, ℥ss.
Orange Water, ℥ii.
Distilled Water, ℥iv.

Mix: Dose, a tablespoonful 3 times a day.

Beneficial in Asthma.

PRESCRIPTION No. 46.

- R Carbonate Magnesia, ℥i.
Tinct Cardamon Comp, ℥ii.
Orange Water, ℥ss.
Syrup, ℥ii.

Mix: Dose, a teaspoonful frequently during the day.

Excellent in the Colic of Infants.

PRESCRIPTION No. 47.

- R Cod Liver Oil, ℥iv.
Emulsion Almonds, ℥i.
Whiskey, ℥ii.

Mix: Dose, a tablespoonful after meals.

Very Beneficial in Consumption.

PRESCRIPTION No. 48.

- R Sweet Oil, ℥viii.
Arom. Spts. Ammonia, ℥ii.

Mix: Dose, 3 teaspoonfuls night and morning.

Good to Expel and Destroy Worms.

PRESCRIPTION No. 49.

- R Citrate Iron et Quinine, ℥iii.
Sherry Wine, ℥vii.

Mix: Dose, a teaspoonful before meals.

An Excellent Tonic

PRESCRIPTION No. 50.

- R Tinct. Peruvian Bark.
 Tinct. Gentian
 Tinct. Cardamon, aa ζ i.
 Essence Checkerberry, gtt. xxx.

Mix: Dose, a teaspoonful before meals.

Excellent in a Capricious Appetite

PRESCRIPTION No. 51.

- R Wine of Ipecac, ζ i.

Dose, a teaspoonful to children in convulsions. This is an invaluable remedy, and always safe to administer, care being taken not to strangulate the patient from inability to swallow.

PRESCRIPTION No. 52.

- R Ung. 4 Petrolei, ζ i.
 Pulv. Gum Camph., ζ i.
 " Capsicum.
 " Chloral Hydrate, aa ζ ss.

Mix: Mark external use.

This is an excellent Liniment for Sprains, Lumbago, and Rheumatism.

PRESCRIPTION No. 53.

- R Syr. Bals. Tolu, ζ iv.
 Chlorate Potassa, ζ i.

Mix: Dose, half a teaspoonful to children 3 or 4 times daily; adults, one teaspoonful.

Excellent for a Dry, Hacking Cough.

PRESCRIPTION No. 54.

- R Syr. Bals. Tolu, ζ iv.
 Ammon. Carb, ζ iss.

Mix: Dose, a teaspoonful every two hours.

Excellent in Measles to bring out the Eruption.

PRESCRIPTION No. 55.

- ℞ Ferri Suphosphatis, ʒss et ℥ii.
 Potassa vel Soda puræ, gr. iii.
 Ext. Aloes, grs. iv.
 Pulv. Glych, ℥ss.
 Albuminis Ovi, q. s.

Mix: Divide into 12 pills. Dose, 2 every 3 or 4 hours.
Excellent in Cancerous Affections.

PRESCRIPTION No. 56.

- ℞ Acet. Morph., grs. xv.
 Cupri. Sulph. Ammon, ʒss.
 Fellis Inspissati.
 Pulv. Quassia, aa ℥iv.

Mix: Divide into 100 pills; take 5 night and morning.
Useful in Diabetes

PRESCRIPTION No. 57.

- ℞ Pil. Salicylic Acid (No. XV.), 2 grs. aa.
 Dose, one every four hours.

Excellent in Acute Rheumatism.

PRESCRIPTION No. 58.

- ℞ Fluid Ext. Dandelion.
 " " Senna.
 " " Buckthorn, aa ʒii.
 Ess. Checkerberry, m. xxx.

Mix: Dose, a teaspoonful before breakfast.

Excellent in Habitual Constipation.

PRESCRIPTION No. 59.

- ℞ Syr. Allium, ʒiv.
 Dose, a teaspoonful at bedtime.

Excellent in Pin Worms.

PRESCRIPTION No. 60.

- ℞ Powd. Cocus Cacti, ℥i.
 Bicarb. Potassa, ʒi.
 Syr. Pruni Virg, ʒiv.

Mix: Signa, a small teaspoonful every 4 hours.

An excellent remedy in Whooping Cough

PRESCRIPTION No. 61.

R Strychnia Acet., grs. iij.
 Alcoholis, ʒi.
 Aquæ Cinnam., vii.

Mix: Dose, 5 drops twice a day in molasses.

Very useful in Paralysis.

PRESCRIPTION No. 62.

R Potassa Iodide, grs. iv.
 Ext. Hyoscyami, grs. viii.

Mix and form Suppository No. 2, one to be inserted in the rectum at night.

Useful in Enlarged Prostate.

PRESCRIPTION No. 63.

R Potassa Iodide, grs. iii.
 Infus. Amanti Cortex, ʒx.
 Tinct. Scillæ, m. xv.
 Syr. Auranti, ʒi.

Mix: To be taken at one dose.

Very beneficial in Dropsy.

PRESCRIPTION No. 64.

R Potassa Iodide, ʒiv.
 Iodini, grs. ii.
 Aqua Menth. pip.
 Aqua Flor. Amant., aa ʒiii.

Mix: Dose, a tablespoonful 3 times a day.

Useful in Epilepsy.

PRESCRIPTION No. 65.

R Magnes. Sulph., ʒi.
 Antim. Pot. Tart., grs. ii.
 Aquæ, ʒviii.

Mix: A tablespoonful every hour.

Beneficial in Asiatic Cholera.

PRESCRIPTION No. 66.

R Malt, Oil, and Pancreatine, ʒx.

Dose, a dessertspoonful after meals.

Excellent in Debility caused by Indigestion.

PRESCRIPTION No. 67.

- ℞ Tinct. Colomba.
 “ Gentian.
 “ Cinch. Comp.
 Vinum Zericum, aa ʒi.

Mix: Dose, a teaspoonful before meals.

An excellent Tonic for an Impaired Appetite

PRESCRIPTION No. 68.

- ℞ Pil. Saponis C. Opii, ʒi.
 Camph. rasæ et redactæ, ʒss.
 Mucilage, q. s.

Mix: Divide into 12 pills. Dose, one every 6 hours.

Excellent in Irritation of the Neck of the Bladder.

PRESCRIPTION No. 69.

- ℞ Petrolei, ʒii.
 Tinct. Scillæ, ʒi.
 Spts. Juniperi, ʒvi.

Mix: Dose, 40 drops 3 times a day.

Excellent in Dropsy.

PRESCRIPTION No. 70.

- ℞ Petrolei, ʒss.
 Spts. Lavandulæ, ʒi.
 Tinct. Opii, ʒii.

Mix: Rub externally.

Excellent Application to Frozen Limbs.

PRESCRIPTION No. 71.

- ℞ Petrolei, ʒss.
 Tinct. Assafœtida, ʒvi.

Mix: Dose 40 drops 3 times a day.

A Specific in Tape Worm.

PRESCRIPTION No. 72.

- ℞ Liq. Potas-æ, m. xxx.
 Aq. Menth. Pip., ʒvii.
 Tinct. Gentian, ʒss.
 Magnesia, ʒi.

Mix: Dose, 2 dessertspoonfuls 2 or 3 times daily.

Useful for Sour Stomach

Prescriptions.

PRESCRIPTION NO. 73.

R Potassa Chloratis, grs. x.
 Spirit Aeth. Nit., ℥i.
 Aqua, ℥ss.

Mix: The whole to be taken at bedtime.
Excellent for a Cold in the Head.

PRESCRIPTION NO. 74.

R Quinia Di. Sulph., grs. i.
 Powd. Cinchona, grs. xv.
 " Rhei.
 Oleo Sacch. Menthae, aa grs. v.

Mix: Make one powder.
Useful to break up an attack of Chills and Fever.

PRESCRIPTION NO. 75

R Alumine pure, ℥ss.
 Acacia pulv., ℥i.
 Sacch. Albi., ℥ii.
 Aqua Foeniculi, ℥iii.

Mix: Dose, a teaspoonful after each discharge.
Useful in Diarrhœa of Children

PRESCRIPTION NO. 76.

R Ammon. Sesqui-carb., ℥ii.
 Aquæ Destil., ℥v.

Mix: Dose, two teaspoonfuls every 3 or 4 hours.
Excellent in Scarlet Fever.

PRESCRIPTION NO. 77.

R Elix. Valerianate Ammon, ℥viii.

Dose, a teaspoonful after meals.
Excellent in Nervousness of all kinds

PRESCRIPTION NO. 78.

R Fluid Ext. Humuli.
 " " Lupulin, aa ℥i.

Mix: Dose, a dessertspoonful at bedtime.
Very Beneficial in Wakefulness

Prescriptions.

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PRESCRIPTION No. 79.

R Glycerine Opt., ℥iv.
Chloral Hydrate, ℥ss.

Mix: Dose, a teaspoonful every 3 hours.

Very Beneficial in Bronchitis.

PRESCRIPTION No. 80.

R Powd. Doveri, ℥i.

Divide into 6 powders. Dose to adults, one every 4 hours.

Beneficial in First Stages of Pneumonia.

PRESCRIPTION No. 81.

R Zinci Sulph., grs. i.
Aque Rosæ, ℥i.

Mix: A small quantity to be dropped into the eyes morning and evening.

Beneficial to Inflamed Eyes.

PRESCRIPTION No. 82.

R Tinct. Capsicum Rubræ, ℥ii.

Rub on the small of the back with a coarse flannel.

Excellent in Lumbago.

PRESCRIPTION No. 83.

R Pulv. Rhei, ℥ss
Potassa Tart., ℥i.
Confect. Aromat., ℥i.
Aq. Menthæ Viridis., ℥ii.

Mix: Take all at once and repeat in eight hours.

Beneficial in Jaundice

PRESCRIPTION No. 84.

R Ammon. Arom. Spts., ℥i.

Dose, 10 drops in sweetened water every hour until relieved.

Useful in Sick Headache.

PRESCRIPTION No. 85.

R Quinia Di Sulph., grs. ii.
 Acid Sulph. Dil., gttss. ii.
 Tinct. Opii, ℥x.
 Aquæ, ℥ii.

Mix. Dose, take half of this quantity; repeat in an hour if not quiet.

Useful in Delirium Tremens.

PRESCRIPTION No. 86.

R Hypophos. Calcis and Natron, ℥viii.

Dose, a dessertspoonful after meals.

Very excellent Tonic in Nervous Cases.

PRESCRIPTION No. 87.

R Cetacei Powd., ℥ss.
 Sacch. Albi, ℥i.

Mix: Dose, a teaspoonful occasionally.

Beneficial in Spasmodic Cough.

PRESCRIPTION No. 88.

R Acid Carbolici, ℥i.
 Glycerine.
 Aqua Rosæ, aa ℥ii.

Mix: External use.

An excellent Application for Salt Rheum.

PRESCRIPTION No. 89.

R Powd. Spigelia, grs. xvi.
 " Hydrarg. Sub-Mur., grs. iv.
 " Sacch. Albi, ℥i.

Mix: This powder to be taken at bedtime.

A sure cure for Stomach Worms.

PRESCRIPTION No. 90.

R Powd. Carbo Ligni., ℥ii.

Divide into eight powders. Dose, one after meals.

Excellent in Heartburn.

PRESCRIPTION No. 91.

R Cerate Simplex, ℥i.
 Hydrarg. Oxyd. Rubræ, grs. viii.

An excellent Application in cases of Itching Piles.

PRESCRIPTION No. 92.

R Tinct. Ferri Murias, ℥i.

A few drops touched to the patches in the throat with a camel's hair brush.

Excellent in Diphtheria.

PRESCRIPTION No. 93.

R Ungt. Zinci Benzoat, ℥i.

An excellent application to Indolent Ulcers.

PRESCRIPTION No. 94.

R Elix. Guarana, ℥i.

Dose, a teaspoonful every hour.

Excellent in Periodical Headaches of Females.

PRESCRIPTION No. 95.

R Pil Phosp. Comp. (No. XXV.), 1-60 gr. aa.

Dose, one immediately after meals.

An excellent Brain Tonic.

PRESCRIPTION No. 96.

R Syr. Bromide Ferri, ℥vi.

Spts. Lavandulæ Comp., ℥ii.

Mix: Dose, a teaspoonful after meals.

A Grand Specific for Hysteria.

PRESCRIPTION No. 97.

R Powd. Bi-borate Sodæ, ℥i.

“ Gum Camphoræ ℥i.

Ess. Gaultheria Pro. ℥xxx.

Mix: Dissolve in a pint of hot water, to be used as an injection morning and evening in Leucorrhœa.

PRESCRIPTION No. 98.

R Pil. Cinchonidia (No. XXV.), 2 grs. aa

Dose, one after meals.

A grand Internal Remedy in Leucorrhœa

Prescriptions.

PRESCRIPTION No. 99.

R Powd. Bi-borate Sodæ, ʒi.
Glycerine, ʒii.

Mix. *An excellent Application to Chapped Lips.*

PRESCRIPTION No. 100.

R Ext. Taraxacum Fld., ʒi.
“ Rhamnus Franguli, ʒvi.
Bicarb. Potassa, ʒi.
Syr. Auranti Cortex, ʒss.

Mix: Dose, a dessertspoonful after meals.
Excellent in Torpid or Sluggish Liver.

PRESCRIPTION No. 101.

R Acid Nitrici C. P., ℥xxiv.
Mel Desput, ʒi.
Aque, ʒviii.

Mix: Use as a gargle 3 or 4 times daily.
Excellent in Tonsillitis or Sore Throat.

PRESCRIPTION No. 102.

R Oleum Camph., ʒiv.

Rub on the joint gently with flannel morning and evening.

Excellent in Swollen or Inflamed Joints.

PRESCRIPTION No. 103.

R Tinct. Sapo. et Opii, ʒiv.
Chloroform Purif., ʒi.
Tinct. Arnica Mont., ʒii.
“ Capsicum, ʒiss.

Mix: Use externally. A specific for Sprains.
An excellent Application for Rheumatism.

PRESCRIPTION No. 104.

R Pil. Iodoform et Ferri (No. XXV.), U. S. P.

Dose, one every 4 hours.

Excellent in Neuralgia.

PRESCRIPTION No. 105.

Tart. Potassa et Ferri, ℥iii.
Tinct. Cinch. Co., ℥ii.
Aquæ, ℥iv.

Mix: Signa, a teaspoonful after meals in water.
Very useful in Cases of Salt Rheum.

PRESCRIPTION No. 106.

R Emulsion Cod Liver Oil cum.
Hypophosphites (Scott's), ℥viii.

Dose, a dessertspoonful after meals.
Excellent in Scrofula and Consumption.

PRESCRIPTION No. 107.

R Liq. Acet. Ammon., ℥ii.
Spts. Etheris Nitrosi.
Aquæ Camph., aa ℥ii.

Mix: Dose, a teaspoonful in sweetened water every 3 hours.
Beneficial in all Fevers except Typhoid.

PRESCRIPTION No. 108.

R Arom. Syr. Rhei, ℥ii.

Dose, a tablespoonful in constipation of children and infants.

PRESCRIPTION No. 109.

R Pil. Mono Bro. Camph. (No. XX.), 2 grs. aa.

Dose, one every 4 hours.
Good in cases of St. Vitus' Dance.

PRESCRIPTION No. 110.

R Magnesia Cit. Gran., ℥vi.

Dose, a teaspoonful in a wineglass of water, to be drank while effervescing.
An excellent Laxative.

PRESCRIPTION No. 111.

R Fil Ext. Diosma Crenata, ℥iv.

Dose, a teaspoonful after meals.
Excellent to increase the secretion of the Kidneys.

PRESCRIPTION NO. 112.

R Fld. Ext. Uva Ursi, ℥ii.

Dose, a dessertspoonful after meals.

Useful in deficient secretion of the Kidneys.

PRESCRIPTION NO. 113.

R Syr. Scillæ Comp., ℥i.

Dose, 5 to 15 drops, repeated every hour until vomiting is produced.

Excellent in Croup.

PRESCRIPTION NO. 114.

R Oleum Carophylli, ℥vii.

Chloroform, ℥i.

Mix: A few drops on a pledget of cotton applied to a tooth, if not much decayed, gives immediate relief in Toothache.

PRESCRIPTION NO. 115.

R Syr. Pruni Virg., ℥iv.

Chlorate Potassa, ℥i.

Mix: Dose, a teaspoonful three times a day.

Almost a Specific in Catarrh.

PRESCRIPTION NO. 116.

R Ungt. Stramonii, ℥i.

Powd Gum Opii, ℥i.

Mix: A piece as small as a bean, applied at bedtime, is an external remedy to external Piles.

PRESCRIPTION NO. 117.

R Cupri Sulph, grs. i.

Muc. Gum Tragacanth, grs. xl.

Mix: Divide into 12 pills. Dose, one every 5 hours.

Beneficial in old cases of Chronic Diarrhœa.

PRESCRIPTION NO. 118.

R Tinct. Opii, ℥ii.

Fld. Ext. Zingiberis, ℥vi.

Mix: Dose, half a small teaspoonful in warm water; repeat in twenty minutes if not relieved.

An excellent remedy in Colic of Adults.

PRESCRIPTION No. 119.

R Pil Sapo. Castile (No. XV.), 3 grs. aa.

Dose, one every four hours.

A Grand Remedy in Gravel

PRESCRIPTION No. 120.

R Fld. Ext. Coca, ℥iv.

Dose, one to two teaspoonfuls every 3 hours.

4 *Grand Remedy in Nervous Exhaustion or Extreme Fatigue.*

PRESCRIPTION No. 121.

R Tinct. Mur Ferri, ℥vi.

Syr. Simplex, ℥iss.

Quinia di Sulph., grs. xv.

Mix: Dose, a teaspoonful in water every two hours.

Useful in Erysipelas.

PRESCRIPTION No. 122.

R Bromide Kali, ℥iss.

Aqua Cinnam., ℥i.

Mix: Dose, a teaspoonful at bedtime.

Very beneficial in Sleeplessness

PRESCRIPTION No. 123.

R Powd. Bi-borate Sodæ, ℥ss.

“ Gum Camph., ℥s.

Aquæ, ℥viii.

Mix.

An excellent Lotion for Chilblains

PRESCRIPTION No. 124.

R Infus. Spanish Sarzac Rad., ℥xvi.

Dose, a wineglassful four times a day.

An excellent Blood Purifier

PRESCRIPTION No. 125.

R Elix. Cibi, Vini et Ferri, ℥viii.

Dose, a dessertspoonful after meals.

A most excellent Tonic.

The reader must bear in mind that the use of the foregoing remedies is only for adults, and that the author has purposely refrained from giving any formulæ for the diseases mentioned chiefly in this treatise, from the fact that nervous diseases are the most insidious, painful, and destructive that afflict the population of the earth, and the remedies, therefore, are most potential, and might properly be classed as edge-tools in medicine. Apropos to this subject, I would here quote the statement of the eminent Professor of Anatomy and Physiology at Harvard Medical College to the Fellows of the Massachusetts Medical Society, "that medicine as they practised it (that is, the physicians in general or family practice) did more harm than good; and if all the drugs THEY used were thrown into the sea, it would be all the better for their patients, but all the worse for the fishes." From the daily observations of the author he can fully corroborate the sentiments of this outspoken, truthful, and learned gentleman; myriads of broken-down, wretched invalids are constantly crowding upon his attention, whose misery and wretchedness are owing wholly or in part to the ignorance of previous medical advisers, and he feels constrained to admonish invalids of this class to confide the treatment of their case to none except those who devote their whole energy and abilities to the treatment of nervous diseases, and who give undoubted evidence of their superior qualifications.

CERTIFICATES.

By way of conclusion to this volume, the author is gratified to be able to place before his multitudinous readers a number of certificates and testimonials of his success in the cure of nervous diseases from grateful patients residing in different parts of the country. These testimonials have been unsolicited, and are such tributes as would be flattering even to the most distinguished members of the medical profession. Naturally enough, patients who have been cured of the most depressive class of ailments and ills to which flesh is heir are somewhat warm in their expressions of gratitude towards their medical benefactor. The writer could fill a volume with authentic testimonials of a similar nature. Many of these testimonials are from prominent and influential persons in the various localities in which they reside, — from persons, in short, in all avocations of life.

An Almost Hopeless Case of Nervous Disease.

PERFECT CURE.—A GRATEFUL TESTIMONIAL.

BOSTON.

In June of the year 1865 the undersigned went to California and took charge of a large mining interest, in which his own fortunes, as well as those of several friends, were largely involved. The interest was in litigation, and for a year and a half I was under the constant strain of mental anxiety, to say nothing of incessant bodily activity. My management was successful; but at the end of a year and a half I found myself completely prostrated and broken down by excessive mental and bodily exertion. I was, in fact, the subject of one of the most serious forms of nervous disease, caused, I was told by the medical authorities, by congestion of the base of the brain.

To be thus suddenly arrested in the very midst of a lucrative and most promising enterprise, just when I had reached blue water, as it were, and all difficulties had been overcome and doubts of success had been dispelled, — to be arrested, I say, at such an interesting juncture by an alarming nervous affection, which completely incapacitated me for any mental or bodily exertion whatever, was sufficiently discouraging and



ALEXANDER E. RAITT.

disheartening. It was like drowning, not only in sight of land, but with one's clutch on the shore. It was useless to struggle. I was obliged to succumb; and by the advice of my friends, I went reluctantly East to Philadelphia, where I was placed under the care of a most prominent physician. At this time my memory failed me, and I had lost the perceptions of taste, touch, and smell. My left side was paralyzed. I was constantly tormented by hallucinations and gloomy forebodings, as well as by incessant pain, so that a nurse at my side was a necessity that could not be dispensed with by night or day.

As I showed no symptoms of recovery, I was taken to Saratoga, that a physician resident there, who was somewhat celebrated for his treatment of nervous affections, might be consulted. Perhaps, also, it was thought that the mineral waters might be beneficial. I remained six months at Saratoga, not only without amendment of my health, but I had grown worse instead of better.

Matters had now become so serious that immediate recourse to the best medical advice and ability to be found in the city of New York was deemed the best step. I was soon under the care of the most noted specialist in nervous disease in the commercial metropolis. After a

course of treatment in which electricity formed a prominent feature, my friends were notified that my case was hopeless. There was life left in me, it is true, but the verdict was that there was no hope. Henceforth I was to be a burden to myself and my friends until death came to my relief.

At this critical point an Eastern gentleman, who had business with one of my friends in New York, happened to be informed of my hopeless condition. He called to see me, and strongly advised that I should be taken to Boston for a personal interview with Dr. Parker, the consulting physician of the Peabody Medical Institute in that city. He was told that I had been taken from place to place for medical treatment several times already without receiving the least advantage, and that another removal to a distant point would probably result in another failure to obtain relief, and would therefore be worse than useless. But the Eastern gentleman, being of a sanguine temperament, would not give my case up so, and finally prevailed upon those who had me in charge to take me to Boston.

After a careful examination of my case, Dr. Parker said that he could afford me partial relief, but he did not speak encouragingly in regard to a permanent cure. Under no circumstances, the doctor informed me, could I expect much

mitigation of my sufferings from his treatment in a less time than at the end of six weeks. Even partial relief was worth more than a six-months' stay in Boston, to say nothing of six weeks. Suffice it to say that I found myself at once subjected to a *new* treatment, entirely different from anything which I had experienced at the hands of my previous medical advisers. It began to tell on my shattered nerves *at once*, working like a charm.

At the end of two weeks the gentleman who had originally advised my recourse to the doctor called to see me in my new quarters and under my new treatment. Sensation had already begun to return to my left side. I was recovering the use of my lost senses, and warmth and motion were taking the place of partial paralysis. The gentleman gave me a look which said louder than words, "I told you there was hope and cure for you." In fact, I felt health dawning anew in me. With returning strength came hope and confidence, which reinforced the treatment and medicine wonderfully. The doctor acknowledged that he had underestimated the recuperative power of my system.

At the end of the six weeks, which he had mentioned as the earliest date of even a partial recovery, he assured me of a perfect cure. His assurances were made good by the event. I am,

at the date of this writing, a well man, and have been for several years. Indeed, my present occupation requires vigorous health, and I am fully equal to it. I frequently indulge in gymnastic exercises, and am noted for muscular strength. During my illness my weight, which is now from 175 to 200, fell to 120 pounds. I am induced to write this letter by a sense of duty to others who are suffering as I suffered. It was this sense of duty, combined with a feeling of intense personal regard for my healer and benefactor, Dr. Parker, which has prompted me, unsolicited, to pen these lines as a guide to all prostrated with severe nervous disease.

Any person desirous of making further inquiry can do so by addressing me, at Boston.

ALEXANDER E. RAITT.

SUFFOLK, ss.

AUGUST 16.

Then personally appeared the above-named Alexander E. Raitt, and made oath that the above statement by him subscribed is true.

Before me,

T. F. NUTTER,
Justice of the Peace.

HAVERHILL, MASS.

MY DEAR DOCTOR:

Accept my gratitude and homage to your skill. I assure you it gives me infinite pleasure to report progress in accordance with your request. It is now just four weeks since I commenced taking your medicine. The night before I commenced taking it I had an emission, and had been having about one a week. *I have had but one since I commenced your treatment*, and that was just three weeks ago.

The very first time I took your medicine I felt its beneficial effect. I now feel so well, so happy, so full of joyous spirit, that I am like a holiday school-boy. I assure you, doctor, that my health and strength are wonderfully increased; my duties, so tiresome before, are now light and easy; I work hard and never become wearied. *In short, I have lately felt that life is a pleasure.* Each day I have felt better.

My friends are surprised to see me so well, so strong. I am most sanguine of future health and strength.

I thought the emission would never occur again. However, the last one was only slight, but I felt weak in the knees, and felt exhausted all the next day, but it went off, and I felt well and strong, and still continue so. The penis has assumed a much *larger* appearance, and is more

vigorous; it has not that *flabbiness*, feet warm, and *never clammy*.

I have rigidly adhered to your rules and advice; the thick, white matter does not now escape with my urine. *I am surprised to see how fast I gain.*

Will the emission stop altogether? Will it injure my health to get married in twelve months' time?

I already hail you as my regenerator.

Your obedient servant,

T. M. C.

The author is constantly receiving letters, of which the preceding are an example, from his patients in all parts of the country.

WEST CHELMSFORD, Feb. 25.

DOCTOR PARKER:

Dear Sir, — Yours of yesterday is at hand, and with pleasure I would hasten to reply. When I first visited you one year ago last January I was a used-up man, both mentally and physically, and it was with much pain and suffering that I performed my daily labor, and my nervous system was in a very bad condition. It was with much difficulty that I could *sit still* and read a paper in the evening, and it was a *common occurrence* to lie awake in bed until eleven, twelve, one, and two o'clock in the morning,

and then I would sometimes get up and stand on a stone doorstep, or go out into the *snow bare-footed* and get chilled so that my nerves would get quieted down so that I could sleep. My head also troubled me very much.

But now, by the blessing of God and your *very skilful treatment*, I feel like a *new man*. I can now sit and read without suffering from nervousness, and to use an old saying, "I can sleep like a pig." I often say to my wife that I never enjoyed sleep so well in all my life as at the present time. And in every respect I can *truthfully* say that I am a *hundred per cent* better than I was a year ago, and a more healthy man than I was fifteen years ago.

I would most earnestly recommend you to all suffering from nervous disease as a *true gentleman* and a *skilful physician*.

Most respectfully subscribed,

A. W. PARKHURST.

COMMONWEALTH OF MASSACHUSETTS, }
MIDDLESEX, SS.

CHILMSFORD, April 7.

Personally appeared A. W. Parkhurst and
made oath to the within statement.

Before me,

JONAS J. HOYT,

Justice of the Peace.

A letter from the distinguished Dr. Alexander Conover, Medical Inspector in the United States Army: —

WASHINGTON, D. C.

A noble benefactor is Dr. Parker. He reaches the very roots and vitals of disease, and is enabled to apply thorough remedies. Thousands of apparently hopeless cases which have been given up by other eminent medical men have been speedily cured by Dr. Parker, and have borne grateful evidence of the skill and learning of this renowned physician.

ALEX. CONOVER, M. D.,
Medical Inspector U. S. A.

SANDY SPRINGS, MICH., June 20.

DR. W. H. PARKER:

Dear Sir, -- I wish you to send me another supply of medicine. I feel so much better that I have resolved to finish my studies, and for that purpose (if you do not object) am going back in the fall. Very respectfully, M. F. P.

SPRINGFIELD, O., June 21.

W. H. PARKER, M. D.:

Dear Sir, -- I have just taken the last of the medicine you sent me. I feel like a different man from what I was a year ago (thanks to your skill), and am more than satisfied with the treatment. Yours truly, B. A. E.

PORTLAND, OREGON, July 2,

W. H. PARKER, M. D.:

Dear Sir,—I am feeling all right in every way. Would you advise me to stop taking the medicine now? I shall, of course, take the best care of myself, and feel quite confident I can get on all right. Please inform me what to do.

In haste,

S. G. W.

LEWISTON, N. Y., July 17,

DR. WM. H. PARKER:

Dear Sir,—Please send me another supply of medicine, as my present one is almost exhausted, and I do not wish to be without it. I am feeling very much better than when I saw you in Boston, and believe now that I am, AT LAST, on the right road to a cure. My general health has greatly improved. Sleep well, feel refreshed, and like work; not so easily fatigued; appetite excellent; and all that disagreeable depression and nervousness has entirely vanished,—in fact, I feel as if I had a new lease of life. My flesh is becoming harder, and my friends frequently remark, “How much improved you appear!” With my best wishes for you personally, and the success of the good work you are engaged in,

I am, joyfully,

W. V. L.

KANSAS CITY, MO., Aug. 20.

MY DEAR DR. PARKER:

I cannot refrain from addressing you on a subject that was of the greatest import to me, and which, experience has proved, was in a professional point to you. Seven years ago, seeing the advertisement of the "Science of Life" in our daily papers, I sent for and received the book. I had been ailing for some time, and therein I ascertained the cause of my debility and suffering. It was as plain as day, and I determined to seek relief as soon as possible. You being far away, I magnified the difficulties in the way of receiving treatment at your hands, and applied to an advertising physician here, as he claimed to be a specialist in the same practice. Therein I made a mistake. Failing of obtaining the desired relief of this physician, I consulted and employed one after another the advertising physicians of St. Louis, until each and all of them had been employed with no good result whatever, but quite the reverse. I had expended three thousand dollars in cash, and taken medicine constantly six years, and was so prostrated by the disease and malpractice, that the last two years I was unable to attend to business of any kind. Then, as a last resort, I determined to consult you, the author of the book, the perusal of which first brought me to a knowledge of my true condition.

The result has been a glorious success, and more than exceeded my most sanguine expectations, and I am now restored to robust health, thank God! and that, too, in less than a year's time, and with an expenditure of only about one tenth of what I had paid to other physicians to be drugged and poisoned. I wish, doctor, that I could speak with clarion voice to sufferers from nervous debility throughout the land, and admonish them to avoid these ignorant, boastful quacks, who, incited by your great professional success, seek to imitate you in outward appearances, and thus entrap the unwary, but who have not the professional knowledge or attainments to enable them to prescribe successfully even for diseases of the simplest form or character, let alone troubles affecting the entire nervous system, and which not only affect the present generation, but produce an inheritance that, in their destructive effects, is absolutely appalling.

And now, my dear doctor, believe me ever
your grateful patient,

J. C. B.

MADISON, WIS., Sept. 1.

W. H. PARKER, M. D., Boston, Mass.:

My dear Sir, — Six months ago I consulted you, being then a sufferer from nervous debility, caused by thoughtless indiscretions in early years. You have cured me perfectly, and it would be an injustice to myself as well as you, if I refrained from telling you that which I purposely concealed in the beginning of your treatment. Two years ago, a friend kindly loaned me your "Science of Life." In perusing its pages I became painfully aware of my condition, and, in consequence, applied to our family physician, a practitioner of considerable local fame. He at once gave me his careful attention, and undertook the treatment of my case, which, after a few months, he frankly and honestly told me that he could do nothing more for me, as the case was beyond his reach. Like all other general practitioners, he had had but very little experience with troubles of this character. During all this time I earnestly desired your treatment, for I felt convinced, as I now *know*, that you were a master in your line of practice, but impediments of distance seemed insurmountable; hence I went to Chicago, and there employed an advertising physician, paying him enormous fees without his accomplishing any good results. I finally mustered courage to undertake your treatment, and with that in view,

wrote you a letter of consultation. Your careful and painstaking examination, and interest manifested, and assurances, were convincing. I embraced your treatment, and now feel that it was the most fortunate act of my life. I am convinced, from careful investigations which I have been led to make, that the advertising doctors in Chicago, St. Louis, Cincinnati, Buffalo, Philadelphia, New York, and all the large cities are base counterfeits and imitators of the Peabody Medical Institute, Boston, Mass., and are endeavoring to profit by the great fame which that institution has so justly merited. I shall never cease to sound your praise as long as I live.

Very sincerely yours,

GEO. HENRY ROBERTS.



PROF. P. R. JOYCE, M. D., F. R. C. S.

W. H. PARKER, M. D.,

*Chief Consulting Physician of the Peabody
Medical Institute, Boston, Mass.:*


My dear Sir,—I am perfectly aware that any tribute that I may offer a gentleman like yourself, whose high professional standing and

literary attainments have stood the test of a scrutinizing public so many years, must be considered a trifle. Still, you will allow me to add my mite to the many proofs you have received, from the profession and the public, bearing testimony to their high appreciation of your distinguished services and genius. During my professional services in this country, covering a period of about fifteen years, lecturing and practising in all the large cities throughout the land, I have come largely in contact with persons who had received your professional services. This, perhaps, was for the reason that I was educated in the University of Dublin, where diseases of the nervous system and reproductive organs receive more enlightened attention than in this country. I cannot recall an instance of aught but the most perfect satisfaction from among the legions who have been under your care. And this has made the more lasting impression, as it is in such direct and positive contrast with the dissatisfaction, positive injury, and woe painfully manifested by invalids who had been under the treatment of those unworthy persons, erroneously and falsely styling themselves physicians, who, in their endeavors to deceive the public, by imitating your business methods, have done serious, and, in some cases, lasting injury to those whom they have thus deceived. These

charlatans are numerous, infesting all of the large cities in America, and flaunt the advertisements of bogus medical institutes broadcast in everybody's face. I shall carry back to my native city grateful recollections of your friendship, your untiring zeal, and your great success in your specialty will inspire me to renewed and greater efforts in the new and exalted position that I am to occupy.

As you are aware, I have been honored by an election to the professorship of materia medica and therapeutics in the Dublin University, recently made vacant by the decease of my distinguished friend, Prof. Hennesey. In occupying the chair made vacant by so renowned and able a physician and instructor, I will be able to instance cases of your triumphant skill, and hope in the future, as in the past, to receive the benefits and aid of your counsel; and is it too much for me to expect that our correspondence will be mutually beneficial? Believe me, my dear sir, with the most distinguished regard and respect, to be very sincerely your friend and colaborer,

P. R. JOYCE, M. D.

 Dr. Joyce, whose portrait is at the head of the preceding letter, is professor of materia medica and therapeutics in the Medical University, Dublin, Ireland. He is also a Fellow of the Royal College of Surgeons, London, England.

EAST WOODSTOCK, CONN.

To whom it may concern: In the year 1871, my nervous system and physical powers became so reduced by an unnatural drain, and my mind so diseased, that my people deemed it necessary, for my protection as well as their own, to send me to the Insane Asylum at Worcester. I was admitted to the asylum Sept. 12, 1871, and during the many weeks I was confined there, I grew worse, day by day, until it seemed as though I should become a raving maniac, unless I could get relief, which I was sure I could never obtain in that institution.

The last of November I managed to escape, and by some mysterious providence I was led to the Peabody Medical Institute, Boston. Dr. Parker, the chief consulting physician, immediately interested himself in my case; and after a most thorough and rigid examination, he pronounced my case curable. This I could not realize or believe, my mind being so much diseased; but my father was subsequently convinced of Dr. Parker's great skill in such cases as mine, and also of the honorable business principles that govern the management of the Peabody Medical Institute in every particular. He, therefore, at once placed me under the treatment of Dr. Parker and his assistant. The proper remedies



EDWARD L. MORSE.

were furnished me, and I returned home with my father, where I have remained in safety ever since, visiting the doctor occasionally. The results have been an astonishing change in my condition for the better. I have now been taking Dr. Parker's remedies for a little more than a year, and consider the good results but little less than miraculous. I do not take medicine now, nor do I need any. When I was forced, or rather entrapped, into the insane asylum, the doctors there pronounced me incurable,—and I think I was incurable at their hands.

If this testimonial, which I feel is my duty to give, should fall under the notice of any sufferer from nervous disease in any shape or form, or from the diseases described in Dr. Parker's "Science of Life," or should this be seen by the friends of such sufferer, I would conscientiously and earnestly recommend them to the author of this book, Dr. Parker, as a skilful physician and an honorable gentleman. Nor can I do less; and should any poor, suffering fellow-being wish to make further inquiry, I will with delight give them all the information in my power.

EDWARD L. MORSE.

SUFFOLK, SS.

Subscribed and sworn to before me,

JOSEPH BENNET,

Justice of the Peace.

A COSTLY MEDAL.

COINS and medals of gold are the oldest monuments of history. They defy the corroding tooth of time, and preserve their beauty and value for thousands of years, thus confirming the wisdom of those who originally fixed upon gold as the best material for money. There is coinage of Miletus still in existence, which was minted nine hundred years before our era. The empire of Alexander the Great has faded almost into a myth, yet we are told that the gold coins of Alexander, famous for their beauty in the ancient world, are even at the present day abundant, and that there are more specimens in existence at the present day in the cabinets of collectors or of travellers, who have picked them up, than could be found of any American gold piece of the last century. The California of the ancient Greeks and Persians was a country in what is now called Asia Minor, called Lydia. Its mountain ranges were auriferous; Cræsus,

whose name is the synonyme of wealth, was one of its kings. In Lydia, money was first coined. Let us suppose that Alexander the Great had been an inflationist and a believer in greenback currency: the modern world would not have had a correct idea of his physiognomy, which has come down to us on his golden coins with its lineaments as clear-cut as ever. But we are not going to write a treatise on numismatics, or that branch of it which concerns coins. Our business is with medals, which are defined to be pieces of metal struck with one or more dies, intended to commemorate some event or personage, and not designed for circulation. Among the curiosities brought to light during the centennial period was a Revolutionary medal, struck commemorative of the evacuation of Boston by the British, and in honor of Gen. Washington. This was a souvenir of that most stirring epoch which will last longer than the printed page of the historian, and bring future generations for all time face to face, as it were, with one of the initial events heralding our American nationality. In fact, no device has ever been hit upon as a reward of merit or to commemorate a memorable incident, more admirable, enduring, and appropriate than a richly wrought medal of gold. In fact, the issue of medals seems to have been a very early custom. Many of the largest pieces

of ancient coins are more properly to be regarded as medals struck for prizes in the games or in commemoration of great events. In this country few medals were struck until a comparatively late period.

The Revolutionary medals presented to the officers of the army and navy by Congress are the first of the series. The beautiful Franklin medal, bestowed on meritorious scholars of the public schools of this city, is too well known to need more than a mere mention.

Medals are struck in gold, silver, copper, and white metal. Bronze medals are copper medals bronzed. The issue of medals from the mint has been chiefly confined to the occasional striking of one to be presented to Indian chiefs, or presentation medals ordered by Congress. Agricultural societies and others offer medals as prizes, and of these there is a large and increasing variety. It is a regular business now in Europe and the East to counterfeit ancient coins and medals to delude travellers anxious for authentic specimens of antiquity. In fact, almost every traveller to Greece, Asia Minor, etc., comes home with his pockets jingling with what purport to be genuine specimens of the famous ancient Athenian coinage. But all this is simply introductory to our main purpose, which is to describe perhaps the most elegant and costly

medal which was ever struck on this side of the Atlantic, — a medal which in the richness of its material and the beauty of its design was most admirably fitted to be the visible and permanent token of regard of a learned association for one of its most meritorious and deserving members.

Reference is here made to the medal recently presented to Dr. W. H. Parker of this city by the National Medical Association. The presentation was noticed at the time of its occurrence, not only by the Boston press, but by leading journals throughout the country. This magnificent medal is of solid gold, set with diamonds on the reverse side. It is three inches and a half in diameter; its weight is eight ounces. The obverse side of the medal bears the family crest of the recipient, a lion rampant holding a pennant. Beneath the crest, in a ribbon-like relief, is inscribed a Greek legend, which, translated intact, signifies, "To the physician victorious in his profession." Following this is the main inscription: "From the National Medical Association to William H. Parker, M. D., for distinguished skill and success, and the discovery of new remedial agencies in the treatment of nervous affections.

“Commemorates no bloody field
This golden trophy fair;
For pain assuaged, diseases healed,
’Tis given to genius rare.”

On the reverse side of the medal is a medallion portrait of Dr. Parker, surmounted by a laurel wreath of pure India diamonds. The exergue of the medal is circumscribed by forty diamonds of rare brilliancy. Around the field is also the inscription, "Peabody Medical Institution," and underneath the medallion is the name of the recipient. Altogether, in its execution and the richness of its materials and size, this is decidedly the most noticeable medal ever struck in this country for any purpose whatever. It is well worth the inspection of numismatists.

TO PATIENTS AND INVALID READERS.

DR. PARKER having for many years exclusively devoted his attention to the treatment of the diseases of the

NERVOUS AND GENERATIVE SYSTEM,

described in the preceding pages, may be personally consulted from nine in the morning until six in the evening, daily, at The Peabody Medical Institute, No. 4 Bulfinch Street, Boston (opposite Revere House).

Dr. Parker has made arrangements whereby packages can be forwarded with secrecy and despatch to all parts of the United States and British Provinces.

For those who prefer correspondence, or who are compelled to adopt that course, a minute detail of their bodily and mental grievances, written in a simple style, and in accordance with the unerring dictates of their own feelings, will convey to the Doctor a fair idea of his patient's case, and of course of **all that is neces-**

sary for its safe treatment, and this the more naturally from the similarity that exists between multitudes of cases with which, from long observation and practice, he has already become familiar. *One personal interview, even with patients resident at a distance, is highly desirable where practicable.* The advantages to the patient are manifold, when compared with mere correspondence. A single visit will in most cases enable the Doctor to form an instantaneous and accurate judgment, and thus facilitate the patient's recovery. In the first place, many important questions affecting the patient are likely to be suggested by a personal interview, which would, in all probability, be lost sight of in correspondence. Secondly, a more correct diagnosis of the disorder, and a better appreciation of the patient's constitution, can be arrived at, whilst a microscopic examination of the urine, where necessary, will render any mistake impossible, especially in cases of Spermatorrhœa. And, thirdly, where the patient is laboring under urethral discharges, which may or may not be produced by impure connection, one personal visit, with a view to an urinary examination, is eminently advantageous. In a word, the correspondent will be more than repaid for the trouble and expense of his journey to Boston, by **the increased certainty and rapidity of the cure.**

COUNTRY PATIENTS

Are informed that by forwarding their letters through the Post, they can have the necessary remedies sent to any address, or can be directed to be left at a Railway Station or Coach Office till called for, in a portable compass, carefully packed and free from observation; and they may be taken without confinement or any restraint. It is well that patients should consult their own interest, by being as *minute* as possible in the detail of their symptoms, age, general habits of living, occupation in life, and position in society. The communication must be accompanied by the usual consultation fee of Five Dollars, or a post-office order for that amount (payable to Dr. W. H. Parker, Boston), without which no notice can be taken of their application, and a *distinct name* must be given with each post-office order, or there may be difficulty in getting it paid. In all cases, *secracy is to be considered as inviolable*, as all letters are either returned to the writers or destroyed at the termination of each case. Where bank-notes are enclosed in letters, it will insure their safety by registering the letter at any post-office, which can be done at a trifling expense, and is frequently preferable to obtaining a post-office order, as it is unnecessary to

give any name or address in registering the letter.

For years past much of the author's practice has been carried on by CORRESPONDENCE only.

We will state to our patrons in the British Provinces, that remedies can be forwarded to them by express without any detention, exposure, or inconvenience whatever from Custom House regulations, as they are in every case invoiced as Bitters, and you will receive them as promptly as though you were residing in the States.

Office hours from 9 A. M. to 6 P. M., and on Sundays from 11 A. M. to 1 P. M. Peabody Medical Institute, No. 4 Bulfinch Street, Boston, Mass.



SPECIAL ATTENTION

Is called to a party located two doors from this Institute with a similar name, with the evident design of misleading the public and entrapping the unwary. BE SURE of the **No. 4** if you wish to consult the author of this book.

DR. W. H. PARKER.

IMPORTANT ANNOUNCEMENT.

THE author of *The Science of Life* has just published a new medical work on the great curse of current life and civilization, to wit, Nervousness. This work is entitled, *Diseases of the Nervous System; or, Pathology of the Nerves and Nervous Maladies. A Treatise of Psychological Medicine.*

Canst thou not minister to a mind diseas'd;
Pluck from the memory a rooted sorrow;
Raze out the written troubles of the brain;
And with some sweet oblivious antidote
Cleanse the stuff'd bosom of that perilous stuff
That weighs upon the heart?

— *Shakespeare.*

There is absolutely no *popular work* on the nerves and their diseases and derangements; a subject which we unhesitatingly pronounce to be, at this fast and crowded epoch, the most important in the whole range of medical pathology. Of late years the science of mind has been studied in connection with physiology. For mind and

body are such intimate companions that they sympathize, so to speak, with each other's joys and sorrows perfectly. If one is sound and buoyant, the other is in the same condition, and *vice versa*. If the nerves, which are the organs of the mind, are healthy and vigorous, the mind is bright and hopeful. On the contrary, if they are jaded, diseased, and unstrung, the mind is in the same state. The author of the new work on nervous maladies has ransacked the whole records of psychological medicine for interesting and pertinent matter to combine with and illustrate his own large experience in the specialty of the treatment of nervous disease in all its thousand-fold and most perplexing forms and manifestations, so that the general reader will find the new work most interesting as well as instructive. Under the dread name of nervous disease, what an awful category of human ills is included; such as Insanity, Suicide, Narcotism, Alcoholism, Melancholy, Hysteria, Epilepsy, Ecstasy, Paralysis, Softening of the Brain, Soul-crushing Mental Anxiety, etc., etc.!

All these subjects are fully and properly discussed in the new work. Here is the table of contents:—


Chapter 1, The Nerves and Brain. Chapter 2, Nervous Disorders and the Temperaments. Chapter 3, A Chief Cause of Nervous Derange-

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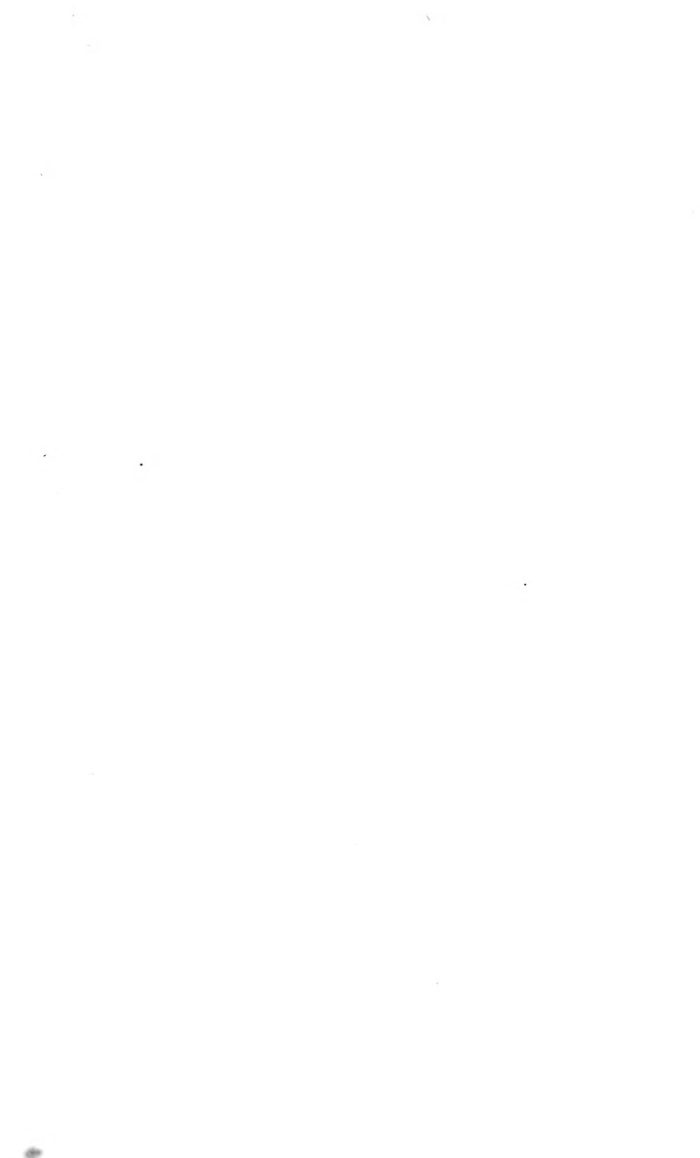
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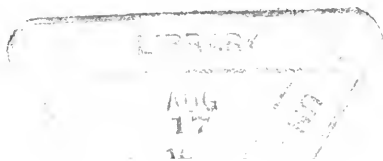
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Special attention is invited to the letter of Prof. Joyce, Fellow of the Royal College of Surgeons, London, England, page 277.

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