



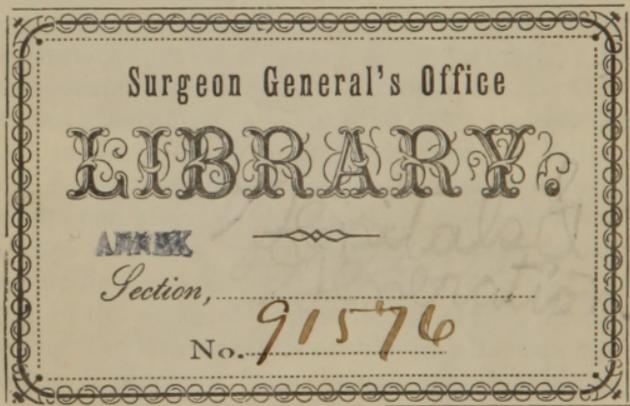
# IMPORTANT ANNOUNCEMENT.

*To my American Friends and the Public.*

## Departure of Dr. HAMMOND to Paris, France.

AFTER an unprecedentedly successful practice in my Specialty of upwards of 25 years in this City, I now take my departure hence for the purpose of establishing my peculiar Method of Treatment in this Class of Diseases in Europe, where I shall remain till 1870, possibly longer. In the meantime patients afflicted with Spermatorrhœa, Nervous D

&c., who I guarantee to cure in less than over Twenty days, alone in America, am aware of; no person living with these complaints, may be cured by letter, but only by personal visit, and no restriction of effects of the



tal Decay, and that I have treated with success. Correspondence, South of the Atlantic, that I am the only person of the class of the case readily sent of taste or here being and tonic

Correspondents should state their cases fully and plainly, answering the Queries on page 219 of this Book, pre-pay their letters, and inclose the consulting fee, \$5 greenback. All such letters addressed to Dr. C. D. HAMMOND, care of GALIGNANI & CIE, 224 Rue de Rivoli, Paris, France, will reach me promptly, and be duly attended to.

In conclusion, I will state that I leave no successor, representative or partner in this Country, as my method of treatment, the mode of preparing my Medicines, &c., cannot be imparted to or successfully practised by another—*except at that other's own risk*—for I can be responsible only for myself.

Very truly yours,

C. D. HAMMOND, M. D.,

*Late of 658 Broadway, 31 East 27th St., and 236 East 51st St., New York, U. S. A.*

MAY, 1868.

SEE BACK COVER.









METHOD OF ARRANGEMENT  
OF  
THIS BOOK.

FOR the convenience of the reader, it may here be mentioned that this Work is divided, for convenience sake, into two PARTS, to which has been annexed an APPENDIX.

IN the FIRST PART, which begins on page 31 and ends with page 110, will be found, among other important subjects, a brief and interesting Summary of RICORD'S PRACTICE in Syphilitic and Gonorrhœal Diseases; the object of which is to show, at a glance, the principles of this admirable method in contrast with the hazardous *routine* course pursued by the empirics and charlatans of the times. In this Part is also given all the important practical points relating to the researches of Ricord on INOCULATION, in its application to the study of Syphilis and Non-Specific Maladies; also, on *A new and successful Method of treating STRICTURE*.

THE SECOND PART of the Book is a Complete Practical Treatise on SPERMATORRHŒA, and all other Seminal diseases, *Impotence*, etc., including those URINARY, NERVOUS, MENTAL, and CONSUMPTIVE complaints arising therefrom, and which will be found worthy of a careful perusal. Page 113 to 258.

IN the APPENDIX some information of great importance to the reader may also be found, including a chapter of the deepest and most vital import to FEMALES, with which the volume closes. Page 259 to 279.

 The common mistake of other popular medical books, of *sacrificing QUALITY to quantity*, has been avoided in this Work, altho' it contains *more* valuable reading matter than most 500-page books.



## REMOVAL.

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Dr. HAMMOND has removed from 31 East 27th Street to 236 East 51st Street, near Third Avenue. Strangers can reach him with facility by taking the Third Avenue cars opposite the Astor House.

\* \* Every part of this great Metropolis can now be conveniently reached with the utmost facility, by both stranger and citizen, in consequence of the perfect system of horse-car railroads, running from south to north, from east to west, thus rendering *distance* of no moment. Most of the cars pass 51st Street, which, owing to the marvellously rapid growth of the city, is now as much "down town" as 27th Street was "up town" two short years ago. Ten years hence New York will rival the colossal cities of London and Paris. *Excelsior.*

## ANSWER TO CORRESPONDENTS.

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The Subscriber is occasionally in the receipt of letters inquiring if he is the proprietor or inventor of the "perennial compressor," the "urethra supporter," "Ricord's blood purifier," the "electro-galvanic preventive" (of conception), etc. The public is hereby informed that he has NO CONNECTION with any secret instrument or medicine offered for sale. As a rule, probably admitting of no exception, there is not a "specific," or a "patent" medicine, or an instrument advertised in the newspapers, or in quack pamphlets, or placarded about the streets, &c., for the cure of Venereal and Seminal diseases, and the like, that is not a *vile fraud*, and the concocters thereof simply Impostors.\* Avoid them—and also those who profess to cure these important diseases under an *assumed name*, as is the case with nearly every (if not every) charlatan in this and other cities, &c.

C. D. HAMMOND, M.D.

NEW YORK May, 1863. }

\* See INTERESTING INFORMATION, page 264.



## IMITATORS.—TO THE AFFLICTED.

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THE labors of my pen having been extensively pilfered by certain irresponsible medical *picture-book* manufacturers, and *benevolent* individuals amusingly styling themselves *Associations*, "*Assistants of Ricord*," &c., &c., but who are in reality mere "getters-up" of quack books, *pamphlets*, "reports," "medicines," instruments, and other "traps" for infamous purposes, with the object of foisting, through the medium of their sapient publications, the aforesaid wares on the unwary, the credulous, and the depraved admirers of such specious "literary and professional efforts,"—in nearly every instance appropriating entire pages and chapters from my Books, especially from my popular work on Medicine entitled "Medical Information for the Million," &c., on the subject of Medical Electricity and the Theory and Practice of Medicine on Electrical Principles, and from the *present volume* on Nervous and Seminal Diseases, &c.; thus basely deceiving the afflicted as well as injuring my professional reputation: I, therefore, hereby warn the public against all such fraudulent, trashy, and mischievous productions and their "authors"—or *manufacturers*, more properly speaking.

Also, as my cards, works, and SYSTEM OF TREATMENT of the important class of diseases embraced in my Specialty have been, in numerous instances, IMITATED or pirated by said individuals, who are incapable and too indolent to think or write for themselves, let me hereby caution the invalid that any medical book, *essay*, *pamphlet*, etc., either resembling my Books in style or language, or my Theory and System of Treatment, whether purporting to have emanated from me or not, and which (when attributed to me) shall not contain my pen-and-ink signature, as below, and to counterfeit which would constitute a felony, is *spurious* and therefore UNRELIABLE.

NEW YORK, February, 1863. }  
31 East 27th Street. }

C. D. HAMMOND, M. D.

*C. D. Hammond*

## To Whom it May Concern.

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THE following Testimonial of professional qualifications I received many years ago (when contemplating entering the Merchant Marine Service) from my respected and eminent preceptor, Prof. J. M. CARNOCHAN, M.D., "the recognized Head of American Surgery;" and I now deem it both opportune and highly proper to present it to the public as an invaluable PLEDGE—in view of the high Official source from which it emanates—that patients entrusting their cases to my care, will be skilfully and honorably treated.

CHARLES D. HAMMOND, M.D.

NEW YORK, June, 1856.

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### TESTIMONIAL.

\* \* "DR. CHARLES D. HAMMOND was a conjoint pupil with Dr. Valentine Mott, Sen., and myself, in the year 1841. Since that time, Dr. HAMMOND has visited Paris and other European cities, for the purpose of prosecuting his studies, and has also been engaged in private practice. \* \* \* \* I consider him capable of giving satisfaction to those who may entrust him with the duties of a Medical Practitioner.

"J. M. CARNOCHAN, M.D.

"PROFESSOR OF SURGERY,

"New York Medical College;

"SURGEON-IN-CHIEF TO THE

"State Hospital, &c."

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STATE OF NEW YORK, }  
CITY OF NEW YORK, } ss.

On the 30th day of August, 1855, appeared before me DR. CHARLES D. HAMMOND, Surgeon, who did depose and say, that the signature appended to the above Testimonial of his professional qualifications (the original copy of which, signed "J. M. CARNOCHAN, M.D., Professor of Surgery, New York Medical College; Surgeon-in-Chief to the State Hospital, &c.," he now presents for my perusal) IS GENUINE.

CHARLES D. HAMMOND, M.D.

Sworn to this 30th day of August, 1855, before me,

WILLIAM LEE, COMMISSIONER OF DEEDS,

No. 433 Broadway.

PRACTICAL OBSERVATIONS  
ON THE  
NATURE AND TREATMENT  
OF  
SEMINAL DISEASES,

INTRODUCING, ALSO,  
AN ENTIRELY NEW AND ORIGINAL METHOD  
FOR THE  
PROMPT, SAFE, AND RADICAL CURE,  
WITHOUT CAUTERIZATION,  
OF THESE AND OTHER KINDRED AFFECTIONS.

PRECEDED AND FOLLOWED BY A SERIES OF  
ORIGINAL ESSAYS AND CHAPTERS  
UPON SUBJECTS OF VITAL INTEREST TO

**BOTH SEXES.**

BY

C. D. HAMMOND, M. D.,

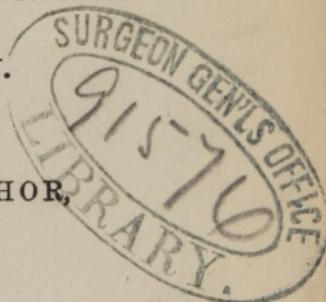
FORMERLY PROFESSOR OF SPECIAL ANATOMY, ETC., IN THE SYRACUSE MEDICAL  
COLLEGE, N. Y.; LECTURER ON THE SPECIAL DISEASES OF BOTH SEXES.

TENTH ENLARGED EDITION.

NEW YORK:  
PUBLISHED BY THE AUTHOR,

No. 236 EAST 51st STREET.

1866.



*Author's address:*  
*Paris, France.*

WJA  
H225p  
1866

Entered according to Act of Congress, in the year 1866, by

CHARLES D. HAMMOND, M.D.,

In the Clerk's Office of the District Court of the United States, for the  
Southern District of New York.

TO

DR. PHILIP RICORD,

SURGEON TO THE HÔPITAL "DU MIDI," PARIS, FRANCE, ETC., ETC.;

IN ADMIRATION OF HIS

EMINENT PROFESSIONAL CHARACTER,

THESE PAGES ARE VERY RESPECTFULLY DEDICATED,

BY HIS GRATEFUL PUPIL,

THE AUTHOR.

## EDITORIAL NOTICES.

To those who are unacquainted with the style and character of this author's Works, we would say, that they have been highly recommended, editorially, as Books admirably adapted for the perusal of the YOUNG OF EITHER SEX, and as valuable GUIDES TO HEALTH, by the respectable portion of the lay and medical press throughout the country, among which may be mentioned here the following few only:—The *Home Journal*, *Courier*, *Post*, *Express*, *Atlas*, *Evangelist*, *Medical and Surgical Journal*, *Mercury*, *Boston Medical Journal*, *Courier and Enquirer*, *Cleveland, O., Journal*, *Syracuse Medical Journal*, *Universe*, *Brooklyn Star*, *Oneida Herald*, etc., etc.—E. WARNER, Publisher.

[From the *American Medical and Surgical Review*, Aug. 14, 1859.]

\* \* \* \* \* Dr. Hammond's practical suggestions to those who contemplate entering upon the responsible duties of married life, are as valuable as they are original, and should be universally known and appreciated. We cordially commend this able Surgeon's views to the public.

[From the *N. Y. Reform Journal*, Sept. 16, 1859.]

\* \* \* \* \* Dr. Hammond is one of our most prominent surgeons, has spent many years in Europe, and is an enthusiast for Medical Reform. His book is worth every one's owning as a reference and a guide to health.

[From the *Boston Eclectic Medical Journal*.]

We have read with much satisfaction a new medical book, entitled "THE FALLACY OF CAUTERIZATION EXPOSED; OR, PRACTICAL OBSERVATIONS FOR YOUNG MEN," from the pen of the well-known Author and Surgeon, Dr. CHAS. D. HAMMOND (the Medical Reformer), of New York, and take this opportunity to recommend the work, which is one of the Doctor's best, to the attention of all sensible Young Men; it being one of absorbing interest to them, more especially.

[From the *N. Y. Eclectic Medical Gazette*.]

RICORD'S PRACTICE.—ITS SUPERIORITY.—This excellent system of private medical and surgical practice is at once the safest, mildest, and least inconvenient—with regard to diet, avocation, etc.—of any other method; while at the same time it is by far the most certain, prompt, and efficacious treatment, for Seminal and Sexual Diseases, extant. Dr. C. D. Hammond, who was formerly a pupil of Ricord, of Paris, the founder of this system, and also of Professors Carnochan and Valentine Mott, of New York, is acknowledged to be the most accomplished Surgeon in his Specialty in America.

[From the *New York (Daily) Tribune*, May, 1858.]

\* \* \* \* \* It seems all but inevitable that a Doctor who makes one special form of disease his study, should understand that form better, and be able to treat it more successfully, than if he practiced miscellaneously and generally. If, then, a physician, by careful observation and thorough study, shall find himself qualified to cure a certain form of disease which usually baffles medical treatment, it seems not only his right, but his duty, to make the fact generally known. The adverse rule of the medical profession seems to us unreasonable and injurious—not to say inhuman.

\* \* \* RICORD'S PRACTICE includes not only the cure of all diseases and infirmities of a confidential or private nature to which the sexes are liable, but also of those incidental Nervous, Mental, and Consumptive complaints growing out of PREMATURE DECAY in young persons and adults, from whatever cause arising—complaints which, of all others, should not be tampered with by blindly resorting to specifics, patent medicines, self-cure instruments, or other plausible but delusive, destructive, and unscientific treatment.

☞ See additional Opinions of the Press at the end of the Volume.

CARD.

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TO BOTH SEXES.

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TERMS, Etc.

DR. HAMMOND continues to be successfully consulted, as heretofore during the past twenty-five years, for the cure of NERVOUS DEBILITY, SEMINAL, and all other diseases mentioned in this Book ; also, for diseases of the Rectum, as fistula, fissure, piles, itching ulcer, stricture, etc.; also, for the diseases of the Uterus, Ovaries, and Vagina, including all menstrual complaints, Sterility, whites, falling or displacement of the womb, &c., as well as for the cure of malformations, deficiencies, excesses and deformities of the Sexual and Mammary organs, the nose, face, etc.; also, urinary, syphilitic, gonorrhœal, Scrofulous and Skin diseases, arising from hereditary *taint*, or impurity of the Blood and Secretions. And also on MICROSCOPIC and CHEMICAL ANALYSIS of Urinary and other deposits, discharges, and secretions—seminal, uterine, urethral, or vaginal—after the most approved methods, and in accordance with the latest researches made therein by Dr. H. during his recent visit to Europe. Consulting fee, \$5.

Treatment by correspondence or in person. Office

hours, from 1 to 3, and 7 to 9, evenings ; at all other hours, by *previous arrangement by letter only*.

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 NO NOTICE CAN BE TAKEN OF ANY LETTER THAT DOES NOT CONTAIN THE CONSULTING FEE.

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## NOTICE.

I warrant a sound and permanent cure in *all* cases undertaken by me with that distinct understanding ; and in such cases as I consider incurable, as there are such, I will agree to do all that the *best* Medical, Obstetrical, and Surgical skill in the world can accomplish—the amelioration and comfort of the patient.

C. D. HAMMOND, M. D.

 *Correspondents should state their cases plainly and fully.*

\* \* \* The attention of Females is directed to the last chapter of this book.

## NOTE

### UPON THE VERATRUM VIRIDE.

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VERATRUM VIRIDE being one of the bases of my internal or constitutional treatment of the diseases embraced in this book, I deem it proper to say a few words more, in this place, concerning so invaluable a Medicine, potent and of subtle action though it be.

Accident, rather than design, first caused me to employ this remarkable remedy as an anti-venereal, scorbutic, and nervo-seminal alterative and menstrual regenerator. Having occasion to visit Cairo, Ill., in the Spring of 1843, I there became acquainted for the first time, I may say, with the medicament under consideration, through the kindness of a very aged and highly respected native Eclectic physician, Dr. Smith, of St. Louis, Mo., since deceased, who was reputed to be very successful in treating this class of affections, chiefly by means of vegetable remedies, of which the Veratrum, conjoined with Iodine, was the principal. He averred to me that this medicine was an alterative, purifier, and nervine, without its equal in the vegetable kingdom, "or in any other kingdom," as he expressed it; and he furthermore declared that it was a perfect substitute for Mercury, in all those diseases for the cure of which that pernicious mineral is, unfortunately, an imagined "specific." I then naturally asked him what he thought of the Veratrum as an anti-syph-

ilitic and seminal (or *nervous*) reinvigorant. He instantly asserted that he had "cured hundreds" with it, in combination with other suitable remedies, who were laboring under both complaints. "I mix it," to use his own words, "with Iodine and such things as *ought to* exactly evenly balance, *to a single all-spice,*" its sedative and emetic action. I have, however, since ascertained, that by submitting the Iodine to a certain process of ætherization, the emetic and sedative effects of the Veratrum are absolutely neutralized—a desideratum which Dr. S. frankly admitted he had never been enabled fully to attain.

The old gentleman subsequently imparted to me minute and rather complicated rules, concerning the safe and otherwise judicious use of this great Remedy, to the best advantage, and for which valuable information I thanked him, most gratefully; for I had in vain searched, for a long time, after just such a Medicine—to harmonize with my well-authenticated Theory of these Diseases—as this has proved itself to be. I say that I gratefully thanked him; for I had early discovered that, although a plain, unpretending man, the Doctor was full of ripe experience, and, withal, that he was an intelligent observer of nature's laws, even then, at the advanced age of eighty-six years. He was, also, of liberal principles, and devoid of all professional prejudices, for which I greatly admired him.

On my return to New York, shortly after, I lost no time in putting to practical test Dr. Smith's substitute for "hydrargyrum, potash, IRON, and the

common nervines and tonics to boot," and was not long in ascertaining the value of this truly invaluable plant. In brief, after five years of very active experience in the use of this remedy, I take pleasure in pronouncing it the *ne plus ultra* of medicines, for the cure of these affections; and as such it is recommended to the unfortunate afflicted.

Though a new remedy *in these diseases*—being myself, I believe, the first and only medical practitioner (with the above exception) who has employed it in this connection—the *Veratrum Viride* is, nevertheless, an ancient medicine. It is an American plant, and "is found from Canada to the Carolinas, inhabiting swamps, wet meadows, and the banks of mountain streamlets."\*

As an *alterative, non-narcotic nervine, tonic, anodyne, diaphoretic, and purifier of the Blood and Secretions*, I hesitate not to pronounce this remedy far superior to both *iodine* and *mercury* combined, which two medicines are, it is well known, the *supposed* "specifics" for Scrofulous, Venereal, or Syphilitic diseases; an erroneous and unfortunate notion, truly, when it is remembered that these minerals are the *principal* ingredients made use of in manufacturing the "patent medicines" sold throughout the country as blood purifiers and anti-scrofula panaceas, under a variety of high-sounding names.

As a remedy of extensive influence and varied virtues, I know of no curative agent at all *equal* to the American *Veratrum* in the treatment of Scrofu-

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\* Professor Wood, of Philadelphia.

lous, Venereal, Nervous, SEMINAL, and Menstrual complaints, when duly combined with suitable auxiliaries, and competently prescribed in all other essential respects : otherwise, it should not be resorted to. In the hands of ignorance and presumption, it is unquestionably a dangerous remedy : and the same remark equally applies to IODINE. A qualified surgeon takes age, sex, constitution, and other *individual* circumstances into consideration, before rashly prescribing a valuable but powerful medicine, which might otherwise aggravate the disease, instead of alleviating and ultimately curing it.

In the Veratrum Viride, etc., then, we have a complete substitute for Mercury, Liquid Iron, and Potassium, as well as for the whole tribe of *Nervous Stimulants* ; free alike from the *corrosive, bone-rotting, and uncertain action* of the former, and from the *exhausting, reactionary, and destructive effects* of the latter.\*

Finally, though highly recommended throughout this work, for the cure of the diseases herein treated upon, when prescribed *in combination with suitable adjuncts*, by an experienced and careful surgeon, I have at the same time studiously abstained from making any attempt to prescribe for the non-medical reader either the Veratrum Viride or iodine ; not only because such an attempt would be as absurd as mischievous, but also because, had I done otherwise, I should have acted most unfairly toward confiding

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\* As generally, empirically, and improperly prepared and administered ; as well as in their *individual, or unscientifically-combined, state*—to wit : the popular “ anti-scurfulous,” venereal, and nervo-seminal nostrums of the day.

patients, by thus putting into their hands an *edged tool*, as it were,—safe and useful in the hands of the skilful, because experienced, workman only. Such an act would be justly censurable in the eyes of all right-minded and intelligent people.

Physicians and medical students who are desirous of knowing more about the *modus operandi* of the Veratrum Viride, are cordially invited to call upon, or address the undersigned, thus :

CHARLES D. HAMMOND, M.D.,  
236 East 51st Street,  
New York City.

N.B.—The author's Ætherized Preparations of the VERATRUM VIRIDE and IODINE will be furnished to a few qualified Physicians for the treatment of Scrofula and Spinal Consumption, and who will, also, be instructed in the use of them gratis.\*

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\* Dr. H. hereby pledges himself to the public, not to permit his Medicina Preparations to be sold by any person or "agent" whomsoever ; therefore should any, purporting to be such, be offered for sale, all may know, for a certainty, that they are *not genuine* medicines. The afflicted will thus be effectually protected against frauds upon not only their purse, but upon their *health*, as well. Persons applying for these medicines must, at the same time, give the symptoms, etc., of the case, or they can not be supplied.—See Appendix, pages 267-8.

## PREFACE TO THE FIRST EDITION.

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THE exceeding importance of the author's "*New American MEDICO-INSTRUMENTAL Treatment of Spermatorrhœa and its Results*," including his original Theory upon which this System is founded, together with the favorable reception which his previously published medical works have met with—especially his "Medical Information for the Million," which has passed through fifteen large editions since it first appeared in 1850, and also his "Ricord's Practice Explained,"—induce him to issue the present volume, substituting reading matter in place of such *illustrations* as might be in the least objectionable to the most fastidious; thus rendering it free from those objections which are generally made against works treating upon this class of diseases, and which, it must be admitted, are usually filled with very disgusting, not to say obscene, engravings—filthy and ridiculous caricatures, rather than faithful delineations of disease, the object of which is to *frighten* rather than instruct the over-credulous reader.

Although the views of M. Lallemand on Spermatorrhœa have unquestionably exercised much influence, and the Treatment advocated by him was at one time adopted by surgeons more theoretical

than practical, perhaps; still, a number of years having elapsed since his work was given to the Profession, the subsequent teachings of experience have, it is to be presumed, served greatly to disabuse the over-sanguine advocates of Cauterization with regard to the utility of their once favorite method. The author has, therefore, thought it highly opportune to give to the afflicted the benefit of his very active and extended experience in the treatment of a disease, which, more than most others (Syphilis excepted), is of such vast importance to young men, and others who may, unfortunately, have become the victims of SEMINAL or NERVOUS DISEASES.

The *causes*, also, of the *different varieties* of Spermatorrhœa, are, in this work, investigated with the aid of modern pathology, from which, combined with the more recent experience of the author in the use of his MEDICATED BOUGIE, the Veratrum Viride, etc., etc., he flatters himself that he has finally succeeded in deducing a rationally-scientific System of Curative Treatment. Whatever deficiencies, therefore, upon this head, may have been caused in the works of Lallemand, Wilson, and a few other European (and American) surgeons, by the progress of isolated or individual experience and discovery in Medical Science in America, will, it is believed, be found to be in this work effectively supplied.

Having now for a long term of years given his undivided attention and study to such branches of his profession as he has treated upon in his medical

writings—particularly SPERMATORRHEA, STRICTURE, and SYPHILIS—the author can not but believe himself calculated to inspire that implicit confidence in his honor, skill, and experience, which patients should feel in those in whose hands they place themselves in matters of such delicacy and importance. It is quite compatible with all reason and argument to consider that surgeons whose talents and efforts have been so long concentrated upon ONE PARTICULAR BRANCH OF THEIR PROFESSION, should be the most suitable ones to apply to in those cases appertaining to that particular specialty or branch. It were almost superfluous to point out to parties suffering from these diseases, the great advantages which must accrue to them by availing themselves of the *experience* which such surgeons (if they are talented and careful) can not but obtain; for it is evident that they must possess the immense advantage of superior skill over those who have engaged their attention in the *promiscuous* study of disease and medicine. It is a well-known fact that those maladies in which the author's practice is principally involved, do not receive from medical men in ordinary practice, that careful study and observation, which are so essentially requisite before they can be properly understood; while in most instances they are entirely excluded.

Should the painful but necessary task which the writer has undertaken require an apology, he begs leave to observe that it is not alone for the vicious he writes, but for the unfortunate; that these diseases may be contracted in a variety of

ways, and without the smallest degree of criminality ; and that such as are unfortunate enough to have become thus undesignedly and unknowingly the victims of *contagion*, will be the most likely, either from ignorance or delicacy, to fall sacrifices to a most cruel disease.\* Moreover, as the passions will remain ungovernable while human nature fails, from want of due enlightenment, to be firm, endeavors to lessen an unavoidable evil, and to rescue from an untimely fate or loathsome existence, individuals who, from unwillingness to avail themselves of the services of the family medical attendant, are driven to the necessity of placing confidence where too frequently none is due : endeavors such as these, it is supposed, will be conceded to be a work of moral and political rectitude, —for in the one case it is a duty to alleviate the distresses of our fellow-creatures, and in the other every life saved is an addition to the strength and riches of the state.

This work is divided, for convenience' sake, into two Parts, in the First of which will be found, among other matters, a brief and interesting Summary of RICORD'S PRACTICE in Syphilitic and Gonorrhœal Diseases ; the object of which is to show, at a glance, the principles of this admirable method in contrast with the hazardous *routine* course pursued by the empirics or charlatans of the times. In this Part is also given all the important practical points relating to the researches of Ricord on INOCULATION,

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\* Reference is here made, more particularly, to the VENEREAL DISEASE.

in its application to the study of Syphilis and Non-Specific maladies. The Second Part of the Book is a Complete Practical Treatise on Spermatorrhœa, and all other Seminal diseases, including those NERVOUS, MENTAL, and CONSUMPTIVE complaints arising therefrom, and which will be found worthy of a careful perusal.

The writer of this book has discarded, as much as possible, the use of terms which few, besides the professional man, are conversant with ; he has written (unavoidably in haste) down to the comprehension of the smallest capacity ; and has endeavored to convey *practical information*, regardless alike of elegance of diction, or the beauty of nicely-turned periods. May it be productive of much good !

C. D. H.

NEW YORK, May, 1863. }  
31 East 27th Street. }

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## NOTICE.

DR. HAMMOND'S Office is REMOVED to 236 East 51st Street, between Second and Third Avenues, New York City.

*Office Hours from 1 to 3, and 7 to 9, evening, except Tuesday and Friday evenings.*

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\* \* \* THIS work contains more reading matter than most books of five hundred pages ; the type, or letter, is of a peculiar style—slim and close—the object having been to give valuable matter with as little *bulk* as possible.

## PREFACE TO THE TENTH REVISED EDITION.

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ANOTHER edition of this work being called for by a discerning public, I would here take the opportunity to say, that my Method of Treating Seminal, Nervous, Menstrual, and some other diseases, as laid down in the following pages, has been adopted in France, Switzerland and Italy, within the past few years ; and I was much gratified to learn, during my recent visit to Paris, that this method is thought highly of by the French physicians who have adopted it ; and at Naples I was informed by Dr. Paoli, and other medical gentlemen of repute, that it is considered infinitely superior to the European plan (cauterization), which is the only other known method in practice in those countries. I felt the more flattered by this candid admission, as I had not expected that prejudice would have yielded in so short a time, comparatively speaking ; but in this as in some other important respects, great progress has been and is being made, much to the advantage of progressive humanity.

My own beloved country, however—glorious America—takes the lead in the introduction of whatever is of superior excellence in the sciences generally ; and I doubt not that this great nation has now fully entered upon a career of unexampled

splendor and prosperity. In no country that I have visited do I find the people so untrammelled, and so favorably circumstanced before the law as here, for the full development of those faculties which make a people great, prosperous, and happy; and were it not for the extraordinary prevalence of Seminal, Uterine, and Consumptive diseases (which last are generally induced by the former), thus affecting both sexes, our greatness and influence abroad would be very much more felt than they are at present. However, when the *true method of treatment* in these complaints—which method I had the good fortune to originate and make known, by great and continued efforts, amid the sneers and jeers of some, and the malevolence of those who should have known better, for a period now of more than twenty-three years—shall have become thoroughly disseminated throughout the country, the increased energies of the American character will place the United States at the very head of the nations of the world.

C. D. HAMMOND, M. D.

NEW YORK, September, 1866. }  
No. 236 East 51st Street. }

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## IMPORTANT NOTICE

TO THOSE PATIENTS AT A DISTANCE WHO CANNOT  
VISIT DR. HAMMOND IN PERSON.

SELF-APPLICATION OF THE "MEDICATED BOUGIE."

DR. HAMMOND has so improved the use of the MEDICATED BOUGIE within the past few years, that any patient of ordinary intelligence may now, by means of *special written instructions from him*, apply it *himself* with perfect safety and success, in all cases wherein the patient finds it inconvenient or impossible to visit the city. In such cases (although it is of course a much greater pleasure to the Dr. to see his patients, and less laborious for him) he will warrant the entire safety and success, by Self-application, through special instructions *from him*, of the Treatment in all SEMINAL CASES, IMPOTENCY, Stricture, and some of the other diseases laid down in this Book, including a few others, in both sexes, not herein mentioned, either by means of the Medicated Bougie, or by the Doctor's internal Remedies, or by the combination of both, as the patient may elect. In numerous cases, however, Dr. Hammond omits the use of the Bougie altogether ; in others he employs it almost exclusively ;

while in many instances, again, his favorite method consists in the judicious *combination* of both the above-mentioned means. These modifications in the application of the Treatment are based upon the peculiarities of *individual* cases, to be acted upon according to the different phases or conditions which these diseases are constantly presenting, as described to Dr. H. by different patients. See "ANSWERS TO QUERIES" on page 219 of this volume.

## INTRODUCTION.

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THE following pages have been written for the purpose of communicating instruction to intelligent Young Men, and others, on subjects of most vital importance. The fearful extent of the ravages of the diseases, and *habits* noticed, are sufficient to justify the most vigorous measures for suppressing them. All that can at present be done is to enlighten the public upon their nature and results, and thus assist in spreading that information which is destined in a future age to well-nigh extinguish vice and disease.

It appears to me there never was a period in which a correct system of medical and surgical practice was more imperiously demanded than the present ; for the science of medicine is, as taught in most of the medical schools, a perfect chaos. There are so many theories, so many modes of treating disease, such discordant sentiments entertained, both by physicians and the community at large, on the subject of medicine, that duty requires every exertion to be made to rescue the Healing Art from the intricacy and maze in which it has, unfortunately, become involved.

My primary object in laboring in the field of

Medical Reform is now, and has ever been, to clear away the rubbish of former as well as of present medical theories, and amid their wreck to collect whatever materials might be found, from all proper sources, for the construction of a new edifice, resting on a broader and more durable foundation.

The present period may be emphatically denominated an age of investigation and improvement; and, when truth is plainly presented to the honest mind, it seldom fails of receiving a cordial welcome. In the arts and sciences in general greater researches and discoveries have been made than at any former period. In respect to steam-boats, railroads, the electric telegraph, education, and various other matters, the human mind has achieved wonders, and given ample proof of its divine origin. Unfortunately, however, for suffering humanity, the healing art, in the opinion of those who are regarded as the most learned and skilful, has advanced scarcely any in this country, and forms a lamentable contrast to the progress made in other departments. But when we turn our eyes to the Eclectic Medical School, we are greeted with the most cheering prospects.

In France, the Eclectic Practice is now most extensively adopted, not only by the members of the Eclectic College, but also by many of the old school practitioners, who admit that what before was conjecture, they now can reduce to a certainty.

My object in returning to America, in 1850, was to endeavor to establish the Eclectic System of

Medicine in Sexual Diseases, particularly; and up to the present time, my success has been even greater than I anticipated. I know I shall long have to contend against bigotry, contumely, and a host of minor evils; but feeling that I have the truth on my side, I stand prepared for all the force that prejudice and ignorance can bring to bear against me.

It will be asked why I confine myself to SEXUAL, NERVOUS, SEMINAL, and CONSUMPTIVE diseases, etc., in practice? For this I have the following reasons, and I know they will be considered sufficient. In the first place, I so practice, because for years I have devoted my whole attention to the treatment of these diseases, and have ever been rewarded with success; and in the second place, and perhaps a more cogent reason than the former, I found the state of medical knowledge in this country upon these all-important diseases so woefully deficient, that I concluded I should be but imperfectly acting the part of a medical reformer if I did not attack and overthrow those points that most required it. The mode of treating sexual; nervous, and mental diseases in America, has neither science nor common sense for its foundation. Starving, bleeding, caustic,\* mercury, and all the dreadful, life-destroying array of old, but still-existing remedies, must be done away with; and in their place, I have introduced a series of entirely new and natural reme-

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\* "Cauterization."

dies, safe and mild in their operation, but at the same time most certain and effectual.

To Time, the great umpire between men and systems, I am content to submit, fully believing that that which is true can never be lost.

It would have been in keeping with the nature of this volume to have, in the introduction, said something about the foolish prudery so prevalent in this country, which fosters in its bosom terrible vices ; but as I have entered at some length upon that subject in the body of the work, it may be omitted here.

PART I.



A SERIES OF

ORIGINAL PRACTICAL ESSAYS

ON

SUBJECTS OF VITAL IMPORTANCE

TO

BOTH SEXES

THE

A SERIES OF

ORIGINAL PRACTICAL ESSAYS

OF THE

BOTH

# RICORD'S PRACTICE.

ESTABLISHED BY THE AUTHOR, A.D. 1850.

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## PART I.

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### ESSAY THE FIRST.

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#### Ricord's Practice Explained.\*

THE object of this Essay, as its title implies, is simply to give (it is believed for the first time) the non-medical reader a concise and plain idea of Ricord's Practice, as contradistinguished from the old and exploded ultra-Mercurial or empirical method of treating this class of diseases—a method by which thousands are annually destroyed, through the vulgar charlatanism of the times, and hurried into untimely graves.

Under cover of *false names*, and generally through the medium of newspapers, placards, or filthy books, the country is nearly overrun by a horde of ignorant and mercenary individuals, who *pretend* to “cure” these all-important, aye, *vital* diseases, both Seminal and Venereal; and it was with a view of opening the eyes of the afflicted to a subject so pregnant

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\* First published in March, 1858.

with importance to the human family, and especially to the rising generation and *their future progeny*, that the writer has been induced to take up his pen to attempt an explanation of the difference between MEDICAL SCIENCE and *medical vampirism*, in the Treatment of these diseases.

With these few preliminary remarks, I proceed at once with the subject in hand.

That important branch of Medical Science, the diagnosis and treatment of the large class of diseases popularly termed "Secret Diseases," has, at all times, and in most countries, engaged, as indeed from its vital importance it should, the attention and profound research of every truly benevolent surgeon; but, at no time, and in no country, perhaps, have those labors been so successfully prosecuted as in France, within the past twenty-five or thirty years.

Several years since, Dr. Ph. RICORD, Chief Surgeon of the Paris Civil Venereal Hospital, commonly known as the *Hôpital du Midi*, deduced from an extended series of observations and experiments on the inoculation of the poison of Syphilis, or specific primary chancre, consisting of many hundred cases, certain conclusions of great value, which he has given to the Profession in an important (scientific) work, entitled "A Practical Treatise on Venereal Diseases; or Critical and Experimental Researches on Inoculation, as Applied to the Study of these Diseases." Paris, 1838. (See "Essay the Second.")

In presenting this brief Synopsis—this bird's-eye view, as it were—of RICORD'S PRACTICE to the reader, I do not know that I can give a better general idea of it than to say it is the modern and only rational system of Venereal Practice extant; combining, as it does, in a pre-eminent degree, *rapidity of cure*, with entire and permanent *safety to the constitution*; while it expressly rejects the old, empirical, secret, and *hazardous* employment of such pretended "specifics" as mercury, copaiba, cubebs, &c., &c., &c. In Syphilis, Gonorrhœa,

—and all other diseases of the sexual system so wretchedly botched by the charlatans of the day, through the barbarous use of Mercury and Nitrate of Silver, particularly, to say nothing of the disgusting medicines, cauterization, “self-cure” instruments, etc., so vauntingly beuffed in the newspapers, —the vast superiority of RICORD'S PRACTICE, by reason of the *celerity*,\* *certainty*, and great *mildness* of the means which it employs, is now, and has been for the last twenty years, fully admitted and established beyond the reach of doubt or further cavil.

Ricord does not proscribe the *judicious* use of those or any other suitable medicaments, by any means, in the treatment of Syphilis proper, or in that of Gonorrhœa (“clap”), &c.; but he does, very properly, denounce the ignorant and *indiscriminate* use (or rather *abuse*) of them, in cases and under circumstances which would be highly unfavorable to their proper action. For instance, mercury should only be employed in certain conditions of *true syphilis*—never in gonorrhœa, gleet, &c.; neither is it to be resorted to in simple venereal sores, or in those chancres of a non-specific (non-inoculable) character. Neither does this distinguished Surgeon allow that mercury, copaiba, cubebs, and the like, either simple or compound, are positive remedies at all, or to be implicitly relied on by the intelligent physician, for the cure of gonorrhœal or kindred complaints; hence he denies that they are *specifics*, or medicines which are by any means certain to cure these maladies. But he recommends the rational and scientific

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\* In *recent cases*, a cure by this excellent method may be effected in a very few days, thus doing away with the necessity of taking much medicine, so disagreeable to most persons; neither is any particular change required in the patient's ordinary habits, *diet*, or business pursuits; and further, he may be treated by Letter, if the case be well-described, &c., by reason of the *compactness* and *ordinary appearance* of the Remedies, which are *absolutely free from taste and odor*, and may be readily carried about in one's pocket, without any inconvenience or fear of detection whatever.

employment of said medicaments, nevertheless, in accordance with the FUNDAMENTAL AND GENERAL PRINCIPLES OF MEDICINE; whereas the empiric, or quack, uses those powerful remedies as *certain* means of cure, in all cases, and upon a stereotyped or fixed plan, if one may so term it. And, so far as *mercury* in the treatment of syphilitic or venereal, as well as of gonorrhœal diseases was concerned (for these appellations used to be, before the time of Ricord, synonymous terms), even many of the old regular surgeons, from Paracelsus down, were in the habit—a fatal one, truly—of employing it in the same empirical way that our quacks do at the present day; and, of course, with about the same horrible results to the unfortunate patient. It is through the indiscriminate use of these potent medicines, particularly mercury, *injections of nitrate of silver*, etc., by the incompetent, that those terrible deformities and suffering which we sometimes behold with a shudder of indescribable disgust or pity ensue to embitter the remainder of the unhappy victim's life—and, it may be, the lives of his friends also.

It was from having such miserable spectacles constantly presented to his attention, in his professional capacity at the Hospitals, that determined the Author more than anything else, perhaps, to visit Paris, and there study, under the clinical teachings of the great Venereal Surgeon of France, the best method of treating these diseases, in all their variety; and subsequently to return home, after an absence of some five years, most profitably spent—almost exclusively in studying, practically, this important Branch of the Healing Art at the famous *Hôpital du Midi*—and practice his Specialty in this city; thus endeavoring to do for New York, what Ricord has so successfully accomplished for Paris, namely—to *rescue the unfortunate from ever-ruthless charlatanry*, by instituting, so far as in him lay, an improved, rational, and SUCCESSFUL TREATMENT for this mischievous class of complaints. And, he may add, he has every reason

to feel satisfied with the result of his efforts in this cause, during the past fifteen years.

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SEMINAL DISEASES.—SPERMATORRHŒA, EMISSIONS, DEBILITY, IMPOTENCE, &c., the results of “*Self-Abuse*,” and other causes. The foregoing remarks on RICORD’S PRACTICE apply most significantly to these delicate and highly important complaints, as no class of diseases is less understood or more badly managed by the empirics of the present time. I know of no treatment so reprehensible and useless as the much boasted one by *cauterization*—a plan which LALLEMAND, a French surgeon, introduced in France many years ago. Having little or no merit in the vast majority of cases, it was soon consigned to oblivion by the *practical* surgeons of Europe, only to find favor, at the hands of certain persons, in this country. The only true plan of *eradicating* these complaints, is that which is based on the *Great Principles* of medical science—the method of Ricord. This method, in connection with the MEDICATED BOUGIE, which is an improvement of my own, I have found implicit—the other, or cauterization, not only utterly fallacious, but hazardous in the extreme, from its natural tendency to produce enlargement of the prostate gland, *permanent* nervous irritation at the neck of the bladder (so annoying to the sufferer), spasmodic stricture, swelled testicle, &c. In a word, those who have experienced the evils here alluded to, not only through the instrumentality of “patent” medicines and cauterization, but by the use of “spermatorrhœa rings,” wooden blocks, *metallic instruments*, varicocele trusses, and similar modes of worse than inquisitorial torture, need not be advised by me to avoid the same; while the unscathed who may read these lines, will, if they are wise, be cautious how they “meddle with edge-tools” of this description.

ENUMERATION OF SOME OF THE MORE IMPORTANT DISEASES

OF THE SEXUAL SYSTEM.—For the better information of the afflicted, I will mention the names of some of the more important diseases of this class, and also of one or two complaints which, if not belonging to the sexual system, strictly considered, are none the less frequent causes of some of the most annoying sexual diseases :—Syphilis (commonly known as “the venereal,” or “pox,”) in all its forms; Gonorrhœa,\* or “clap;” Gleet, or chronic discharge from the urinary passage; Stricture, or narrowing of the urinary passage—these two last are generally the results of badly treated gonorrhœa; Irritable Bladder—producing Incontinence of Urine; Enlargement of the Testicles; Malformations and Deformities of the penis† and vagina; Seminal Emissions (by some called “spermatorrhœa”), commonly caused by *self-abuse*, and terminating in Impotence; General Nervous Debility, the patient expressing himself as “neither sick nor well,” but deficient in nervous energy; VARICOCELE, or enlargement of the spermatic veins within the scrotum (envelope of the testicles), which, by their pressure upon the seminal vessels, become a frequent though *unsuspected* cause of impotence. These swollen veins may be felt by pressing upon the upper part of the scrotum, just above the *left* testicle, and much resemble to the touch a knot or string of worms. Varicocele is commonly a painless disease, but should never be neglected, as it can generally be cured without an operation—by a properly contrived appliance, easily adjusted by the patient. PILES are, also, a prolific source of seminal irritation, lascivious dreams, emissions, &c., &c. This disease is sometimes present unknown to the patient. It is astonishing

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\* The remarkable celerity and ease with which this otherwise baffling disease is cured by Ricord’s system, strikingly illustrate its superiority over the tedious methods adopted by those who are either obstinately, ignorantly, or through bigotry attached to those obsolete modes of cure.

† Phymosis, or unnatural elongation and contraction of the fore-skin, may, by judicious treatment, be frequently remedied without an operation.

to me that a complaint of such importance, and having so many who *profess* to cure it, should be so prevalent and "*incurable*"—especially when it may be readily prevented, and *cured*, also, if properly understood and treated. I have seldom been baffled in soon curing even the worst cases of blind and bleeding piles. Neither the knife or ligature should be resorted to for the cure of any case of piles, where no actual organic difficulty exists.

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\* SYNOPSIS OF SYMPTOMS AND CAUSES.

1. SYPHILIS—CHANCRE:—Inflammation, pimple, slight redness, pain, swelling; ulcer or sore, with hard, uneven edges, surface yellow or grayish; commonly situated on fore-skin, head, or body of penis, and occasionally in urinary passage; ulcer circular, oblong, deep, or superficial.

2. SYPHILITIC BUBO:—Swelling of a gland in one or both groins, commencing slowly, but with pain, stiffness, and uneasiness in walking; at first feels like a small, round, hard tumor, gradually increasing in size, pain, inflammation, &c.; finally becoming an *abscess* if not prevented.

3. CONSTITUTIONAL SYPHILIS:—Sore throat, with ulceration; spots or sores on different parts of the body; painful swellings of the periosteum and bones, called *nodes*; fever, general uneasiness, rottenness, gradual exhaustion, death.  
CAUSES:—Impure connection, syphilitic inoculation.

4. GONORRHEA:—White, yellowish, or bloody discharge

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\* The above is intended merely to give the reader a general idea; for full description, see "Medical Information," &c., referred to at the end of this book.

from urinary canal, at first transparent and thin, then thick; pain or *scalding* in passing urine; painful erections (*chordee*); pain more severe, discharge copious; occasional swelling in the groins (*sympathetic bubo*); contraction or retraction of fore-skin (*phymosis* or *paraphymosis*); fever; pain extends towards the fork as disease advances; pain and occasional swelling of testes (*swelled testicle*). CAUSE:—Impure connection.

5. GLEET:—Thin or thick, white or yellowish discharge from the urethra or urinary passage, without pain; discharge generally small in quantity, and white like cream. CAUSES:—Neglected gonorrhœa, *self-abuse*, straining, costiveness, diarrhœa, &c.

6. STRICTURE:—Gradual narrowing of urethra, stream of urine becoming smaller, twisted, curved, split or forked; frequent desire to pass urine; a few drops remaining after, wetting the linen. CAUSES:—Neglected gleet, injections, injudicious treatment of gonorrhœa, resulting in a thickening of the lining of the urethra; *self-abuse*, &c.

The symptoms and causes of the above six forms of disease, are about the same in both sexes; but in some cases, other symptoms may exist, while in others some of those above mentioned may be altogether absent. They usually appear in from *three* to *seven* days after an impure connection, in recent cases. If attended to *at once*, on the earliest appearance of *any* of the symptoms after a *suspicious* connection, the disease may be generally cured immediately, if properly treated; and it is also a good rule, to apply to an *experienced* venereal surgeon even before any decided signs of disease have manifested themselves, if the connection has been a doubtful one—*prevention* being better than cure.

7. SEMINAL EMISSIONS:—Lassitude, nervousness, weakness

of the lower limbs, palpitation of the heart, appetite poor or excessive, pains in the back, dimness of vision, specks before the eyes, dullness of mind, deficient memory, want of power to fix the mind on any *one* subject, melancholy, emaciation, gloomy thoughts of suicide, fear of death, aversion to society, timidity, love of solitude, incapacity for study, dizziness, want of self-confidence, headache, weakness and redness of the eyes, pimples, lascivious dreams, nocturnal and diurnal discharges of semen ; semen in the urine ; dislike to females ; inability to cohabit, from loss of power of erection, or too sudden escape of the seminal fluid ; idiocy, insanity. CAUSES : —Masturbation, hereditary weakness, &c. [See Part II.]

\* \* I would here observe, distinctly, that M. Ricord emphatically denies the infallibility of Mercury, in the cure of Syphilitic Diseases.

## ESSAY THE SECOND.

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### ON INOCULATION, AS APPLIED TO THE DIAGNOSIS AND TREATMENT OF SYPHILITIC DISEASES.

“ I know it will be said, that diffusing medical knowledge among the people might induce them to tamper with medical science, and to trust to their own skill, instead of calling upon a physician or surgeon. The reverse of this, however, is true. Persons who have most knowledge in these matters, are commonly most ready both to ask and follow advice, when it is necessary. The ignorant are always most apt to tamper with medicine. *Instances of this are daily to be met with among the ignorant.*”—EARLE.

BOTH before and since the time of Hunter, inoculation has been employed for the purpose of testing the character of syphilitic diseases; and at the present day, M. Ricord, Surgeon to the Parisian Civil Venereal Hospital (*Hôpital du Midi*), has deduced, from an extended series of experiments, certain conclusions of great value and importance, which he has given to the world in his great work, “*Traité pratique des Maladies Vénériennes, ou Recherches critiques et expérimentales sur l’Inoculation, appliquée à l’étude de ces Maladies.*” \*

M. Ricord establishes, in the first place, that a chancre, wherever it may be seated, is produced by a specific matter, which is secreted by a chancre only, which matter produces a similar disease whenever placed in circumstances favorable to contagion.†

This specific matter is only produced from the surface of a chancre during its first stage, that is, during the period of

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\* Paris, 1838,

† Parker, London.

ulceration, or when the sore is indolent or stationary. At these periods only does a chancre give us a specific matter capable of producing a similar disease by inoculation. When the sore begins to heal and a process of reparation has commenced, it is merely a simple ulcer, does not furnish a specific matter, and is not capable of propagation by inoculation.

If matter be taken from a chancre during the period of ulceration, and introduced under the skin by means of a lancet, it produces the following effects:—During the first four and twenty hours the puncture becomes more or less inflamed; from the second to the third day it is accompanied with a slight tumefaction, and presents the appearance of a small pimple surrounded with a red ring; from the third to the fourth day the disease assumes a blister-like form, the skin being raised by a fluid more or less opaque, presenting at its top a small dark point; from the fourth to the fifth day the contents of the blister become purulent, the top of the pock depressed, resembling very much the pock of small-pox. At this period the ring, which had progressively increased, begins to diminish or altogether disappears, particularly if the disease does not increase: after the fifth day, however, the subjacent and surrounding tissues, which hitherto had undergone little or no modification, or were merely slightly swollen, become hardened by the extravasation of a plastic lymph, which communicates to the touch the resistance and elasticity of cartilage. After the sixth day the contents of the pustule thicken, the pock itself shrivels up, and is covered with crusts. These enlarge toward their base, and forming by successive layers, at length assume the form of a flattened pyramid with a depressed top. If these crusts are detached, or if they fall off, we find under them an ulcer with the hard base of which we have spoken, extending through the whole thickness of the skin. The surface of this ulcer, with a deep red color, is foul, covered with a thick adhesive matter, almost like a false membrane, which cannot be removed by any

attempt to clean the sore. The edges of the ulceration at this period appear as though it had been dug out from the surrounding parts by a sharp circular instrument. The immediate vicinity of the sore is surrounded by a red, dark, or livid margin, more elevated than the surrounding parts.

M. Ricord further establishes that chancre in its commencement is purely a local disease; that constitutional or secondary affections can only take place after this antecedent; that they do not occur in all cases, and only after the lapse of a certain period of time.

Whatever may be the varieties and complications which subsequently follow or accompany the inoculated chancre, the progress of the latter is in all instances such as we have described it. The pock-like form of incipient chancre is only wanting when the parts to which the poison is applied are destitute of skin or epithelium, and it is only preceded by inflammation when the matter has been introduced into the subcutaneous cellular tissue under the skin, or into the absorbent system.

The ulcerations completely destroyed or arrested on the third, fourth, or fifth day from the application of the poison, are not liable to secondary inflammation. It is not before the fifth day that the induration of chancres commonly commences, and it is the indurated chancre that is most frequently followed by secondary symptoms; this induration seems to indicate that the affection has become in some measure already constitutional; as long as there is no induration we may suppose the disease to be merely local.

The varied appearance which primary venereal sores present (says M. Ricord) has given rise to arguments against the identity of the venereal virus, and has led to the promulgation of the theory of a plurality of venereal poisons. Inoculation, however, sets this matter at rest, for whatever may be the actual character of the sore from which we take the matter, provided it be taken during the first stage of chancre, that

of ulceration or indolence, we obtain by inoculation a regular pock when the matter is introduced beneath the skin; an ulcer when it is applied to a denuded surface; and an abscess when introduced into the cellular tissue, or into the lymphatic system.

The various characters of chancres, or primary venereal sores, are due to circumstances which are foreign to the specific cause which produced them; these are principally the particular constitution of the patient, his mode of living, the influence of any antecedent or present disease with which he may happen to be affected, and not least *the local treatment* of the sore. It is from one or many of these circumstances that we see bad conditioned ulcers in subjects who have contracted their disease from others affected with ulcers of the simplest character.

The first stage of chancre, i. e., of ulceration or indolence, is the only one during which the disease is susceptible of propagation by inoculation; the period of this stage is not limited, hence M. Ricord has known primary venereal sores capable of propagation after having continued eighteen months.

The *Recherches* of M. Ricord on the nature and differential diagnosis of buboes are of equal interest with those which we have detailed on the subject of primary sores. According to this author, buboes are of two kinds, simply inflammatory, or virulent: in the first instance, succeeding to gonorrhœa, balanitis or any other primitive affection; and in the second, from the consequences of the direct absorption of specific matter from a chancre.

M. Ricord deduces from his experiments upon buboes in a condition of ulceration, the following conclusions: that a virulent bubo, or one resulting from the absorption of the specific pus from a chancre, is a disease precisely similar to chancre, merely differing from it in its seat, and the anatomical organization of the parts affected; that this

species of bubo is the only one capable of producing a pock by inoculation; that the symptoms hitherto indicated by authors, with a view of establishing the differential diagnosis between a true virulent bubo and one merely inflammatory, are of little value, inoculation being the only certain and pathognomonic sign.

M. Ricord admits the existence of buboes which are not preceded by any other syphilitic affection: these make their appearance at a certain period after an impure connexion, *without the intervention of chancres, gonorrhœa, balanitis, or other form of primary irritation.* The existence of these buboes is admitted by Fallopius, Astruc, Swediaur, Bertrande, and lately by Dr. Mondret, in a memoir inserted in the "Recueil périodique de la Société de Médecine," for August, 1837. These buboes are termed by the French surgeons "bubons d'emblée," and may be either simply inflammatory or syphilitic.

With reference to the test of inoculation, some degree of difference of opinion exists, although M. Ricord states that the reason of this is, that the experiments have not been made in a proper manner.—On this point we consider this author's opinions worthy of great attention. Whenever inflammation and suppuration of the cellular tissue, or lymphatic glands of the groin, are owing to any other cause than the occurrence of chancre, the matter produced furnishes no result from inoculation, at whatever periods and under whatever circumstances the test may be made. Neither does it follow, of necessity, that buboes succeeding to true chancres will furnish a specific matter; and consequently, by inoculation, a characteristic pock. That this may occur it is necessary that the bubo shall not merely be owing to a simple sympathetic inflammation, but that actual absorption of the specific matter of the chancre shall have taken place. When absorption of the matter from a chancre on the genitals takes place, it is generally confined to the superficial glands of the groin;

and most frequently the syphilitic poison is conveyed to one gland only, although many of the glands in the immediate vicinity of the latter, both superficial and deep seated, are inflamed, and suppurate at the same time, so that the matter taken from one gland shall be purely syphilitic, and give rise, by inoculation, to the characteristic pustule, whilst those in its immediate neighborhood, and the cellular tissue, shall be affected by simple phlegmonoid inflammation, the pus from which shall, when tested by inoculation, give a negative result.\*

It may be very readily conceived, that the irritation produced by the passage of the syphilitic poison through a lymphatic vessel and ganglion may excite in the neighboring organs an inflammation which is not specific, but merely inflammatory, and this appears to be the true nature of the case. M. Ricord opened a bubo which had succeeded to a chancre, the pus from which produced no result by inoculation. In the centre of the abscess he discovered an enlarged lymphatic gland, presenting an evident fluctuation; this was punctured and tested by inoculation, the characteristic pock of chancre was obtained.

Discharges from the urethra are of two kinds, resulting either from the existence of a true syphilitic ulcer in some part of the passage, or owing to gonorrhœa, properly so called. Chancres, or syphilitic ulcers of the urethra, are in all respects, except situation, of the same character as other primary sores, and give rise to the same results when the matter is tested by inoculation.

The matter of gonorrhœa applied upon a mucous surface (the lining of the urethra, mouth, eyelids, nose, etc.), produces an inflammation and discharge of the same character. In no instance can it produce a true syphilitic sore; although by remaining in contact with a mucous surface for a certain

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\* See Ricord, *op. cit.*, p. 142 et suivantes.

period of time, it may occasion a greater or less degree of excoriation, but is not capable of producing a specific ulcer, as the researches of Ricord,\* Hernandez,† and others incontestably prove.

The diseases which are consecutive to gonorrhœa, as sympathetic buboes, &c., do not produce matter capable of producing a specific ulcer by inoculation; neither do secondary or constitutional symptoms ever succeed to a simple gonorrhœa. M. Ricord thinks that in the rare cases where secondary symptoms have been said to have followed a simple gonorrhœa, the diagnosis of the primitive disease has been inexact; that the diseased surfaces have not been properly examined; and that the cases have been *concealed chancres of the urethra*, and not gonorrhœa. It is also extremely probable that such were the forms of disease which embarrassed Dr. Wallace, who says that he had met with some forms of discharges from the urethra, which were beneficially influenced by mercury, and which he was unable to cure without its exhibition.

The matter of gonorrhœa, tested by inoculation, gives no result; it may be followed by inflammation, but never produces a specific sore; injected into the urethra it produces a disease like that of which it is the product; applied externally between the glans and prepuce it occasions inflammation and discharge, balanitis, or external gonorrhœa: a similar effect follows its application upon other mucous surfaces. One remark may be made here, in concluding the account of the results obtained by Ricord from inoculation as a means of diagnosis in syphilitic diseases, that when it is resorted to in cases of uncertainty, we are to test the matter frequent-

\* Mémoires, sur quelques Faits observés à l'Hôpital des Vénéériens, par P. Ricord. Mémoires de l'Académie Royale de Médecine. Tome 2me.

† Essai analytique sur la Nonidentité des Virus gonorrhôïque et syphilitique; par J. F. Hernandez. Toulon, 1812. Art. iv.

ly from day to day, during the whole process of disease; for, as in other instances, we may here find that, although we have not succeeded in obtaining a result from the first, second, or even third puncture, we may eventually do so; daily experience in other diseases, vaccination in cowpox, inoculation in smallpox, &c., showing that, from circumstances we cannot appreciate, the first puncture may not succeed, when a second or third will be followed by a characteristic pustule.\*

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\* Inexperienced persons are hereby cautioned against experimenting with inoculation; it is *safe only* in the hands of the adept in Venereal Practice.

# ESSAY THE THIRD.

[From "Medical Information for the Million," etc.]

## SOLITARY HABIT.

WRITTEN ESPECIALLY AS A WARNING TO YOUTH,  
NOT TO FRIGHTEN, BUT TO AWAKEN.

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"To the PURE all things are pure."

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"You think 'tis nothing!—'tis a crime, believe;  
A crime so great you scarcely can conceive." MARTIAL.

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"No theological influence," observes Fontaine, "has been found sufficient to check the horrid vice of Onanism, or self-pollution; no faith in religion; no exhortations to vice; no threatenings of future retribution. In religious seminaries, in convents and monasteries, in nunneries and in the bosom of the church, it has too often developed itself, and committed its most terrible ravages." It is our lot, the province of the physician, to give with effect a scientific and familiar description of the train of evils which are produced by the various conditions of venereal excess. We shall do this to the best of our knowledge and abilities, and then will follow a few prescriptions of medical treatment for the afflicted of both sexes, who are the victims of these irregularities. A TIMELY REMEDY, applied with skill and properly persevered in, can alone save the unhappy votary of this deplorable and raging vice from misery, agony, and despair.

Among the evils of life, there is not one to be more dread-

ed than the habit of masturbation, or self-abuse. It destroys the strongest constitution, it lays the finest intellect in ruins. Yet in spite of all this havoc, of this terrible picture, of these awful examples, how many of the youth of *both* sexes, and often those supposed by society to be the most pure, most correct, most virtuous, are plunging themselves deeper and deeper into the vortex of this secret sin! Their exhausted strength and broken-down systems, and their self-delusions unfit them for the enjoyments of a pure, lawful love, and destroy their generative powers, thus trampling upon the Divine will, the dictates of a rational conscience, and making themselves suicides and murderers of the human race.

The semen is the seed or prolific liquor of animals, secreted in the testicles, and carried through the seminal vessels into the ejaculatory ducts, to be emitted, *sub coitu*, into the female vagina, and there, *by virtue of its ethereal principle*, to penetrate and impregnate the little egg in its ovary.

In castrated animals, and in eunuchs, the seminal vessels are small and contracted; and a little watery liquor, but no semen is found in them. The semen is detained for some time in these vessels, and rendered thicker from the continual absorption of its very thin part by the absorbents of the lymphatic system. In lascivious men and masturbators, the semen is propelled by nocturnal pollution from the *vesiculæ seminales*, through the ejaculatory ducts, which arise from the *vesiculæ seminales*, perforate the urethra or water-passage transversely, and open themselves by narrow and highly nervous mouths into the urethra. But in chaste men, the greatest part is again gradually absorbed, and conciliates strength to the body. The smell of the semen of quadrupeds, when at heat, is so penetrating as to render their flesh fetid and useless for food, unless castrated. Thus the flesh of the stag, before coition, is unfit to eat. The taste of this fluid is insipid and somewhat acid or acrid. In the testicles its consistence is thin and diluted, but in the seminal reservoirs, viscid,

dense, and rather pellucid; and by venery and debility it is rendered thinner.

Examined by the microscope, a multitude of minute animals are distinctly observed in it, which appear to have a round head and a long tail; these animaliculæ move with considerable rapidity; they seem to fly the light and seek the shade. This fluid has also an odorous principle, which flies off immediately from fresh semen. It consists of a peculiar *vital principle*, and by the ancients was called *aura seminis*, or seminal vapor. Emitted into the female vagina by coition, it possesses the wonderful power of impregnating the ovulum, or germ of the future child. The gross parts of the semen appear to be only a *vehicle* of the seminal aura, or vivifying principle. In chaste persons, the semen returning through the lymphatic vessels into the mass of the blood, gives strength to the whole body and mind: hence the bull is so fierce and brave, the castrated ox so gentle and weak; hence every animal languishes *post coition*; and hence *diseases of the spine* from Onanism. It is by the stimulus of the semen absorbed at the age of puberty into the mass of the humors, that the beard and hair of the different parts of the body, but in animals the horns, are produced, and the weeping, simpering voice of the boy changed into that of the man.

The great alteration which takes place in the body of the male at the time when the semen begins to be formed and collected, is so manifest, that it appears to the most common observer; for the rise and continuance of the beard, and the clothing of the pubes, depend thereon; and a wonderful alteration takes place in the voice and passions of the mind, for the hitherto crying boy now becomes bold and intrepid, despising even real danger.

These changes are prevented by destroying the tone of the organs which serve to separate the liquor that produces them; and just observation evinces that the amputation of the testicles at the age of virility has made the beard fall, and a puerile

voice return! After this, can the power of its operation on the body be questioned? Its destination determines the only proper method of its being evacuated. Certain diseases cause it sometimes to run off; *it may be involuntarily lost in lascivious dreams, &c.*

Nor is this to be observed only in mankind, but other animals become fierce and vicious about the same time. The bull, a most fierce animal before he sets upon the venereal act, afterward becomes weak and languid; and the unhappy people who have exhausted all the vigor of their bodies by too early and excessive venery, live enervated, and are subject to a numerous train of misery and disease.

The natural irritation to venery scarce needs description: instinct is the spring in brutes; and that, with *reason*, guides the rational being. Both are naturally satisfied when their desires are gratified.

Immoderate use of coition, even in a natural way, depresses the spirits, relaxes the fibres, and renders the whole frame weak and exhausted: what, then, must be the consequences when nature is forced against her will? CELSUS says, "that from the practice of self-pollution, young people are prevented from their growth, and as it were, become old before their time." SANCTORIUS observes, that the insensible perspiration is diminished, and the concoctive faculties weakened, by excess of venery; and in his several aphorisms, reckons up the damage arising from this baneful habit.

HIPPOCRATES gives an account of two persons in fevers, brought on by excessive venery, one of whom escaped, not however without great difficulty, after a severe fit of sickness, which lasted till the twenty-fourth day; and the other died of that weakness and debility which he had brought on himself by this most horrid and baneful practice of self-pollution.

The same celebrated author, in treating of the many diseases which arise from venereal excesses, says, that "the *Tabes Dorsalis* (which is a consumption of the spine), hap-

pens to those who are over-lecherous in self-abuse, or lately married ; they are without a fever and eat heartily, but gradually waste away : and if you ask the patient how he is affected, he will say, there appears to him as if ants were creeping down the spine (back bone) from the top of the head ; a great quantity of liquid semen is also discharged when he makes urine or goes to stool ; nor does he retain his semen in his sleep, but has involuntary emissions, whether he sleeps with his wife or not ; and when he takes much exercise he feels a great weariness and debility, a shortness of breath, a heaviness in the head, and a singing in the ears."

Dr. Woodward, the sagacious superintendent of the Worcester Hospital, in his Fifth Annual Report of that institution, speaking of Masturbation or Onanism, says :—

*"No effectual means can be adopted to prevent the devastation of mind and body, and the debasement of moral principle, from this cause, till the whole subject is well understood and properly appreciated by parents and instructors, as well as by the young themselves."*

And the following from the "Annals of Education," are the sentiments of William C. Woodbridge, the youth's friend and productive laborer in the noble cause of education. He says :—

"A topic in physiology which 'artificial modesty' has covered up, until a solitary, but fatal vice is spreading desolation through our schools and families, unnoticed or unknown. The experience of teachers, the case-books of physicians, and the painful exposures which accident, or the dreadful diseases which follow in its train, have occasionally produced, have at length forced it upon public attention ; and we hope it will not again be forgotten. We would warn them (parents and teachers) that those who have been most confident of the safety of their charge have often been most deceived ; and that the youthful bashfulness which seems to shrink from the bare mention of the subject, is *sometimes* the blush of shame for concealed crime. We feel bound to add, what abundant and decisive evidence has shown, *that ignorance on this subject is no protection from the vice ; nay, that it is often the original cause or encouragement of*

it; that it gives tenfold power to the evil example and influence which are so rarely escaped."

Combe in "The Constitution of Man," of which he is the author, thus observes:—

"The organ of Amativeness is the largest of the whole mental organs; and being endowed with natural activity, it fills the mind spontaneously with emotions and suggestions, the outward manifestations of which may be directed, controlled, and resisted, by intellect and moral sentiment, but which cannot be prevented from arising, or eradicated after they exist. The whole question, therefore, resolves itself into this—whether it is more beneficial to enlighten the understanding, so as to dispose and enable it to control and direct that feeling, or (under the influence of an error in philosophy, and false delicacy founded on it) to permit it to riot in all the fierceness of blind animal instinct, withdrawn from the eye of reason, but not thereby deprived of its vehemence and importunity. The former course appears to me to be the only one consistent with reason and morality; and I shall adopt it, in reliance on the good sense of my readers, that they at once discriminate between practical instruction concerning this feeling addressed to the intellect, and *lascivious representations in obscene medical compilations* (quack books) addressed to the propensity itself; with the latter of which the enemies of all improvement may confound my observations. Every function of the mind and body is instituted by the Creator; each has a legitimate sphere of activity; but all may be abused, and it is impossible regularly to avoid the abuse of them, except by being instructed in their nature, objects, and relations. *This instruction ought to be addressed exclusively to the intellect; and when it is so, it is science of the most beneficial description.*"

Onanism is "the pestilence that walketh in darkness, and the destruction that wasteth at noonday;" neither is it confined to the obscure and the vicious, but pervades all ranks of society. "In my opinion," observes a French author, "neither the plague, nor war, nor small pox, nor similar diseases, have produced results so disastrous to humanity as the pernicious habit of Onanism; it is the destroying element of civilized society, which is constantly in action, and gradually undermines the health of a nation."

*Extract of a letter to DR. HAMMOND, from Dr. C.*

“ BROOKLYNE, MASS., December 19th, 1849.

“ In my own practice, I think I have seen the following results of masturbation—involuntary emissions, prostration of strength, paralysis of the limbs, hysteria, epilepsy, strange nervous affections, dyspepsia, hypochondria, spinal disease, pain in the back and limbs, costiveness—and, in fine, the long and dismal array of gastric, enteric, nervous and spinal affections, that are so complicated and difficult to manage.”

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Such is the state of those deplorable victims, who, if they have not timely relief, perish with the *Lypria*, a most dreadful disease, wherein the internal parts are consumed with a burning heat, and the external frozen with cold. All these complaints I have seen in patients who have indulged themselves in foul pollutions: the symptoms I have generally observed were, violent pains wandering through the whole body, attended sometimes by a troublesome heat, and sometimes with chillness, especially in the loins, which complaints had continued for three, five, and even eight years, resisting all remedies, except the entire and total abstinence from the horrid practice, the use of the *Veratrum Viride*, the Medicated Bougie, temperance, cold bathing, &c. In one patient particularly I observed, that after all the above pains were lessened, he felt a great pain in his legs and thighs, that he was obliged to sit by the fire-side even in the midst of summer, though when I felt his legs and thighs they seemed to have their proper and natural warmth; but what seemed to be most strange was, during this time the testicles were continually moving about in his scrotum, and he perceived the like motion in his limbs, with great pain. A similar case is likewise related (arising from the same cause) by Van Sweiten, in his commentaries on Boerhaave. I have performed several operations on persons who had by this practice brought on a paraphymosis, by not being able to

bring the foreskin back to cover the nut of the penis, whereby the inflammation became so great, that an incision was absolutely necessary, to let out the acrid lymph and free the strangled glans.

The consequences which attend this terrible vice are as follows :

1st. All the intellectual faculties are weakened, loss of memory ensues, the ideas are clouded, the patients sometimes fall into a slight MADNESS : they have an incessant irksome uneasiness, continual anguish, and so keen a remorse of conscience, that they frequently shed tears. They are subject to vertigoes ; all their senses, but particularly their sight and hearing, are weakened ; their sleep, if they can obtain any, is disturbed by *frightful dreams*.

2d. The powers of their body decay ; the growth of such as abandon themselves to these abominable practices, before it is accomplished, is greatly prevented ; some cannot sleep at all, others are in a perpetual state of drowsiness ; they are all affected with hysterical or hypochondriac complaints, and are overcome with the accidents that accompany those grievous disorders, as melancholy, sighing, tears, palpitations, suffocations and faintness. Some emit a calcarious saliva ; coughs, slow fevers, and consumptions, are chastisements which others meet with in their own crimes.

3d. The most acute pains form another object of the patients' complaints : some are thus affected in their heads, others in their breasts, stomachs, and intestines ; others have external rheumatic pains, aching numbness in all parts of the body, when they are slightly pressed.

4th. Pimples not only appear on the face (this is one of the most common symptoms), but even real suppurating blisters upon the nose, the breast and thighs, with disagreeable itching of the same parts.

5th. The organs of generation also participate in that mis-

ery whereof they are the primary causes: many patients are incapable of erection, others discharge their semen upon the slightest titillation, or the most feeble erection, or in the efforts they make when at stool. Many are affected with a constant gonorrhœa, which entirely destroys their powers, and the discharge resembles fetid matter or mucus; others are tormented with painful priapisms, dysuriæ, stranguries, heat of urine, and a difficulty of voiding it, which greatly torments many patients. Some have painful tumors upon their testicles, penis, bladder, and spermatic cord. In a word, either the impracticability of coition, or a deprivation of the genital liquor, renders nearly every one *imbecile* who has for any length of time given way to this crime.

6th. The functions of the intestines are sometimes quite disordered, and some patients complain of stubborn constipation; others of the hemorrhoids, or of a running of a fetid matter from the fundament.

This last observation recalls to my mind a young man mentioned by Dr. Hoffman, who, after every masturbation was afflicted with a diarrhœa, which was an additional cause of the loss of his strength, and soon reduced him to the state of a *living skeleton*.

The laws of God, of Nature, and of Life, powerfully admonish parents, in their own personal sufferings, to reveal them to their offspring, rather than have such revealed to them only by the *bitter experience* of their violation. "Would it not be better, even in tender years, to possess a *seeming* premature, but PROTECTIVE and *saving* knowledge of our existence, and of the natural laws, than to experience a destruction of them from early ignorance?" Certainly; and this maxim should be ever impressed upon our youth, as the result of our own sorrowful experience.

"The only amaranthine flower on earth  
IS VIRTUE. The only lasting treasure, TRUTH."

The destructive and pernicious habit of Onanism, or self-

pollution, is recorded in the 38th chapter of Genesis, as the crime of Onan, the son of Judah, with a view, no doubt, of transmitting to posterity his chastisement; and we learn from Galen, that Diogenes *was said* to have polluted himself by committing this crime. In Scripture, besides the instance of Onan, we find self-polluters termed effeminate, filthy, and abominable.

“How soon the calm, humane, and polish’d man,  
Forgets compunction, and starts up a fiend.”—ARMSTRONG.

Pliny, the naturalist, informs us, that Cornelius Galicus, the ancient Prætor, and Titus Ætherus, the Roman knight, died in the very act of coition. There can be nothing more dreadful than what Celsus and Ætherus tell us of that abominable vice. The former says that “these pleasures are always hurtful to weak people, and the frequent indulgence of them destroys even the strongest constitutions.” The last celebrated author draws a most horrid picture of the shocking consequences that are produced by this vile practice, and says that “young people have the appearance and air of old age; they become pale, effeminate, benumbed, lazy, base, stupid, and even imbecile; their bodies become bent, their legs are no longer able to carry them; they have an utter distaste for everything, and are totally incapacitated, and many become paralytic. The stomach is disordered, the body is weakened, paleness, bodily decay, and emaciation succeed this destructive habit, and the eyes sink into the head.”

Dr. Trousseau draws the following lively and true picture of the consequences of this deluding practice:—

“As soon as the habit has obtained any degree of strength, the soul and body both concur in soliciting the crime; the soul, beset with unclean thoughts, excites lascivious emotions; and if it be diverted for some moments by other ideas, the sharp humors which irritate the organs of generation, soon draw it back. The truth of these observations would be sufficient to stop young people in this pernicious progress, if they could foresee that in this respect one false step brings on another; that they cannot resist temptation; that in proportion

as the motives for seduction increase, REASON, which should keep them within bounds, is weakened ; and, in a word, they find themselves plunged in a sea of misery, without, perhaps, the hope of a single plank to escape upon. If sometimes early infirmities give them notice, if the danger terrifies them for some moments ; when the infirmity is relieved, and the danger over, rage precipitates them afresh.

“ The empire which this odious practice gains over the senses, is beyond expression. No sooner has this uncleanness got possession of the soul, but it pursues its votary everywhere, and governs him at all times and in all places. Upon the most serious occasions, and in the solemn act of religion, he finds himself in a manner transported with lustful conceptions and desires, which take up all his thoughts.

“ Nothing so much *weakens the mind* as the continual bent of it to one object, which is the case with those addicted to Onanism ; for in whatever vocation a person is engaged, some degree of attention is required, which this pernicious practice renders him incapable of.

“ It is true, we are ignorant whether the animal spirits and the seminal liquor are the same ; but experience teaches us those two fluids have a strict analogy, and that the loss of either produces the same effects.

“ The loss of too much semen occasions lassitude, debilities, and renders exercise difficult ; it causes emaciation, and pains in the membranes of the brain.

“ Young people of either sex who devote themselves to lasciviousness, destroy their health in dissipating those powers which were destined to bring their bodies to the greatest degree of vigor.

“ Too great a quantity of semen being lost in the natural course, produces very direful effects ; but they are still more dreadful when dissipated in an unnatural manner. The accidents that happen to such as waste themselves in a natural way are very terrible, but those which are acquired by masturbation are still more so.”

The description which Tulpius, that celebrated physician and burgomaster of Amsterdam, has left us, cannot be read without horror ! “ The spinal marrow does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim ! ” Too great dissipation of the animal spirits weaken the stomach, destroys the appetite, and nutrition having no longer place, the motion of the heart is weakened, and all the parts languish.

Frequent pollutions not only produce lassitude, weakness

and debility, but the memory fails, a cold sensation seizes the limbs, the voice becomes hoarse, and the eye-sight clouded ; disturbing dreams prevent sleep from administering relief.

Mr. Harper observes, that,

“ The premature indulgence of amorous desires, in the early bloom of youth, is productive of the most ruinous consequences. At this period the mind grows warm, and well adapted to imbibe a proper fund and connection of ideas, through the favorable disposition of the nerves ; and the body begins to germinate and gather firmness and vigor from the maturation of its juices, especially those of the glands, which now unfold and afford a repository for the lymphatic and nutritious parts of the fluids to answer the emergencies of nature, but *the unseasonable pursuit of unripe enjoyment blasts these promising fruits, draws off health and genius from the system through the channel of pleasure, and inevitably shortens life !* ”

If in this progress of the system to its destined perfection, youth yields to the temptations of lasciviousness, and indulges in criminal enjoyments, plucking the unripe fruit of pleasure with a hasty hand of uncontrolled passion, he surely checks the growth of all his faculties, destroys the happiness which their legitimate use would bring him to encounter, and sacrifices all the joys of the future to a present odious, heinous, worse than brutal and unnatural gratification, which inevitably shortens the period of his existence.

When the constitution approaches its state of perfect development, when the boy and girl blossom into the full-grown man and woman, if the social impulse, or amative propensity produce disorder and defy control, the effects are too important to be for one moment neglected, as they have often the most vital influence upon the whole system ; and upon their action, future happiness, health, and even existence, may, and do depend.

To every animal but man, nature has set bounds to the exercise of the procreate functions, and prescribed the periods of their desires ; but to man, as a rational being, and the noblest work of creation, she has given full liberty to enjoy

those blissful pleasures continually, guided only by reason and a proper regard to the powers of his system. While this liberty is used with discretion, and this license does not degenerate into abuse, the exercise of this function is proper, honorable, virtuous, healthful, and necessary. It gives the highest pleasures of which the senses are capable, and mingles with the sweetest affections of the human heart. The passion, LOVE, that liberal herald of our manifestations, and the bright shining emblem of a noble soul and a tender heart, adorned by a brilliant intellect, is also the theme of the novelist, and inspires the poet and the artist. Without it, the world is a blank and society a chaos. In its righteous enjoyment, all is order, delight, sunshine, mirth and bliss; deprived of it, all is cold, dark, and misanthropic. But when pleasure is perverted into debauchery, and the blissful ecstasy is carried to a blind excess, man loses the reins of reason, and sinks below the level of the brute, and remorse, disease, and shame, are the results of the abuse of faculties, whose *regular* action should bring happiness and peace. Let this sentiment be refined and governed by affection and reason, lest it hurry thee into the horrors of lust, and produce the fruits of debauchery and excess. When this has once fastened upon thy mind and degraded thy body, farewell to love and all its soft and pure delights; farewell to peace of mind and the pride of conscious rectitude—to all which makes existence a blessing, farewell.

When the constitution approaches its zenith or confirmed state, if the social impulse occasions disorder and rejects control, its effects are too important to be neglected, as they often have the greatest influence upon the whole frame.

An exquisite sensibility in the nervous system, united with sufficient powers in the circulation on the one hand, and a full and phlegmatic constitution on the other, are the two extremes of temperament which particularly require indulgence; the former, in order to diminish that plenitude and

irritation, which, if not removed, might produce frenzy, fevers, inflammation, etc.; and the latter, on purpose to create that excitement and action in the nerves and vessels which are necessary to prevent obstructions, consumptions, hypochondria, etc.

Continued celibacy generally loads the glands, retards the circulation, and occasions fullness and stagnation in the vessels. In this state, the mind, unexpanded by the soft fire of mutual rapture, often becomes gloomy, selfish, and contracted; and all its faculties being confined within the narrow compass of ordinary gratifications, are devoted to habits of parsimonious care and contemplative amusement.

Temperance is the best pledge for longevity; nevertheless, young people should, by all means, inure themselves to the hardships and asperities of life. Without some share of these to temper the lethargic effects of indolence, the body sinks into a state of effeminacy and imbecility, and the mind soon becomes as feeble and insignificant as the body.

Of all the various evils that human nature is ordained to suffer, none are more calamitous than those attending *seminal pollutions*, and which would be difficult to paint in colors so glaring as they merit; a practice to which youth devote themselves without being acquainted with the enormity of the crime, and all the ills which are its physical consequences. The most clouded melancholy, indifference and aversion for all pleasures; the impossibility of sharing the conversation of company, wherein they are always absent in thought; the idea of their own unhappiness, the despair which arises from considering themselves as the authors of their own misery, and the necessity of renouncing the felicities of marriage, are the fluctuating ideas which compel these miserable objects to shut themselves up from the world; and happy are those who do not, in the midst of despair, put a period to their own existence!

A description of the danger to a person who is addicted to

this vice, is perhaps the most powerful mode of correction. It is a dreadful portrait, sufficient to make him retreat with horror!—Consider, then, its principal features—The whole mass fallen to decay; all the bodily senses, all the faculties of the soul, weakened—loss of imagination and memory—imbecility—contempt—shame and ignominy are its constant attendants: All the functions disturbed, suspended and painful—capricious, disagreeable and disgusting, even to one's self—violent pains ever renewing—all the disorders of old age in the prime of youth—and above all, the incapacity for all the functions for which MAN was created—besides which, the humiliating consideration of being a *useless member of society*; the mortifications to which they are exposed—lassitude—debility—distaste for pleasure, and incapable of enjoying the company of even a friend—an aversion for others as well as one's self—life appears horrible—the dread which every moment starts at *suicide!* anguish worse than pain; remorse, daily increasing and daily gaining fresh strength. Alas! alas! when the soul (no longer weakened by its unity with the body) serves as a fire, that is never extinguished, for an eternal punishment!

Coition is useful whenever it is solicited by nature in a healthy state of the system; but at all other times it weakens the faculties. The drafts upon the system to supply the constant excitements, are so frequent, so constant indeed, that the dissipation of its fluids or juices must occasion the greatest weakness; and other functions, where these juices are wanting, must, of necessity, be imperfectly performed.

If the love is pure, the bliss is the greatest man can wish for; but beware, O youth! beware; let this noble passion be guided by reason, lest it should hurry thee headlong into lust; for if that be thy misfortune, farewell to love and every other social virtue, *thou art ruined forever!*

Sacred instinct first kindles the ethereal fire; and when that pair meet whose inclinations come in unison, they pro-

claim to each other, with palpitating endearments, that there is a secret anxiety for becoming united in one. If this is not repugnant to the laws of chastity, and agreeable to the laws of society, there now remains nothing but the embrace to complete the felicity, agreeably with the dictates of instinct. If this is concluded, and the period arrives, nature then prepares; and the ideas centre in this act only; the blood increases in velocity; and, like the attractive power of magnetism, they cement as they approach in contact.

Excessive venery produces lassitude, weakness, numbness, a feeble gait, headache, convulsions of all the senses, dimness of sight, and dullness of hearing, an idiot look, a consumption of the lungs and back, and effeminacy. These evils are increased by a perpetual itch for pleasure, to which the body and mind have been so much accustomed, that it is difficult to wean themselves from it; whence follow obscene dreams and frequent erections, which are occasioned by the influx of semen, which, however small, becomes a burden and a stimulus, which will be discharged from the relaxed cells by the very slightest effort. Thus it is, that this horrid practice destroys the flower of our youth, and nips them in their bud. Dr. Rast, a celebrated physician at Lyons, relates, that a young man, a student, died of the excess of this debauchery.

The idea of the crime had made such an impression on his mind, that he died in a kind of despair, fancying he saw hell opening on every side, ready to receive him. He also assures us, that he saw a child of six or seven years old, (instructed by a servant maid), polluting himself so often, that he died of a slow fever. His rage for this act was so great, that he could not be restrained from it the very last day of his life; and when he was informed that he thereby hastened his death, he consoled himself in saying, he should go to his father, who died a few months before. Frequent repetition of the act of self-abuse, has been followed in some instances with an emission of *blood* instead of semen. It is universally ac-

known, that we are equally ignorant of the nature of spirit and the nature of matter, but we know that these two parts of man are so intimately united, that all the change which the one undergoes is felt by the other. This observation equally points out to us, that of all disorders, there are none which more quickly affect the soul than those of the NERVOUS SYSTEM.

“ Absence, distrust, or e’en with anxious joy,  
 The wholesome appetites and powers of life  
 Dissolve in languor ; the coy stomach loathes  
 The genial board ; your cheerful days are gone ;  
 The gen’rous bloom that flushed your cheeks is fled  
 To sighs devoted and to tender pains,  
 Pensive you sit, or solitary stray :  
 You waste your youth in musing.”

Those who addict themselves to this practice are generally disordered in the stomach and afflicted with loss of appetite—dry coughs—weakness of the voice—hoarseness—shortness of breath upon the least exercise—and a relaxation of the *whole nervous system*. Some are afflicted with a considerable loss of strength—paleness—sometimes a slight jaundice—pimples often appear on the face, and particularly about the forehead, temples and nose—leanness—they are greatly affected by change of season, particularly cold weather—languor of the eyes—weakness of sight and loss of memory.

Youth is the important period for framing a robust constitution. Nothing is so much to be dreaded as the premature or excessive indulgence of amorous pleasure ; hence arise weakness of sight, vertigoes, loss of appetite, and mortal decay. A body that is enervated in youth seldom recovers itself, old age and infirmities speedily come on, and the thread of life is shortened, *unless PROPER TREATMENT is resorted to, and faithfully persevered in*. No care should be neglected that may contribute to the elegance and strength of the body ; the *excesses* which I here treat of are equally destructive of both, “ for the foundation of a happy old age, is a good constitution

in youth : temperance and moderation at that age, are passports to happy gray hairs."

Nature, in a state of health, does not inspire lascivious ideas ; but when the vesiculæ seminales are replete with a quantity of liquor, which has acquired such a degree of thickness as to render its return into the mass of blood difficult, then coition is both necessary and proper ; but when we subject ourselves to lascivious desires, when we have no occasion for them, it is the imagination, lustful habit, and not nature, that importunes them.

The body wastes away, th' infected mind  
Dissolves in effeminacy, forgets  
Each manly virtue and grows dead to fame.  
Sweet heaven ! from such intoxicating charms  
Defend all worthy breasts !

Another cause why those who practice self-pollution are debilitated, is, independent of the emissions of the seed, the frequency of erection, which, though imperfect, greatly weakens them. Every part that is in a state of tension exhausts the powers, and they have none to lose : the spirits are conveyed there in large quantities, they are dissipated, and this occasions weakness : they are wanting in the performance of other functions, which is thereby only imperfectly done.

When a person has habituated himself to confine his thoughts to one idea, he becomes incapable of any other ; its empire is fixed, its reign is despotic ! Upon the most serious occasions he finds his thoughts occupied with lustful desires and conceptions, and wishes to withdraw from observation, that he may indulge in his darling sin. To such a degree has dissipation in some places arisen, that debauchery with women is looked upon only as a habit ; the most criminal, in this respect, make no mystery of it, and imagine it draws upon them no sort of contempt. But where is the masturbator who dares openly acknowledge his infamy ? and should not this necessity of hiding the deeds in mystic obscurity, be a conviction of the criminality of these acts ?

It is evident in what manner the constitution is injured more by this habit than by a *natural* connection; for after excessive coition with a woman that is beloved, a man is not sensible of the lassitude which should follow this excess, because the joy which the soul feels, increases the strength of the heart, favors the functions, and restores what was lost; but this is not the case when every effort is strained to obtain a secretion of that fluid, whereby the human frame suffers such convulsions that it is difficult of being replaced. Why should we commit so great a crime against nature? Why sink the soul in a sea of woe, and depress the spirits of the man, when "beauty hath charms to dilate our hearts, and multiply our joys?"

I will here give in concluding this already lengthened essay, a few prominent cases only, to illustrate some of the effects of this vice on lovely Woman.

A distinguished teacher in the State of Massachusetts, related that, recently, a lovely and intelligent young lady, of a wealthy family, attended his school. She, at length, began to lose her health, and became exceedingly nervous, and partially insane; it was then ascertained that she was given to this secret and fatal habit, and that this was the cause of her illness.

About two years ago, a young woman, aged twenty-two years, came under my care, in a state of the worst form of insanity. She was furious, noisy, filthy, and, apparently, nearly reduced to idiocy. She had been in this condition many months, and continued so for some time while under me. She was pale and bloodless, had but little appetite, frequently rejected her food, and was reduced in flesh and strength. Finding her one day more calm than usual, I hinted to her the subject of masturbation, and informed her that, if she practiced it, she could not get well—if she abandoned it, she might. She did not deny the charge, and promised to follow my advice strictly. In two or three weeks from this time,

she was perceptibly better ; her mind improved as her health gained ; and both were much better in the course of a few weeks. The recovery was very rapid in this case. At the end of three months she had excellent health, was quite fleshy, and became perfectly sane ; and has continued so, as far as I have known, to this time.

In the spring of 1837, I was consulted by the father of a young woman who had, for four years, been in the worst possible condition of health. She had consulted many eminent physicians, who had prescribed remedies and regimen for her without benefit. On first seeing the patient, I was impressed that the cause of her illness had not been understood, which had rendered all remedies unavailing. Upon inquiring of the patient, I found that she had been the victim of self-pollution. I cautioned her to abandon the practice, prescribed some remedies, and saw her no more.

More than a year from the time of seeing her, I heard directly from her parents, who sent me word that she had entirely recovered her health and energy of mind, and that my prescriptions had entirely cured her.

Not long since a case of periodical insanity came under my observation, the subject of which was a young lady. The disease had existed ten years without any material change. Suspecting that masturbation was the cause, I directed her mother to ascertain, if possible, and inform me. Some months after, I received intelligence that my patient was better, and that my suspicions of the habit were confirmed by the observation of her friends. The case is not without hope, although of so long standing, if the cause is removed.

Three or four similar cases have been under my care recently, in which individuals of the same sex have been reduced to the same degraded state. They were a melancholy spectacle of human misery, without mind, without delicacy or modesty, constantly harassed by the most ungovernable passion, and under the influence of propensities excited to a

morbid activity by a vice far more prevalent than has been supposed. A large proportion of the "bed-ridden" cases, of which there are so many in the community, will be found to have originated in this cause.

### TREATMENT.

*General Remedies—Moral, Physical, and Medico-Mechanical.*—There are two methods to be pursued in the treatment and cure of the vice of onanism, namely, the *moral* and *medicinal treatment*, and the use of *medico-mechanical means*. These modes for effecting a cure must go hand in hand,\* each assisting the other, and both persevered in until not only a *constitutional* and permanent cure is established, but the moral faculties have regained their ascendancy over the *sense*, or the perverted animal instinct.

The *moral* treatment has already been sufficiently explained and illustrated in the foregoing pages; but the following remarks from a late writer on this subject, are so apposite and excellent withal, that I shall here give them. He says:—  
 "Avoid bad and lascivious companions. Never converse upon loose subjects, except with such well-disposed persons as may give you salutary lessons upon the evil effects of licentious habits, and give to the victim motives and strength to overcome them. Shun the company of the vicious and abandoned, and everything that tends to excite the sensibilities, which are to be regulated and reduced. Avoid sedentary habits and solitary places, if they engender impure imaginations; and, above all, never read *obscene 'medical'* books, or look upon exciting pictures. Seek the company of the wise and moral, and, likewise, have some active employment for

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\* When a *speedy* cure is desired; but when time is not of much importance, or circumstances prevent the patient from availing himself of the assistance conferred through the medium of the Medicated Bougie, the medicinal or constitutional method will suffice for an equally radical, though much less rapid, cure.

both body and mind. Never sleep alone, but with some moral and estimable person, whose good opinion you so much value that you would fear in his presence to commit a sin, however strongly tempted. Let the beauty and dignity of true virtue, and the danger and odiousness of vice—the true end of your being and hopes of happiness—be constantly in your mind, and preserve you from evil thoughts and actions.” Such moral means, with the proper constitutional and *medico-mechanical* discipline presently to be spoken of, cannot fail of effecting a thorough, radical, and permanent cure.

The *medicinal* and *medico-mechanical* treatment consists in the use of the MEDICATED BOUGIE, the *Ætherized Veratrum Viride*, &c., and in the avoidance of all stimulating, acrid, and high-seasoned food or drinks; on the other hand, a poor, thin, and watery diet, as recommended by the disciples of Graham, for instance, is very improper, and will have a tendency rather to increase than ameliorate the disordered state of the body under which the patient is suffering, by keeping below the natural standard of health the *tone* of the system. The supply of food should be furnished in proper quantity, and sufficiently nutritive. It is true, that as the strength increases, the secretion of the seminal fluid will also increase in quantity and vigor, which not being *all* absorbed into the circulation, the remainder is a source of irritation to the generative organs. To counteract this, exercise is to be used, not only for pleasure, but so as to induce considerable fatigue. Use, therefore, a generous, plain diet, eating little and often, and indulge in but little sleep, and that upon a hard mattress or straw bed, so as merely to repair the fatigues of a day’s exercise or labor. Too much sleep is as prejudicial as idleness or stimulating food. Excess of wine, spirits, or fermented liquors, should be avoided, though the use of good wine in moderation, is often beneficial, and may be prescribed as a tonic; but pure cold water or beef-tea should be the common drinks. Take daily exercise in the open air, and at sun-

set, eat a supper of the lightest kind, go to bed early and rise betimes, sleep on a cool bed—avoiding that of feathers; bathe frequently, and wash the genitals with cold water every evening and morning, and if convenient twice or three times during the day. Too much covering is hurtful, and if the genitals become irritated, rise at once, and bathe them in cold water.

In all cases of much debility, the following preparation may be taken :—

*Compound Tincture of Gentian.*

Take of Gentian Root, sliced, 2 ounces; Orange Peel, dried, 1 ounce; Cardamon Seeds, bruised,  $\frac{1}{2}$  an ounce; Proof Spirit, 2 pints.

Let it stand in a warm place forty-eight hours, to digest. Dose: a tablespoonful morning, noon, and evening, in half a wine-glassful of cold water. When there is a tendency to much irritability, or heat of the parts, in conjunction with cold bathing, above mentioned, use the following :—

*Compound Tincture of Camphor.*

Take of Camphor two scruples; Opium, dried and powdered, Benzoic Acid, of each, one dram; Proof Spirits, two pints.

Keep this near a stove, as above, for the purpose of steeping. Dose: half a teaspoonful in a little water, as often as the parts become excited, particularly on going to bed, or as often as occasion requires.

With these rules to guide the patient, provided the remedies are judiciously prescribed, all may hope for benefit; and in most cases, a few weeks will suffice for a perfect cure to be produced—even in those who have for years indulged in venereal excesses, or in the vice of masturbation or self-pollution; while those who, for moral or other reasons, desire a life of celibacy, will find these means more effectual than any vows of chastity, however sacred or sincere.

“ Who pines with love, or in lascivious flames  
Consumes, is with his own consent undone.”

## CONCLUDING REMARKS.

## NEW YORK ANATOMICAL MUSEUM.\*

IN concluding this important chapter, the cause of humanity cannot be better subserved by me, than to offer here a few remarks which suggested themselves on beholding the life-like pathological specimens contained in the New York ANATOMICAL MUSEUM, (an establishment of respectability in Broadway, † not far from Canal street, New York City). The specimens therein contained, to which I now more particularly refer, consist of two full-size figures of the human body, one a male and the other a female—both *victims* to the horrid practice of masturbation. Let all addicted to the vice pay this moral school of Science a visit, and contemplate those two startling figures, representing with truthful reality the sad, the fearful end of the victims of *masturbation!* What an impressive lesson is here exhibited to the young in those silent, yet eloquent monitors! Beyond all doubt, such lessons are the best *preservatives* and protectors of the morals that can possibly be presented to the youthful mind—aye, to the minds of all.

I have also noticed with wonder and admiration, in a philanthropic and scientific point of view, among this splendid anatomical collection, the vast series of life-like *models*, representing and illustrating *venereal diseases*, in all their forms and phases—from a bad gonorrhœa or clap, to the worst possible forms and stages of syphilis or chancre.

Great credit is certainly due to the enlightened, humane, and enterprising proprietors of this Museum, for having succeeded—amid so much opposition and calumny on the part of the interested, the malevolent, and the bigoted members of the medical profession (though the more liberal and intelligent of the profession, of course, sanction and hail it with delight, for the *People's sake*)—in establishing it in *this great*

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\* Do not confound the above described Museum with the *Quackery* "of Wonders"-shop lately opened (1862) on Broadway.

† Since removed to the Bowery.

City. I am happy to see it prosper as it does ; for its extensive and varied collection of models teaches one of the greatest *moral* lessons possible, to the youth of both sexes, and all classes of society ; it being constantly and very properly visited by such throughout the day and evening, with great apparent gratification. The lessons which it teaches are far more effective than anything that ever has or can be taught from either the pulpit or the bench. No *language* with which I am acquainted, is half so eloquent as that conveyed to the *head and heart* by a contemplation of those silent but impressive lessons.

Such an establishment is of paramount importance to the well-being of society, and a most wholesome and powerful check on licentiousness and its appalling results. I look upon the New York Anatomical Museum, then, as being admirably calculated, from the nature of its extensive collection of models, to enlighten the people to a degree beyond calculation, respecting the important subjects of health and disease. *Quackery* will soon begin to quail before the growing knowledge of the public on these literally *vital* points ; for which I repeat all praise must be awarded to the proprietors of this Museum, for their indefatigable efforts to cater sound intellectual and *profitable knowledge* for the citizens of this highly favored country. I see nothing in the Museum in question to shock the *honest* modesty of either man, woman, or child ; but as to the *pure* all things are pure, so to the unclean and *impure* all things are full of impurity ; however, as we become enlightened, we learn to discriminate between the *true* and the *false*, in all things.\*

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\* This Museum, I should remark, contains an immense number of *models* on all subjects relating to anatomy, as well as to pathology ; physiology ; &c. There is a full series of models, showing the different stages of *pregnancy*, from the first to the ninth month, which is alone worth traveling a thousand miles to behold. But, were I to endeavor to enumerate and describe this grand collection of anatomical models, a *volume* instead of a page or two would be the result. *It must be seen to be appreciated.*

ADDRESS  
TO  
PARENTS, GUARDIANS, SCHOOLMASTERS,  
AND THOSE WHO ARE INTRUSTED WITH THE  
EDUCATION OF YOUTH.

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The growing pest, whose infancy was weak,  
And easy vanquish'd, with triumphant sway  
O'erpowers your life. For want of *timely aid*,  
Millions have died of medicable wounds.

THE following case is worthy the attention of parents and guardians who have the care of youth:—A young man of twenty-eight years of age, was initiated into these abominations (self-abuse) by his private *tutor*, and had the same disgust for the married state. The anguish of his situation, joined to his exhausted condition, the consequences of his operations, threw him into a profound melancholy, which, however, yielded to the power of the Medicated Bougie, the ætherized preparation of *Veratrum Viride*, and the nervous and strengthening medicines mentioned in the preceding essay.

Permit me to entreat you who are fathers and mothers, to reflect upon the source from whence the above patient derived his misfortunes, as there are more examples of this kind than one. If they may be deceived in the choice of those to whom they intrust the important charge of forming the mind and heart of their pupils, what is there not to fear from those, who, being only appointed to display their corporeal talents, are examined less critically with respect to their morals; and

from servants who are frequently hired without its being known whether they have any morals at all!

Many young and tender plants have been blasted by the very gardener who was intrusted with their rearing; there are in this kind of rearing gardeners of both sexes; but should it be asked where is the remedy for this evil? the answer is concise and simply this—Be particularly careful in the choice of a preceptor; watch over the preceptor and his pupil with that vigilance which an attentive and careful father of a family exerts to know what is done in the darkest recesses of his house.

Never leave servants or tutors alone with youth, if you have the least reason to believe that they are given to these practices. Watch youth if they stay too long in the privy or necessary, particularly with a companion, for in *great schools* it is frequently to such places that they retire to commit this destructive vice; and I have been assured by many, that they were first taught this detestable practice in such places.

It is time to conclude these shocking details; I am weary of the turpitude and misery of mankind. Good God! would young people only take time to consider that every act of debauchery of this kind strikes deep at the root of the constitution, inevitably hastens those disorders they fear, and will in the very flower of their youth bring on all the infirmities of the most languishing old age, they certainly would abhor and desist from so vile and abominable a practice.

Before I dismiss this subject, it is absolutely necessary to remark, that it ought not to be expected that disorders of this kind can be removed in a few days, which perhaps have been many years accumulating. Those who wish to be restored to their former health, strength and vigor, ought strictly to adhere to the advice and remedies prescribed for them by their physician; they should consider that from implicit confidence and steady perseverance, a cure can only be obtained. A patient who is inattentive to his own welfare,

cannot expect a cure. Hippocrates justly observes that, "the patient, the physician, and the assistants ought equally to do their duty." Aretus says, "Let the patient have courage, and conspire with the physician against the disorder. The most stubborn distempers generally give way to this harmony." Experience daily demonstrates the justness of this assertion; and the author can safely challenge the whole world to prove one single instance wherein the remedies herein prescribed have failed in producing the most happy and salutary effects, even in the worst of cases, wherein they have been taken regularly and persevered in for a moderate length of time.

Persons who have addicted themselves to this vice, generally find themselves disgusted with all amusements, absent in company, stupid and lifeless everywhere; and if they think at all, feel themselves plunged into the deepest melancholy. From all these miseries, the treatment laid down under Spermatorrhœa, in Part II. (which see), is certain to afford relief. But it should be observed that perseverance is necessary; in all cases a particular attention to the directions, as also a regularity in time and dose, are to be regarded; and above all, it must be noticed, that it will be in vain to expect any relief from those remedies, without punctuality; for taking a dose or two regular, then leaving off for some days, and beginning again, will be of no service; *they must be continued regularly.*

Yes, it is time to conclude our remarks upon this most important but unpleasant subject. What a picture of human weakness, turpitude and misery has been unfolded in the foregoing pages! Would youth but consider that every act of debauchery, and every excessive secretion, strikes at the root of their future health and happiness, and surely tends to produce all the terrible evils, infirmities, and miseries they most dread, how would they abhor and detest their vile, unmanly, and death-dealing vices!

It is vain and exceedingly foolish to suppose that diseases which have been years in accumulating, and habits which have been forming, perhaps through a whole life, thus far, can be cured suddenly, or without effort and perseverance.

I would, however, inform all, that there is hardly no case so desperate that may not be remedied by perseverance and the discoveries of modern science, judiciously applied, in from four weeks to two months, according as the case is a recent one, or of long standing.\*

\* \* It will be a substantial service to society, if the reader, having attentively perused these pages himself, will forward under envelope, anonymously or otherwise, this work to such of his friends or acquaintance, 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.

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\* As mentioned elsewhere in this work, a patient afflicted with seminal debility can be radically and satisfactorily cured *either* by constitutional or internal treatment alone; or locally, through the medium of the Medicated Bougie, which is not only radical, but singularly *prompt* in its remedial action. [See "Preliminary Chapter," and "Summary of the New American Treatment," Part II. of this book.]

## ESSAY THE FOURTH.

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### DANGEROUS ILLUSIONS.

NOR a day passes by that I am not consulted by some unfortunate patient, who has either been rendered *impotent*, by the pressure of metallic instruments or plates against the *perinæum*, the wearing of "spermatorrhœa rings" upon the penis, or by the use of some other equally vile deception for the "cure" of Nocturnal or Diurnal Seminal Emissions; or else he has been *infected with Syphilis*, or some other form of the venereal disease, through the agency of another absurd and villainous deception, namely, a thing called *baudruche*, "safe," "French letter," etc., and which is, by the way, simply an invention of some depraved mind for the initiation of unsuspecting ignorance into a new, but none the less destructive, disgusting, and demoralizing mode of ONANISM, masturbation, or self-abuse: "*a shield against pleasure, a cobweb against disease.*"

The conscientious physician can only raise his feeble warning voice against the despicable tricks and subtleties of charlatanism, and point out the miserable, fatal results to which they are constantly giving rise: it remains with the *reader* to decide, after the matter shall have been fairly laid open to him, whether he will profit by the lesson sought to be inculcated, or whether, on the other hand, with a full knowledge of the facts before him, he will reject that lesson.

To be brief, then, I will just intimate that *pressure against the perinæum, or urethra*, whether by means of a metallic plate, or by any other means, is entirely nugatory or useless, as a *prevent-*

*ive* or *cure* of seminal emissions, nocturnal or otherwise. The only possible effect that can be produced by such tricks, is that of *local irritation*, whereby the emissions are not only not benefited, but are *greatly aggravated*. The same is also true of "spermatorrhœa rings," the inevitable and sole result of the use of which is either to annoy, torment and irritate the wearer, by awakening him continually during the night, breaking his rest and robbing him of his sleep, and thus increasing the tendency to these emissions; or when this is not the case, to cause the semen, by unnaturally *diverting its course*, to flow into the bladder, to be afterwards expelled from that organ mixed with the urine. When the seminal fluid has thus been forced, by this stupid "invention," to pass into the bladder a few times, the *habit* has become confirmed, and the victim rendered almost hopelessly *impotent*. This is, indeed, one of the most frequent causes of STERILITY—the poor woman not being at all at fault, but the *man*.

Thus does the quack, with his illusory appliances, successfully cajole the (alas!) too confiding patient, who, finding his emissions stopped, as he fondly but vainly imagines, is deluded by the very natural mistake that because they are no longer *external* or visible, he is cured, when in reality he is simply ruined—*impotent!* How many cases of sterility have I not been able to trace directly to the man, whose impotent condition was solely due to the employment of "spermatorrhœa rings," &c., &c. Patients invariably complain that the urine becomes *cloudy* soon after they have commenced wearing the ring—which cloudiness is owing to the admixture of semen with the urinary secretion.

To explain the *modus operandi*, the "why and wherefore" of the above, would here be impracticable for want of the necessary anatomical knowledge on the part of the reader; neither would it serve any good or useful purpose to do so, except, perhaps, to demonstrate the fact that the emissions *are* caused, by these instruments, to take place *internally* into the

bladder, instead of externally, via the urethra ; and this is what is called by the quack *curing* the disease ! Such, however, are the *facts*, pure and simple, as they actually exist : may the reader be benefited by a knowledge of them.\*

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\* NOTE.—*Rapid Glance at the Author's Theory and Treatment of Seminal Diseases in General.*

Still, for the satisfaction of those who are so deeply *interested* in this important matter, I will mention that Spermatorrhœa depends upon a *weakness* and *relaxation* of the back brain (*cerebellum*), spinal nerves, and *seminal ducts* ; which ducts proceed from the testicles to the vesical portion of the urinary passage, near the neck of the bladder. The seminiferous tubes are of great length, being in fact SEVERAL FEET long, and are relaxed *throughout their entire length*, thus permitting the semen *passively* to flow from the testicles out through their orifices or mouths into the urethra, and so on out of the body. Hence the absurdity, by the way, of burning (“cauterization”) the *orifices* only of the ducts, at their point of entrance into the urinary passage. Now, then, the reader will understand that so long as the seminal ducts are thus relaxed, the semen *must* flow through them, as water flows through a pipe ; and, also, that if prevented by *any* mechanical obstacle, whether it be a *metallic ring*, or what not, from passing out through the urethra, it must go somewhere else. And this is precisely what I wanted to explain above ; for the semen being prevented from passing through the urinary canal, the orifices of the ducts being spasmodically acted upon by this *accumulated* semen, become suddenly deflected, and slipping away from the obstacle (pressure of the “*curative*” instrument), they bend upon themselves—either upwards, downwards, or to one side or the other—and empty their overburdened contents into the BLADDER. Thus, we clearly see how it is that the Author's MEDICATED BOUGIE cures this disease *in less than one-half the time required by internal medicines alone*, by conveying *direct medication* to the orifices of the seminal ducts, whence the medicament, by reason of its refined elaboration, and peculiar adaptability, through chemical agency, is conveyed, by the CAPILLARY ABSORPTION and peristaltic action of the ducts, *throughout their entire course* ; thus effectually astringing, bracing, and contracting those ducts, upon whose relaxation the *local* symptoms (the involuntary emissions) greatly, *but not wholly*, depend ;\* and, by the judicious administration of the appropriate *constitutional* means—the ÆTHERIALIZED VERATUM VIRIDE, Spts. Formic, Iodine, and their auxiliaries—the *cerebellum* and *spinal nerves* are reinstated in their normal, or healthy and vigorous action : and thus the RADICAL CURE of Spermatorrhœa is scientifically effected.

In the above concise explanation, the reader has, at a glance, a perfect bird's-eye view of both my Theory and Treatment of Seminal Diseases in general.

\* See Chapter on Treatment of Impotence.

With regard to "*safes*"—a singular misnomer truly!—I shall, in conclusion, add but a few words to what I have already said concerning them. How any one calling himself a man, can so far consent to debase his nature as to offer the vile things for sale, and for *such* a purpose too, is to me passing strange. But what amount of self-respect can that individual possess, who can resort, in the presence of a *female*, however degraded, to so debasing and unnatural a form of Onanism, by *using* the "*safe*"? Either let a man cohabit with the other sex in a *natural*, manly way, or not at all, should be (and is) the sentiment of all right-minded, sensible and decent men. And, youthful reader, let it be yours also.

What, in the name of reason, can be the *motive* for employing the baudruche? Is it for the purpose of *preventing* venereal infection? There was never a more erroneous idea, or a more egregious delusion than this; for the syphilitic virus is liable to *inoculate any moist absorbing\* part* upon which it may chance to lodge, thus proving, conclusively, that the so-called "*safe*" is one of the most *unsafe* protectors imaginable—by lulling the Onanist into the belief that he is quite safe, when in good truth he never was less so! For (and this should be remembered) the thing, whether made of membrane or white rubber, is not only prone to *tear*, from its extreme thinness, at the very point where it should not, namely, at the small closed end—and which is of very frequent occurrence—but to *slip off* as well, either partially or entirely, during the act of coition, and remain, occasionally, in the vagina.

Let those who delude themselves with the prevalent but *fatal* notion that the "*safe*" is a *sure preventive of pregnancy*, ponder well these facts, through ignorance of which thousands have been irretrievably ruined.

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\* The natural absorbing power of the Absorbent Vessels *when excited* is so active, that the venereal virus can soon be conveyed by them throughout the entire system, destroying, sooner or later, the victim's health, and, it *may* be, his *life* also.

The venereal virus, or poison, is an *ethereal essence*—an element or principle—not gross matter, as many seem to think. It is not the matter of a chancre, or a bubo, that infects, but the *virus* contained in that matter. It is as subtle and attenuated in form as air, or even electricity itself. No substance, and least of all a thin tissue of rubber or skin, such as “safes” are made of, can resist its passage; but it readily passes through any intervening substance with which it may chance to come in contact. This is amply proved by the spontaneous chancre, termed by the French *bubon d'emblée*, which all venereal practitioners of repute have long since admitted the existence of. [See Essay 2, page 42.] Hence, a more dangerous mistake, in supposing (as many persons do) these shields or “safes” effectual as preventives of venereal infection, or of *pregnancy*—for the semen\* is, also, a principle (aura)—can scarcely be conceived of. These are *facts*, of which every competent physician is perfectly aware. Avoid, then, all “safes,” as you would poison, or any other foe to life and happiness.

I would merely remark, in passing, that inasmuch as some persons who employ these coverings may fancy, perhaps, that because *they* have *thus far* escaped the evils in question, the above statement is consequently either erroneous, or greatly exaggerated, it may be as well for such to understand that they would have equally as well escaped had they not resorted to the “safe” at all; and for this *well-known fact to every tyro in medical science*, namely:—

“While the system remains inaccessible to the action of viri [venereal and other animal poisons] from a variety of causes as yet not fully ascertained, and, in some rare instances, from a *peculiar inaptitude* to receive vital impressions which ordinarily affect mankind, whether normal pregnancy, or abnormal syphilis, etc., neither conception on the one hand, nor venereal infection on the other, will obtain in individuals so conditioned. Occasionally, though very

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\* See Essay 3, page 48.

rarely, this inaptitude of the economy may exist throughout one's lifetime—hence some women never conceive, and some men never contract the venereal disease. However, *this peculiarity is seldom constant*, and cannot be relied upon at all ; which accounts for the fact, that, sooner or later, women who supposed themselves absolutely sterile, will conceive, and men who foolishly imagine it impossible for *them* to contract a venereal, are finally caught at last, and badly caught too.”—DUFOUR.\*

NOR is this all: “THE BAUDRUCHE (“SAFE”) IS A SHIELD AGAINST THE PLEASURE OF BOTH SEXES, BUT ONLY A COBWEB AGAINST DISEASE.”†

Reader, there are other objections, scarcely less serious, not only in a physical, but in a *moral* sense, against the employment of the “safe” by persons of intelligence ; but I have neither time, space, nor inclination to enter further into details. Although no “fancy-sketch” has been indulged in by me, in the foregoing remarks, yet enough has been said upon the subject to effectually warn all, who are susceptible of being warned, to shun a vice so destructive to Health and Happiness as “*Safe*”-*Onanism* ; and, should the warning have the effect of saving but a single fellow-being from self-degradation, misery, and, it may be, *death*, these lines will not have been penned in vain.

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\* *Sur l'Action des Poisons, etc., dans l'Economie Animale* ; Paris ed., 1856, tome. ii., p. 594.

† Ricord's “*Lettres sur la Syphilis.*” Paris, 1855.

## ESSAY THE FIFTH.

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On a New and Absolutely Painless Mode of Treating Strictures of the Urethra, without the use of Instruments.

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### GENERAL DESCRIPTION OF STRICTURE.

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THE term Stricture, in surgical language, signifies a morbid obstruction in some of the ducts or canals of the human body, either of a transient nature, the result of irregular muscular contraction, or of a more persistent character, from some alteration of structure in the part affected. The urethra, or urinary passage, is peculiarly liable to both kinds of obstruction; the former is called spasmodic, the latter permanent stricture. Urethral obstructions, however, occasionally arise from external or outward causes—as abscesses or other tumors—which, by their pressure, may either partially impede or completely obstruct the passage of the urine.

In permanent strictures, various degrees of thickening of the lining membrane of the urethra and its underlying textures are observed at the seat of obstruction, by which the natural elasticity of the canal has been more or less impaired. Sometimes the stricture consists of a narrow white band, extending entirely or partly around the urethra; not always, however, in a circular manner, but sometimes in an oblique direction. The band may present a somewhat semicircular form, extending across the lower portion of the canal. This has been called the *bridle stricture*. When narrow and circular, it was compared, by John Hunter, to a thread tied round the urethra. The obstruction may resemble a piece of

whipcord, called by Sir A. Cooper the *corded stricture*. In some instances, a flat circular band extends an inch or more along the urethra, which is the *ribbon stricture* of the same author. In some cases of rare occurrence, the greater portion of the urinary passage has been contracted. The alteration of structure may be confined to the mucous membrane of the canal, but, generally, the subjacent cellular texture is more or less thickened; and, should the disease have been of long duration, the elastic tissue will mostly be found to have lost its healthy pliability.

A frequent and formidable consequence of gonorrhœa is stricture. Certain constitutions appear to be more disposed to this disease than others; and, in fact, those are most subject to it who show strong marks of a scrofulous habit in other respects. This symptom exists in various degrees, and narrows the urinary canal, often, in several points at the same time. This complaint generally comes on gradually. The stream of urine becomes here more or less diminished, twisted in size and shape, or scattered, as it were, and forked. Stricture is the result of a thickening of the mucous membrane. Strictures, also, are divided into the *spasmodic*, the *inflammatory*, and the *permanent* varieties.

SPASMODIC STRICTURE, not associated with inflammation, is a rare disease. It comes on suddenly, and is not attended with pain until the patient attempts to make water. Various causes are said to give rise to this kind of stricture; it may proceed from exposure to cold and damp, excesses in drinking wine, spirits, etc., retaining the urine too long in the bladder, irritation of distant parts; or "even an irritated state of mind, or a mind deeply engaged in study, will occasionally influence the nervous system to such a degree as to produce spasmodic stricture of the urethra."

*Old Treatment.*—"You should introduce a bougie," says Sir A. Cooper, "letting it steal gently along the urinary passage, and when it arrives at the strictured part, there let it rest for a short time; after this, you should gradually push it forward, using only a very

slight force, but continuing that force until you have succeeded in passing the stricture. Let the bougie rest for a minute or two in the strictured part, and then withdraw it. The patient will be immediately enabled freely to pass his urine. If you have not a bougie at hand, you may employ a catheter, and it will answer equally well; you must take care, however, to use it gently, as I have just described."

"The chief point to be attended to in such cases is not to irritate the parts by attempting to pass the stricture with a bougie, or to reach the bladder with a catheter. If much resistance be offered to the introduction of instruments, it will be better to have recourse to other means rather than persist in overcoming the obstacle by using force. The bowels should be well cleared out by means of copious injections of warm water, and afterwards an injection consisting of fifty or sixty drops of laudanum with a wineglassful of warm water should be administered, or from forty to fifty drops of this medicine may be given by the mouth; and the dose may be repeated after a few hours, if the patient be not relieved."

The Author's treatment, however, entirely does away with the bougie, and is based upon the internal employment of the *ÆTHERIALIZED VERATRUM VIRIDE*, as well as the external use of this admirable remedy, in the form of an unguent; this remedy, then, conjoined with suitable auxiliaries, I find amply sufficient in removing this variety of stricture.

#### INFLAMMATORY STRICTURE.

Persons who indulge too freely at table, while laboring under chronic gonorrhœa or gleet, are most liable to this kind of obstruction; it may also occur during the acute gonorrhœa, in consequence of inflammatory swelling of the mucous or lining membrane of the urethra, and may follow the introduction of a bougie. It is generally associated with the spasmodic form of the disease above described, is quick in its approach, and accompanied with severe pain.

*Treatment.*—The treatment in this case consists in opening the bowels with an *infusion of senna and salts*, or by means of *purgative clysters*, the use of the *Veratrum Viride*, and the warm bath. [See Med. Inf. p. 324.]

## PERMANENT STRICTURE.

This is by far the most common form of stricture ; and, in the great majority of cases, proceeds from gleet, or frequent attacks of gonorrhœa, in ninety-nine cases out of a hundred. Astringent injections, employed in the cure of gonorrhœa and gleet, were formerly supposed to be frequent causes of stricture ; but experience has shown that they have been often condemned without sufficient reason, save when ignorantly employed.

At the commencement of every permanent stricture, you are made acquainted with the real nature of the complaint by the following *Symptoms*. “ The first is, the retention of a few drops of urine in the urethra after the whole appears to have been discharged, so that when the penis has been returned into the small clothes, the linen becomes slightly wetted ; and if you press on the underside of the urethra, a few drops more will be voided, which had collected between the bladder and that part of the urethra where the stricture is situated. The next circumstance we notice is an irritable state of the bladder. This is evinced by the person not being enabled to sleep as long as usual without discharging his urine. A man in health will sleep for seven, eight, or nine hours without being obliged to empty his bladder ; but when he has a stricture, he cannot continue for a longer period than four or five hours, and frequently much less even than this. The next circumstance observable is the division of the stream ; the reason of which is, that the urethra is in an uneven state from the irregular swelling that surrounds it, and, consequently, the urine is thrown with an irregularity of force against its different sides ; sometimes the stream splits into two, becoming forked ; sometimes it is spiral ; at other times it forms, as it were, a thin sheath. Occasionally the stream rises perpendicularly, its long axis being at right angles to the long axis of the penis ; thus, then, the retention of a few drops of urine after the whole appears to have been dis-

charged, a more frequent propensity to make water than when in health, and the peculiar character of the stream, as just mentioned, will be conclusive evidence of the existence of stricture.'

Having now briefly treated of the several varieties of stricture, I would here refer to a few of the most harassing symptoms, separately, as it is of great importance that the patient should have a due appreciation of them—the more particularly so, as they are generally lightly passed upon by medical writers, which would go to show that few of them have a *practical* knowledge of the disease. It is extremely desirable that the existence of a stricture should be ascertained as soon as possible :

1. Persons with urethral strictures are sometimes subject to attacks of inflammation of the testicles ; therefore, should this symptom occur, the patient should be examined.

2. Piles and protrusion of the rectum, with itching of the part, are not unfrequently indicative of stricture.

3. Increased secretion of urine is a common symptom of stricture, and I have known *sixty ounces* of urine to be passed in the course of twelve hours.

4. Incontinence of urine is one of the most annoying accompaniments of bad strictures, the patient being sometimes troubled with a more or less constant dribbling day and night ; in other cases, the incontinence is even much more serious, and often causes *mental depression*. It is usually observed in strictures of an aggravated kind, in which the urine is passed with great difficulty. In some of these cases, the poor sufferer is so harassed night and day with this dribbling of urine (which is often very fetid), that his linen is kept constantly wet, and he may thus become an object so offensive as to be obliged entirely to exclude himself from society.

5. Involuntary seminal emissions, when present, add in no slight degree to the mental depression, which, more or less, is a too frequent accompaniment of urethral obstructions.

6. A gleet discharge is a very common, if not a constant,

symptom of stricture. This discharge is often but slight, a few yellowish spots being occasionally observed upon the linen. Sometimes the discharge occurs only after coition, and is often so profuse as to resemble a gonorrhœa, for which it is frequently mistaken by the patient. It is usually, however, attended with but little scalding, and ceases naturally in the course of a few days. The discharge may be brought on or aggravated by a cold, or by intemperance.

7. Diarrhœa is, also, an occasional consequence of bad strictures, apparently from the irritation extending by sympathy to the mucous membrane of the large intestines.

8. Pain extending down either thigh, though more often the left, is at times indicative of stricture.

9. In bad cases, *sterility* is sometimes induced from obstruction to the seminal fluid; and *impotence* may result from irritation extending to the prostatic part of the urethra, causing SPERMATORRHŒA. The seminal emission in such cases is often attended with acute pain.

10. The prostate gland, as well as its ducts, sometimes become inflamed and enlarged by stricture.

Notwithstanding the catalogue of a patient's miseries with a bad stricture may be long and fearful, let him console himself with the assurance, that they will all of them most probably eventually disappear, after removal of the urethral obstruction.

It may be as well to notice that the symptoms of strictures in general are mostly aggravated in cold weather, especially in such as are predisposed to spasm. For example, a person suffering from stricture will probably be unable to pass his urine whilst exposed to a low temperature in the open air, although, on his return to a warm apartment, he may soon, under its influence, secure the power of urinating.

TREATMENT.—No disease can be considered of more importance, then, to the patient than stricture; and, hence, every sensible and prudent person afflicted with it will not fail to

avail himself of proper medical aid as soon as *the earlier symptoms* are perceived; for there is no disease in which rashness or ignorance may effect more deplorable results.

No subject has more employed the attention of surgeons than this complaint, and two methods of cure are employed by them all, with the single exception, perhaps, of the Author; these methods are *caustic* and the *bougie*. The difficulty of introducing such a dangerous remedy into so sensitive a part as the urethra, and without ever having the power to regulate the extent of its action, will ever be a strong objection among careful surgeons to the use of caustic in urethral diseases—whether it be the nitrate of silver, or the kali purum. The objections to both are equally strong, and the most mischievous consequences are allowed to have attended their employment. These remarks equally apply to the use of caustic in seminal diseases. (See SPERMATORRHŒA, Part II.)

Stricture seems to have shown itself at a very early period, and the original plan of applying the caustic, introduced by Mr. John Hunter, of England, and employed by Mr. Howe and Mr. Whately, owes its origin in reality to Ambrose Paré. The danger of this practice is now sufficiently established; and its want of efficacy, and the frequency of relapses after its use, cannot be better stated than in a letter from a correspondent, which I shall here quote, as it was applied in his case for such a number of times; and he is now under the necessity of resorting to my treatment, after suffering all the pain and distress which unavoidably attend this method, and being harassed for a length of time with the fruitless prospect of a cure:—

“ BOSTON, Mass.

“ SIR:—Having labored under strictures of the urethra for many years, and, in consequence, having been several times confined—in this instance it is now six months since I have been out of my lodgings—there is no doubt of my having two strictures at present, the one about four inches, and the other about eight, from the point of the penis. This first stricture has already been burnt upwards of sixty

times, and there is no appearance of its being any way reduced ; the other has not been touched, which induces me to write to you, having heard that you have completely removed strictures of the most inveterate kind without the application of caustic or the use of bougies. If I thought a cure could be accomplished, having already suffered so much, money would be no object. Have the goodness to write to me, if such can be effected. Enclosed is \$5, your consulting fee."

The *Veratrum Viride*, conjoined with Iodine, and their adjuncts, are the remedies employed by me, and *exclusively* relied upon, for the radical and permanent cure of the disease in question ; and I am of opinion, based upon many years' experience in the treatment of stricture, that there are *no cases* but what may be cured by my method. In saying so, I am aware that I shall be accused of temerity ; but I speak from an extensive practice in this line, and have the pride to state that I have never yet failed to cure a single patient by this means.

The chief object with me, in the treatment of stricture, is to obtain *relaxation* of the parts which are the seat of the complaint, and which I fully accomplish by the aid of the ætherized *Veratrum Viride* ; this is my *first* point. The *second* is, to procure *absorption* of the organized structure upon which the disease mainly depends. If these important objects are attained—which will, however, require all the skill and judgment of an experienced adept—this hitherto formidable complaint may be cured as expeditiously as is compatible with the safety and welfare of the patient.

The success which has attended the method I pursue, leads me to speak with a confidence which practitioners may perhaps think too great on my part ; but I can solemnly again repeat, that I never have failed in a single instance that has come under my care, since I adopted the plan I now recommend, nor have any of my patients suffered the least relapse. That I have failed in pursuing the common methods, recommended by other surgeons, I cannot deny ; and therefore I was

obliged to abandon them, from finding them ineffectual in accomplishing a cure. The idea of completely *relaxing* the parts previous to any attempt at dilating the passage then forcibly struck me, as, in this disease, there are two points to overcome; the one is the resistance of the urethra, which is so great under this disease; and the other, the opposition of the stricture itself, rendered even greater by the spasm extending also to the morbid substance. Instead, then, of considering the preparatory operation as a secondary point, I view it as the most essential of the whole, and the one upon which the success of the cure mainly depends. Other practitioners, on the contrary, have trusted to their *dexterity* in passing the bougie, and therefore have omitted or undervalued this point, so highly necessary to success.

This method so considerably abridges the treatment of stricture, that a cure, which, under other management, would require several months, I am generally able to complete in the course of a few weeks. The patient is thus saved a world of distress consequent upon the repeated introduction of bougies—a circumstance of the highest consequence from feelings of humanity, even were there no other good and substantial reason, which, however, there is, namely, that of the mischief arising from the ignorant or careless use of the bougie, or catheter—a mischief so commonly perpetrated as to deter patients, in countless instances, from submitting to treatment by bougies, if to any treatment whatever; thus resigning themselves to more *misery* than I have either the inclination or space to describe in this essay.

In concluding this subject, I would apprise the sufferers from stricture, that the New Treatment can be successfully carried through without an interview, unless the patient prefers it; which is sometimes of importance to those who reside at too great a distance from New York to call. This is effected by the person writing a minutely-detailed description of his symptoms, the length of time they have existed, the

state of his general health, what treatment, if any, has been pursued; together with his age, temperament, color of hair, eyes, complexion, and any other points which he may see fit to communicate as to occupation, general habits, diet (generous or abstemious), whether he be single or married, &c. Medicines adapted to the case can be sent, properly packed and sealed, by express or other conveyance, so that they shall reach their destination safely and expeditiously, being of sufficiently small bulk to be included in a pocket package. They are thus sent to the most distant parts, including California, South America, the West Indies, &c.

## ESSAY THE SIXTH.

### The Venereal Disease.

[FROM THE AUTHOR'S *Diseases and Infirmities of Youth*.—NEW YORK, 1852.]

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“ But now the plague attacks  
With double rancor, and severely marks  
Modern offenders ; slyly undermines  
The face and nose, that by unseemly lapse  
Awkward deforms the human face divine  
With ghastly ruins ; such ills attend  
Obscene and bought embraces.”—BROWN.

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THE various forms of disease resulting, as a general rule, from promiscuous intercourse with the opposite sex, have been classed together, and denominated the Venereal Disease. Whatever symptoms presented themselves under these circumstances, have been viewed only as modifications or phases of one grand affection, the result of a specific poison : at least this was the view universally taken of the subject prior to the investigations of Ricord, and which is still entertained by many professional men, and by nearly the whole of the masses of non-professional. The late Dr. Wallace declared that syphilis and gonorrhœa were but varieties of the same disease ; and certain it is that the major part of those who apply to us for advice know of no other difference between them. Venereal disease, however, if the term be used in its broadest sense, must be looked upon as a generic term, including affections of the genital organs essentially different in their character, symptoms, and sometimes in their origin. The term itself is perhaps objectionable, but, for want of a better one, must be employed : I shall use it, therefore, as a

general denomination of all those disorders coming more or less directly from sexual intercourse.

The origin of the venereal disease is shrouded in mystery : much has been written on the subject, but with little result : the labors of Astruc, Sanches, Gittner, and a score of other authors who have devoted their time and their talents to the solution of this problem, have been little more than labor lost and time thrown away. It has been customary to ascribe its introduction into Europe to Columbus, and the sailors who returned with him from America : by this means it is said to have been imported from the new world. Even supposing, however, this to be correct, it still leaves the question of its origin undecided. "Could not," says Ricord, "the Americans ask us or ask themselves, where *they* had it from?" It is quite certain that the disease is not more innate in this country than in any other ; and as for the elevated temperature, which has been looked upon as one of the causes of syphilis in America, it may be objected that the temperature of some parts of the Eastern hemisphere is just as high. But the fact of its being so imported is exceedingly improbable : there are several circumstances which militate against this theory, such as the power of a few sailors to infect the half-dozen different nations in which the disease appeared at that time, the preservation of the faculty of inoculation during so long a voyage, &c. Sometimes it has been declared to be the result of unnatural connexion ; at another, its origin has been discovered in the air or water ; and anon it has been traced to the influence of the stars ; or to anthropophagy. A more intelligent opinion, and a more probable one, is that of Van Helmont, who attributed syphilis to farcy transmitted from the horse to the human being. Certain it is, that the antiquity of this disease is very great : references are made frequently in the Scriptures to complaints which bear a striking resemblance to gonorrhœa (vide *Leviticus*, ch. xv.), and in some few cases syphilis is mentioned, though not by

name (vide *Leviticus* xiii. 2). "Hippocrates speaks of an ulceration of the genital organs; Galen mentions the contagious nature of Blennorrhagia; and Celsus gives a description of the different affections of the parts of generation. The Greeks, the Arabs (Avicenna, Aretæus, Albucans), and the Physicians of Rome have one and all given descriptions which cannot be mistaken."—*Ricord*. Indeed, it is probable that it was known in all ages and in all countries. Wherever sexual intercourse has taken place, there the venereal has been found; and Voltaire spoke the truth when he said:—"It is with syphilis as with the fine arts, it grows, comes to perfection, and no one knows whence it came."

I have already stated that I use the term, venereal disease, in its widest sense, and consequently, I include in it two diseases of an entirely different character; these are, gonorrhœa and syphilis: on each of these I shall say a few words.

I. GONORRHŒA.—This term is used to describe that discharge from the urethra commonly and vulgarly called *clap*. Both these terms are, however, exceedingly inappropriate; the latter is derived from the French word, *clapier*, signifying a filthy abscess, whereas, there is really no abscess formed; and the former is derived from the Greek, *Γονη*, semen, and *Ρεω*, to flow, and has, therefore, nearly the same meaning as spermatorrhœa, having been employed when it was supposed the disease depended upon a discharge of semen. Other terms have been suggested, and are frequently employed, such as BLENNORRHAGIA, from *Βλεννα*, mucus, and *Ρεω*, to flow, signifying a discharge of mucus. This, perhaps, is the most appropriate, if applied to the early state of the disease, for, as I shall presently show you, in the latter state its character is entirely changed: PUORRHŒA, signifying a discharge of pus; this would be more correctly applied to the latter stage of the disease: MUCITIS, signifying inflammation of the mucous membrane: venereal catarrh, arsura, Brenning; and it has even been suggested to call it leucorrhœa, a term which

is now employed to describe that discharge in females called, in common language, "the whites." I shall use the term gonorrhœa, however, in this essay; not because it is more appropriate than the others, but because it is better understood.

Gonorrhœa is not a specific disease, that is to say, it is not the result of a specific poison. As sexual intercourse is the most favorable means for developing it, it generally arises from an impure connexion, but not always. Any acrid or purulent matter brought into contact with the mucous membrane of the urethra will be very likely to give rise to it; frequently it has its origin in mere mechanical causes, and sometimes in substances taken internally, either as articles of diet or medicine. I have known cases where it has originated in the following causes: viz., food or drink of a stimulating or exciting character. (Among the various articles of diet which have a tendency to produce this discharge, the worst are salt provisions, asparagus, and beer;) excessive sexual intercourse, masturbation, local irritation, such as passing a catheter or bougie, injections, inattention to cleanliness, worms, cohabiting with a woman suffering from the whites, or even laboring under the menstrual discharge; so that, you perceive, if a man contracts a gonorrhœa of a female, it by no means follows that the female of whom he contracted it suffered from that disease; she may have been quite as free from it as he was. This is a matter of great importance, as unpleasantness and unhappiness have frequently arisen in a family, between man and wife, in consequence of their entertaining the common opinion that gonorrhœa must be the result of a specific contagion, and, consequently, of an impure connexion.

The first *Symptoms* of gonorrhœa are the itching, irritation, and heat of the mucous membrane of the urethra, and in the course of a short time, a discharge will make its appearance, which will vary in color, consistence, and smell, according to the severity of the attack, and other circumstances.

Generally, when it makes its first appearance, it consists of a thin, white, watery fluid, and is then simply mucus, the natural secretion of the part, but excessive in quantity, and vitiated in quality. It speedily changes its color, becoming yellow, and in this condition, if not checked, lasts for some time; ultimately, however, it again changes, and loses the yellow tint, becomes more watery, and passes into that state termed *gleet*; in this condition it may last for years. It not unfrequently happens that persons consult me who have been laboring under a discharge of this kind for seven or eight years; and Ricord mentions persons who contracted the disease at the peace of Amiens, in 1800, and who had not got rid of it when he saw them in 1840, and must, therefore, have suffered from this affection for forty years. These cases are, however, exceedingly rare, because, generally, in the course of a year, or less, it gives rise to *stricture*, or some other equally bad result.

In the early stage of this complaint, the difficulty of treating it is not great, but in the latter it is one of the most difficult diseases to cure. The common remedies, however, are generally ineffectual, even in the early stage, as might be expected, these remedies being given on the principle that gonorrhœa is a constitutional disease, whereas, it is purely local, originating in local causes, producing local results, and consequently requiring local remedies. In nine cases out of ten, where persons contract this disease, it passes into the chronic form, in consequence of the treatment adopted being *constitutional*. The filthy rubbish called balsam of copaiba, and cubeb, are the most invariable remedies resorted to in these cases, and the result may be easily judged of; the disease remains, and the system becomes affected by the medicines taken internally; the patient, therefore, labors under two diseases instead of one.

C. J. B.— called on me for advice, under the following circumstances. He had contracted a gonorrhœa about five

months before ; had applied immediately to some one for advice, and had taken large doses of balsam of copaiba. The disease, however, got no better, the discharge still remained, and recently an eruption made its appearance on various parts of the body, which his medical adviser informed him was syphilis. He then came to me, and immediately I saw him, I informed him that the eruption was the result of the copaiba he had taken, and requested him to take no more, and wait on me again in a few days. When he called on me again, about a week after, the eruption had entirely disappeared. I then applied local remedies for gonorrhœa, or rather gleet, which still remained. In a fortnight later he was quite recovered.

To treat gonorrhœa successfully, requires great care and skill on the part of the practitioner, the difficulty arising from various circumstances. In the first place, the canal in which it has its seat, being very narrow, it is exceedingly difficult to bring a remedy in contact with the affected part ; then the urine washing over the diseased portion of the canal four or five times a day, causes a great degree of irritation ; and, lastly, we find the greatest difficulty in preventing a hardening or thickening of the mucous membrane ; this is very likely to occur, either from the disease or the remedy, and constitutes a stricture. There are more cases of stricture arising from badly-treated cases of gonorrhœa, than from all other causes put together.

In the later stage of gonorrhœa it is much more difficult to treat than in the earlier stage. It has now passed into a chronic form, the discharge has become of a muco-purulent character, there is no scalding pain in passing water, the lips of the meatus will, in the morning, probably be found glued together, and a very small quantity of discharge escapes on the linen ; a stain is left like that of gum. This is that stage called gleet, or rather one of the several symptoms taking that name, for the term gleet is frequently applied to half-a-

dozen different kinds of discharge; even spermatorrhœa is sometimes denominated gleet. This, however, is the true gleet, or chronic gonorrhœa; or, as the French call it, chronic blennorrhœa. A gonorrhœa once having passed into gleet, will be likely to remain in *statu quo* for years, but will be much aggravated by taking wine, violent exercise, or any other powerful stimulant. Treatment may appear to stop it, but the probability is, that as soon as the patient ceases to take medicine, it will break out again, in another and a worse form, if treated in the usual *routine* way.

J— D—, Esq., writes me that he contracted a gonorrhœa when about twenty years of age, but paid no attention to it, till he became so bad that he was compelled—*e. g.* he suffered from chordee, violent inflammation, and excessive swelling; he then obtained a few bottles of medicine from his medical adviser, and the swelling disappeared, the pain left, the discharge stopped, and he imagined himself quite well. Several weeks later, however, on having taken a few glasses of wine more than usual in the evening, a white gleety discharge appeared the morning following; treatment was again resorted to, and again the discharge stopped. Three months after, he was riding on horseback, and being in a hurry, rode very fast, and a second time the discharge returned. This time it never left him till I was consulted by him, which was fourteen years after, nor had any treatment that he had adopted appeared to touch it. Cubebs he had taken, to use his own expression, “bushels of,” and copaiba “in pailsful.” Injections he had employed without number; but nothing did him good. In this state he remained until he wrote to me. I forwarded him medicine into the country where he resided, and in a few weeks I had the gratification of knowing that the discharge had been stopped; and, a short time since, the still greater gratification of knowing that it had never returned since, though now more than four years ago.

II. SYPHILIS.—This disease is the result of a specific poi-

son, though what is the exact nature of that poison we cannot tell ; for, says a popular author, " its active principle has never yet been discovered in a separate or distinct form ; nor do we know rightly either its appearance, color, substance, or consistence, or any other of its precise chemical properties, further than the appearance of the matter that contains the poison ; but in this there is no difference from any other diseased secretion, as, for instance, as far as external appearance goes, the matter of the small-pox, or the pus issuing from any other ulceration or wound, might be taken for the same." Hence, all we know of the poison existing in the venereal matter is, that its morbid action consists in a certain animal acrimony, element or *principle*, differing in its qualities and effects, and which is no sooner brought into contact with the living parts, than, by the violent irritation and inflammation it is capable of exciting, it speedily destroys all healthy action, corroding through the substance, causing deep ulcerations and morbid secretions, while, at the same time that it creates those purulent secretions from such sores, it likewise converts the matter into its own specific poison. This disease never arises *sua sponte*, but is always the result of contagion from another person ; not always the result of sexual intercourse, because any mode by which the poison can be introduced into the system may give rise to it ; *e. g.*, you will find a model in my cabinet, of a child who received a syphilitic taint from its parents, and communicated syphilis of a very bad form to the nurse who suckled it ; this case occurred in my own practice. The poison of syphilis may be introduced into the system by inoculation, or by bringing the body of a healthy person in contact with that of a person suffering from the disease.

A case came before my notice, a short time since, and a model of which you will also find in my cabinet, of a young man who contracted syphilis, and suffered severely from ulcers in the mouth ; the mode by which the poison was introduced

into his system being caused by using a dirty pipe, which had been employed by some person suffering from chancres in the mouth. Whether, however, it arrives in this way or by intercourse with the opposite sex, it is equally the result of a specific poison.

The great characteristic of syphilis is the ulcer called a *chancre*. This is its type, and is consequently inseparably connected with it. The great difference between syphilis and gonorrhœa was decided by RICORD, by inoculating with the matter taken from a chancre, and the discharge from the urethra in gonorrhœa. In the former case, another chancre was always the result, in the latter, no effect whatever was produced. A chancre, therefore, always arises from the secretion of another chancre, which it reproduces. The greater or less liability to these venereal ulcers depends to a great extent upon the power of the constitution to throw off the poisonous matter, and upon the peculiar condition of the cuticle; for we generally find that in those men where the prepuce is long, covering the glans penis, and consequently preserving its surface delicate and tender, there is a much greater susceptibility to the disease than in those persons in whom the glans penis is continually uncovered, either from the foreskin being naturally short, or from circumcision having been performed. Hence, two persons may cohabit with the same female; one may contract the disease in a very bad form, and the other shall escape entirely free.

The first symptoms of the chancre are itching of the parts, this changes to smarting, then sharp pains come on, and after that, inflammation; this is followed by a small pimple making its appearance, filled with the poisonous matter, which ultimately bursts and forms those corrosive sores styled *chancres*. The characteristics of those ulcers are the surrounding inflammation, the ragged edges, hardened base, and indisposition to heal. A chancre may appear in a day or two after the coition, or it may not appear for two months. They are exceedingly dangerous if not stopped at the onset.

J. F— cohabited with a female, and felt no inconvenience till about three weeks after, when he noticed a small pimple on the glans; this he rubbed off, thinking it was nothing of any importance. In the course of a few days, however, a small sore began to appear, and now, fearing it might be a chancre, he determined to seek medical advice. On doing so, he received sundry doses of mercury—the common remedy in cases of the kind; this he continued taking week after week, and applying black wash (also mercury\*) to the ulcers, but continually got worse, as the sores were running together, reducing the whole of the glans penis to the appearance of a honeycomb of sores. In this state he called upon me. I found him not only laboring under the primary ulcers, but suffering very severely from the effects of the mercury. Ordered him to discontinue the mercurial medicine, and also the black wash, prescribed remedies internal and external, and had the pleasure to see my patient quite restored in three weeks.

The affections resulting from syphilis and the diseases complicated with it are very numerous; the most important of the former, however, are those affections of the skin, face, throat, mouth, tongue, eyes, bones, etc., called Secondary (or Constitutional) Symptoms, but these I need not describe here †; suffice it to say, in this connection, that they are produced by the poison in the constitution, and are consequently the result either of neglecting the disease at the onset, or of not treating it properly—the result either of *no* treatment, or of *bad* treatment. The length of time that this poison may remain in the system is perfectly surprising.

G. M— consulted me in regard to a swelling of the throat, and a sore upon the tongue. On examining it, I had no hesitation in immediately declaring it to have had a syphilitic

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\* Black wash is made by adding a drachm of calomel to half a pint of lime water, and sometimes a teaspoonful of laudanum.

† See "Synopsis of Symptoms and Causes," Essay 1, page 37; also, page 103.

origin. This surprised the patient exceedingly, as he assured me that he had never suffered from the venereal disease but once, and that was at least twenty years before. He stated that at the time he certainly was very bad with the disease, but that it was cured, as he thought, and since that time he had felt nothing of it. Still there could be no doubt the symptoms, respecting which he now consulted me, were secondary symptoms, the results of the former attack, and of the mercury taken to cure it. I administered remedies, and in a few weeks the swelling of the throat and the other symptoms entirely disappeared.

Here it may be as well to remark, that in the majority of cases which come before my notice of persons who imagine they are suffering from secondary symptoms, I find them laboring under not secondary symptoms of syphilis at all, but under the results of former mercurial treatment. Hence the importance of the syphilitic poison being destroyed immediately it enters the system, and the mercurial poison being rarely admitted, never, in fact, but in the most extreme cases, and then only under the care of an experienced and skilful physician.

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CONCISE DESCRIPTION OF

SECONDARY (CONSTITUTIONAL) SYMPTOMS.

The secondary symptoms of the Venereal disease consist of various eruptions, sore throat, ulcerations of the palate and nose, pains in the limbs, inflammation of the membrane covering the bones, called periosteum, caries, or rotting of the bones, inflammation of the eyes, falling off of the hair, deafness, and general ill-health and debility.

Of the loathsome consequences of Venereal taints, those arising from the secondary action of the syphilitic poison seem most to evidence the effects of Divine vengeance upon

the sufferer, and to communicate misery and anguish to his friends. I shall here not only describe the symptoms of the disease, but also detail some of its consequences, to apprise my readers of their danger, and to impress upon them the immediate necessity of medical aid.

The eruptions are occasionally various, sometimes they appear in pustules, at others in tubercles, at one time in pimples, at another in scales. Before the eruption comes out the patient has more or less fever, pains in the head and shoulders, oppression at the chest, the throat is dry and husky, and is a good deal affected; there is difficulty in swallowing, the glands are enlarged, and the eyes are often suffused with blood; the patient is generally indisposed without complaining of any symptom in particular; the eye is languid, the countenance pallid and anxious; there is pain in the limbs, tenderness of the head, and perhaps headache, especially at night; there is severe pain in the joints, especially in those of the knees and ankles; and a very horrible form of sore throat frequently accompanies the eruption.

When it comes in scales, it first makes its appearance in red patches, of a dusky or copper color, which give the skin the appearance of being mottled, especially about the forehead, neck, chest, and lower part of the belly, where it is most copious; the redness soon disappears, and is followed by a scurf or scale. In the more serious forms of this disease, the most awful consequences result from the venereal virus, and if unchecked, the weary existence is spun out for many weeks, amid tortures from the contemplation of which the mind turns with shuddering; all is horror, the whole frame becomes putrid, loathsome, and corrupt, the various organs mortify and drop off, till at last the poison seizes the vitals, and finishes a life of insupportable anguish and disgraceful misery.

In the female sex, this disease is attended with other peculiar circumstances. Women are liable from it to sup-

pressions, or immoderate discharges of the periodical evacuations, to the fluor albus or whites, to hysteric fits, to cancers in the breast, and to the same disorder, together with other abscesses, ulcers, inflammation, scirrhus, and mortification of the lips, cheeks, and of the *womb*; those who labor under this disease are in general barren, or subject to abortion, a happy circumstance, as the children produced from such subjects come into the world deformed with ulcers, affected with rottenness, and covered with foul eruptions.

Such are the symptoms of a malady imprudently and disgracefully contracted, and in a state of neglect or mismanagement, and much does it behoove mankind, and young persons of both sexes especially, to attend to the alarming catalogue, and consider the dreadful consequences attending the indulgence of those passions which were inspired by the Almighty for purposes of wisdom and mercy, and which, directed to proper ends, are equally conducive to health, happiness, and reputation; but being turned into the channels of vice, produce disease of body and depravity of mind, and unfit the wretched victim of his lusts for the comforts of society, or the pleasures of intercourse and communication with the world.

Before I quit the subject, it may not be improper for me to remark that the first object of attention is cleanliness; without the practice of this necessary precaution, the best prescriptions will be fruitless, and the most efficacious medicines administered in vain. Slight infections are frequently removed by a due regard to this advice, in external washings and frequent injections, and if this method were pursued whenever suspicion was entertained of infection being received, it would probably, in many instances, prevent the venereal poison from taking effect at all. Water, with a small addition of spirits, or oil and warm milk and water, are almost always at hand, and as the use of them is attended with little trouble and no inconvenience, it is astonishing that men should lose

such favorable opportunities of preserving health on such fair and reasonable terms.

In the article of exercise, the less motion, and particularly of a violent nature, the patient takes, the more speedily he will in all probability get rid of his complaint.

Above all it behooves those who are visited by these diseases, to remember that it is not enough that the symptoms abate, or even that they wholly disappear; both frequently happen before the virulent matter is totally expelled, and the smallest remaining particle will be sufficient to light the flame afresh, when it is no longer resisted by the administration and operation of medicine.

Necessity frequently, expediency always, makes it desirable to obtain a cure with the utmost expedition, and to this end the patient not unfrequently takes his medicines too hastily, and leaves them off much too early: if men would be convinced that it is more safe to continue the use of them a month too long, than to discontinue them a day too soon, circumstances of a very unhappy and melancholy nature would often be avoided. If the poison be not totally expelled, the disease breaks out afresh, the symptoms are always aggravated, and new ones commonly occur, the patient is obliged to resume the course of medicine; but the same impatience prevails, he stops short of the cure, and by repeated indiscretions of the same kind eventually ruins his constitution and entails misery on himself and his posterity. I would earnestly recommend to such of my readers as may have unfortunately contracted the disease, to continue the use of moderate medicines *a considerable time beyond the appearance of indisposition.*

Having now nearly completed my self-imposed task, I would earnestly recommend to my readers of both sexes, more particularly those whose youth and inexperience may render them most liable to the dire evils I have described, an attentive perusal of the dreadful catalogue of symptoms attendant on these diseases in their different degrees and appearances.

Let them figure to themselves the loathsome object of this foul contagion rendered equally useless and obnoxious to society, and creeping about the world covered with sores, ulcers, and offensive eruptions; his eyes sunk, weakened, and inflamed; his hearing impaired, his teeth loosened, his breath foetid, his strength exhausted, and his faculties clouded or confused; let them hear him complain of insufferable pains by day, and unremitting tortures by night; let them remark that his wretched case is unlamented and unpitied; that he is avoided by all those who, from duty or obligation, are compelled to minister to his wants; and that even his former companions desert him, and leave him a prey to the complicated horrors of his disease and his reflections!

Let them compare this dreadful spectacle with the health, vigor and bloom of youth, the erect form, the manly tread, the lively and penetrating eye, the quick apprehension and the universal sprightliness and alacrity of the untainted and uncontaminated youth; and let them ask themselves if the gratification and indulgence of the passions be worth purchasing at the price of such a contrast.

\*.\* NODS, or Venereal Diseases of the Bones, are for the most part formed on the long bones, though now and then on the flat ones, and particularly on the forehead: they are caused by a thickened state of the periosteum (the membrane that covers the bones), caused by inflammation of that part, and by a deposition of extra bony matter under the part of the periosteum so inflamed.

## ESSAY THE SEVENTH.

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### PLAIN AND EASY RULES FOR THE PRESERVATION OF HEALTH.

For the benefit of those who desire, through the blessing of God, and the study and *practice of Virtue*, to retain the *health* which they have recovered, or are undergoing a course of treatment for the recovery thereof, the following few, plain and easy rules are given :—

I. The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor on going to bed, or a draught of water with a toast.

II. Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

III. Every one who would preserve health, should be as clean and sweet as possible in their houses, clothes and furniture.

IV. The great rule for *eating and drinking* is to suit the quality and quantity of food to the strength of the digestion ; to take always such a sort and such a measure of food as sits light and easy upon the stomach.

V. All pickled or smoked, or salted, or high-seasoned food is unwholesome.

VI. Nothing conduces more to health, than abstinence and plain food, with due labor.

VII. For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, are sufficient.

VIII. Water is the most wholesome of all drinks ; it quickens the appetite, and strengthens the digestion most.

IX. Strong, and more especially spirituous liquors, are a certain though slow poison. Experience shows there is very seldom any danger in leaving them off all at once. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

X. Malt liquors, except clear small beer, or small ale, of due age, are exceeding hurtful to tender persons

XI. Coffee and tea are extremely hurtful to persons of weak nerves.

XII. Tender persons should eat very light suppers ; and that two or three hours before going to bed.

XIII. They should go to bed about nine, and rise at four or five.

XIV. A due degree of exercise is indispensably necessary to health or long life.

XV. Walking is the best exercise for those who are able to bear it ; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

XVI. We may strengthen any part of the body by constant exercise. Thus the lungs may be strengthened by loud speaking, or walking up an easy ascent ; the digestion and nerves by riding ; the arms and hams, by strongly rubbing them daily.

XVII. The studious ought to have stated times for exercise, at least two or three times a day ; the one half of this before dinner, the other before going to bed. They should frequently shave, and frequently wash their feet.

XVIII. Those who read or write much, should learn to do it standing ; otherwise they will impair their health.

XIX. The fewer clothes any one uses, the hardier he will be.

XX. Exercise should always be on an empty stomach ; should never be continued to weariness ; and after it, we should take time to cool by degrees, otherwise we shall take cold.

XXI. The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

XXII. Cold bathing is of great advantage to health ; it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of taking cold. Tender people should pour water upon the head before they go in, and walk swiftly. To jump in with the head foremost, is too great a shock to nature.

XXIII. Costiveness cannot long exist with health ; therefore care should be taken to remove it at the beginning ; and when it is removed, to prevent its return, by soft, cool, open diet.

XXIV. Obstructed perspiration (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats.

XXV. The passions have a greater influence on health than most people are aware of.

XXVI. All violent and sudden passion, such as grief and hopeless love, bring on chronic diseases.

XXVII. Till the passion which caused the disease is calmed, medicine is applied in vain.

XXVIII. The LOVE OF ONE ANOTHER, as it is the sovereign remedy for nearly all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy and perfect calm, serenity and tranquillity it gives the *mind*, it becomes the most powerful means of health and long life.

XXIX. *It is vain for people to take medicine for any disorder whatever, if they do not pay some attention to their mode of living, during the administration of proper remedies ; for the best prescriptions may be rendered useless by inattention to these particulars ; whilst good nursing, and a due regard to diet, are great assistants to the most able physician. It is therefore desired that particular attention may be paid to the directions concerning regimen, &c., which are treated of in this Book.*

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## NOTICE.

### TIME AND MONEY SAVED BY EARLY ATTENTION TO DISEASE.

Of all diseases, none will repay a patient better for an early acknowledgment of his having contracted it, in the facility of a cure, than the VENEREAL DISEASE, in any and all of its *local* forms. At the commencement, the disease may often be subdued in a few days ; but if delayed, it is only by a systematic and comparatively protracted course of treatment, that it can be effectually eradicated from the system.

In nineteen out of twenty cases, if application be speedily made, immediately the disease is perceived, or, what is still better, within twenty-four hours after a suspicious connexion, when this is practicable, it will give little or no trouble to the patient ; for *then* the disease may be either prevented or suppressed, by the skilful administration of prophylactics ; or if taken *in its very inception*, it may be readily cut short and cured by the *abortive method* ; and it is only where, in such cases, peculiarity of habit is presented, that any more time need be lost or difficulty experienced. At least, such has been my experience, and is, I doubt not, that of every competent surgeon practically conversant with this peculiar class of diseases.

PART II.



A TREATISE ON

SPERMATORRHŒA,

AND ITS CONCOMITANT DISEASES,

NERVOUS AND CONSUMPTIVE.



## INTRODUCTION

### TO THE TREATISE ON SPERMATORRHŒA, AND ITS CONCOMITANT DISEASES.

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THIS succinct and unpretending monograph is designed, more especially, for the personal and careful consideration of youths and young men, who may unfortunately be afflicted, from whatever cause, with SPERMATORRHŒA, Involuntary Seminal Emissions, Premature Decay, Impotence, Urinary Deposits, Nervous Debility, Nervo-Mental affections, Consumption, and impediments to the marriage contract generally. That it will be found, on examination, to be an eminently plain, practical, and therefore a desirable publication, highly contributing to the benefit of the rising generation, the author, judging from an ample experience in the treatment of these all-important diseases, confidently believes.

In introducing this little work to those who have not yet had an opportunity of reading the writer's more elaborate treatise, entitled *Medical Information for the Million*, etc., he must refer, for a further explanation of its object and purpose, to the Preliminary Chapter, in which the destructive consequences of Spermatorrhœa are alluded to generally, in connection with its causes and treatment.

Being intended to take the place of those filthy and dangerous quack books (true medical garbage)

with which the country is well-nigh inundated, to the great detriment of the health, happiness, and future prospects of those who confide in their plausible but specious and destructive promises, which, "like pie-crust, are made *only to be broken*," it is thought this brief treatise will be productive of much good to those for whom it has been (necessarily hastily) written. A book of this description, unexceptionable in language or tone, is in fact a much required desideratum, which will doubtless be hailed with no little satisfaction by all, save the lowest class of readers ; for these latter, the "picture books" mentioned in the preface to this work are probably best adapted, because it is for the vulgar that such trash is specially designed.

Hence, it is presumed that all sensible young men, laboring under any of the forms of this insidious disease, into whose hands this book may chance to come, as well as those who may have been disappointed in the use of cauterization, curative instruments, spermatorrhœa rings, "urethral supporters," or "compressors," patent medicines, and like delusions of the "*self-cure*" charlatanism of the day, will early avail themselves of the advantages which recent improvements in medical science, judiciously employed, so effectually, safely, and painlessly confer.

To those, however, who are *simple* enough to believe that this complicated disease, SPERMATORRHŒA, is curable by "self-treatment," as set forth by certain dishonorable persons, who, under the disguise of *false* names, pretend that their *specifics* and de-

ceptive instruments will enable "all, or nearly all," to cure themselves of *involuntary emissions*, or, indeed, of anything else, these remarks are not addressed. No competent or honorable-minded man will, for a moment, hold out any such delusive idea to the unthinking, the medically-ignorant, and the *unfortunate*, because he well knows that such were neither more nor less than sheer falsehood—cruel and shameful swindling ; age, constitution, and the *individual peculiarities* of each and every case, must be well weighed and carefully considered, before the conscientious and able surgeon, who values his professional reputation, will proceed to treat this delicate class of complaints. Therefore, let it be well understood, that the author addresses himself to the intelligent and *discriminating* reader exclusively.

The above observations, of course, refer to those cases of Spermatorrhœa, Impotence, etc., only, which require, for the purpose of a *more speedy cure*, the introduction of the author's MEDICATED BOUGIE ; in all other instances, the patient may, *with care*, be successfully attended to by letter, when the party residing out of New York, cannot well leave home or business to visit the city.

The chapters on NERVOUS, MENTAL, and CONSUMPTIVE diseases, included in this Part II., merit unusual attention on the part of the reader, as these affections almost invariably arise from, or grow out of, Seminal Debility, in some one or other of its various forms. In the Appendix, also, some few matters of great importance to the reader may be found.

# REMARKS

ON

## THE AUTHOR'S PECULIAR MODE OF TREATMENT.\*

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“Till the hour of sickness comes, how few non-medical persons ever think of a subject which ought to be of interest to all.”—DR. FRANKLIN.

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It has been said that to know a disease is half the cure. Doubtless this is the fact, when applied to many of those maladies which flesh is heir to, but is certainly very far from being correct when applied to the diseases noticed in the foregoing and following pages. Few persons will have any difficulty in ascertaining whether or not they are suffering from gonorrhœa, or laboring under syphilis; nor can they very well be mistaken in their diagnosis should they be troubled with nocturnal emissions, or experience the involuntary escape of semen in large quantities during the day; but nevertheless, such persons would find considerable difficulty in curing the former, or preventing the occurrence of the latter. Indeed, although scarcely any diseases are more easy of diagnosis than those treated of in this volume (at least except in some of the more difficult and subtle forms, as, for example, when the semen escapes with the urine), yet the treatment requires perhaps more skill and experience than any other derangement to which the physical organization is subject. These are affections in which the treatment must not be limited to the remedies employed in the practice of one country, or contained in the Pharmacopœia of another. The cases are so desperate, and the remedies required so potent, that all lands must be ransacked for the latter. Here we

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\* Extracted from the Author's *Diseases and Infirmities of Youth*, 3d ed., New York, 1854.

must not confine ourselves to the vegetable kingdom, nor seek to obtain antidotes exclusively from the animal or mineral domain ; nature in her totality must be ransacked here. The advice given by a poet in relation to truth must here be followed. when applied to remedial agents :

“ Seize upon truth where'er 'tis found,  
 Among your friends, among your foes,  
 On Christian or on heathen ground,  
 The flower 's divine, where'er it grows :  
 Avoid the nettle, and accept the rose.”

So must we seize upon good remedies for cases of this kind where'er they are found.

Now this, I need scarcely say, is not done by the major part of those who treat these diseases. They are content with the ordinary *routine* of treatment, no matter how often it has been “ weighed in the balance” and “ found wanting,” and the result is what you would expect—the disorders are very rarely cured. Indeed, how American and English practitioners can, with their limited Pharmacopœias, treat diseases of this kind is to me a mystery. There are, really and strictly speaking, few remedies in either the United States or English Pharmacopœias which can be relied upon in these complaints. What can be employed successfully for the purpose of thoroughly eradicating syphilis from the constitution ? and what to restore the system to health in the debility occasioned by self-abuse ? or what to stop the Spermatorrhœa, the cause of that debility ? The answer, doubtless, is ready—Mercury for the former, tonics for the latter. To which I reply—In the first place, I DENY that mercury will have any such effect ; and, secondly, if it had, it would only be at the expense of the future health ;\* and as to the tonics—more

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\* In the vast majority of cases so treated, “ Mercury is not an absolute specific : in some cases it is inert, and in others it is injurious.”—RICORD. Hence, we see that it is by no means a certain or reliable remedy, which is all I am contending for. The VERATRUM VIRIDE, however, *judiciously combined and prescribed*, I aver is a Positive Remedy.

particularly the ordinary tonics of American or English practice—these will have no such result, for they cannot stop the escape of semen in a bad case of Spermatorrhœa. The following case will serve as an illustration :

A. B., a gentleman of property, applied to me, stating that he had for years been afflicted with nocturnal emissions, and that, for the last few months, he had been totally unable to cohabit with his wife. He had been the round of medical men, but without any beneficial result. He had taken Quinine, Iron, and the vegetable bitters in surprising quantities ; in fact, he thought he had taken everything in the list of *Materia Medica*, and, consequently, he completely despaired of ever being cured. As a last resource, however, he came to me. The *Ætherized Veratrum Viride* and Iodine were prescribed ; I also supplied him with a mixture and lotion, which I usually employ in cases of a character analogous to his. On taking the bottles into his hand, I observed a smile pass over his countenance, and on inquiring the cause, he remarked that he fancied his system was already impregnated pretty strongly with what I had given him, as he had taken everything. I replied that I was quite sure he had neither taken the mixture nor employed the lotion that I gave him. He seemed doubtful, and I offered to convince him by writing a prescription after the manner of American physicians, containing the drugs I had employed, and allowing him to get it made up at any druggist's he might select. I took this course for the double purpose of convincing him that my medicines were neither employed by our medical men here nor to be obtained in this country,\* and also to show him that, notwithstanding that fact, I did not wish to pretend to give secret remedies. The prescription was as follows :

R. Elixir : Acid : Halle : ℥ss.  
 Aqua Laurocerasi ℥ij.  
 M. fiat mist.

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\* Most of the remedies can now (1862) be had in this country.

℞. Tr: Ciner: Siber: cum  
 Spr: Æther: Form: Afric: ā ā ℥ij.  
 Liq: Anodyn: Hofm:  
 Bals: vit: Hofm: ā ā . . . ℥ss.  
 Aqua Menth: pip:  
 ——— Scryll: ā ā . . . ℥ij.  
 M. ft. lotio.

He took it away with him, and promised to let me know the result. In three months after he called upon me again, and declared himself quite satisfied that my medicines could not be obtained in America, as he had sent the prescription to some of the first druggists in Boston, and none of them appeared to have heard of the drug therein prescribed;\* and he also informed me, what was more satisfactory for me to hear, that he had completely recovered.

Now this one example is as good as a hundred. The first ingredient in the lotion is a tincture made from the leaves of a Siberian herb, combined with a spirit made from African ants, and is one of the most effectual remedies, applied externally to the generative organs, that is known in any part of the world; and yet no one in America uses it but myself.

The British Pharmacopœia, also, is exceedingly limited in remedies of this kind, and no man can treat these cases successfully, who has not other medicines than those contained in it.

My treatment is not a repetition, it will be perceived, of the ordinary routine of practice, as the reader can convince himself, by taking the same course with the prescription given that the gentleman referred to in the case just mentioned pursued. I employ the best remedies from all the Pharmacopœias in the world, and many which I have discovered and prepare in my own laboratory, and which are contained in no Pharmacopœia. I have, therefore, in these few remarks, I think, justified the heading I adopted for this chapter, and established a claim to a peculiar mode of treatment.

The virtues of the Medicines which I am now about to in-

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\* It can at present be obtained here, as well as in Boston, I think.

roduce to the reader's special attention, for the Cure of Nervous and Seminal Complaints, will be fully explained and illustrated in subsequent chapters, particularly one of them, which is of American origin, and possessed of rare potency and *revitalizing properties*—when duly combined with Iodine (ætherialized) and Spirit Formic., and judiciously prescribed—by a number of well-authenticated and extraordinary cures; and therefore it is only necessary here to say, that, in my opinion, no REMEDY worthy of the name, and adapted to *all cases*, male and female, attended especially with GENITAL DEBILITY and RELAXATION, from whatever cause arising, was ever yet presented to an intelligent American public. I allude, more especially, to the *Veratrum Viride*. The CURES it has performed are very many and great, several of which will be presented in the course of the following pages; but want of time and space have induced me to withhold many more cases, which I am otherwise at liberty to publish, for the benefit of Afflicted Humanity.

Such is, in general terms, the Reformed or ECLECTIC \* system of treating diseases, as understood and expounded by *enlightened* teachers of the Healing Art; but which is never to be confounded, however, with the vulgar root-and-herb, or exclusively “botanic practice,”—with its ignorant, bigoted, narrow-minded and jealous *pretenders* to the sublime Science of Medicine!

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\* The term *Eclectic* is derived from the Greek (*εκλεκτικός*; ἐξ and *λέγω*, to choose) and signifies to select. It is a word we find applied to certain ancient philosophers, who did not attach themselves to any particular sect, but selected from the opinions and principles of each what they thought solid and good; they were, in consequence, called Eclectic Philosophers. Its application to medicine also dates back to the earliest ages. The celebrity of Archigenes, an ancient physician, arose from the fact that he selected from other modes of practice what he deemed best and most rational; hence he and his followers were called Eclectics, and their medicines Eclectic medicines. Professor Raffinesque, speaking of Eclectics, says, “They are liberal and modest, learned or well-informed, neither intolerant nor deceitful, and ready to learn or impart information. They study nature and the human frame, write their observations, and improve medical knowledge; they select and *adopt in practice whatever is found most beneficial*, and change their prescriptions according to emergencies, circumstances, and acquired knowledge.”

## FALSE DELICACY.

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Eine halbe Wahrheit ist gewöhnlich gefährlicher als eine ganze Lüge.\*

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I CANNOT, perhaps, do better, in commencing a work of this kind, than to quote an admirable extract from the *Quarterly Review* for 1848, as it is most appropriate for the subject. "It is time," says the writer, "to burst through that artificial bashfulness, which has injured the growth, while it has affected the features of genuine purity. Society has suffered enough from that spurious modesty, which lets fearful forms of vice swell to a rank luxuriance, rather than point at their existence; which coyly turns away its head from the wounds and putrefying sores that are eating into our system, because it would have to blush at the exposure." This passage deserves to be written in letters of gold. There are still hundreds and thousands of persons who entertain the sentiments here so justly and so powerfully condemned. A foolish feeling of false delicacy is still prevalent, exercising what influence it possesses, to keep the human family in ignorance upon topics of the greatest importance to their own well-being. There exists very extensively a spurious bashfulness, having no relation whatever with that genuine modesty, which is one of the graces of a female, and which even the harder and rougher nature of the male should not be destitute of; this it is that would frown down the discussion of subjects of this kind, regardless of all consequences. Though the fountain of life may be drained of its vitality—though

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\* A half truth is generally more dangerous than a whole falsehood.

disease in ten thousand shapes rack the body, and melancholy despondency take sole possession of the mind—though death lays low in the tomb the fairest portion of God's creatures, and the parent mourns over his only child, as he sees him fast pining and wasting away, losing all that buoyancy and energy which he was wont to display in earlier days, and ultimately hastening, prematurely, to that "bourne from whence no traveller returns"—though these consequences, and others equally as formidable, and too numerous to mention at this stage of our proceedings, flow necessarily from that monster vice of the present age, to which it is my object to draw your attention in this chapter—still, fashionable society would frown down any allusion to so delicate a subject; fashion, which has no objection to vice of the most hideous kind being fostered and nourished by her own devotees, so long as it is not mentioned in society. She seems to view subjects of this kind in some such light as the members of secret fraternities look upon their passwords; though each knows that the other is in possession of the secret as well as himself, yet he may not speak the mystic word above a whisper, or write it, even in hieroglyphics, upon a piece of paper. So with fashion; though each of the gay and thoughtless throng who worship at her shrine knows that every individual is aware of the existence of this vice, and, may be, large numbers practising it in consequence of their ignorance of its consequences, yet it may not be named either by word of mouth, or by the printing press, or a hue and cry of indelicacy, indecency, and obscenity is heard above every other sound. To discuss this question thoroughly, it would require definitions to be given of what constitutes true delicacy, and what, therefore, might be justly considered a violation of her laws; but that would take up much more space than I have to devote to the subject, or perhaps more time than you would spare to read what I should write: suffice it to say, that nature is a much better guide in matters of this kind

than art ; yet the whole of the objections raised against these subjects being publicly talked of, or pictured in models, are drawn, not from the natural, but from the artificial, and even that artificial not genuine, but spurious. I disapprove, says an objector, of my daughters knowing any thing of vaginas, fallopian tubes, ovaries, and *et ceteras*, which go to make up the total of the female internal organs. Why does not such an individual object to his daughter knowing that she has a stomach, or a liver, or lungs? Can any reason be shown why she should know the one, which would not equally apply to the other? Certainly not; and therefore such an objection cannot be viewed as being valid, unless all knowledge of physiology be prohibited, as in fact it is by some. The horrors of tight lacing, and other evils of that kind, are, however, now opening the eyes of fathers to the importance of physiology as a branch of female education; and if the physiology of the stomach or the heart be tolerated, why not that of the generative organs? But again, it is assumed that if the female be not informed by her teachers of subjects connected with the organs of generation, that she will remain in perfect and blissful ignorance of every thing of the kind. Let no parent, however, entertain so delusive an idea; depend upon it, the voice of nature is more powerful than your silence, and will give such impulses that will lead to a search for information from any source where it can be obtained. That source, if left to present itself by chance or accident, will, in all probability, be a bad one, and therefore the very means, not only of instilling incorrect notions into the mind, but also of considerably corrupting the moral faculties, governed by so imperfect and *uninformed*, or *misinformed* a judgment. How often have I, when called upon to administer medically to the diseases of youthful imprudence in the female sex, found them with their heads full of the trash of Aristotle; or, what is much worse, the filthy obscene productions which there are always found persons base enough

to write. Men may console themselves with the idea that their daughters are totally ignorant of every thing that would be likely to lead them astray, and, as far as true and correct knowledge is concerned, they may be correct, but woefully mistaken as to false knowledge. Nature reminds the young female, rising to puberty, that she has a mission in womanhood, a destiny in the peculiarity of her sex; and in obedience to the instinct thus implanted, she will seek for knowledge as to the nature of that mission and that destiny. Do not let her obtain that knowledge from *pure* sources, and the result is inevitable, *she will obtain it from impure*. But I am digressing.

To return, therefore, to our subject. The objection to saying any thing to young men on the vices to which these pages are devoted, more particularly that of self-abuse, is, that by so doing, you may be teaching it to those who may not be aware of its existence. Now this objection, although urged again and again by men of high standing—and urged with great gravity too—if it were not upon so serious a topic, is certainly admirably adapted to excite the risible faculties, for it is really supremely ludicrous. Tell not your son that a robbery was committed in your neighbor's house, or he too may become a robber: let him not know that a murder was perpetrated in some secluded spot near your residence, or he will not, as is generally imagined, fear that he will become a victim: no, he will become a murderer too! Inform him not that some desperate and desponding man deprived himself of life, or he too may die by suicide! Is not such teaching the quintessence of absurdity? Yet such arguments are more reasonable when applied to theft, murder, or suicide, than when directed to the vice of self-abuse.

Now, if what is here set down be true—alas! it is—let my greatest glory, pride and honest boast, consist in sending forth this book throughout the length and breadth of every land where the English tongue is understood. Asking for

no profit from the sale thereof, I issue it at such a price as hinders not the poorest from its possession, and with such care in the general execution, as befits it for the perusal of the most educated and refined. Looking with calmness in the face of those who ungenerously sneer at my efforts to regenerate and lift up the unfortunate, I not only tell them plainly to do in like manner as myself, but charge them in the name of a higher power than man, that they use the means which their abilities may give them to arrest the progress of the vices and excesses which they well know are luring victims innumerable to destruction, and whose blood may haply be required at the hands of those who have been criminally silent when they should have spoken out; who have hesitated when they should have denounced with pen and voice.

But for myself, my cry shall be against them day by day; these pages shall witness for me that I have fulfilled my duty in making known to this generation the exceeding evil of its besetting sins. And let every professional man likewise, being fearless of this offense, warn all his youthful patients of their danger in these matters; and so shall America again, as in days of yore, have men of mind and vigor to sustain her early fame in her hour of peril; to relieve her in her time of mental and physical prostration and senility.

Now that a salutary alarm has been raised by me in the consciences of the votaries of secret vice, they daily write to me for help, confessing that their mental energies are gone, and that their bodily powers are failing them—that their memories of the past are fading—that current events now flit along, and leave behind no impress of their passage—that they are dead alike to business and to pleasure—that to themselves they are a burden, whilst to the world they are an incumbrance—that to all around they are as dead, that to themselves they are worse than dead! This is the portion of the Onanist on earth; what it is in eternity I leave to another profession to point out, for here my mission ends.

## PRELIMINARY CHAPTER.

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It is the author's desire to treat upon SPERMATORRHEA, &c., &c., in such a manner, that those who are afflicted with the disease may learn how to distinguish it from other diseases which bear more or less resemblance to it—Gleet, particularly—and to induce young men, if possible, to shun the *cause* to which this complaint commonly owes its origin, namely, to Masturbation.

This subject being, then, one of such vast importance to the rising generation, especially, and one which has been so long and *habitually* neglected or despised by medical men, and turned over to the tender mercies of ignorant charlatan-ism—with its miserable delusions and snares to entrap the unwary, in the shape of instruments, *cauterization*, mercury, and “specifics” innumerable, and worthless as they are dangerous—I have come to the conclusion to embrace the present opportunity, afforded by a comparatively recent happy discovery of mine—the MEDICATED BOUGIE\*—and throw aside all thoughts of *self*, for the purpose of giving my ten years' experience in connection with that discovery or invention, and the VERATRUM VIRIDE, Iodine, &c., &c., *freely*, for the benefit of the victims of the most terrible affliction with which so many unfortunate persons are scourged, *through ig-*

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\* A DECIDED IMPROVEMENT.—“Dr. C. D. Hammond's admirable and novel mode of eradicating, promptly and effectually, by means of the ‘Medicated Bougie,’ the sad results of a destructive habit indulged in by youths and young men to such a deplorable extent, is a remarkable and decided improvement, as it entirely supersedes cauterization, which is both a very painful and very uncertain remedy, to say the least of it. Dr H. is a gentleman and a thoroughly practical physician and surgeon, of great experience and skill, whose superior professional advantages have rendered him, unquestionably, the most successful practitioner in his line.”—*Syracuse Medical and Surgical Journal.*

*norance of the means adapted for their relief*, or adequate to their full restoration to Health and the pleasures of life.

To those who are afflicted with any of the various forms of Seminal or Nervous Disease—especially with Spermatorrhœa, Impotence, &c.,—be they young men or old, the author would observe that these complaints may be radically, permanently, and with every degree of satisfaction to the patient, CURED, either with or without the use of the Medicated Bougie, which improvement, however, greatly expedites the cure—a consideration frequently of no little importance to many. The writer's practice in this line being unusually large, he is constantly meeting with some of the worst cases of this class; while in no instance has the method pursued by him disappointed his most sanguine expectations thus far.

It should be here distinctly stated for the reader's information, that Spermatorrhœa, and all other seminal diseases, may be successfully treated by *two* distinct methods, to wit: CONSTITUTIONAL or *medicinal*, and LOCAL or *medico-mechanical*: the former by properly selected and judiciously administered medicines internally, through the medium of the stomach, and the latter by the aid of suitable *direct* medication applied through the medium of the Medicated Bougie. But in point of *time*, the medico-mechanical method, conjoined with the constitutional treatment, is immeasurably superior to the *exclusively* medicinal plan; for, by the aid of direct medication, the cure may generally be effected in less than *one-half the time* required by the first-mentioned process. It should, therefore, be understood, that while I give the decided preference to a wise *combination* of these two methods, I do not, for a single instant, deny that these diseases can be effectually cured by either plan—indeed, more than half my cases are cured by medicine alone. Nevertheless, in all cases where a *prompt cure* is desired, the employment of direct medication possesses not only immense advantages, but it becomes indispensable. Both methods being, then, alike certain and radical in their

action, the *choice* of means on the part of the patient will be governed by circumstances.

To rely, however, in these affections, exclusively on purely *mechanical* appliances, of any kind, or upon any one "specific" medicine, or set of specific medicines, without due regard to the constitutional or *individual circumstances* of each and every case, simply argues one of the many palpable absurdities of which the practice of charlatanism is, unfortunately for its deluded victims, so terribly prolific. The *cerebellum* and *spinal nerves* are deeply involved in all seminal complaints, and any mode of treatment which neglects these delicate parts, must necessarily fail to afford satisfactory relief in any case whatever. And, while the constitutional means which I employ, are of a benign and rather agreeable character—being both *gelatinized* and *confectioned*, after the method of Prof. Jœckel, of Paris, so as to enable the patient to carry them about upon his person without any inconvenience, either on account of taste, smell, or appearance of the medicine—the local medication employed by me is almost entirely devoid of pain, or other disagreeable concomitant. The Medicated Bougie is also applicable in paralysis of the neck of the bladder, enlarged prostate, &c., in which diseases it has been used with the happiest result.

The author's THEORY and TREATMENT of Spermatorrhœa are at once scientific and plain, and may be understood by all at a glance. They are based on the fact, amply substantiated by a long series of cases, extending over 15 years of active practice, that this complaint, nine times in ten, is *not* (as Lallemand at one time supposed) the result of inflammation of the seminal ducts, but of *weakness* or a *loss of vitality* in the NERVOUS CIRCULATION\* of those ducts; hence the proper treatment consists, *not* in cauterizing or burning the said ducts (Lallemand's method), but in *restoring the impaired or lost vitality* to the parts in question.

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\* See Chapter on the Treatment of Impotence, pages 177-8.

To attain this important object, the author was induced, in the year 1854, to seek some *expeditious, certain and safe* method, and with highly flattering results; for, by the judicious use of his MEDICATED BOUGIE—a discovery, it is proper to mention, entirely his own—he has demonstrated, in a very large number of cases, consisting of several hundred, many of which were of an inveterate character, *that Spermatorrhœa, etc., can be relieved with entire safety to the sexual organs and the constitution WITHOUT PAIN, and in less than one-half the time required by any other method extant.*

Even in those cases where cauterization *seems* to be more or less beneficial, it should be observed that the benefit is merely *temporary* and delusive, inasmuch as the caustic can only produce a transient, *stimulating* effect, which soon passes off, greatly to the annoyance of the patient, who again and again has recourse to cauterization, “cordials,” &c., whereby the *tone* of the ducts is soon worn out—hopelessly and forever; whereas, by the author’s method, not only are the seminal ducts, &c., *revitalized* and vigorously strengthened, but the brain and whole nervous system are reinvigorated; whence it comes that the cure is *radical*, and permanently satisfactory to the patient. These are important practical facts, and should not be lightly passed upon or thoughtlessly heeded.

The original method which is here referred to, consists in conveying to the seminal ducts, by means of the Medicated Bougie, an amount of *direct* medication adequate to the prompt and perfect restoration of the *local vitality* upon which the healthy and vigorous action of the ducts depends; while the constitutional medication administered to the brain and spinal nerves, completes the cure. The success of this novel method of treating seminal diseases has been so uniformly flattering, that the author has deemed it proper to make it now known to the public.

As just mentioned, in about *ten per cent. only* of the cases of spermatorrhœa, let it be admitted, *for argument’s sake*, that

the disease *may* depend upon chronic inflammation of the seminal ducts ; and that in this number alone is Lallemand's method by cauterization applicable, namely, that of passing along the urethra, to the locality of the *orifices* of the ducts near the neck of the bladder, lunar caustic, and applying it *to and burning those orifices*, by means of a metallic curved caustic holder. If this delicate *coup de main* be accomplished *with precision*, which requires *perfect* anatomical knowledge, and great manipulating skill, such as only a Lallemand—a surgeon of extraordinary mechanical dexterity—is generally apt to possess, a *painful*,\* transient cure, will, *perhaps*, be effected ; *though it by no means follows that* because the nitrate of silver occasionally cures inflammation of the *external* membranes of the *eye*, it will also cure the (*assumed*) inflammation of the *lining membrane* of the seminal ducts ; and the reason of this is, because the surgeon can *see why and where* he applies the caustic in the former instance, whereas he can only feel (or *guess*) why and where he applies it in the latter case ; besides, *we can only cauterize the orifices* of the seminal ducts, while at the same time admitting the inflammation (if any there be) is located along *the interior* of those *very elongated* and minute canals, *throughout their entire length*, which, the reader will remember, is *several feet* ; see page 130, on which is given the length of the seminal vessels, as calculated by competent anatomists. This latter fact is of immense importance in illustrating the entire superiority which the Medicated Bougie possesses over the caustic ; as it is well known that certain medicines are so subtle and elastic in their action, that they readily permeate *all animal tissues*, throughout their length and breadth, even those the most dense, by CAPILLARY ABSORPTION. But (turning from this digression) in the remaining *ninety* cases, the CAUSE of the disease, as has been stated, is *not* inflammation of the ducts at all ; but is

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\* Which pain, he admits, lasts about "two weeks."

that which we have mentioned, namely, a loss of vitality in the *nerve power* of those ducts, &c., &c.

Lallemand, being a man of sense as well as science, has not failed candidly to admit, as was his duty, that cauterization is applicable in but a very small number of instances; as well as to insist, also, upon the danger resulting even in the small number of cases in which his method is supposed to be serviceable, from absence of knowledge and skill on the part of those persons who undertake to apply caustic to the seminal ducts. What, then, must be the amount of mischief done by the medical mountebanks to be found in all large cities and towns, who hesitate not to *attempt* to cauterize, *indiscriminately*, these ducts "*without pain*," in all cases of involuntary seminal emissions, impotence, and the like!

Cauterization, thus recklessly and bunglingly applied, as is almost always, if not *always* the case, has, in thousands of instances, laid the foundation of a most distressing disease—*incontinence of urine of a permanent character*—consequent upon irritation at the neck of the bladder; without mentioning enlargement of the testicles and prostate gland, spasmodic stricture, etc., which, from this cause, are of common occurrence.

These are not mere idle assertions, as the reader may see by looking into the works of scientific (*practical*) venereal surgeons generally—Bohn, and others.

On the absurd treatment by *cauterization* of the *orifices of the seminal ducts*, for the cure or even amelioration of spermatorrhœa,—a mode of treatment which, I may mention here, I have, in my former works, combated against for years, alone and single-handed—Grindle, in 1858, aptly remarks:—

“LALLEMAND OF FRANCE is the only author we shall notice upon the treatment by instruments of the diseases under consideration. Though we differ from him in some things, it would be egotistical to pass him by in silence; as his researches and experience deserve

our respect; not so many other authors, who may be consigned to well-merited oblivion with a passing remark, that nothing original occurs in their writings, simply because study and practical investigation have never been their object, and bigoted fanaticism takes the place of study and philosophy, whilst outbursts against more successful contemporaries, stand vividly forward as substitutes for sound, rational theory, and well-based practice.

“Lallemand says (and truly, too), that ‘some affection of the organs for the secretion and excretion of the semen is the most frequent and most active cause of Spermatorrhœa.’ It is worthy of notice that this very statement furnishes one of the best arguments against his mode of treatment, as I will hereafter point out; and in another page of his work he states with equal veracity that this malady is by no means, in all cases, of a *moral nature*, but very generally the consequence of peculiar bodily conditions; yet because *the application of caustic* over the vessels of the eye, is of service in some instances, he concluded that a similar process to the outlet of the ducts must ensure an equally favorable result; so the ‘PORTE CAUSTIQUE’ was invented—an instrument like a catheter, made of silver, and armed at its termination with a piece of lunar caustic, to be passed into the urinary canal of all persons, regardless of what condition the system or local parts might be in. It became that detestable thing, ‘a fashionable remedy,’ and was blindly thrust down the urethras of the unfortunate victims, to cauterize, sometimes one part, sometimes another, of the urinary tube, occasionally and but seldom coming in contact with the outlet of the ducts, and when it did, causing much suffering and doing no good,—because,

“*First.* If the cause of the disease be *only* locally situated at or near the mouth of the outlet, it must be cruel and unnecessary; but, as has been fully demonstrated, over and over again, by distinguished anatomists, such is *not* the case.

“*Second.* If it be seated at a distance, reflected irritation and increased inflammation alone can result, for the ducts in question are the termination of the vas deferens, and the vas deferens itself is only the outlet of convoluted tubes composing the body of the testes and epididymis, and exceeding, altogether, *twenty feet* in length; and the attempt to remove an obstruction in one of the numberless rivulets which help to form a stream, by blocking up the mouth of a mighty river, would be as likely to succeed.

“The author and disciples of the *Porte Caustique* differ much from each other, as well as from their opponents, as to the amount of pain and length of suffering which this so-called remedy occasions; and

this fact incontestably points out that the escharotic is used in different conditions of the *urethra* and applied to parts of the canal where the outlets are *not*: these small openings, like other orifices of the secretive glands, are composed of erectile tissue, with a trace of muscular fibre, which enables them to remain closed and quiescent, or erect and open, so that the cleverest operator cannot ensure the positive contact of his instrument exactly where he requires it to touch, above once in a hundred times; and if, happily, difficult now, it would be still more fortunate for humanity if the feat were *impossible*; for an *agony of pain*, followed by violent inflammation of some ten or fourteen days' continuance, accompanied by a flow of blood with the urine, and occasional painful erections without any improvement, are the mildest symptoms and slightest annoyance to which the patient is subjected; whilst long continued strangury, irritable and inflamed bladder, and *stricture*, are always *risked*; and when a tendency to any of these complaints, or to prostatic disease, chances to be present, will lead on to still more serious maladies, such as acute and chronic abscess, ulceration, or even mortification, and fatal hemorrhage; and yet, with these authentical facts before us, we are told by the advocates of this instrument, that a *second* application is frequently required! When the *Porte Caustique* exactly reaches its intended destination, and is quickly withdrawn, *permanent induration of the outlets, or loss of tone in their erectile tissue*, are common results. One of the most celebrated physicians of the present day bears testimony to the suffering, danger, and mischief, he has himself witnessed in victims to the use of this dangerous agent.

“Various other so-called remedies of a caustic and irritant nature have been recommended for introduction into the urinary passage, but it may be said of them all, that if they were less escharotic in their action, they would be less baneful in effect; still, more or less mischief must result from their use, and little or no benefit arise from such harsh applications.”

Again, “an attempt to compress the walls of the urethral passage, by means of a mechanical adaptation to the penis, does not want advocates at the present day. Surely absurdity can reach no greater length. The invention is just worthy a school-boy suffering from incontinence of urine; the semen flowing as usual into the passage, is, by force, prevented from passing away until the instrument is removed, when the semen and urine are ejected together, and the sufferer, perhaps, is beguiled into the idea of amendment, because he does not *see* the semen escaping, as he did previous to this treatment.”

Cauterization, then, of the seminal ducts, by means of Lallemand's caustic holder, or by the use of *caustic injections* with an elongated syringe, as resorted to by certain persons, should seldom or *never* be employed for the cure of this disease—by reason of the danger (*fatal* in some instances), *painfulness* and *inefficacy* of the same. *The author undertakes to cure ALL CURABLE CASES presented to him, without the use of a particle of caustic.*

Involuntary seminal emissions, whether nocturnal or diurnal, constitute a prevalent and very terrible disease among young men and others, consequent upon Masturbation, or "*self-abuse*," excesses, or the debilitating effects of climate; being one of the most appalling complaints, perhaps, with which its victims are or can be afflicted. The author's attention has, therefore, necessarily, been closely confined to the treatment of Spermatorrhœa, and the other different forms of seminal weakness or disease, now for a long term of years; and, as the proper treatment is evidently so little understood, he has thought proper to give it in full in this work.

Those, then, who are unfortunately *emaciated*, and *who* labor under a continual *drain* from the system, whereby their bodily strength is not only exhausted, but also their MENTAL vigor and vivacity are impaired,—thus preventing their entering the marriage state,—will meet with a friendly monitor in this valuable publication.

What can be of more importance to patients, than to make themselves intimately acquainted with *every* symptom to which many of the young, more especially, are liable; how to conduct themselves under all circumstances, without having their delicacy wounded by a disclosure of their fears or apprehensions to the rude scrutiny of pretended "friends"? Under such circumstances, the only second person in whom we can judiciously confide, is the respectable and honorable special surgeon; *he* never forgets that his profession, of nearly all others, is a truly sacred one, the secrets of which must never, under any circumstances whatever, be divulged.

## CHAPTER II.

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### THE MALE ORGANS OF GENERATION.

BEFORE we proceed to explain the abuses to which the organs of generation are liable, it will, for the sake of rendering the subject more easy of comprehension to the non-professional reader, be necessary to give a brief sketch of the anatomy and physiology of the organs themselves; in other words, to explain the healthy state of these parts, before we attempt to enter upon their diseased conditions; and, indeed, this is, after all, the true and only satisfactory mode. These organs include the testes, and a variety of other parts directly or indirectly connected with them, each of which we will treat respectively.

I.—*The testes and their coverings.*—The testes, or, as they are more commonly called, the testicles (Fig. I., C.), are two small glands, of an ovoid form, each weighing about an ounce, and measuring in the long diameter from one-and-a-half to two inches, and in the short about an inch. The left hangs down a little lower than the right, probably for the purpose of avoiding the pressure of one against the other, if the thighs are brought close together. The testes are surrounded by five coverings, on each of which I shall say a few words, commencing with the most external, and proceeding internally. The coverings are called—1, the scrotum; 2, the dartos; 3, the cremaster muscle; 4, the fibrous tunic; and 5, the tunica vaginalis.

1.—*The Integuments* form a purse-like envelope of both testes, called the scrotum, which is short and corrugated in

healthy, robust persons, but is much more lax and flaccid in disease. Temperature has also a considerable effect upon it, being much more contracted in cold than in warm weather; the skin of the scrotum is exceedingly delicate, and of a darkish color; is thrown into several folds or rugæ, and has a slightly elevated ridge or raphe in the middle line, extending from the penis to the anus. 2.—*The Dartos* is the cellular tissue—of peculiar texture—placed immediately under the skin, and so arranged as to form two bags, one for each testicle, and both united along the median line, forming a partition called *septum scroti*. The texture of the dartos is very loose, and readily becomes distended in disease; it corrugates the skin, and assists in moving the testes. 3.—*The Cremaster Muscle* (Fig. I., W.) consists of a bundle of fleshy fibres, descending through the inguinal canal on either side; its use appears to be to draw up the testicle. 4.—*The Fibrous Tunica* is a strong, thin transparent membrane, of a shining white color, supporting the cremaster muscle, and forming a bag for each testicle. 5.—*The Tunica Vaginalis* is a dense membranous sac, of a bluish-white color, in which the body of the testicle is contained: it was at one time—viz., in the foetal state—a process of peritoneum, but has been pushed before the testes, and thus prolonged as they descended from the abdomen to the scrotum. In addition to these investments there is another, called the tunica albuginea, but as it forms the capsule of the testicle, and preserves its form, it may be treated as part of the organ, rather than a covering to it; it is of a clear white color, and very dense; it separates at the back part into two laminae, one of which is continued to the vas deferens, and the other, joining with a corresponding layer from the opposite side, is passed into the substance of the gland, and forms the mediastinum testis. The glandular structure of the testicle has the appearance of a soft, greyish or yellowish pulpy mass, formed of lobules: when these are examined more minutely, they are found to be made up of

small convoluted tubes called *tubuli seminiferi*, or seminal ducts (Fig. I., D, E), rolled up in packets or bundles.

The average diameter of these tubes appears to be about

Fig. I.

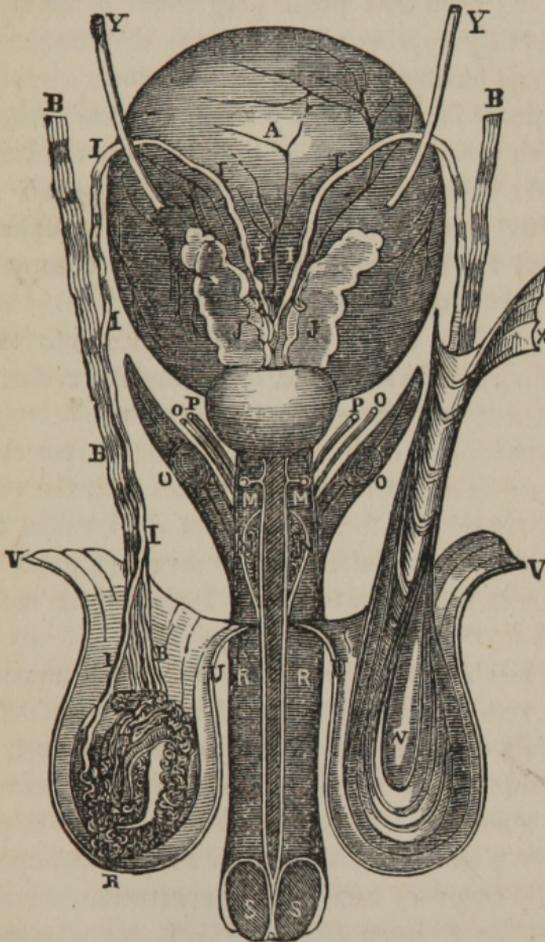


Fig. I. represents a back view of the male organs of generation—A, the bladder ; B, the spermatic artery, vein and nerve ; C, the testicle ; D, E, the tubuli seminiferi ; F, G, H, the epididymis ; I, the ves deferens ; J, the vesiculae seminales ; K, the prostate gland ; L, the urethra ; M, Cowper's glands ; N, the bulb of the urethra ; O, the erector muscles ; P, Q, the veins and arteries of the penis, called dorsal ; R, the integument underneath the penis ; S, the glans penis ; T, the orifice ; U, the raphe, which joins the anus ; V, W, the Cremaster muscle ; Y, Z, the ureters.

$\frac{1}{150}$  or  $\frac{1}{200}$  part of an inch, the length of each sixteen feet, and the number not less than three hundred. Each tube commences in a closed extremity (or by anastomosing with another), near the inner surface of the fibrous covering of the testicle, and from that point progresses to the mediastinum testis; as they approach this process, they become less convoluted, and having passed through its fibres several coalesce, and terminate in about twenty larger and less convoluted vessels, which proceed in parallel lines towards the back part of the gland; these are called *vasa recta*, or *tubuli recti*, they are situated amid the fibres of the tunica albuginea, in that part called the mediastinum; of this they occupy the front part, the blood-vessels being behind.

In brief, these tubuli empty the semen into two bodies termed the *vesiculæ seminales*, or seminal reservoirs. Here it is that the semen is stored up, these tubes answering the purpose of reservoirs: each vesicula terminates, posteriorly, in a rounded *cul-de-sac*, and anteriorly unites with the vas deferens of the same side to form a common duct, called the *ductus ejaculatorii*. The seminal fluid undergoes a great change in the vesiculæ seminales, to which I shall refer more fully in another part of the work.

VI.—*The Ductus Ejaculatorii* are the common seminal conduits, resulting from the junction of the vas deferens and the vesicula on each side. Each is about an inch in length, and its calibre is greater and more dilatable than that of the vesiculæ seminales. They are directed forwards, parallel to each other, pass through the prostate gland, and open into the urethra by two very small oblong apertures.

VII.—*The Prostate Gland* (Fig. I., K) is a small body, about the size and shape of a chestnut, surrounding part of the neck of the bladder and the commencement of the urethra, measuring about an inch from before backwards, a little more from side to side, and about half an inch in thickness. It is traversed by the urethra, and also by the ductus ejacula-

torrii; the greater part of it, however, is situated below the urethra, and it therefore rests upon the rectum. It consists of three lobes, two placed laterally—one on either side—and the third between and behind the other two. It secretes a thin, white fluid, which is supposed to be for the purpose of lubricating the urethra: its texture is peculiar, and is well known to possess, in a high degree, the property of elasticity, a fact which has been turned to considerable account in the operation of lithotomy. The prostate frequently becomes enlarged in old age.

VIII.—*Cowper's Glands* (Fig. I., M) are two small bodies, about the size of peas, situated upon the membranous part of the urethra, near the bulb. Their existence is not invariable; sometimes they are absent, and sometimes there is but one: they are not peculiarly male, since they exist in the female, and are quite as large in one sex as in the other. Two small ducts, about three-quarters of an inch in length, issue from them, and passing obliquely inwards and forwards, enter the urethra. Their use is by no means clear.

IX.—*The Penis*.—The penis is the organ in the male which corresponds to the clitoris in the female, and consists principally of the corpus cavernosum, the corpus spongiosum, the urethra, and the integuments, on each of which a few words may not be uninteresting. The common integuments of the body cover the greater part of this organ, the skin on the pubis is prolonged over the penis, not however without some slight alteration in its character, as in the former position it is supported by a thick cushion of fatty matter, whereas in the latter there is an entire absence of fat, and the skin is also much thinner on the penis than in other parts of the body: at the extremity of the corpora cavernosa it continues forwards, forming a loose fold, termed the prepuce, or foreskin. The skin at the margin of the prepuce is continuous with the mucous membrane lining the inside, and then being reflected to cover the glans, at the base of which, by the orifice of the

urethra, where it is continuous with the lining of that canal, it is thrown into a fold called the *frænum præputii*. The length of the prepuce differs much in different individuals; underneath at its base, a fœtid whitish substance is secreted, called *smegna*. The *corpora cavernosa* form about two-thirds of the entire volume of the penis, and determine its form: they are of the shape of longitudinal sections of cylindrical tubes, and placed side by side, and blended together the greater part of their length, whilst at the rest they branch off into the two *crura*, and consequently present nearly the appearance of the letter Y, the upper part of which would be placed against the pubis, and the lower at the *glans penis*. The *corpus cavernosum* is situated at the upper part of the penis: its color is generally an opaque white, and its structure a slightly elastic, dense fibrous membrane, traversed in many places by blood-vessels, which, being excited, give rise to the distension of the organ, called *erection*: the *corpus cavernosum* does not extend quite to the end of the penis, the *glans* not forming a part of it. The *corpus spongiosum* forms the lower part of the penis, and is analogous in its structure to the *corpus cavernosum*. The urethra is situated partly in the groove formed by the union of the two *corpora cavernosa*, and the remaining part surrounded by the *corpus spongiosum*: it extends from the neck of the bladder to the extremity of the penis, and is in the male from eight to ten inches in length: it serves to convey the urine from the bladder, and the seminal fluid from the *vesiculæ seminales*: it is divided into—a *prostate portion*, about an inch in length, and into which the *ductus ejaculatorii*, and the orifice of the mucous follicles of the prostate gland open—a *membranous part*, comprising the interval between the prostate and the bulb, also about an inch in length, and being the narrowest part of the canal—and a *spongy or vascular portion*, extending from the bulb (Fig I., N) to the *glans*, and being about six or seven inches in length. At the end of this portion,

viz., within the glans, there is a great dilatation of the canal called the *fossa navicularis*: it is this part that is generally affected in gonorrhœa, or, as it is vulgarly termed, clap. The glans penis (Fig. I., S) is a conical prominence forming the extremity of the penis, and presenting at its base a circular ridge called the *corona glandis*.

Fig. II.



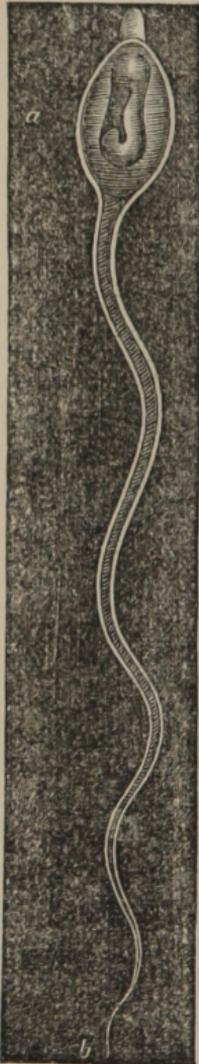
Fig. II.—A drop of semen, in which the spermatozoa are sparingly contained—*a*, spermatozoa; *b*, seminal granules.

This short sketch of the anatomy of the organs of generation will enable the reader the better to understand what I shall now state, regarding their functions and abuses, and the diseases to which they are liable.

The seminal fluid, I have already remarked, first makes its appearance in the testes, where it is elaborated from the blood, but is not perfectly formed there, as it undergoes other changes before it is ejected altogether out of the system. "It is one of those secretions," says Kirkes, "in which a process of development is continued after its formation in the secreting cells, and is discharged from them into tubes." It con-

tains, when first secreted, granules and round corpuscles, but no trace of the peculiar bodies which afterwards make their appearance. Having, however, passed into the vesiculæ seminales—taking the course I have already pointed out—here the great development is completed; here small bodies

Fig. III.



make their appearance, which have been called seminal filaments, or sometimes, from the idea that they were really living animals, and belonged to the entozoa, they have been termed spermatozoa (Fig. II., *a*). These are, no doubt, the essential elements of the spermatic fluid; they are exceedingly minute, measuring in the human semen not more than the  $\frac{1}{300}$  or  $\frac{1}{600}$  of an inch in length, and not more than the  $\frac{1}{900}$  of an inch in the diameter of the head, by far the largest part of the body; they consist of a head or body, of a flattened elliptical form (Fig. III. *a*); from this head is given off a kind of thread-like tail (Fig. III. *b*), by means of which the movements of the body are effected, and therefore this tail will be straight, or waved, according to its position.

Spermatozoa exist in the seminal fluid of almost all other animals except hybrids, in which they are either absent, or imperfectly developed, such animals being generally sterile. The shape of these small animalculæ varies in different animals: in most mammalia they are nearly of the same form as those of the human being, but generally larger, especially in the smallest animals; *e. g.* in the rat they are, according to Wagner, about  $\frac{1}{150}$  of an inch in length; in the

Fig. III.—Spermatozoon magnified—*a*, head; *b*, tail.

dog and rabbit they have a pear-shaped body ; in the mouse the extremity of the body is bent upwards and backwards, like the point of the scalpel ; in the squirrel, the margin of the body is bent, or rolled up ; and in lizards, serpents, frogs, &c., they have a globular body, and a delicate caudal filament.

The seminal fluid, in addition to the spermatozoa, is made up of two other elements ; these are—a fluid and seminal granules ; the latter are round bodies, granulated on the surface, and being in size about the  $\frac{1}{4000}$  of an inch in diameter. (Fig. II., *b.*). The fluid part of the semen has not been obtained separate from the other components, and consequently its properties have not been ascertained. The whole together, form, as you are aware, a thick white or yellowish-white fluid, having a peculiar smell ; it speedily becomes more transparent, when exposed to the air. From the nature of this fluid—from the purpose which it serves—and from the large quantity of blood brought down to the testes to form it, there can be no doubt whatever that its vitality is greater—much greater—than any other fluid in the body.

## CHAPTER III.

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### SELF-ABUSE.

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‘What are the sun and stars to things like *me*?  
I am a wretched mass of filth and misery!  
Hide me, dark-throated caverns,—hide my form!  
That lacks the *stagnet* and the *power of man!*’

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VARIOUS terms have been employed to describe the habit of self-abuse; most of them, however, to some extent are objectionable. The most common, perhaps, is ONANISM, taken from the circumstance that the first instance we have on record of a perpetration of a crime of this kind is that of Onan, mentioned in Genesis. Every one, however, who reads the narrative carefully, must perceive that the crime of Onan was not exactly that which is now called after his name. Another term, and perhaps a more correct one, is MASTURBATION, derived from *manus*, the hand, and *strapo*, I defile. This can, however, be considered strictly correct *only* when applied to the procuring emissions by titillations of the virile member with the hand; whereas it is used in a much more extended sense, signifying emission procured by any artificial means—any means, in fact, short of *natural* intercourse with the opposite sex.\* Sometimes habits of this kind have been spoken of as POLLUTIONS; but this term is objectionable, as it confounds in many cases the cause with the effect. A pollution is merely an emission, and that may frequently arise from weakness or disease of these organs, caused, *perhaps*, by

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This vice, *perhaps not*, and even in the former case occurring long after the habit has been abandoned. The most expressive term is that of *self-pollution*, or self-abuse; but as all the others named are commonly used and commonly understood, my objections to them are not sufficiently strong to prevent me from also employing them.

The pernicious habit of Self-Abuse may be commenced very early in life, and may be, as has been already intimated, the result either of teaching by associates or companions, or of chance or accidental circumstances. Few persons, except those who have had great experience in these matters, would for a moment guess that a habit of this kind could commence at the tender age that children are sometimes presented to our notice, suffering its dire and dismal consequences. Indeed it is almost impossible to say of any child that it is too young to practice it; frequently it is commenced at three or four years of age, and sometimes much earlier: of course there can be no emission at so early a period, but gratification is found in producing friction upon the glans penis, and other parts adjacent to it; and the habit is continued for the sake of this pleasurable sensation till an emission takes place, which occurs under such circumstances much earlier than otherwise. Even infants, a few months old, will acquire the habit of playing with their genital parts, handling them, and moving them between their fingers, if not checked by their parents or nurse; and there can be little doubt that such a trifling circumstance as this has, in hundreds of instances, given rise to that most degrading and pernicious vice. At three or four years of age, however, it is very common, and produces the most baneful consequences; for, although there is not at that period the terrible debility consequent upon the loss of large quantities of the most vital fluid in the body, which we so frequently witness in the emaciated and broken-up constitutions of those more advanced in years, yet there is an undue excitement, which must give rise to a large number

of the diseases "which flesh is heir to," more particularly of the *brain and nervous system*; and there is also the dismal fact, that the habit commenced at this period will continue through life, unless some guardian angel arrests its course.

The diseases which may arise from this habit, even when practiced before seminal fluid is found in the vesicles, and consequently before there can be any emission, are neither few nor small. The over-excited state of the nervous system which is produced, and the loss of nervous power which follows it, may give rise to such a perturbation of the nervous system as to occasion death, which is evidenced by a case of Lallemand's where death did occur, and which the Professor of Montpellier attributes to the effect produced on the brain by repeated convulsive shocks, similar to those which susceptible subjects receive when the soles of their feet are tickled. When, however, this undue excitement, and its consequent depression, does not terminate in physical death, it ends, in nine cases out of ten, in what may be justly considered mental death, in the loss of all intellectual capabilities, and the establishment of idiocy. How numerous are the cases which I have myself seen of children at six or seven years of age, who had been their parents' pride and joy, sunk into a state of confirmed idiocy through this baneful practice! Other evils, much too numerous to refer to individually, are also the common consequences of this habit, when commenced at this early period. "However young the children may be," says the author just quoted, "they get thin, pale or irritable, and their features become haggard; their sleep is short, and most complete marasmus comes on; they may die, if this evil passion is not got the better of; nervous symptoms set in, such as spasmodic contractions, or partial or entire convulsive movements, such as epilepsy, eclampsy, and a species of paralysis, accompanied with contractions of the limbs."

Should, however, the habit be continued, and, in conse-

quence of a strong constitution, none of these symptoms make their appearance during this youthful period, nature will reply to the call of the excitement, and semen will be emitted at a period much earlier than would otherwise occur. In such cases the sexual instinct manifests itself some time, perhaps many years, before the genital organs are in a fit condition to secrete this fluid. As soon as there is an escape, the pleasure will be much greater than had before been experienced, and consequently the habit will become more confirmed; the practice will be much more frequent, and as a matter of course, the chances of escape much less. Now, in addition to the undue excitement, there will be a *drain* upon the system, in the loss of the most vital fluid in the body. The frequency with which this act will be repeated in the day, is enough to frighten the physician or physiologist as to the consequences; but the youthful devotee, at the shrine of a more cruel deity than Moloch, fears no ill, because he knows not the danger—he sees not the precipice upon which he is standing, nor the vast chasm over which he is tottering.

All cases of this kind, however, are not commenced at so early a period in life; the habit is not discovered by many till the genital organs are in a condition to obey the call made upon them. Sometimes the first knowledge that a youth obtains of this practice is learned from his associates at school; for large institutions, where a large number of boys are collected together, and more particularly where several sleep in the same room, are admirably adapted for the purpose of propagating a vice of this kind; and there can be little doubt, that in many instances they are the very hot-beds of this vice. A circumstance occurred in a large school near ———, a short time since, which will be fresh in your memory, and which alone will serve to illustrate this point. At other times this habit is discovered by accident. Horse-riding has in numerous cases given rise to it, by producing an agreeable feeling in the friction of the genitals upon the sad-

dle, or back of the horse; at other times it has been commenced by rubbing the legs together, the penis being between them; and frequently by sleeping upon the abdomen. Sometimes the cause which *first* gave rise to it may have been a derangement of the cerebellum—that part of the brain which presides over the function of the sexual organs—and of the spinal nerves.

All that I shall do further in this chapter, will be to notice very briefly that disease called Varicocele, or varicose veins in the testicle. Frequent and undue action of an organ, no matter in what part of the body situated, will cause a greater flow of blood to that organ, and a change is consequently very likely to take place in the number and condition of the blood-vessels; this is what occurs in the testes in varicocele. From the continual excitement and constant action of the parts in the formation and emission of large quantities of seminal fluid, the veins become enormously distended, and apparently more numerous, and their coats thickened; the scrotum generally becomes elongated on the affected side, more frequently the left, but sometimes both; the folds disappear, and the whole organ hangs down in a pendulous state; sometimes the testicle wastes entirely away, and, as a matter of course, impotence, in many cases incurable, is the result. I was consulted, a short time since, on a case of this kind by a young man, the son of a clergyman of high standing———, whose pale and haggard appearance, together with the heart-breaking sobs which frequently interrupted the recital of the narrative, as he related to me the particulars, made such an impression upon me, that I shall never forget it as long as I live. He had practiced the habit of masturbation from the age of ten, as near as he could recollect, but thought it might probably have been earlier. It was first commenced by mere accident; climbing a tree in his father's garden to obtain some fruit, the friction upon the genital organs produced so agreeable a sensation, that he repeated the

act again and again ; this led him to attempt to produce the same pleasurable feelings by other means, first by rubbing outside his clothes, and ultimately by titillation of the naked virile member with the hand. Having continued this practice for two or three years, an emission was the result ; the pleasure being much greater now than before, there was little probability of the habit being discontinued ; and now, too, began to make their appearance inclinations for intercourse with the opposite sex, which this vicious practice was found the means of gratifying. At last, when about sixteen, he determined to discontinue the baneful practice, not because he saw any evil in it, but because he looked upon it as a boyish habit ; and, as he was now arriving, as he thought, to manhood, he concluded that the practices of childhood, this among the number, should be thrown aside ; but before he had carried out his resolution more than a week, he was seized with an excessive desire for sexual intercourse ; this he dare not indulge in, for fear of violating those laws and precepts of Christianity which his pious father instilled into his mind. Fornication he looked upon as a horrible sin, and, however strong the temptation to it, it must be avoided. You will readily imagine the sequel ; he again returned to his old habit, and for years afterwards viewed it not as an evil, but as a positive good, since it was to him the means of avoiding the sin of fornication. " Oh ! " he said to me, with tears in his eyes, " if my father or some one else, had conversed with me on matters of this kind at that period, it would have prevented all this suffering. But no, all such subjects were prohibited from being mentioned, and I went on sinning against God, and against my own constitution, in complete ignorance." The habit was continued for two years longer, when his constitution commenced breaking up ; he began to look pale and emaciated, his appetite fell off, severe pains were experienced in the back part of the head, and in the testes and the loins ; seminal emissions frequently occurred, and he was fast becom-

ing the shadow of his former self. His friends began to be alarmed at his appearance; the family medical man was consulted; his lungs were examined, and declared sound, and the disease pronounced general debility, which a change of air and tonic medicines would probably remove. The tonic medicines, in the shape of large doses of quinine, were administered; the sea-coast was resorted to for a change of air, but *the habit* was continued, and the patient experienced no relief. The root of the disease had escaped attention, and, as a matter of course, the system did not improve. At this period the patient himself had not the slightest idea that the debilitated state of his frame originated in the habit he had been so long practising. He thus continued to grow worse and worse, and his friends made up their minds that whatever might be the cause of his disease, he certainly would never recover. Celebrated physicians were now consulted, but the habit that was draining the fountains of the body of their vitality was never referred to, and the consequence was that the treatment had no effect. At length the young man began to notice a great change in his genital organs; the scrotum hung down in the pendulous state before mentioned; on the left side no testicle could be felt, but in its place a number of hard cords; there was an apparent diminution in size of the external parts, and an eruption made its appearance under the prepuce. These circumstances led him to imagine that probably the habit he had been so long practising might have something to do with the condition in which he found himself, and he determined to make inquiry on the subject. In his search through various works for the purpose of ascertaining this fact, he alighted upon "J. J. Rousseau's Confessions," which completely opened his eyes, and he now saw clearly the nature of the horrible vice he had for so many years indulged in, and the consequences, which were now, in misery to himself, flowing from it. It was immediately after this that I saw him; and although, from the nature of the case, and the

extent of the evil, I at first despaired of rendering him any service, yet I am happy to say, that, with his discontinuing the practice, the administration of powerful remedies internally, the employment of the Medicated Bougie, and the use of lotions and injections locally, he is now completely recovered, and is, he informed me, the last time I saw him, about to enter shortly into the connubial state with a young lady of great wealth and beauty. This case alone ought to be sufficient to show the evil of keeping young men in ignorance of the proper use of the genital organs, and the abuses to which these organs are liable.

## CHAPTER IV.

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### SPERMATORRHŒA.

THE disease called Spermatorrhœa is one of the most common results of Masturbation ; indeed, it is almost an invariable result, for it is next to an impossibility for any person to practice this baneful habit for any length of time, without suffering from the involuntary escape of seminal fluid, either with the urine or otherwise. It does not follow, however, that if an individual suffers from emissions, that, therefore, he must have been guilty of the vice of Onanism. By no means : the disease may have had its origin in excessive venery, or weakness from other causes, or in some cases, I have no doubt it is constitutional. “ The Vesiculæ Seminales,” says Lallemand, “ take on the habit of contracting themselves under the influence of excitement less energetic than usual, and quite abnormally so. In such cases, a full bladder or rectum, a bed too warm or too soft, lying on the back, warm or exciting drinks, etc., provoke emissions more readily than they ought. It is in such instances that the intimate and reciprocal connexion between the vesiculæ seminales and brain produces lascivious dreams, *les plus désordonnés*, under the slightest direct or indirect excitement of the genital organs, and inevitable pollutions, from the reproduction of all the ideas which are connected with those of generation.” Among the common causes of spermatorrhœa, I might place hæmorrhoids (piles), a long foreskin, accumulation of dirt with the secretion under the prepuce, drinking large quantities of alcoholic drinks, gonorrhœa, venereal excess, and even, though it may

seem paradoxical, excessive continence; but the most common of all, is weakness of the genito-urinary apparatus, resulting from the habit before named.

The term Spermatorrhœa, is derived from *Σπερμα*, semen, *Ρεω*, to flow, and is applied to all cases where emission of seminal fluid takes place otherwise than in obedience to the impulse arising from the natural act of coition, or the will of the person in whom it occurs.

It has been already remarked, that the seminal fluid is stored up in the vesiculæ seminales, and that small ducts open from the junction of these with the vasa deferentia into the urethra, and that by means of these ducts, the fluid escapes. Now, in the healthy state, these are continually kept closed, so that the semen cannot escape, except in obedience to the impulse arising from the natural act of coition; but when they become weakened by excessive venery, or, what is more common, by the habit to which the last chapter was devoted, dilatation follows, and the slightest degree of pressure will cause the semen—as yet imperfectly formed—to escape; such pressure, for example, as would be present when the fæces were passing down the rectum, or when the bladder was contracting to empty itself. You will remember that the vesiculæ seminales are situated immediately between the bladder and the rectum, so that, when the fæces are passing down the latter, there is necessarily pressure upon the vesicles, and, consequently, it is then that the first symptoms of spermatorrhœa are observed. The same thing occurs when the bladder is contracting to empty itself, and from the same reason; a quantity of thick slimy fluid may be observed passing with the last few drops of urine, which, upon examination, turns out to be semen. Should the weakness, and, consequently, the dilatation, continue to increase, it will require no pressure to force away the seminal fluid, for it will escape as soon as formed, not remaining in the vesicles at all; but, passing immediately into the urethra, will either escape in

large quantities, or pass backwards into the bladder, and come away with the urine.

B. C— called upon me one morning, and informed me that he was twenty-four years of age, had practiced masturbation whilst at school, but had left it off for more than ten years, and had recently had sexual intercourse with females, much more frequently than he thought, to use his own words, "did him good;" for the last week he had felt a little pain in the penis, and had noticed, on going to stool, a quantity of white glutinous matter pass away from the urethra, and become suspended in the water. I requested him to furnish me with some of the matter upon a piece of glass, which he did; on examining it with the microscope, I detected spermatozoa, ordered a lotion to be applied to the genital organs morning and evening, and medicine to be taken internally, together with the use of the Medicated Bougie; in three weeks he was quite recovered.

The seminal fluid is elaborated from the blood in nearly the same way that the milk, or any other secretion is; but, requiring a much larger quantity of blood to form it, it is of a much more vital character. Indeed, it has been computed, that its vitality is twenty times that of blood, and, consequently, the escape of an ounce of semen would be equal in the debilitating effects it would produce upon the system, to the loss of twenty ounces of blood; and by this calculation, any one may easily judge of the result of frequent emissions.

In the healthy condition of the generative organs, the seminal fluid is continually being formed, and stored up in the vesiculæ seminales, to be ejected from the system at regular intervals; but the formation of this fluid, like that of most other secretions, is very much under the control of the NERVOUS SYSTEM, and will consequently be much increased by the MIND being continually directed towards objects calculated to excite the sexual propensity; and thus, if it be frequently ejected, a much larger quantity will be produced, at a terri-

ble expense to the other organs of the body. When, therefore, a morbid condition of these organs has been brought about by excessive venery, or any other evil habit, so as to give rise to spermatorrhœa, and the patient suffers from the continual escape of this vital fluid, the quantity that may be secreted and passed away, is enough to frighten any one who understands anything of the physiology of the human body.

One form, and a very common one, in which we meet with spermatorrhœa, is the escape of seminal fluid during the night, accompanied with erection of the penis, and erotic and lascivious dreams; the emission in this case is generally supposed to arise from the excitement of the pictures before the imagination; this is, however, by no means the case. "The general belief," says Lallemand, "exists that erotic dreams produce nocturnal pollutions, and they are looked upon as very dangerous; but lascivious pictures, which occur during sleep, arise from excitement of the genital organs, just as erections and spasmodic contraction of the vesiculæ seminales do; all these phenomena coincide, because they depend upon one and the same cause, but the one does not depend upon the other."

A young man, of a nervous and excitable temperament, wrote to me, asking for advice under the following circumstances: He had practised masturbation for many years, in fact, had commenced it as early as he could remember, and had continued it till within two years of the time when I saw him, at which period his age was twenty-one. For the last year he had suffered from emissions, but in a trifling degree—as he called it—once a fortnight, or sometimes a little oftener. Recently, however, he never slept a night without having his rest interrupted by dreams of a most lascivious character, imagining himself in the embrace of the most beautiful women that imagination could picture, which dream always ended with his consummating his wishes, as he imagined, but which the morning revealed to him as a copious emission, his night-clothes and the bed being wet with the fluid which had escaped. As this was rather a serious case,

I wished him to see me personally. This request he complied with, and I found, as I had anticipated, varicocele in one testicle, and the whole of the genital organs in a great state of irritation. I employed remedies internal and external, and in two months had the pleasure of knowing that a complete cure had been effected.

This is a very common form of spermatorrhœa. Scarcely a day passes without my seeing patients whose symptoms are analogous to those I have just detailed. The disease, like an assassin, attacks its victim during sleep, and when, consequently, he has no power to ward off the blow. Even on those nights when emissions do not occur, still the patient suffers from gloomy and terrible fancies, breaking in upon his slumbers, haunting his imagination, and reviving what during the day has occurred, of the most unpleasant nature.

My slumbers—if I slumber—are not sleep,  
But a continuance of enduring thought,  
Which then I can resist not ; in my heart  
There is a vigil, and these eyes but close  
To look within.

Sometimes the escape of seminal fluid is experienced at regular intervals during the day, apparently without any direct cause. The patient may be walking or sitting—in one position or another—when suddenly he feels a quantity of fluid escaping from the urethra, without exciting any pleasurable sensation, and in the entire absence of erection of the penis.

G. F., called upon me, and stated that a few days ago he had attempted intercourse with his wife, and had failed ; at first there was an erection, which, however, soon subsided, without any escape of semen, and then all sexual power was gone. He had been many years in Florida, and had enjoyed very good health, but for the last three or four weeks had suffered from the escape of what he supposed to be semen, which had passed away generally whilst taking a lounge on the sofa, and smoking his cigar after dinner. This was not the result of an erection, nor did it occasion any pleasurable

sensation. He had, he stated, practised Onanism during his youth, but did not think it was that, or he should have felt the ill effects of it before. I used the Medicated Bougie, ordered cold bathing every morning, and prescribed internal remedies: and the patient was quickly restored to health and manly vigor.

The worst form of spermatorrhœa, because the one most likely to escape detection, is that where the semen escapes by the ducts into the urethra, not, however, to be immediately ejected from the system, but to pass backwards into the bladder, and then to be brought away with the urine. In this way the disease may go on for years without even being suspected, and the person who finds himself from this cause suffering from general debility and nervousness, wonders what can have given rise to the symptoms under which he labors.

L. M., an Englishman, consulted me, to know if I could point out any probable cause why his wife had not borne children. He stated that he had been married four years, had lived rather freely previously, but did not think he suffered any ill effects from it, as he was able to have intercourse with his wife, although he admitted the pleasure experienced during the ejection of semen was not as great as formerly. Thinking he might suffer from this form of spermatorrhœa, I inquired if he knew whether the seminal fluid retained its usual color, smell, and consistence; to which he replied, that it did not; it was much thinner, and void of smell; the quantity, also, passed was very trifling. I then requested him to bring me some of his urine, which he did. Upon examination, this was found to contain large numbers of spermatozoa, but not perfect ones; most of them with the tails broken off, or mutilated in some other way, presenting nearly the appearance seen in the Diagram Fig. IV.

Fig. IV.



Fig. IV. Imperfect spermatozoa.

I now informed him that the cause of his wife's barrenness was obvious; he himself labored under the evil effects of spermatorrhœa, and the seminal fluid was of a most vitiated character, such, in fact, as could not possibly fecundate an ovum. He then placed himself under my treatment; the result of which will be best seen in the fact, that in less than twelve months the newspapers announced the birth of an heir to his estates, which were considerable.

The broken or imperfect form of the spermatozoa is a common consequence of spermatorrhœa, and is frequently met with in that disease.

B. F., a young man about 23, a lawyer, who had been married about a year, and had never consummated the marriage obligation, called upon me to ask advice in his case. He informed me that he had never practised masturbation, nor, excepting once, when about eighteen, had he ever cohabited with a female; and even then the pleasure he experienced was trifling. At the age of twenty-two, however, he married a young lady of great respectability, and of a warm and sanguine temperament. On attempting coition he failed, as there was no ejection of seminal fluid; and almost before penetration had taken place, the power of erection disappeared. This sadly disappointed him; but thinking it probably arose from his shyness, he consoled himself with that idea, and went to sleep. In the morning, another attempt was made, but with no better success: the next night, and the one succeeding that, was a repetition of the same circumstance. He blundered out apologies to his wife, but she, in the generosity of her woman's nature, hoped he would think nothing of it—she, no doubt, hoping for better days. Week after week passed away with the same result, till at length he scarcely dare make the attempt; his wife endeavored to endear him to her, but all in vain. At first he was desperate, and meditated self-destruction; but at length he became accustomed to the circumstance, and thought little of it: his

wife was still in that same maiden state as when he took her from her father's home, but now he began to study her happiness much less. Twelve months passed away, and one day some trifling neglect on the part of his wife caused him to make a most severe remark : she, in return, replied, that she thought he should be more lenient to her faults and imperfections, as she had not been so severe upon his. He understood to what she referred, and went out at the door without replying : he reflected, and after a few moments determined to commit suicide, and returned again to the house for that purpose. Fortunately, however, it occurred to him, that if he did, the secret might out, and he could not bear the thought that remarks should be made upon such a subject, to his prejudice, after he was dead. It now, too, occurred to him that he might be suffering from some malady which might be within the reach of medical skill to remove. In this condition he waited upon me : I examined his urine with the microscope, and, after much trouble, and with great difficulty, detected spermatozoa. This solved the problem : I administered the remedies I employ in such cases, and the following short note, which I received six months after, will indicate the result.

MY DEAR SIR :—I am happy to inform you that I am completely recovered ; the proof being, not only that I can engage in the act of coition, as other men, but that my wife is *enciente*. I shall look upon you as my benefactor as long as I live.

I am, dear Sir,

Yours, very truly,

DR. HAMMOND.

B. F.

Impotence is surely the greatest calamity that can befall a man. With what contempt does a woman look upon a man who is incapable of performing the functions of his nature ; and how few are the individuals who possess courage enough

to meet the jests of their fellow-men under such circumstances. Who could bear to think that the following remarks of Sir Astley Cooper applied to him? "To such, 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 fertile autumn! but all is a winter—a dreary, desolate, and barren winter, in which the springs of life are frozen up, and the animal propensities destroyed." Impotence is commonly the result of spermatorrhœa.

There is another point or two which are of the greatest possible importance to refer to: these are, *Firstly*, the mode of detecting spermatozoa; and, *Secondly*, the treatment to be adopted. To these I shall recur in subsequent chapters.

The most important point for the patient to bear in mind, in regard to the treatment of this affection, is to attend to it *in time*. When it has once commenced, it very rapidly becomes worse, and speedily, if not attended to, passes beyond the reach of all treatment, nearly.

## CHAPTER V.

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### PRACTICAL OBSERVATIONS ON SPERMATORRHOEA, &c., &c.

The Causes, Symptoms, Prevention, and Cure, by a New and entirely Original System of Treatment.

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#### DESCRIPTION, CAUSES, AND SYMPTOMS.

THIS Disease, popularly called Seminal Weakness, but scientifically termed SPERMATORRHOEA, is also known by a variety of names, more or less familiar to readers, as:—"Sexual debility," "seminal emissions" (nocturnal or diurnal), "nervous debility," "physical decay," "mental debility," "premature exhaustion," "premature decay," "consumption," "impotence," "nervousness," &c., &c., &c.

Young men are the most frequent victims of Spermatorrhœa, although it is by no means confined to them, as many adults are quite deplorably afflicted with it, and hurried by thousands, yearly, into the very jaws of death, Consumption, and the premature, silent grave, through the indirect agency of this frightfully appalling and *secret scourge of civilization*. For be it known and remembered that this disease is *very often* the IMMEDIATE, though generally unsuspected CAUSE\* of *Phthisis Pulmonalis*, or PULMONARY CONSUMPTION—and consumption is the fell destroyer of *nine-tenths* of the civilized human race.

The observance of the sacred injunction, speaking the language of nature, or the physical laws: "Be fruitful and multiply and replenish the earth," is not unfrequently attended with much difficulty, if not impossibility, for the patient laboring under this complaint; to remove which, is the duty of every physician who is endowed with benevolence, reason, and

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\* The *origin*, or REMOTE CAUSE of Phthisis, is generally Constitutional Syphilis in the parents or progenitors. See page 269.

sufficient skill : to lay before all the *proper means* for accomplishing so desirable and important an object, is the aim of the following pages.

The involuntary and too frequent discharge of the semen, or the seed, is called *nocturnal pollution*, if it happens only with voluptuous dreams at night ; and *diurnal pollution*, if it happens in the day-time, with the slightest irritation, as for instance—if riding on horseback, or by an amorous idea, or by looking at or touching a female. The too frequent or involuntary nocturnal pollution is debilitating ; still more so is the diurnal pollution, which may be classed as one of the most weakening and destructive of evacuations.

To make this all-important subject perfectly clear to the general reader, I shall adopt the classification of Bohn,\* a late Prussian writer of ability on this class of diseases. “Spermatorrhœa,” says he, “has three different stages, showing themselves—

“1st, by *Nocturnal Emissions* ;

“2nd, by *Diurnal Seminal Losses* ;

“3d, by *Impotency, or Complete Loss of Manhood*.

“All these three different stages are accompanied, more or less, by nervousness ; by an impaired nutrition of the body ; by lassitude, languor, weakness of the limbs and back ; by indisposition and incapacity for study or labor ; by dullness of apprehension ; a deficient power of attention ; loss of memory ; aversion to society ; love of solitude ; timidity ; self-distrust ; dizziness ; headache ; pains in the side, back, and limbs ; affections of the eyes (specks, &c., floating before them) ; pimples on the face ; and, in extreme cases, even by idiocy, or insanity, in their most intractable forms.

“The progress from one stage to another, is oftentimes scarcely perceptible ; the virile organs losing their vigor so gradually, and those seminal losses being frequently so hidden

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\* *Sur les Pertes Seminales*. Paris, 1852.

from view, that only a well-experienced eye is able to trace them. *Nocturnal* emissions, of course, both with and without erections of the procreative organ, cannot be overlooked; but *diurnal* emissions, or the second stage, are frequently escaping the attention of the patient, till he finds himself in the third stage, or wholly unable to perform the natural sexual functions of a man.

‘At first, the emissions are always attended by erections and pleasurable sensations during sleep, but in progress of time they begin to occur without either erections or sensation; and finally take place in the day-time, and this sometimes whenever the bowels are moved, or the urine passed, or by the slightest excitement in female society, or occasionally they pass too quick during the act of copulation, so as to prevent either party from enjoying it. In extreme cases, there is a constant passing away of the semen, with scarcely any intermission, and a *complete loss of power and retention* is the inevitable consequence.

“Persons, therefore, who have been suffering in former years from frequent nocturnal emissions, and are now not any more troubled in this way, will be oftentimes quite ignorant about the cause of their *nervousness*, their incapacity for study or business, their depression of spirits, &c., until by accident they detect small quantities of semen in the urine,” etc.”

CAUSES OF SPERMATORRHŒA.—The *immediate* cause of this disease is *debility*, or a *loss of vitality* in the sexual-nervous system, with the consequent morbid sensibility and irritability of the seminal ducts and their appendages, the cerebellum and spinal nerves. In the highest degree of diurnal pollution, or seminal leakage, consists the greatest weakness of the seminal vessels—a slight pressure of the parts even causing an evacuation of semen. [See the article IMPOTENCE, Chapter VIII., page 177.]

The most common *predisposing* cause of an involuntary dis-

charge of semen is the practice of *Masturbation*, or Onanism ; and next to this in frequency is the occurrence of an attack of Gonorrhœa. There is a variety of other causes which may give rise to Spermatorrhœa, such as constipation of the bowels, venereal infection, strictures of the rectum, or of the urethra, repelled cutaneous eruptions, hot climates, and the operation of *cold* ; but these causes are so rare in comparison with the two first mentioned, that I will pass them by without further remark, confining myself to the discussion of, and pointing out the treatment adapted to the disease when brought on by Onanism and Gonorrhœa.

When the emissions become thus unnatural, they may be said to have outlived the wants of the system, and it is then that they compromise the health of the individual. The irritation which arises from the presence of a superabundance of spermatic fluid, still persisting and increasing, the organs themselves begin to feel the pernicious effects of the over-excitement, and the erections become incomplete, the emissions hurried, and the act almost entirely devoid of pleasure. Finally, the power of erection is entirely lost, the nocturnal discharges are *diminished*, and the change takes place of having the discharges during the day, instead of the night, as before—diurnal emissions ; debility, or loss of vitality in the seminal-nervous system, as explained in the foregoing chapter and elsewhere, and in some rare instances, capillary *congestion*—not inflammation as Lallemand supposed—have now extended to the entire series of organs concerned in reproduction, and to the urinary apparatus ; and every time the patient defecates or attempts to urinate, these acts are accompanied by a sensible loss of semen.

GENERAL SYMPTOMS OF SPERMATORRHŒA.—*Debility of the nervous system*, hypochondria, cramps, weakness of the eyes, optical delusion, weakness of the memory, of all the faculties of the mind ; loss of the manliness of character, and the love of life ; and if not properly treated and cured, these symp-

toms are followed by palsy, imbecility, insanity, consumption of the spinal marrow and LUNGS, and finally by death.

Among the more prominent symptoms of Spermatorrhœa, or of a tendency towards this demoralizing and insidious malady in young persons, are, a subversion of the natural temper to a disposition prone either to excessive irritability or morbid sullenness; in some, the face becomes sallow, in others, meagre and attenuated; the countenance flushes fitfully and readily; the eyes lose their clearness and vivacity (or "*vim*"), and an unnatural yearning for solitude takes the place of that gaiety proper to the period of youth; whilst an invincible aversion to the searching gaze of the observer, master, friend, or parent, betrays, in the downcast eye, the consciousness of secret shame. This alteration in the temperament and manners displays itself more or less obviously, according to the organization of the constitution, and the tenacity of hold which the habit of self-abuse has effected upon the youthful mind by its destructive influence. In fact, the symptoms are such as might be expected to arise from such a *drain* upon the system; the individual becomes lean, wan, and dejected; wandering pains are felt throughout the body, but particularly in the head and region of the kidneys; the digestion is laboriously and painfully performed; the most obstinate constipation will oftentimes be present; wind in the bowels will continually torment and harass the patient, driving him out of society; the lassitude and general debility which result from these conditions, will induce a state of moroseness in the patient, which renders him discontented with himself and others; he avoids society, because of the restraints thrown around him. He becomes averse to everything which reminds him of the pleasures in which he can no longer take a part; he falls into profound melancholy, becomes irascible, misanthropic, completely hypochondriac; occupied with one sole object, he manifests the greatest indifference for everything that does not pertain to his own condition.

The emissions in most of these cases occur during the sleep,

accompanied by an erection of the penis, at times, and are often consequent upon the termination of a lascivious dream.

Among the symptoms which render evident disease of the *mind*, are, “the impairment of the elasticity and tension of the intellect—the power of application is diminished, the love of pursuit is decreased, the perception becomes slow, confused and erroneous—the wide range of the imagination is curtailed, and concentrated upon the one all-absorbing subject—the mind becomes *old*, if I may so speak, so that the memory of the immediate past is obliterated; while that of scenes and events long since passed, of by-gone days of happiness and mental hilarity, remains to harass and torment the mind that would escape from its torturing and terrible thoughts; the judgment becomes infirm and vacillating; a horrible inclination to *commit suicide* is felt by the patient at the sight of instruments of death—a feeling rendered still more horrible, by the ineffectual attempts which are made to flee from it.”

These, and many other symptoms (see chapter VII.) are often observed, although, perhaps, never in full in any one single patient.

I should, perhaps before this, have stated what was the true nature of the *local* disease. From the preceding and succeeding pages, it can be seen plainly, that it consists in a LOSS OF VITALITY—but where? I will answer: whether brought on by self-pollution, gonorrhœa, or excessive coitus, the NERVES of the mucous membrane of the seminal tubes and ejaculatory ducts (or those canals through which the semen flows), and the *testes*, become *debilitated* from *over-use*. That is the true nature of the disease. Just in the same way that any other secreting organ would become weakened and irritated from too much use, these delicate organs become so likewise; and it could hardly be expected that they should do otherwise. In the course of the disease, other organs adjacent and connected with them become exhausted, and thus increase the patient's danger.

## CHAPTER VI.

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On the New Treatment of Spermatorrhœa, and its Concomitant Diseases, by means of the American Veratrum Viride, Spts. Formic., the Author's Medicated Bougie, the Preparations of Iodine, etc.

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Now the question arises, how are these seminal losses, nocturnal as well as diurnal, to be arrested, thereby restoring not only the affected parts, but the whole body, to their former pristine vigor? The *best* because the most *prompt* method, is by a judicious *combination* of Medicinal, Local, and Medico-Mechanical means; or in other words, by GENERAL (constitutional) and SPECIAL (local) Treatment.

The special or *local* treatment consists in first reducing the local weakness and relaxation, and thus bringing about a healthy action in the seminal vessels, etc., largely by the aid afforded through the medium of the Medicated Bougie; and, also, in *counteracting the debility of the system at large*, by the employment of suitable internal remedies; one of the *principal* among which, in my practice, is the VERATRUM VIRIDE, than which a more appropriate Nervine was never vouchsafed to afflicted man suffering from Spermatorrhœa; for it will, if properly combined with IODINE, and other auxiliary ingredients, effectually supply the deficient constitutional vigor, generally connected with seminal weakness, through the brain and spinal nerves, particularly.

To make the treatment perfectly intelligible, a little anatomical and physiological knowledge will be useful to the reader. I again quote from Bohn:—

“ *Physiology and Composition of the Semen.*—The semen passes

from the testes along a pipe or duct, called the vas deferens, which opens into the urethra, through the prostate gland and seminal vesicles, just behind the upper and back part of the scrotum, or bag. These ducts and vesicles have, in a healthy state, sufficient power of retention and contractility to retain the semen in its proper place, till it is wanted in a natural way in cohabitation. If, however, they are weakened from self-abuse, &c., they become relaxed, and, as it were, enlarged, and consequently allow the semen, almost mechanically, to escape involuntarily at the slightest excitement. When irritated, they are liable to be acted upon by the urine, which passes over their mouths; and as the bladder itself soon partakes of the same irritation, the urine is being constantly passed, and is nearly always mixed with semen."

According to a chemical analysis of semen made by Mons. Vauquelin, it appears to be composed of—

1. A peculiar extractive matter	. 6
2. Phosphate of Lime . . . . .	3
3. Soda . . . . .	1
4. Water . . . . .	90
	<hr/>
	100

Dr. Bohn found a substance resembling mucus, a peculiar form of albumen, a matter slightly soluble in either soda or chloride of sodium (common salt), phosphate of lime, sulphur, and a peculiar volatile distinguishing odorous principle.

The semen of animals is a thick white or yellowish white fluid, having a peculiar penetrating odor. It becomes more transparent when exposed to the atmosphere, and is coagulated by alcohol. Semen, of both men and the lower animals, is composed of three distinct elements, a fluid, granules, and animalculæ—viz., the *spermatozoa*. These animalculæ are found in both the vas deferens, and in the seminal vesicles. The fluid of the semen cannot be obtained separate from its other component parts, and, consequently, its other peculiar properties are unknown. The spermatozoa were discovered by a student at Leyden, named Hamme, and are ably described by M. Leuwenhœck; and during the present century

by M. Wagner, M. Prevost, Baron Dumas, Dr. Müller (of the University of Berlin), and Dr. Carpenter (of University College, London). They are found in man and the majority of the higher classes of animals. In birds, they are produced anew each Spring, and disappear in the Autumn. In the mammalia (animals which bring forth their young and suckle them), their formation commences at an early age; in rabbits their development is complete, according to M. Wagner, at the third month after birth; in cats and dogs it is effected much later; but in men, it does not take place till the age of puberty, which on the continent of Europe occurs when the individual is about fourteen years of age. These important observations have also been confirmed by those eminent men, M. Von Siebold, Dr. Valentine, Dr. Dewhurst, Dr. Hutin, Dr. Brier, and Dr. Hallmann.

These animalculæ or spermatozoa, are the cause of impregnation in the female after a successful matrimonial enjoyment, and, of course, this can only take place when these microscopic animalculæ are perfectly formed. However, it has been discovered, not only by myself, but by far more eminent physiologists, that when, from *self-abuse*, the individual is attacked with Spermatorrhœa, these minute animals are *imperfectly formed*, and consequently no impregnation can take place in the female; and for this reason, all hopes of a married pair, under these circumstances, are entirely out of the question. This fact alone, independent of others I could name, will demonstrate the absolute necessity of every individual suffering from Spermatorrhœa, and especially when it has originated from baneful youthful practices, paying particular attention to these important subjects.

#### *Deposition of Seminal Fluid in the Urine.*

Semen constitutes a very frequent deposit in the urine of persons suffering from Spermatorrhœa, (from the pernicious use of curative instruments, rings, etc., which, in "preventing

the emissions," as the quack says, causes it, the semen, to enter the bladder, and produces *Impotence*), and which can only be detected by the microscope. This is also shown, by the presence of the well-known seminal animalcules and corpuscles. The spermatozoa are nearly always *dead*, in consequence of the injurious action of the urine itself upon their vitality. They are occasionally seen in the urine in small number, where there is no visible deposit.

In combination with these spermatic animalculæ, octahedral crystals of oxalate of lime are frequently noticed. Some pathological chemists have stated, that when these crystals occur in urine, semen is always present; but as far as my own observations extend (and these have been extensive—almost daily), such has not been the case. In this I am confirmed by the researches of Dr. Hassell.

"It is very common for patients to remark, that their urine is thick and ropy, particularly the last drop, and it is generally thought that this arises from inflammation of the bladder, but in most cases it is only from being mixed with semen. Many respectable married men, of temperate habits, do not suppose that they are in the least affected in this way, simply because they do not know that such losses could occur in any hidden form. On acquainting them with this form of Spermatorrhœa, they are amazed, and deeply regret the want of information that had prevented them from knowing the cause of their suffering before. There is no doubt, but that this hitherto undetected form of Spermatorrhœa, has been the cause of incalculable misery to thousands, and that it has condemned numbers to insanity and an untimely death: in married people, this frequently arises, where the bounds of true moderation in the sexual act have been exceeded."—BRAU.

We can now resume the above observations in a few words. This relaxation, and loss in the power of retention, in the seminal conductors, must be considered as the real cause of the disease in question; while the too frequent losses of the seminal fluid, produced by them, are the cause of the constitutional symptoms above enumerated.

To produce a *healthy* contraction (through revitalization of

the seminal-nervous system) of these seminal vessels, tubes, ducts, and vesiculæ seminales, then, *throughout their entire length*, is to cure the Emissions. I shall now point out the proper treatment.

GENERAL TREATMENT.—The cure of the too frequent pollutions is at the same time the cure of Onanism, and is impossible without desisting *entirely* from the latter. To this end, the prurient imagination is to be regulated and diverted from voluptuous and sensual objects; avoid obscene and disgusting books; the mind should be occupied with serious and abstract occupations; the physical powers are to be invigorated by exercise, so that the couch is sought from a sense of weariness, almost, though not from *excessive fatigue*. The diet is to be bland, nutritious, and plain, and the patient should avoid all that is stimulating and exciting, especially spices, wines, and other liquors; and in their place vegetables and fruits should be used: no food should be taken late at night, nor indeed for some hours before retiring to bed, while feather beds should be avoided, and early rising adopted.

With these preliminary regulations, then, the *cure* is to begin.

The next thing necessary, is to strengthen and remove the *weakness* and morbidly-increased *irritability* of the sexual apparatus. This should be done with great precaution. An immediate and *too sudden* strengthening and stimulation of the organs would increase the local irritability, and of course the pollutions, and thereby the debility; hence the absurdity and perniciousness of resorting to *cauterization*, and to the various alcoholic preparations of cantharides, or Spanish flies, sold in this and other markets under various names and forms, which merely *stimulate* and consequently weaken the parts. At first, therefore, the more powerful remedies are not to be used, but the MEDICATED BOUGIE, the Spts. Formic., the mineral acids, and particularly the Aromatic Sulphuric

Acid, in doses from 15 to 20 drops, three times a day, are to be our chief reliance; after a week or two, a mixture of this acid and the Spiritus Formic., with Tinct. Cinchona; and after another week, the time will have come for employing the VERATRUM VIRIDE, Iodine, &c.

At the same time the use of means which have a tendency to diminish the irritability, and give real strength, should not be neglected. For instance, sea baths, and repeated bathings of the genitals, the perinæum, and the back, with cold salt water; afterwards, cold water mixed with Spirit. Formic., and camphorated spirits; together with bathing in the river or sea. Also, artificial ferruginous baths—*vitriolized iron*, half an ounce to each bath—used in connection with the other means, will, when the baths can be conveniently employed, facilitate the cure; although they are not absolutely essential.

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#### SEMINAL GLEET.

A seminal gleet may arise from an excessive indulgence in venereal pleasures, from stimulating provocatives—as “invigorating cordials,” &c.—as well as from self-abuse; it may also be brought on by a variety of accidental causes, such as very violent labor or exercise; lifting weights above the strength of the body, or other strains; violent or otherwise improper medicines, may also produce this complaint; or it may be occasioned by epilepsies, convulsions, or involuntary emissions, whether from dreams or other causes. In the approaches of this disease, there are generally no symptoms of actual pain, except a weakness and a dull uneasiness in the loins and about the neck of the bladder; the semen or seed passes away insensibly, and particularly on going to stool, or on using the smallest force with the body; the erections, though frequent, are not vigorous; the semen is too readily ejected, and is thin, of a bluish color or shade.

After this disease has continued for some time, the penis becomes heavy and useless, the testicles hang lower than usual, and grow heavy and awkward ; a pain sets in at the lower extremity of the spine or back bone, which by degrees is felt further up the back : the calves of the legs diminish, the patient's eyes grow dull and weak, a sense of weight is felt in the head and a ringing in the ears, the breath becomes short and laborious, especially after exercise, a slow and wasting fever comes on, with continual pains in the head, breast and bowels, attended with thirst and universal weariness and disinclination to motion ; at length the spirits become dejected, the memory fails, the sight decays, or an incurable *gutta serena* deprives the patient of it entirely, and a hectic closes the scene.

In the cure of this disease, the remedies already pointed out in the preceding chapter are to be skillfully employed, at the same time that regimen and diet are of much importance ; the diet should be light, cordial, and extremely nourishing, and it should be taken frequently and in small quantities at a time ; the patient should retire to rest early in the evening, breathe a dry, pure, and mild air, and take gentle exercise, if possible on horseback, or in a carriage. The medicines should be judiciously combined with those auxiliaries which are moderately cordial, and such as increase the latent heat of the body ; cold bathing, also, will in this case be attended with considerable benefit.

## CHAPTER VII.

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### IMPOTENCE—A BRIEF EXPOSITION OF THE AUTHOR'S NEW THEORY THEREON.

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#### THE FALLACY OF CAUTERIZATION DEMONSTRATED.

By the term IMPOTENCE, I mean the inability of the male to perform a fruitful coition. This defect is of different kinds and different in degree, being *absolute* or *general*, and existing under all conditions; or *relative*, existing only at certain times and under certain circumstances. Thus impotence may be either complete or incomplete. In the latter case, impregnation is still possible, if met with a great degree of warmth or sympathy on the part of the woman. But if the impotence be absolute, then there is a total absence of the power of erection, or a *too quick* evacuation, or total failure in emitting the semen or sperm.

CAUSES OF IMPOTENCE.—These are of *two* kinds, predisposing and immediate. I shall first state the *immediate* cause, and then the predisposing causes, or those causes which precede and give rise to the former. In my estimation, the immediate cause is of the utmost importance, as it is upon this cause that the New Treatment is based, in contradistinction to that of Lallemand. To this cause I have adverted in the Preliminary Chapter, and will now proceed to a more thorough amplification of it, in order to give the reader a true appreciation of my claims in relation therewith. But, before I do so, it will be as well to again briefly state Lallemand's idea of this immediate cause, upon which his treatment (and

that of all his imitators), by cauterization depends; this repetition being rendered the more essential, inasmuch as I wish to give his *main reason* for relying upon his theory of spermatorrhœa (the result of which disease is Impotence), for the purpose of showing the fallacy of said theory, and consequently of his treatment, which, I need hardly say, is founded upon his theory.

According to Lallemand—an able surgeon of Montpellier, France—spermatorrhœa, impotence, &c., are the results of *inflammation* of the seminal ducts; and, as lunar caustic sometimes cures inflammation of the eye, he concluded that it would, also, cure inflammation of the ducts. To prove that it *was* inflammation of these ducts upon which the above-mentioned diseases depend, he referred to the *red* appearance, *after death*, of the lining of the ducts in some persons who had died of some other disease, while laboring under spermatorrhœa or impotence.

It has, however, since been shown, most conclusively, in *scores* of instances, by consummate French anatomists, that the red appearance of the lining of mucous canals, or organs (stomach, intestines, bladder, *seminal ducts*, urethra, etc.), is due merely to the *act of death* itself; or, in other words, that such redness is but a phenomenon of death, and takes place in this wise: In a tissue that has been long in a *weak* condition, or for some time previous to death, the minute blood-vessels of such tissue, or *membrane*, are in a *relaxed*, flaccid, and *dilatable* state; and during the convulsive act of dying, the blood rushes into these relaxed vessels, *and remains in them*, thus giving rise to the red appearance of the lining membrane of the seminal ducts above mentioned. This simple fact explains all. It not only completely overthrows the theory of Lallemand, but it as completely *establishes* mine, namely, that it is WEAKNESS, from *loss of vitality*, of the seminal ducts, coupled, more or less, with brain and spinal debility, &c., which immediately causes spermatorrhœa, impotence,

and the like. Many other solid reasons could easily be given to substantiate my theory—as the *absence of symptoms generally of inflammation* in the seminal ducts of those who labor under seminal emissions, *provided* cauterization has not been employed; **THE INABILITY OF CAUTERIZATION TO CURE.** But, as one *fact* is enough to overthrow any erroneous theory, even the most plausible, and as it is my wish not to trespass more than is absolutely necessary on the reader's attention, I will rest my case here; merely adding, in conclusion, that my experience of many years in the *treatment* of these diseases, is alone sufficient to demonstrate the correctness of my theory, even were there no other reasons adducible.

The predisposing or *remote* causes of impotence, may be: want of or bad food, excessive fatigue, great exertions of the mind, grief and sorrow, exhaustion by sexual excesses, **MAS-  
TURBATION**; *absence of the spermatozoa*; in a word, every-thing that diminishes the *vitality* of the man, *and of the seminal ducts especially*, or that gives to the semen a poor, thin, and watery nature, without a sufficient degree of healthy excitability in the generative organs. Such are some of the more prominent causes of complete impotence; while those of relative or temporary impotence, are: physical or moral disgust, antipathy toward each other, or incompatibility of temper, both in the man and woman. A man may be impotent with one woman, while with another he is not. Even the influence of weakening and disturbing physical or *moral* causes, lack of self-confidence, or too great a desire for coition, may become obstacles to its proper consummation.

This disease is an occasional consequence of chronic gleet discharges from the urethra, and it is a defect the presence of which never fails to make a strong impression on the mind of the patient. It is connected with one of those acts which a man naturally prides himself upon, and justly considers it as connected with the strongest passion of his nature; and any

defect in the performance of it has a powerful influence upon the mind ; and this influence is often so potent, as to have an effect in producing the deficiency, where it was only *supposed* to exist. It consists in an inaptitude of the genital organs for the venereal act, generally from loss of vitality in the whole seminal apparatus.

Brau says the loss of vitality, whenever we are unable to attribute it to any apparent cause, ought to be ranged among the local symptoms of diurnal pollutions, and among the most certain ones. Impotence is more frequent from temporary than from permanent causes ; and though it *may* be the effect of the venereal disease, it is not generally the case. Gleet certainly will, at times, produce a temporary defect, but the cure of it will remove this, and the patient will find himself in possession of his wonted powers and inclinations again. But this complaint is commonly the result of masturbation or *self-abuse*. (See the chapter on Self-Abuse.)

As Acton says, one of the most common causes in persons who consult us on account of impotence, is a lax scrotum and enlargement of the spermatic veins ; hence the condition of the scrotum and testicles is the first thing a surgeon should observe in these patients. In some instances, temporary impotence, depending upon non-erection, is caused by fear, disgust or timidity. In other instances, ill health, anxiety, prolonged intellectual employment, or injuries to the head, are among some of the many causes to which we can trace a large number of the temporary causes of supposed impotency.

The imprudent indulgencies of youth lead to habits which both reason and maturer years frequently in vain attempt to conquer ; and such practices destroy the tone and vigor of the sexual organs, and leave the wretched sensualist without that enjoyment which his immoral desires drive him, without regard to consequences, to indulge in. Hence the care that is necessary in guarding the minds of youth from imbibing improper ideas, which lead to such propensities. They end

in the destruction of the constitution, and in a premature decay of those powers which nature meant should continue through the greater part of life, properly husbanded, as a source of enjoyment and usefulness.

Says Lallemand, We read in many serious authors, that old feeble husbands, who are nearly impotent, should seize this opportunity—*he is speaking of the moment of waking in the morning, when the accumulation of urine in the bladder is a powerful cause of excitement to the genital organs*—and profit by the happy disposition in which they thus find themselves, to perform effectually their conjugal duties. However, more unfortunate advice has never been given. In fact, these erections are deceptive, inasmuch as they do not arise from a *real want*. A union of many circumstances being necessary for the accomplishment of the act, we may affirm, without dread of being deceived, that it is injurious; that it is a true *excess* in regard to the *debility* of these individuals; if the attempt should be persisted in, it must have the most deplorable results.

Impotence is, if possible, a worse disease than spermatorrhœa; for here the person thinks himself, as it were, annihilated, and debased from the dignity of his nature, and views himself as an outcast from society.

## CHAPTER VIII.

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### TREATMENT OF IMPOTENCE.

As mentioned elsewhere, in 1854 I finally succeeded in discovering the true method of cure in this, and kindred complaints, and *which consists in restoring the lost or impaired energy of the VITAL OR NERVOUS CIRCULATION of the virile system*, which, arising in the Brain and Spinal System, terminates in the seminal ducts and penis. In order to enable the reader to form, in this place, a rational idea of my method, I will here briefly describe the outlines of the original Theory which forms the *basis* on which the Treatment is founded, as practised by me for the prompt and *safe* removal of the complaint under consideration:—

“1. There is, in all animate organizations, a VITAL OR NERVOUS CIRCULATION, which is anterior, and superior in *power*, to the *blood-circulation*, influences the direction or course of the latter, and wholly governs its motion and circulation *from* and *to* the heart—the action of which organ, also depends entirely upon the Nervous Circulation—the source of *heat* and *life*, the *vital principle*. 2. All the phenomena of life (which result from *action*), have their origin in the *nervous* or *vital circulation*. When this vital fluid becomes, from *any cause* (as Masturbation, etc.), *exhausted*, or its action is long suspended (from obstruction, &c.), *a loss of vitality is the result*; when it is partially obstructed, or its equilibrium is disturbed, by an undue accumulation of it in some parts to the prejudice of other organs or parts of the system (as is the

case in Impotency, etc.), especially when arising from *mental labor or anxiety*, disease, more or less serious, is the result.

“Now, it is also by an *obstruction* (from exhaustion) of the Nervous Circulation in the *base* of the BRAIN, and certain portions of the SPINAL MARROW, which is thus prevented, to a greater or less extent, as the case may be, *from passing from the brain, etc., into the organs of the sexual system*, that the complaint in question arises; for, if we injure, obstruct, or destroy this Nervous Circulation in *any* of the organs of the body, *disease or death* of the organ so circumstanced is the result—invariably and inevitably—be it the brain, heart, arteries and veins, lungs, stomach, liver, kidneys, or the Organs of Generation. Hence, to overcome these derangements and restore the tone of the organs affected, we must employ such means as will enable us to *restore the free circulation of the Nervous fluid in this branch of the Nervous System*. If this is *properly* done, health and vigor follow.”\*

This, as I have stated, I finally succeeded in accomplishing, by a judicious and happy administration of medicinal, or medico-mechanical means, according to the choice of the patient—some preferring the former or *internal* method, while others, whose *time* is of importance, choose the latter or local *and* medicinal mode, which *combination* effects the cure in half the time occupied by the constitutional treatment only. The particulars respecting these methods, may be found on preceding pages of this work, to which the reader is referred. I shall only add, that these methods are, I consider, after *ample trial* of them, INFALLIBLE—not having failed in a *single instance* in which I have undertaken to effect a cure of any of these complaints, Spermatorrhœa and Impotence particularly.

Stimulants and excitants are the *supposed* remedies required, and every charlatan is furnished with his “invigorating cordial,” or cauterizing specific, for this complaint. Such trash,

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\* From “*Medical Information for the Million*,” 6th ed., New York, 1853.

and cold bathing, though plausible and rather popular with the crowd, are of little avail except as *placeboes*; the means here required must be more suitable and powerful, and have an intimate relation to the particular *cause* from which the defect really proceeds, and whether it be connected merely with a local, or with a constitutional source. Such a means, either alone or in connection with the Medicated Bougie, the *VERATRUM VIRIDE* will be found, on trial, if properly combined with other remedies already laid down, to prove itself, when regularly and faithfully persevered in, according to instructions adapted to individual cases.

There is not in our whole *Materia Medica*, a medicine more powerful and certain, or more efficacious in aiding to restore, through the constitution, the vitality of the sexual nervous system, than the preparations of Iodine, in conjunction with the *Veratrum* and Spirit. Formic., if carefully employed. If used for some time, in connection with suitable adjuncts, it will effectually strengthen and restore the entire constitution, and produce that degree of vitality necessary for the proper consummation of the connubial union.

In worn-out conditions of the nervous system, it will be necessary, in bad cases, to produce this desirable effect, to continue the use of these medicines (the Bougie excepted) for about two months, under instructions from some skillful and experienced practitioner in this line. There need be no inconvenience to the patient while going through with a course of these remedies, if properly compounded and administered, as the *ætherization*, gelatinization and confection of them, effectually relieves these preparations from all disagreeable taste or odor; provided the *ætherization*, &c., shall have been scientifically conducted in accordance with the late chemical discoveries of Jœckel, whose formulæ and costly apparatus have been adopted by me in the preparation of my choice liquid and solidified medicines.

In conjunction with the above-mentioned treatment, it is

advisable for the patient to employ strengthening diet, as eggs, meats, oysters, chocolate, &c., together with *old* wine as a beverage; frequent ablutions of the genital organs in cold *salt* water, will, also, be very serviceable.

I have elsewhere remarked, that premature old age is the consequence of excessive indulgencies, and the loss of those very pleasures which constitute the summit of our happiness, rightly considered. In such cases, medicine can do much good when aided by proper restrictions on the part of the patient; and, in certain instances, by the aid and employment of such appropriate surgical or *local* means as only come within the province of an experienced practitioner in this class of affections. I here refer to that formidable symptom, wherein *the semen enters the bladder* and mixes with the urine, after having been ejected from the seminal vessels. For the removal of this symptom, I resort, when convenient, to the invention for which I claim the authorship, and which consists in the employment of the Medicated Bougie, alluded to above. After ten years' experience with this method, I consider it *infallible* for the removal of this most mischievous symptom, and which no other means that I am acquainted with—and I believe I am conversant with them all—have ever been able to remedy in more than *double the length of time* required by the medico-mechanical method.

## CHAPTER IX.

### ON URINARY DEPOSITS AND DISEASES.

#### SEMEN IN THE URINE.

As I have already observed, seminal debility from self-abuse, or indeed from any other cause, gives rise to involuntary emissions of semen, which is not unfrequently found mixed with the urine, especially in those instances where "spermatorrhœa rings" or self-cure nostrums have been resorted to by the patient; from the circumstance of its regurgitating into the bladder, after having been ejected from the *vesiculæ seminales*, through the seminal canals or ducts, into the urethra. (See page 77, Part I.)

In the removal of this formidable symptom, I can, with confidence, claim never to have had an instance of failure; and without desiring to reflect on the practice of others, who may have proposed different modes of relief, I can only state, for my own part, that, having adopted a peculiar method, which I have uniformly found *satisfactory* in overcoming every obstacle connected with the removal of the symptom in question, I prosecute that method, without being led by the views or practice of others. I may here remark that the process alluded to is not, as has already been shown, *cauterization*, which mode I regard, in common with most *practical* surgeons, as improper, and fraught with much subsequent trouble, protracted pain and vexation to the patient. I would add, that the method which I so successfully employ, is almost an entirely painless one.

To fulfil the indication desired, various means have hitherto been tried, which, until lately, or within the last ten years, have been ineffectual; but the new remedies already mentioned in foregoing chapters, have, as before observed, been very satisfactorily employed: they consist either in direct medication of the seminal vessels at their point of entrance into the urethra, by means of the Medicated Bougie, or in the judicious employment of the *Veratrum Viride*, Spirit. Formic, Æther, Iodine, and their adjuncts. By the Medicated Bougie, however, the relief is *at once* brought about, thus speedily restoring the diseased organs to their healthy functions.

I do not hesitate to affirm that this new and peculiar improvement is an infallible one, whose success can be calculated on in ninety-nine cases in the hundred. Those who have been disappointed by injudicious treatment, would do well to make early application for relief; for in no class of affections are delays so prolific of evil as in those discussed in this treatise. From four to six weeks, in recent cases, is the average time necessary to effect, by this method, a perfectly satisfactory cure; *slight* cases being usually cured in half that time; while the worst cases require but a few weeks more for their radical and permanent relief. I have restored vigor to men at the age of sixty years, who had labored under sexual incompetency for thirty years previous. Neither is it saying any thing more than the facts strictly warrant, when I affirm that hundreds of men, of all ages, have been made happy by means of this method; while many women have become *mothers\** of fine healthy offspring, who had despaired of ever having children, until they became acquainted with the po-

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\* CAUTION.—While the *Veratrum Viride*, properly employed, is an ABSOLUTE CURE in cases of chlorosis, or “green sickness,” in painful, difficult, or obstructed menstruation, occurring in young, unmarried females, as well as in leucorrhœa, or “whites,” it should *never* be prescribed for pregnant women.

tency of this treatment. Thus *sterility*, which depends upon *impotence*, in nine out of every ten cases, may also be readily removed by the use of the means which I employ.

From four to eight, and, in some instances, twelve applications of the Medicated Bougie, I generally find amply sufficient.

*Cauterization*, by means of Lallemand's *porte-caustique*, I have not employed in my practice in many years, it being a dangerous, *ineffectual*, and very painful application. I employ *no mineral poisons*; and well would it be for mankind, if others would follow the same example. (See "Ricord's Practice Explained," Part I.)

\* \* \* All persons writing to the Author, will please mention, in *plain writing*, the State, County and Town, where they wish to be addressed.

## CHAPTER X.

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### THE CHEMISTRY, PHYSIOLOGY, AND PATHOLOGY OF URINE.

PURE urine, recently excreted by a healthy person, is transparent, of a straw color, with a peculiar odor, which disappears as the urine becomes cold. Its general temperature, is the natural heat of the body, which is about 97° or 98°. Dr. Prout, M. Spangeberg, and Dr. Simon (U.S.D.), and others, mention abnormal urines of a blue color; these, however, are rare. Professor Dulks and Dr. Hooper mention patients in whom it was black, and M. Velsen another in whom it was of a violet hue. The physical and chemical characters present modifications, and all vary with the nature of the food and pathological state of the system.

The amount of water often fluctuates both in health and disease, especially in the latter. Urine, according to the chemical analyses of Dr. Marchand and Professor Lehman, and other eminent physiological and pathological chemists, consists of—

1. Water . . . . .	933·190	....	938·856
2. Solid Residue . . . . .	66·801	....	61·144
3. Urea . . . . .	32·675	....	30·321
4. Uric Acid . . . . .	1·065	....	1·001
5. Oxalate of Lime . . . . .	0·100	....	0·110
6. Lactic Acid . . . . .	1·521	....	1·362
7. Extractive Matter (nature of which was not ascertained) }	11·151	....	10·653
8. Mucus . . . . .	·283	....	·201
9. Sulphate of Potass . . . . .	3·587	....	3·201
10. Sulphate of Soda . . . . .	3·213	....	3·011
11. Phosphate of Soda . . . . .	3·056	....	2·998
12. Bi-Phosphate of Ammonia . . . . .	1·552	....	1·231
13. Chloride of Sodium . . . . .	4·218	....	4·001
14. Chloride of Ammonium . . . . .	1·652	....	1·231
15. Phosphate of Lime and Magnesia	1·210	....	1·001
16. Lactates . . . . .	1·618	....	1·032

The yellow coloring matter of normal urine arises from the actual presence of a substance called *Hæmaphæin*, and the red coloring matter to an inherent material occasionally found, especially in disease, denominated Urethrin; and Dr. Heller has recently announced the presence, in healthy urine, of another pigment, *Uroxanthin*, which, by oxidation, becomes transformed into a ruby-red matter called *Urrhoidin*, and another of a blue tint, named *Uro-glaucin*.

The strong castor odor and deep color of inspissated urine, is attributed by M. Scharling to a brown organic matter, which he calls the oxide of a new radical, termed *Omichmyl*. In addition to these constituents, there have been described two unnamed new acids, by M. Pettinfoker and M. Heintzic; and carbonic, fluoric, and hippuric acids, with creatin, are also components.

According to Dr. Simon and others, bodily exercise augments the amount of urea and the sulphates. The amount of urea is also increased by an excess of nitrogenous food, and *vice versa*.

When the system becomes unhealthy from any cause (and especially in the diseases I have treated on in this work), then, as is well known, the urine changes in many of its characters, and includes in its chemical composition a series of abnormal constituents, viz., albumen, sugar, carbonate of ammonia, and lime, an excess of the natural mucus secreted by the internal coat of the bladder, pus, fibrin, fat, cystine (or a substance sometimes forming the sole ingredient in *urinary calculi*), and the ingredients of the blood. The urinary deposits known as Urinary Calculi are all morbid secretions.

Healthy urine is not precipitated by acids, although oxalic acid produces a cloudiness. The free alkalis throw down phosphates of lime. The mucus separates in slight *nebula* after long standing, and by continued exposure the urine emits an unpleasant odor, and carbonate of ammonia is formed, which, by precipitating the phosphate of lime and

ammonio-magnesian phosphates, causes turbidity. By still further exposure the urine becomes concentrated, and drops its saline constituents in crystalline forms.

I have felt it my duty to be thus minute in the *Chemistry of the Urine*, which, as the reader will perceive, is a subject of the greatest importance in the treatment of disease.

#### URINARY DEPOSITS.

In the treatment of abuse, excess, and Spermatorrhœa, it is of the greatest importance that the condition of the urine should be inquired into, for it will generally be found complicated with unhealthy deposits,—hence it becomes necessary to arrest not only the seminal discharges, but to correct the morbid condition of the urine itself. In a healthy state the human urine is a limpid liquor, varying in color from a clear yellow to a yellowish brown; and having a salt, disagreeable and bitterish taste. When first voided, it has an aromatic odor; as it cools, this leaves it, and gives place to a stale or urinous odor; it varies greatly in density, and has an acid reaction on litmus paper. If left to itself, for several days, it becomes changed, throws down some salts, becomes alkaline, and gives out an ammoniacal and repulsive smell. Urine must be regarded as arising from three separate sources. The effects of copious potations in producing a free discharge of pale urine, demonstrate the important function of the kidneys, in freeing the economy of any excess of fluid which may enter into the circulation. A second great duty of these organs is shown in the physical and chemical characters of their secretion; after digestion, it is no uncommon circumstance to detect the presence of some trace of imperfectly digested food, especially in the unhealthy and irritable state of the digestive organs, arising from abuse, excess, and Spermatorrhœa. The kidneys have, therefore, the duty of removing, in a liquid form, any crude or undigested elements of the food which may have been absorbed

into the blood, and, also, of excreting the often injurious results of unhealthy assimilation. The third function of the kidneys, is that of freeing the system from those elements of worn-out tissues, which cannot serve any ulterior process in the economy, nor be got rid of by the lungs or skin. The destruction of tissue here alluded to, is a necessary result of the growth and reparation of the body ; not a muscle contracts, not a gland secretes, not a thought passes through the brain, without involving the consumption of a portion—minute, no doubt—of the active organs ; the friction of living tissues is quite as destructive as that of an inanimate machine.

It is admitted by all, that during each moment of our existence every atom of the frame is undergoing some change, the old matter is thrown off by some of the excreting outlets of the body, and new matter is deposited from the blood to supply its place ; the old and worn-out atoms are not excreted in the form of dead tissues, but their elements become rearranged ; one series thus produced, rich in nitrogen, is excreted by the kidneys, whilst the more highly carbonized products perform an important office through the medium of the liver, previous to their final elimination. It is therefore necessary to recognize three distinct varieties of the urinary secretion ; first, that passed some little time after drinking freely of fluids ; secondly, that secreted after the digestion of a full meal ; thirdly, that secreted from the blood, as that passed after a night's rest, which presents in perfection the essential characters of urine. As the elements of urine owe their origin to a process by which the worn-out materials of the body are removed, it may be as well to explain how this is accomplished. The exhausted atoms of the muscles cannot be removed as fibres, but their elements must be rearranged so as to enter the circulation, and be carried to other organs ; they therefore undergo metamorphosis. Water and oxygen are conveyed to the muscles, the former in the fluid of the blood, the latter in the red par-

ticles, and the result is the rearrangement of the elements, which, while it enables the old tissues to be removed with facility, furnishes the food for other and important secretions. There is a beautiful system of mutual dependency in the animal economy; the functions by which life is manifested are never accomplished singly, but combined with one another in the most intimate manner; and perhaps one of the best examples of the harmonic action of our organs, is found in the relation which exists between the functions of the kidneys and those of the lungs. The oxygen of the arterial blood, as before observed, passing into the capillaries, there destroys by a true combustion the tissues which have become unfit for life, whilst the carbon and hydrogen of these tissues tend, at least in part, to transform themselves into carbonic acid and water, ultimately to be rejected by the lungs. But what becomes of the nitrogen? The most simple combination which it could form would be that of ammonia, but as this body cannot exist in a state of liberty in the system without danger, nature causes it to undergo some modification; for this purpose it has merely to be brought in contact with carbonic acid, and by eliminating from this conformation the elements of water, it is transformed into urea. This principle being inert and soluble in water, can pass without the least danger throughout the current of the circulation, and be eliminated by the kidneys. If the removal of some of these properties of the lungs is stopped, the circulation through the lungs ceases in two minutes; the heart and brain are stopped, and from mechanical stoppage in the lungs, death ensues. If the removal of these products by the kidneys is stopped, in two days the patient is poisoned; the nerve and muscle are effected by the poison, and chemical death ensues.

In a perfectly healthy condition of the system, when water is taken in large quantities, even during the process of digestion, it interferes less with the functions of the stomach than

might be expected, for, by a beautiful provision, the superfluous water is immediately absorbed into the blood, or passes downwards into the bowels. Of the portion taken into the blood, so much is appropriated as is required to maintain its fluidity, whilst the excess is expelled from the system during summer, principally by the skin and lungs, and during winter by the kidneys. But when the digestive functions are languid, and the powers of the stomach weakened by abuse, excess, or Spermatorrhœa, the fluids taken remain in the stomach, impede digestion, and produce acidity; under such circumstances the alimentary solids are either imperfectly digested or converted into unnatural principles; hence, distension, flatulency, &c., till they are ejected, or the imperfectly digested food escaping into the duodenum and bowels, irritates them, and deranges their functions. Nor is this all; the fluid portion, impregnated with noxious principles, and absorbed into the blood, causes a general irritation of the whole system, till at last, separated, they are expelled by the kidneys, not, however, without serious danger to those organs, and in numerous cases are the cause of albuminuria and degeneration of the kidneys. In describing the morbid states of the urine, I shall confine myself exclusively to those which are the result of abuse, excess, and Spermatorrhœa.

#### UREA.

Urea constitutes more than half the solid matter of the urine; it always occurs in solution. According to Dr. Sprengel, it is secreted in greater quantities during summer than in the winter season; and when present in great quantity it becomes precipitated, on the addition of pure nitric acid, as nitrate of urea. The entire quality of urine becoming solid, the crystals present a beautiful microscopic appearance, having a brilliant pearly lustre, and the form of croslets.

When superabundant in quantity, it constitutes a disease, at the commencement of which, there is an earnest desire to pass urine frequently, and this is generally accompanied

with irritation of the neck of the bladder; the urine itself being of a pale color, and of a specific gravity varying from 1.010 to 1.030.

There is always a sense of weight or dull pains felt in the back, with disinclination to bodily exertion, and uneasiness of the digestive organs. There is no remarkable thirst or craving for food, but as the disease advances, the symptoms increase in severity, the countenance becoming haggard, careworn, and presenting a peculiar hollow-eyed anxious expression; the digestive organs become more and more disordered, the urine is generally pale, but sometimes assumes the appearance of porter diluted with water. The patient now becomes emaciated, and has constant flushes of heat towards the head; the hair, too, begins to fall off rapidly; the whiskers, eyebrows, eyelashes, all fall off; whilst the hair of the head comes off in patches; the pains in the back become more severe, joined with wandering pains throughout the body, accompanied with great and increasing debility. This is considered a rare disease; but this will be found more apparent than real, for many patients do not apply for medical advice till the malady is merged into some other disease, of which it often constitutes the transition stage.

Excess of urea is often complicated with other affections, which, of themselves, would never lead to the inference of such a morbid or unnatural state of the urine; independently of its connections with certain urinary conditions, it has been observed to be complicated with epilepsy and other nervous affections, and certain forms of hysteria and nervousness approaching insanity. Such secondary complications present an obstinacy of character more apparent than real; for if the urine be attended to, and its unnatural condition removed, epilepsy, hysteria, and other nervous affections previously unassailable readily give way; therefore, in whatever circumstances excess of urea may occur, either during a particular state of disease, or as complicated with more urgent derange-

ment, it is always a symptom of much importance; the disease is not only obstinate, but from its deep-seated character, it yields with difficulty to medical treatment; even when for a time it appears to give way, it is apt to return from the slightest cause; and one of the most frequent terminations of the affection seems to be disease of the kidneys and its consequences.

A superabundance of oxalate of lime constitutes a disease which is invariably a complication of Spermatorrhœa, few persons suffering from that disease without the presence of much oxalate of lime in the urine, which is generally transparent, remarkably free from sediments, of a pale citron color, its specific gravity about 1.020; the symptoms partake of a nervous or irritable character. Patients affected with this disease, are generally depressed in spirits, and when the disease has existed for some time, much emaciated; extremely nervous and painfully susceptible to external impressions, often hypochondriacal to an extreme degree; they complain bitterly of incapacity of exerting themselves, the slightest exertion bringing on fatigue. In temper they are irritable and easily excited to anger; the sexual power, as may be imagined from its complication with Spermatorrhœa, entirely absent; a severe and constant pain across the loins is always complained of, and the mental faculties are slightly affected, loss of memory being sometimes present; the patient mostly complaining of losing flesh, health, and spirits, without any definite cause. In the majority of instances, the predisposing cause of this disease is nearly the same; a chronic and persistent derangement of the general health, injury to the constitution, by abuse, excess, Spermatorrhœa, or intemperance, involuntary seminal emissions, great mental anxiety produced by excessive attention to business, or study, or blows across the kidneys, or exposure of the lower part of the spine to cold, appear capable of producing this disease; the detention of oxalate of lime in the urine may be determined in a few min-

utes by the aid of the microscope. From the excessive irritation of the urinary organs, caused by oxalate of lime, diseases of the kidneys, albuminuria, &c., are no unfrequent terminations of this disease.

#### THE NEWLY DISCOVERED ACIDS IN THE URINE.

\* Dr. Marcet\* has discovered two new acids hitherto unknown to chemists in the human urine; these, as far as his researches have extended, are only found in the *healthy state*; consequently, when urine is deficient of these, it stands to reason and common sense, that the sanitary condition of the constitution must be in a very "*critical*" condition, and demonstrates the absolute necessity for patients in every disease, under which they may suffer, to have their urine carefully, microscopically, and chemically analyzed, by some skillful operative pathological chemist. In all cases, patients consulting me will do well to send me a small quantity of their urine, passed a short time before rising from their bed for the day, but not mixed with that voided immediately before they retired to rest, so that it may undergo the necessary examination; and by the treatment that would be pursued *the cure will be greatly facilitated.*

One of these acids Dr. Marcet has *not named*, and though not *hippuric acid*, yet in many respects it bears considerable analogy. The *second acid* is a *pink deposit*, and has been considered by M. Robin (of Paris) as "*Urrosacine*," or the coloring principle of the urine, as obtained by the processes of Dr. Marcet and Dr. Harley.† The last two gentlemen, in fact, consider it as the pigment of the urine, which, on being burnt, evolves an odor similar to burning bone, and leaves an ash containing iron. Its elementary constituents are not only carbon, hydrogen, and oxygen, but also nitrogen, and are obviously allied to hæmatin, bile pigment, and melanin.

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\* British and Foreign Medico-Chirurgical Review, vol. xi., p. 370. 1853.

† Pharmaceutical Journal for November, 1852.

## URIC AND LITHIC ACIDS.

Lithic and uric acids, with the urates generally, may morbidly occur in great abundance in the urine, so as to become sources of recent irritation, and then especially become primary objects of attention as a definite disease. The general symptoms attending the appearance of uric acid in the urine, are more or less pain or uneasiness in the region of the kidneys, increased by pressure and bending the body, with irritation and a sense of heat about the neck of the bladder, and some slight pain at the extremity of the penis; there is always a frequent desire to pass urine, which is voided in small quantities, and without affording the usual relief, the sensation still continuing of something being left in the bladder; the digestive functions also are considerably deranged, and the patient is frequently troubled with acidity of the stomach, flatulency, and general uneasiness. It generally appears as coarse as deep orange or red sand, and in these cases, there is a marked tendency to the formation of calculi; this most important form of disease, when existing to a great degree, and permitted to proceed unchecked, will almost certainly, sooner or later, terminate in the formation of a stone in the bladder, with its attendant dangers to life.

## THE URINARY PHOSPHATES.

The appearances presented by these deposits vary considerably, sometimes, especially when triple phosphates form; the chief portions fall to the bottom of the vessel, as a white crystalline gravel. If but a small quantity of this substance is present, it will readily escape detection by remaining a long time disguised in the urine. After a few hours' repose, some of the crystals collect on the surface, forming an iridescent pellicle, reflecting colored bands like a soap bubble; they will often subside towards the bottom of the vessel, like a dense cloud of mucus, for which they are often mistaken, and form dense masses in the urine, hanging in ropes like the

thickest puriform mucus, from which it is utterly impossible to distinguish it by the naked eye ; although there are chemical modes of detection, yet none can be so satisfactory as the examination of a few drops of the urine by the microscope, when the crystals may be readily recognized. Patients suffering from this disease are irritable in temper, and extremely restless ; the digestive organs are generally so much disordered that emaciation, as the disease advances, is a constant symptom ; the patient is troubled with flatulency, nausea, obstinate costiveness, alternating with debilitating diarrhoea ; there is a constant sensation of pain, weakness, and uneasiness in the back and loins, the countenance is sallow, with a haggard expression, fatigue is induced with the slightest exertion, and the mental powers are much weakened as the disease progresses ; all the symptoms increase in intensity, accompanied with an excessive elimination of urea, which aids considerably in depressing the patient's strength ; there is now added great languor and depression of spirits ; complete impotency, and other symptoms of extreme debility ; the urine is usually of a low specific gravity, 1.004, 1.005, and extremely prone to decomposition. If the disease, when once fairly established, be permitted to proceed unchecked, the patient will be doomed to much misery, and his recovery will be extremely doubtful. The symptoms proceed from bad to worse, and the patient ultimately dies worn out with exhaustion. The causes of this disease are either general or local, and in many cases may often be traced to some injury of the back, as a fall or a sprain, &c. ; the general causes are severe and protracted debilitating passions, abuse, excess, Spermatorrhœa, excessive fatigue, or irritation of the urethra, or bladder, or peculiar spinal affections.

#### ALBUMINURIA.

Having shown with what facility the inflammation extends from the urethra to the testicles, it now remains to show the

effect of the inflammation extending from the urethra to the kidneys, by means of the urethra and the ureters, giving rise to albuminous disease of those organs—the inflammation causing a deposit in its substance, and destroying its secreting nature; this disease is one of almost incredible frequency, but, unfortunately, from the slightness of the symptoms, and in many cases in the early stages, the absence of any symptoms whatever, patients are unaware of that terrible disease that is slowly destroying them, and it is only to be detected during life, by careful study and accurate chemical research. Many cases of this disease have been described by the olden medical writers under the name of “premature decay of nature.” More recently, the albuminous condition of the urine has been considered the more important because the most frequent and easily recognized. This fatal disease may show itself either in an acute or chronic form;—in its acute form it speedily runs its course, and destroys the patient after a few days’ illness. In this case it is ushered in by a sudden coldness, attended with shivering, succeeded by a hot skin, nausea, vomiting, uneasiness, dull pains in the loins, with a scanty secretion of albuminous urine; after a few days the secretion is suspended altogether, when comatose symptoms supervene, and death speedily ensues; occasionally, however, the strength of the patient’s constitution, aided by the vigorous efforts of the physician, overcome the disease, and perfect recovery takes place. But even under the most favorable circumstances, in the greater portion of cases, the recovery is only partial, and a foundation is laid of the more chronic form, which indicates degeneration of the kidneys, the most prominent symptom of which is the voiding of a highly albuminous urine of low specific gravity, never exceeding 1.010, and sometimes falling as low as 1.004.

The accompanying symptoms have for the most part little reference to the kidneys; the patient often complains of a weight or dull aching pain in the loins, occasional tightness

across the forehead, or a settled pain over one brow or temple, which incapacitates him for any mental exertion; the bladder is irritable, and there is a frequent desire to pass urine, which is occasionally dark colored. The countenance is pale and perhaps slightly swollen in the morning, particularly under the eyes, the bowels are irregular and flatulent, and the liver is frequently suspected to be the seat of mischief. In the early stages there is generally but little deviation from the natural standard, either in the quantity of the urine secreted, or of its gravity; or if any deviation does occur, it is a slight diminution, so slight that the patient hardly ever becomes aware of the fact, until it is pressed on his notice. In the great majority of cases, this insidious disease creeps on slowly, yet surely, without any symptoms whatever, to arouse the fears of the patient, causing only such trivial uneasiness that they are unwilling to apply for medical advice, and this is sought for only when it is useless, at least as far as regards permanent cure.

This disease prevails at different ages, and under opposite conditions; it is met with in infancy, but the chief subjects of the disorder are adults in the prime of life. Abuse, venereal excesses, and intemperance, are powerfully exciting causes of this disease. From this description, it will be at once seen how easily these causes may be overlooked, not only by the patient but by the medical attendant; when, therefore, cases of debility, arising from Spermatorrhœa, present themselves, it is of vital importance, that the urine should be examined, for in many cases it will be found that the patient has frequent desire to pass urine; although there may be no pains in the loins, or swelling anywhere, albumen will often be found in the urine, and all the symptoms of diseased kidneys may manifest themselves in a very short period, even in a few hours. The pallor of anæmia, when seen in men, must, however, be regarded as the most common indication leading to the detection of this disease, when more

prominent symptoms are wanting; but unfortunately this is never observed until the disease has made great progress. This pallid appearance, combined with puffiness of the under eyelids, presents an aspect most significant to the practised eye; it indicates that stage of the disease at which the drain of albumen has begun to inflict further mischief on the circulating fluid, by interfering with the production of the red corpuscles of the blood.

When young girls, at or soon after puberty, become subjects of degeneration of the kidneys and albuminuria, the anæmia produced may, and too often is, mistaken and treated for the ordinary anæmia of chlorosis; the examination of the urine and detection of the albumen would be sufficient to correct this error, to which many valuable lives have fallen a sacrifice.

Respecting the general state of the system during this disease, and its complications, it would be well to say a few words. When the secreting structure of the kidneys becomes altered, they cease to eliminate from the system those solid constituents which enter into the composition of healthy urine; these remaining in their elementary form in the system, give rise to vitiated fluids, especially of the blood, the valves, and nervous system; but especially the brain is distressed thereby, and the muscular walls of the heart, suffer also from its contact with the poisoned stream; thickening of these parts and dilatation of the cavities ensue (disease of the heart), whilst the obstacles thereby presented to the free exit of the blood, from the right cavities through the lungs, gives rise to dyspnœa; and should there be any predisposition to consumption, this disease is rapidly produced, and runs its course with frightful rapidity, often even outstripping the disease in the kidneys, carrying off the patient.

The liver, too, suffers, from delay in the ascent of the hepatic venous blood, the lobular hepatic veins becoming congested, and by their distention impede the circulation of the

portal blood, and consequently the due secretion of bile. The mucous coats of the stomach and small intestines become the seat of subacute inflammation; and softening of this membrane, together with a depraved secretion of acidulous tendency from its surface, takes place, causing diarrhœa, sometimes so severe as to be the immediate cause of death.

The great similarity in some of the symptoms of Spermatorrhœa and Albuminuria, has led to frightful errors in the treatment of this disease, which, had the urine been properly examined, would never have occurred. If upon examination of the urine, it is found of a high specific gravity, and containing a copious deposition of albumen, it may be safely concluded, that the disease is in its earlier stages. But on the other hand, if the urine presents faint traces of albumen, and continues of a low specific gravity, then most assuredly, a partial obliteration of the secreting portion of the kidneys has taken place; even under these unfavorable circumstances it may be reasonably anticipated, that a considerable portion of the organ remains in a state which is capable of restoration, more or less complete, as long as the tubes are undestroyed—if they have perished, the attempt must be unavailing; every effort, therefore, should be made to prevent the degeneration advancing further—to repair as far as possible the damage that has been done—and although this may not always be effected, it may make all the difference to the patient between an early death and many years of tolerable comfort and enjoyment.

#### DIABETES.

There are two varieties of this disease: 1. *Diabetes Insipidus*, in which there is a superabundant discharge of limp urine, of its usual urinary taste, odor, color, and chemical constituents. But by far the most serious, as well as the most prevalent, species is, 2. *Diabetes Mellitus*, in which the urine is very sweet, and contains a great quantity of sugar, of both

the color and taste of honey. This variety of the disease may be caused by the improper use of strong diuretic medicines, as for example, balsam of copaiva; also from excessive sexual intercourse, severe evacuations, or by anything that tends to produce an impoverished state of the blood, or general debility. It has, however, been proved by myself, and subsequently by Dr. Robert Hooper, to have taken place without any obvious cause.

In this formidable disease, the urine is always secreted more abundantly than in a state of health, even to several gallons daily, and also contains much grape sugar; it is generally transparent, of a pale straw color, and has a peculiar faint smell resembling sweet hay; its specific gravity varies from 1.020 to 1.050. The patients have an increased appetite, uneasiness in the stomach, urgent thirst, the mouth dry, the tongue parched and red, depraved taste, the skin dry, considerable emaciation, loss of strength, pain and weakness across the loins, the bowels costive and irregular, slight inflammation generally about the orifice of the urethra, impotence, acid eructations, flatulence, eyes painful and vision indistinct, vertigo, listlessness, languor, spirits greatly depressed—such are the symptoms of this dreadful disease. Some pathologists think that it is much more frequently inherited than acquired; the disease attacks frequently individuals of a sanguine temperament, with light or reddish hair, and next to these the melancholic, rather than those of the other temperaments; but it attacks in its most unmanageable and fatal form, persons of a scrofulous habit, with dark eyes and hair, and fair skin. Those individuals who are of a shattered constitution, and who are in the decline of life, are very liable to this form of disease.

Although the detection of this formidable disease is anything but difficult, yet it is extraordinary that it is seldom suspected, until it has advanced to its most inveterate and confirmed stages, when a cure becomes almost hopeless. The

cause of this disease is a failure in the assimilating process, by which the starch of the food is applied to maintain the heat of the body; for this purpose it has to undergo a series of chemical changes; first assuming two equivalents of water it becomes grape sugar, and is absorbed into the blood; here it undergoes a further change into lactic acid, and this combines with twelve atoms of oxygen to form carbonic acid and water—this last change is a process of combustion, and thus produces the heat of the body.

In this disease, therefore, the process stops at the formation of grape sugar; this cannot be put to any use in the body, and is, therefore, excreted as fast as it is formed, and as it requires fourteen equivalents of water to hold it in solution, the body is robbed of its fluid for this purpose; which is the cause of the almost inextinguishable thirst with which the patient is affected.

Of the powerful influence of abuse, excess, or Spermatorrhœa, in producing this disease, it is only necessary to refer to the shattered condition of the nervous system that ensues from these causes. It is by the action of the nerves that these various changes take place, and when the nerves cease to perform their functions properly, this disease may and often does occur. Of the fatal terminations of diabetes, consumption may be considered by far the most frequent, to which may be added diseases of the liver, apoplexy, and lastly, albuminuria; indeed, diabetes is a disease in which life may be said to hang upon a thread, for many circumstances of no moment in themselves, or in a healthy state of the system, prove fatal in this disease, in many cases producing a sinking, from which the patients never rally.

## CHAPTER XI.

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### SUMMARY OF THE

### New American Treatment for Spermatorrhœa, &c.,

By means of the Author's Medicated Bougie, the *Veratrum Viride*, Spirit. Formic., Iodine, and their Auxiliaries.

IN the preceding pages, we have seen that the only "scientific" treatment heretofore adopted by the medical profession in seminal diseases was cauterization, or the application of Nitrate of Silver (lunar caustic) to the *mouths* of the seminal ducts, at their points of entrance within, and far up the urethra (see note to page 79), and which was done to "cure the *inflammation*" upon which this disease was *supposed* to depend. But, as mentioned elsewhere, the proper object is to restore the power of **RETENTION** and **CONTRACTILITY** of these ducts *throughout their entire course*, not merely their orifices or mouths; which, by their *nervous relaxation*, allow the semen involuntarily to flow into the urethra, as clearly explained on page 79, to which the reader is referred.

To place the subject in the clearest possible light, on account of its vast importance to the afflicted, and to enable the reader to form for himself an accurate idea as to the efficiency of the mode of treatment of Lallemand, and the likelihood it presents of effecting the object desired, it is necessary to understand fully what comprises the caustic method; afterwards, that we direct our attention to the mode in which it is said by its advocates and practitioners to act; and, finally, that we enquire into the truth of the matter, whether it really does or does not perform those cures which it professes to accomplish.

Those who have read the foregoing pages of this book, have seen that the act of self-pollution, by the unnatural and excessive use of the organ wherein the orifices of the seminal ducts or *vesiculæ seminales* are placed, causes them so to dilate and relax in turn, that their firmness and elasticity become by degrees impaired, and are finally for the time being destroyed, and refuse to fulfill their natural function, suffering the seminal fluid, in consequence, to escape and pass away with the urine through the urinary passage. Now the *cause* of the relaxation of the semilunar valves,\* which check the waste of this vitally-important essence or constituent of the bodily economy, is to be explained only by the circumstances that the continuity of that excitement, and its violent character, which have so destroyed the tone and functions of the vesiculæ seminales and seminiferous tubes, have, at the same time, undermined, and to a greater or less degree destroyed, the Nervous CIRCULATION of these organs, the cerebellum, and its spinal nerves; by attacking them at their very source of heat and life, and thereby depriving them of that due amount of *sensibility* sufficient to afford that *action* upon these valves and ducts necessary to confine the seminal juices during their elaboration, and retain them in their natural reservoirs.

According to the theory of Lallemand, and the partisans of cauterization, "the seminal ducts require to be constricted, or *forcibly* contracted *before* they can be brought to that tone and action necessary to establish a state of health." But this would be effecting only a mere *mechanical* result, not *curing* the "*inflammation*," surely, upon which the disease is said, by these hasty experimentalists, to depend. No; the theory being wrong, so must the treatment upon which it is based be also wrong. And such is the case. Notwithstanding all this array of demonstrable and incontrovertible

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\* Folds occurring in the lining of the seminiferous tubes, throughout their whole extent.

*facts*, that surgeon and theorist introduces an instrument so filled with lunar caustic that the *urethra* and *mouths of the ducts* become effectively burnt by its application to them; a cure being supposed to be obtainable by this absurd and excruciating means!

After a long term of years' experience in the treatment of Spermatorrhœa by this method, I am not of opinion, however, that to be effectively *burnt* is at all synonymous with being effectively cured; neither do I believe that those who have been induced to be thus experimented upon, have often, if they have ever at all, to their satisfaction, found the two terms to be in even tolerable agreement either with each other, or with themselves and their own feelings. The cause lies deeper than can be effectually reached and touched by *caustic*; to perform a CURE, the cause—want of *healthy action* in the Sexual Nervous Circulation—must be removed beyond return: *radically, permanently, and satisfactorily.*

Now the patient's cure cannot be said to be complete, without bestowing on the little brain (cerebellum), spinal nerves, and the ducts or vessels that contain and pass the semen, such a restoration of their primitive tone as they originally enjoyed, and a full regaining of the waste that has occurred throughout the progress of the malady, as well as that which had been dissipated in those acts of self-pollution which were its inducing cause. And this is of itself so plain, so obvious to the sense of every unprejudiced mind, that it does not require of me, from the accumulated proofs thereof which my experience has furnished of its truth, the multiplying of instances as to that which common sense and ordinary perceptions render clear to every one, namely: that this principle of my practice is the only true and *natural* mode of banishing disease in this particular, and strengthening the debilitated organs of the self-abused; a principle that goes at once down to the very foundations of the dilapidated structure—restoring, renovating, building up anew, and otherwise even enlarging upon the original edifice.

Nor is the effect of this same principle tardy in demonstrating to the patient its results; for these are speedily exhibited in the joyfully-hailed return of happy thoughts and glad sensations; of hopes and confidences long strangers to the afflicted breast; creating such a halo of satisfaction around the future, as induces those who were desponding to look with eagerness and faith upon the bright and joyous side of nature; casting no furtive glance at cloudy melancholy and misty despair, that now are vanishing behind them, as the sunny beams of health spread their genial influence ever around their hearts! Could such a consummation as is here described, and which again and again has been realized by those who have been under my care, have invariably taken place, *save* as the natural results of a system founded strictly upon TRUTH? Certainly not. But the best evidence of its correctness is the fact of there being authentic cases enough on record in my practice, in which the MEDICATED BOUGIE has been, in connection with the constitutional treatment, perfectly successful.

The danger and protracted pain always attending cauterization (many deaths having occurred), "in consequence of *false passages* through the spongy substance of the urethra into the cavernous or cellular bodies constituting the body of the penis, and the frequent failures that constantly occur in this mode of treatment, have induced many philosophical minds in the profession to search for a *more prompt*, less dangerous, and more certain or efficient remedy." This great desideratum was finally discovered in the Medicated Bougie, a medico-mechanical improvement, now well known as "DR. HAMMOND'S *New American Treatment for the Cure of Spermatorrhæa and its Results*," which, after a severe test of several years, in many hundreds of cases, has now been made public, for the appreciation of the afflicted, and for their benefit.

This little instrument, which is not larger than a medium-sized, ordinary bougie, though of different construction, is, under skillful management, very efficient; it can be passed

along the urethra to the seminal vessels, almost without pain, where the medication is *directly* applied, and by capillary action made to *permeate the entire course of the ducts*: thus producing adequate contraction and powerful invigoration, and imparting in an eminent degree the most desirable of all objects, namely, perfect REVITALIZATION of the seminal apparatus, without the dangerous and painful concomitants attending the employment of cauterizing, and other improper instrumentus.

During the trial of the great India-rubber case, a few months ago, one of the learned counsel made the following truthful observation: "Let some one to-day initiate a new enterprise, or produce a new and valuable invention; straight-way, on every side, spring up countless *imitators*. The new man's ideas are stolen, his work counterfeited, and then, by a degree of sublime audacity altogether unprecedented, it is claimed wholly, and he is deprived of even the credit, to say nothing of the profit of his labors." And it is for this additional reason—see another and more cogent one in "Note to the *Veratrum Viride*," at the front part of this book—that the author has deemed it proper to decline, for the present, entering into a detailed explanation of the *modus operandi* by which his *Ætherized Preparations* of the above-mentioned Remedy, Iodine, &c., &c., are combined with their appropriate auxiliaries (or medicines which modify the action of other medicines), by means of an *entirely new* application and adaptation of the principles of modern chemical science: and the same reasoning equally applies respecting a more circumstantial description of the author's MEDICATED BOUGIE. "The laborer is worthy of his hire;" and when, at some future day, he (the author), shall have received due compensation for the products of *his labor*, he will, he trusts, know how further to discharge his duty to humanity, and to the cause of medical science, for the advancement of which he has been so long and so arduously engaged.

The Medicated Bougie is not only perfectly safe, but can

be resorted to without preventing any one from attending to his ordinary affairs. Although the involuntary emissions, both nocturnal and diurnal, and far more speedily removed or prevented by this very ingenious method, thereby accelerating the cure of the disease very materially, and ensuring a thorough and permanent restoration in much less time; still, as mentioned in the preliminary chapter, I do not wish it to be inferred that I advocate the Medico-Mechanical treatment as *indispensable* to the cure of these diseases, by any means. I only claim for it great superiority over all other *local* means of cure—the exclusive internal or constitutional treatment herein laid down, although *much slower* in its action, being none the less sure on that account, even though the BOUGIE be not used at all.

To those residing at a distance, with whom time, leaving home or business, are objects of great consideration, the author would say, that inasmuch as the introduction of the Bougie may take place at intervals of from four to six days each, a patient can leave the city on the same day that the application of the instrument is made, and return again once a week, so that but little loss of time, or only a temporary absence from home would be necessary. In most instances, the cure of Spermatorrhœa is effected by the foregoing medico-mechanical and constitutional treatment, in from four to eight weeks; while the length of time required in chronic or obstinate cases, varies according to the state of individual circumstances.

From the preceding remarks, it will be seen what the cause is of these exhausting seminal losses; also, that the Treatment recommended is a perfectly sound one, (when faithfully carried out by the patient, according to the instructions of the author, which are plain and practicable). Not the least of its advantages, is the invariable success attending it, its perfect safety, in competent hands, and the circumstance that it can be employed without the knowledge of any other person than the patient, through the medium of his surgeon.

How many young men have borne their affliction in silence and despair, without applying for medical aid, through fear of exposure or injury, not knowing who to trust to aid them in their dire calamity!

That medicine *alone* is competent not only to stop these losses, (which the Improvement, however, above alluded to effectually accomplishes *in much less time*), but to invigorate the whole nervous and muscular systems, broken down by years of suffering, I desire the patient distinctly to understand. *Judiciously selected and properly prepared* Tonics and Nervines, are of extraordinary benefit to the cerebellum and spinal nerves, especially in cases where the constitution is at all shaken or debilitated; and the resinous preparations, duly combined with the Veratrum Viride, Spts. Formic., Iodine, and their auxiliaries, in suitably-arranged and nicely-graduated doses, in accordance with individual peculiarities of constitution, I have ever found to be fully adequate to the cure of Spermatorrhœa, and all other Seminal and Nervous diseases, in due course of time. But the subtle and otherwise peculiar action of these medicines, causes the intelligent and wisely-prudent patient to take competent advice before resorting to their use. The auxiliaries which I find especially to harmonize with the three remedies just mentioned, are those so highly recommended by the best French surgeons, as Ricord, Cullerier, Desruelles, &c., (the English treatment for these complaints having hitherto proved futile), and are, therefore, all embraced in my practice; thus the afflicted may be cured of their complaints *permanently*, and without pain, risk, or exposure.

#### CONCLUSION.

These diseases of the genito-urinary organs run into one another by such insensible degrees, that unless carefully watched, it too often happens that *two* serious diseases are established instead of one, each exasperating the other, and

adding greatly to the difficulty to be encountered in curing either. For the detection of Spermatorrhœa, the microscope is imperatively necessary; by its aid it is always easy (if the examination is carefully conducted) to detect the presence of seminal fluid in the urine by the Spermatozoa it contains. For this purpose, the author has merely to receive the urine in a flat, ounce vial, the animalculæ being specifically heavier than the urine sink to the bottom; the fluid should then be decanted, and the deposit carefully examined by a powerful Chevalier microscope. Although many writers on this subject would have it believed that they can be instantly detected, I have frequently, in cases of Spermatorrhœa, found it exceedingly difficult, even with this powerful instrument, many hours being required for that purpose. The refractive power of the Spermatozoa being generally the same as the fluid in which they are contained, the light traverses the whole, and the mass appears homogeneous. But there is another cause for the extreme difficulty of detection. When the seminal fluid becomes watery, the animalculæ are often a fourth of the natural size, and the tails become shorter, and are with the greatest difficulty distinguished, even with an eighth of an inch object glass. When once, however, their presence is distinguished, the treatment becomes easy; but, as before observed, there may be another disease present. For this purpose, I require a small phial, filled with the urine passed on rising in the morning (*urina sanguinis*), which should be put in the phial as soon as passed, and well corked up. This quantity is sufficient for the purpose. It may be as well here to explain my method of examining the samples of urine sent me—first I test its taste with regard to acidity, then its specific gravity. If the urine is of low specific gravity, the probability is that albumen exists, and that there is a disease of the kidneys. If the urine is of high specific gravity, then the presence of sugar is suspected, and that the disease is diabetes. Having determined the specific gravity and acidity, a drop of urine with the sediment is examined

carefully with the microscope—Spermatozoa, pus, mucus, blood, fibrinous casts, uric acid, oxalate of lime, or earthy phosphates, may or may not be found. The drop of urine is then left to dry on the glass for twelve hours, and is then again examined. Sugar or urea may then be seen. The bottle, after standing twelve hours to settle, is again examined—uric acid, blood, pus, and phosphates may then sometimes be seen by the naked eye.

If from this examination pus is suspected to be present, the liquor potassæ will at once resolve the question by producing ropiness. If fibrous casts are seen, or adhesive matter forms on the glass, the urine is then filtered, and tested both by heat and chemically for albumen. If sugar is suspected, the necessary tests to solve that question are used. Should Spermatozoa be present, then the disease, whatever its complications may be, is Spermatorrhœa. If blood is present, does it proceed from disease of the kidneys, or from calculus? This momentous question can alone be solved by the microscope. If, by its aid, fibrinous moulds of the ducts of the kidneys are found with the blood, there can be no doubt it is caused by congestion of the cortical structure of the kidneys, and that the disease is albuminuria; but if uric acid or oxalate of lime crystals are found with the blood, without the presence of fibrinous casts, then most probably a calculus is present in one of the kidneys, and to the abrasion caused by its presence is the blood in the urine due. By this scientific analysis, I am qualified to form a decided opinion, what instructions should accompany that opinion for the particular case, &c.

It is highly desirable that parties who wish a thorough and permanent cure, should pass urine, and send it in a *flat* vial, *per express or mail, prepaid*, when the author will make his chemical and microscopical examination; as it is impossible to attach too much importance to a careful examination of the urine in all cases of Spermatorrhœa. Of this he has, unfortunately, had too many opportunities of judging.

Read the following case :

AN IMPORTANT CASE.—A short time since a gentleman sent me a sample of urine to examine, and a statement of his case, which was very distressing. He observed that he had been under the treatment of several medical men, and had taken nearly all the advertised medicines without deriving the slightest benefit; was nearly killed with mercury, liquid iron, etc.; that he was getting worse, constantly oppressed with headache of the most distressing kind, ringing in the ears, and dizziness; was extremely low spirited and nervous, with a general feeling of inward decay. He writes, "I pass urine, I think, rather too frequently; of its composition you will be able to judge, although I do not think you will find it unhealthy, for I have had it examined before." On testing the sample of urine sent, I found it acid, of low specific gravity, 1.004, and on examining a drop of the sediment by the microscope, I discovered some blood corpuscles, fibrinous casts, and epithelium. I then filtered a portion of the urine, and tested it both by heat and acid, when I discovered, in both instances, faint traces of albumen only, from which circumstance I judged that degeneration of the kidneys had made some considerable progress. Here was a case in which the life of the patient might hang on the turn of a few hours. The question was, was there sufficient of the secreting structure of the kidneys still left undestroyed to carry on the functions of life, or were they so far destroyed that a few hours would terminate the disease? I wrote, recommending him to place himself under the care of the most skillful medical gentleman in the town in which he resided. The after description of his case I owe to the kindness of his father, who furnished me with the particulars. At first, he appeared to get much better for a fortnight; at the expiration of that time he was observed to be heavy and stupid; his lips and tongue became parched; his urine was dark and muddy (no doubt from the presence of blood); he was then seized with obstinate vomiting, the urine became darker and less in quantity, and although every effort that skill could make was made, he gradually became comatose, and died without a struggle. The case at the time made a great impression on me, for it could not be doubted that if the patient's urine had been properly examined, the disease to which he fell a victim might have been readily detected. In that case, how different the termination might have been; for at that period, no doubt, much of the secreting structure of the kidneys was capable of restoration, sufficient to carry on the purposes of life; therefore, had the detection taken place when the patient first sought medical advice, there can be no doubt that many years of life were obtainable for him.

## CHAPTER XII.

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### LIST OF A FEW CASES

SUCCESSFULLY TREATED BY MEANS OF THE MEDICATED BOUGIE,  
AND OTHER ADJUNCTS.

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#### EXTRACTS FROM CASE-BOOK.

CASE 167.—A young man, 21, who had indulged in secret vice for two years, and was fast going into a consumption. Cured in seven weeks.

CASE 171.—A minister from the South, who, through over study and various excesses, brought on a continual weakness, and totally incapacitated him for marriage. Cured in six weeks and is now the father of two beautiful children.

CASE 178.—A young man, 23 years of age, of a pale and consumptive appearance. At the age of 16, he had fallen into the destructive habit of self-abuse, and had pursued that habit in perfect ignorance of its baneful effects. His health and strength had been for two or three years gradually giving way, but he had only recently discovered that his own folly was the cause of it. He now almost entirely discontinued the habit for some months, and although he thinks he has ceased to grow any worse, his health has not improved.

*Present Symptoms.*—Occasional nocturnal emissions, and a frequent oozing of seminal matter from the urethra, especially when straining at stool. An almost constant sensation of languor and debility—dimness of sight—palpitation of the heart, nervousness, and timidity—a short cough and frequent pains in the chest—bowels very irregular, the fæces being often knotty and frothy—mental depression and anxiety to a very painful extent, fits of melancholy coming on in the midst of the most agreeable society, especially since the discovery of his impotency, which makes him feel “like a non-entity and an outcast,” especially in female society.

CASE 179.—A retired merchant, troubled with nightly emissions, pains in the loins and back, specks floating before the eyes, and complete prostration of the whole animal economy. He came under my

care, and within fourteen days the patient wrote that he felt a decided improvement, and he continued gradually to amend during several weeks, when imprudently testing his virile powers, he caught a violent gonorrhœa, the cure of which delayed the case for nearly a month. Notwithstanding this drawback, in about two months from commencing he considered himself fully cured—the gloom which overshadowed his mind had been entirely dispelled, he felt his intellect clear and vigorous, his feelings had acquired a warm and wholesome tone, and his physical powers were in every respect those of a sound and healthy man. Although the patient had more than paid for his treatment, by remittances as the case went on, he sent a handsome token in testimony of his gratitude, and continues to this day to correspond with me whenever he happens to have occasion for advice. It is pleasant to be courteously treated, but it is to me a source of much higher gratification, that so many of my patients continue for years to correspond with me, when, from accident, or indiscretion, or from the ordinary wear and tear of life, they have again occasion for my assistance.

CASE 203.—A gentleman thirty-five years of age, married, and having three children, had during the last year or two experienced a decay of strength and general decline of health. His virile powers especially had failed, the erections had become imperfect; desire having in a great measure left him, and occasional emissions taking place in his sleep. These irregularities he attributed to a former indulgence in the practice of onanism, which, however, (having from an early age been in the habit of frequent intercourse with females), he had not practiced to such an extent as very materially to injure his virile powers at the time; but the premature approach of senility now warned him that the evil habit had not been without its effects upon the system. In four weeks, he wrote that, as regarding his general health, he had not been so well for years, and that he felt both the desire and the power for sexual enjoyments fully restored to him.

CASE 326.—A gentleman, twenty-six years of age, had been of an extremely amorous temperament from childhood, and having facilities for indulgence, had for many years rioted in excess; often for months together averaging twenty times per week. Recently his powers had to a considerable extent failed him. His desire was almost as strong as ever, but the emission took place too rapidly to admit of connection. He had some symptoms which both alarmed and annoyed him, such as a sensation of something floating before his eyes—a frequent giddiness or stupor, and a pain at the lower part

of the back of the head. He had been under medical treatment, and had taken alteratives and a great variety of tonic medicines, but without the slightest possible benefit; indeed, some of the symptoms appeared to be aggravated, especially the pain at the back of the head, which has become very alarming.

CASE 338.—This was a very melancholy case; the sufferer had been guilty of some irregularities in his youth, but had married at the age of thirty. Five years afterwards he lost his wife, and subsequently he relapsed into his former bad habits, the consequence of which was, that his health gradually declined, and he not only lost all his virile power, but became a prey to continual devouring melancholy. He stated that the idea of suicide was continually present to his mind, insomuch that it was with great difficulty he had prevented himself from embracing opportunities which appeared favorable for the purpose of self-destruction: He stated his appearance to be healthy—that he was what is considered a good-looking man, and that his mind had been a good deal agitated by the fact of a rich widow having taken a fancy to him; but knowing that in his debilitated condition matrimony would only involve him in trouble and embarrassment of a delicate and most perplexing character, he was compelled to desist from embracing an opportunity which would otherwise have materially bettered his prospects in life; his own circumstances being by no means prosperous. He stated that his liver was very sluggish, and his digestion bad, and that he was frequently subject to pains in the stomach and loins, headache, giddiness, and other disagreeable symptoms. He had been under the treatment of several advertising men, as well as of a regular practitioner in his own neighborhood, but without any decided benefit; and now, having determined to try once and only once more, expressed his firm determination that if my instrument did not in a very few weeks produce satisfactory symptoms of amendment, he would, by his own act, relieve himself from miseries which he could no longer endure. He further begged that I would not give him mercury in any form whatever, for he had recently been almost poisoned with it, and would rather die than take another grain, as he felt convinced that it had aggravated, and might still further aggravate his disorder.

CASE 209.—A gentleman, twenty-seven years of age, had been brought up with the most strict regard to virtue and purity, and stated that he had never been guilty of any irregularities—had been married a few days previously, and was greatly shocked to find himself incompetent to the enjoyment of marital pleasures. Felt very much embarrassed, and implored a speedy remedy. General health very

good, and was not aware of any reason for his inefficiency, except occasional nocturnal emissions in dreams.

CASE 301.—Thirty years of age ; had for some ten years led a very dissipated life, was now very much emaciated—the eyes sunk and countenance dejected—was formerly a young man of high spirits and cheerful temper, but now completely broken down, melancholy, and miserable in the extreme—complained of dull heavy pains in the head and various parts of the body, great weakness especially about the loins, and was fatigued with the slightest exertion. Pain in discharging the urine, great irregularity of the bowels, and frequent nausea and loathing of food, skin dry and constricted, but sometimes cold, clammy perspiration, with other symptoms, clearly indicating the commencement of *tabes dorsalis*.\* About two years before he had been under the treatment of an advertising practitioner, who had sent him a quantity of mercurial pills, not only without proper instructions, but falsely stating that no mercury was contained in them. The consequences had been disastrous, for from that time he dated the breaking-up of his constitution. Sooner or later his own course of life must have brought on that catastrophe ; but no doubt the excess of mercury not only hastened the event, but also greatly aggravated the symptoms.

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As illustrating the sad effects of a thoughtless sensuality, and the beneficial results of analyzation of the urine, a few cases are here added which have fallen under immediate notice. To prevent any unpleasant feeling on so delicate a subject, no initials, names, or dates are given.

CASE .—“I have lately contracted a very bad complaint, and am afraid I have been improperly treated here, as I feel great uneasiness in my lower regions, as also an appearance of secondary symptoms—throat very sore—spit a great deal—and my skin much pimpled. Knowing your great skill in these cases, I now abandon myself to you, and shall be glad of your advice and assistance per return of post. Enclosed is your usual fee.”

CASE .—“In reply to your letter of the 8th, I now forward you a bottle of my fasting urine, and shall be glad if you will promptly attend to my case, as I feel very great uneasiness, and am most anxious to be cured. Enclosed please find \$5.”

CASE .—“Your very skillful and valuable assistance has perfect

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\* Spinal Consumption,

ly cured me, and I feel as well as ever I did. I can assure you I truly appreciate the very prompt manner in which you replied to my former communications. I shall always retain a lively and grateful remembrance of you. Accept my most respectful regards."

CASE .—"I did not believe it possible you could so thoroughly understand my case, and effect so perfect a cure through simply analyzing my urine. Such, however, is the case, and I sincerely thank you for the same. Living in a small town at a distance from New York, closely confined to business through the week, I could not possibly have waited upon you for a personal examination, and should not have known what to do had not a friend placed in my hand one of your medical works, which first induced me to address you."

CASE .—"In reply to your kind inquiries as to the efficacy of the medicines which you sent me after analyzing my urine, I have now the great satisfaction to state that they have far exceeded my most sanguine expectations, and must apologize for not letting you know the result earlier. I could not have supposed the lapse of so short a period would have effected in my constitution such wonderful changes. My health is decidedly improved; I can eat with a hearty appetite, and the sickness after meals has entirely left me. The throbbing in my neck and chest has abated; my eyelids are not so red and inflamed as they were; my sight is stronger, and I am not now disgraced with spots and pimples on my skin. I expect to be in town in a few days, when I will call upon you."

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*The following letters are from a gentleman who deemed himself incurable.*

"Enclosed you will receive \$5, your fee for an analysis of urine. I also send you a sample\* of my fasting urine to analyze, and shall feel deeply indebted if you can prevent the emissions when voiding urine. I formerly was troubled with them in the night, but they have now ceased, owing, I think, to the gradual waste in the day. I am afraid I am becoming impotent, as I feel my powers very feeble, and my general health much impaired. I have taken your medicines and received benefit, but as it is of the utmost consequence that I should be speedily cured, as I am engaged to be married, and have been once compelled to postpone that event in consequence of my disease, I shall now feel very grateful if you can effect a cure in me

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\* In a small flat ounce vial, packed in a soda-powder box with cotton, to prevent breakage.

soon. My anxiety is great, I can assure you, as I have been informed by medical men that my case is incurable, but finding I derived so much benefit from your treatment, I am encouraged further to solicit your assistance and advice. Please, therefore, reply per return of post."

"In reply to your favor of 6th instant, I beg to inform you that I was married three weeks ago, and feel myself perfectly cured. Should any unfavorable symptoms present themselves, I will instantly send you word; and, whether or not, will now and then drop you a line as to my health, &c.

"Some time since I promised to write to you respecting my health, &c. I feel very glad that it continues good. I have no fear for the future, and to add to my gratification, I am now the father of a fine boy. Past favors ought not to be forgotten; I therefore send you the above gratifying intelligence."

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"I beg to inform you that your treatment has entirely stopped the nocturnal emissions I was for a number of years so seriously harassed with. It is now upwards of two years since I left off the use of those invaluable medicines procured from you for the suppression of the nocturnal emissions, and I have not had a single emission since; and the pain in the back and loins has entirely left me. I now feel quite strong and well."

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"Broken slumbers, and oftentimes sleepless nights are now gone, gone forever, thanks to your excellent and skillful treatment. What I have suffered through that baneful practice, self-abuse, no one but those who have practiced it can imagine. I was becoming quite a skeleton; I had neither relish for food, nor liking for society; bashful, forgetful, and altogether very nervous; my mind so disturbed with lascivious dreams, and such provoking ideas so continually afloat in my imagination, that my brain was frequently bewildered. I may truly say that at times I was fit to commit any rash act—my life began to be a complete burden to me. I had become quite an object of disgust to myself, and fancied I was also to others. When, by accident, I read your advertisement, I immediately applied to you and followed your instructions, and am now sound and well.

"I am quite satisfied that no one need despair of a cure, if they will only be guided by your valuable counsel and advice.

"Your obliged and obedient servant."

“ Before I had recourse to your advice and medicines, I was sorely troubled with retention of urine and a thin discharge. I do not know whether these were caused through early errors or from natural debility, neither do I care since I am effectually cured. No other medicines I tried had any effect whatever on my complaint.”

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## Queries, &c.

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### THOSE WHO WISH ADVICE

Or Medical Treatment from the author, will be good enough to answer the following queries on the *first* application, so as to save time and unnecessary trouble or delay, and thus put him in possession of the exact symptoms of their case, to ensure prompt and successful treatment: At what age did you begin the habit of self-abuse, how often indulged in, how long continued, and if abandoned, how long since? Is your constitution much weakened? Are you *nervous* and irritable? Have you shortness of breath—palpitation of the heart? Does the sight or thought of females affect your sexual propensities unduly? If you have emissions, how often, and do they weaken you? Do you have any heat or unnatural feeling, tingling, fullness, or other trouble in the genital organs? If you have connection with a female, do you have an emission too soon, and do you experience satisfaction in the act? Have you heat or pain in making water, and do you urinate naturally and free? Is the urine of a natural color? What is your general health, the state of your appetite, and condition of your bowels? Your age, occupation, mode of living (whether moderate, generous, or excessive), and have you any tendency to consumption or other diseases?

Each non-resident patient so replying, will forward a flat one-ounce vial, containing a sample of his *first morning*

*urine*,\* packed (in cotton) in a soda-powder box, by mail or express, *prepaid*, and accompanying his letter by the amplest details. The letter should be plainly written, giving the name or initial of the writer. Persons residing in Canada, or anywhere else out of the United States, will be particular in pre-paying the full postage on their letters and packages. The state, county, town, or village where patients wish their letters addressed, should be carefully written.

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\* In those instances where there is discharged, by pressing the end of the penis with the fingers, a drop or two of a sticky transparent mucus or matter (semen) from the urinary passage, instantly after the evacuation of urine, the patient can smear a portion of this matter upon a small bit of *clean* glass, cover it with another clean piece, bind them firmly together with a thread, and set them aside for half an hour to dry. They can then be sent to Dr. H. in a letter, thus obviating the necessity of sending the sample of urine; as the author is enabled to make his analysis equally as well with the dried semen,—which contains a sufficient number of spermatozoa for microscopical examination,—as with the patient's urine.

In barrenness or sterility, the microscope is as indispensable a guide as it is in spermatorrhœa, impotence, &c.

## CHAPTER XIII.

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### NERVOUS AND MENTAL DISEASES, EXHAUSTION, HYSTERIA, HYPOCHONDRIASIS, &c., &c.

THOSE diseases generally termed *Nervous*, exercise an influence over the well-being of society, the injurious extent of which can scarcely be calculated. They are slow and insidious in their approach; in their growth they are almost imperceptible; but when they have once gained the ascendancy, the tyranny they exercise over one's happiness and future prospects in life, is frightful indeed! At first undermining the bodily, and then the *mental* powers, the strongest men are laid prostrate by what general medical writers can bring under no classification—or, in other words, can find *no name* for—from the protæan forms which the malady assumes.

Hence, the physician who (being a regularly educated practitioner, and practicing this branch of the healing art over his own signature, and not under an assumed or false name; and founding his claims to public favor on that broad and only solid basis, EXPERIENCE) will successfully grapple with so subtle and powerful an enemy, and rescue its intended victims from the clutches of the knavish and over-ready quack; and who will do this, too, by clearly and plainly pointing out the *symptoms*, *causes*, and CURE of such a destructive class of diseases, is surely conferring a great and lasting benefit on his fellow-creatures. This, reader, it will be my aim to accomplish in the following pages; and with the advantages which I believe I may safely affirm that I pos-

ness, I flatter myself I shall be able to perform the task to your entire and hearty satisfaction.

These distressing and comparatively neglected complaints, being far more prevalent in this country than is generally imagined; and being attended with many dreadful and alarming symptoms, which certainly claim our sympathy and assistance, and not, as is too generally the case, derision or contempt: I have, therefore, been very attentive to the only *true* method of cure, and trust the following will prove as good a treatise on these maladies, as any extant.

Under the denomination of "nervous disorders," in its full extent, are included several diseases of the most dangerous nature, which are so various that a volume would hardly suffice to complete a description of them; some of the most important, however, have been enumerated in the preceding chapters.

**SYMPTOMS.**—The most common symptoms of NERVOUS DEBILITY, are weakness of the genital organs, flatulence or belching of wind, palpitations, restlessness, drowsiness after eating, timidity, alternate flushes of heat and cold, numbness, pains in different parts of the body, especially in the head, back, and loins, giddiness, hiccough, difficulty of respiration and deglutition at times, anxiety, *dry cough*, internal sinking, or a sense of great *exhaustion*, &c.

There is *one* symptom which is distinguished by no name, and of which it is impossible for the uninitiated to form any adequate conception. It is described by the poor sufferers as making its attacks by violent paroxysms or *fits*, which are, however, usually preceded by portentous indications, like the brooding of a furious storm. It pervades with its baleful and devastating influence the whole nervous system, writhing and tearing the heart with inexpressible anguish, and exciting the most dreadful thoughts of horror and despair! To this terrible demon have thousands fallen a sacrifice, in the horrid transports of its rage.

NERVOUS, or as they are generally called, *Hypochondriac* complaints, in which are included those mentioned in the captions to preceding chapters, and many more beside, which want of space and time will not permit me to enumerate, are such diseases of the human system as arise from GENITAL WEAKNESS, which induces derangements of the Great Nervous Centres—cerebral, spinal, *sexual* and sympathetic—whose *nerves* are distributed throughout the entire body : and they are attended by such a train of symptoms or outward manifestations, that it is no slight task to enumerate them all : for there is no function or part of the economy that is not, sooner or later, a sufferer by their influence. They *imitate* almost every disease, and are seldom alike in two different persons, or even in the *same* person at different times. They are, also, continually changing form, and upon every fresh attack the patient seems to be annoyed with symptoms which he never experienced before. They do not affect the body only, but the *mind* likewise suffers, and is often thereby rendered extremely weak and peevish. The lowness of spirits, timidity, melancholy, and *fickleness* of temper, which generally accompany nervous or seminal diseases (for they are nearly synonymous), induce many to believe that they are *entirely* diseases of the mind ; but this change of temper is rather an *effect* than the cause of these complaints.

The *internal* symptoms of HYPOCHONDRIA are dyspepsia, or indigestion, costiveness or diarrhœa, slimy stools or evacuations from the bowels, flatulency, pale and copious discharges of urine, &c. A prominent symptom, is a *fear of death*, united, singularly enough, to a more or less strong desire to *commit suicide*. Nervous complaints are generally attended with palpitations of the heart, fluttering and trembling of the limbs, with shortness of breath after the least exercise ; the patient is affected with joy and sometimes grief, without a cause ; flying pains in the head also attend this disorder, which are often violent, but transient ; sleepless nights, with a wan-

dering and *violent imagination*, are its characteristic and peculiar attendants. In the extreme degree of these diseases, the symptoms increase in violence, and *each one assumes the name of a distinct complaint*.

Dull headaches, sleepiness, and melancholy, are peculiar symptoms attendant upon nervous maladies; *they generally arise from want of spirit and motion in the nervous fluid of the GENERAL NERVOUS SYSTEM*, giving rise to a deficiency of vitality, excitability, and productiveness in the organs of generation, *male and female*. And this being the most common cause, it is for this reason, of all others, especially to be taken into consideration in the Treatment of these disorders, which, if permitted to gather strength by long continuance or indulgence, become very terrible indeed.

Nervous patients are generally dull and inactive, subject to muse without thinking, and to disregard everything; the appetite is bad, the stomach is weak, wind is troublesome, and breathing difficult; lowness of spirits, dimness of sight, vain suspicions, melancholy imagination, a disgust for everything, a love of laziness, and a drowsy inactivity, are the original and peculiar symptoms of nervous complaints in general.

These complaints usually *begin* with an absurdity of the patient's behavior, inactivity, dislike to motion, anorexia, rumbling in the bowels, costiveness, oppression from gases, frequent sighing, weeping, anxiety about the breast and heart, great melancholy, internal sinking, load at the stomach, palpitations, taciturnity, or pouting, wild, incoherent discourse or conversation, ridiculous notions—the mind being frequently but momentarily fixed upon one object, &c., &c.; all of which are preceded by a variety of other symptoms still, as windy inflations or derangement of the stomach and intestines, appetite and digestion bad, while sometimes there is an uncommon craving for food, and a quick digestion; the food often turns sour in the stomach, and the unhappy sufferer

is troubled besides with vomiting of clear water, phlegm, or a blackish-colored liquor resembling coffee-grounds. Excruciating pains are often felt about the umbilicus, or "button." The bowels are sometimes loose, but more commonly bound, which occasions retention of *wind* and great uneasiness.

As these symptoms increase, the patient is tormented much with headache, cramps, and fixed or wandering pains in various parts of the body; the eyes are clouded, and often affected with pain and dryness; in short, the whole bodily functions are impaired. The mind is disturbed on the most trivial occasions, and is hurried into the most perverse commotions, perturbations, inquietude, terror, dullness, anger, *diffidence*, &c. The sufferer is apt to entertain wild imaginations and extravagant fancies; the *memory becomes weak*, and the judgment fails.

The *urine* is sometimes small in quantity, at other times very copious and pale, and again high colored and turbid. There is a great straitness of the breast, with difficulty of breathing; violent *palpitations of the heart*, sudden flushes of heat in various parts of the body; at other times a sense of cold, as if water were being poured upon them; flying or darting pains in the arms and lower limbs, back, and belly, resembling those occasioned by the gravel; the pulse very variable, sometimes uncommonly slow, at other times remarkably quick; gnawing, hiccough, *frequent sighing*, and a sense of suffocation, as from a ball or lump in the throat; alternate fits of crying and convulsive laughing; the sleep is unsound and seldom refreshing, and the patient is troubled with *horrid dreams*.

It was truthfully observed by an ancient writer, that nervous diseases imitate all kinds of disorders so nearly, that *most physicians*, without they have made these affections their especial study, are generally at a loss to distinguish them from other essential maladies of any part; but that one particular symptom of these complaints is, a *despair of ever recovering*.

Therefore, as the most common symptom of Hypochondria is a constant dread of death, it of course renders those unhappy sufferers who are afflicted with it, peevish, *fickle*, and impatient. But I shall perhaps return to this fact, when speaking upon the TREATMENT of these complaints.

CAUSES.—Varied and numerous are the causes of this class of maladies, among the most common of which, I shall mention the following, namely: The constant brooding over some loss or disappointment, great anxiety of mind, an inactive, indolent, or sedentary life, EXCESSIVE VENERY, exertion or fatigue, too hard or too much labor, the use of crude, windy, or unwholesome food, irregularity and intemperance, long-continued evacuations or inordinate *drains* from the body; and, in fact, everything that has a tendency to diminish the tone or *energy* of the Nervous System. But the “cause of causes,” and one which should never be forgotten, is, a want of spirit and motion in the *nervous fluid*, OR VITAL PRINCIPLE of the body, giving rise to deficiency of vitality, excitability, and productiveness in the organs of generation, male and female—in a word, to GENITAL WEAKNESS. Everything that tends to *relax* or weaken the body, disposes it to these disorders; as indolence, drinking too much green or black tea, coffee, or other watery liquids, *warm*; frequent bleeding, purging, vomiting, &c.; excess of grief or pleasure; leading a studious or *sedentary* life; *the horrid practice of a secret and destructive vice*; long residence in hot climates. Whatever injures the digestion, or prevents the formation of *rich and healthy blood*, has likewise a tendency to promote these complaints; as long fasting, excessive drinking, the use of windy, crude, or unwholesome aliments, or even an *unfavorable posture* of the body.

Nervous affections have frequently been occasioned or aggravated by some disappointment in life. They also proceed from intense application to any pursuit or study; few studious persons are entirely free from them. Intense study

not only preys upon the spirits, but prevents the person from taking proper exercise, by which means the digestion is impaired, the nutrition prevented, the muscular system, or flesh, becomes flabby, and the whole mass of humors vitiated. Grief and cruel suspense produce, also, the same result. In short, whatever weakens the body, or depresses the spirits, occasions nervous diseases—as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, anxiety, vexation, &c., &c.

Weakness of the nervous system is often—alas! too often—occasioned by *irregularities* in one sex, and *sensual excesses* in the other. It is also an indisputable fact, that when weakness of the stomach and bowels has been once introduced, many are the occasional causes of irritation from which nervous symptoms may ensue. In general, whatever by quantity or quality relaxes the solids of the body (the flesh, &c.), or by acrimony stimulates into spasms; or whatever diminishes the energy, or excites irregular motion of the animal spirits, or the vital fluid, tends immediately, or remotely, to the production of nervous diseases. The aim of the physician, therefore, must be, *to supply this diminished energy and want of vitality*—especially in the genital organs—to increase it to a sufficient degree, and change what is called the *atony* of the NERVOUS SYSTEM into that state of excitability and *vitalization* necessary for the *vigorous* performance of all the functions of the body, especially those of propagation of the species and muscular action. Let the reader bear this in mind, when we come to the treatment of these disorders.

CONCLUDING REMARKS.—Though persons of genius are more liable to nervous maladies, the rest of mankind are by no means exempt from them. Genius often throws the nerves into convulsions, but too close attention naturally benumbs their faculties. These disorders are considered by some authors to be a low grade of mental derangement, or insanity. The dull, stupid, and corpulent, are seldom or never the sub-

jects of these affections. An opinion also prevails, that nervous complaints are at present more aggravated among us than at any former period, and are chiefly attributed to excess of indulgences practiced in these times of refinement and luxury. It is certainly true, that the further we depart from simplicity, or a state of *nature* and temperance in what we eat and drink, and the more we sacrifice wholesome exercise to the inactivity attending domestic amusements, the greater will be the influence of every physical error, in *diminishing the vigor* of the constitution.

Persons who labor under any of these disorders, often believe themselves to be afflicted with various peculiar diseases, and sometimes that they have *living animals* in their stomachs. Each pain and symptom is brooded over perpetually, and they are constantly harassed with horrible forebodings of evil; with a fear that they will surely come to want; fearful and dreadful apprehensions; a constant fear of dying; very changeable and peevish; liable to quarrel with friends and relatives; irritable and capricious; great depression and despondency of mind, often on the subject of religion; sometimes in deep despair. I knew a lady who was for some years in this state, and she suffered terribly, until by a judicious course of treatment she finally recovered her health rapidly. I have known others who have *committed suicide* under the influence of these diseases in some form or other. They render the victims of them the most unhappy of beings; and, notwithstanding this, their friends generally, instead of manifesting sympathy, treat their cases lightly, or rather with ridicule.

## CHAPTER XIV.

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### THE TREATMENT OF NERVOUS DISEASES.

THE principal though *least suspected* cause of these disorders being, as I have mentioned, "A want of spirit and motion in the nervous fluid, or vital principle of the body, giving rise to deficiency of vitality, excitability, and productiveness in the organs of generation, male and female,—in a word, to GENITAL WEAKNESS,"—it follows that the chief indication in the *successful* treatment must necessarily be, on the part of the physician, to supply, by some *prompt* and *certain* means, this diminished energy and want of vitality in the Nervous System.\* And to find this certain means of cure, a REMEDY, which should prove itself such, has been the great desideratum among the physicians of all countries, in all ages of the world, no matter of what particular *school* of medicine they may have been the representatives—Eclectic, Allopathic, Homeopathic, Empiric—all, the most learned and thoughtful men of science, or the vilest charlatans. The honor of the discovery of such a remedy has been, however, reserved for this age of wonders and remarkable inventions; and to the writer of this work is the public indebted for this last and greatest boon to the afflicted—the MEDICATED BOUGIE, either alone, or with the Spts. Formic., the VERATRUM VIRIDE, IODINE, &c., according to the nature of the case to be treated.

Persons afflicted with Nervous symptoms, lowness of spirits, &c., ought never to go long without eating; little at a time and often being best for them. The food should be gen-

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\* When resulting from Self abuse or Spermatorrhœa, especially.

erous and nourishing, but easy of digestion. Roast and boiled meats, such as beef and mutton, are best suited to such cases. All *excesses* should be carefully avoided. *Hot* victuals are hurtful, as also watery or windy vegetables, particularly turnips, cabbage, peas, beans, and the like, and should never be partaken of by nervous sufferers. Never eat more at once than can be conveniently digested with comfort; but if the patient feels weak and faint between meals, he should eat a bit of bread and meat, and drink part of a glass of cold water, with *two teaspoonfuls* of the following Tonic Cordial added thereto. It is prepared as follows: Take of *Skull-cap*, one ounce; *American or English Valerian*, one ounce; *best French brandy*, half a pint; bruise the roots and put them into a junk bottle, to which add the brandy, and let it stand, well-corked, for twenty-four hours. This Cordial is a useful preparation.

Heavy suppers are to be avoided in these complaints. Although wine used to excess enfeebles the body and impairs the faculties of the mind; yet, taken with moderation, it strengthens the stomach and promotes digestion. Therefore, wine and water, with half a teaspoonful of the above Cordial to every glass, is very proper for nervous patients to drink at meals; but if wine sours upon the stomach, or the person is much troubled with *wind*, weak brandy and water will answer better than wine. Everything that is windy and hard of digestion should be avoided. All weak and *warm* liquids are injurious—as tea, coffee, punch, &c. People may find, perhaps, a temporary relief in these; but they always, in the end, increase the malady, weaken the stomach, and impede or hurt the digestion. Above all things, *drams* ought to be shunned as one would shun poison. Whatever immediate or present ease the patient may experience from the use of ardent spirits, they are, however, sure to aggravate the disorder, and prove a certain poison at last. These warnings are of the utmost importance, most persons being fond of *tea*, and

stimulants generally, and to the abuse of which many fall victims.

It is, however, in these diseases that I have met with very great success in the employment of that truly astonishing medicine, the VERATRUM VIRIDE, in combination with Spts. Formic, Iodine, etc.; both of which medicines, though potent and subtle remedies, are, at the same time, when judiciously prescribed strictly in accordance with age, sex, constitution, and the other peculiarities of the case, INVALUABLE. They are particularly efficacious in *all* internal or inward exhaustive or sinking sensations, loss of appetite, indigestion, depression of spirits, trembling or shaking of the hands or limbs, shortness of breath, and *consumptive* symptoms. They purify and *revitalize* the blood and secretions, ease the most violent pains in the head and stomach, and promote gentle perspiration. After a most extensive experience in the use of these precious medicaments, now for a long term of years, I hesitate not to pronounce them sheet-anchors of the physician's hopes.

Exercise in nervous disorders is very beneficial; and riding on horseback is generally esteemed the best, as it gives motion to the whole body without fatiguing it. Walking, however, agrees better with others. Every one ought to use that which is found to agree best with his constitution. Such things as have a tendency to divert the mind, by change of place and the sight of new objects, very materially assist in removing these complaints; and it is for this reason that short jaunts near home, or long journeys on land, are altogether preferable to a protracted sea voyage.

A cool dry air will be found serviceable in these complaints, as it gives tone and strength to the whole system, and at the same time invigorates the lungs, the digestive powers, &c. I know of hardly anything that tends more to relax and enervate the system than *heated* air, especially that which is made so by the use of large fires in small apartments. But when the stomach or bowels is weak, the body should be well

protected against cold, particularly in the winter season, by simply wearing a thin flannel waist-coat *over* the body linen, but not next to the skin, as is generally recommended. This precaution will keep up an equal temperature, and protect the digestive organs, as well as the heart and lungs, from many impressions to which they would otherwise be more or less liable, on every sudden change from warm to cold weather; changes that, in a climate like ours, are of incessant occurrence.

Let all who suffer from nervous prostration, rise early and take *moderate* exercise before breakfast; as indulging too long in sleep cannot fail to debilitate and relax the system. Such persons should be diverted, and kept as comfortable and cheerful as circumstances will permit; for there is nothing that impairs the nervous system more than anger, fear, grief, or anxiety. The temperature of the air is a very material consideration, and of much more importance than most people imagine; a light, dry, and warm air being best adapted to weak and diseased lungs, while a dry, cold or temperate air is best suited for relaxed and nervous patients.

The perpetual requirements of nature, and the regular order of things generally, demand activity in the human species, in common with the rest of animated life; and the construction of our bodies plainly shows us that it is not only admirably calculated for that purpose, but also points out that exercise is even indispensably necessary, in order to preserve that due regularity in the wheels and springs of motion, as well as to fit them for the healthful performance of their respective functions. Exercise is like the main-spring to delicate machinery; it favorably influences and promotes the digestion, prepares the *blood* (that irreparable balsam of life) for its varied destination, distributes it through all the channels of the circulation, expels the imperfect and offensive particles of the fluids or juices of the body, braces the nerves, gives a firm tone to the muscles and other solids, and carries

an even flow of comfort and hilarity throughout the entire economy; *provided*, always, the Medicines recommended have been regularly taken *previously*, for at least four weeks, in order to *supply* the diminished energy and *want of vitality* necessary to put the *main-spring* of life *in motion*. Violent exercise, however, is injurious after a full meal; and in the morning, when the stomach is quite empty, too much exercise is very pernicious. Active and oft-repeated exercise relieves the head, lessens rheumatic pains, keeps the bowels regular, is favorable to all the descending evacuations, and has likewise a tendency to *prevent* the *gout*; it contributes largely to the general health, and by increasing the circulation of the blood, and other humors in the legs and feet (since the lower limbs are the original seat of the *gout*), it may, perhaps, hinder the formation and assimilation of those unhealthy particles which are found to exist, in a concentrated and concrete state, in a fixed and settled *gout*.

Riding horseback is an excellent species of exercise, and essentially beneficial in obstructed and nervous habits, and in all *diseases of the lungs*; but when the nerves or bowels are much debilitated, the best substitute then, is riding in an open carriage. Another valuable kind of exercise consists in *moderate dancing* in the *open air* occasionally; to the influences of music and elevated festivity, it unites the charms of refined sociability and attraction, and inspires an animation which moves the system (in connection with the use of the medicines) in a more pleasing and effectual manner, and with oftentimes far happier effects than the other more common exercises can impart.

There are two prevailing errors in regard to exercise, which Fonblanc alludes to most truthfully in his "Medical Essays."\* He remarks that "People of debilitated, delicate, and nervous habits, who should always avoid too much exer-

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\* Vol. 8, page 411.

cise at one time, often hurt themselves by over-exertion, because they judge it advisable to 'take *plenty* of exercise.' There are others, again, who being confined within doors, and leading a sedentary life, think to compensate for want of *regular* exercise, by a hard ride or walk on Sunday; but this is a mistaken notion; the nerves of such persons, unaccustomed to bear so great a degree of agitation, are over-strained and relaxed, or weakened by it, while the circulation of their fluids—which is generally very slow and languid—is thrown into disorder from the same cause, and thus a foundation is laid for those very complaints it was meant to prevent." In such cases, the *Veratrum Viride*, &c., will be found to act as an excellent *substitute*, and should be persevered in until it has sufficiently strengthened the Nervous System, to enable the patient to resort to exercise, when he will then be in a condition to reap all the advantages from it which this remedy, duly prepared and prescribed, confers.

There is hardly anything more common than to hear people express their surprise at having caught a *cold*, because they are at a loss to account for the cause of it. They are not ignorant of the fact that damp air, wet clothes, the drinking of cold water when the body is over-heated, or too warm liquors while it is cold, and the like, are among the main causes; but do not consider that *all* sudden changes or transitions from one temperature and one extreme to another are equally conducive of the same effect, though the circumstances of it may not be so apparent to them. I here wish to impress it upon the minds of my readers, that there is no one thing which I can recommend more strongly to them than the wearing of soft flannel *over* the body linen, while laboring under any affection of the chest or weakness of the bowels; and in all rheumatic, scrofulous, dropsical, hypochondriac and nervous complaints, this well-timed caution equally applies.

With regard to *sleep*, too much of it weakens the nerves, renders the person cross and irritable, and it may, in the end,

bring on apoplexy and palsy ; it likewise produces a lethargic and indolent disposition, disqualifies for action, and blunts the energy both of the intellectual and corporeal faculties. On the other hand, nothing can be more hurtful than the loss of sleep and the want of due rest ; watching, by exciting an artificial fever, and by negatively exciting the nervous system—when its powers are already exhausted—effectually wastes the strength, debilitates the body, and lays it open to every attack, especially to nervous and violent brain fevers. The quantity of sleep must be proportioned rather to the strength of the body, than to the degree of exercise or labor. For instance, in lax and weakly constitutions, the natural motion and wear and tear of the system exhaust and dissipate the vital strength much sooner than in those persons who are hardy and robust ; consequently the former require more sleep to repair the waste and consumption, than what is necessary for the latter ; besides, in those who have much exercise or labor, the powers of the circulation being more complete, and sleep more mature, the business of nature is sooner performed I have known persons who required from eight to nine hours sleep every night, or they were good for nothing the next day I have at present one or two patients of this description ; and I believe, as a general rule, such persons never enjoy sound health ; and am of opinion, that from five to six hours' sleep, for an adult, is sufficient, and that a longer indulgence, except in case of sickness, is followed, in the long run, by evil results.

Heavy suppers, much reading, study, or other considerable agitation or application of the mind, near the hour of going to bed, tend to prevent sound sleep, and to occasion unpleasant dreams ; the drinking of tea, coffee, or any other thin, warm, or weak liquor, will also retard sleep. Therefore, let these pernicious practices be abandoned by the nervous invalid, ere his health be so far undermined as to be beyond the reach of medical aid ; but which he should no longer

hesitate to call immediately to his succor, if he has not yet done so.

A *regular* appetite for food or nourishment, I need hardly state, is almost an infallible sign of health, all things being equal : for when the stomach is in a sound condition, and digestion is properly performed, the spirits are good (except in Genital Weakness), and the body is light and easy : but when that important organ is out of order, a sense of languor and debility, with melancholy, watchfulness, or troublesome dreams, the nightmare, &c., are the general results. Seminal Emissions are almost always present in such cases, and are at the *bottom of the mischief*, as we have already seen, when I was treating upon that complaint in a previous chapter. A perfect digestion is at the same time *regular* and *easy*, otherwise it is a false appetite, originating either from some unnatural stimulus, or from too luxurious a style of living ; consequently, the stomach craves more than is necessary or proper. Simplicity of diet has numerous advocates among the reflecting class of physicians ; and there can be no doubt that the more varieties the stomach becomes accustomed to, the more dainties, and perhaps increased quantities of food are demanded. Our manner of living should therefore be regulated from the earliest period of childhood. When the Iodine and Veratum Viride have been used long enough to give *tone* to the stomach and nerves, I have found a *milk* and *vegetable* diet, in thousands of instances, to reanimate the constitution wonderfully—especially in those cases in which the patient's pulse was full, complexion red, and with symptoms of an increased rush of blood to the head, heart, and lungs ; but in persons of a weak and poor habit of body, animal food is more proper.

Blandeau, in his "Physiological Observations," makes the following judicious remarks : "Never use milk, soups, beer, or other liquors *hot*, for this is unnatural to man, as well as to all animals ; and by relaxing the nerves of the stomach, heart,

and genital organs, and other contiguous parts, are productive of numerous disorders in those in whom these organs are already weak : much less scalding *tea*, which many drink hot enough to blister the skin of a delicate person." And I may add, that hot drinks spoil the teeth, bring on the toothache, weaken the head and eyes, ruin the Nervous System, and commit abundance of other mischief.

Having now said all that I deem of importance respecting the *Diet and Regimen* necessary to be observed in connection with the use of the *Veratrum Viride*, Iodine, &c., for the cure of the disorders thus far passed upon as resulting from Nervo-Genital Weakness, I come at once to the *Special Treatment* of the same.

It is generally believed that nervous complaints are rarely *permanently cured* ; but that they may be occasionally ameliorated or soothed, and the victim's existence made more comfortable and endurable, by means of proper medicines, &c., I believe is universally admitted. Now, I will venture to affirm, that if the foregoing advice be faithfully adhered to, as well as the following method of treatment, a thorough and speedy CURE will be the result ; at least, I have never known these means to fail in my hands, and, if the patient's physician uses them with *judgment*, they will not fail in his hands either.

Preparatory to entering upon a regular course of the *Veratrum Viride* and Spts. Formic., and in order to derive the greatest benefit from their use, I recommend in those cases presenting the *symptoms* so fully laid down in the preceding chapter, be they present to a greater or *less* extent, a gentle emetic of 20 grains of *ipecacuanha* ; and when the patient is costive, a little *rhubarb*, or some other mild purgative, is to be taken, as the body should never be suffered to be long bound. All strong, violent purgatives, are, however, to be avoided, as aloes, "calomel and jalap," &c. An infusion of senna and rhubarb in brandy answers very well. This may be made of any desirable strength, and taken in such quanti-

ties as the patient finds necessary. When the digestion is bad, or the stomach relaxed and weak, as is generally the case, a dose of the *Veratrum*, with Iodine, taken one hour before meals, will be attended with the best effect; and at eleven and four o'clock, the following infusion of *Peruvian Bark* may be used with advantage, if the sufferer be afflicted with *wind*: *Take of Peruvian Bark, an ounce; gentian root, orange peel, and coriander seeds, of each half an ounce: let these ingredients be bruised in a mortar, and infused in a bottle of good brandy for five or six days. Half a tablespoonful of the strained liquor may be taken in a glass of water. Or, if the patient prefers, from 15 to 20 drops of the Aromatic Elixir of Vitriol may be added to two teaspoonfuls of old Cogniac, in a wineglassful of cold water, and taken two or three times a day, or as occasion may require. This will expel wind, strengthen the stomach, and promote digestion; while the Veratrum, &c., will revitalize and invigorate the Genital and Nervous Systems, by supplying them with the vitality which they have lost, and upon which loss primarily depend Nervous Disorders and Sexual Debility.*

It would be an easy matter to enumerate many medicines for *ameliorating* these complaints; but whoever wishes for a *thorough* and *permanent CURE*, must only expect it from the above treatment, together with the diet and regimen which I have given. Therefore, the greatest attention is necessary as to regularity, as well as to diet, air, exercise and amusement.

## CHAPTER XV.

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### CONSUMPTION, GENERAL AND PULMONARY.

IN this disease, the whole body becomes gradually emaciated and consumed, which is the result either of scrofulous ulceration of the lungs, or of *sexual excesses*, both in the male and female.

CAUSES.—They are numerous, but among the most prominent, I would enumerate the following, namely : The destructive effects of a *secret vice* almost universally practiced among the young of both sexes, excessive indulgence in the pleasures of Venus, or the inordinate practice of sexual propensities, giving rise to GENITAL WEAKNESS, whereby the Nervous System—upon which *all else* depends—becomes shattered and prematurely prostrated and exhausted ; *nervous*, bilious, asthmatic, and dropsical complaints ; leading a too studious or sedentary life ; long residence in hot climates, and vicissitudes in the atmosphere ; the common use of mercurials, of tea, coffee, and other debilitating beverages ; excessive dram-drinking ; cold, or what is generally termed a check of perspiration. Consumption may also be owing to cold caught by lying in damp beds, or inhabiting damp houses ; chlorosis or “ *green sickness* ;” excess of grief or pleasure ; debility of the muscular and *nervous* energy ; torpidity in the circulation of the blood ; acrid or diseased (scrofulous) condition of this fluid ; neglect of customary exercises ; long neck ; straight breast—flat and narrow ; depressed or flattened shoulders ; ulceration of the liver, spleen, pancreas, kidneys, peritonæum, womb, &c. ; a translation or shifting of humors from another

part of the body to the lungs; and, in fact, anything that occasions stagnation of blood in these organs, until it becomes converted into a thick, yellowish, puriform corruptive matter termed *tubercles*, or tubercular deposits. But the GREAT CAUSE of the *early decay* of thousands of American youth of both sexes, but particularly of the male sex, is SECRET VICE or ONANISM, resulting in *self-induced* Consumption. Let me here state a few facts regarding this terrible malady, for I desire that every reader should give this vital and all-important subject the most careful and candid reflection, as nearly ONE HUNDRED THOUSAND PERSONS die yearly, in this country alone, of Consumption. Of this number, *two-thirds* die before the age of thirty-five. Self-Abuse, or over-excitement of the Sexual System and Organs, is a habit which is commonly begun in childhood, and continued through the important period of youth into maturer years, until its victims either become bankrupt in health, or else are hurried prematurely into the cold and silent grave. This frightful passion or propensity, is a fire that smoulders in silence, and insidiously consumes, while parents and guardians are ignorant of the cause. It is a vice which prostrates *all* the vital energies, mental, moral, and physical, causing decay, insanity, idiocy, and death.

SYMPTOMS.—Although these are various, according to the different stages of the disease, I shall mention those which I have found in an extensive practice, the most constant and regular in their appearance, and which I believe correspond to the great majority of cases (though not in all), as they occur in this climate:—Hoarseness, or a dry, hacking cough, with little or no expectoration *in the commencement*; spitting of a thin mucus, occasionally streaked with blood, or of a brownish color; a sense of oppression, and pains in the chest; slight fever, generally increased somewhat towards evening; a too great and peculiar heat of the body; irregular wandering pains, familiarly known as “flying stitches;”

hectic flushing, or an alternate heat and chill felt over the surface of the body, particularly in the face, the palms of the hands, and soles of the feet (which are often of a clammy moisture) pain in the stomach or breast, and side—generally in the right, or it may be in the left, or in both—the sufferer commonly rests better on the diseased side; variable appetite, gloominess, loss of memory, sleepy, dull and heavy; listless and melancholy; mind confused, sleep disturbed; nostrils dry and itchy; nervousness, lassitude, disinclination to motion, and *diminished strength*; general debility, seminal weakness, involuntary emissions during sleep; dimness of sight; hardness of hearing; timidity and self-distrust, or want of confidence. Laurence truthfully observes, that, in connection with the foregoing symptoms, “a long-continued, or *dry* cough, accompanied by a disposition to vomit after eating, is one of the strongest reasons to suspect the presence of consumption.”

The patient generally complains of a more than usual degree of *heat*, though not always; a pain and oppression in the breast, especially after motion; the saliva or spittle has a *saltish* taste, and is sometimes mixed with a brown or darkish matter. Consumptives are apt to be sad,—the appetite is bad and the thirst great. There is commonly either a quick, soft pulse, or a slow and *shattered* pulsation at the wrist; and occasionally it is full and bounding; these are the common symptoms of a beginning or incipient decline.

Afterwards, or in the *second* stage of phthisis, the patient begins to expectorate or spit a greenish yellow, or bloody matter, erroneously called *pus*, and which results from the softening of tuberculous substances with which the lungs are, to a great extent, now filled. The body in this stage becomes considerably emaciated and weakened by the hectic fever and colliquative “night sweats,” which regularly succeed each other night and morning. A looseness of the bowels, or diarrhœa, together with an excessive discharge of urine, are often harassing symptoms at this time, and greatly reduce the

poor victim. There is a burning heat in the palms of the hands, attended with more or less itching and tingling in them, and the face generally becomes red or flushed after eating; the fingers become remarkably small, but clubbed or broad at the ends, the nails bend inward, and the hair begins to fall off. At last, the swelling of the legs and feet, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, indicate the approach of death, which, however, the wretched patient seldom thinks near.

Such reader, is the usual progress of this fatal malady, which, if not *early* attended to and permanently checked, commonly sets all medicine at defiance, and hastens its victims to an untimely, premature grave. Such are the prevailing symptoms, and rarely does the young patient *realize* the fate that awaits him—or *her*—until he finds himself tottering on the brink of eternity, a victim of unbridled passions and self-indulgence,—a prey to disease and an inglorious death.

## CHAPTER XVI.

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### THE TREATMENT OF CONSUMPTION.

I COMMENCE my treatment of this distressing and dismal complaint, by prescribing the use of *roasted* meats, particularly beef and mutton, moderately cooked, and of a judicious dose of the VERATRUM VIRIDE and Iodine, dissolved in good *old* generous Madeira wine—a dose of this in half a wine-glassful—at eleven o'clock in the morning, at four o'clock in the afternoon, and one hour before retiring to rest. To be repeated according to circumstances, and persevered in until the cure is effected. I also recommend *friction* with a soft flesh-brush, or coarse towel, over the whole body, but particularly over the chest and spine; *exercise*, and a comfortable degree of *warmth* to the surface of the body.

On account of the chemical composition of the *tubercles*, which I alluded to in the preceding chapter, I am in the habit of giving to this class of patients some of the preparations of *iron*; recommending them, at the same time, to make free use of *salt* with their food. These means I have found to agree in all the stages of this disease; but great care must be observed not to increase the *local irritation* by the too free use of stimulants. With these, and some other means which will be presently mentioned, I have met with very great success; and am persuaded that, if they are *judiciously administered*, they may be as successful in the hands of other physicians as well.

It were almost an act of supererogation to warn the public against the injurious effect of remedial agents when improper-

ly employed, in any disease, but particularly in consumption ; and to caution all, that unless *judgment* be the guide of our actions, and EXPERIENCE our monitor, we shall be very liable to do mischief instead of good—both to ourselves and friends—from thus blindly groping in the dark ; with these two landmarks, however, none need go astray, but may administer as successfully to the sick as the best physician in existence.

Exercise, properly regulated and persevered in, is of paramount importance, and is to be faithfully observed in consumptive, as well as in *nervous cases*, to which the reader is referred. New milk, if it agree, should be taken for breakfast and supper ; if it purges, it should be boiled. Woman's milk is, by some physicians, recommended. Dr. Burroughs, an East India physician, relates the case of a man reduced to such a degree of weakness and emaciation, from consumption, as not to be able to turn himself in bed. His child happening to die, he sucked his wife's breasts, not with a view of reaping advantage from the milk, but to give her relief. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man. Asses' milk is preferable to cows', but when the former is not to be obtained readily, the other answers very well. Goats' milk is not rich enough in nutriment, and fatal effects have been observed to result from the use of it ; Dr. Mondon, of Paris, relates a case of this kind.

Meat broths are good for consumptives, and may be taken as strong as the stomach will bear ; jellies, prepared from any healthy animal substance, such as calves' feet, for instance, may be frequently taken ; and the patient should ride on horseback, if possible, every morning ; and if too weak to sit alone, he (or she) should be supported by one who rides behind, "for," says Sydenham, "riding on the back of a horse or mule, in the morning, but not to cause *fatigue*, is absolute-

ly necessary; although walking, if preferred, is certainly an excellent substitute; so much so, indeed, that I order either the one or the other to patients troubled with consumption."

Boerhaave is of opinion that buttermilk is better than any other kind of beverage, as such, for consumptive persons, and informs us that he has known very extraordinary cures performed by buttermilk, and that, too, when the case was looked upon as desperate; in this opinion Dr. Barrington fully coincides. I am, also, perfectly convinced it has a very good effect, particularly if a dose of the Iodide\* be dissolved in a teaspoonful of the best old Cogniac brandy, and *ten drops* of the following preparation be mixed with each draught, namely: Take of DRIED CHLORIDE of IRON, *one drachm*, ALCOHOL at 22°, *four drachms*; pour the first ingredient into a bottle with a ground glass stopper; add the alcohol and stop tight; put it by, after shaking moderately, in a *dark*, cool place, ready for use. If not carefully corked, the atmospheric air will decompose this liquid and impair its virtue. This mixture will prevent any griping pains in the bowels, which buttermilk is otherwise apt to occasion, as well as wonderfully improve the strength and brace the muscles; imparting firmness to the flesh in an extraordinary and happy degree.

For the consumptive invalid, a dry, *warm*, clear air is necessary; and for the common drink, flax-seed or bran-tea, cold, is the best when *pure* water cannot be obtained, which, of all beverages, is the most beneficial to health and longevity. For a change, gruel made of sago, salep, or chocolate, may be resorted to; and tea prepared from coltsfoot flowers, or tussilago, sweetened with honey, I can with confidence recommend, having used them in my own practice with decided advantage. Shell fish of all sorts, such as lobsters, crabs, muscles, &c., as

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\* A solution of the Iodide of Potassium (which should never be taken, however, except under the supervision of a competent surgeon).

well as wild fowls and other brown meats, are good, and very proper for consumptive persons. *Pure* port wine and water, if it can be obtained, is a suitable drink at dinner, in these cases, or where there is much debility. The confection of *red* roses, in the quantity of three or four ounces daily, has been administered with singular advantage in this complaint. Orange juice, sweetened with a little honey and rose water, or *Liquor Calcis* (lime water), with a dose of the Iodide dissolved therein, and 15 drops of the *Tonic Cordial* mentioned on another page, produce a particularly good effect in this disease, when buttermilk cannot be had, or a change is desired.

The powdered Peruvian bark is frequently administered with great advantage when an abscess has formed in the lungs, and which may be distinguished by the expectoration of gross, fetid, bloody or purulent matter, oppression at the chest, and hectic symptoms. Many physicians prefer the salts of bark, and particularly *sulph. quinia*, to the bark itself, on account of the smallness of bulk, and the somewhat greater facility in administering it; but I prefer to give it in substance, being well satisfied that it is more efficacious than the salt, which I believe is chemically altered for the worse in the process necessary for preparing it. An *ounce* of the pulverized bark may be divided into 16 equal parts, and one taken every *four* hours in a little rose or lime water, sweetened with syrup of roses. Having recommended *lime water* frequently in these pages, I will here give the formula for preparing the liquid in the simplest and most economical manner:—

Take of *quick lime*, half a pound; put it into a pan, and pour upon it *four quarts* of boiling water; when it has stood 12 hours, pour off the clear liquor, and cork it up in *clean* bottles for use.

The following PREPARATION I have *great success* with in curing consumption, even when the patient has been given

up, and there appeared to be very little chance of his ever being again restored to health. I now recollect the case of a lady, who was recommended to try me, after having been given up as a *hopeless case* by her physicians, and who was reduced almost to a skeleton when I saw her; indeed, it *seemed* as if there was no help for her whatever: yet by patience, and due perseverance in this invaluable preparation, in connection with the VERATRUM VIRIDE, she perfectly recovered her health. I prepare the medicine in the following manner:—

*Take Vinegar of Squills, one ounce; Genuine Tincture of Cannabis Indica, two ounces; Tr: Ciner: Siber: two ounces; Lime Water, half a pint; Honey and Honey of Red Roses, of each a quarter of a pound; Actæ Racemosa, two ounces; Spirit. Formic., two ounces; the Juice of two Lemons; Digitalis Purpura, half an ounce; Old Cogniac, four ounces; Syrup Balsam Tolu, six ounces; Scilla Maratima, two ounces; Gum Accâcia Emulsion, three ounces. Put the above ingredients over a gentle fire in a sauce-pan; add two wineglassfuls of cold water, stir occasionally, and let the mixture boil four minutes; take off the scum (if any arises), and strain through a fine sieve. Of this admirable Balsamic Mixture let one teaspoonful be taken every four hours during the day and evening: if it causes any nausea, which is very seldom the case, the dose may be temporarily diminished, or left off for a day or two, and then recommenced with a lesser dose—gradually increasing to a tablespoonful, as the condition of the patient's stomach will permit. The Iodide is also to be used at the same time.*

\* \* \* To make the tincture of Cannabis Indica, take four pounds of the leaves of the plant, and digest for four days in one gallon of alcohol, in a glass vessel; then express the liquid; put it in a glass vessel in a sand bath, and evaporate the alcohol. Of that extract take one ounce to a pint of alcohol, which makes the tincture, and use as directed. Great care should be taken in procuring this invaluable medicine, which can only be found in Hindostan, Persia, Syria, and some of the mountainous parts of India.

I would remind those who may wish to use this Prescription, that they must be cautious and not confound this *Cannabis Indica* with the plant which grows in the United States, and classed by some authors on Medical Botany with the East India, when in fact their medical properties are entirely different; while the first would benefit, the latter would injure.

In consequence of the great difficulty of procuring the *Cannabis Indica pure*, in this country, I have been compelled to import it myself direct from Calcutta, through a medical friend of mine residing in the East; by which means, I am in the receipt of a limited supply of the genuine article, which is as much superior to that to be found in the shops, and regularly sold for the pure *Cannabis*, as gold is to dross.

The above PREPARATION has been administered some hundreds of times, and I am fully persuaded that if it is tolerably well managed, there is hardly a case of this malady in which it will fail of being efficacious; nor has it ever *once* deceived me. The medicine ought to be given in such doses as to produce but a trifling nausea, or sickness at the stomach, which soon passes off; but it is never intended to vomit. There is no desirable effect that may not be expected from this singularly successful remedy. For persons of a weak or nervous temperament, it might be well to commence with a smaller quantity and increase.

For the *night sweats*, I have found the *Nitrous Acid* very efficacious in a majority of instances. The combination in which I generally employ it is the following: Mix a *drachm* of the strongest acid with *four ounces* of water, and then add *half a pint* of the best French brandy. *One teaspoonful or less*, three times a day, morning, noon, and at bed-time, is the

proper quantity to be taken, until the desired object is accomplished.

The following CASES are given by way of illustrating more fully the course of treatment pursued in my practice, with a success unprecedented in the annals of medical science; they will be perused with considerable interest by the intelligent reader.

## CASES.

A. B., a resident of this city, and by profession a tailor, was reduced to a mere skeleton, with all the symptoms of confirmed consumption, brought on from having taken cold, being removed to a cold damp room in very cold weather. After having suffered for some time with the cough, expectoration, &c., he put himself under my treatment, and in less than a fortnight thereafter, by pursuing the precise treatment laid down in the foregoing pages, a lump, which appeared to the patient to be as large as a goose's egg, broke in the right lung, which immediately relieved him, and by a persevering course of treatment, he became hale and hearty.

C. D., a lady from Connecticut, who was laboring under what was thought to be consumption of the lungs by her medical advisers, came under my treatment some time in the May of '57. The symptoms in this case were great debility, emaciation, expectoration, lowness of spirits, great relaxation, &c., all of which reduced her to the shadow of a shade, and caused both herself and friends to despair of her ever recovering her health. Through a former lady patient who had been under my care for a similar complaint, she was induced to consult me respecting the possibility of a cure being effected in her case. Suffice it to say, that by a steady perseverance in the remedies laid down in this book, the Consumptive Preparation given on page 247, riding horseback, diet, &c., I had the pleasure of restoring her to health, strong and hearty, in less than *three months* from the time I first prescribed for her.

E. F., late banker, 61 years of age, acknowledges with gratitude that he received infinite benefit from seven bottles of the consumptive compound, having thereby been restored from an *asthma*, cough, violent wheezing of the lungs, strong hypochondria, lowness of spirits, great relaxation, weakness of body, restless nights, un-

pleasant dreams, all which reduced him very much ; he is now lusty, strong and hale, and enjoys better health than he has experienced for these thirty-five years. I should add, that this gentleman took three more bottles of the Preparation above mentioned, and the VERATRUM VIRIDE and IODINE.

*To Dr. Hammond, New York.*

DEAR SIR :—It would be injustice to the afflicted as well as yourself, were I not to declare that I am restored from a state of deplorable debility, weakness, and the horrible train of symptoms attendant on a nervous and consumptive complaint of long standing, by the Consumptive Preparation. My complaint so emaciated me as to be almost incapable of performing the duty in which I have been engaged (as mate of the ——, from this port to Jamaica), at sea or at home. But fortunately, I can now say that that valuable medicine of yours has restored my health and invigorated my constitution, which had previously been impaired by great exertion and heat of climate. I can further assure you, that my wife has taken the Preparation, &c., for a complaint in her stomach, attended with a variety of distressing and alarming symptoms of debility, with success, being now, thank God, perfectly free from them. Should this letter be deemed proper for publication, you certainly have my permission.

I am, dear sir, your obedient servant.

## CONCLUDING CHAPTER

### FOR BOTH SEXES.

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IN the preceding pages of this work, the author has endeavored to present such a view of the diseases treated upon, their mode of action, and the consequences resulting therefrom, as will, he is persuaded, lead every intelligent person who is the victim of those indulgences from which they arise, to apply *early* for medical aid; by doing so, they cannot fail to receive a speedy, safe, and permanent cure. But when, from a *false delicacy*, delay takes place, and the disease is allowed insiduously to make inroads upon the constitution, and to sap, as it were, the very springs and foundation of life, then a longer perseverance in remedial treatment becomes necessary to remove its effects: and it depends upon the prudence and judgment of the practitioner, in conducting the treatment, whether the patient is not subjected to a state of ill-health which shall render him an invalid for life. How many young men are daily cut off from this cause, and made untimely tenants of the tomb! The system, attenuated by the action of Mercury, and other poisonous minerals, yclept "vegetable medicines," its lack of vitality is particularly felt in the circulation of the blood through the *lungs*, the vitiated quality of which occasions the solids to give way, producing spitting of blood, that prelude to CONSUMPTION, which unavoidably ensues in such cases.

Another consequence from the same origin, or the improper use of medicines in the young, particularly, is the nervous disease termed paralysis, or palsy. Formerly paralysis was only a disease of age, of that exhausted state of the constitution which the decay of old age naturally pro-

duces. Now view the streets of the Metropolis; what numbers are met, in the flower of life, in the very vigor of manhood, dragging after them a lifeless limb! arrested in the heyday of every enjoyment, by placing themselves under the care of those who have improperly treated them; or, through their ignorance, exposed them to circumstances which ought to have been avoided at the time they were under the influence of medicine.

To prevent all these bad effects, I wish to impress every one, by the strongest reasons, with the importance of an early application of the proper means of cure: they will be amply repaid for this prudent attention to their health, in the enjoyment of years of comfort, which the thoughtless, neglecting these precautions when in their power, look back to with no little regret.

In offering this advice (it is the result of fourteen years' experience and observation in Special Practice), the author can say, without doing violence to the truth, that there is *no form* of these Diseases of the Seminal and Sexual Organs, but what he has seen and treated under all the variety which is known to attend them, in Both Sexes.

SPERMATORRHŒA, or that state of bodily and mental weakness and prostration which is frequently designated by the term *Nervous Debility*, is by far too common to admit of a question as to its extensive prevalence. It is seen everywhere and every day—in the consumptive youth—in the irascible but unenergetic man—in the shambling gait and pale or sallow visage—in the dull expressionless eye, the averted look, the sudden start. It is seen in our family and social intercourse, exhibiting itself in unaccountable whims and caprices—in absence of mind and aversion to conversation—in hypochondriacal fancies—in a dislike to exertion of any kind—and often in that condition of mental and bodily unhealth where a man's friends will kindly call him "unfortunate," and pity his declining energies and want of success in everything he

undertakes. All these and many other evidences are found in every one's daily experience, and sufficiently attest the universality of that *class* of ailments comprehended within the general expression, "NERVOUS DEBILITY." Doubt or ambiguity only arises when we come to seek for the *sources* of these pervading affections. The family doctor may be called in. Suppose him to be both a respectable and skillful man, well up in all the art and mystery of his profession, of large experience, of comprehensive study, and with the reputation of a successful practitioner. Grant all this: the danger is that he is tied down by *professional etiquette*. There are certain causes of disease which he must not investigate, certain maladies he must not prescribe for, certain wounds he is forbidden to probe. Let us see what he does. He may or may not look at the patient's tongue and feel his pulse, for these two diagnostics are not so much in vogue as they have been, and must be sparingly resorted to by any fashionable doctor. But he will inquire as to the state of the patient's bowels—ask him how he eats, how he sleeps, and how he feels—get him to perform an amateur cough—probably apply the stethoscope, and, finding nothing the matter with the lungs, get out of the difficulty in the approved professional way, by writing a prescription for some harmless tonic—"a tablespoonful to be taken every three hours"—and recommending immediate change of air and great quietness. Possibly he may not depart without what he flatters himself are a searching question or two, intended to draw from the patient a confession as to whether he has been injuring himself by drink. *But he never asks him this question—*

"DO YOU COMMIT SELF-ABUSE?"

We must not blame him too severely for the omission, though it is an all-important one; for in all likelihood the patient would have shrunk from confiding such a secret to a man who, however personally worthy, was his near neighbor,

and one whom he must calculate upon frequently meeting in after life. One of the bad consequences of this criminal frailty is the oppressive feeling of self-degradation which in most cases haunts its victim, when once he becomes alive to its wickedness. For the patient to open his breast, therefore, on such a subject, to the medical attendant of the family, would require a power of stern and daring resolution such as few are gifted with, least of all those who have given themselves up to this enervating vice; for how, he would ask himself, could he ever again look that man in the face without remembering that he knew the secret of his degrading weakness? And even could he restrain visible emotion, how could he help thinking—and being wretched with the thought—that the doctor, though outwardly polite, in his heart regarded him with contempt and loathing? Perhaps, therefore, it is better that the treatment of this self-abusing disease should be left—as it practically is—to those who devote their whole time and attention to it. The patient, thus situated, is encouraged to open his mind to a practitioner situated thus; for he knows that he is, and will remain a stranger to him.

Unlike those who insinuate that *they* do not find it at all necessary or desirable even to see their patients, the Author deems it not only highly desirable, but in those cases of Involuntary Seminal Emissions, when an *immediate* cure is desired, *essential* to have a personal interview with his patients, in order to effect the object in view. But this fact apart, it is always pleasant for him to have such interview; and, no doubt, it will also prove equally agreeable, as it always has hitherto, to most patients as well. Those “doctors” who insinuate, as far as they dare to, that they would rather *not* see than to see their patrons, do so doubtless for reasons or motives best known to themselves. No *honest* man, however, should be afraid to meet his patient face to face; whether before or after treatment. But the writer would suggest, to

avoid any unpleasantness that might otherwise attend a personal interview, on the part of some patients, that it would be as well for the patient to state his case as minutely as possible in a letter, *first*, before calling in person, so that at the interview all that he will have to do will be, to mention the name or initials—whichever he may prefer—that he signed in his letter, and also mentioning the date when such letter was mailed. There would thus be no unpleasant questions to ask on the part of the surgeon, nor any such to be replied to on the part of the patient. Indeed, in numerous instances, this style of correspondence is not only the better, but also the more expeditious mode of conducting the cure. Most persons suffering from seminal debility, will prefer writing a description of their case, in which a very natural trepidation might lead them to pass over or forget some of the points most essential for the conscientious physician to know. But by a letter the patient can sit quietly down and make a plain record of his symptoms and the indiscreet acts which have produced them, unconfused by those mental distractions which are occasionally attendant upon personal communication in matters so delicate. Hence we generally find that a written statement *leads* to a more speedy and safe diagnosis in an interview. We may further remark that the tacit arrangement by which the faculty, as a general rule, ignore this disease, has this additional advantage, that the devotion of a professional man exclusively to this one branch of curative science secures a much larger field of experience, and a much more certain amount of knowledge, in that one branch, than can be looked for in any ordinary surgeon or physician who undertakes to cure all the complicated “ills that flesh is heir to.” Hence it is that the multiform evils of self-pollution, and their modes of remedy, are so well understood by a Specialist who has devoted a professional life to its investigation and treatment.

All this, however, does not justify the neglect which so se-

rious a matter has, up to this time, met at the hands of the medical faculty generally. But we shall not enlarge on this point; it will be enough now to say that in *very* many instances, such as the one we have above feebly pictured, the real source of the complaint will be found in *self-pollution*. We do not say in *all* instances. Far be it from us to assert that there are not frequent cases of nervous weakness independent of this criminal cause. We know that there *are* such, and the fact that they are usual is pregnant with a practical significance, which we request the reader not to overlook. *The general physician, or surgeon, makes no distinction between such cases and those which have their origin in self-abuse.* He is called in to attend a patient, and finding some of the usual symptoms of nervous debility, he at once, and as a matter of course, concludes that the disorder arises from some of the constitutional or functional causes which do in reality sometimes produce it. He never deems it his duty—he has never been taught such a duty, and it is unprofessional—to ask himself or his patients whether it may not be the consequence of a secret habit of self-exhaustion.

But if the real cause be undiscovered, there can be no chance of success in the treatment. It must be abundantly clear to the humblest comprehension, that if a patient is suffering from the effects of bodily waste, produced by his own defiling hand, and you treat him as if the cause were external and altogether remote from this, you are only aggravating his sufferings by nauseous drugs, and perhaps ill-spared expense, and tantalizing him with ever-receding hope, until step by step he comes down to his last pillow, and may only know in the next world what it was that killed him; for, although the *conscience* gives warning to the self-defiler as he comes to years of reflection that he is doing something *morally* wrong, yet very few indeed ever dream of the *physical consequences*, unless they discover their incompetency with the other sex; and even then, though painfully humbled and mortified, they

are not aware, unless it is pointed out to them, that by persistence in the habit, they are digging up the very roots of their constitution, and draining out the vital sap of their earthly frame. In order to a *certain* method of cure, the *seat* and *origin* of the disease must be known. This can only be ascertained, in such cases as we write of, from the patient himself. *He* is not likely, as we have shown, to tell the family surgeon—the latter is still less likely to ask him—and betwixt this perilous reserve on each side, he may finally and ignorantly be crushed, unless our little book should fall into his hands, warning him of the gulf on whose brink he totters.

It has been the author's aim in the preceding pages to show that Spermatorrhœa, in an overwhelming majority of instances, has no other cause than that of *self-pollution*—that self-pollution invariably produces nervous debility in one or other of its forms—and that this same vice of self-pollution is one of frightful prevalence.

It will be seen, that, although the writer has endeavored to make the reader acquainted with the manner of treatment, by the most approved modes, in curing disease, he by no means recommends a reliance to be placed on "self-cure;" for, as Franklin observes, "there is much truth in the adage that 'a man who attempts to be his own physician, hath a fool for his patient.'"

Stupid and therefore nugatory attempts are constantly being made, however, of late years, by a certain class of persons, to render a *seeming* knowledge of the TREATMENT of these diseases so familiar, that every unthinking person may be induced to try to cure himself. This is a dangerous and reckless mistake, which many, doubtless, now, when it is, alas! *too late*, regret having in their folly committed. The remedies proper to CURE these I may say vital diseases, are of an active nature; they may be compared to edge-tools, which, unless skillfully handled, are very apt to prove more mischievous than beneficial: if they are capable of doing much good,

they are also capable of doing much injury, in the same proportion. If this is the case—and who that values his professional reputation shall deny it?—how dangerous is it for a patient to undertake his own cure under any circumstances of such hazard, doubt, and danger to the inexperienced!

The author, therefore, considers all popular tracts, and obscene medical *picture-books*, which *seem* to inculcate “self-cure,” as insidious productions, and tending more to mislead than to give serious and sound advice. In the present work, he has avoided this dangerous error. He desires the patient to be acquainted with the *nature* of these diseases, but to dread them as the bane of health and enjoyment; and to throw himself, when attacked, against their evils into the hands of those who are most capable of restoring him, by a proper and safe application of judiciously-selected remedies, to HEALTH and its blessings.

## APPENDIX.

### TO THE PUBLIC.

HAVING frequently been asked, of late, if certain individuals using the name of RICORD in their advertisements are really treating diseases of the Sexual System in accordance with that distinguished surgeon's elaborate and scientific method, I would here avail myself of the occasion to state, for the benefit of the Afflicted, that I am the Originator of and the only legally-qualified Medical Practitioner honorably and *successfully* engaged in RICORD'S PRACTICE (exclusively) in this country;\* that I am the only person who does not prac-

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\* [From the *American (Eclectic) Medical and Surgical Journal*, N. Y., June 1, 1851.]

“RICORD'S PRACTICE.—We deem it a duty to inform the public that a medical gentlemen of experience and ability, DR. C. D. HAMMOND, has opened an office for the treatment of a Specialty, in the success of which is involved, not only the health and welfare of the patient, but what is of still greater importance, *of his future progeny*. Dr. H. is a pupil of Professors CARNOCHAN and VALENTINE MOTT, and having witnessed the imperfect manner in which those diseases were being treated, went to Paris [1845] and studied under the distinguished RICORD for several years, and has now returned [1850] to this city, to endeavor to do for New York what that world-renowned surgeon has done for Paris, viz.: To rescue those (who have been unfortunate enough to contract that dire disease) from the hands of merciless quacks, whose only desire is to obtain the fee, caring little about rendering its equivalent—a *cure*. Dr. HAMMOND'S Testimonials, among the most important of which is one from Prof. Carnochan, who is conceded to be the greatest of American Surgeons, and one of the greatest living Surgeons (American or European), and of whom, as being an American—‘The DUPUYTREN and SIR BENJAMIN BRODIE of America,’—the republic is justly proud, will be sufficient guarantee that he is capable of performing all he promises.”

tice this Branch of the Healing Art under an *assumed name*; and that those imitators who unblushingly style themselves "graduates," "assistants," &c., are simply impostors.

I regret that my attention was not sooner called to this matter; for, Ricord's Practice must necessarily have suffered, to some extent, in public estimation, with regard to the efficacy and superiority claimed for it over all other methods of cure in this mischievous class of diseases, through the impositions and malpractice of those *soi-disant surgeons*.

The numerous pilferers of my professional notices and works who have sprung up, mushroom-like, within the past year or two, have finally rendered it necessary, in justice to Ricord's Practice and the afflicted, for me to place myself more prominently before the community, through the press, than I had originally deemed requisite, had intended, or desired.

In this connection, it may be as well to mention that in 1854 I located in the lower part of this city, for the purpose of publicly practising my Specialty, and making it, consequently, more useful to the afflicted, by causing it to be more widely known, and informed the public of the same through the medium of the newspaper press; *the caption or heading of my cards being an original one, namely: RICORD'S PRACTICE.*

Up to the above mentioned date, RICORD'S PRACTICE was comparatively but little known to the afflicted at large; but *now* the country is swarming with a certain class of persons advertising, over "Ricord's Practice," the filthy stuff with which venereal quack and *abortion* advertisements are usually filled.

In conclusion, I would say, that RICORD'S PRACTICE, when *honestly* and *judiciously* employed, in the hands of skillful and experienced medical men, is universally acknowledged to be both *prompt* and *entirely reliable* in its action; those, however, who confound this admirable system with the "Ricord's Practice" of charlatanism, will, it is to be feared, when too

late, discover their mistake in *their experience* of those sufferings and despair which must be *felt* to be appreciated—they certainly cannot be described!

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The following remarks admirably apply not only to the above-mentioned class of individuals, but to those mercenary persons, “whose name is legion,” engaged in the so-called “patent medicine” traffic generally,—with their “Specifics,” cordials, sarsaparillas, exhilarants, balsams, pills, instruments, &c., &c., &c. Every word of it is, alas! too true; and well would it be for the afflicted, were they more generally aware of the facts:—

[From the *New York “Weekly Critic,”* June, 1856.]

“QUACKS.

“Quacks are generally an infernal set of scoundrels. Nine-tenths of them ought to be in the Penitentiary—if anybody ought to be there, which we doubt. How is it that these ruffians have so long escaped newspaper criticism? The papers teem, day after day, with lies enough to send a whole nation to everlasting perdition—if any one is to be punished in that awful way, which we also doubt—thousands of robbed and poisoned men and women know the statements in the advertisements of these scoundrels to be unblushing lies, bare-faced swindles, yet they are repeated, week after week; and have been so repeated with impunity for years. This is not going to last long, however. The quacks have escaped so far, for the reason that they contrived to impress proprietors of newspapers with the idea that they, the quacks, are liberal patrons of the press. It is not strange that men who have managed to gull three-fourths of the nation into buying and using these nostrums have been able to exercise their persuasive powers, backed by a few dollars, successfully upon

editors. But we rejoice to see that the race of quackery is nearly run. Newspapers all over the country are now alive to the fact that quack advertisements are less profitable than any others; that the quacks, themselves, are the meanest, and most illiberal, and most insolent of their customers; that they require more for their money than honest men, and that their advertisements defile the columns of a paper, and drive away in disgust respectable and generous patrons. There are many papers now in the United States, and their number is rapidly increasing, who refuse to take quack advertisements at any price—we do not mean religious, but literary and political papers.

“ We are using somewhat strong language. We wish it were stronger. Quacks do not deserve to be treated with the leniency of ordinary swindlers. They belong to the very worst class of ruffians. Their whole life is a lie—their business is murder—heartless, remorseless, cowardly murder.

“ A scamp advertises that his compound will cure twenty different diseases, and in *all cases*, and some poor devil who earns a dollar a day upon which his family of seven have, heaven only knows how, to subsist, buys for his sick wife three or four times as much as the advertisement declares will *infallibly* cure her. His wife takes the medicines, but does not get well; nor does she exhibit any symptom of returning health. Her husband buys more—ten, twenty times more than is advertised to be necessary. The poor fellow has stinted his stomach, and those of his young ones, to supply his wife with medicines. They have all gone ill-clad through the winter, and some of the young ones have been shivered into the incipient stages of consumption. But their sufferings are in vain. The poor mother gets no better. On the contrary, she has been gradually growing worse. At length she dies. Now, we ask, ought not the vender of the pretended remedy to be held up as a common swindler? Ought he not to be prosecuted as such? And should not a healthy

public opinion, in the efficacy of which we have more faith than in legal enactments and prosecution, assign the Slow Poisoner for gain a position morally inferior to the murderer who does his work 'with neatness and dispatch.'

"The prevalence and fatality of many of the diseases of this age, especially those of women, are ascribable to the myriads of pills and 'girdles,' mixtures and plasters, Catholicons, ointments and liniments, that are advertised, from one end of the Union to the other, to cure ten times as many things as they ever do, or can cure, and that have been swallowed by the people, and their parents before them, and are swallowed by the rising generation, directly from the teaspoon, and indirectly from the mother's breast. Besides the positive harm these nostrums do, they are also negatively baneful, in that, while taking them, patients neglect to seek the true remedy, the disease grows stronger, finally gets the upper hand of its victims, until death, closing their career, they leave, as a legacy, a half-dozen unhealthy children, who grow up to be duped, dosed, and to die, as their parents died before them.

## Interesting Information.

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### THE NEW REMEDIES ; ADVERTISED NOSTRUMS ; TERMS, ETC.

THE improved postal arrangements and system of postage, having extended the sphere of the author's practice and usefulness, and the circulation of his medical works throughout society, having resulted in a vast and wide-spread correspondence, to which he is compelled to devote every moment that he can set apart from office-practice, he thinks it expedient, lest misapprehensions should arise on this head, to state his matured opinion in reference to it.

In all instances, when convenient and practicable, a personal interview is beneficial and desirable ; in extreme cases, which, happily, are comparatively rare, it is even of real importance ; and, in those cases where the patient desires a *speedy* cure of Spermatorrhœa, Impotence, &c., through the medium of the MEDICATED BOUGIE, it is absolutely necessary ; also, in cases requiring operations for the removal of *malformations*. With these exceptions, however, the complaints treated upon in this book, as well as those syphilitic and other sexual disorders laid down in *Medical Information for the Million*,\* may be successfully treated by letter,† provided the descrip-

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\* Including also scrofula, king's evil, old ulcers, eruptions, mercurial rheumatism, hereditary diseases in children and adults, and all other CHRONIC DISEASES, from IMPURITY OF BLOOD, in both sexes, and which are frequently pronounced "incurable."

† For some years past, a portion of DR. HAMMOND'S practice has been conducted by correspondence exclusively.

tion of the case be carefully and plainly given, in the patient's or writer's own natural style. In this way, persons can, by thus opening a channel of communication with the surgeon, be cured, even when residing in the most distant parts, and without additional expense. In these cases a list of questions, expressly prepared for the party applying for it, is furnished to those who *cannot* visit New York. By this means, two especial difficulties, which form the subject of daily complaint, are at once obviated, namely :

The surgeon, if his practice be extensive, may be enabled to give but a brief and insufficient interview ; or the patient, from diffidence, may be indisposed to relate what he would not hesitate to commit to paper. Moreover, in detailing his case by letter, whilst there would be no temptation to suppress facts and circumstances, of which the full and explicit disclosure is essential, an all-important object would be attained in the writer studying more the *particulars* than the style of the narrative. When, however, the above objections do not exist, a personal interview, as before mentioned, is more agreeable and preferable to the author.

*Dr. H. deems it proper to state, that unless he considers a case curable, he will decline treating ; therefore, patients before placing themselves under treatment, may write, stating all the details, when an opinion of the case will be returned.\**

Those, then, who desire to consult the author, are cordially invited to do so, in the full assurance that a steady resolution in following out his peculiar treatment, *which involves no extreme measures*, will secure a speedy restoration to health and its comforts, both physical and mental.

Persons applying for treatment are requested to be as minute as possible in the description of their cases, as to the duration of the complaint, the symptoms, temperament, complexion, age, general habits, diet, occupation, &c.

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\* Letters not containing the usual Consulting Fee (Five Dollars) cannot be

The author's new *ÆTHERIZED MEDICINAL PRÉPARATIONS*, adapted to each particular form and variety of disease, being *concentrated essences*, contain the *active principle only* of the ingredients from which they are extracted, in his own laboratory, and under his personal supervision. Thus, these remedies possess the desirable advantage of being of but little bulk, whereby they are rendered very convenient of transportation, at trifling cost for carriage, even to the remotest parts. The Preparations are all gelatinized and confectioned, after the recent and greatly improved French methods of M. JÆCKEL, by which means they are rendered both tasteless and odorless.

Being in the form of ovoid globules and granules, each of which contains a given quantity of the medicine, very exactly calculated to the fraction of a grain or drop, these remedies are, perhaps, the most convenient for patients of any extant, both as regards the facility of *regulating the dose* with great ease and precision, and the *unsuspicious appearance* of them, which permits of their being carried about in one's pocket, in the trunk or valise when traveling; or they may even be left about the room, without exciting any particular attention, thus obviating all fear of exposure, &c. They are put up in portable tin cases, with the covers *soldered* on, which effectually prevents observation, and insures the medicines against deterioration by damp, &c., in every variety of climate. Each of these small cases is a *complete medicine chest* in itself, for the particular disease for which it is intended.

*Written* directions, adapted to *each patient's complaint*, accompany every case, and contain full and explicit *ADVICE* for all the different stages and symptoms of the malady; in

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noticed. "Time is money." This sum will, however, be *DEDUCTED* from the *FEE FOR TREATMENT*, should the patient see fit to put his case in Dr. H.'s hands for a cure.

short, every requisite for a SUCCESSFUL TREATMENT is included therein.

These little cases are sent to any address in the United States, Canada, South America, the West Indies, &c., &c., the expense even to the most distant parts being trifling, whether by mail or other conveyance.

To prevent frauds upon the afflicted, they are hereby informed that these Preparations can be obtained *genuine* only from DR. HAMMOND *direct*. As has been mentioned elsewhere, it is rank charlatanism, and, in all instances where the medicines employed are powerful, highly dangerous, besides, to prescribe remedies without taking into deliberate consideration the INDIVIDUAL PECULIARITIES of each and every patient's case. And it is precisely herein that the pernicious influence of "patent" medicines on the public health is rendered obvious to the commonest mind. He who offers, *indiscriminately*, a valuable (or potent) medicinal remedy to the public, for the cure of diseases, is either a fool or knave, or both; in other words he is a *quack*, in the clearest sense of the term. For if a man is enlightened and honest, the truth of the above remark will readily suggest itself to his understanding, and he will act in conformity with its dictates.

It is a singularly notorious fact among *all*—save uninitiated patients—that *no patent medicines*, so called, but especially those offered by venders for the cure of Venereal Diseases, "Scrofula," Seminal Debility, Uterine Affections, &c., *ever cure*; and just so long as people confide in them, instead of in the honorable and competent (because *experienced*) practitioner, just so long will the diseases in question continue their ravages, unchecked, on society. Would to God that those who blindly trust to such perilous "specifics" for the cure of these complaints, could be made to realize this, to *them*, most vital truth, namely: That "patent medicines" can never cure, *because*, in the first place, they are not calculated, by reason of their *mode of preparation*, and by virtue of their *composition*,

to produce any such effect ; and, in the second place, the afflicted do not understand the real or precise nature of the disease under which they are laboring, once in five hundred instances. And yet this fact, alone, is absolutely of *vital* importance for all persons to comprehend, who, if they have been so unfortunate as to contract any form of sexual malady, desire to recover their health again—or at least, who do not wish to have their constitutions irreparably destroyed, through the agency of wrong or pernicious medicines. For if a man (or woman) have a gonorrhœa, for example, he does not know whether it may not be *complicated* with *urethral chancre*, for instance. (See Essays 2 and 6, Part I.) How, then, is the “specific” to cure in that case? If it be *syphilis*, the *vender* knows it not. If it be “a clap” only, the apothecary or “agent” will be quite as likely to furnish the applicant with a *mercurial* preparation, as he will with any other, for *he*, too, is as ignorant as the patient, concerning what is proper in the one case, or what is improper in the other. What is the necessary result? Why, of course, if the disease be *syphilis*, the poison is not only not eradicated, but it is even rendered more virulent, probably, by the mercury ; and so the victim to *false delicacy* (in not going to a physician at first), supposing himself cured, or that the poison has been rendered innocuous by the “specific,” goes on to infect wife or husband, mistress or lover, as the case may be : and thus the dreadful disease is indefinitely disseminated among the people, to the destruction of future generations ! The only positive effect of “specifics,” then, is to *lull the victim* into a FALSE SECURITY : they will never cure his disease, however.

Again : how is it that STRICTURE—to say nothing of *Infection*—is brought on? The inflammatory symptoms of gonorrhœa (pain, scalding, purulent discharge, &c.), in due course of time disappear—not by virtue of the *specific*, by any means!—but from natural causes. “Why, then I am

cured, and ergo, the specific has cured me," says the patient. Alas! not so, my good friend: Examine, if you please, the orifice or mouth of the urinary passage; do you not detect an adhesive moisture—no matter how slight or small soever in quantity it may be—of the part, glueing, as it were, the opening or lips of the urethra together? You do, in ninety-nine instances out of a hundred. Well then, that sticky transparent mucus will, sooner or later, if not eradicated by proper treatment, give rise to stricture. (See Essay 6, page 97). For this moisture indicates the presence of a *chronic inflammation* of the lining membrane of the urethra, to which circumstance, the origin of stricture is also due. Such are the *facts*, good reader; the decision, however, with regard to the employment of advertised specifics, remains with you.

IF PATIENTS WOULD ONLY DIVEST THEMSELVES OF FALSE DELICACY, AND BE PROPERLY CURED, BY SOME COMPETENT SEXUAL PRACTITIONER, PULMONARY CONSUMPTION,\*—AND ALL OTHER SCROFULOUS DISEASES, WHICH OWE THEIR APPEARANCE IN THE CHILDREN TO CONSTITUTIONAL (SECONDARY AND TERTIARY) SYPHILIS IN THEIR PARENTS OR PROGENITORS,†—WOULD, IN DUE COURSE OF TIME, CEASE TO AFFLICT MANKIND.

For the benefit of those who may wish to consult the author, either in person or by letter, they are informed that his consulting fee is \$5; microscopical and chemical analysis of Urine, Semen, &c., the same. When clearly addressed, letters, &c., for Dr. H., invariable come promptly and safely to hand.

\* \* \* Terms for Treatment made known on application.

*Consultation en Français.*

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\* Pulmonary Consumption (*Phthisis Pulmonalis*) is the great *type* of Scrofula. In its incipient, or *first* stage, it may be cured, if skillfully treated; but if allowed to enter upon the second stage, the disease is *absolutely incurable*. [See chapters on Consumption, Part II.]

† See LUGOL on *Scrofula*, American or English edition.

## PARTICULAR NOTICE.

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### DR. HAMMOND'S MEDICATED BOUGIE.

As a general answer to the oft-repeated question, Does the employment, or introduction of the 'Medicated Bougie' into the urinary passage give rise to much pain, or is the pain likely to continue for any length of time after the operation? the author would say: It is not pretended (by him) that there is absolutely no disagreeable sensation experienced in the passing of an instrument *of any kind*, into the urethra, as such would be deceptive and untrue; but he is, nevertheless, free to inform patients, *positively*, that the introduction by him of his Medicated Bougie, is not accompanied with pain, or that which, in ninety-nine instances in a hundred, would be called *pain* by an adult. The cauterization of an insignificant venereal sore, though it were no larger than a canary seed, is attended by ten times the amount of pain resulting from the introduction of this Bougie. Furthermore, even the disagreeable sensation above alluded to does not occur, in any case, no matter how sensitive soever a person may be with regard to pain, after the first or second introduction of the instrument. Neither is there any pain felt whatever a moment after the withdrawal of the Bougie, nor at any time thereafter. Finally, there is no danger of *inducing inflammation in sensitive persons*, through the medium of this Improvement.\* The duration of the operation does not exceed two minutes.

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\* In this connection, we have employed the above word in its special sense entirely, and mean, in the language of Walker, "*an advance in something desirable.*"

## "CARPING CAVILERS,"

Who may choose to criticise ungenerously the author's Theory of Spermatorrhœa, &c., are informed that he pays very little attention to mere arbitrary or technical distinctions, made by anatomists, and others, in their descriptions of the seminal apparatus, or the testes and their appendages. "Vessels," "seminiferous tubes," "canals," "ducts," "vesicles," etc., being looked upon by him in that light, he speaks of them synonymously, and for this additional reason: the entire apparatus being, in fact, but a continuous complicated convoluted tube, duct, canal, vessel, vesicle, &c.,—in the human male, at least. And the author is further of opinion, that one *Henricus Adolphus*, who wrote in the latter part of the sixteenth century, knew *more* about the seminal system than many of our modern anatomists—he being the only author, so far as we know, who has mentioned the *duplicatures* of the mucous membrane of the seminal ducts—or, as they may, with propriety, be called, the semilunar valves, analogous to those of the venous system of vessels. The *entire* apparatus, then, (not merely the *orifices* of the ducts), is in a weakened, *not inflamed*, (!) condition; the permanent *revitalization* of which constitutes the cure of Spermatorrhœa, &c.: direct medication, suitably applied, accomplishes this object in the "seminal ducts" (technically speaking), throughout their whole extent, while the constitutional medication acts upon the remainder of the apparatus—seminiferous tubes, etc.—whereby the cure is *radically* effected. But the direct medication (through the medium of the medicated Bougie) may, where *time* is not an object with the patient, be dispensed with, without at all affecting the soundness of the cure on that account.

## Scrofula and Skin Diseases.

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GENERALLY speaking, skin diseases, no matter what particular *form* they may appear under, are the result of a scrofulous diathesis or constitution, and legitimately come within the scope of RICORD'S PRACTICE. Salt Rheum, Tetter, Scald Head, Scaly Eruptions, Obstinate Ulcers, Enlarged Glands, or lumps in the neck, &c., &c., are familiar examples denoting a scrofulous taint, hereditary or acquired.

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### AUTHOR'S THEORY OF LIFE AND DEATH.\*

1st, *Of Life*.—The organs of an animate body, from their peculiar construction and adaptation, the one to the other, were designed for *action*, on the application of their proper *stimulus*, which is THE DIVINE ESSENCE—“*ethereal fire*”—ELECTRICITY.

2nd. *The Source of Electricity*.—This subtle fluid is derived from GOD, pervading *everything*, in different proportions and degrees of combination; and upon which depend the form, color, quality, &c., of *every universal thing*—mineral, vegetable, and animal—in the Creation. This *Essence* is the UNIVERSAL LEVER—the *main-spring*—whence all action emanates.

3rd, *The Blood*.—The blood is the *pabulum* which nourishes the organs or body; from it our material existence is derived: but the *vital principle*, the *life* of the material or physical creation, is a more august manifestation of *the Deity*.

4th, *Of Death*.—When, from a variety of causes, the organs are worn out, the divine essence cannot act upon them so as to reproduce *action* (organic), any more than steam can act upon worn-out or broken machinery; and non-action, or “*death*,” is the necessary result. Again, if any of the *vital* parts of the animal machinery become disorganized, or irreparably destroyed, by external violence (as in fatal accidents, for instance), the same natural consequence, death, ensues.

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\* This is an Original Theory, and was first published by the author in August, 1850. See “*Medical Information*,” &c., page 507.

## ON THE SUCCESSFUL TREATMENT OF

*Female Special Derangements and Diseases.*—*The Prevention of Suppression of the Menses and Pregnancy, in all proper cases of the same, guaranteed in every instance, by the author's VERATRUM WAFERS.*

“A cure at one interview, with or *without* medicine.”\* Alas ! fair reader, what a mass of misery, suffering, despair, and *death* do those few but fatal words contain. That none save the unhappy victims of this foul snare of the ignorant and therefore reckless quack, can realize their dreadful import, is indeed too true ; but let all who would escape a fate so utterly and irretrievably *miserable*, pay no heed to those unscrupulous harpies, who, to allure the unfortunate into their vile dens, parade, unceasingly as unblushingly, their daily advertisements, thus headed, in the public prints—aye, with those health-destroying and death-dealing words—as thousands of poor repining victims know but too well, to their everlasting sorrow, as regrettable as unavailing.

Be warned, ye maids, who view their sad despair ;

Avoid *quack doctors!* false as they are fair ; †

By like examples learn to shun like fate :

\* How wretched is the maid who's wise *too late*.

Ere health, and happiness, and life be lost,

Here purchase wisdom—cheaply, at their cost.

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\* This quotation may be found in most of the quack abortion advertisements of the day.

† In *words* and *promises* only.

In order to do away with this frightful butchery, this shameful and shameless charlatanry, Dr. HAMMOND felt it to be his plain duty, as a medical reformer, to do all in his power (since others recoiled from the highly necessary undertaking, through fear of a loss of professional dignity, from motives of etiquette, fastidiousness, or what not) to institute a better order of things by, on the one hand, exposing the criminal folly of those he and she individuals who *pretend* to effect "*a cure at one interview,*" or in other words, by tearing and pulling the unborn fœtus from the womb by main force, by means of crude mechanical contrivances, or, more properly speaking, murderous weapons, or by other equally absurd means to so mutilate the contents of the uterus, as well as that organ *itself*, as to destroy fœtal life, and thus by brute strength cause abortion—abortion at once violent and painful, and as destructive to health as to life; and, on the other hand, to substitute for such miserable practices a certain, *healthy*, prompt and *safe* internal REMEDY, which, in all proper cases, whether of suppression of the menses or pregnancy, should be at once rational and scientific in theory, reliable and effectual in practice. And success, the most remarkable in the annals of Medicine, has now, for nearly a quarter of a century, crowned the author's unremitting and correctly-directed efforts in the treatment of these most important complaints, as happy thousands know to their great joy to-day.

Dr. H.'s practice in Female sexual complaints, in which are included all Genito-Uterine, Mammary,

and Urinary affections, having been very extensive, probably much more so than that of any other practitioner in America; and as most of these complaints are the indirect results of NERVOUS DEBILITY, self-abuse, miscarriage, Leucorrhœa (whites), &c., he therefore desires to inform those who may still be unacquainted with the fact, that he considers his COMPOUND VERATRUM WAFERS a *priceless boon* to females suffering from this class of affections, particularly Suppression of the Menses.

In all derangements of the catamenia, in sterility, prolapsus uteri, whites, deficiency or imperfect development of the mammary organs or breasts,\* and in paleness, debility, and palpitation (called Green Sickness), this Medicine can be implicitly relied upon with the utmost confidence, as the author has seldom or never known it to fail, even in the most complicated cases. This invaluable Remedy may thus be considered an ABSOLUTE CURE, fully tested by the light of practical experience in a vast number of cases of every description of the above-mentioned ailments; and he earnestly advises no female, married or single, to be without a supply of these WAFERS, even for a day, upon no consideration whatever. A world of misery may thus easily be PREVENTED; while to neglect so plain a precaution, so obvious and paramount a *necessity*, may entail more agonizing wretchedness on the unhappy female than he cares to dwell upon. Few ladies, indeed, can afford to dispense with this vitally-important Remedy. In *suppressed, obstructed, painful*

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\* Beware of *mechanical appliances* for this purpose.

or *partial menstruation*, from cold or other cause, so safe, certain, and prompt is this medicine, when used judiciously, according to Dr. H.'s written instructions, that he looks upon it as *incapable of failure*, scarcely an instance occurring to him once in a hundred cases. For obvious reasons, however, he does not recommend these WAFERS, except under peculiar circumstances, for suppression of the monthly changes in the *pregnant* female; yet there are cases in which this result is desirable and highly proper, for a variety of reasons well known to the sensible and educated obstetrical practitioner—as in a too small pelvis, inability (from constitutional peculiarities) to bear children, tumors, and some other diseases and disqualifications, which the author has described elsewhere. And he here desires it to be distinctly understood by every lady, that the paltry nostrums, instruments or operations advertised in the newspapers, &c. (“*a cure at one interview*,” &c.), by certain individuals in this and other cities, for the purpose of procuring abortion, are not only violent and agonizing in their results a few hours or days *after* the operation, but extremely dangerous, death from *peritonitis* most generally occurring therefrom in a few days; and when death is not the immediate consequence, the patient's *health* is, nine times in ten, *lost beyond repair*. And this is one of Dr. H.'s most important reasons for herein recommending this long-needed desideratum, the CATAMENIAL RESTORER, so that there may no longer be felt the want of a perfectly reliable remedy for this prevalent but hitherto neglected

class of disorders, both as a Preventive and Curative.

These WAFERS are prepared in this convenient form of two potencies, designated as A, for recent cases, and B, for complicated ones, and are put up in an ordinary size letter envelope or packet in such a way that they can be readily sent by Mail without eliciting the attention of any one, thus rendering secrecy absolutely perfect. [**Be constantly on your guard against vile imitations of the author's style of putting up this medicine, of which there are several worthless ones.**] Patients explaining the symptoms and all particulars of their cases when sending for the Wafers, will have the *right kind* sent to them. It is essential to this end that the *length of time*, as well as the symptoms should be plainly stated, as also the *supposed cause*, when the precise cause is not positively known to the patient.

This Medicine is procurable *only* from Dr. HAMMOND, as he does not employ agents to sell it, so that no imposition can be practised on confiding patients in *his* name, nor by his authority, by the sending of a spurious or counterfeited article put up *like* his, more or less. Those who bear this important fact in mind, need never be imposed upon.

The price of these Wafers is fixed at \$5 per packet or envelope, which contains ample for all ordinary cases, though more is sometimes required, as in long-standing cases, &c.

*Again, beware of worthless imitations, for the very*

language of the author, with some slight alterations, is often to be found in the advertisements, circulars, books, &c., of the before-mentioned unscrupulous imitators of Dr. H.'s Works and Medicines; which imitations, it is almost needless to add, are good for nothing, and are also frequently deplorable in their consequences.

Dr. HAMMOND *will guarantee his* COMPOUND VERATRUM WAFERS *as a sure Preventive of Pregnancy, to be implicitly relied upon in EVERY INSTANCE; and also that they contain nothing injurious to the constitution, but promote instead of deranging the Health of the patient.* What other remedy can do this? None.

Let all who would escape frightful dangers, tortures, and in very many instances *a worse than dog's death*, apply to Dr. HAMMOND at the *earliest possible moment* in cases of Suppression of the Menses especially, and they will then be *certain*, not only of a *speedy* restoration to Health, and a *mind* freed from life-corroding *anxiety*, suspense, doubt, and terrible fears, but they will also have the proud satisfaction of having avoided the endless extortions and tricks of the merciless crew of mountebanks who rob them, not only of their precious health (which once lost is gone forever), but of their means as well (often hard to be borne), and finally, of life itself. For, bear in mind, that a package or two of these Wafers, judiciously used according to Dr. H.'s instructions, will *save* every female who chooses to avail herself *promptly* of them. The DOCTOR'S highest ambition is thus to *prove* himself a benefactor

of his race in this as in every other special department of Medical Reform coming properly within the scope or range of his Specialty, to which he has devoted his life. And the heartfelt gratitude of ten thousand now happy persons is his great reward.

NOTICE.--Those who desire the author to treat their cases for them, when difficult or complicated, can ascertain his terms, &c., with Guarantee of Cure, by writing or calling on him, and fully and plainly describing their symptoms, &c. All such who place their cases in his hands for *treatment*, will have the consulting fee, \$5, credited to them, and deducted from *the fee for treatment* at the time it is paid.

As there are many other special female complaints not mentioned in this book, which Dr. H. successfully treats, including those of the uterus, ovaries, vagina, bladder, urethra, rectum, ulcerations, discharges, deformities, malformations, deficiencies, or non-development, affections of the skin, &c., patients who wish to consult him, in person or by letter, can do so and learn all particulars in relation to the case, his opinion as to curability, &c., on payment of the consulting fee.

All letters should be directed to

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ON

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BY

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*Chief Surgeon to the Hôpital des Vénériens (du Midi),  
Paris, etc., etc., etc.*

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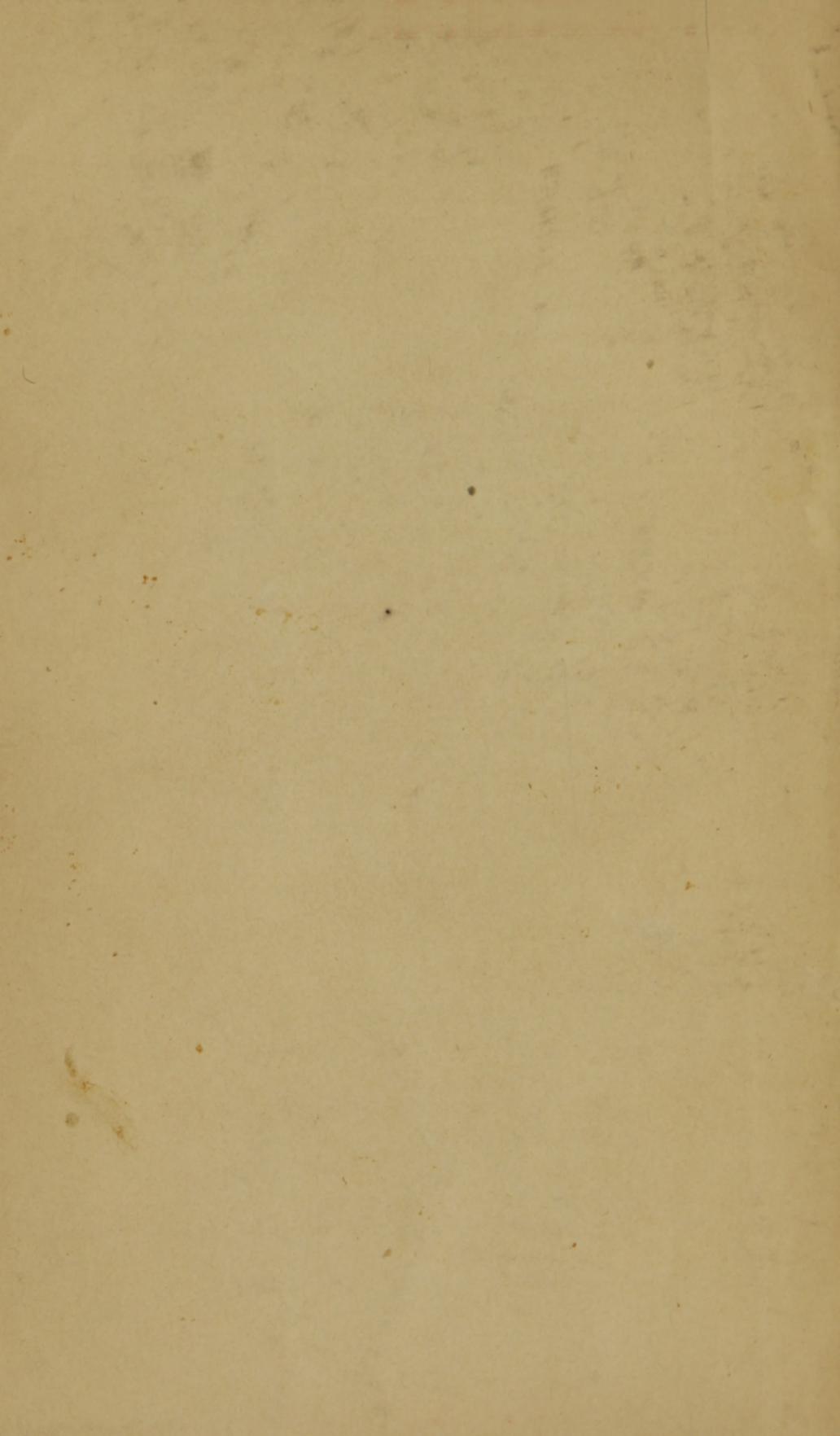
## THE INCREASE

OF DR. HAMMOND'S Office-practice, having compelled him to relinquish hospital business and visiting calls altogether, he has made arrangements to devote his time, henceforth, *exclusively* to patients at the Office, and to the Treatment of Cases by Letter; so that the hours for consultation will hereafter be from 1 to 3, and 7 to 9 evening, except TUESDAY and FRIDAY evenings.









**VITALLY IMPORTANT IT IS TO UNDERSTAND** that inasmuch as Spermatorrhœa insidiously undermines the **ENTIRE SYSTEM** of the victim,—not an organ or a function escaping its fearful ravages,—it necessarily follows that no **Method of Treatment** that does not remove these **EFFECTS** of this fell Destroyer of **Manhood**, can have reached the **CAUSE** which produced them. Dr. **HAMMOND'S** method, alone of all others, it is confidently believed and asserted, after the most extensive experience that ever fell to the lot of a medical practitioner, is competent to eradicate promptly, radically and permanently, both the cause and effects of Spermatorrhœa.

It is proper to mention that this Disease causes impotence, dots or webs in the eyes, a vacant or more or less idiotic expression, dark discoloration around the eyes, nocturnal and diurnal Seminal Emissions, **LOSS OF SEMEN INTO THE URINE**, scrofulous pimples and blotches on the face (which are not always present), consumption or marasmus, liver complaint, heart disease, head-ache, dyspepsia, constipation, Nervous Debility, kidney and bladder diseases, melancholy, catarrh, stricture, deafness, dimness of sight, red eyelids, love of solitude, irresolution, dullness, neuralgia, paralysis, imbecility, &c., &c., &c. (See pages 38, 48 to 82, and 113 to 258 of this Book.)

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***Brief Synopsis of Symptoms of Spermatorrhœa, &c.:***

Loss of Semen in urinating and stooling.  
 Loss of Semen in sleep, with bad dreams.  
 Local and general Debility, Weariness,  
 &c.  
 Palpitation of Heart, shortness of breathing.  
 Hissing in the Ears, tingling of the ears.  
 Shrinkage of the Genitals, Timidity, &c.  
 Variable Appetite, Sour Stomach, Wind.  
 Pain in stomach after eating, distention.  
 Dissatisfaction in Sexual intercourse.  
 Itching of Genitals, erections feeble.\*  
 Premature emission in connection.  
 Nausea or Vomiting of dark or watery fluid.

Tongue furred or red, bad taste and breath.  
 Nervous Twitchings, anxiety, restlessness.  
 Easily excited, costive, dry or moist skin.  
 Itching at fundament, piles, pale or dark urine.  
 Very light or dark stools, occasionally bloody.  
 Pulse irregular, quick or feeble and slow.  
 Flutterings before eating, yawnings, &c.  
 Uncomfortableness, trembling tongue, bad teeth, &c.

\* Sometimes they are the reverse, being hard, painful and frequent.

