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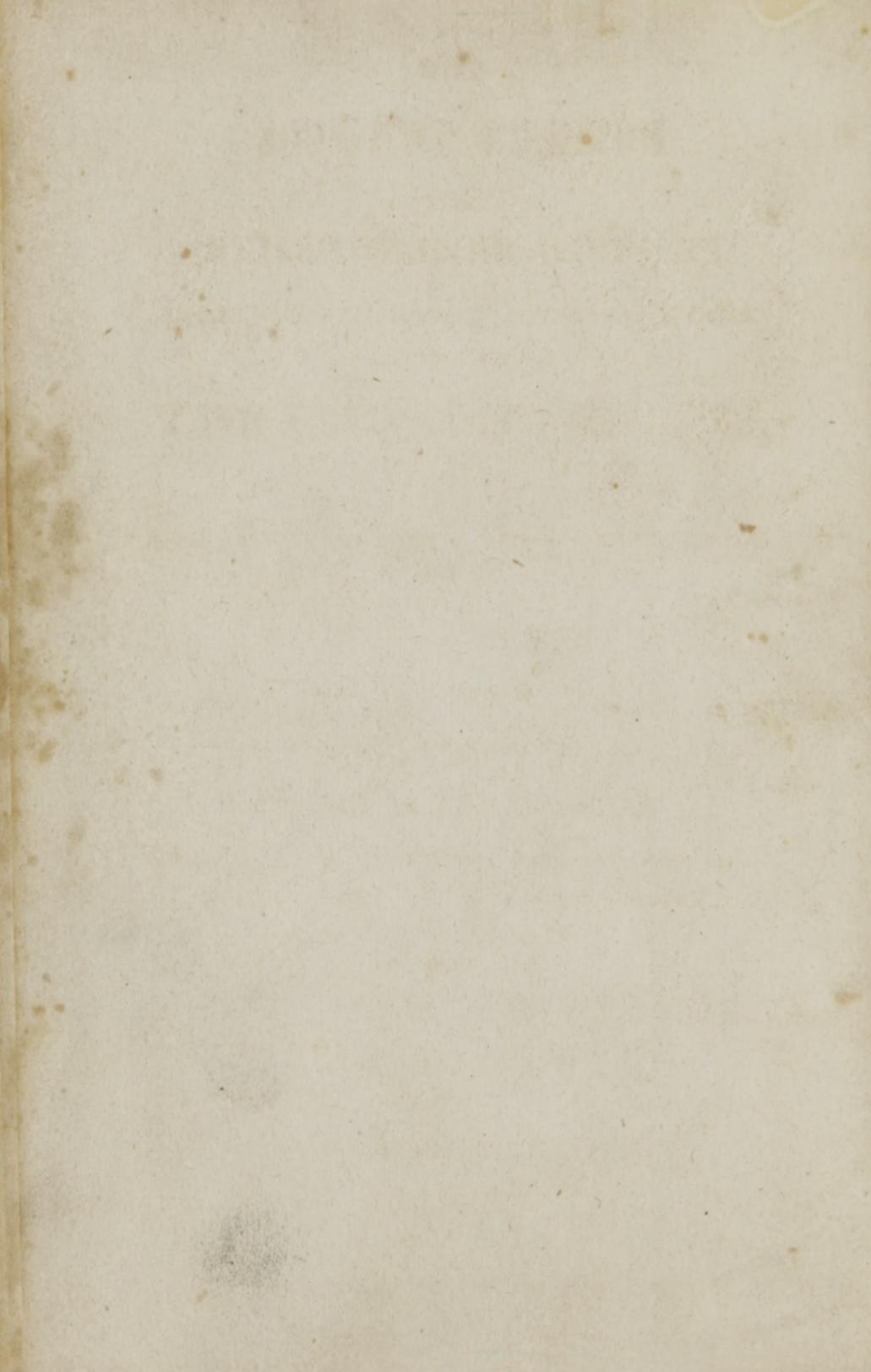
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THE
MOTHER'S OWN BOOK.

AND
PRACTICAL GUIDE TO HEALTH;

BEING A COLLECTION OF NECESSARY AND USEFUL
INFORMATION.

DESIGNED FOR FEMALES ONLY.

DERIVED FROM VARIOUS SOURCES DURING A PERIOD
OF TWENTY YEARS PRACTICE;

IN THREE PARTS.

- 1st. Menstruation, &c. &c.
- 2d. Conception and Gestation.
- 3d. Parturition and Abortion.

WITH PRACTICAL ADVICE;

UNITING THE BENEFITS OF THE OLD AND NEW
SCHOOL PRACTICE, IN THE TREATMENT OF

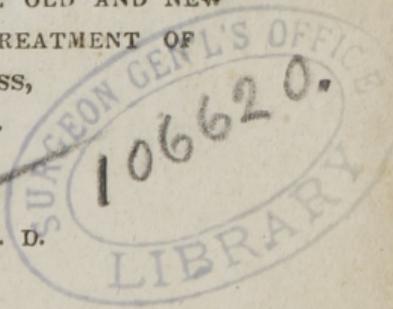
FEMALE WEAKNESS,
&c. &c. &c.

BY A. G. HALL, M. D.

ROCHESTER, N. Y.

1843.

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THE

WOMEN'S OWN BOOK

AND

PRACTICAL GUIDE TO HEALTH

WITH A COLLECTION OF RECIPES AND FORMS

FOR THE

WOMEN OF THE WORLD

EDITED BY MRS. J. W. BROWN

IN THREE PARTS

Part I. Hygiene, Diet, and Exercise.
Part II. Diseases of Women.
Part III. Remedies and Forme.

WITH PRACTICAL ADVICE

ON THE MANAGEMENT OF THE CHILD AND HOME

AND ON THE USE OF THE BATH AND THE

WOMEN'S WEAR

66 60 60

BY A. C. BROWN

BOSTON, N. Y.

1843

Northern District of New York, to wit:

BE IT REMEMBERED, That on the nineteenth day of April, Anno Domini, 1843, Alfred G. Hall, of the said District, has deposited in this Office, the title of a Book, the title of which is in the words following, to wit:

"The Mother's Own Book, and practical Guide to Health; Being a collection of necessary and useful information, designed for Females only—derived from various sources during a period of twenty years practice; In three Parts: 1st, Menstruation, &c. &c. 2d, Conception and Gestation. 3d, Parturition and Abortion, with practical advice. Uniting the benefits of the Old and New School Practice, in the treatment of Female Weakness, &c. &c. &c. By A. G. Hall, M. D. Rochester, N. Y. 1843."

The right whereof he claims as Author, in conformity with an Act of Congress, entitled "An Act to amend the several Acts respecting Copy Rights."

(A true copy of record) ANSON LITTLE,

Clerk of the District.

ERRATUM.

In page 51, in the 5th line from the bottom, read
"two small *flat* stones."

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RECEIPTS.

CURE FOR SORE NIPPLES.

After relieving the bowels freely with pills and washing the nipples with weak Pearlash or Saleratus water; obtain 1-2 oz. of Gum Arabic, 1-2 oz. of Loaf Sugar, 1-4 oz. of Salt Petre, 1-8 oz. of burnt Allum, pulverize and mix, sift it on to the nipple, so as to cover it after the child has nursed. Obtain the top rim of the neck of a junk bottle, broken off and rubbed smooth on a grind-stone, one for each nipple, keep them in cold water during the time the child is nursing, dry them, sift on the powder, and slip them over the nipple, let the stays or bosom so compress them as to keep them on. The child may suck off the composition, which is to be replaced again with the glass nobs.— Be sure to relieve the bowels frequently with pills if they are much sore, and the blood be in fault. This proves a sure and effectual cure. The glasses keep them in shape and cool.

CURE FOR DROPSY.

Take the bark or the root of wandering Milk Weed, otherwise called Bitter Root, and the root of the herb called the Queen of the Meadow, and the bark and leaves of dwarf Elder, equal parts of each, say a

handful, steep them in one quart of pure Holland Gin, if too strong, reduce with water, and take three table-spoonsful three times a day, continue its use for a week. If it loosens the bowels too much do not be alarmed, it will prove an effectual cure. If only one of the above articles be obtained, they are valuable alone, and will prove beneficial, steeped in pure Gin, and drank at intervals.

TO STOP FLOWING.

Take equal parts of pure Cayenne and Cranes-bill, pulverized, or Gum Kino, mix and use half a tea-spoonful every ten minutes in a tea-cupful of hot water, until the danger is over;—then take the same quantity three times a day. If these substances are not to be had, and a case requires aid, use a tea of Black Pepper, with either Cloves, Cinnamon or Nutmeg in it, equal parts, drink freely, rubbing the feet and limbs.—Continue its use for a week.

ADDRESS TO THE READER.

In presenting a work of this nature to the female portions of an enlightened community; a variety of considerations are awakened in the mind of its Author. It is with peculiar emotions that he attempts in so public a manner to convey, through the medium of its pages, that necessarily delicate and highly important information that weakly mothers so much require.— His fears have almost led him to conclude that it would not meet with that reception which it *might probably* claim under other circumstances.

Through a period of more than twenty years practice, anxious and inquisitive on all subjects of interest in his profession; the Author has been gradually led to form those conclusions, which the work will more fully develop on a perusal. He has humbly endeavored to couch his sentiments on delicate subjects in language as simple as it is expressive, with the utmost regard to those for whom it is designed.

On a serious review of the positions of the female organs—the various functions and phenomena they are required to perform. It is a fact not less surprising than it is true, that the female system, placed under so continuous a periodical and natural gradation of changes, arising and subsiding, year after year, should exist with so much native vivacity, and constitutional ambition. There is certainly something worthy of our

deepest regard as men of science. In surveying the beautiful structure, complicated as it is mysterious, designed in the order of nature for a continuous transmission of our species to new generations. We see the female form, mantled in health and youthful beauty, teeming with mirth, intelligence and loveliness at one moment. At another, we see the same form racked with the most excruciating tortures, groaning with the bitterest anguish, horror-stricken and distracted, sinking and faint from the loss of blood. At another moment, we behold her opening her bosom treasured with nutrition and comfort to her offspring, in all the dimpled loveliness of innocence and infancy, her eye beaming with kindness, watching the little stranger with solicitude, assiduity and delight. At another time, we see her pale, emaciated, languid and feeble, debilitated, restless and sickly, withering under the blast of wasting disease;—like the vegetable kingdom from which the frost has just swept the bloom of health and verdure;—she is gone. The little group is motherless. There is a sacred sympathy in a mother's love, that inspires her generous soul with ambition—with patience—with resignation, amid the multiplied and peculiar vicissitudes of her situation. But who can extend that love to the Motherless. Again, we behold her offspring clustering around her in rich and beautiful gradation. (Like grapes upon the living vine, tinged with the glow of a morning's sun,) bespeaking past changes and anxious cares; such a view presents a contrast to the mind at once painfully pleasing, delightful and mysterious, inspiring the mind with a spirit of confidence and gratitude to that God who

sustained her in the hours of her perilous anguish.— Such views are led to interest, especially, the Physician. In the walks of his profession, the Physician necessarily becomes acquainted with and interested in those changes and afflictions more readily conceived than expressed. If the bosom of man contains any sympathy for the opposite sex, a class whose peculiar and secluded afflictions are in nature adapted to themselves alone. If that sympathy is inspired with any dignity that gives it virtue to move? If his intelligence claims any pre-eminence? Can he, as an accountable being, knowing the premises, withhold from exerting that philanthropy which might alleviate their multiplied afflictions, administer health to the rising generation; or prolong to the helpless and innocent children, the warm hearted tenderness of a mother's love? With such motives, cherished under such principles, the feeble efforts on the following pages have been inscribed to the American Mothers.

In a work of this nature, which is intended to enlighten the minds of our fair readers, on subjects that not only involve their own health, life and happiness; but very many considerations of the greatest importance to the future interests of their friends, and their offspring; it becomes necessary that we should treat the subject freely and dispassionately. The design is to convey truth undisguised, and to unfold to them the mysteries of the organs of the female form with their several functions. The various phenomena connected with their existence in health; and the complicated degrees of weakness, disorganization and suffering, to which they are subjected by disease; this

alone will evidently determine the importance of the work.

We therefore enter upon this subject, with the highest regard for the female portions of community, for their welfare, their health and their happiness. With the greatest sympathy for their secret sufferings, afflictions and anguish. And with the most profound respect for their virtue, their dignity, and their intelligence. We enter upon this work with a design elevated as it is pure. The humble communications that may be made on these pages, are intended to rescue thousands from a premature grave; by imparting to them that information that shall enable them in the commencement of disease to detect and subdue it, to designate the organ affected, and to seek those remedies in whose early application fatal diseases may be arrested—which too frequently and suddenly deprive us of a daughter, a mother, a sister, or a wife. The charge of indelicacy, and a want of modesty and respect for the female, may be urged on the perusal of this work. But it has been too often the solemn truth, that, a false delicacy and a modesty not worthy the name; has so sealed the lips of many of our worthy, amiable, and lovely women; that the physician has learned only when it was too late to remove the fatality of the disease, already in the highth of a protracted inflammation, its location. Such delicacy has left many a motherless child; many a lovely daughter, destitute of the kindness, sympathy, and instruction of a generous and noble hearted mother. In fact our subject is all through necessarily delicate, but it shall be the duty of its Author in every department of it,

to attach that dignity to the subject, in language so respectful to its fair readers, that he flatters himself that the work will in this instance prove its own apologist. It is so much interwoven with the experience of almost every female, that its fallacy would be easily detected; and should it be necessary to call upon the learned faculty to decide its merits, it will undoubtedly be condemned, as it is intended to cut off those great sources of sickness, debility and disease, from whence they derive their wealth and importance. The practice of the New School, has been found much more salutary in regulating the female's complicated frame when disturbed by disease, than that of the old.— Medical men in their ambition to compress their medicine into as small a quantity as possible, have been driven into the necessity of adopting highly wrought chemical preparations, and powerful mineral poisons, that notwithstanding their apparent benefit in the onset, they seldom fail to paralyze the energies of the fairest constitutions in their secondary and most debilitating effects. We therefore find thousands of weakly mothers in a climate the most salubrious, in a country designed by nature to promote health, and to secure happiness. The general and simple vegetable remedies that are introduced in this work will sustain themselves in the beneficial results they are ascertained to have produced if used. Should the confidence of some be shaken who remain yet unacquainted with their virtues, that confidence will be restored in their adoption, when their potent and benign effects will procure continuous and uninterrupted health. This work will treat on Menstruation, and all its complica-

ted and unnatural derangements. On the mysterious powers of Conception, with all its phenomena. Gestation through its several months seperately considered; and Parturition with its diversified and peculiar changes, in health, and in weakness. With other important and useful information, intended to enlighten and instruct the female on subjects worthy of her attention alone.

ALFRED G. HALL.

ROCHESTER, 19th April, 1843.

PART I.

INTRODUCTION.

UNNATURAL CAUSES OF FEMALE WEAKNESS.

In introducing a subject of such vital importance to the health and comfort of Mothers generally, it becomes, therefore, an imperative duty upon the Author, to speak particularly of those "Unnatural Causes" of disease, affecting the Uterus or Womb. This organ is designed by nature for the transmission of our species to new generations. It is the most important organ in the female form. Any derangement of the periodical functions of this organ, will evidently produce debility, and impair its powerful and elastic, contractile and expansive properties, and lay the foundation of disease. This organ is continually taking up from the circulating fluids of the body, a quantity of very nutritious and healthy matter, in order that the periodical discharges may be maintained. It has also to be continually clothed with a healthy mucus, both upon its inner and outer

coats. The vessels, in the order of nature, discharge periodically from eight to twelve, and in the healthy female, oftener sixteen ounces of this nutritious matter, during Menstruation every four weeks, and in the absence of the discharge, it has to sustain, nourish, and support with the principles of life, the embryo of the future being with all its surrounding membranes and fluids. This state is not partial, its changes are continual from the age of twelve years to that of forty-seven. Therefore the continual demand made upon the female constitution by this organ, must of course require a supply of nutritious matter, not alone to produce menstruation periodically, but to sustain it in strength and vigor. Therefore, anything introduced into the female system, that is not congenial to its health must necessarily injure this organ. It would not therefore be surprising that almost any powerful medicine taken into the female stomach, must effect that organ in a greater or less degree. The very reason why the nervous system of our females generally is so frequently disturbed, is because those powerful and poisonous medicines are imbibed by the menstruating vessels on the inner surface of the Uterus, and irritate, weaken, and inflame it, and superinduce female debility of a very protracted nature. Calomel for instance, from a false estimate that has been set upon its virtues, as a medicine, has been unsuspectedly given to many females, and has been taken up by the vessels of the Uterus, and has frequently procured an inflammatory action upon its very sensitive inner surface. The female has become almost distracted, and a series of painful, irritable and debilitating effects has been the consequence;

painful and suppressed Menstruation and other similar and more dangerous diseases. Calomel is known and admitted by all medical men, to have produced great injury, and thousands of constitutions are even now the miserable monuments of its destructive powers. We are of opinion from the properties of the organ, to which we have referred, that a great proportion of female weakness and debility originate, not from natural disease, but that it is engendered and procured in this organ by this most deadly poison. Nature has formed the beautiful structure of that organ, and has given to it the properties of administering life to thousands yet unborn. Its constitutional strength, the wonderful powers it possesses of expanding to twenty times its common size, and contracting in a few hours to its primitive form again, sustaining at the same time its healthy periodical changes in perfect and constant harmony; such an organ is seldom the seat of natural disease, its powers are too energetic and are designed in nature for a higher purpose. But when poison is administered by the scientific and learned physician, and is taken up from the circulation, this organ, from its very nature imbibes a greater proportion of the deleterious properties, which too frequently destroy its natural functions and paralyze all its native energies.

The poison of opium, morphine, the alkali of opium, laudanum, paragoric and the sedative black drop, and a variety of other forms in which this poisonous drug is administered, form a means of procuring and promoting disease. It is administered principally to our mothers, our sisters, and our wives. The properties of opium are, we presume, as well understood here as in

China. Opium operates upon all the mucus membranes that coat the inner and outer surfaces of all the organs, and surfaces also on the inner parts of the body. These mucus membranes discharge a certain thin ductile and lubricating fluid or mucus ; in the deleterious and poisonous effects of opium in its operation upon the fluids of the human body, they are thickened throughout every organ, and on every surface within the body, and thereby deaden and disqualify the Uterus for any of its healthy functions. This effect has been directly ascertained from persons who have taken so much of this poison, that their benumbed organs could never recover from its effects, and death was the consequence. Females who have been recovered from the poisonous effects of opium, who had previously enjoyed a healthy menstruation ; after the system had been thus injured the menstruation entirely ceased and the womb become forever afterwards diseased and debilitated. We have known fine and apparently healthy children die a few hours after birth, from the effects of morphine administered by a popular physician, and taken by the female for two months previous to parturition, after being faithfully warned of its poisonous properties, and of the effects actually produced. Opium is a poison very injurious to the female, it retards labor, it destroys the energy, and prevents the dilation and contraction of the parts, and its use has been a frequent cause of death in parturition or labor ; paralyzing by degrees, and benumbing the muscles and organs so as to retard their natural action, until the female dies from exhaustion. We are of the opinion that morphine or opium in any form, given in smal

doses will procure suppressed and painful menstruation, and a great variety of painful effects upon the Uterus, that it possessès no curative properties, that it impairs and injures the general health, and excites and irritates the nervous system, is a fact which cannot be confuted. Quinine is also a fashionable chemical poison, being too powerful and sudden in its effects for the constitution to bear, and after it has been used, it leaves the glands debilitated, languid and inactive. It has not the narcotic properties of opium. It operates as a powerful astringent and tonic—very bracing and strengthening (during its operation) on the Uterus, but when its artificial effects have subsided, this organ seems to be destitute of all its native energy, and seems to be left a complete wreck. The broad and round ligaments relaxed and prostrated. The falling of the womb or Prolapsus Uteri is the consequence. Many of the other organs and glands of the body are affected in a similar manner. We would therefore caution females from allowing it to be used or administered by any physician. The tincture of arsenic, another deadly poison is a very common drop, used for week and unhealthy females by physicians as a tonic or corroborant, and that very frequently its effect is similar to that of Quinine on the female organs; but its debilitating properties are more deleterious and therefore more difficult to remove. When the patient takes two drops a day, it has a powerful effect, and operates as a tonic and brace to the system, but as soon as it is withheld, its pernicious effects become apparent and a general langour, inactivity of the bowels, emaciation, want of appetite ensues, the female commonly sinks to rise no

more. The menstruation in such instances is entirely suppressed, and the female becomes distracted, nervous and wild, and dies from exhaustion and want of rest. Nitre, sweet spirits of nitre, soda, salts, and other medicines destitute of vegetable properties, have been ascertained to be equally debilitating, prostrating and weakening to the female organs, and therefore as medicines, intended for Mothers, they must be abandoned, or health will virtually abandon the female. The causes of disease exist in the natural way, in many instances, but disease procured by cold and the changes of the climate soon subside, and the natural energies of the constitution throw it off, but those diseases procured and engendered in the female form by the habitual use of poisonous and deleterious medicines require something more than the energies of a good constitution to remove. We are therefore convinced, from actual knowledge of facts, that seven eights of our young married females become the unfortunate sufferers from the poisons now pretended to be offered as possessing the health-giving properties of medicine, which only proves to be the means of destroying the energies of their constitutions, and entailing misery alike upon the Mother and her offspring.

CHAPTER I.

MENSTRUATION.

THE FUNCTIONS OF THE UTERUS.

Nature has adapted every organ in the human body to the fulfilment of certain functions or phenomena connected with its existence. Nothing is formed without a preconceived design in its great Author. This organ is designed for Menstruation, for the nutrition, protection and expulsion of the embryo of a future being, termed in this situation, a fœtus. The broad and round ligaments, aided by the Vagina, sustain it in its position, and administer to its nourishment and strength.

MENSTRUATION.

Menstruation is that which nature designed to aid in the work of Gestation in the female, to administer strength, life and nutrition to the embryo of a future being, and without which, the female ceases to conceive and bring forth children, and in its absence it passes away at stated periods. The healthy discharge in females generally commences from the age of twelve to that of sixteen years periodically, at the termination of every fourth week, and ceases in the healthy female from the age of forty-three to that of forty-seven, with but few exceptions.

The term of its duration at each period, is from four to six days, in females who enjoy unimpaired health,

with little or no pain or uneasiness ; we do not consider it therefore necessary, that pain and distress should invariably accompany Menstruation, in order to produce health, but we are of the opinion, and affirm, that painful Menstruation is the cause of obstruction and disease, and ought to be corrected and removed.

CHAPTER II.

FIRST MENSTRUATION.

Some attention should be given to the young female from about the age of twelve to that of sixteen years, for assistance and careful management administered at such a time, would tend to prevent irreparable injury to the constitution, and long and protracted debility. The Mother, or guardian of the female should frequently inquire after those symptoms which indicate approaching Menstruation. Various as they are, they are by no means alike in every female. Some take place without the slightest warning of their approach, and hence require no particular management, only the foot bath every evening at bed-time, in order to procure a full discharge to be kept up for five or six days. The future health of the female is regulated much by the quantity of this discharge, and a very nervous temperament may at this time be prevented : others have fever, hot flashes in the sides and back, headache, a dull heavy pain in the loins, drowsiness and heaviness of the eyes, soreness of the nipples, pain, tenderness and fullness in the breasts ; bearing down pain in the Vagina, darting pains up and down the inside of

the thighs. More or less of these symptoms accompany Menstruation in its commencement, with a peculiar, uneasy and sometimes fretful state of the mind. A slight delirium is not uncommon, also a disposition to be wakeful, anxious and restless.

It is important here to mention that obstructions at this age, when Menstruation commences, are of great moment. The complexion of the female becomes sallow, the eyes sunken and dull, dark blue or brown streaks under the eyes, a blueness of the tongue, a loss of appetite, an absence of that natural sprightliness that is habitual to youth—all indicate this obstruction; frequent uneasiness of mind and fretfulness in connection with the varied degrees of sensations that attend the great diversity of constitutions and dispositions of mind and body among the female portion of community.

Mothers should, as soon as they ascertain that any one or more of the above symptoms are developed, determine the state of the female, and gentle and progressive means should be used to assist nature. The foot-bath should be used three times a week, and some teas made and prepared for use in such a manner as not to force or drive anything suddenly, but gradually and progressively. Something taken regularly every evening on going to bed, and on rising, for a week or two at a time. In order to promote this discharge, some, from the want of gradual and progressive means use means too powerful in the onset so as to confirm rather than remove the obstruction. Many females from neglect at their first Menstruation are subjected to painful Menstruation all their lives, and their complexion is totally ruined.

A delicate remark must be introduced here. It has been the case, that in some instances, the Hymen, so called, a fine thin membrane, that exists in the entrance of the Vagina, which in females generally becomes broken or worn away by exercise, it being generally delicate in its texture, that in some females, notwithstanding, it is thicker, it closes the passage of the Vagina and prevents the escape of the fluid from the Uterus. In such cases the membrane must be broken with the pressure of the finger, or perforated with a sharp instrument, in order to give vent to the discharge, which otherwise might prove fatal—superinduce mortification, when death would necessarily ensue.

CHAPTER III.

PAINFUL MENSTRUATION.

Many females suffer Painful Menstruation at every successive period, and yet they are regular to a day, it commonly continues the usual term, from four to six days. The period is, in some instances, similar to slight and periodical labor pains, when labor first commences, some females suffer very intensely at such times, and are frequently confined to the bed. This state of suffering arises from a cold inactive state of the stomach and bowels, from repeated colds, chills, agues, &c., wetting the feet, going with light clothing, carelessness and exposure during such periods—night air, walking in the grass when the dew is on, and various other imprudencies. Spasms of the Uterus, are some times produced before and after Menstruation, with

cold feet and hands, light pulse and fluttering at the heart. Such a state is superinduced by general neglect and debilitated state of the health. The use of nitre, sweet spirits of nitre, as a medicine, will produce this obstruction and pain, so will paregoric, laudanum, opium, morphine, or any other preparation of opium whatever, in their secondary and most debilitating effects, therefore such medicine ought to be studiously avoided, if a continuous state of health is desirable. These obstructions and pains are procured, not unfrequently, from the effects of the poisons above referred to. They thicken the mucus, lymph or saliva-like fluid that covers and coats the inner and outer surfaces of all the organs of the body, and thereby procure obstruction, debility and pain. Painful Menstruation can be regulated and effectually prevented by proper management in three or four periods, and much suffering and pain entirely subdued. We shall treat of the remedy in another place.

CHAPTER IV.

PAINFUL AND SUPPRESSED MENSTRUATION.

It is not unfrequently the case, that females cease to Menstruate the full period of from four to six days, and, that sometimes the discharge continues only one, two or three days, and not unfrequently so much suppressed, as only to continue a few hours every month, and that with much suffering and periodical pain, similar to slight pains in labor, commencing in the

loins and passing round and pressing down with acute darting pains down the inside of the thighs. This state is superinduced by frequent colds, damp and wet feet, foul stomach, bleedings from the arm, using poisonous medicine. A general and gradual decline of health, nervousness, sallowness of the skin, dullness of the eyes, palpitation of the heart, hot flashes in the back and sides, sometimes across the forehead, face and eyes, soreness of the breast, &c. &c., are the attendant symptoms. A general bloat of the body and limbs ensues, dropsy is superinduced and if not cautiously removed will terminate in rapid decline and death.

CHAPTER V.

IRREGULAR AND FREQUENT MENSTRUATION.

Females sometimes Menstruate too frequently, and that without any given period. Sometimes every two or three weeks, and that very profuse—differing in quantity and quality at different times, and without much pain, being of a thin watery consistency, but with weakness in the loins, general prostration of strength, feebleness of the knees, paleness of the countenance and general languor. This state is not unfrequently attended with the falling of the Uterus or prolapsus Uteri, palpitation of the heart, faintness, loss of appetite, costiveness and inactivity of the bowels. The stomach is most generally in fault and frequently loaded with cold white flegm, the hands and feet in particular are cold, and even in the warmest weather

but little circulation in the lower limbs. Tonics are commonly recommended and should be constantly used, but vegetable tonics are preferable to iron, steel, arsenic, or any preparation from either. The strength procured from such medicines as tonics is more of an artificial kind, and they do not continue to give strength but for a short period after their use, and often have no effect whatever if repeated. But vegetable stimulants and tonics have a more natural, lasting and salutary effect. The stomach and bowels should be relieved before any medicine can be expected to have a salutary effect on the organs impaired. Caution in this respect should always be used as the strength of the medicine is too frequently lost in the foul matter coating the stomach and bowels and can therefore neither reach nor benefit the organs impaired.

CHAPTER VI.

IRREGULAR AND UNFREQUENT MEN-
STRUATION.

This has no periodical regularity, but from five to seven and from that to nine weeks apart, and sometimes a longer period. It is sometimes the case that the fluid discharged is of a dark color, thick, ropery and foeted, of a bad odor, and not unfrequently clotters of this matter, congealed, remain for months in the womb without being suspected, and produce various degrees of nervousness and an irritable state of feeling. A state of general debility, weakness and languor is not unfrequently the consequence. The term of the Menstrua-

tion is frequently irregular, sometimes remaining on the female from six, to eight or ten days or longer with but little discharge. During such a period hot flashes of pain, weakness in the back and loins, accompanied with a dull heavy feeling of drowsiness, difficulty to arouse from sleep, strange languor and want of refreshment procured by sleep, a frequent shortness of breath and compression of the lungs arising from nervousness, and not unfrequently a dry cough, bloat of the abdomen, lower limbs and face, canker of the mouth and also of the Vagina at intermediate times, a sense of heat over different parts of the body; accompanied with rather distracted sensations of mind. These are the most prominent symptoms. From this state of the Uterus and the suppressed discharge, various diseases take their rise, which are seldom traced to the true cause by the common physicians of the day, and therefore very seldom removed. Thousands of young Mothers, and virtuous and lovely women, by this state of the Uterus, are plunged into a premature grave, not from the necessary result that such a state of suffering would produce, but from the repeated attempts that are made by medical men to do something, to administer some drug—for some unknown, uninvestigated, and unsuspected cause of disease,—the symptoms of which they neither understand or comprehend. This stage of debility can be relieved and removed and the organ restored to its primitive health without either producing weakness or disease, by native Botanic Medicine. We speak knowingly, and from long experience, but it requires the management of an experienced hand and much caution.

CHAPTER VII.

SCORBUTIC OR POISONOUS MENSTRUATION.

This state of Menstruation may not be very common, but we have seen a number of cases during our practice, and some cases of a most aggravated character. This menstruation is scanty and painful and the fluid is thick, ropey, foeted and of a dark brick color, possessing the property of irritating and inflaming the labia and Vagina, so as to make them tender and extremely sensitive. Such Menstruation is irregular as to its periods, and its duration is sometimes regular, but scanty. After it subsides it leaves the Vagina and labia pubendi dry and irritable, itching sometimes with a sense of heat at intervals of a few days apart. Some time after Menstruation has ceased, say from a week to ten days more or less, a matter of a yellow cast exudes from the os uteri, possessing the same irritable properties as the menstrual fluids. It frequently continues to annoy and distress the female for months and in some instances for years. Notwithstanding this disease is exceedingly difficult to remove with mineral medicine of the old school, yet it yields to the salutary influence of Botanic treatment. The general health in such cases is much in fault and the blood humory, the stomach exceedingly sour and the bowels costive, the urine high colored and of a bad odor. We have seen some of the most protracted and aggravated cases. We have seen health once more predominate

and the organs restored to a natural and healthy state, therefore we confide much in Botanic medicine. This disease is accompanied with a variety of the symptoms that are connected with the last mentioned states of Menstruation, but more particularly with canker in the mouth and throat. When such females conceive and bear children, the milk partakes of the same poisonous property, reducing the infant in a few short weeks to emaciation. This disease can be removed only by faithful cleansing the stomach and bowels, and administering those vegetable stimulents, astringents and tonics by the direction of an experienced and scientific Botanic Physician.

CHAPTER VIII.

FLOUR ALBUS OR WHITES.

The Flour Albus or Whites, is a discharge which exudes from the cellular membrane lining the walls of the Vagina. Sometimes a discharge issues from the womb which seems to be a kind of colorless Menstruation which sometimes exists on the two last days of each period. This cannot be called Whites for it issues from the womb and the Whites exude from the walls of the Vagina as above stated. It sometimes exists in females that are apparently healthy in every particular and in the very bloom of life, very profuse without much or any odor, and of a bluish white color, leaving the linen when dry somewhat stiffened. It sometimes chafes the thighs and the labia pubendi, and cloths are frequently worn and become completely

wet with the discharge. This may originate from weakness, but it seldom proves dangerous. It is apt to weaken and debilitate the patient, if allowed to continue unchecked. Another character is assumed by a similar discharge. It changes from white to yellow—greenish, and sometimes even brown, and salmon color. It is more glutinous and ropey, and of a disagreeable odor, irritating the labia or lips of the vagina. When the female exercises, it produces a soreness. This is weakening to the general health, and more particularly to the parts, producing a relaxation and pressing downwards of the walls of the vagina, producing a cold weakness, and a continual enfeebling pain in the small of the back and across the lower part of the abdomen. Bearing down pain is also produced under this disease. The broad and round ligaments become relaxed, and the womb presses into the lower part of the Vagina and rests upon the Urethra, the vessel leading from the bladder out, producing a sinking, prostrating and distracting pain in passing off urine, just before and immediately after the discharge, of a disagreeable twinging nature, a degree of heat and color to the water at times, scalding as it passes through the orifice. This disease, by the native botanic medicines is easily overcome if the general health is not too much impaired by its continuance. After the stomach and bowels are carefully and gradually cleansed, a strengthening syrup may be used with a wash for the parts, possessing astringent and stimulating properties without producing that toughness, dryness, and insensibility in the parts which sugar of lead, allum and other improper medicines produce.

PROLAPSUS UTERI OR FALLING OF THE WOMB.

This complaint is very common among married females of America. From five to six out of ten are annoyed with this afflicting and painful weakness. It is superinduced in the first place by fluor albus, and too frequent Menstruation, miscarriages, &c., whereby the parts become debilitated. Lifting too much, overwork, cold and too much exercise on foot, walking too great a distance, dancing too much, tight lacing, frequent bleedings, nursing and handling too heavy a child. A variety of other causes predispose this weakness to continue and increase until it becomes almost insufferable. The broad and round ligaments that pass up and down, are attached to the Uterus by which it is sustained in its proper and most healthful position, become, from the causes above alluded to, relaxed and enfeebled, lose their contractile property, and become distended to such a degree, so as to allow the Uterus to descend into the Vagina, when, by pressing continually on its walls, the passage of the Vagina becomes enlarged and the womb comes down so far that a part of its body presses heavily on the Urethra or passage leading from the bladder out, and in the motion of walking, and the movement of the lower limbs, an irritation and soreness is produced on the neck of the bladder. The walls of the Vagina, also become settled and compressed downward so as to produce a very sinking, debilitating and distressing sensation, with a peculiar faintness and prostration of

strength that forbids the female remaining in an upright or standing position. A pain across the region of the bladder and about the loins seems to accompany this weakness, and not unfrequently the case, a difficulty in making water. A peculiar distress at such times, denotes the irritation produced by the pressure of the Uterus on the urethra. We have known cases where the broad and round ligaments have become utterly relaxed and useless, as to retaining the womb in its position, and it has protruded itself into the world, and hung on the outside of the labia pubendi, swollen, irritated, and flowing, it had been pressed into the Vagina for five successive times, and efforts made by one of our popular physicians of the fashionable school to restore the exhausted strength of the ligaments and surrounding parts, but without effect. We have seen the female sentenced to death and a cure pronounced impossible in such cases. We have had the gratification of seeing such exhausted cases perfectly, permanently and radically cured, and restored to all that strength that was necessary in the healthy female. Our experience in this matter can at any time be tested. When the prolapsus uteri is connected with general debility, and enfeebled constitution, and confirmed consumptive habit and cough, relief is doubtful; but even then, females need not despair. Many artificial means have been used to bear on the outside of the abdomen, and some have used bougees, pissary and Indiarubber bladders placed in the Vagina: sponge and other artificial apparatus; but all this is but temporary and inaffectual, and seldom or ever succeeds in procuring natural and confirmed strength. But our Bo-

tanic remedies, when selected by an experienced and efficient hand, seldom or ever fail to impart lasting and confirmed strength to the ligaments and organs. Other causes of this disease, and finally all weakness of those parts may be traced to miscarriages, under improper treatment. Premature births and regular births; improper treatment during and after labor; administering the poison of spurred Rye, as a specific to superinduce labor,—a deadly poison both to the mother and child—too frequently verified in the latter the use of instruments in dragging by force the child from the womb. What ligaments can bear such violence without weakness? Removing the placenta after birth with violence and want of caution, setting up immediately after confinement, long flooding, application of fashionable means of stopping flowing by sheets wet in cold water, and ice applied to the abdomen, this worse than savage treatment to the mothers of the rising generation is the cause of female weakness, of debility and too frequently of death. Prolapsus Uteri almost in every case can be removed and the organs restored. But so complicated is the weakness, debility, and suffering of a great number of our females of the present day, that it would be impossible to give any suitable prescription to answer in every case: but we will refer you to the general remarks at the close of this part of the work.

SPASMODIC ACTION OF THE UTERUS OR
CONTRACTION OF THE WOMB.

Perhaps there is no pain connected with the thousand, incident to the female sufferer, that is so agonizing and acute as the Spasmodic Action of the unimpregnated Uterus. It is not unfrequently mistaken for inflammation of the bowels by some of our fashionable medical genius. With a great deal of plausibility, bleeding and blistering is resorted to, and purgatives of salts administered, which increase rather than remove the disease and procure more of the Spasmodic action of the womb; contracts the broad and round ligaments, and the suffering is much protracted. The Uterus or womb seems to contract and draw itself into a hard lump, and sometimes the ligaments on the right side become contracted, and sometimes those on the left side just above the hip bone. A hard lump may be felt, with the most acute and agonizing spasm, and it is not unfrequently the case that all the ligaments connected with the womb are spasmodically contracted at the same time, and the womb is then sustained in the centre of the abdomen, a little below the navel, in the most acute periodical spasms of from twenty minutes more or less apart. The extremities become cold, and the limbs, also the hands and feet; the pulse is low, the countenance generally pale and of a bluish cast. The abdomen is sometimes warmer than usual from the painful contractions within. This disease prostrates the female instantly, and sometimes extends its spasmodic influence all over the body and limbs, and

produces fits of rather a serious character. A severe pain in the head and back part of the neck, with a contraction of those ligaments leading up and down the back part of the neck, sometimes precedes an attack of this kind. The parts are left weak, tender and sore after it subsides. This cold crampy and spasmodic state of the organs and muscles is superinduced by habitually using salts as a purgative medicine; nitre, soda, or any other cooling medicine. It is frequently caused by wetting the feet or being exposed to cold damp air, immediately before, during the period or after Menstruation. Standing in a damp cellar and other like imprudences, and it may originate from anything very cold being suddenly taken into the stomach, or from cold phlegm, and unhealthy and foul state of that organ. Chill and ague frequently precede the spasms. Bleeding ought to be strenuously avoided, for it increases debility and destroys vitality. We have known females to be bled, blistered on the abdomen, purged and dieted for three or four weeks before the spasmodic action could be allayed. We were acquainted with a young lady whose mother described her symptoms on the approach of the spasms, and during their continuance for the first three hours, who was bled five times in two days,—purged powerfully, and reduced so low as to prevent her from rising from the pillow, and was thus confined under the most fashionable medical treatment for nearly four weeks, when all the spasms, pain, debility and contraction could have been reduced in two hours, by taking something warming, such as strong ginger, white or black pepper, used in hot water and given freely

until the spasm ceases. The Botanic treatment would be half a tea spoon even full of *Capsicum Annuum*, (Cayenne pepper) every ten minutes in half a tea cup full of hot water, sugar and milk, until the pain subsides. This will stop spasm and cramp, warm and relax the parts. We speak from repeated success in the use of stimulants of this nature, and it is utterly impossible for us to resist the repeated evidence of their benign effects. But they must be given freely. They can produce no harm, but that of a natural and general warmth and perspiration, and consequently, permanent and salutary relief.

CHAPTER XI.

INFLAMMATION OF THE UTERUS.

This organ in a great many females, is very obtuse, (when unmolested by foreign matter on its inner surface,) is destitute, in a great measure, of acute sensitive feeling, and therefore inflammation or soreness is not perceived so readily in its first stages, as if it were in the breast or in some other organ; especially where the female has been drugged with sweet spirits of nitre, dovers powders, opium, morphine, quinine and other deadening and destructive medicine, for years in protracted weakness, &c., &c. Under such circumstances inflammation frequently commences, continues and terminates in mortification, and death ensues without any apparent time for the attending physician to prevent such a catastrophe. This organ is more disposed to inflammatory action immediately after confinement than at any other period. But there is an

inflammation of this organ which not unfrequently terminates seriously, just before, during the period or immediately after Menstruation. Young females, after taking cold during the first months of their Menstruation are apt to be feverish at such times and show a good deal of nervous excitement and partial delirium ; and their utter carelessness at such times is not uncommon and the source of great suffering, and frequently death. The Uterus becomes swollen and sore. The broad and round ligaments partake of the inflammatory action, and the back and sides become sore, the abdomen and the inside of the thighs, and a strong excitement of the mind from the irritation existing in the very sensitive parts of the Uterus, producing the most acute pains, are some of the symptoms in some, and in others, when this state of inflammation commences a very glossy and glaring appearance of the eyes, a blue tongue, with either a very great depression of spirits, headache, and inactivity, or a species of delirium and nervousness ; a twitching of the muscles in some instances, accompanied with a livid paleness and general langour of the pulse. It requires very immediate attention. It is superinduced or brought on by carelessness in taking cold, and from a variety of circumstances which would be too numerous to mention. The approaching symptoms are various, and very rapid in their progress toward confirmed disease. Inflammation from cold taken at such a time, and disregarded, and neglected, (as that organ frequently is more from delicacy than from design,) in robust and healthy females ;—the foundation is laid in the disorganization of the functions of this organ of very many

serious and protracted diseases, which are seldom, if ever, by the fashionable faculty traced to their origin, and less seldom treated with any degree of skill or management. Ignorance on the subject of female complaints of this nature, being so general amongst physicians of the present day, that it is crying disgrace to the medical profession. We should advise all females to treat any sore swelling of that organ with immediate attention, lest its termination might prove fatal before relief can be consistently administered.

CHAPTER XII.

SCIRRHUS STATE OF THE UTERUS.

In some instances this organ loses its softness and becomes somewhat compact and hard, and has a peculiar roughness about its os uteri. In such instances, those that have come under my observation are not common. The complexion of the female is generally sallow, the eyes somewhat sunken, with a want of expression and vivacity about them. The lips are inclined to be purple, the tongue glossy and blue during Menstruation, which is uniformly scanty and continues but a few hours, and not more than two days at most, with a very dark and unnatural discharge, an inactive state of the Vagina, coldness, dryness, and a want of flexibility and softness. The passage from the outside to the upper part of the Vagina seems to be contracted and unnatural just previous to Menstruation. There is an itching connected with a spasm across the lower part of the abdomen, and a sense of faintness. The

bowels are generally costive, and this inactive state sometimes extends to the rectum, the lower passage of the bowels; and we have known an instance or two where the neck of the bladder became so affected that the urine could not be retained. To my surprise the parts were restored to action after being thus affected for three years. In one case there was a total suppression of Menstruation, and when it was restored it passed alike from the orifice of the Urethra as well as that of the Vagina from the os Uteri, and during Menstruation the urine was colored with the menstrual fluid, but it finally was restored to its natural and regular periodical stages, the general health of the female being greatly improved. To evacuate the stomach, to purge the bowels thoroughly, followed with stimulants and tonics repeated again and again, steaming the parts, bathing the feet, using the flesh brush and other active means will contribute to restore and promote healthy action. A Uterus was dissected that was as Scirrhus as cartilage or gristle, its cavity was not much larger than a common sized bean would occupy, and the passage through the neck was not discernable. It had only once contained a foetus and expelled a full grown child. It was stated by the physicians who assisted, that the Scirrhus state of that organ was caused from the use of Cicuta (a famous medicine with the old school) administered in small doses for a number of years. The female was about the age of forty. Doubtless this disease was wholly superinduced and protracted by the use of complicated poisonous medicines; such as Cicuta, quinine, &c.

CANKERED STATE OF THE UTERUS.

This organ, from repeated colds, painful and suppressed Menstruation, miscarriages, premature births, bad attendance and improper management, after child birth and during labor, floodings, frequent bleedings, and suppressed Locha, becomes affected in such a manner, so as to become very tender and painful at intervals, and the os uteri or mouth of the womb becomes swollen with its lips turned outward, not to say hard and Scirrhous but soft, large and very sensitive. During the time between the periods of Menstruation it sometimes discharges a greenish yellow matter. Its effect on the Labia and walls of the Vagina is to produce a canker and tenderness. It predisposes the Vagina to swell and inflame at periods with a peculiar sense of heat. The Uterus at such times is generally very low down in the Vagina. Walking is very unpleasant exercise for the female. The Menstruation at such times is frequently scanty, with but little or no color, and so effects the parts during its periods as to produce irritation of a burning and heating nature. At times the walls of the Vagina, especially after long standing or walking seem to come down and press as it were together and downward making the Labia appear as if they were swelled and large. The sensation produced in most of females thus afflicted is that of a sinking, faintish feeling, with a sense of general languor. They are unable to do any thing, and scarcely able to move about. The health in general, with this state of the Uterus, is usually poor and feeble. A good

deal of soreness about the mouth, throat and lips, with a discharge of saliva, rather of a thick slimy nature. Canker, tenderness of the breasts, tenderness of the points of the fingers and occasional soreness of the flesh, at intervals hot flashes passing up from the back (which is always feeble and painful in this disease) to the side, between the shoulders and to the back of the neck, not unfrequently producing a dull heavy headache, pain over the eyes, more like a fullness or pressure to the head than like a headache, great stupor and inactivity previous to Menstruation, a disposition to sleep, with scarcely the power to arouse. The pulse at such times is generally feeble and the blood vessels very small, appetite ravenous at times, and after eating stupor, at times no appetite whatever, bowels inactive and weak, seldom move without physic. The body frequently bloats. The lower limbs and face puff up at intervals during the progress of this disease. The mind also is frequently irritable and anxious. It would surprise you were we to tell you that all these symptoms originate and exist from the putrid state of the matter lining the coats of the Uterus on its inner surface and in the fundus uteri or back part of that organ. The most unpleasant state of mind is produced under this afflicted state, and the nerves are painfully irritable. Nothing but injections, given with the greatest caution in the inside of the Uterus, has produced permanent relief, and those variously compounded. We have known them given in that organ, that so affected every part of the female frame as to produce instantaneous and permanent relief, and great tranquility both of mind and body. Very frequently this means

of relief, we have found salutary and beneficial to a surprising extent, with other restorative and properly directed vegetable medicine. We have beheld with peculiar gratification the afflicted female arrive to a state of permanent good health after having been afflicted for years. From ten to twelve physicians had attended her, many of them reputed to be very eminent, without even suspecting or even claiming any position that would lead a person to suppose that they had any knowledge of the cause of disease. It was called "nervous spinal irritation," a very fashionable name for the incomprehensibles, at this age.

CHAPTER XIV.

DROPSY OF THE UTERUS.

The Uterus is sometimes disposed to become large, and to indicate a soreness on touching it which is more particularly felt just previous to Menstruation. The general health of the female is at such times rather poor, the countenance pale and sallow, the appetite bad, the mind uneasy and restless. The discharge from the Uterus during Menstruation is profuse, but on its first appearance it is of a light salmon color, and as it progresses it becomes thinner and less colored until it appears like water. The back during the period is very weak. A general langor pervades the whole system. The Menstruation is irregular and is disposed to overrun the time. In some instances the Menstruation is filled with dark clotters and the other part is slimy watery substance, of a bad odor.

The Uterus remains considerably low down, and is disposed to be relaxed, and the os Uteri open. A feverish bloat accompanies this disease just previous to Menstruation. The urine at such times is suppressed and but small quantities pass away, and that high colored, and sometimes thick and also of a bad odor, frequently leaving a brown sediment in the bottom of the vessel. The bowels are generally costive and do not move, sometimes, more than twice a week. Exercise in walking or standing produces uneasiness and bearing down pain. A predisposition to bloat is perceptible, and general dropsy is sometimes indicated. A dropsy of the abdomen alone sometimes; and not unfrequently in some instance a shortness of the breath, denoting a dropsy of the chest. These symptoms are dangerous. Dropsy with the old school physicians can seldom be arrested before tapping becomes necessary, yet the New School physicians control that disease with surprising effect and satisfaction. Even frequently when abandoned by the learned of the old practice. In this case the general health having been regulated by proper opening and vomitive medicine, with stimulants and tonics, and continued diuretics and diaphoretics, success is insured and maintained.

INFLAMMATION OF THE OVARIES.

It is frequently the case that many females suffer much from this disease, although but little suspected. It sometimes appears to the female as if she had two small kernels about the size of a wal-nut on each side or rather under the womb next to the back, (see description of the Ovaries in another part of this work,) a soreness is felt at intervals and at other times the inflammation subsides, and it returns again at intervals. Sometimes its period of return is just before Menstruation. And oftener we should think in a great diversity of cases after Menstruation ceases. It is peculiarly afflicting to the female, and she cannot bear a jar of the footstep in walking without very sensitive pain; darting pains pass upward from that point, and are sometimes very acute. The natural moisture lining the walls of the Vagina becomes thickened and has a bad odor: When the inflammation is away between the intervals, the female has a weakening discharge similar to Whites or Fluor Albus, and of a bad odor. If this inflammation of the Ovaries is not corrected it frequently diseases and cankers the whole Vagina, and has a very irritable effect on the womb. Sometimes this disease causes instant death; terminating in mortification. The abdomen below the navel and region of the Ovaries turn purple after death. Thousands of delicate females are suddenly removed without a knowledge of the disease. The female syringe should be used freely, and means should be immediately offered to relieve this inflammation. This disease may

be readily ascertained by refering to the position and description of the Ovaries in this work. Females under this diseased state of the Ovaries seldom have children. Sometimes false conceptions occur from the imperfect state of these organs. A gentle emetic given slowly would be of great service as preparatory to removing the inflammation. A solution of weak pearl-ash or saleratus water would be beneficial, injected into the Vagina with the female syringe, a tea of cayenne pepper used freely at such times, frequently bathing the feet, with laxative medicine taken occasionally, (with a warm vapor applied to the Vagina.) See mode of using female vapor bath to the Vagina.

CHAPTER XVI.

ENLARGEMENT OF THE UTERUS AND
FALSE CONCEPTIONS.

Hydatides may be brought under this head as they seem to be small round globules from the size of a small hazle-nut to that of a fillbert. They appear to be filled with a semi-transparent lymph, covered with something of a tough membranous substance. The globules, from the number of five, to that of ten or more, appear to be united and form something similar to a bunch of grapes. These pass off from the Uterus with pains similar to labor pains, and discharge of blood, colored fluid passes off immediately afterward. The breasts and the appearance of the abdomen indicate pregnancy; but there is not generally any life perceptible in the Uterus and therefore something false

is anticipated. During the period that they are forming, similar feelings exist to that of regular conception, and the Menstruation ceases. In cases of False conception there is nothing of the kind suspected, and therefore no primitive symptoms can be ascertained. The Menstruation becomes very scanty and sometimes nothing but a shew appears at each period. At other times nothing whatever. A sense of fullness is felt, but very little enlargement of the abdomen. A sinking, faint and languid sensation continues to effect the female at intervals of from four to six days apart, and sometimes oftener. The breasts frequently become tender and towards the termination of nine months, the breasts will fill up and swell, and the milk will run freely from the nipple. This sign, when no enlargement of the abdomen presents, is a confirmed sign of false conception. The appearance of the thing conceived is sometimes like a large oblong globule, semi-transparent and of the same kind as the Hydatides only much larger. At other times it seems like a bunch of flesh curled together, when unrolled to appear flat but elastic and contractile, with little round bunches on the inner surface. The thing conceived partakes of a variety of forms, round bunches of hard flesh covered with fat, and a variety both in form and size too diversified to describe. Sometimes there are appearances of after births, of secondines or membranous substances, and water surrounding the false conception, and producing an enlargement of the abdomen. Instances of false conception occur frequently without any membranous substances, and without much enlargement of the abdomen. Polipus is a tumor which

grows from the **Fundus Uteri** and is of very rare occurrence ; sometimes from the body of the Uterus and other parts. We shall not attempt to describe it. Other swellings and tumors that exist in the Uterus are of a diversified and inexplicable nature—some terminating in one way, and others terminating in another, leave but little guide for any description. The treatment under the delivery of false conceptions, is to procure by any gradual and progressive means a discharge from the Uterus. The teas described under the head of “Treatment for Suppressed Menstruation” are applicable to such cases. They seldom pass off without much severe pain similar to labor pains, and the Uterus is frequently left in a debilitated and unnatural state. Much nervousness is the general attendant on such unnatural phenomena, and not unfrequently delirium, a wild and distracted state of mind ; at other times, where constitutions differ, there is stupor, drowsiness and a disposition to unnatural langor. False conceptions however, are of rare occurrence.

CHAPTER XVII.

TREATMENT FOR SUPPRESSED MEN-
STRUATION.

It becomes important in this part of the work to present to our readers the treatment necessary when cold, dropsy, debility from frequent blood letting, or general debility, or any cause originating from disease, or medicinal poison, has prevented Menstruation from returning, and the course which ought to be

adopted by the female in order to remove or prevent suppressed Menstruation or Green Sickness. The means used must necessarily be very prompt, and followed up with earnestness, for Nature's periodical movement if possible must be sustained at her usual time, or it is needless to do any thing till the next period. Therefore as soon as the natural symptoms of Menstruation cease to show themselves at the time they are due, the feet must be bathed in hot water, morning and evening, warm drinks taken of either *tansy, rue, featherfew, southernwood, motherwort, savin, penneroyal, thyme*, or some one of these teas, made strong and drank *profusely* with ginger, pepper, or cayenne, sifted in them, making them as pungent as the patient will bear them, sweetened with honey or molasses, and continuing them in extreme cases four or five days and nights. At night a hot brick placed in water until its hissing has almost subsided, then immediately taken out and wrapped in a flannel or piece of woollen blanket, which has been first dipped into hot water, and wrung out as dry as possible; then carefully wrapped round the brick in three thicknesses of the flannel, and tied up with a piece of tape or string, and placed at the soles of the feet on going to bed; drinking freely of the herb and pepper tea. When pain commences and nature appears disposed to press through the obstruction, continue to use the teas; two small fleet stones may be obtained heated and cooled in the same manner as the brick, and wrapped up and tied in the same manner and laid on each side of the groins, rather upwards towards the navel over the undermost garment, and in

this situation to remain covered up warm and in a perspiration. It will be necessary to persevere with decision, and if the discharge should commence, continue the application and perspiration until the discharge is fully accomplished. Remember that the diet at such a time be as nutritious as possible, (a spare diet under such circumstances would counteract any attempt to procure Menstruation;) therefore, it will be always understood that a suspended or suppressed Menstruation cannot be restored or removed without nutritious diets; such as fresh beef eaten daily with all its juices, or any other meat that is nourishing—rich broths, eggs, chocolate, &c., &c., given purposely to increase the quantity of nutritious matter which the Uterus takes up at such periods. If much pain accompanies the discharge, drink freely of Cayenne tea, and use the other means to which we have above referred. Impatience and uneasiness ought to be avoided, for that very state of mind will be decidedly injurious to the promotion of a discharge. Remember always, that the organ when it once becomes affected by cold, is sometimes very difficult to arouse into action, therefore a constant perseverance, making thorough work of it during the time the period lasts, is the only effectual means of success. But should the time of the period be past; any means used out of Nature's given time, would be only calculated to increase the obstruction, so that, should the discharge not appear, it should be deferred, until the week previous to the time the Menstruation becomes due. And should a free discharge be obtained at this time, it must be again attended to, at the next period with teas, bathing the

feet, and so onward until the organ becomes so far recovered, as to act periodically from its restored energies. We shall now inform our fair readers what is best intended to promote the periodical discharge under suppressed Menstruation. The shrub or tree called savin, made into a strong decoction, one half an ounce at a time, in one pint of water boiled and steeped, strained off and mixed with half a pint of the best Holland gin, and half a pound of pure honey, with cayenne enough to make it pungent, bathing the feet on going to bed, applying also the warm brick. This receipt is very powerful in removing obstructions and perfectly safe. Repeat it for three nights. Savin may be had at any of our apothecaries, in the shrub or leaves. It is an evergreen growing in this country, and it acts freely on the Uterus in promoting Menstruation. Remember, it is always advisable to cleanse the bowels previous to using such a medicine, with an intention of removing obstructions. For it is sometimes the case their beneficial effects are frequently lost, from the bad state of the stomach and bowels. Other valuable (Emenagogies,) for this is the term attached to any thing that promotes the Mensis. Black cohush, white or blue steeped in gin, after being sliced up, if green or pulverized if dry, 2 ozs. to one pint of Holland gin steeped two days; or 4 ozs. green to one and a half pints of the the same liquor, sweetened with honey, adding the same quantity of water, taken gradually, one wine-glass full every three hours. With some females black cohush is very certain steeped in hot water, strained off, and mixed with gin and honey, it is very harmless. Bloodroot pulverized and steeped

and mixed with gin, is very certain to promote the Mensis under obstructions. It is said, that it will prevent conception, if used freely by relaxing the Uterus, that is very doubtful, it is very healthy and cleansing to all the organs, and is a cure for canker. This medicine is very valuable. Bloodroot sometimes operates as a laxative and antispasmodic, 3 ounces to one quart of gin, dose a tea spoonful every hour, continued when awake for three days at the proper time, with the other directions. Bloodroot and cayenne, half tea spoon full, each made into three powders, taken three times per day will relieve an inflamed Uterus, and promote the discharge under any circumstance of obstruction in that organ. Penneroyal tea, warmed with Holland gin and cayenne is often successful. A powerful emenagogue is almost always successful. It must be drank very freely. Take one half lb. of logwood ground or chipped. Boil it in an iron vessel in two quarts of soft water down to one quart, strain, add one quart Holland gin, one half lb. honey, all to be drank within 24 hours, will produce great effect in removing large clotters and other obstructions. Take 2 qzs. hemlock gum to 1 pint fourth proof alcohol; mix until the gum is cut, then add 1 qt. strong tansey tea, and drink freely. Tansey tea alone or featherfew are powerful, and so with the other herbs. Seldom will any of these medicines have much effect, without the feet are bathed in warm water, frequently, and the patient be kept warm, relieving the bowels previously with laxative pills. In bathing the feet it would be necessary to keep them in the water as hot as it can be borne, half an hour, at the expiration of

fifteen minutes, add more hot water, and keep up the heat. A pail is frequently used, but a large tin or copper boiler is much preferable, and the effect desired is generally more easily and readily produced.

LAVEMENT FOR THE VAGINA.

Where there is much soreness on the walls of the Vagina, and a discharge from its coats of a yellow tinge, a piece of saleratus of the size of a bean put into a tea-cup full of soft water, adding a little sweet cream and inject with a female syringe three times a day, will prove beneficial, cooling and healing.

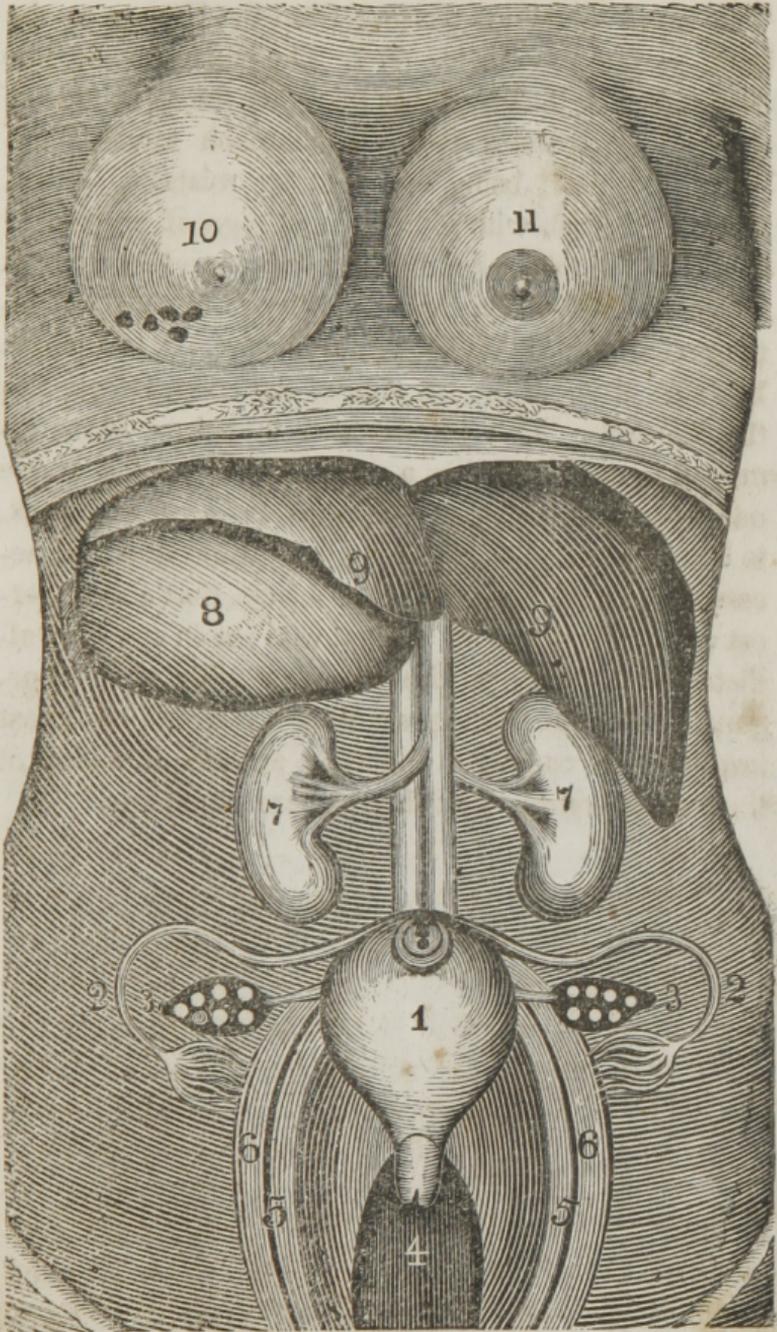
PART II.

INTRODUCTION.

DESCRIPTION OF THE PLATE.

In order to make this part of the work plain, and easy of comprehension, a representation in this plate is made of the several organs of the female form, connected more particularly with the subject of Conception and Gestation. Enabling the female to become acquainted with the precise position of those organs, with their several names. The figures on the plate will correspond with the names placed after them in the following order :

1. The Uterus or Womb, a little enlarged, in a state of pregnancy, about 4 weeks after conception ; with a small round globule hanging in its natural position, with the head downwards, in the Fundus Uteri, called a Fœtus.
2. 2. The Fallopian Tubes on each side of the Uterus.
3. 3. The Ovaries, with a scar on one side, from whence an impregnated Ovary has dropped, and has been removed through the tube to the Uterus.
4. The Vagina, the passage to the Womb, with the neck of the Womb, and os Uteri, pressing gently into it. Its walls on each side.
5. 5. The round ligaments passing from the womb to the Pubis.
6. 6.



The broad ligaments passing from the Uterus to the back part of the Pelvis. 7. 7. The Kidneys. 8. The Stomach. 9. 9. The Liver lying on the right side of the body, extending over the Stomach towards the left. The plate being reversed by mistake. 11. A woman's breast, with a confirmed sign of pregnancy round the nipple, called Areola, always on both breasts. 10. A sore or broken breast arising from cold and inflammation, after having taken poisonous medicines. 12. The Spleen, on the left side of the body, attached to the Stomach. The bladder and intestines being removed in order to give a correct view of the above named organs. All of which are designed in this work, to be represented as forming a very important and necessary part of those delicate subjects, that alike interest all mothers, and all women who are in any way afflicted with female weakness, and debility of these organs. Without this representation, it would be almost impossible to convey to the mind an adequate idea of the female organs, with their several functions.

CHAPTER I.

CONCEPTION.

DESCRIPTION OF THE VAGINA AND
UTERUS.

It becomes absolutely necessary, in order that the persons of different mental capacities, who may peruse these pages, should comprehend their contents, to give a clear and comprehensive description of the parts, of which it is our design more distinctly to treat. The Vagina is the passage leading to the womb; it is from three to six, or eight inches long, and about two inches broad at the farthest end, inward; into which, at this point, a portion of another organ protrudes, called the Uterus or Womb, a part of the neck of the Uterus with its mouth, called the os Uteri, which descends in weakly females lower down in the Vagina, and produces that sinking, painful sensation commonly known among females, by "bearing down pain." The Vagina is composed of two coats, or linings, the inner coat is velvet-like, interspersed with many small ducts, or sponge-like cells, possessing the property of

discharging the fluid that is contained in these ducts or cellular membrane, possessing also, at certain times of peculiar excitement, a contractile property of taking up or absorbing any fluid left on its inner surface. It is also contracted or drawn up into small transverse folds, particularly on the entrance and at the back parts, closing in some way similar to the folds of a parasol. The outer coat is firm, somewhat contractile, and surrounded by cellular membrane, sponge-like in its properties, which connects its coats with the neighboring parts. The Vagina is the passage leading out from the Womb, it is between the Urethra (the passage through which the water flows) before, and the rectum (the passage from the bowels) behind, to both of which it is firmly attached by strong cellular membrane. These ducts, cells, or absorbing and discharging membranes extend to the very entrance of the Vagina, and therefore, any fluid left on the surface, even at the entrance, would be absorbed. It becomes our duty next to describe the position and parts of the Uterus or Womb.

The Womb exists, in its position, above or beyond the Vagina; the neck of which, as above stated, protrudes into the upper or back part of that organ. It resembles a pear in form, and the position of it, in the body, is that of the neck of the pear hanging downwards, and the point where the stem of the pear is attached, is its opening or mouth, called the *os Uteri*.—The neck is called the *Cervex*, the back, or farthest part upward, is called the *Fundus Uteri*, or bottom of the Womb; and the parts lying between those two points is called the body of the Womb. Its walls are

about half an inch thick at the Fundus, and rather less than half at the Cervix, it is from 3 to 4 inches long, and from 2 1-2 to 3 inches wide at its Fundus. The size of the Uterus varies so much in different females, when not impregnated, that its precise measurement cannot be given with accuracy. On the inside of the Womb, and upon its inner surface, there are a number of vessels which become enlarged with a fluid as the time approaches for the monthly discharge of that organ. The vessels are about as large as pipe stems, and lead from the body of the Uterus near the neck, and extend upward, lying up and down on the walls of the Uterus. These vessels become charged so full, that, at a given period ordained by nature, they discharge from their openings or mouths, at the Fundus Uteri, where these vessels all concentrate and terminate—this is termed Menstruation when it passes out. Just at the termination of these vessels is the opening into the Fallopian Tubes, which at some seasons remain closed.

Two broad ligaments pass from the sides of the Fundus Uteri to the sides of the Pelvis (or bones backward, that form the outer rim of the cavity in the body), these ligaments serve to support the Uterus. Two round ligaments rise from the sides of the Fundus Uteri, pass along within the forepart of the broad ligaments, descend through the rings of the abdomen, and terminate in the substance of the Pubis, (the bone across the lower part of the belly.) These ligaments control the motion of the Womb up and down in the cavity of the body, and sustain it when impregnated. They are very powerfully brought into action during the pains of labor.

CHAPTER II.

DESCRIPTION OF THE FALLOPIAN TUBES
AND OVARIES.

The Fallopian Tubes are two small tubes, from 7 to 9 inches long, more or less; which proceed from each side of the inner surface of the Uterus near about the Fundus Uteri, passing through the walls of the Uterus to its outer surface, they extend towards the hips on each side from the centre. After extending toward the hips about 4 inches or more, the tubes on each side of the Uterus, curve downward and inward, forming something like hooks in position; at the termination or end of each tube, is a broad muscular fibre, expanded or spread out like an open hand, possessing a contractile property. The opening through the centre of the tube is small at the Fundus Uteri, and as the opening extends towards the other extremity, it gradually increases a little in size, until it reaches the expanded muscle or hand called Fimbriæ. It has a peculiar part to perform in the mysterious work of conception. It is the function of this organ to clasp the life-spring egg or ovary, and deposite it in the Fundus Uteri.

DESCRIPTION OF THE OVARIES.

About half an inch below the point where the Fallopian tubes attach themselves to the Fundus Uteri, and connected with its outer coat by a stem, is suspended in the cavity of the body (called the Pelvis,) a flat oval body about an inch long, containing a number of small round globules, called *Ovaries*, situated so near the expanded muscle at the termination of the Fallopian

Tube, on each side the Uterus, that when the contractile property of that organ is required to perform in nature, it clasps one of the small round globules, forming the Ovaries, and draws it into the Uterus. These ovula, or little eggs, may be seen in the healthy Ovaries of every young woman, upon dissection. It is certain that they form the basis of every child (foetus). The *scars* which have been frequently seen in the ovary or nest of females, who have had children, correspond with the number of conceptions and births. Therefore no doubt can be entertained in this matter. Where the ovaries are healthy, and not removed or paralyzed by disease, women must conceive, without them they cannot.

CHAPTER III.

FIRST STAGE OF CONCEPTION.

This part of our subject is necessarily delicate, nevertheless, in such a work as this, designed to communicate truth in its simplest form, upon subjects of common interest to all females, it needs but little apology from its Author. It is necessary in the work of conception, in the order of nature, that there must be a unison of two persons, possessing relative degrees of health, and perfect organization—that of the male as well as that of the female. For the Apostle very modestly introduces the idea of conception in the following language: “The wife hath no power of her own body, but the husband ; and likewise also the hus-

band hath no power of his own body, but the wife." 1st Cor. vii: 4. Conception is very definitely referred to, and the time seems to be designated by the Evangelist Luke, who makes the following statement in his Gospel, in the language of the Angel, "And, behold, thy cousin Elizabeth, she hath also conceived a son in her old age, and this is the sixth month with her."—Luke i: 36. So that the subject of conception seems to have been noticed very plainly here. We would therefore refer to the process the female organs are designed to fulfil in this mysterious and important work of nature. It is considered that the female semen exudes from the small ducts or cellular membrane forming the walls or sides of the Vagina.—And, that of the male, the fluids being of the same consistency or substance;—commingling with that of the female, at the same time;—with precisely the same degree of warmth or heat;—forms that compound which is absorbed and taken up together by the absorbants into the cellular or sponge-like ducts lining the walls of the Vagina. And that this absorption takes place at a peculiar time when the ovaries are tender and sensitive;—which time is from 1 to 9 days after Menstruation subsides.—That the combination is thus produced, and absorbed by the spongy parts of the Vagina from the labia or lips of the Vagina up to the region of the Ovaries, the position of which has been previously described—that from this coincidence one of the Ovaries becomes impregnated,—is vitalized, or begins to pulsate;—not with seed or semen, but with life or vitality, originating from the amalgamation or commingling of two fluids. That the two fluids being of the same thick-

ness or substance, of like warmth or heat, commingling at the same time, does not remain in the cellular membranous ducts of the Vagina, after the ovary becomes vitalized ; but that it is discharged, and passes off through the Vagina, after being deprived of its vital principle. That the two fluids forming this compound, differ in comparative quantity. That in the event of the quantity composing the whole is two-thirds female, and one-third male, we are of opinion that the ovary would be charged in the form of a female. And in the event of its being two-thirds male, and one-third female, the ovary would be charged in the form of a male. The same in any other ratio, commingling the two natures, in such a manner, that of the male and female, that the distinct resemblance of both may be easily traced in the offspring, when there is an equal quantity of the vital fluids commingled. In others there is, even in females, a strict resemblance of the male, or father ;—and in males also a strict resemblance of the mother. That when mothers convey disposition, sex, form and feature to their offspring, in great resemblance of themselves—then the conclusion may be, that the greater proportion of fluid forming the compound, is that of the mother—and the same in relation to the father.

When the thickness or substance of the fluids so far differ, as to prevent an amalgamation or mingling, there can be no conception or impregnation. The same in relation to the warmth of the fluids ; and the same also in relation to the time they commingle.—Generating a new life by these regular combinations in perfect coincidence with each other in the order of

nature. But a very small portion of semen, if absorbed, would qualify the fluid to give life to the ovary. That there are times and seasons when the Ovaries of some females are more tender, irritable or sensitive, being predisposed to receive life, than at other times. That at such times the Ovaries are excited, and from some unknown cause they do receive life or vitality abstracted from the fluid imbibed in the walls of the Vagina. In the order of nature, it being the function of the cellular membranes of the Vagina, to absorb at such times the commingling fluids; and that of the ovary to abstract and retain the germ of the life-springing seed. That at such times it is not unfrequently the case in healthy females, when the Ovaries are in the tender state to which we have just alluded; that more than one receives life, and two conceptions exist together, and form twins; and so in relation to any greater number.

We are also of opinion that it is not *absolutely* necessary, in order to conception, that the will or consent of the female be obtained in relation to the vitality communicated to the ovary during connection, nor does it depend on the pleasurable sensation, or the absence of it; but it necessarily depends upon the coincidences to which we have above referred—the healthy state of the Ovary and its surrounding parts, and on there existing in that tender, irritable, warm and delicate state above alluded to, being predisposed to take or catch life, or begin to pulsate.

A false conception takes place from the unhealthy state of the Ovary, that is, when an imperfect Ovary receives vitality, being destitute of correct organiza-

tion, it gives almost any or no form to the thing conceived. False conceptions will be treated of separately and particularly in another place. We give this opinion in regard to the mysterious powers of conception, from a knowledge of the formation and functions of the organs, and the known results of those functions in producing life. Not in accordance, exactly, with any former author on the subject, but lying between the opinions of some two or more, embracing, at the same time, the principles of both in their most important points. We do not offer it speculatively—but we are sincerely of opinion that no more accurate and consistent illustration has ever yet appeared in any work.

We are now introduced to the

SECOND STAGE OF CONCEPTION.

We have given, in as few words as possible, the first process in nature toward conception, and that is, the imparting of life to a small round globule called an Ovary. There is a time, and that almost immediately after it becomes vitalized or impregnated, that it drops from the cluster of Ovaries, (as described in Chapter II,) and is received or clasped by the expanded muscle, forming the opening to the Fallopian tube, which receives the detached Ovary as if embraced in a small hand. Then it enters the tube, and is drawn up perhaps from seven to eight inches, and in some females a longer, and in others a shorter, tube. It is deposited by this tube, in the Fundus Uteri or bottom of the Womb, being the most distant point from the mouth of that organ, in a direction upward—it there becomes

stationary, hanging on the inside as a small round globe, containing the embryo of a future being. When the vessels of the Uterus unite and contribute, by their mouths at the Fundus Uteri, that discharge, (the Menstrual fluid,) to promote its growth, then Menstruation necessarily ceases to pass off in the usual way, the mouth of the Womb becomes closed and sealed, and the female thus enters upon the first month of Gestation.

CHAPTER IV.

FIRST SYMPTOMS OF PREGNANCY.

As near as we can judge from different descriptions of symptoms and feelings at such times, there is a sensation produced when the Ovary becomes vitalized or impregnated, as it parts from the cluster, and while it is pressing through the Fallopian Tube, to its destination at the bottom of the Womb. There is a sensation of uneasiness felt by the sensitive female, just below the naval either to the right side or to the left, in its commencement, but is felt only on one of the sides, if on both sides distinctly at the same time, twins might be suspected. Slight twinging, darting pains at intervals, returning and terminating at each time with a peculiar faintish feeling at the pit of the stomach or chest, a slight nausea and sickishness, which is accompanied with a peculiar langor and debility. There is also a sensation of the absence of a brace in the abdomen or belly, a kind of gone or vacant sensation in that re-

gion. The pulse is commonly, for a day or two, languid and weak, the bowels refuse to move, and for a time lose all their action. It is strange to relate, that at such times common physic, given for the purpose of moving the bowels, seldom or ever has any effect. A loss of appetite, a dissiness or headache sometimes ensues, and the female is predisposed to seek rest by reclining on a bed, but seldom or ever can sleep much. At such times the mind is somewhat uneasy and irritable, and in some females the nerves are excited, any very violent exercise would be injurious at such a time. This is but a medium account of symptoms at such times, as a general rule in the most of cases, but not applicable to all females. There is a symptom rather peculiar at such a time, or shortly after, it is that of a strange unnatural appetite—one female was known to go into the garden and commence eating green grapes with great avidity, and with a peculiar relish; another green apples with the same unnatural appetite; another assailed the cucumber bed in the same manner; another attacked the jar of pickles, with the same peculiar relish, and so with regard to a variety of other things. This sign is considered a strong indication of the first stage of pregnancy. There being more gratification enjoyed at certain times is an indication rather conclusive. It will be remembered that some females, whose feelings are somewhat obtuse and less excitable than others, conceive and become pregnant, and scarcely know any thing about any change at such a time, and do not even suspect it until the Menstruation ceases, and even then are unwilling to believe or even to cherish a thought of their being in that state. And

some, even when suckling children, do not see any Menstruation from the birth of one child to that of another, without any perceptive knowledge of their situation. In females of a strong and healthy constitution, and of firm nerves, but little or no inconvenience is perceptible, only that the Womb seems to possess more native warmth, and the Vagina denotes, generally, a greater fulness, its walls seem to have an additional moisture, and the parts generally seem to show, evidently, that there is a change. The female can most generally tell by her pleasurable sensibility and excitement at certain peculiar seasons. This sign is commonly found conclusive of pregnancy in most all healthy females; seldom do females, in good health, have much sickness, nausea or vomiting. But it is a sign which accompanies many, that is, a faintness on rising in the morning, with a sickishness or nausea at the odor of victuals, cooking, &c. &c. This continues more or less through the whole of the month, and denotes pregnancy.

CHAPTER V.

FIRST MONTH OF PREGNANCY

With nervous females, or those who are sensitive and quick, and rather of a feeble and delicate constitution, the first month is a season of much uneasiness and excitable feelings, want of rest, wakefulness and sickishness, and almost all the time a very unpleasant sensation at the stomach.

In this month, also, the breasts of the female stiffen, the nipples sometimes protude, and a soreness or tenderness of the breasts is evidently felt with slight darting pains through them. There are some symptoms that are applicable to a number, and others have no such feelings, so great is the variety of phenomena, in such a diversity of dispositions and constitutions, that our views on the leading symptoms cannot be conclusive in every case; but only serve to detect the actual state of the female, whether pregnant or otherwise. This month is a season that may become of great importance to some, and therefore, it should be regarded with attention.

Now it becomes necessary towards the close of this month to refer to Menstruation, as this is the first time of its ceasing. In some females, especially those who have painful Menstruation, or painful feelings just previous to Menstruation, such symptoms frequently exist, but nothing will be likely to appear. At such times, the usual sensations about the head, and other feelings attending approaching Menstruation, may be realized; but they will be sufficient only to designate the period Menstruation would have taken place had there not have been a natural barrier. Such feelings, with some females, are realized at the close of each month, all through the period of pregnancy. In healthy females, those who have nothing like pain during Menstruation, there is little or no effect produced, but the actual cessation of Menstruation. In others there is a great sense of heat, fulness about the head, nervous excitement, and a predisposition to weep freely at intervals; evidently denoting some unusual ful-

ness in a delicate and tender uterus, this sensation may last 4 or 5 days, being the time when Menstruation is due, and then they will gradually wear away. At such times, also, we mean the first period that becomes due after conception is supposed to have taken place, and the Ovary is deposited in the bottom of the Womb or Fundus Uteri, we are of opinion that many females menstruate after that; but we are led to think that the conception here referred to, took place more than ten or twelve days after the last Menstruation had ceased. Allowing five days for the Menstruation to take place, and ten or twelve days before conception took place, making, in all, fifteen or seventeen days of the twenty-eight days which constitute the four weeks between the periods of Menstruation. Seventeen days no conception or foetus existed to imbibe from the menstrual vessels on the inside of the Womb the fluid retained in those vessels; hence nature, under such circumstances, would have an overplus to furnish the foetus in the remaining eleven days, that it could not take up in so short a time, and would necessarily be discharged in the usual way, and constitute a partial Menstruation. I am of opinion that the most of conceptions take place within one to five days after Menstruation ceases, and another portion of them from five to nine days, and very few take place in the last ten days before the next Menstruation is due. But a healthy young woman may conceive almost at any time.— Question, May not Menstruation cease from cold, dropsy, or other debility? The anxiety of mind females have on this subject is sometimes very afflictive. When the periods cease from cold taken, there

is a very dull, heavy, disagreeable feeling exists, the skin turns dark, and the complexion loses its clearness, with dark streaks under the eyes, the eyes appear dull and the white of the eye sallow and partially blood shot. A bloat of the abdomsn, and pain in the loins, a suppressed effort of nature is evidently felt with rather a burning heat in the back and sides, with some nervousness, headache and fever. Persons disposed to dropsy, Menstruation sometimes ceases very suddenly, and those that cease from debility or from frequent bleedings from the arm, subside more gradually, and are less to be suspected as to the definite cause of their ceasing. But when pregnancy is clear and camfirmed at such times, there is, as a general thing, some slight symptoms of pain, but not of that suppressed kind, no headache, no dulness of the eyes; but, on the contrary, a peculiar clearness of the sight, the white of the eye becomes also of a transparent white; the countenance, instead of a dark look, has a fresh kind of an appearance, rather disposed to paleness, the appetite and spirits good, and the system somewhat braced. But in females who are naturally feeble, symptoms differ materially, and nervous sensitive females have such a variety of sensations and feelings, that it would be useless to notice. Females frequently commence dreaming, and have sometimes frightful dreams which ought not to be noticed as they originate from the excited state of the Uterus.

CHAPTER VI.

SECOND MONTH OF PREGNANCY.

Females, who are inexperienced, enter upon this month very doubtful as to their situation; and it is frequently anticipated by the greater portion of the sex, that their Menstruation will return, there is generally not so much notice taken of symptoms. It will be found, however, that, on the beginning of this month, and just after the time that Menstruation is due, the fulness and tenderness of the breasts will continue, and that on examining the nipple that it will be protruded, and on compressing it milk will exude from the nipple freely, and it will continue in this state some length of time, and not unfrequently all through till the seventh month. The female, if of a nervous temperament, will be in a continued state of excitement, and should be kept away from company, frequently taken to ride in the open air, this treatment will be found servicable—a short excursion on a steamboat, or other easy mode of conveyance, would prove beneficial. As little medicine as possible should be used, just enough to keep the bowels easy, and that should be the tincture of rhubarb and manna—no salts, no calomel, no blue pills, its secondary effect is ruinous; remember this if you wish for health, gentle laxatives of vegetable medicine may be used. Very fatal consequences sometimes ensue from nervous excitement under such a state; the use of tea ought to be avoided, and chocolate or cocoa used in its stead, made

nourishing with milk. Remember tea, green tea, in any quantity will affect a delicate state of the Womb. On noticing the breasts, towards the middle of this month, there will be seen a reddish brown circle, called Areola, from a half to three quarters of an inch from the centre of the nipple, shaded inward; this may be considered, if it continues, to be a confirmed sign of pregnancy. During the whole of this month a peculiar sickishness is felt at the stomach, especially in the morning! and in some females, about the middle of this month, vomiting commences and continues. In others every thing is perfectly quiet, as if nothing was going on, a great appetite accompanies such healthy females. We do not consider that vomiting is the necessary consequence of pregnancy, but we are of opinion, and have stated it in many instances, that an unhealthy cold state of the stomach produces it. Ginger tea made strong, and drank freely, will greatly relieve and allay the excitement to vomiting so frequently.— A vegetable emetic, administered slowly, has been known, in a great variety of cases, to relieve and utterly prevent the excitement of vomiting; the sickening and offensive matter adhering to the coats of the stomach is thereby removed. A bowl of good warm gruel or porrage, on going to bed, will frequently obviate the feeling of faintness and sickishness in the morning. It is sometimes the case, but seldom, however, that Menstruation continues, and nearly the usual quantity passes off; but from close observation, at such times, it has been ascertained that the os Uteri or mouth of the Womb is closed; and that the fluid escaping from the Womb at such times does not pass

through the usual channel of the os Uteri; it is therefore pressed through the opening of the Fallopian tubes. It has been ascertained in cases coming under the observation of the author, that it has continued until the sixth month, and that this discharge passed off through the Vagina, but without any indication of the os Uteri being open. At the termination of this month there is generally a fulness discernable, by the healthy female, about the abdomen, and a difference in her clothing about the waist just perceptible. It is not uncommon for a slight bloat to show itself in the afternoon, and in the morning an entire absence of such an appearance. The bloat arises from debility, too much exercise on foot, &c. Strong ginger tea taken freely will generally correct and prevent it.

CHAPTER VII.

THIRD MONTH OF PREGNANCY.

This month is the time that persons who are doubtful are generally confined in the fact of their pregnancy, for the fulness perceptible in the last month gradually increases all through this month. The countenance denotes symptoms (previously doubted) of a confirmed character, the eyes become large and watery, the countenance has a fresh, pale appearance, and rather inclines to appear thinner than usual. The fulness and tenderness of the breasts continue, and the milk can be easily made to exude from the nipple by compression. In a great many instances where the Botanic treatment

is rejected and unknown, an incessant vomiting, once or twice or more per day, and with some females, almost every meal is thrown up, a watery slime comes away also; and the female frequently strains until she becomes exhausted. Frequently, costiveness, bearing down pain, weakness and general debility ensue, and before the close of this month, with a great many weakly females, miscarriage, and a long stage of protracted debility, flowing and weakness, and not unfrequently death. The third month, with slender delicate females of feeble constitutions is a very precarious month. The back and kidneys become so weakened that it is not unfrequently the case that the female is confined to bed. From the continued reaching and vomiting; the stomach is filled with wind. From the want of proper food and nourishment, the nerves become seriously affected, the strength fails and it is seldom recovered during the next six months, even if she should happen to retain her offspring.

Strong ginger, red pepper, or cayenne and valerian tea taken frequently and freely, will allay the spasmodic action of the stomach, assist the food in digesting, and warm and invigorate the whole system. If a vegetable emetic could be taken, administered slowly by a proper person, thousands of restless and unhappy hours might be prevented. We should recommend as a valuable pill and one, the composition of which we are acquainted, is Morrison's Universal Hygean Pills, the Persian or Resurrection pills. These pills are both safe and efficient, possessing restorative properties. These or some other gentle laxative pill should be used to prevent the pressure of blood to the

head arising from continued costiveness. Cayenne pepper removes and expells wind, destroys inflammation and soreness by promoting perspiration. It excites the cellular membranes to exude their native fluids, by strengthening and confirming the Uterus and the Fœtus. It also removes cold and inflammation however painful, taken freely, say three half tea-spoons full per day, relieving the bowels with a laxative pill, bathing the feet, &c., &c. Cayenne, pure African, is a medicine most essential to the female under such circumstances, administering the greatest degree of health, and removing disease by its potent and benign effects. It may be taken gradually and cautiously and with reserve, if the patient should doubt its beneficial and restorative properties. A nourishing drink of porrage, made thin, according to the rule of making it, and drank freely before going to bed, every evening during this month, would prove very strengthening and would prevent that faint and sickish feeling that is felt in the morning. At the returning period, when Menstruation becomes due in every successive month from the commencement of Gestation to its close. The female will commonly ascertain by her feelings that that time is approaching with her, and at that time ought to avoid any violent exercise. Remember that we are here treating of weekly women.

CHAPTER VIII

FOURTH MONTH OF PREGNANCY.

It is generally the case after females are well introduced into the fourth month, that the vomiting and sickishness subside, the bowels become regular, the appetite good, the rest sweet and undisturbed, and the constitution braced, lively and active, and it is not unfrequently the case that they gain flesh in this month, and the fresh appearance of the countenance is turned into a ruddy, healthy appearance. Some females, however, who are weak and debilitated almost at any other time, seldom enjoy much health, only when pregnant, and at such times they are remarkably well, and in the generality of married ladies, the most health is usually enjoyed when either bearing or suckling children. The female seems to be adapted by nature for this purpose, and health frequently attends them under such circumstances. Here, in this month, there may be rather a fulness of blood; nature seems preparing the system to administer to the rapid growth of the Fœtus in the three last months, and sometimes a headache or a little fulness about the head and chest is felt from indulging too freely sometimes in eating. In this state it is the common practice to bleed the female in the arm, and take away not unfrequently a large bowlful of blood, by the Medical men of the age. A practice that is more destructive to female health than any thing that could possibly be done, it not only robs her constitution of the life and

strength she enjoys, but paralyzes the strength of the little unborn, and entails upon it a feeble constitution for life—weaken the Womb, destroys the healthy action of the broad and round ligaments that are designed by nature to sustain it.

It brings on such a state of the organs, that a protracted, unhealthy and inactive labor is the consequence, and a feeble getting up. The milk also becomes scanty, the female feeble and the organ, the Uterus, after parturition, so destitute of its native energies, that it can scarcely, from the feeble state of the ligaments retain a healthy position in the body. We shall ever consider the act cruel, afflicting, dangerous, and barbarous in the extreme, and we hope to see the day when there will be laws to prevent pretenders and scientific imposters from destroying and impairing two constitutions at once with one stroke of the blood-thirsty lancet. Females in this matter are duped and imposed upon, by those to whom they look with affection, with confidence and respect for relief, and instead of administering life, they claim their heart's blood and that of their offspring, when nature requires every drop of the precious fluid to carry on the work of Gestation. Base ingratitude. It would be well for us to remark that generally, about the middle of this month, the first symptom of life is felt, and that is similar to a small beating at intervals, a little below the navel, either to the right or left side. Most commonly in nervous females, a good deal of motion is felt and it sometimes produces fainting. Sometimes the life is felt a little before this time. Observe also in this place at the close of the fourth month that just after vomiting subsides

and the stomach is once more restored to its native warmth, it may be the case that this fulness is the effect of billious matter, and a gentle vegetable emetic, given at such times, would produce instant relief, with a few laxative pills. The emetics we refer to in this work are so simple and efficacious that the person using them will vomit as easy as the babe at the breast, who so frequently relieves an overladen stomach, (see directions for giving emetics).

CHAPTER IX.

THE FIFTH MONTH OF PREGNANCY.

This month, with some females, is a season of a good deal of uneasiness from a sense of fulness, as the Fœtus now begins to be of some size, and nature, in her effort to promote its future growth, predisposes the female to eat freely and frequently of very hearty nutritious food ; and under such circumstances a fulness and tightness about the abdomen, and pains are felt across the lower part of the belly, twinging and darting, and sometimes shooting to the hips, and darting down the inside of the thighs. In this month, also, the legs and feet sometimes begin to swell around the ancles towards the afternoon, and a bloat also of the abdomen, much more in the afternoon than in the morning. We should recommend to the female the importance of using the following means in the evening on going to bed. Take two tea spoonsful of saleratus or pearlash, and put it into two quarts of hot soft

water, add some soap sufficient to make it quite sudsy, take a piece of coarse flannel, let a female friend commence to wash and rub you thoroughly with this water as hot as the skin will bear it, commencing at the head, neck and arms, and so on downward to the waist, rubbing the body as hard as the person will bear, and thereby removing a kind of white or brown scurf from the whole surface of the skin. Commencing again at the feet, and washing upwards, remember that the limbs require a good deal of rubbing, and so round the back and abdomen. Keep your water hot, frequently rinsing your cloth, until you have gone over the whole of the body faithfully. Prepare a little vinegar and water, with the air just taken off, as cool as it is pleasant, and rinse off the upper part of the body, and then put on the under garment, and the same with regard to the lower part and limbs. A good bowlful of strong ginger tea will prevent taking cold. This process is, in itself, very simple, but we do assure you that any female who will adopt it, either in summer or winter, will find great benefit resulting from it. In case of the bloat continuing on the lower limbs, a wash like the above, made somewhat stronger, will be found to remove the bloat, relax the surface, and make the skin soft and free. It would be necessary to continue to use means to relieve the bowels, either with castor oil, senna, or manna, magnesia or a laxative pill. If the pains in the abdomen and about the lower part of the body should continue to annoy the female when moving about her ordinary business, take one tea spoonful of composition in a cupful of hot water, sweetened, every night on going to bed.

It is not uncommon in this month, especially at its close, for weakly, nervous females to have a miscarriage or abortion, for at this time, the child or fœtus becomes of some considerable weight, and therefore bearing down pains may be felt, and pains in the loins.— At such symptoms the female should place herself upon a couch or bed, and drink freely of strong cayenne and valerian tea; there is no medicine in the known world that will relieve pain and administer strength faster, more safe or more sure, than this; rely upon it, and you will always be sustained. No spirits, morphine, opium, or any thing of a narcotic principle should be used. (See abortions in another part of this work.)

CHAPTER X.

SIXTH MONTH OF PREGNANCY.

It will be remembered that all healthy females enjoy this month as well as almost any month during Gestation, and feel as little inconvenience in attending to the affairs of the household. But not so with all females—with those that are weakly, or predisposed to weakness, and of feeble constitutions, this month is one of a good deal of restless uneasy feeling, from the increased size of the abdomen which sometimes remains in a continual bloat, the nights are very restless. As the motion of the child begins to be very sensibly felt, it effects the health in such a manner as to produce a great deal of nervous irritability and excite-

ment, and frequently the nervous, sensitive female becomes weak from the want of rest, and is very unhappy and irritable. The limbs bloat very much, and she is sometimes confined to bed and becomes feverish. In this month, as well as in the three months preceding, a swelling of the lower limbs, or one of them, seems to afflict the female very seriously, and gives a great deal of uneasiness. Sometimes at night the soles of the feet burn, and the palms of the hands also, denoting a kind of fever, which is not uncommon among weakly females in this month. Also from this time, a pain in one of the hips sometimes attends females from this month onward till Gestation terminates in parturition; but all we can advise in this stage of things is that the female should not remain so much upon her feet, and that she should use a wash of saleratus, soft water and soap, say two quarts soft water, one table-spoonful of saleratus, and a table-spoonful of soft soap, used hot with a flannel, and rubbing the lower limbs freely.— Use laxative pills and drink freely of ginger, red pepper, cayenne and valerian teas, and you will find relief; remember these teas cannot produce any bad effect. It is sometimes the case with weakly females, that the back becomes very feeble towards the close of this month, and almost a continual uneasy, weak and debilitated feeling across the loins. To such we say, immediately after dinner of each day, lie down upon the bed; remember it would be necessary, in order to prove beneficial, to allow the head and shoulders to recline as low on the bed as possible, and the hips a little elevated, this will relieve the lower part of the body from pressure, and give relief. Too much sitting still,

either at sewing or any other work, is not healthy, and generally terminates in very protracted labor, it should, therefore, be avoided.

CHAPTER XI

SEVENTH MONTH OF PREGNANCY.

This month, with weakly mothers, is one of some uneasiness, as the motion and strength of the child increase very rapidly in this and the two preceding months—it would be necessary for the female to avoid too much exercise on foot, a ride in an open carriage twice a week, a few miles would be very beneficial in this month. It is not unusual for darting, twinging pains to commence low down across the abdomen, darting pains down the inside of the thighs, and cramps in the lower limbs—darting pains up through the center of the body, with pains in the back and head, restless nights, with some fever and nervousness. At the same time it is not uncommon to have a pressing down of the walls of the Vagina, and an appearance denoting rather a fullness of the labia; inclining to open with somewhat of a heat and dryness of the parts, and an absence of that healthy mucous discharge from the walls of the Vagina. After fatigue, a good deal of pain and suffering, the appetite sometimes fails, and the woman declines rapidly in strength, and at intervals of twelve hours, fever for an hour or two. Restlessness and a predisposition to nervousness, distraction of mind and weeping. If this state

of things is allowed to continue, a premature birth will be the consequence, and labor will commence and close at the termination of this month. An emetic given slowly, according to the direction for giving emetics would produce a very favorable effect, would relieve and remove fever; avoid bleeding, it can never be admitted—it will do more injury than a year's health can repair. Remember the emetic, given according to directions, will operate very mildly, without straining or pain, nor will it produce weakness nor debility, either at the time or afterward. We speak from long and frequent experience—use the mild laxative pills or other medicine. Washing the person with hot saleratus water and soap, as directed in the fifth month, would be serviceable; rubbing the feet and ankles with a large warm hand at night, before going to bed, would be very serviceable and prevent cramp.—Use drinks of the warm teas, and where Thompson's Composition can be obtained, use it freely to promote perspiration, and to remove a cold. Should a dryness and heat continue in the Vagina, take equal parts of good Capsicum Annuum (that is, Cayenne) and blood root pulverized fine, and take half a tea-spoonful morning and evening after eating, and the mucous discharge will soon return with moisture, and relief will be permanent. Should there be much discharge of a white curdled milk like appearance, it will prove beneficial. If the child should lay very low at such a time, increase your drinks of Cayenne tea, and it will retire to its proper place. It would be well to avoid bathing the feet about the close of this month, and also avoid much exercise on foot, or any anxiety of mind about

any thing whatever, until you are safely ushered into the eighth month. These simple and efficient means used during this month, with the most weakly and nervous females, will be found, on trial, to be very salutary and beneficial, both conduce to strength in the approaching two months, and a lively, vigorous and healthy period during parturition. Should nervousness prevail in the patient very much, take Cayenne and (Valerian, Ladies Slipper or Umbil, being the same,) equal parts pulverized, half a tea-spoonful of the powder, three times a day, for a week, will be found very tranquilizing and beneficial to the nerves. Should the powder, when taken, produce distress, drink freely of water or any fluid—sometimes it raises the wind, and that wind produces uneasiness, but use the means and relief will be obtained.

CHAPTER XII.

EIGHTH MONTH OF PREGNANCY.

In this month it is sometimes the case, that from the rapid growth of the child, more especially in small sized women, that there is much tightness about the abdomen, and uneasy and restless feelings during the night; it would be advisable for the female to retire early and get as much rest during this month as possible. Some swelling of the lower limbs and bloat may accompany the female during this month, to which we have referred in some of the preceding months, with the treatment requisite. Should the bowels be costive,

which seldom occurs in this month, they should be carefully and gradually relieved ; but any very active purgative should be avoided—salts should never be taken—they destroy the warmth and life of the parts, produces coldness and inactivity. It is sometimes the case, with some weakly mothers, that they become very languid and feeble, and of an unusual size towards the middle of this month, and are obliged to keep their rooms and beds. It would seem, as it were, that nature, in her effort to supply the foetus or child, deprived the female of that portion of strength that was requisite for her. But this is occasioned by the unhealthy state of the stomach. The child, in such cases, always seems to be low down, and it is afflicting for the female to walk, there is a certain kind of stiffness and langour that seems to paralyze all effort to move. You may be assured that all this may be prevented by taking an emetic according to the directions, and that the female may be readily restored to health, so that to her surprise she will enjoy good health during the ninth month. There is very frequently a quantity of cold thick slime on the stomach that produces this langour, bloat, heaviness and pressing down, a dull inactive state, feverish, with but little appetite. We have suddenly relieved females who were predisposed to this state in the seventh, eighth and ninth months, they have been relieved permanently and safely by the emetic, slowly administered, without producing the slightest strain or the lightest pain, but abundance of relief at almost every time of vomiting. This thick, cold slime on the stomach, during labor, makes it inactive, cold and protracted, with a good deal of faintness and de-

bility, and not unfrequently death from exhaustion immediately after delivery. Therefore we recommend the emetic and the cayenne, and nervine teas. The injection, if the bowels require it, of soap, milk and water warm, with a tea-spoonful of ginger. The injection may be thought irritating and painful, but, on the contrary, it has a pleasant glow and fine laxative and gentle effect on the bowels, without superinducing any pain or uneasiness, so do not be alarmed at this prescription. Sometimes in this month there is a suppression of urine, and a painful sensation in discharging water; if this be the case, use a drink of flax seed tea and parsley roots or asparagus roots or pumpkin seeds, queen of the meadow, or any thing that you know will effect an increased discharge of urine—a tea made of juniper berries with a little pure Holland gin, or either of the above remedies will procure relief, it ought not to be neglected at this stage of Gestation, or during any other month. A drink of slippery elm during this month and the next is considered highly beneficial, being both cooling and strengthening to all the parts, and lining them also with the mucous nature so much requires in facilitating parturition or labor. These hints are not to be neglected, they have frequently saved hours of the severest and most protracted labor—so use the means, simple as it appears to be, and enjoy the benefit.

CHAPTER XIII.

NINTH MONTH OF PREGNANCY.

In the commencement of this month, there is a predisposition to pain, and in some instances to false labor pains, with symptoms which might be likely to deceive the young mother, but you must not be alarmed at these false pains; the use of strong red pepper or cayenne, and nervine teas, with a few hours repose on the bed will obviate these feelings. There may be also, at such times, some pressure downward, and some considerable bearing down pain. Sometimes an emetic, a few days after such an attack, very soon confirms the health, and removes the cold slime or phlegm, which becomes so weakening in this month. We should advise as much exercise upon foot, however, as the patient can bear, suitable rest and very nourishing diet. Avoid such food as cheese, milk or salt meat, if convenient, and indulge freely in any healthy meat, it should always be preferred rare done and tender, in order to give the greatest quantity of nourishment. The breasts should be attended to in this month, and the nipples carefully oiled, either with a little sweet oil and spermaciti simmered together, or the oil pressed out of the common butternut, between a pair of warm tongs. This will prevent sore nipples. This month has its vicissitudes, and the valerian and cayenne teas used freely, a tea also of red raspberry leaves is considered remarkably good during this month, will be all that will be requisite, with a little

castor oil or laxative pills, either Morrison's Hygean or the Persian or Resurrection pills; be careful, in obtaining your laxative medicine, to avoid calomel, as it debilitates and weakens the womb very much.—Should there be much tightness about the lower part of the abdomen, and a feverish heat, darting and twinging pain, a want of mucous discharge in the Vagina, and much uneasiness on the motion of the child, make a tincture of bloodroot and gin, two oz. to a quart, pulverize and steep 24 hours, shaking it occasionally, in a warm place. Take from three to six teaspoonsful per day—use also the Composition tea freely. If the urine is disposed to be suppressed, use means mentioned in the eighth month.

CHAPTER XIV.

DIRECTIONS DURING LABOR.

It becomes necessary in this work to give some new, safe and improved views of assistance necessary at this very important period, which seems to be totally neglected among civilized society. But among the various tribes of Indians that roam over our forests, very salutary and beneficial means are resorted to in order to sustain the strength of their females, and relieve them of a great part of their protracted, acute and agonizing sufferings during parturition.

About the close of the full period of Gestation, which is as a general thing, from 39 to 40 weeks, or about nine months, it is frequently the case that false pains

attend the female a few days previous to labor, especially when the organs are unassisted by reviving and invigorating properties of Botanic medicine. Use freely the composition and nervine tea, (valerian,) also the cayenne tea, if pains are severe, and the lower limbs and body are disposed to be cold, use every moderate means to get the whole system warm. Bathe the feet in hot water, let the apartment be kept warm, let the patient walk about and keep on her feet as long as it is consistent with her situation. But remember that nature is about to perform a work within her, of removing a living child. She therefore requires much fluid to loosen, lubricate, expand and dilate the parts that are now closed, therefore drink is required. The muscles, tendons, nerves, membranes, and ligaments are to be stretched or distended, in order that this important work be accomplished. The passage from the womb to the *lebia pubendi* is to be furnished by nature, with a mucous or lymph, a saliva like fluid, which is to aid the child in sliding through the parts; if this fluid is thick, the parts feverish or cold and clammy, the woman requires much more exertion to press the child forward, and a greater number of excruciating pains, those that are termed cutting and grinding pains, become exceedingly long and severe, and the labor is protracted. The sufferer frequently becomes exhausted and sinks; nature herself from the want of the energies that have been taken from her by the *cruel* lancet and blood cup, falters and withholds her efforts, until new strength can be obtained. By the use of the diffusible stimulent, relaxative and tonic, termed "*Capsicum Annuum*" or

cayenne pepper, given in warm water, these parts become warm, and the small cellular membranes discharge a thin lubricating fluid; the natural juices are brought into action and the Uterus expands or stretches without so many of those very severe and continued pains. The child comes forward faster because these parts are relaxed and lined with mucous. The pains have greater effect, because there is less contraction of the parts, and nature is thereby assisted. The cayenne tea excites a discharge, warms and invigorates the parts—removes langor and faintness, increases the general circulation of the fluids—restores the exhausting energies of the female, and superinduces perspiration, warms the milk vessels, and terminates in strength—removing every symptom of fever or dryness by its lubricating, relaxing and mucous-exciting properties. It acts more like a charm at such times than anything we have ever used. Its effects are remarkably reviving. It seems if anything was ever adapted to the peculiar sufferings and agonies of parturition by the God of nature, that it is this neglected and much ridiculed, but valuable and potent medicine, called Cayenne or Capsicum Annum. The Author pledges his sacred honor, to every suffering woman, that he has administered it in the most aggravated, protracted and exhausted cases, with the most triumphant success. It is perfectly harmless as to any injury, and a very faithful friend in the hour of danger.

The cayenne tea may be prepared in the following manner: one-fourth tea-spoonful of cayenne, (obtain the pure kind, unadulterated, only to be found with the Botanic,) into a pint bowlful of hot water, with

cream and honey, or in their absence with sugar and milk. Much fluid is necessarily required—drink it very freely. It heats the mouth;—this is unpleasant. The great secret is to keep the mouth shut. The absence of air prevents the smart. Use no water to cool it. Draw in no air—you will increase the smart. The mouth will soon become used to it. It will arrest and prevent every after pain if used freely and drank just as the pain is about to come on. Sure.

MODE OF APPLYING WARM VAPOR TO THE VAGINA.

Take a jar or some other vessel about 2 feet or more high, similar to a small churn, put about 4 inches deep of hot water and a handful of tansy, wormwood, pennyroyal, summer savory, common smart weed, or a few twigs of hemlock or cedar boughs, either of them into the water. Heat 3 stones, not larger than half a brick each, (not larger, remember, and place one in the bottom when it is hot. Place a flannel over the mouth of the jar.) Let the female set over it for an hour, renewing the hot stone every 20 minutes, or as soon as the vapor cools. It will take out soreness. It will promote Menstruation. It will relieve pain and inflammation. It will assist in a great many ways. This can be done without expense, without danger, and with surprising benefit. If the Vagina is relaxed and the walls press downward, a vapor raised from common fire weed, (it has a peculiar rank smell,) and tansy. If there is a heat and dryness, use hemlock or cedar boughs, or green clover grass. You can vary

the properties of the application, either to apply an astringent or a laxative, a tonic or a stimulent. Use this vapor in suppressed Menstruation freely, with the other remedies described under that head.

CHAPTER XV.

DIRECTIONS FOR GIVING AN EMETIC.

- 1st. 1 oz. vial Thompson's Composition.
- 2d. 1 oz. vial of good Cayenne Pepper.
- 3d. 1 oz. vial of Baberry Bark, pulverized, or Shumach leaves.
- 4th. 1 oz. vial of leaves and pods of Lobelia, pulverized fine.

This constitutes all the medicine requisite, under any or every circumstance, to be given. Place four cups upon a table, with a tea-spoon in each, of the ordinary size—one bowlful of cold water, with a table-spoon in it—the sugar-bowl, with either loaf or brown sugar—a pitcher of hot water. Place each of your vials beside each of your cups, and use one cup and one spoon for the medicine of each of the vials, so as not to mix them. Then put into the first cup a tea-spoon, even full, of Composition. In the second cup half a tea-spoon, even full, of Cayenne Pepper. In the third cup half an even tea-spoonful of the pulverized Bayberry. In the fourth cup, one tea-spoon, even full, of fine pulverized leaf and pod of Lobelia, or should you use the seed, pulverize it, and put half a

tea-spoonful in your cup; fill the cups about half full, and drink the contents, grounds and all. Fill each of the cups one-third full of hot water, sweeten them well, cool them with the table-spoon from the bowl of cold water, sticking in your little finger to ascertain the warmth. When sufficiently cool to drink, give each cup in rotation, every ten or fifteen minutes, until the four cups are given. Let them be given to the patient slowly—not more frequent than ten minutes apart, and fifteen in delicate cases. Then wait fifteen minutes, preparing your cups again, with the same quantity of medicine, and giving them in the same manner precisely, the second time. Should the patient puke after the first four cups are given, give some luke warm water, about half a pint previous to commencing again, and go over, the third time, with the same quantity of medicine, and the same process.—Never omit going over the third time, for much of the foul matter becomes detached with the first and second rounds, and the third is invariably required to finish the work, and throw it off. Never come short of the twelve cups, and it will leave the stomach clean, the head and eyes clear, the pulse soft and full, and the appetite good. When the female has suppressed Menstruation or inflammation of the Womb or the Bowels, let her feet be placed in a pail of hot water, and kept hot during the whole time, adding new hot water when necessary. Should the stomach prove sour and the emetic be tardy in its operation, continue to give the cups regular and onward, and the result will be more favorable the longer the emetic remains in the stomach. Use occasionally half a tea-spoonful of sal-

eratus put into a cupful of warm water. This ought to be given immediately after taking the cup of Cayenne, if any distress seems to be present, give warm water freely, as soon as you ascertain that there is any uneasiness or wind pent up in the stomach. Should the patient not vomit after taking four cups, do not be uneasy or impatient, go on and give the four more, and should the patient not puke even then, let her walk about. A sitting posture in a large rocking chair is the best position to take them in, and continue to give the remaining four, do not be alarmed, in the least, you cannot injure the patient, nor produce distress. At every time of vomiting, give a table-spoonful of cold water to rinse the mouth. This emetic, and the slow and gentle mode of giving it, is one of our most valuable discoveries, the plan, the precise quantity, and its sure, safe and effectual operation in every instance, without danger or distress, makes it of great value in all cases. If administered in the manner prescribed, slow and continuous with warm foot bath, and warm water, it will remove foul matter from the stomach with great ease, and with no pain, distress or strain whatever. It can be taken an hour after eating at any time, and ought never to be taken on an empty stomach, except in cases of severe sickness. This emetic never discharges or removes any food from the stomach, but all the morbid and unhealthy matter. It is necessary, however, in order to prevent pain from wind getting into the stomach, that a drink, immediately after vomiting the third time, should be given that will soothe, nourish, and strengthen it, for it is left, after discharging the matter, somewhat empty,

and a gruel or porrage under the following rule should be taken freely, as soon as possible after vomiting the third or last time.

MODE OF MAKING PORRAGE.

Take two tea-cupsful of sweet or new milk, four tea-cupsful of water by measure, take two common sized table-spoons, even full, of wheat flour made into a thin batter, free of lumps; boil the milk and water over a slow fire, and add the batter, stirring it well—let it boil five minutes, add your salt, cool it, and it is fit for use. This ought never to be omitted after the emetic.

CURE FOR PROLAPSUS UTERI OR FALLING OF THE WOMB.

After the stomach and bowels have been thoroughly and gradually cleansed with the emetic and pills, take 1 oz. of Cayenne Pepper, and 1 oz. of pulverized Cranesbill, 1 oz. of pulverized Golden Seal—mix, take half a tea-spoonful of the mixture three times a day for a fortnight, relieve the bowels, if they are confined, with a few laxative pills.

PART III.

INTRODUCTION.

PARTURITION.

It is very seldom that we can trace, amongst the general herd of mankind, any circumstance that would lead us to suppose that any additional interest has been taken to alleviate in any measure whatever, the situation of suffering woman in parturition. It seems to be looked upon as a matter of course, and therefore of little or no interest to the men of science and education;—to attempt a reform;—or to introduce an improvement. It is a solemn fact that civilized society, with all its boasted science and learning, seems to have lost the first principles of philanthropy for suffering humanity. While the untutored savages who roam in our wilderness, use means more efficacious, and adopt measures more salutary in the relief of their honored mothers and wives, in parturition, than we even pretend to suggest. Ignorance in relation to Physiology, arising from the prevailing influence of Medical priest-craft, that makes it almost a sin for a

female to know the positions or functions of the organs of the Human Body, has been the means of closing the avenues of their minds from any light or information on the subject, and has induced them to depend upon the information derived from the Faculty without the means of judging of its accuracy or detecting its fallacy. We claim it as a duty in this work to instruct and enlighten the young mother, not particularly in any science, but in a fair, full and rational knowledge of her system, and the different changes that she is required to pass through as a mother, to acquaint her with all the means that have been devised for her comfort, and to enable her to use those necessary precautions which that knowledge may dictate in the common concerns of life.

There is a surprising sympathy existing between the impregnated Uterus and the mind of the female. It is the living medium through which our dispositions, mental capacities and features are transmitted to a new race of beings. Outward appearances and appetite produce an effect within its walls on the body of the Fœtus; grief, anger, fear, surprise and other sudden and powerful emotions of the mind, have been known to produce strange derangements on the child within it. Almost every significant change of the constitutional habits of mind or body affect this organ more or less. It becomes absolutely necessary that they should, as much as possible, avoid the multiplied causes that produce the mysterious effects upon the most sensitive organ of the female form.

CHAPTER F.

As we shall be under the necessity of using names of parts not commonly understood, we shall state them with their definitions as far as necessary for our present design.

1st. The Abdomen is the name given to the belly.

2d. The Pubis, this bone stands forward, forming an arch between the hips, at the lower point of the abdomen.

3d. The Sacrum is that part of the bones which is fixed between the hips backwards, and is opposite to the Pubis; the Sacrum extends itself downward and forwards, forming a curve, and makes it necessary to regulate the passage of the child in a corresponding direction.

4th. The large passage or cavity made by these two bones together, with the other bones of the hips, is called the Pelvis. If this cavity is much less than common, or out of shape, so as to prevent the passage of the child, the Pelvis is said to be distorted. This distortion may be effected several ways. The common distance between the Sacrum and the Pubis, is rather more than four, and from that to seven inches; but it is sometimes found to be not more than two. The lower part of the Sacrum which bends forwards and inwards, forming a curve as above, admits of a little motion backwards, so as to make the passage of the child more easy. But in some instances, especially in those women who do not marry till they become old maids, it is so strong as not to admit of any motion.

at all ; in addition to this it sometimes bends so far inwards as very much to obstruct the passage.

5. The Mons-veneris is the fatty substance commonly covered with hair which covers the Pubis, and extends downwards and sideways towards the two groins.

6. The Labia, the two thick, soft pieces of skin, which pass on each side, still downward from the Mons-veneris, forming a junction and angle, at the termination of which is a strong dividing line called the Perineum.

7. The Pubendum lies between the Mons-veneris and the Perineum, with the Labia passing down on each side, forming an upper angle at the Mons-veneris, the lower angle at the Perineum, and forms the external part of the Vagina.

8. The Perineum is that strong dividing ligament which exists between the lower angle of the Labia, and the Anus or Fundament. This part, from the want of assistance at and during labor, is subject to be lacerated or torn.

9. The Vagina, the passage from the Pubendum to the Womb.

10. Metus-urinary, situated just above the opening of the Vagina, being a small orifice or opening leading into the Urethra, from whence the urine passes out.

11. Urethra, the passage from the Metus-urinarus inward to the bladder, passes just above the Vagina.

12. The Uterus, the name of the Womb.

13. Os Uteri, at the upper end of the Vagina, is an

opening into the Womb called the os Uteri, or mouth of the Womb.

14. Fundus Uteri is that part of the Womb which is furthest upward from its mouth, being the back or bottom of that organ.

15. The Placenta, the after birth called also the cake, and with the membranes including the child's water, is sometimes called the secondines.

16. Umbilicus, the navel string.

17. Fœtus, the child while in the Womb. To these names we will, in this place, add the five following terms, expressive of certain changes which take place in the act of child bearing.

18. Parturition signifies the actual labor of bringing forth a child.

19. Dilation, the act of stretching and opening at the same time. This is applicable to the os Uteri, Vagina, and Pubendum.

20. Distention, the act of expanding and making more open.

21. Expel, the act of turning out any thing that is within, this is performed by the Uterus, when it contracts, which it endeavors to do by certain periodical exertions called pains.

22. Presentation, the act of presenting. The term is applied to the position of the child, and particularly that part of the child which is first sensible of the touch at the os Uteri, or mouth of the Womb, when labor is coming on.

CHAPTER II.

NATURAL POSITION, PRESENTATION, &c.

Unless some circumstance has occurred to change, by exertion, accident or otherwise, the child is always in a proper position for the presentation. If, therefore, the presentation be a natural one, the head is downward, resting upon the Pubis. One side of the head is toward the Abdomen, and the other towards the Sacrum, or in some degree obliquely varying from this position. The bulk of the body is commonly on the right side, and the limbs are turned towards the left.

CHAPTER III

DEFINITION OF LABOR, &c.

The common time for complete Gestation is forty weeks, at the expiration of which time the process of labor commences, sometimes there is a variation of a month, and at other times a week or more is wanting to complete the time; but the most accurate and common time is as stated. The process of labor is not the effect of any particular exertion of the child—nor of any united effort of the mother and child; but it is a peculiar power of the Womb itself, by which, at the time appointed by the God of nature, it makes an effort and endeavors to expel its contents; like the apple from its parent tree, it falls because it is ripe.

Labor is either "natural, difficult, preturnatural, or complex."

1st. Every labor should be called natural, if the head of the child present; if the labor be completed within twenty-four hours, and if no artificial labor is required.

2d. If the labor is prolonged beyond twenty-four hours, it may be called difficult.

3d. If any other part except the head present, the labor may be said to be preturnatural.

4th. All other cases, requiring additional aid and attention, may be said to be complex.

SYMPTOMS OF PRESENT LABOR.

The first symptoms of present labor is anxiety arising from any dread or doubt of safety. The anxiety will be increased if the patient should have heard of accidents or deaths in any late similar case. It is the duty of the patient to avoid cherishing, in the mind any apprehension of danger, and to have an attendant accoucheur in whom she can place the utmost reliance. It is not his duty to set in another apartment till the moment the patient is pleased to call him, but he is to be present to cheer, revive, encourage, and sustain the patient by suitable and soothing language, and proper attention to every complaint, especially to the warmth of the body and the limbs.

2d. At the commencement of labor it is not unfrequently the case that women have commonly one or more chills, or fits of shivering, with or without a sense of cold.

3d. The Urine is commonly voided in large quanti-

ties, as if nature seemed engaged in preparing for the event. The patient should, at all times, be willing to indulge any predisposition to void urine ; and not allow any natural inclination to be suppressed in any degree ; but to require the persons in the room to leave, and to indulge in the inclination suggested by nature. A neglect in this particular sometimes occasions difficulty, when it is not so easily remedied.

4. There may be a disposition to stool, that ought to be equally as readily indulged in as the former. These symptoms are generally considered favorable, and seem to indicate Nature's timely preparation for immediate labor. If the disposition to evacuate the bowels be frequent, an injection may be given of soft soap and milk, and if the patient be cold and chilly, a little ginger tea may be added, sufficient to evacuate the bowels artificially.

5. The mucous discharge, which before was without color, after the commencement of labor, will be tinged with blood. This appearance is sometimes called the shew.

6. If, together with the above symptoms, the usual pains be present, the presumption is very strongly in favor of approaching parturition.

CHAPTER IV.

COMMON APPEARANCE OF THE PAINS.

1. The true pains usually begin in the loins or lower part of the back, pass round to the abdomen, and end at the Pubis, or upper part of the thighs, pressing down in front. Sometimes they take the opposite direction, that is, beginning at the thighs, or from the Pubis, and ending at the loins; but this is rather uncommon for true labor pains. Sometimes they are confined to one particular spot, the back, abdomen or thighs, and even to the knees, &c.

2. The true labor pain is periodical, with intervals of twenty, fifteen, ten or five minutes, commencing in the loins and coming round to the abdomen, and pressing down in a point to the pubis, going off clear and distinct, without any gradual cessation of distress; so continuing at intervals, moderate pains frequently repeated, are considered less debilitating in the commencement of labor, and better adapted to this stage of labor, than severe ones at greater intervals.

3. An experienced midwife may generally judge of the nature of present pains, from the tone of the patient's voice. The first change effected by the pains consist in the dilation of the parts. Forcible and quick distention gives a sensation like that produced by the infliction of a wound, and the tone of voice will be in a similar manner interrupted and shrill. These are vulgarly called cutting, grinding or rending pains.—When the internal parts are sufficiently opened the

child begins to descend, and then the patient is, by her feelings, obliged to make an effort to expel, and the expression will be made by a continued and grave tone of voice, or she will hold her breath and be silent, these are called, by some, bearing down pains. It is a common thing to say that women have fruitless or unprofitable pains. They are all adapted by nature's God to nature's work.

4. In the beginning the pains are usually slight in their degree, and have long intervals, but as the labor advances, they become more violent, and the intervals are shorter. Sometimes the pains are alternately one stronger and the next weaker; or one stronger and two weaker. But every variety has its own peculiar advantages, being wisely adapted to the state of the patient.

CHAPTER V.

FALSE PAINS, HOW DETECTED AND REMOVED.

Cases may occur, when it may be necessary to determine whether present pains be true or false; because if false pains be encouraged or permitted to continue, they may at length occasion premature labor.

1. Some known cause commonly precedes and is the result of false pains being superinduced; as fatigue of any kind, especially that which arises from walking or standing too long, sudden and violent motion of the body, great costiveness, a diarrhœa, a gen-

eral feverish disposition, some violent agitation of mind, such as fear, grief, surprise, passion, or melancholy news suddenly communicated.

2. The most certain way for detecting false pains is by an actual examination, this may be ascertained by a careful and experienced accoucheur. The position in which women are placed, when it is thought necessary to examine them, varies in different countries, and indeed almost every practitioner has an opinion of his own. But most regular men direct the woman to repose on a couch or bed, with the shoulders elevated upon the broad of the back, with something placed firm across the loins, so as to protect them during labor—from a neglect of this position, and a disposition to lay on the side, the backs of hundreds of females have been weakened and injured, so as to prevent, frequently, their getting up for some time. Others direct the female to repose on her left side, with her knees bent and drawn up towards the abdomen—this may be considered the most convenient position, but we are satisfied it is the most dangerous to that part of the female which undergoes so much severe straining as the back; and that part in females generally is much affected with weakness, and it may have arisen from this want of proper instruction at such a time but it is common to allow the patient to choose her own position.

3. If it is determined that the pains are false, it will be proper to attempt to remove them. When occasioned by fatigue of any kind, the patient should rest in bed. If she be of a feverish disposition, she should drink some warm pennyroyal, peppermint, balm or

other cooling teas, or strong ginger tea, sweetened, with a little milk in it, will prove, upon trial, to produce almost instant relief if used freely, with the addition, if necessary, of a little cayenne. Avoid bleeding in *every* case. Generally it will be proper to use some opening physic, a dose or two of manna, with sweet oil, or of castor oil, or a few laxative pills. A mild and opening clyster, made of strong soap suds and milk, with a little ginger tea, will evacuate the bowels, and when they are emptied, a bowl of warm gruel, well seasoned, should be given and repeated.

4. Let it be observed, however, that an examination should never be made in too great haste.

CHAPTER VI.

PROCESS OF NATURAL LABOR.

There may be said to be three stages in the process of natural labor. The first includes all the circumstances and changes which take place from the commencement of the pains, to the complete dilation of the *os Uteri*, the breaking of the membranes and the discharge of the waters. The second includes those which occur from the time of the opening of the *os Uteri*, to the expulsion of the child. And the third includes all the circumstances which relate to the separation and expulsion of the placenta; but to treat of each of these stages more particularly and in order.

1. The *os Uteri* is not always found in the same central position, at the commencement of parturition, nor

does it always dilate in the same length of time. The first part of the dilation is generally made very slowly, but when the membranes containing the waters begin to insinuate themselves, to press down with the force of the pains, they act like a wedge, and the operation proceeds much more rapidly.

With first children this stage is commonly tedious, and very painful; some considerable experience and judgement is therefore necessary on the part of the attendant for supporting the patience, strength and confidence of the suffering woman. As the labor proceeds, the pains become more frequent and forcible.— If the dilation should take place with difficulty, there will be sometimes a sickness of the stomach and vomiting. This is a favorable circumstance, and it commonly has a tendency to relax the system. At length, after a greater or less number of hours, as the case may be, the dilation is effected. Care must be taken not to break the membranes, should an examination be deemed necessary. When the os Uteri is not fully dilated, they are usually broken by the force of the pains. If this should not be the case, they will be outward in the form of a bag, and then are of no further use, but the judgement of the accoucheur is required to be exercised here. If the labor has not been disturbed, the child is commonly born speedily after the natural rupture of the membranes; therefore, if the birth is delayed after this event takes place, it will be a very proper time to make a careful examination of the state of the organ. The cry of nature doing every thing, is destitute of commiseration or sympathy, and ought to be treated by every female with contempt and disgust.

CHAPTER VII.

The second stage of labor includes all the circumstances attending the descent of the child through the Pelvis, the dilation of the external parts, and the final expulsion of the child. In general, it will follow that the further the labor is advanced before the discharge of the waters, the more speedily and safely this second stage will be accomplished. As the head of the child passes through the Pelvis it undergoes various changes of position, by which it is adapted to the form of each part of the passage, and that more or less readily, according to the size of the head, the capacity of the passage for admitting it, and strength of the pains, &c. When the head begins to press against the external parts, at first, every pain may be suffered to have its full and natural effect. But when a part of the head is fully exposed, and the fine part of the Perineum is on the stretch, it is necessary to use some precaution to prevent it being torn; and the more expeditious the labor, the more is the precaution necessary. Accoucheurs differ in their modes of management, some trust to nature, and receive the ripe fruit just as it falls, and sometimes not *even then*, and others gently pluck the fruit and save its fall. Some have thought that if the external parts be very rigid, they should be frequently anointed with some kind of ointment. Nothing can equal the natural juices that exude from the parts, and much of this mucous is drained from the system at such times, and it is sometimes that this discharge is thick and glutenous, it is always necessary, where the

accoucheur has experience enough to dictate, that the female should be supplied with strong ginger, red pepper or Cayenne tea, to be frequently given, and this assistance, at such a time is valuable—it is equally efficacious as it is valuable, and will superinduce a discharge of mucous all through those organs, and enable them to dilate more readily, and at the same time will keep up a gentle glow of perspiration, and prevent the extremities from getting cold, assist in opening the milk vessels, and at the same time it possesses the property of sustaining the strength of the suffering woman.

Place the finger and thumb of the right hand upon the head of the child, during the time of a pain, or by placing the balls or one or more of the thumbs on the thin edge of the perineum, and with first children, if there be great exertion and much danger of a laceration, the right hand may be used, and the palm of the left hand wound round with a soft cloth, may be applied over the whole perineum; where it must be firmly continued during the violence of a pain. It is proper to proceed in this way, till the parts are sufficiently dilated. Then the head may be permitted to slide through them in the slowest and gentlest manner, paying the strictest attention till it is perfectly cleared of the perineum. If there should be any delay or difficulty when the perineum slides over the face, the forefinger of its right hand may be passed under its edge, by which it may be cleared of the mouth and chin, before the support, given by the left hand, be withdrawn. The assistance should be applied in a proper direction, and with uniformity, the

danger or injury to the external parts will be increased by irregular or partial pressure. The head being expelled, it is commonly deemed necessary to extract the body of the child without delay. But experience has now taught that there is no danger, and that it is far safer for the mother and child to wait in some instances for the return of the pains. And when the shoulders of the child begin to advance, and the external parts are again dilated, assistance should be given to the perineum as before; the child should then be conducted in a proper direction, so as to keep its weight from resting too heavily on the perineum. After the head is expelled, the labor is generally over. The child should be placed in such a situation that the air may have free access to its mouth, but let its head be covered. Having taken the proper care of the mother, it would be necessary to proceed to the third and last part of the operation.

CHAPTER VIII.

THIRD STAGE OF NATURAL LABOR, MANAGEMENT OF PLACENTA, &c.

There is a proper time for dividing the funis or umbilicus. Before the child breathes and cries, a motion of the arteries of the cord may be felt beating like the pulse. But after it has breathed and cried, this pulsation or motion ceases, and the string becomes quite relaxed and soft. These circumstances ought to take place, before the umbilical cord is divided. Ten, fif-

teen and sometimes twenty minutes are required for the complete relaxation of the navel string. Then let it be tied in two places, and divide between them.— Most women are extremely uneasy till the placenta is removed, and suppose the sooner it is accomplished the better; but this uneasiness is unnecessary, and all hurry is improper. The placenta has been known to remain from six to twenty-four hours, and then came away without any uneasiness, but a slight pain expelling it. Some have remained fifteen days, and accounts of another twenty-four days, but each of them passed away without any injury; much greater would have been the injury had the placenta been torn away with a ruthless hand, and we hesitate not in declaring that it is our candid opinion that thousands of females have been rapidly passed into eternity from that rashness that is so common amongst the *eminent* physicians of the present day. From tearing the placenta out of the uterus, without due consideration, very many female diseases originate from the improper mode of taking the placenta, and irreparable weakness, and frequently sudden and fatal inflammation is the consequence, and not unfrequently floodings, as dangerous as they are debilitating.

After the birth of the child, let the first attention be paid to the mother, with this design let her be kept quiet, affording her at the same time some suitable refreshment.

In the course of ten or fifteen minutes or more, say twenty or thirty, the pains will return for the purpose of expelling the placenta; and it will generally be expelled without any artificial aid, which should never

be employed where it can be avoided. But if it descend too slowly, the cord may be drawn in a gentle manner, and in a proper direction, may afford some assistance; and this should be done only in the time of a pain. We wish every female to be very particular in expressing a desire that the placenta may not be torn away hastily, for the uterus seldom or ever recovers its usual healthy tone after being thus injured at such a period.

CHAPTER IX.

INTRODUCTION TO DIFFICULT LABORS.

The first distinction of labor, requiring the assistance of art or management may be called difficult, and every labor in which the head of the child presents, but which is delayed longer than twenty-four hours, ought to be classed under this head. Difficult or tedious labors may be of four kinds:

1st. Those which are rendered difficult from too weak or an irregular action of the womb during parturition.

2d. Those which are occasioned by a certain rigidity or firmness of the parts, in consequence of which the dilation is tedious and difficult.

3d. Those in which a quick and easy passage of the head of the child is prevented, by some distortion of the pelvis, or too large a size of the head.

4th. Those which are rendered difficult from diseases of the soft parts.

FIRST KIND OF DIFFICULT LABORS.

1st. The action of the uterus is sometimes too weak in consequence of great distention, in such an instance the safest and frequently the only remedy, is to allow the patient sufficient time. In the meantime she may be suffered to walk, stand, kneel, or choose that position she may prefer, some light nourishment may be taken, and some warm ginger or red pepper tea sweetened and used with milk, drank warm and freely.— Sometimes, however, frequent clysters of warm strong soap suds and milk, with a little ginger tea added, with a little castor, sweet oil or lard, might be injected so as to warm and relax the bowels, and excite to action the other organs, or if the pains should be feeble, and come on in a very slow manner, or if the labor be very far advanced, it will be proper to give a clyster of the same made more irritating by the addition of a sufficient quantity of strong ginger tea.

2d. The action of the womb may be feeble and tedious in consequence of the pains being partial or incomplete. In a case of this kind the female may complain that the child lies very high in the abdomen, or she will have cramp-like ineffectual pains in various parts of the abdomen, which seem quite ineffectual.— If these pains be strong and different from common labor pains, they are commonly the effect of a feverish state of the system, and if so, the patient may bathe her feet in warm water from fifteen to twenty minutes, increasing the heat of the water as it cools every ten or fifteen minutes, drinking freely either of summer savory, balm, pennyroyal, peppermint or sweet mar-

gorum, or tansy tea, made warm with pepper and ginger, and sweetened. If she should have suffered much and a long time, administer strong doses of cayenne tea frequently, to restore strength; to prevent fainting and unnatural spasms and cramp, give the patient something nourishing, such as gruel to drink, and a slight vegetable emetic would be designed to produce a good effect.

3d. Sometimes the pains are not sufficiently strong to break the membranes containing the waters. If the presumption be that the membranes are too rigid, or if sufficient time may not have been allowed, it may become necessary to break them artificially. But as was observed under the head of "Natural Labor," this must be done with the greatest caution. It should be first ascertained that the os uteri is fully dilated, and care must be taken not to be deceived in this point, because the os uteri is sometimes so thinly and uniformly spread over the head of the child, before it is in any degree dilated, as very much to resemble the membranes. If it be determined to break the membranes, no instrument is necessary but the finger, or at most the finger nail prepared for the purpose by being cut and turned up.

4th. The shortness of the umbilicus or navel string may be the cause of difficult labor, resembling that which is the effect of a feeble action of the womb, it may therefore be explained in this place. The umbilicus may be short originally, or may be rendered so by being wound round the neck, body or limbs of the child. If the child should be drawn back upon the declension of a pain, the shortness of the umbilicus

may be always suspected. By allowing sufficient time this inconvenience will commonly be overcome. If, however, the child should not be born after waiting long enough, it may be necessary to change the position of the patient, and instead of reposing on a bed or couch as advised in the instructions before recited she may be placed in any other position that circumstances may dictate, or on the lap of any one of the assistants, &c. When the head of the child is expelled, the navel string may be brought forward over the head or backward over the shoulders. But if neither can be done it may be necessary to wait for the effects of more time. It is not so dangerous as some suppose, for the child to remain sometime in this position. But the air should have free access to its mouth. But when it can no longer be considered safe the cord must be divided with the usual precaution of tying, &c.

5th. If the child should be *dead* and swollen, the labor will commonly be exceedingly difficult, but on appearances similar to those of the foregoing cases. It may be found necessary, in an instance of this sort, to pass a bandage, a handkerchief or fine towel round its neck, and then by taking hold of both ends, considerable aid may be afforded. But if this method should not succeed, one or both arms should be brought down and included in the handkerchief, by which means still greater force may be applied. In all cases, however, where it can be done with safety, it will be more safe and humane to wait the effects of natural efforts, than to use much force.

6th. Consumption and other diseases, with general

debility, commonly cause great apprehension about the issue of parturition. But if there is no untoward circumstances in the way, it will be found that there is a peculiar balance obtained between the strength of the patient and the disposition of the parts concerned for dilation; give them time and they will be delivered.

7th. When labor is common, there is generally a sense of heat, quickness of the pulse, thirst, flushed cheeks, in one word, a general feverish disposition.— Instead of spirits, wine or opium, have recourse to cooling drinks, and those teas which will allay fever and promote perspiration, to be continued according to circumstances. We will here refer the reader to the article headed “Directions during Labor,” Chapter 14, page 91. To these may be added gentle clysters as directed in the chapter above referred to. The room should be kept cool and well aired, and the patient as much as possible composed.

8. Fat and inactive women frequently have slow and lingering labors, they seem subject to debility, to the indirect-kind. In every case of this sort it must be very improper to make use of spirits, &c. to hasten the pains.

9. Patients, under the impression of fear, will in almost every instance be subject to a tedious labor, and as the time is prolonged, their fears will naturally increase, so that ultimately they may be brought into danger by their own nervous excitability or cowardly imagination, means should be used to allay such excited feelings, and the mind should be composed, trusting in Him who hears the cries of the afflicted.

10. I will conclude this chapter with a general ob-

ervation on the subject of letting blood in labor. It cannot be properly admissable in any case, we consider it one of the barbarities of the age. It produces more female weakness, destroys more mothers, and makes more motherless children, than any course of practice ever introduced into the medical science. It is one of the stratagems of the monopolized medical fraternity to bring under their discipline and practice thousands of once healthy and strong females. Such treatment to women, who pass off and impart to their offspring so much of that precious fluid, is neither in accordance with philosophy, common sense, or humanity, if health is the object to be attained by its adoption. Tell me that Medical men do not know this fact. Tell me they do not see the sun when it shines at noon day. Forbid it mothers. The Botanic Practice seeks no such resource.

CHAPTER X.

SECOND KIND OF DIFFICULT LABORS.

Most women, with their first children, suffer more or less from the difficult distention of the parts concerned in parturition. But the rigidity, which is the cause, commonly lessens with every child, in proportion to the number which she has. Let sufficient time be allowed her, and the constitution will find sufficient resources within itself for her delivery. If the woman be far advanced in age at the time of her having her

first child, this rigidity of the parts will be greater, and of course the labor may be more difficult. Women of this description might generally avoid much inconvenience by using gentle laxatives towards the close of pregnancy, as manna, sweet oil, castor oil, and the like, and also by sitting over the steams of warm water every night at bed-time. It may be observed, however, that it very frequently happens that women of forty-five fare as well as they could have done with a first child at twenty-five. None, therefore, ought to be alarmed or discouraged. The natural efforts of the constitution in these cases are astonishing.

The os uteri is sometimes removed from its central position. This may put on appearances similar to those of common rigidity. But the attending Physician must exercise his judgment in this matter. The os uteri may be so rigid as to require from twenty-four to forty hours for its dilation, and yet no disorder be present. But it is sometimes made rigid by an inflammation of the part. This state of it may be made known by its heat and dryness. And if the pains have long continued, without effect, and the principal difficulty be the resistance made by the os uteri, an inflammation may always be suspected. To remove such inflammation, let some cayenne tea be made, and give, every two hours, a good bowlful of it, or warm ginger tea, bathe the feet, and use means to superinduce perspiration, and procure a mucous discharge from the parts, which can easily be affected with a little time; never be in a hurry without the pains drive things forward, and then use gentle, safe and progressive means, to render assistance, use clysters, &c.

We shall conclude this chapter with a few general remarks as to time. It is too frequently the case that persons become uneasy and anxious, and even impatient during labor, but we must at all times remember that we ought to submit to nature's dictation, that we cannot direct her, but that she must direct us. That means should at all times be used to keep the patient warm, and superinduce perspiration, for there is a much greater rigidity of the parts of a person, whose feet and limbs are cold, and who is in a state approaching a chill, a general absence of natural glow of the skin, than the situation of a person that is kept warm and in a gentle glow of perspiration. The latter state is evidently to be desired during labor. Let Patience have her perfect work, trusting in the God of Nature.

CHAPTER XI.

THIRD KIND OF DIFFICULT LABOR.

If the Pelvis be too small for the child's head, or rather if the child's head be too large for the Pelvis, it will obviously require the more time for bringing about the necessary changes for its passage. The same consequences will follow from a moderate degree of distortion, or narrowness of the Pelvis. But as it is possible for the head to be compressed into one-third part of its dimensions, it can of course pass through a passage, which would seem to be much too small. If, however, the distortion be very great, or the head be of such a degree of strength as to prevent a passage

entirely ; then the woman must be delivered by the aid of instruments ; otherwise she must perish, together with the child. Instruments ought not to be used without the most extreme necessity demands their use, and even then it ought to be with the advice of other Physicians. The New School Physicians are of opinion that no case requires their use, that other means of lubricating the parts and promoting a flow of the mucous discharge, superinducing perspiration, and giving the constitution time to recover from exhaustion, will enable nature to perform the work without their use—it is not more than one case out of 5000 that require them under any circumstances. In some cases the head is so enlarged by disease that it may be necessary to open it with an instrument. But as the head, when distended with water, sometimes bursts from the pressure of the pains, and this operation ought not to be too hastily performed.

If the face of the child be turned toward the pubis, the labor will commonly be tedious. But generally no artificial aid is wanting ; more time must be allowed for the descent of the child, and more care will be required when it passes through the external parts.—The case would be similar if the face should present.

A difficult labor, similar to that in consequence of a narrow pelvis, will take place when one or both the arms present together with the head. When it can be done, the arms should be put back, and carefully detained. In some cases of this kind, the head and arm, and a foot may be felt at the same time. When this happens it is best, if possible, to bring down the

foot, and deliver in that manner, but judgement is here required.

CHAPTER XII.

FOURTH KIND OF DIFFICULT LABORS.

Should there be a large stone in the bladder (a possible case) or an adhesion of the vagina so as to prevent the passage of the child, assistance from an experienced Surgeon should be accepted. If a large unnatural substance should grow out of the os uteri and obstruct the passage, it may be necessary to lessen the head of the child by letting out its contents. Scars in the vagina from past injury will generally yield to the natural effects of the constitution. Sometimes the womb itself is ruptured. If this truly alarming circumstance should take place it may be readily known. A case of this kind does not probably occur once in 20,000. The multitude of cases of difficult labor admit of great variety and much practice is necessary for preparing any one person to treat every case to the best advantage—regard should be had to the cause of the difficulty which should be ascertained if possible, because a knowledge of this would afford aid in determining the proper mode of procedure. Here we must be permitted to repeat our assertion, that the greater number of difficult labors are not such from unavoidable necessity, but are rendered difficult from some improper management in the beginning or through the course of labor. The Accoucheur may

sometimes err—(we are afraid too frequently) the patient may be untractable—and the impatience and, too frequently, the unreasonable anxiety of her friends, may lead them to demand improper treatment.

INSTRUMENTS.

Although we never have been in favor of steel being applied to aid in parturition, and we are satisfied that Nature never anticipated it, no more than she anticipated the blood-letting to save life, and increase the strength of our species; however, it may be necessary to add increased importance to the Medical Fraternity to introduce them as harbingers of mercy to the suffering and afflicted female. Several instruments have been invented for aiding in difficult labors, as the Forceps, Vectis, Fillet, &c., but as they ought not to be used except in cases of extreme necessity, and then by those only who are well acquainted with instrumental delivery; (two or three life-times would not probably gain that acquaintance in this age of the world.) We shall not attempt a description of them. Such Accoucheurs who are desirous of acquiring information on this subject are referred to the late work of Dr. Thomas Denman, where they may find a distinct and intelligent account of their figure, and the manner of applying them in practice, &c. From this excellent treatise of the old school a very great proportion of these hints are extracted, some in the language of Dr. Denman, others with considerable variation, as we found it most convenient to our design.

CHAPTER XIII.

PRETERNATURAL LABORS.

Preternatural Labors may be divided into two orders.

1. When the Breech or lower extremities present.
2. When the shoulders or upper extremities present.

Natural and difficult Labors are considered as having reference most chiefly to the mother.

But Preternatural Labors are considered as having reference to the position of the child. It therefore is obvious, that a Preternatural Labor may happen to any woman in perfect health, who has every possible regularity in her formation, and who may have passed through all the common changes of Parturition in the most favorable manner. Different opinions have been entertained concerning the causes of Preternatural presentation, but none of them are sufficiently clear and certain, to be of any advantage in directing the conduct by which they may be prevented. Various symptoms too have been stated as indicating such a presentation. But it cannot be certainly known until the part presenting can be felt and distinguished by the touch. The head may be known by its roundness and firmness. The breech by the cleft between the buttocks and by the parts of generation. A hand by the thumb and length of the fingers. And a foot by the heel and its want of a thumb. Persons would suppose that they might be very readily designated,

but we assure you that there is frequently a good deal of doubt sometimes before the accoucheur can satisfy himself on those occasions.

COMPLEX LABORS.

Complex Labors admit of four orders, 1st, Labors attended with flooding. 2d, Labors attended with convulsions. 3d, Labors with two or more children.— 4th, Labors where the Umbilicus descends before any part of the child.

The first order admits of four variations.

1st. Those which happen in early pregnancy commonly called abortions. 2d. Those which occur in advanced pregnancy, or at the full period of Gestation. 3d. Those which happen between the birth of the child and the expulsion of the Placenta. 4th, Those which follow the expulsion of the Placenta.

CHAPTER XIV.

FLOODING.

It might not be improper here to make some remarks in relation to Flooding from the Uterus. From the actual dissection of that organ in a healthy female who had committed suicide, who probably would have Menstruated the next day, who had been in a partial state of derangement. On examination, the vessels containing the Menstrual Fluids were full, they seemed to commence in the body of the Womb toward the

cervex, and extended toward the fundus Uteri, and in the extreme part of the fundus Uteri they grew smaller in their dimensions, and all seemed to terminate in a point from all parts of the inner surface of that organ. At this point, with open mouths, the ovary receives its nourishment, after being deposited through the Fallopian Tubes, from those vessels it receives the Menstruation that would, in the absence of a Fœtus, have passed off periodically. Flooding, therefore, must take place from these open-mouthed vessels, and is commonly considered very dangerous. In all floodings, we consider that there is a degree of the natural heat of the system deranged, and a greater quantity of warmth and vitality exists in the region of the Womb and its surrounding parts, which is not unnatural to suppose, considering the functions of that organ; and this warmth predisposes the blood to flow thitherward, until almost all the blood, rushing in one direction, and becoming more limped as it reaches the region of warmth and natural excitement, passes off with unusual rapidity. It frequently exhausts the patient, and reduces her to a state of weakness and lingering debility. It will always be found that the extremities are cold at such times, the lower limbs inactive and almost lifeless, the hands and arms in the same state, not unfrequently benumbed from the want of that natural heat that predisposes the blood to flow, and expands the vessels through which the precious fluid moves. There are two means used to arrest Flooding, the one prescribed by the Old School Practice, and the other by the New School or Botanic Practice. That of the Old School, if we remember

right, is the use of opium in small doses, the application of large cloths or sheets folded and dipped in ice water, or water cold from the well, and applied to the groins and abdomen. covering the pependum; pieces of ice folded in cloths and laid on the groins, and cold water given to the patient to drink, cording both thighs with cords as tight as they can be, this is a philosophical, ingenious, and scientific way of cooling the heat of the organ, and preventing the flooding. This mode, with the assistance of the benumbing and intoxicating power of opium. Sometimes, and it is not uncommon, that blood is taken from the arm to prevent it from all rushing in one direction. And thus the insulted, abused, half-frozen and intoxicated woman in a strange delirium, is mysteriously saved from flooding to death. This account is not exaggerated. Botanic Physicians consider the necessity of equalizing the natural warmth of the body and the extremities, by rubbing with warm pepper and vinegar, and bathing them in warm water, giving the patient strong cayenne tea freely, which diffuses warmth throughout the body, throughout the whole system, and with that warmth the blood, when it ceases to flow any longer from the vessels thus opened—the patient falls into a sweet sleep, and the blood retires to the reanimated vessels throughout the body. This mode, simple as it is, never fails in the most sudden and dangerous floodings. It is as efficacious as it is harmless; we have tested it in the most perilous cases, and with the most triumphant success, after the patient had already bidden farewell to the surrounding friends, who were in tears. It ceased, and the death-like paleness

passed away, and this effect was produced by a strong tincture of Capsicum Annuum, pure African Cayenne. We shall treat upon its properties in another place.— The article must be pure, not adulterated, and it remains yet a potent cordial, that can administer life, warmth and strength to thousands who are ready to yield to its benign influence.

CHAPTER XV.

LABORS WITH TWO OR MORE CHILDREN.

There is no certain marks or symptoms by which it can be foretold that a woman carries twins ; neither an unusual size, nor uncommon sensation about the Uterus, nor any particular discharge of the waters, nor the slowness of the progress of labor, affords any information worth attention—but after the birth of the first child it may be determined by applying the hand to the abdomen—it is a very good rule to keep the patient ignorant (who has borne but one child) of there being another, as long as it can be done, but in most instances, after the birth of the first child, the second will follow in a few minutes, the whole process will generally be the same as if there were but one child. But if the first one must be turned, it will require care not to break the membranes of the second, if they be yet whole ; if the first be excluded safely, there cannot often be any difficulty in the exclusion of the second. If the first be delivered by art, the presumption is, the second will require similar management ; should the pains be suspended after the birth of the first, the sec-

ond should be suffered to remain at least four hours before artificial aid be introduced, but if convulsions or floodings take place, no more time must be delayed than the state of the case would warrant. In twin cases the two cakes are usually united so as to form one mass, though they are sometimes distinct, but whether separated or united, no attempt should be made to extract the placenta of the first, till both children are born. When the second child is extracted by art, it is frequently the case that the placenta must also be extracted by art, and if one must be so extracted, the other ought not to be left behind, because a flooding might be the consequence.

CHAPTER XVI.

ABORTIONS AND TREATMENT.

Abortions occur from the first to the sixth month of pregnancy, and ought to be considered at all times exceedingly dangerous—both debilitating to the general health of the female and very injurious to the Uterus and the broad and round ligaments sustaining it in its position. They also weaken the back and loins, and under any circumstances whatever, should be avoided if possible. They naturally divide themselves into two classes.

1st. Those that occur from the natural weak and debilitated state of the Uterus.

2d. Those that occur from over fatigue or accident, &c. &c.

1st. In many apparently healthy females who are very anxious to have children, they seem to become pregnant, and from some unhealthy and unnatural state of the Uterus or womb, they are unable to retain their offspring. We shall be obliged to treat this subject definitely, and commence by dividing the whole time into six different periods, comprising each of the months in Gestation, where it is possible abortions may occur.

In the first month it is not unfrequently the case that abortions take place, and at such times they can only be detected by a peculiar painful and profuse Menstruation, with an unusual weakness immediately after Menstruation, and lassitude of feeling, altogether different from that which precedes a healthy and natural discharge in the usual way. Such abortions arise from the incapacity of the Womb to retain any Fœtus or Ovary, however small; that organ, in some females, is so much relaxed and so very sensitive on its inner coat or surface, as to expel and eject any thing existing there in the form of offspring, and for this reason some females cannot have children. They are not generally debilitated and feeble, but seem to enjoy life in almost all its variety, but their Menstruations are generally profuse and sometimes irregular—such females are commonly sensitive, active and quick in all their perceptions, both of mind and body, of a warm disposition, and may be classed amongst those who have reddish or light hair, light or blue eyes, and very clear and fine complexion. But there are exceptions to this rule. Such a state of things may be corrected, and the organ regulated so as to predispose it to re-

tain the offspring without much expense or suffering.

In the second month abortions are not so common, and do not exist so frequent as in that of the first or third months, for when the Uterus becomes charged with an Ovary from the Fallopian Tube and retains it over the first time Menstruation is due. The very existence of the Menstrual fluid, adapted to the growth of the Fœtus, not only strengthens a weak womb, but confirms, in some degree, the health of the female, and predisposes her to eat more than she habitually does, and thereby the organ and health is partially improved, especially when such a female has been in the habit of enjoying rather a profuse and healthy Menstruation previous to her becoming pregnant, and such females, admitting the idea that they have a weak and very excitable Uterus on its inner surface, seldom abort until the termination of the third month, at the time or near abouts when their third Menstruation becomes fully due, or some few days after.

We must remember that we are now directing our attention to weak females and weak organs, and miscarriages which originate from debility. In the third month it is frequently the case that after the Fœtus has received for its nourishment and growth the fruits of the first and second seasons of Menstruation, or that the two discharges at such seasons have been by nature adapted to the growth of the Fœtus and the membranes surrounding it. That its own weight becomes the predisposing cause to its expulsion, from the want of strength to retain a mass thus accumulated. It will be also evident, that the irritation produced upon the

stomach of the female where nature demands sustenance for the Fœtus are frequently so active, as to excite to vomiting, that this vomiting increases the debility in many instances, and aids in the predisposition to expel. We do not consider that vomiting is necessary in Gestation, that it is required to carry on the work of nature. But when the female is giving life and nourishment to a Fœtus, its surrounding membranes, its waters, fluids and umbilical tubes, that nature claims from the stomach a material not diseased but healthy, and possessing the properties of nutrition and vitality, and when the stomach has more or less morbid, diseased, or worn out matter upon its inner coats—destitute of this principle, nature predisposes the Stomach to throw off this matter, and claims outward a healthy life-sustaining matter for the living Fœtus. Just after the accomplishment of the third month, therefore, the mass, from its own weight, having the fruits of three seasons of Menstruation, and the natural weakness of the Uterus, parts from the small vessels that nourish it, and ceases to exist from want of the connection to the fundus Uteri, the whole mass, Fœtus and all its natural membranes and fluids, in their best state feeble, now die, and cease to exist as animated matter. They become cold, heavy and oppressive to the body of the Uterus, and the female feels this weight and oppression, becomes languid and pale, irritable, uneasy, unhappy and frequently melancholy, more or less pain, and sinking, prostrating sensation is felt, pains commence, continue, gradual, imperfect and weak, and after more or less time from the hour it ceased to receive nourishment, and about three

full months from the time of its conception, it is expelled. Treatment in abortions is the same as those of full Gestation at Parturition among Botanic Physicians. If the female, thus weak with organs debilitated, should continue ten days after the time the third Menstruation becomes due, she will usually pass on, if no accident or alarm befalls her, to the fourth month, and at that time the vomiting is commonly allayed, she will feel the weakness and predisposition to abort. But as nature, in the female, works periodically, and almost with organized regularity, females are seldom known to abort at four months. Should the Fœtus die at such a time, it is not usually expelled till just at the fulfilment of the fifth month from the time of conception, and should her weakness continue, which is seldom the case from the increased appetite and other known causes, but it sometimes does, or should the Fœtus die in the sixth month, it would not be expelled till the termination of the seventh month from the time of conception, and at the regular periodical terms of the return of the season, when the Menstruation would be due, a predisposition to abort, a langor and weakness will always be felt by the female. If her weakness continue till the seventh month, and the Fœtus retain its claim of nourishment from the fundus Uteri, she may have a living child at seven months, but should she abort in any of the above times, the feeling will be very similar to those described in the third month, only more prostrating and severe, and would require the same treatment, both as regards the expulsion and the flowing after it, (see Flooding) page 128.

2d. Abortions which occur from over fatigue and accident.

In the first month they frequently occur and seldom do much injury, only predispose the female to increased Menstruation and debility. In the second month they also occur and pass away with periodical pains, prostration and flooding, and require particular management according to the strength of the patient.

In the 3d, 4th, 5th and 6th months they frequently occur from fear, grief, surprise, anger, fatigue and accident. The circumstances attending the female cannot be preconceived, nor can her comparative state of debility or strength, and from the diversity of accidents, the divers times they take place within the six months.— Also the great variety of constitutional developments that show themselves in females in different circles in community, it is impossible for us to be definite in relation to any remedy whatever, only where a case comes under our practice. But we refer to the usual stimulants and teas used on such occasions by Botanic Physicians.

TREATMENT FOR SORE BREASTS.

Obtain Cedar or Hemlock Oil, and rub on the part affected half a tea-spoonful at a time, two or three times a day; applying the raw Onion Poultice at night, be sure to relieve the bowels freely with laxative medicine, bathing the feet, &c. &c.

CHAPTER XVII.

RETROVERSION OF THE UTERUS.

This complaint commonly originates during the contraction of this organ, immediately after having expelled either a foetus or child, of from five to seven, and from that to nine months. It occurs from the spasmodic and contractile properties of that organ after delivery; from the use of cold and unhealthy medicine, such as soda, salts, cream of tartar, or from nitre, &c. &c. Also from cold or ague taken previous to Parturition. This organ being entirely destitute of a stimulant, is disposed to spasm and contraction; when retroversion takes place in a partial manner. The fundus Uteri is drawn downward and embraced by the contractile property of the neck of that organ, and is retained in that position. The female experiences most excruciating and acute pain, darting and shooting up the centre of the body, and along the broad ligaments to the back, which is very severe and afflicting to that part. The spasm frequently runs down the round ligament to the Pubis; the female becomes almost distracted, and fits of a serious nature sometimes ensue, with cold hands and feet, low pulse, and a dejected and care-worn countenance. The os Uteri is sometimes drawn inward and upward, and the body of the Uterus shuts down over it, similar to the bottom of a common bottle; when contraction and spasm continue to retain it in this position. Sometimes from utter neglect, and the absolute ignorance of Medical

men, it sometimes remains so until it inflames, mortifies and death ensues;—and from what? from the fashionable ignorance of the learned Faculty. Bleeding, blistering, cupping, &c. is their only resort, with preparations of soda, nitre and opium, until death relieve the learned Physician of his patient. The Botanic treatment would be to give a defusible stimulant and laxative, with an injection of ginger tea, and if no Physician is present, use cayenne alone, half a tea-spoonful every twenty minutes in half a tea-cupful of hot water. Apply a large poultice over the abdomen of raw Onions chopped up fine, and placed in a warm Indian-meal Poultice—just enough to keep the Onions together. Use equal parts of Cayenne and Blood-root, pulverized, and take half a tea-spoonful of the compound, rubbing the feet and hands to increase the circulation. Bathe the feet in hot water. Keep the patient warm, and the spasms will subside, and all will be well.

CHAPTER XVIII.

DIRECTIONS FOR FIRST WEEK AFTER
PARTURITION.

The first 24 hours after a woman has been delivered of a child, is a very critical time with her in regard to her future health. It is a season of thankfulness; a season also of relief from extreme suffering, and it is too frequently the case that the great contrast in her feelings, from extreme pain, to permanent and com-

parative ease, leads her to neglect those necessary precautions, that ought to be attended to at this particular period. Immediately after the birth of the child, the abdomen ought to be carefully pressed with a hand on each side, to assist in promoting the contraction of the Uterus, and the expulsion of the placenta, or after birth. After this has passed away should flooding increase, use the Cayenne tea very freely and very strong, this will arrest it. Let a broad bandage which ought always to be made and prepared for the purpose, about three quarters of a yard broad, and twice as long, adapted to the size of the woman;—let it be placed round the body and well pinned or tied (if the bandage should be prepared with strings) and as the abdomen becomes smaller from the contraction of the Uterus, let it be tightened, and worn for a week low down, to support as well as compress the belly, closely pinned. Let a cloth of 8 or 12 folds, be made up in an oblong square form, of old cotton or linen cloth, and dipped into a bowlful of vinegar and salt, (a handful of salt to a bowlful of vinegar.) Let this cloth, partially warmed be applied to the Pubendum, right between the legs of the female and there kept, another prepared and wet in the same manner and replaced, and so on as long as the slightest soreness remains. This precaution will remove all soreness; destroy any inflammatory action of the entrance of the Vagina and predispose the parts to contract and become firm without any painful sensation whatever. The cloaths should be changed as soon as possible after the placenta is removed where there is not too much exhaustion. The female in no instance should be allowed to sit up,

or to allow the body to remain in an upright position, for the first twenty-four hours. She may receive nourishment but she ought not to sit up to partake of it, till after twenty-four hours are over, from the time of the birth. This will prevent much female weakness, and falling of the womb at a future day. Nature ought never to be disturbed while contracting the parts after so powerful an effort. We hope young mothers will be cautious, they may feel lively and strong:—but that strength will soon depart if it is not preserved at such times. Let the female be carefully washed, and the clotters removed from the Vagina morning and evening in warm weather, and prevent a bad odor, wash the whole body in saleratus water if feverish, let the bed cloaths be changed, the room aired, and every thing kept sweet. The after pains can be prevented by the use of Cayenne tea which ought to be drank freely, that will superinduce the discharge of milk from the breasts which often takes place immediately, and sometimes on the second or third day. Use considerable drink. Nervous females ought to be kept from company, the windows of the room darkened and they should not be allowed to converse but little.—Their situation at this stage is peculiarly dangerous, and ought to be guarded. Keep every thing quiet about the house, for if the brain becomes excited at such a time, they seldom recover. If the breasts should be caked, rub them with spirits and camphor; if they should continue to be sore, apply the raw onion poultice,—onions chopped up fine and mixed with warm meal pudding. If the infant is not sufficiently strong to draw them, or should it be *dead*, remember

they must be drawn, and that three times a day freely. Obtain a young pup if possible, be very cautious about sore breasts. There is a discharge that passes off from the womb and outward, immediately after delivery and for sometime after called

THE LOCHIA, OR LOCHIAL DISCHARGE.

The extremities of the Uterine vessels being open, will remain in this state until about the 4th or 5th weeks; it is an outlet for morbid matter, and should it stop previous to that time, inflammation of the Womb is the consequence. A tea of Hemlock boughs, Pennyroyal or Tansy would tend to promote it. Bloodroot and Cayenne, equal parts mixed, a half tea-spoonful three times a day will also promote it.—The Lochial Discharge is of great importance to the future health of the female; it should be kept up at least four weeks; for the first week or ten days it is colored, the next week it becomes somewhat more thickened, and of a yellow appearance, and during the last portion of the time, it is somewhat of a bad odor and less glutinous.

CHAPTER XIX.

INFLAMMATION OF THE UTERUS AFTER CHILDBIRTH.

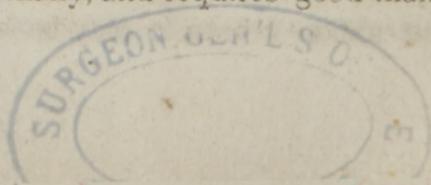
This disease frequently originates from the harshness adopted by some Physicians during labor. The effects of morphine and ergot, contracting and irritat-

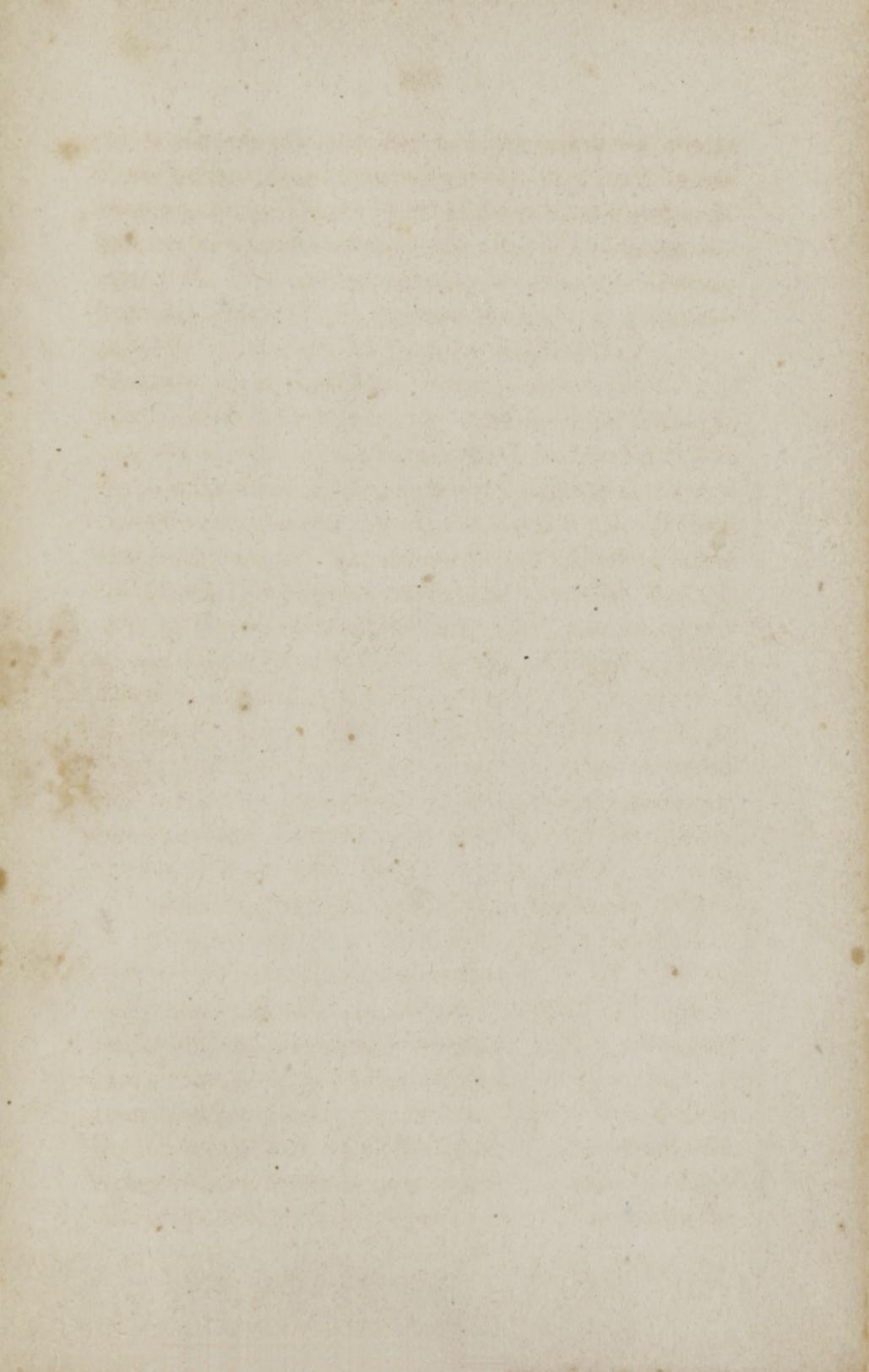
ing that organ—from rashness in tearing the Placenta away without waiting a proper time—from administering medicine whose properties suppress the Lochial Discharge—from sudden cold—too much exertion—seeing too much company, and conversing too freely—from the effects of a damp room, or damp clothing—also from drinking cold water or fluids of any kind.—This disease is very dangerous, and very rapid in its termination, the Uterus being in so peculiar a state, it is predisposed to inflame and also to mortification. This disease very often terminates fatally, and thousands of young mothers are hurried to the grave from a want of immediate attention to the state of the Lochial Discharge; which ought always to be promoted whenever suppressed, without delay. The means used under the article headed “Treatment for suppressed Menstruation,” Chapter 17, page 50, may be used with advantage, and the “mode of applying warm vapor to the Vagina” would also be highly beneficial in this case, and ought to be adopted with poultices to the Abdomen.

SYMPTOMS OF THE TURN OF LIFE.

Females about the age of forty-one, will commence sometimes to retain their Menstruation, and not to have any discharge, only every second, and sometimes only every third period. If there is no uneasiness at the time Menstruation is due at its stated period; if there is no pain in the back or head, and no darkness of the complexion; if the female is not pregnant, and her Menstruation ceases, it may be anticipated that the

turn of life is approaching. Should the female, at the age of from forty-one to forty-seven, at any period of Menstruation after its term of from four to six days has passed away, and the regular Menstruation had passed off, continue to have a light colored discharge, with some feeble labor pains, with an uneasy contracting and spasm-like action of the Uterus or Womb, with a sense of heat in the back and sides, she may conclude that the turn of life has approached with her, and that the Uterus is burthened with some clotters, or congealed menstrual fluid, matter, or some other foreign substance. Sometimes false conceptions occur at such a period, with a peculiar uneasy state of the nerves, there being an ovary deposited in the Uterus, without any menstrual fluid to give it growth. This substance having subsided in the Uterine vessels in the order of nature. Under such circumstances, it is necessary to use means to excite that organ, to throw off or exclude from its walls the offending substance, and give relief to the female. A partial discharge will take place and continue to weaken, debilitate, and reduce the female, so long as that foreign matter, whatever it may be, is allowed to remain. In fleshy females, it is not unfrequently the case, that after their Menstruation begins to subside, and the Turn of Life has actually commenced, that they will begin to bloat and swell, sometimes about the Abdomen first, and at other times about the lower limbs, that medicine should be used immediately, or she will be thrown into dropsy, and require Medical aid; this is a very critical period with many, and requires good management.





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