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THE MYSTERY OF  
DISEASE REVEALED

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DR. A. C. CUNNINGHAM. A. M. M. D.  
*Professor at the University College, London.*

Cunningham, A e

THE

MYSTERY OF DISEASE REVEALED;

OR,

Guide to the Inexperienced:

THE ORIGIN AND PROGRESSION OF DISEASES, AND THEIR  
EFFECTUAL REMEDIES; OR,

**The Confidential Doctor at Home.**

BY A PHYSICIAN.

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THE MYSTERY OF  
DISEASE REVEALED.

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THE Author does not intend, within the province of this work, to go into the detail of the treatment of those diseases incidental to the younger branches of persons living in largely inhabited cities, but merely to point out the most simple and efficacious means, by which they may not only rid themselves of the pernicious consequences, but as far as possible destroy the occurrence of such diseases. The diseases attendant upon the excessive gratification of the sexual passions, have been so often dwelt upon, their sad effects so often portrayed, that too many have lost sight of the end in view, namely, to check the occurrence, and have given such scope to their imagina-

tions, that it has served only to plunge the mystery in still greater darkness. The press is teeming with works calculated to inspire terror in those who have unfortunately contracted the venereal taint. The public taste has been surfeited with the observations of authors upon all diseases incidental to male and female, originating from an impure connection, or an excessive venery. And what is the origin of all this? Look at the thousand "no cure no pay" *doctors*, as they term themselves, and will you wonder at the result? Look into the columns of the innumerable daily and weekly papers that flood our land, and see their pages filled with the nostrums of pretending Quacks, and will you be amazed at the present condition, lamentable indeed, of the healing art? Look at the thousand horrid aspects which the disease assumes, and you will find them mostly to occur from previous mismanagement;—nay, I may almost say, consummate mal-practice. It is time the public mind was aroused to a sense of its danger. It is full time



that fell monster, Quackery, was trodden beneath the feet of all intelligent citizens; it is time the fatal arrow was hurled at this demon, by the iron arm of vengeance. The community has been outraged by the administration of its deadly poisons; the rugged hue of health has been snatched from the cheek of our offspring by its insidious grasp; the blessings of society have been perverted by its false and deceptive allurements; the very temple of sanctity has been polluted, and made the dwelling of its villainous machinations. And are these things to be suffered by an intelligent public? Are our offspring still doomed to feel the blight of its withering breath? No: the course of this monster must be stayed; the gray hairs of manhood no longer shall be borne down by the diseases it leaves in its track. Our youth shall no longer feel that corroding fire which rankles in the very soul; the hands of all honest men shall be held up against its further progress. For the total annihilation of this vender of disease, this en-

courager of crime, let every one take an active part. Your sons and your daughters demand it; the very end for which society was formed demands it; the religion of your country demands it; the happiness of your domestic fireside impels you on to its annihilation. Then do not encourage it. Do not invite a guest among your family to mar its future happiness. If you are unfortunate, consult those who have devoted their lives to the acquirement of their profession. Tell your friends to do likewise. Encourage none but those who are willing to stand or fall by their merits, and let wisdom and judgment rule in the place of ignorance and deceit. Then, and not till then, will the medical profession be esteemed; then will the host of ills which follow in the train of Quackery be dispersed. Let no one's judgment be influenced by the gaudy and voluminous sign-boards of "Medical Institute," "College of Pharmacy," &c.; but rather consult him who, by arduous study and a laudable enterprise, has acquired his princi-

ples of profession. Then will the Doctor be distinguished from the ignorant dolt; then will the man of science be separated from the base pretender. It is not my province to undertake a reform in this respect; the public have borne the evil, and they must seek the remedy. It has suffered from the invasion, and it must seek its own redress. It is only for me to point out the manner in which it may be done; the public then must act upon the suggestion. It is, unequivocally to denounce all dealers in nostrums and venders of patent medicines. To maintain a true respect for the profession, that profession whose trust and importance is next to the profession of religion and christianity. Never to patronise any save those, who have bound themselves under the sanctity of an oath to preserve, as far as possible, the physical nature of their fellow man. Then will Quackery no longer thrive and fatten upon the misfortunes of others.

But upon this subject I have said sufficient to convince any one, whose mind is

opened to reason and truth. I feel if these few suggestions, which are as palpable as true, are regarded, the result for which I have so ardently striven will be obtained. I will now enter upon the consummation of my object, and that is, to show the importance of the two great evils to which man in his nature is prone, viz., incontinence and excessive venery. To show their effects upon the prolongation of life; to show how far each of them may be enjoyed; and lastly, the evil consequences following in their train, providing they be abused. Incontinence is unchastity; the inability to restrain the amorous passions. There are some persons who, from an impure education, are so ardent, whose desires are so uncontrollable, that they blindly rush into one of two great evils, onanism, or too frequent sexual intercourse; and as the desire increases in proportion to the gratification of the appetite, just so, upon the other hand, is it diminished by non-intercourse. At the age of puberty, the most moral and most chaste are assailed

with feelings and desires, that, though young and unanticipated, yet when present and little interpreted, are so urgent and imperious that if not satisfied in a legitimate manner, passion and instinct are always prone to point out a means of gratification. In the male, the imagination commanding a greater range than in the female, and nourished by associations with the practices of this world, elicits consequences explanatory of life's purposes. And the youth, after having once experienced, perhaps unsolicited, and possibly during sleep, the agony of seminal secretion, can hardly withstand the afterward tempting pleasure of seeking a self-repetition of such solitary indulgences, which the forbidden union of the sexes at this early age may urge him to. Setting aside the unmanliness of the act, it is necessary that youth should be made aware of the evil consequences following the abuse of a given function by such an unnatural means of gratification. There is no emotion of the mind or exertion of the body that pro-

duces effects so debilitating, or such a complete nervous prostration, as the act of sexual intercourse; and it can be easily seen how horrid must be the excessive indulgence of such a practice.

Health consists in a due performance of all the functions of the body, and an undue exercise of them is very sure to lead to a very deleterious state of the system and a disturbance of the animal economy. In ordinary sexual intercourse there ensue particular phenomena, namely, the circulation is powerfully aroused, the heart beats violently, the blood is driven forcibly to the brain, great mental exaltation is induced, and instances have been known where death has suddenly crushed the transport. The too frequent repetition of such excitement cannot fail of producing positive injurious effects, and wear out the system, and disease the overwrought organs—the heart and brain particularly—upon the healthy condition of which the health of the entire frame rests. Hence the diseases of the libertine are unusual

physical weakness, consumption and mental imbecility, all the result of disordered circulation and impaired nervous power.

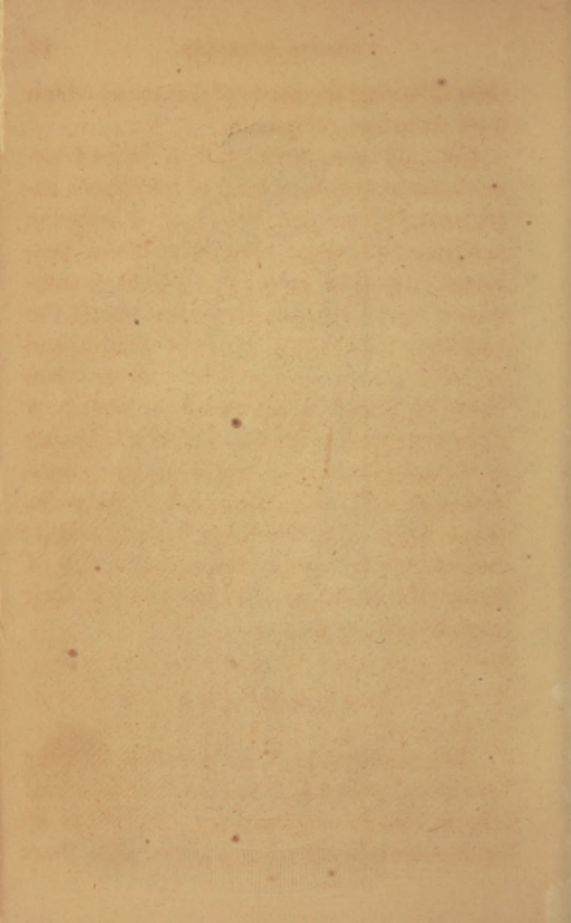
If therefore such consequences follow a waste of the allotted privileges of man, how much more severe must they be that arise from complete nervous exhaustion; that which transpires from an absolute stretch of an already perverted imagination; from, in fact, imaginary pleasures, instead of those springing from the instinctive stimulus imparted by a warm and natural connection with women? Mark the offspring of those who have indulged too frequently in sexual commerce; who, by oft-repeated coition, have so withered the constitution as to deprive it almost entirely of its pristine vigor. Do you see them possessing all the blessings of health? On the contrary are they not pale, scrofulous, emaciated, surviving scarcely their tenth year? and if, perchance, they may have attained that age, they are oftentimes the prey of idiocy—demented, consumptive, subject to all the ills to which flesh is heir.

Such are only a portion of the evil consequences following in the train of incontinency. The moral energies of such are so prostrated, so weakened, so completely shipwrecked, as to require the constant aid of stimuli to satisfy that longing thirst for excitement, without which the victim could not satiate its perverted desires, and, like the fuel to the flame, only adding to its own destruction.

Where is the daily habitation of such youths? Is it not the public brothel, the gaming-house, the theatre;—in fact, wherever their uncontrollable desires may feed on their own destruction? And what is the future end of such, and to how great lengths do their incontinent passions carry them? Look to our penitentiaries, our workhouses, our asylums, our hospitals; and two-thirds of their numerous inmates you will find the victims to their own incontinent desires, or the offspring of those who, by oft-repeated coitions, have so shipwrecked the system as to transmit to







their offspring the seeds of disease of which they were the recipients.

Let any one, even with a limited acquaintance, recollect such of his former associates, before they had leaped into the whirlpool of their own incontinent passions. Let him recall the gay-lit countenance, the ruddy and prominent cheek, the sparkling and lively eye, the plump and well-filled neck,—in fact, let him compare them then, and now; and how sad, how disheartening the change! The same being can hardly now be recognised, his constitution is so broken, his mind so imbecile. That there are exceptions, I freely admit; but such is the too frequent portraiture of those who have indulged too freely in their own libidinous desires.

### MARRIAGE.

THAT marriage is the greatest blessing conferred on man, since the foundation of the world, no one can deny; and as an argument in favor of marriage, was there

not a companion formed immediately for the great father of our race, to perpetuate the blessed ties of connubiality? That marriage, on the other hand, is sometimes productive of ill effects, every one will freely admit. How striking is the appearance only, much less the bodily condition, of married persons of both sexes, within one or two years after their union, especially if the match be a youthful one. Observe how the countenance assumes, when thoughtful, the care-worn aspect. Observe how, here and there, a furrowed imprint is shown upon the blanched cheek; the eye is deprived of its lustre, the face has lost the hue of health, the lips are livid: in fact, nature appears to be exhausted, so great a drain has been established upon her economy. Mark, also, the decayed health and spirits; hear the bitter complaint of head-aches, side-aches, short-sightedness; and behold, perhaps, the puny, sickly offspring, "muling and puking in the nurse's arms." This picture may be held up as a ridiculous one, but I defy a denial of its

unhappily too frequent illustration in real life.

Although there are some ill effects following the consummation of the marriage ties, still it were more obedient to reason, for the perpetuation of the human family; for the comfort, health, and well-being of society, that it should be preserved as the most holy and consecrated of all earthly ties.

I think it not amiss in this place to present to the youth, who are anxiously looking forward to the consummation of the connubial vow, a few hints, by means of which they may not only increase the pleasure of the act, but add to the comfort and happiness of their mates, and insure a healthy and vigorous offspring. In the first place, attention should be paid to her physical formation, the colour of the eyes, the hair, the appearance of the skin. To insure a happy union and healthy progeny, we will suppose the male to be of a robust constitution, young, vigorous, and in every respect the personification of health. He

desires a connection with some one possessed of all the qualifications of perfect physical endowments, for the advancement of his pleasures, the gratification of his passions, and the perpetuity of his natural faculties. Great care should be taken that the couple be not too dissimilar, either in height, years, or temperament. If you have too great a seniority in years, the offspring will be weak, puny, delicate of stature, with a great flaccidity of muscle, and finally drop into a premature grave. If the difference in physical endowments be too great, or there be too great a dissimilarity in the organs of copulation, great unhappiness, with both male and female, will be the consequence. There will not be a sufficient gratification of the sexual appetite, and they will either seek to satiate that uncontrollable passion elsewhere, upon the bosom of some paramour, as is unfortunately too often the case, or fall a prey to despondency, and their too unhappy situation. On the part of the female, if her copulative organs be unnatu-

rally large, and there is a fruitful connection, and where there is such a dissimilarity in the organs; it can hardly be expected but that before the time of childbirth takes place, she will be subject to all the ills and inconveniences which such a state of things demands, namely, miscarriage, falling of the womb, and various other diseases with which that complicated organ is affected.

So too in point of temperament, one should not be robust and vigorous, while the other is weak and scrofulous; as the union of such will never complete the desired end of wedlock, or insure to the progeny an athletic or vigorous constitution. To procure a desirable union, to make a felicitous bed; for that I conceive to be the "ne plus ultra" of man's desires and aspirations; great care should be taken that the couple be, as far as the nature of the case demands, similar in point of natural formation, temperament, and moral energy; and last, though not least in consideration, that they are, as nearly as possible, equal.

With such hints, I will leave a subject which, to you, is of more than vital interest; and if you desire to avail yourself of the experience of others, these few suggestions will be, to say the least, received with profit, and be met with a consideration due to this most holy and binding of all earthly contracts.

#### C E L I B A C Y .

THE next subject which demands the attention of all the branches of the human family, and most particularly yourself, gentle reader, is celibacy; (for I suppose you subject to the same passions, impelled by the same desires as the rest of mankind,) and to throw the subject before you in its proper light and true bearing, shall be my most particular attention. Celibacy or continence, the antipode of incontinence, as truly demands the passing notice of the writer as any of the preceding evils. By the term continence, we mean not only a freedom from the use of the sexual appe-



tite, but an absolute withdrawal from all the pleasures of the consummation of the act, together with a total abstinence of solitary indulgences. The reader must have observed, in some of the preceding pages, a remark, that every part of the human economy, be it muscle, nerve, or bone, has its particular use, and these uses have been established by the God of nature for the development of that frame which he in his bounty has established. The productive organs have theirs, but it is not only for the propagation of the species:—they afford an outlet for accumulated secretion; they assist in resolving the animal passions; they are the secret incentive to sexual love, and the bond of union between the sexes; they give an appetite which, like hunger, must be appeased, or nature revolts, and the harmony of society falls before the unrestrained fury of maniacal solicitude. Health, the source of all earthly happiness, the greatest of all human blessings, without the possession of which this world with all its beauties, all its pleasures,

would be, for all we cared, destitute of all its gratifications, tenantless,—very materially rests upon a proper and moderate use of the sexual appetite. Entire continence, one of the greatest rarities among mankind, establishes in both sexes the most miserable perversions of mind and body. In man, from the result of perfect continence, we have manifold instances recorded of mania, melancholy, apoplexy, and various foul diseases of the skin; deafness, loss of vision, and many other evils, some greater, some less, than those just mentioned. It is true, that in males continence is not so strictly observed; for if they are denied sexual intercourse, they are nevertheless estranged by that most distressful of all practices, *masturbation*, and thereby, in a great measure, are the evils depending upon a rigid chastity, warded off, but a train of ills much more distressful is sure to await the sufferer, and hence he is, in the very meridian of life, deprived of the very power, of which, in his youth, he was so provident. In the

female, continence, which all will admit to be the brightest ornament in her character, the greatest jewel woman possesses in the consideration of every man of sense and judgment, meets but a poor requital; and its presence brings in its train the mysteries of hysteria, and other nervous derangements, that pervade the elderly maiden branches of every family, and constitute an enemy so formidable to all domestic felicity.

Persons living a life of strict continency seldom live to an advanced age; whereas those females, for instance, who have consummated the marriage vow, although exposed to all the dangers of child-birth, and the perils of pregnancy, generally live longer than those who live a life of celibacy or chastity. And provident married men escape all the ills and snares that beset what is termed a life of single blessedness. On the contrary, libertinism, in whatever manner practised, whether by solitary indulgence or excessive venery, is hurtful and destructive to long life.

That continence is a virtue to be extolled by all, I admit; but where the marriage life is allowable, it is not imposed; even then, if deviated from with moderation, there may be elicited the greatest amount of health and happiness. Matrimony, when succeeded by the birth of children, powerfully conduces to the health and happiness of woman. Even many diseases incidental to the life of the single female, are relieved by marriage. Among them all, we will mention disordered conditions of the sexual and uterine organs; affections of the skin; numerous nervous disorders, and many local complaints; and so great is its effect in some persons, I have known two or three cases of confirmed consumption, not only relieved by a marriage state, but absolutely cured. The cure generally commenced as soon as pregnancy began. On the other hand, there are consequences resulting from a state of pregnancy, which are not only dangerous, but absolutely fatal. Structural impediments, with many other diseases,

oppose the consummation of the marriage contract. Malformation and mental imbecility, should be considered as strong interdicts to the conjugal union.

Persons of both sexes, to insure a healthy offspring, should not marry until the physical powers of the whole body are developed; and previous to that, the strictest continence should be enjoined. From the twenty-third to the twenty-sixth year, is the suggested period for the male; and from the eighteenth to the twenty-first, the female. These results are modified entirely by the climate in which persons are living. You would not expect the inhabitant of the chilly north, to be so early fired with the thrilling passion, as he who lives under the burning sun of the equator.

These observations only apply to those living within the jurisdiction of the United States, and other countries of the same latitude. In India, for instance, women become mothers at the early age of twelve years, owing to their physical develop-

ments being more early than those living in less tropical climates.

Marriages entered into too early bring premature decay on the father and mother, and entail upon their offspring debility of body, diminution of stature, imbecility of mind, and a host of other evils; thus producing consumption, scrofula, insanity, &c.

Marriages that are well regulated, and such cannot be mistaken, if attention has been given to the preceding remarks, contribute largely to social and lasting happiness. But ill assorted ones, those where the couple are too youthful, or the physical contrast be too great, or when the peace of either is infringed upon by opposing tempers, or by the afterward discovery of hitherto concealed physical incapacities; present a scene of wretchedness and disappointment, to which death itself would be preferable.

Too great stress, therefore, cannot be laid upon a subject which demands from all their most serious and deepest attention. In order to the better understanding

of the subject, I will give the reader what the author means by the temperaments; and as I have frequently made use of the term, will state its bearing upon the animal economy.

The temperaments are divided into four great heads, and these again subdivided into others; but it will be sufficient for the present purpose, not to draw the line of demarcation too closely, but sufficiently so to make it intelligible to all my readers, as it will answer for all ordinary purposes, that we adopt the four great classes. They are the sanguine, bilious, nervous, and phlegmatic. By the sanguine, we mean those persons who are generally in good health, vigorous in their amorous passions, with a great development of muscle, and a great predominance of sexual appetite. The nervous are extremely susceptible in their sensations; of less predominance of physical power, with a greater degree of mental vigor, and generally much given to female society. Combined with the sanguine, they are capable

of great animal excesses. The bilious temperament imparts a jealous bearing in all affairs of sexual solicitude, that detracts from the fondness and affection which so entwine a man to his mistress, or the partner of his bosom. In this temperament you will find a great degree of moral and physical courage, combined with a great quickness of action and thought. The phlegmatic or melancholy person is frigid; apathetic in his amours, and love with him becomes a secondary consideration to accumulation of property, and advancement in the arts and sciences. These temperaments are modified by age, health, and physical culture.

Among physiologists, speculations have arisen as to the effect of climate and season, as well as age and temperament, upon the reproductive power of man. Temperate and warm climates are more prolific in exciting the copulative desire, than the frigid and uncongenial situations of the more remote and northern parts of the earth. The seasons bear a somewhat near



analogy. Spring is supposed to be more potent than summer, autumn, or winter, in bringing into existence those amative propensities which, like the productions of the earth, spring, as it were, into a new existence. This observation is borne out by the statistical fact of there being a greater number of births about the holidays than any other portion of the year. Man, however, in all his appetites, is allowed to be omniverous, and the uniformity of his desires is preserved by diet corresponding to the season, which renders the whole year a perpetual spring. Man, as well as other animals, is capable of the procreative process, when in a state of health, upon almost any food, never mind how scanty or paltry it may be.

Morning, says a French writer of great celebrity, is the spring of the journey when all the functions of the physical man are renovated. As far as my own feeble opinion is concerned in this matter, I consider that the quietude and secrecy of night offer moments most congenial to the gratifica-

tion of mutual love. There are times when, under any circumstances, sexual transport must be avoided, and that is immediately after a hearty meal, when the stomach is distended with meats, and the system exhilarated by the potent effects of wine. Under those circumstances sexual commerce should be most particularly avoided; as instances have been known, under such circumstances, of apoplexy having been induced by the excitement of connection. These remarks might be amplified without limit; but the author has contented himself merely to show the importance of examining the subject properly, and exercising a discretion in all the acts depending either upon a single life, or those duties imposed upon a life where there is a consummation of the connubial vow. But enough has been said to induce those who have approached to manhood, to be provident of that which, once lost, is, under all circumstances, most difficult to regain; and those on the eve of embarking in the most binding and solemn obli-

gations of all human contracts, marriage, to ponder well ere they compromise the happiness of others, as well as themselves, by engaging in a compact they may know themselves incapable of fulfilling or of efficiently performing; one from which they cannot with honor retract, or one that, once sealed, demands a rigid compliance with its recognised duties. The sum totum of the preceding article may thus be summed up: that self-indulgence and excessive venery are injurious in the highest degree; that they induce early impuissance, and bring down upon the person that thus indulges a great load of mental and corporeal ailments; that premature marriages are destructive to long life and undisturbed health, and that weakly and sickly children are the general result when impregnation of the female ensues; that continence was never ordained and is alike productive of disease; that moderate copulation propagates the human kind, preserves health, and produces longevity of life, and the sexual capability is thereby retained to

the latest verge of senility; that it is unnatural and unjust for impuissant persons to intermarry with those having healthy expectations and the power of enjoyment; that it behooves all who have a doubt as to their own capacity, to have that doubt removed, and if rendered evident, to abstain from shipwrecking their own happiness, or from occasioning disappointment to others.

#### THE TRANSMISSION OF DISEASE.

As we have investigated the effects of incontinence, celibacy, and marriage, on society, viewed alike as to their influence on the health and happiness of the sexes in general; another subject which equally engrosses our attention, presents itself for inquiry to every thinking and sensible person, who may contemplate, or be about embarking into the matrimonial tie, namely, the ability of issue, and how far the health of the offspring may be influenced by that of the parents. That conception requires

the necessary aptitudes in both man and woman, is indisputable; and although such capacities are rarely absent, still all unions are not prolific; hence the inference that some hidden cause must exist for such infertility. The prevailing resemblance parents and their offspring have in features, form, and voice, and even constitutional peculiarities, is sufficiently well known to satisfy any one of the similar probability of the transmission of disease or sound health. It is of great consequence to be well-born, and it were happy for mankind if only such persons as are sound of body and mind should be allowed to marry. In Bæthius' work, entitled "*De Veterum Scotorum Moribus*," we find that anciently, in Scotland, if any were visited with the prevailing sicknesses, madness, gout, leprosy, or any such dangerous disease, which was likely to be propagated from father to son, he was instantly gelded. If a woman, she was kept from all company of men, and if by chance, having some such disease, she was discovered in a state of child-birth,

she, with her offspring, were buried alive. The Spartans likewise destroyed all weakly and deformed children, in order to establish a vigorous and athletic race. Great as may be the anxiety to perpetuate our identities, to create new objects upon which we may concentrate all our affections and love; and who, when born to us, so instinctively rivet us so much the more to this world, possessing already so many attractions; where is the man who does not feel himself humbled and mortified at beholding, in his anxiously looked for offspring, the unfolding of infirmity and disease? Where is the man that would not commiserate the most poignant feelings of his wife, giving birth to an infant borne down with the weight of disease? Where is the mother that would not curse the unhappy union, when anxiously looking forward to a tie the more closely to bind her to the husband, and find that tie drooping into the vortex of disease; instead of a blessing, a curse and a scourge to its parents?

If such be the feelings of those who have so unfortunately connected themselves to a companion, the result of which is most detrimental to their feelings and fatal to their offspring, how much the more does it behoove them to apply the foregoing observations and suggestions of the writer, which, after a long and protracted experience, he has thus been enabled to lay before the public? We are content to encounter the ordinary chances of mortality, let but our children bear the impress of health, and possess the shape of perfect men; but sad and desolating are the reflections that spring from observing, in our issue, the developments of the evils we have observed in ourselves. How many existing beings are there inhaling the breath of life, in whom the flame of disease is fed by every respiration, ignited by those from whose loins they sprung, and is hastening them to a premature grave? How many living specimens of human nature, in whom reason is obliterated, or never dawned, drag out an existence infe-

rior in enjoyment to the hunted beast of the forest, or the animal whose life is sacrificed for the nutriment of man? Are not the diseases which involve so calamitous a result, such as gout, scrofula, consumption, and idiocy, traceable to the offspring of the third and fourth generation? These diseases, which may be likened to the germs of a fruitful plant, sown in a torpid soil, lie in ambush, and await some genial transplantation to display their productiveness; which matrimony, by the analogous change it effects in different constitutions, speedily encourages. It is needless for me to go into the detail in describing the definition of health.

### P I C T U R E .

ALL who have arrived at the age of manhood must have seen the contrast between health and disease, and have formed some model, which they have designated as the standard of health; therefore, it were useless for me to take up your time



in discussing that of which you, in your own mind, must have formed an incontrovertible standard. I have pointed out all those diseases, by a hereditary transmission of which, marriage, instead of a blessing, would become the veriest scourge on earth; and it only rests with you, gentle reader, to exercise a discretion worthy of the occasion which demands your contemplation, you have been made aware that, in the selection of a companion, and in the transmission of health to your offspring, was, to you, more than vital importance; and if you would become a good citizen, sacred to that trust which your country imposes upon you, you will ponder well the suggestions made in this little volume, and if healthy yourself, consummate a union with one equally so. And if by misfortune, or accident, you shall consider yourself unworthy of such a union, for the sake of society, for the future sparing of your own feelings, for the sake of avoiding the crushing of a mother's hopes and

expectations, desist from a union which, once taken, it is too late to retrieve.

There is one thing more before concluding this chapter, to which I wish to call your attention, that is, drunkenness. Wherever intemperance exists in married life, it is the bane of all comfort and enjoyment; it saps the very root of domestic felicity and happiness. There is but one consolation, that every indulgence of this insane practice tends to break up the powers of the system, and hasten the close of such a union. The drunkard should be reminded, "that some leaves fall from a tree every time its trunk is shaken," and the dreary nakedness of winter is brought on, long before that season would have commenced in the regular course of nature.

I think the reader will coincide with me, that sufficient has been said upon this subject to enlist the feelings of every young or old person to whom these remarks may in any manner refer; and as the treatment of the venereal will be serviceable to al-

most every reader of this work, I will give an accurate description of the disease, its treatment, &c., and make it intelligible to the mind of every reader. Some authors have written upon the subject to embarrass and confuse; I will write to simplify and eradicate that confusion. The manner in which I take up the disease, although differing from almost every author, yet lays claim to entire originality. There is no author that has written upon this disease, but has either complicated it to the extent which is entirely unintelligible, or has so thrown the veil of obscurity around it, that it could not be appreciable to him who had not a perfect conception of the whole class of diseases to which those organs are subject. It is my intention to simplify the disease in such a manner, that every one reading this little treatise may, in the majority of cases, become his own practitioner.

## SEXUAL DEBILITY.

INVOLUNTARY seminal emissions are oftentimes very serious, distressing, and occasionally beyond the touch of the healing art. They may be occasioned by one of two ways; by a total abstaining from all sexual intercourse, and by great general debility or morbid weakness. The latter is much more frequent, for the treatment of the former is obvious and generally perfectly effectual. The difference between the seminal emission between persons of ill health and those of a robust, healthy constitution, is very great. In the former it follows an absence of an erection, and may occur in a warm bath, or where the patient is clad too warmly; while in the latter it is consequent upon an erection followed by an act of coition. It generally is the consequence of an excessive abuse in early life, either by self-pollution, or a too frequent sexual intercourse. The

testes, in such cases, usually wither, and the patient, if not entirely, becomes almost impuissant. Sometimes they will be followed by great irritability of the bladder, accompanied by pains in the back, kidneys, loins, etc. The treatment is altogether owing to the constitution and temperament of the individual. In some cases active depletion will have a very happy effect in counteracting the tendency to the disease, while in others such a treatment would be decidedly injurious. In such, tonics will be of immense service. Their treatment will consist in taking nutritious and digestible food to impart strength and invigorate the constitution. All stimulants must be carefully avoided, except where great languor and lassitude intervene; all spirituous liquors must be positively prohibited. The patient, instead of reclining upon a soft, downy bed, should lie upon a hard mattress; the air of the room should be of a moderate temperature, and but few hours must be allotted for sleep. Much of the time should be

spent in the open air; regular exercise should be taken, but not sufficient to occasion fatigue. The cold bath, in such cases, must be imposed as an important auxiliary in the treatment; the frequent application of a towel dipped in cold water, and applied to the testes twice or thrice a day, will be of great service.

To preserve a regular course of treatment for this disease would be of no avail, as the various temperaments subject to this affection would exhaust all the tonics of the pharmacopiæ; they are all useful, but the various preparations of iron surpass them all. During the treatment, the state of the mind should not be neglected; no lascivious idea for a moment should be encouraged, nor should the imagination be suffered to wander over the various works of fiction or romance, or any works appertaining to matters of love. In this disease the patients affected are apt to despond, and become depressed in spirits; to recover which, every pleasure or recreation should be encouraged to prevent the mind

from indulging in gloomy ideas ; theatres, concerts, parties, and, in fact, every rational amusement consonant to the feelings of the patient should be pursued. By an uninterrupted perseverance in this treatment I have seen the most beneficial results. By using the above treatment, which I have heretofore mentioned, almost every case will be cured ; I have tried it, and for the last forty years have derived unequivocal success.

### P I L E S .

THIS is a disease which is generally considered to be of a delicate nature, and one concerning which the persons afflicted are unwilling to converse ; and it is even with the greatest of persuasion that the individual is induced to seek the aid of professional skill. It is a disease very prevalent in large cities, particularly among that class of persons who live a sedentary life, and indulge in a small portion of exercise.

A few words may be said to advantage

upon the character and treatment of this disease. Piles constitute a disease that may be very slow or very rapid in its perfect development. The first sensations complained of by the patient, will be a slight itching or soreness about the rectum after an evacuation, more particularly if the patient be subject to constipation, or if he be an irregular liver; when, after a while he will be surprised on discovering, subsequent to some straining effort at stool, a knot of elastic, but irregularly-formed tumours, of a size ranging from a peanut to a hazelnut, rising apparently from the rectum, that, in a few days, if they continue, will become sore, and probably be attended with a discharge of blood. Another patient will experience similar symptoms as regards the pain, swelling, and discharge of blood, except that they will be greatly increased in severity, and be more transitory in their appearance and stay; but upon examination a perceptible difference will be discovered. In the former instance the tumours will be



seen to proceed from the outer edge of the rectum, and will be found to be covered with the common integuments. This form of the disease is called, by professional men, "external piles." In the latter, the tumours are squeezed out of the rectum, and swell in a very short space of time to an enormous size. Their colour is of a much more vivid blood-red, and will be found to be covered only by the lining membrane of the lower gut: these are termed "internal piles."

Piles are nothing more or less than dilated veins, just the same as vericose veins upon the leg or any other part. The office of veins is to receive the surplus blood of the arteries, after having parted with that necessary supply for the nourishment of every structure of the body they are severally distributed to, and to carry it back to the circulating organ, the heart; and the mesenteric hæmorrhoidal veins, from their dependant confined position, (the circulation in and above them being liable to so many interruptions from the

frequent hardened state of the fæces of the rectum,) become distended with blood, which, acting upon the same principle as a wedge, retards the circulation of the blood, and dilates them to the size we meet them. On the removal of the cause, the blood flows on and the swelling subsides, and the patient feels no further inconvenience until a recurrence of the pressure. After repeated attacks the veins become inflamed, and put out a sort of defensive mucous on the cellular membrane covering the veins, and becomes organised into an indurated texture, which increases at each attack of inflammation, and at last gives them that fungus, fleshy appearance, which resembles newly-formed strictures.

The distinction between external and internal piles is as follows: In both instances you have the same veins diseased. In external piles the lowermost portion of the hæmorrhoidal veins are dilated, and are thrust by the outer side of the rectum, carrying before them the common skin, which dilates, and constitutes the external

coat of the piles. The rectum is a portion of the intestine about the length of four inches, of a size nearly uniform; the lower end, constituting the orifice, is tied around with a contracting and yielding band of muscular fibres, forming a muscle, termed, in the anatomical language, the sphincter-ani. It is a muscle of great power, and, from its connection with other muscles of similar strength, forms the foundation of the pelvis, which supports the contents of the abdomen. Internal piles is that condition of the hæmorrhoidal veins, where, from their dilatation, they become protruded with the fæces, when, from the contraction of the sphincter, acting like a ligature, they cannot regain their situation until emptied of their contents. External piles consist of a protrusion of the hæmorrhoidal veins, between the cellular union of the sphincter with other muscles, constituting, in fact, a hernia or rupture in the perieneum. Inflammation soon sets in, and the various changes I

have, and shall hereafter consider take place.

Having stated the cause of piles, namely, pressure on, and thereby prevention of the circulation of the blood through the hæmorrhoidal veins, it follows, that persons mostly annoyed with constipation, must be the most likely to be afflicted with piles; hence free and intemperate livers, great wine-bibbers, feeble and relaxed constitutions;—those, again, who live a sedentary life, without the employment of much exercise; and pregnant women, and women who have borne many children, seldom escape. It is rarely that piles attack people in the lower classes of life, and those who have to work hard for their livelihood, and exercise much in the open air; which accounts for the prevalence of this disease in the upper walks of life.

The treatment of piles is as simple as efficient, if proceeded with at the commencement of the complaint, the great object being to prevent constipation. In the

case of incipient piles, an excellent adjunct is the warm bath; its tendency to overcome local congestions, and thereby equalize the circulation of the blood, is well known. The best medicine which a hæmorrhoidal patient can take, and the easiest to be procured, and that which lies within the reach of almost every one, is Turkish rhubarb; and the patient, by placing a piece of the root in his pocket, and occasionally taking a chew, will find it to act almost like a charm in the case of this disease. Castor oil, one or two teaspoonsful, every morning, or some mild electuary, must be taken until the piles subside. During this treatment, the diet should be temperate and laxative; those fruits should be used which produce a purgative effect. Wine, and all exhilarating spirits, should be avoided; and, where admissible, as much out-door exercise should be taken as possible. When the piles have been of several days' continuance, and are very much swollen, puncturing them with a needle, and thus re-

lieving the tension by evacuation, produces a very happy and serviceable effect. If there is a great deal of inflammation, leeches must be applied around the tumour. Care should be taken in the application of leeches, that they be not placed upon the tumour, as great difficulty will be experienced in the stoppage of blood after the bite. In cases where they can be returned into the rectum, the best treatment is to push them in, and place over them a pad to prevent the protrusion.

One of the most alarming features connected with piles, is their bleeding; and it is most marvellous to see what a great loss of blood a hæmorrhoidal patient can bear. Week after week have I seen the flow of blood constant, and such has been the emaciation of the invalid that serious apprehensions have been aroused of the death of the patient.

There is a strong objection, among females, when afflicted with this troublesome complaint, to showing the parts to the eye of a surgeon, and if attention be

had at the commencement of the disease, the afterward serious difficulties will be surmounted.

In cases where there is excessive bleeding, you may use some of the astringent injections, which must be regulated by the medical adviser. There are numerous specifics for this disease, but the one of best repute is Weir's balsam, which ranks high among professional men.

## HISTORY AND TREATMENT

## OF THE

## VENEREAL DISEASES.

It is not my intention to enter into the details of all the ills which are the consequences of the three great classes of diseases, namely, Syphilis, Gonorrhœa, and Gleet, but merely to give the accompanying symptoms of each, separately, and recommend that treatment which, through a long period of years, I have found to be most successful. I shall take pains, not only to give you the result of my own practice, but shall place the treatment before you in such a simple light, that the most illiterate and unintellectual can almost always become their own physician. Other authors, who have written upon these diseases, have terrified the minds of all who have unfortunately contracted



such diseases; and, instead of throwing light upon the subject, have plunged it into a still thicker darkness. You may read Becklard, and a host of other authors that have sought to become candidates for popular favour, and where, in the whole course of their writings, will you find one disease treated in such a manner as to be intelligible to you, although moderately learned? Instead of recommending a medicine simple and efficacious in its effects, you will see them running through a whole category of diseases, as much depending on the point at issue as a scalded foot or broken arm is upon negligence or carelessness. Instead of recommending a practice, effective and specific to the disease in its primitive form, they have wasted all their strength upon the consequent diseases; which consequent diseases never would have existed, had they devoted half the attention and energy to the treatment of the disease in its primitive form. That the most erroneous views exist as to the treatment of the private diseases, every

one, who has at all studied the subject, must be made aware. And how, I ask, could it be different, when the country is flooded with such a catalogue of volumes as already exist; all purporting to be written by men of science, but as ignorant of the first principles of their profession as men of straw, so to speak? It is no wonder, when we consider the powerful effects of the mind upon animal matter, that we have such a concatenation of sequent diseases. A person unfortunately contracts the venereal;—never mind in what form it may occur, he either flies to some vender of nostrums, who, with a shrug of the shoulder, and an exclamation of horror, paints to his imagination all those terrific consequences which may have been the result, probably, of his own neglect;—nay, I may almost say consummate malpractice; or, perchance, he may purchase some one of the brainless works on venereal, and, viewing the paintings of the author's inventive genius, becomes a prey to despondency, or the victim of an over-

wrought imagination. Then, after a lapse of a few days, after having tried the nostrums or red drops of some demoniacal vender, and becoming tenfold worse than before, he finally, with reluctance, confides his case to the advice and judgment of a regular medical adviser; who is forced to contend, not only against the primitive disease, but one made doubly worse by the ignorance of a pretending dolt. Why, then, should we wonder at the manifold appearances of the sequelæ of these diseases, when such humbug, such a wholesale quackery, stalks abroad over our land? Why, then, should we be amazed at the great number of wretched inmates in our hospitals and asylums, when such bare-faced hypocrisy and deception is seen upon every corner of our streets? Look at that mighty engine, the press, and see how its columns are perverted with the monthly reports of diseases, purporting to have been cured; and read the various advertisements of hairbrained numskulls, and will you wonder that such diseases are

made the objects of horror and terror to all mankind? That sometimes, under the very best form of treatment, the private diseases assume forms most hideous to behold, every one, for himself, must have seen. But these are exceptions to the general rule, as the diseases, properly treated, upon the onset of the attack, give way to the proper remedies, and leave behind no unpleasant or injurious effects; and as the mass who incur these diseases, feel a sort of privacy in the treatment, the object of this work is to give the disease the unequivocal symptoms, with the most approved and acceptable treatment; so that every one, in the majority of cases, may become their own physician.

### SYPHILIS.

THE first disease which I shall take up under the head of the venereal is syphilis, or what is known by the vulgar and common name of pox. The origin of this disease is still left in great uncertainty.

Some authors contend that it first made its appearance in Spain; others assert France to be the birth-place of this infirmity, while others even go so far as to say that America was the cradle of its infancy, and controversies have been carried on by the opposing disputants. But I shall content myself to give my reader my own opinion as to the origin of the disease, and leave those who have nothing better to do to discuss its primitive locality. As the laws of Nature have always been, and always will be, the same and unalterable; and as fever is the same now as when it occurred hundreds of years ago; and as a wound formerly, as now, healed by the first intention or festered, or ever may do so,—each condition being modified by the wound and the health of the patient; and as an extreme of filth now, the same as formerly, will produce itch; I cannot reconcile myself to any other belief than that the venereal disease formerly, as now, was produced by a violation of the laws of sexual intercourse; and as such violation

was likely to exist when numbers cohered together, I consider the diseases, both gonorrhœa and syphilis, coeval with the origin of mankind. They, like every other disease to which "flesh is heir," are modified by climate, habits, and constitution; and therefore we find the various modifications we see in all parts of the globe. It has been quoted, as an argument in favour of the former expressed opinion, that previous to the arrival of some British sailors upon the isle of Otaheite, the disease was unknown. But the sexual cohabitation, until this foreign arrival, was not as promiscuous or frequent; and hence the very infringement produced the disease. One word as to the contagion of the venereal diseases. Both gonorrhœa and syphilis furnish a remarkably irritating, purulent fluid, which, applied to surfaces in a state of health, produces certain effects. If, for instance, you apply the gonorrhœal virus to the delicate structure of the eye, you will have the same set of concomitant symptoms accruing as in a well-marked

case of urethritis or clap. Instances have been known where the mouth has been the recipient of disease, when there has been a deposition of the venereal virus. And again, in cases where the integuments have been inoculated, the same phenomena have occurred as have been seen in a well-marked case of syphilitic chancre upon the generative organs. Therefore it can hardly be doubted, if there is such a thing in existence as contagion, it unequivocally exists in the venereal disease. John Hunter observes, that it is only the disease in its developed state that is communicable, and for the propagation of venereal affections the poisonous secretion must be deposited. So confident was he of this doctrine, that he even permitted married men having gonorrhœa to cohabit with their wives—to save appearances—care being taken at first to clear all the parts of any matter, by syringing the urethra, then making water, and lastly washing the glands. Such, however, is the rapidity of the formation of the secretion, that, aided

by the excitement of the generative act, the deposite of the same would necessarily take place with an ejection of the seminal emission, especially in persons of full temperament, and in the plenitude of the sexual appetite, and thereby be liable to communicate the disease. Then briefly to recapitulate, I consider: 1st, That the generative organs, from misuse, have always been liable to disease; and that this disease is modified by such circumstances as I have heretofore stated, viz., climate, age, constitution, and cause. 2nd, That it is contagious; mild cases usually producing mild consequences, but those depending much upon the treatment and health. 3d, That newly indisposed and severer cases establish a worse form of disease, alike modified by circumstances.

I fear I have already transgressed the bounds I proposed at the beginning of this work; but I know you, gentle reader, will forgive the transgression, as it is more my desire of elucidating the diseases, than making a voluminous work of that which



it is my intention to simplify. I shall now proceed to the symptoms of syphilis and its treatment.

Syphilis is the most violent form of the venereal, and we shall divide it into two great classes. 1st, chancre, or ulcer; 2nd, bubo, or inflammation of the glands of the groin. These symptoms may all exist at the same time; or they may exist separately. There is no positive order in which they attack the system, but generally appear in the manner mentioned above. You may sometimes have bubo with no appearance of chancre, and you may be attacked with sore throat, without any appearance of either chancre or bubo; and you may have chancre disappearing, with neither symptoms of bubo or sore throat. It then will make its appearance as the secondary symptoms. The first is chancre. The integuments of the body become hardened or softened, as the functions they are called on to perform. Thus the hands and feet, among those who are in the habit of exercising constantly, take on a horny

hardness. Thus, by exposure, does the face assume a softer aspect; while the abdomen and the copulative organs, being continually accustomed to clothing, preserve their velvety texture. The glands-penis being generally covered by the prepuce, assumes a very delicate and soft appearance; thus its sensitiveness is increased or diminished, as it is covered by the prepuce or not. The entire covering of the penis is of a very delicate and tender structure, and hence also, from sexual intercourse, these parts become the chief seat of syphilis. The delicate surface, then, of the glands and prepuce, losing some of its sensitiveness by frequent exposure, and losing also the defence of the secretion, which mucous membranes pour out, becomes accessible to an occurrence of syphilis—a disease that is easily communicable to almost any part of the body by inoculation. To give the words of the illustrious Hunter, he says—"It is an invariable effect, that when any part of an animal is irritated to a certain degree, it

inflames and forms matter—the intention of which is Nature endeavouring to remove the irritating cause.” This is not only the case in common irritation, but also in specific cases—as in syphilis, burns, scalds, etc. To explain how a chancre is produced, is somewhat difficult; we may surmise, but those founded on certain facts are most likely to be true. For instance, a person receiving syphilis must contract it from one other individual having it. The mere act of coition, provided the party be clean, is not of itself sufficient to produce it. But as soon as a connection is had with an infected one, and thereby exposing a healthy surface to an unhealthy one, (a perfect violation of Nature’s laws,) the person becomes affected by this poisonous secretion, and a specific result is produced, viz., a small pimple. This disease generally makes its appearance upon the frenum, glands-penis, or prepuce, or upon the common integument of the body of the penis. From the difficulty of washing thoroughly the folds of the prepuce

after a filthy connection, the poison is apt to lodge in the little inclosures of the folds, and sooner or later manifests its influence, which may occur in one day, or be withheld for months. The general period for the occurrence of the disease, however, is between the third and eighth day. If the patient, after a suspected connection, goes beyond the eighth day, he is generally exempt from any bad effects of the disease. The first symptoms are itching, followed by a redness of the part, from which is observed to spring a small pimple or elevation. You may be very apt to confound it with a small abrasion, occurring after a hasty connection, or a disproportion of size, or where much excitement prevails; but such pimples or chancres you will find generally upon the inverted portion of the prepuce, or the frenum of the same. The next thing that ensues is a perceptible hardness of its base, which, as it ulcerates, becomes more elevated, and leaves a little depression. The tumour, upon its first appearance, is

not much larger than the head of a pin ; but increases in size as the disease advances. When a chancre attacks the frenum it destroys it, and with its destruction is lost its property of directing the orifice of the urethra in urinating, or in the ejection of the semen. When the pimple appears upon the outside of the prepuce, the form it assumes is much larger. As in such situations the head is liable to be broken off, new crusts continually arise, until the process of ulceration has very far advanced, or the topical applications that are applied prevent its re-formation. In the former instance, the crusts are attributable to evaporation of the discharge. In the latter, their absence is already explained by the prevention of the same. If the disease is not checked at the onset, and the patient is negligent of attention, you will have phymosis or para-phymosis. The treatment of both will be the same. You must, in such cases, apply warm soothing applications ; and, in a majority of instances, the disease will yield to the

treatment; else you must seek refuge under the knife of the surgeon. If the inflammation spreads fast and considerably it shows a constitution more disposed to inflammation than is natural. If the pain is great, it shows a strong tendency to irritation. It also sometimes happens, that they begin very early to form sloughs. When this is the case, they have a strong predisposition to mortification. Bleeding is also a consequence, owing to exposure of the ulcerated body of the penis. There are two kinds of ulcers—sloughing and phagedenic. The sloughing ulcer appears tumefied, ragged, with granulated and indurated edges, with a sanious discharge; and I have seen it occasion the loss of the entire top of the glands and prepuce within one week. The phagedenic is a corroding ulcer, without granulations; it is destitute of the indurated edges, and frequently its circumference is of a livid, red colour. When this disease is improperly treated, the whole of the penis will be destroyed in a short time. Warts are often met with

in this disease, as in gonorrhœa; and like those will arise from uncleanliness, simple local irritation, or from an accumulation of the natural secretions; but oftener they are the result of uncleanliness. They are divided into hard and soft; the treatment for which is excision—cutting them off by means of a ligature. Applying the nitrate of silver to the base will generally destroy them. You may use a solution of the luna caustic according to the following formula:

R. Nitrate of silver, one scruple,  
Distilled water, one ounce,

mix and apply to the part.

Or the following mixture sometimes is equally efficient:

Calomel, half a drachm,  
Lime-water, four ounces,

applied by means of a piece of lint, kept wet, to the part. As soon as the patient perceives any of the foregoing symptoms, after a suspected coition, he will instantly,

if there is a chancre, touch it with the luna caustic, and burn it, from day to day.

Or he may use, in less violent cases, the black wash, composed of the following:

Calomel, one scruple,  
Lime-water, three ounces.

Or the red wash:

Bi-chloride of mercury, four grains,  
Lime-water, four ounces.

Or the blue wash:

Sulphate of copper, five grains  
Distilled water, one ounce,

mix and strain.

In cases where a chancre seizes a part easy of excision, some surgeons recommend the knife; but I cannot feel myself authorised to recommend such a practice. On the first appearance of the chancre, I would enjoin an attention to the diet, regulating it according to the strength of the patient. Abstemiousness should be the



motto; avoiding extremes, however, lest dedility should be induced. Quietude, and rest in the recumbent posture, are two essential adjuncts in the treatment of primary syphilis throughout.

With respect to the treatment of the ulcer, characterized by its circular form, excavated surface, and hardened base, as detailed above, the plan I most invariably adopt is, immediately on its appearance, before the pimple is broken or desquamated, to smear it with a hair pencil, filled with a solution of luna caustic, two or three times a day :

Caustic, one drachm,  
Distilled water, one ounce.

Or you may use a lotion of the chloride of soda :

Chloride of soda, two ounces,  
Rose-water, four ounces.

Or what is equally beneficial, the black, blue, or red washes, according to the formula mentioned above.

If the patient is strong, and otherwise healthy, you may generally recommend some mild purgative, in anticipation of any irritation :

Epsom salts, four ounces,  
Water, one pint,

and take a wine-glass every morning before breakfast. Care should be taken that the patient's diet be as mild and unirritating, for a few days, as possible. From the sedative and salutary effects of the warm bath, as well as its cleansing effects, I would recommend that it be taken every day, throughout the week, immediately after the operation of the medicine. When the disease is thus early detected, and similarly treated, in a number of cases, with the continuance of either the black, red, or blue wash, the chloride lotion, the middle diet, an occasional aperient, with a warm bath, with as much rest as possible, are all that will be found necessary to cure the disease ; which is generally effected in a week or ten days, at the farthest.

The best purgative used in these cases is:

Calomel, four grains,

Pulverized jalap, fifteen grains,

taken once in two days. Care must be taken, in the convalescing state, that the patient return not too rapidly to his accustomed diet; as, under all circumstances, I would recommend a spare diet for at least two weeks after the disappearance of the disease. Under such a course, as far as my own practice and experience is concerned, I have found very few cases of secondary symptoms.

## BUBO.

Bubo may occur after either an attack of gonorrhœa or syphilis. But, as in most instances, it confines itself to syphilis, I will treat it as coming under that head. It is an inflammation of a gland or glands of the groin, and, like an inflammation of any other kind, has a beginning, middle, and an end. It is occasioned by the poison being absorbed from the chancre, or ulcer, into the gland; and as a foreign body, produces that state of the system termed inflammation. It has been a subject of remark, that where we have an ulcer seated upon the prepuce, it is more apt to produce bubo than one upon the glans penis.

Buboes are not always a sure criterion

of the venereal disease, for, after having an ulcer upon the leg, of long standing, we are very apt to have an inflammation of the glands of the groin; just so with a whitlow upon the finger, you may have the axillary glands swollen.

In the treatment of buboes, whether venereal or not, the same principles must be applied as in chancre, comprising attention to the general health, and a subdual of the prevailing symptoms. In no form of syphilis is rest more important than in the treatment of bubo. The patient may plead the necessity of attending to business, and the utter impossibility of remaining at home; but be assured that rest, and that alone in the recumbent posture, will strip the disease of three-fourths of its horrors. There are some local diseases that create a greater constitutional disturbance than others, and buboes may be ranked among that class; and it would be as impolitic to check an inflammation of that sort, suddenly, without creating some outlet for the increased action to vent itself, as it would

be to stop a flux, or to suppress the eruption of measles or scarlatina. If, therefore, the bubo is painful and much inflamed, positive rest should be imposed, with a spare diet. Take an aperient; and should chancres alone be present, a treatment going in for their extinction: continue the same. Or, as bubo often immediately succeeds the ulcer, and probably may be the first symptom, adopt as an addition to the above mentioned, some alterative; for instance, five grains of Plummer's pill, every night, the aperient powder every other day, and let such local treatment be directed as the exigency of the case demands.

It was formerly the received opinion that if buboes were not allowed to suppurate, the system could not escape the venereal taint; but the fallacy of that doctrine has long since been exploded. Diminish the circulating action of the vessels, by establishing some slight drain, by determining the secretions to the intestines or skin, and buboes—even when matter has begun to be formed—will be dissolved, with judi-

ous treatment, which, in nine cases out of ten, will not impregnate the system. To attend to this, warm applications should be constantly applied, and if possible every evening. If there is a great deal of swelling, and the tumour is red and painful, leeches are of invaluable service; but they must be applied fearlessly, in numbers of ten and twelve at a time; to be repeated two or three times if necessary. By applying them in small numbers, they only tend to aggravate the disease by the irritation they produce. If there be much fever, if the arterial excitement is much aroused, if there is great heat of the skin, you will take from twelve to sixteen ounces of blood from the arm. This remedy you may try before the application of the leeches.

When, however, the constitutional excitement is not great—either local or universal—the topical application of any of the following ointments will produce absorption. I have found them always to exert a beneficial effect:

Iodide of potassium, one drachm,  
Tincture of iodine, one drachm,  
Acetate of morphine, ten grains.

Apply constantly a plaster of some of this ointment, spread upon a rag or lint, over the bubo, and occasionally rub a little of it gently into the skin; or you may use the blue ointment in precisely the same manner; or the following, rubbed upon the inflamed gland:

Calomel, two drachms,  
Simple ointment, six drachms.

When buboes have been suffered to proceed, and the suppuration appears inevitable, it would be highly improper to retard it. It would only be disseminating through the system what nature was trying to expel. You may encourage it by the application of poultices, warm fomentations, etc., and as soon as ripe, an opening should be made into it to allow the matter to escape. If it proceeds to that extent it then falls under the practice of the surgeon; and it would be ridiculous, under



such circumstances, for any one—save he who is skilled in the treatment of disease—to attempt to prescribe for himself. Authors may talk and write upon the subject, but the diseases are so numerous, and assume such different aspects, that no one not skilled in the treatment of diseases, would attempt to become his own physician. Great care should be taken, at this stage, to consult the best medical or surgical authority, and not be gulled by the outside show of venders of specifics. There are a very few physicians, even in this great city, that treat the venereal upon perfectly sound and pathological principles. Dr. E. C. Franklin, of New York, a young man, (formerly student of Dr. Mott,) of some celebrity in that department, has had, in conjunction with myself, some three or four cases embarrassing in the extreme; and from the success of his treatment, I can recommend him unqualifiedly to any who may become afflicted with such diseases.

## G O N O R R H Œ A.

It is useless to define, with precision, the definition of the term, gonorrhœa, and make a long story concerning its origin, symptoms, etc. Every one knows when he has taken the clap, therefore I shall content myself merely to give the positive symptoms and treatment, supposing that every young or old man must know when he has the clap or not, (and its signs are not at all mistakeable.) I shall take my own view of the case. Gonorrhœa, or clap, may originate in one of two ways; either after an impure connection, or the result of violent masturbation.

There is no disease in the world so simple in its treatment, or less injurious in its effects, than clap; and if our students, in-

stead of getting their brains overloaded with specifics, copaiva, cubeb, etc., would exert one grain of common sense, the treatment would be no more than the treatment of a common cold. A person catches the clap, he consults a doctor whose brain has been reeling under the weight of specifics, treasured up, perhaps, for months; and seeing nothing but a vision of cubeb, copaiva, etc., floating before his imagination, loses the equilibrium of his judgment, and deals out, indiscriminately, the above nauseating remedies, which every doctor should taste before he gave to his patient;—that, I think, would bring such an one to his senses, if he were possessed of any. Now let us take a parallel case: a person takes a cold, has a cough, the disease is in its acute state, with a great deal of constitutional excitement. Would you give such a patient your balsams of copaiva, and cubeb? Every one will see the absurdity of such a doctrine. What is the treatment? You deplete, either generally or locally, as the case may be; give aperients, su-

dorifics, recommend the warm bath. Precisely so in a case of clap. Hundreds of cases have I seen made worse by the administration of these specifics, as they are termed. Injections have been advised, but given injudiciously, do ten times the injury they do good; to have a beneficial effect, they should be given before the disease fairly developes itself. Let us see what is the principle involved. In clap there is an inflammation of the lining membrane of the urethra. Whatever is the character of that inflammation, all will admit it to be an unhealthy one. Now, for what is the injection given? It is to produce an inflammation of the healthy kind, to destroy the unhealthy one by its superior power, and establish a greater inflammation, but a healthy one. Therefore the injection that is used must be sufficiently strong for the purpose. A good injection, which I have used in such cases, is:

Nitrate of silver, twenty grains,  
Distilled water, one ounce;

inject the penis twice a day until the disease gives way to the remedy. Then, by giving a gentle purgative of epsom salts, or the pulvis purgans, is all the treatment necessary.

If the inflammation is more violent, and the discharge profuse, more energetic measures must be adopted. The strictest anti-phlogistic regimen must be enforced; the patient should take some purgative; the epsom salts answer a good purpose, combined with Dover's powders. Leeches to the part, and poultices, have a decided beneficial effect, together with the warm bath. Where it is very severe, the symptoms will become more urgent; then more energetic means must be adopted. You will have a great scalding, profuse discharge, painful erections. In such a state you may bleed, both generally and locally, applying topical fomentations to the part. Give an occasional purgative; calomel, five grains, pulverized jalap, fifteen grains, followed by half an ounce of sulphate of magnesia. Apply the most rigid anti-

phlogistic regimen, the warm bath, absolute rest, frequent washings of the part. Dover's powder may be given, with effect, in this state of the disease, to determinate the skin; or the tart. antimony and ipecac. :

Tart. antimony, two grains,  
Vin. ipecac., two ounces,  
Water, six ounces ;

take a teaspoonfull every two hours. If there is chordee :

Pulverized opium, half a scruple,  
Camphor, two scruples ;

make into ten pills, take two every night. Such measures, taken in proper time, will be found, in the majority of cases, to effect a cure. If the disease is allowed to run on until it becomes chronic, or what we understand by the term, gleet, different steps for the cure must be taken. Gleet is a discharge, as its name implies, of a thin ichor from a sore. Gleet may be a spontaneous disease, that is, it may arise from other causes than infection; but almost

always gleet may be said, with certainty, to be a remnant of gonorrhœa, and it is very difficult to draw the line of demarcation between the two. Where we have no pain in making water, no painful erections, discharge thin, like pure water, you may decide that it is gleet. Now for the treatment. It is a tiresome and troublesome disorder; so difficult is its management, that oftentimes the more regularly a patient lives, and the more strictly he conforms to medical regimen, the more deceptive is his disease. It would be dispiriting, indeed, were every case of gleet to assume this character. When the membrane of the urethra is entire, internal remedies will avail. Here the stimulating treatment is very beneficial; the tone of the part is lost, and there is a great lack of vitality; hence it needs arousing into action. The vessels of the part must be stimulated to renewed exertions, and copaiva, in these cases, will achieve wonders. The use, also, of a mild injection, at first gradually increasing its strength, will give tone

and strength to the weakened vessels, and correct, at least, the quantity of the secretion :

Nitrate of iron, ten grains,  
Water, one ounce.

Or the following :

Iodide of iron, ten grains,  
Water, one ounce.

In more obstinate cases you may try :

Nitrate of silver, twenty grains,  
Distilled water, one ounce.

In using the silver injection great precaution is requisite, from its properties of discolouration ; the patient should wear gloves, and take care that the fluid be not spilled over the person or dress, as it is very difficult to remove the stain. In such cases I have found very serviceable, a solution of the hydrange of potass ; in a majority of instances you will find the stain to be removed by this application. While upon this subject I would state,



that in all cases where the nitrate of silver is used as an injection, positive injunctions must be given that the syringe be of glass, and the point shelved off, pear fashion, so as to block up the urethra to prevent the injection from forcing its way out. The injection should be allowed to remain in a few seconds, and then flow out. In throwing up an injection I would advise that, in all cases, the finger be pressed against the urethra, as near the neck of the bladder as possible, to prevent its finding its way into that viscus, as it might produce very unpleasant effects if allowed to flow in. If there be ulceration or stricture, these two causes must be removed, else all efforts are unavailing. In general and local debility, attention must be paid to the constitution. Common sense, and common reading, must give to persons possessing both, every necessary information. The community is beginning to appreciate the advantages of temperance, air, and exercise, too highly to need any instructions how much of the one, or either

of the other two, are essential to the recovery of health. Such treatment as I have recommended above, will suffice in almost all cases to effect a cure.

The next thing which demands my attention is stricture; and, as little can be done without the aid of a surgeon or physician, in this matter, it is useless to go into the detail, as it cannot be expected that a person labouring under this disorder, would be his own adviser; therefore I will dismiss the subject as briefly, yet as intelligibly, as possible. Of all diseases of the genito-urinal organs, it must be allowed that stricture is the most formidable; it is not the most difficult to cure, but it involves, when neglected, the most serious disturbances, which frequently compromise only with the loss of life. It is of common occurrence, and in nine cases out of ten is the result of ill treated gonorrhœa; not that a clap must necessarily be succeeded by a stricture, but because there is such carelessness and inattention among men, in the treatment of

the primary disease. There is a very prevalent notion, and which explains the extensive prevalence of this disease, that to get rid of an expiring clap, is to repeat the act that gave rise to it. Now, according to the Homœopathic treatment, and I consider it conformable to the rest of their doctrine, the disease should be cured. But what do we see in such a case? Why, that the disease is not only aggravated, but unequivocal signs of stricture set in. So much for the Homœopathic treatment of disease. The first unequivocal symptoms are a diminution of stream in making water, and accompanied by the sensation of a pressure behind it. The stream, at times, will divide itself into several spirts; at others, it will assume a spiral form, then suddenly split into two or more streams; while the urine, unless great care is taken, will drop over the person's clothes. Those afflicted with stricture may be detected from the singular attitude they are obliged to take, while urinating, to prevent the urine from in-

conveniencing them, and the time occupied in discharging it. After the person has made water, he will be inconvenienced by an oozing of water upon the shirt; not till then does he think himself labouring under any other disease than the gleet. The next symptom, he will discover a total inability to make water; in a few minutes, however, it will subside. In this state medical assistance should be sought for, and the treatment which I have adopted, with the greatest success, consists of a sedative, immersion in a warm bath, the tartar emetic, just sufficient to produce a nauseating effect, and the passage of a bougie. Relief being thus obtained, the patient considers himself cured, and soon forgets the symptoms. But it should not rest here; this should properly be the commencement of the treatment. I will give that practice, by which any person, reading this little volume, can prescribe for himself, if the signs are no worse than those mentioned above. The patient, by pursuing that method of cure,

with the passage of a bougie, made of wax, taking care to use great precaution in the introduction, which will be found to be done more advantageously immediately after a warm bath, or while the patient is in it. Care must be used in the introduction of the bougie, that it be neither too large, nor too small. If it is too large, it will have a tendency to strain the parts; if too small, to force a new passage. The ones most commonly used, are the composition wax, about the size of a goose-quill; but this must be regulated by the size of the urethra. In cases of an ulcer, or of a formidable stricture, the best treatment I can advise, is the immediate consultation of a surgeon; one skilled in the science of his profession. It would be the height of folly for the patient to attempt a course of treatment for himself.

The purpose of this volume is to simplify the treatment of the venereal; to lay down the rules of practice so unequivocally, that the patient can prescribe for himself, and, in the majority of cases, be-

come his own physician. This is the reason the author has not gone farther into the treatment of stricture; because, in ninety-nine cases in a hundred, the patient having such disease, is compelled to visit the surgeon. The other diseases I have treated simply effectively, and have placed a cure before every one into whose hands this book falls; and the author feels assured, that if the treatment is carried out to the extent laid down in this work, nine-tenths of the severest diseases will be escaped, and thanks bestowed upon the author.

## CAUSE OF DISEASE.

WE have so far enlightened the mind of the reader, by giving a synopsis of disease, and the various modifications of its treatment, and directed our attention principally to the cause and effect of that portion of disease incidental to, or at least dependant upon the gratification of the amorous passions. We shall now take up the cause of disease in general, in order that the wary may escape those ills which too many heedlessly rush into. The causes of disease are arranged under three heads: as predisposing, exciting, or proximate. Of these three, the last mentioned, or the proximate cause, is nothing else than the actual disease itself; the actual condition of that part, or those parts of the body

from which the whole train of morbid phenomena essentially flows. When we know those parts and that condition, we name the disease accordingly; when we do not, we call the complaint after the group of symptoms by which it is characterized. The term, proximate cause, is, therefore, an unnecessary term; it is, moreover, to learners, a puzzling term, and tends to give to the consideration of disease a scholastic and repulsive aspect. I am sure we may as well abolish that term altogether; though I have given a definition of its meaning for your guidance, when you meet with the term, either in books, or hear the term originating from the lips of a member of the profession. In strictness of language, one event is held to be the cause of another event which follows it; when the first, being absent, the second never occurs, and the first being present, the second never fails to occur, unless some other event intervene to prevent it. But the causes of disease will not bear to be spoken of after so strict a



fashion. We perceive that certain external circumstances often precede such and such diseases, and that the diseases seldom happen when these circumstances are not previously observable; and we begin to regard those circumstances as exciting causes of those diseases. We find that the diseases are much more frequent among persons known to have been exposed to the agency of the presumed causes, than among persons who are not known to have been thus exposed. The evidence at first is presumptive only; but the more uniform their conjunction, and the more sure their disjunction, the more confidently do we ascribe to the two consecutive events the relation of cause and effect. By this kind of observation, a number of exciting causes of disease have been clearly established to be such. But recollect, that certain circumstances being present, such and such diseases do not always follow. Some persons are more liable to be affected by the operation of many of those ascertained causes, than

others are ; and the same persons more liable to be influenced by the same cause at one time than at another. Those special circumstances may properly be called predisposing causes. Thus, of a score of persons exposed to the same noxious influence, to the combined influence of wet and cold during a shipwreck, for instance ; one shall have catarrh, another, rheumatism, a third, pleurisy, a fourth, ophthalmia, a fifth, inflammation of the bowels, while fifteen shall escape without any illness at all. Just so in the contagious qualities of the syphilitic virus ; one person may escape the contraction of the disease to-day, while another person will take the disease from the same female to-morrow. A man may do that with impunity to-day, which shall put his life in jeopardy when he repeats it next week. It is not the exciting cause alone, therefore, that in all cases determines the disease. Something—nay much—or all—will frequently depend upon the condition of the body at the time when the exciting cause is applied ; and this

condition of the body, which we call predisposition, will depend upon circumstances then, or previously in operation; and these circumstances are, in our language, predisposing causes. Diseases sometimes occur when no exciting cause, when no cause at all has been apparent. All that we can say of such cases, (which are not, however, very frequent,) is that the causes have not hitherto been discovered. Now the ascertained causes of disease are many and various. Whatever ministers to life, health, or enjoyment, may become the medium, under changing circumstances, of pain, disease, or death. The atmosphere in which we are constantly immersed, is full of dangers. Both the organic and inorganic world of matter around us abound in poisons; they lurk in our very food, which becomes pernicious when taken in excess, or when it consists of certain substances, or certain admixtures of substances; so that there really was much truth, as well as some humour, in the startling motto to Mr. Accuni's book

on Adulterations, "There is death in the pot." Our passions and emotions also, nay, even some of our better impulses, when strained or perverted, tend to our physical destruction. The seeds of our decay are within us as well as around us. We know, by ample experience, that a certain amount of bodily exercise is essential to good health. We see the evil consequences of much overstepping that amount, in the deformities and disorders that result from too severe and continual labour; but a much more numerous train of complaints follows the opposite state; that in which, from indolence, or from necessity, but little exercise is used. Excessive indulgence in sleep, on the one hand, and long-continued want or interruption of repose on the other, are apt to give rise to serious maladies. Very many diseases have a mental origin—excessive intellectual toil, the domination of violent passions, the frequent recurrence of strong mental emotions, vicious and exhausting indulgences;—each and all will sap the

strength, and grievously impair the health of the body; and perhaps there is no cause of corporeal disease more clearly made out, or more certainly effective, than a continuance of mental anxiety and distress. When we add to this catalogue of the sources of disease, all those morbid tendencies which are hereditary, and those which flow from original malformation, and are congenital, we shall have a tolerable complete list of the manifold dangers to which our mortal frames are continually liable. There are several points of view under which the consideration of these causes of disease might be shown to be interesting. We might inquire, for example, which of them is commonly predisposing, which exciting causes; and what are the circumstances which are found to render the same agent at one time merely a predisposing, and at another time, an exciting cause. We might also separate, with considerable advantage, those causes of disease to which the human body is often and necessarily exposed, from those

which consist in agencies that are of local or temporary existence only. But, without multiplying these artificial distinctions, I shall take occasion to advert to them more particularly when I come to speak of the disorders they have produced. In our investigations into the cause of disease great caution is necessary, in order to avoid being misled by individual cases.

The circumstances capable of influencing the bodily health, are so various; so many of them are apt to be put in operation at the same time, and so little power have we in excluding them, one after the other, so as to ascertain the exact efficacy of each, that our observations respecting their relative, or their actual effects, are open to much fallacy. We endeavour to escape this source of mistake by repeating and multiplying our observations. But it is by tracing diseases as they affect considerable masses of men, placed as nearly as possible under the same external circumstances, that we gain the surest and most satisfactory evidence in respect to

the causes of disease ; and hence it is that the experience of those medical men who are employed in our armies and fleets, is so invaluable. Dr. Allison has well remarked that all military and naval practitioners are, in many respects, exactly alike. The men are generally healthy adults, in the first instance ; the circumstances in which they are placed are thoroughly known to the observer, and, indeed, to a certain degree, are at his disposal. They are often suddenly changed, also, and changed sometimes as to one portion of the whole mass of individuals, while they remain unchanged as to another portion, so that his opportunities of observation partake, in some measure, of the nature of experiments, and being made upon a large scale, they are especially interesting and conclusive. In point of fact, a great deal has been learned upon this subject with absolute certainty.

Hitherto I have enumerated some of the principal causes of disease, and indeed it were advantageous to the mind of the

reader that I should enter into this portion of the subject with more minutiae ; but as the desired end of this work is not to augment and found elaborate arguments respecting the philosophy and cause of disease, I shall simplify the subject as much as the nature of the case demands.

The two great agencies, heat and cold, are capable of producing disease, and deserve, before the completion of this work, a passing observation. It was a long time believed that the human body could not be safely exposed, even for a short space of time, to a degree of heat much exceeding that which is met with in hot climates. This belief, which we now know to have been erroneous, was strengthened by the result of some experiments made by the celebrated Fahrenheit himself, and related by Boonhhaus, in his chemistry. Some animals were shut up in a sugar baker's stove; where the mercury stood at 146 deg. ; a sparrow died in less than seven minutes, a cat in about a quarter of an hour, and a dog in about twenty-eight



minutes. The noxious air of the stove had probably more to do with the speedy deaths of these animals, than the heat. For the sake of ascertaining, with precision, a subject which interested such a large number of the medical profession, a girl was induced to enter the oven while the heat, according to Fahrenheit, was 160 deg.: she remained in the oven fifteen minutes, during which time the thermometer reached 288 deg. of Fahrenheit. There was a great deal of anxiety expressed for the safety of the girl, but she assured them she felt no inconvenience. When she came out her complexion was considerably heightened, but her respiration was by no means quick or laborious; nay, she even breathed air for the space of five minutes heated to about 321 deg. of Fahrenheit, or 113 deg. above that of boiling water. I quote this individual instance to prove the fallacy of an argument formerly so common, but now, I believe, nearly exploded.

The effects of cold, as might well be

imagined, are, in many respects, the direct opposite of the effects of heat. When its application is continued, it acts as a sedative upon the organic functions of both animals and plants. This appears from the shrinking of the external parts, the superficial arteries become unable to transmit the blood in the usual quantity through the integuments. Thus, rings which are tight upon the fingers while the body is warm, drop off in cold weather, and even the shoes fall from the feet during extreme exposure. Thus we must see the pernicious effects of cold upon the animal economy when carried to great extremes, and how it behooves us carefully to watch, and not undergo too sudden a transition from heat to cold, as it is very injurious to the constitution, and frequently induces that fearful disease, the consumption. When it is estimated that nearly one half of all the deaths that take place in our large cities are caused by that most insidious of all diseases, consumption, it becomes important that we should avoid all

the tendencies to the complaint, and live carefully and prudently, and thus insure to ourselves a hale old age, and to our families a peaceful and comfortable home. If attention has been paid to the teachings of the author, I am sure disease will be rid of its too frequent hideous and melancholy aspects, and not only society will be benefitted, but the thanks of a grateful public will be bestowed upon the author.

**THE END.**



