habit of withdrawing, by the male, before emission. Many men injure themselves seriously by being constantly in female society, where their passions are excited, but have to be restrained. All such, who cannot control themselves, should keep away from influences they cannot resist. Some of the most virtuous and honorable men suffer intensely in this way, and accuse themselves of being wicked when they simply require *marriage*, which to some is a real necessity.

It must not be forgotten that too long continued continence may also be a cause of impotence. The sexual organs, like all others, may become enfeebled simply from want of proper use. Nature seems to think, in such cases, that it is useless to continue power in organs that are never employed. Moderate natural association is undoubtedly favorable to the continuance of sexual power, in all cases.

Impotence may result, as stated elsewhere, from the use of narcotics, stimulants, and other drugs, and also from exhausting labor, insufficient food, and debilitating disease. Impotence often results from mere imperfection, or want of development, of the penis, as we have shown before, and may then be often remedied. Inability to obtain erection of course makes a man impotent, and it may arise in many ways When from bodily debility alone, if the man is not too old, a cure can usually be effected, unless he has been much addicted to masturbation. But when it arises from failure of nervous power the case is more difficult.

It must be borne in mind that all our natural functions, bodily and mental, are carried on solely by the *nervous power!* This is to the animal organism what steam is to the steam-engine, or electricity to the electric telegraph. Without sufficient steam the engine cannot move, no matter how perfect its structure may be, nor can the telegraph send a single message unless there be plenty of electricity from the battery. In like manner we can do nothing, bodily or mental, if our nervous power be deficient.

It is in the brain, spinal marrow, and other great nervous centers, that this nervous power is engendered, and it is distributed from them to the different parts of the system by the white cords, called *nerves*, which are found in every portion of the body. Each organ receives its due share, when the action of the system is properly balanced, and thus all work harmoniously for the common need. As there is but a given amount of this nervous power produced, however, in a given time, it is evident that if any organ receives more than its due share, some other organ must receive less, and its function in consequence be imperfectly performed. Thus if a man uses his brain too much, in study, he so exhausts his nervous power by thinking, that there is not enough left for other purposes. Commonly, in such a case, his stomach acts imperfectly, from lack of sufficient nervous stimulation, and he becomes dyspeptic; or his heart may become feeble, or his kidneys act imperfectly; in some way or other he is sure to suffer. Many men weaken their *sexual* power in this way, and become more or less impotent. This is a common cause of sexual debility among students, business men, and those subject to much worry and anxiety of mind.

In all such cases, the first thing to be done is to give the brain *complete rest*, and to tone up the system generally. In this way more nervous power is engendered, and it is more evenly distributed. If the patient be not too much run down, and can give the brain perfect rest, the sexual power may be restored; but it is vain to expect any help from medicine alone. Rest, change of occupation and scene, are the

first essentials of treatment in such cases, and with these may be combined good tonic and aphrodisiac remedies.

Some men in this state still keep on with their brain work, and try to force the sexual system to action, at the same time, by using stimulants, and aphrodisiac medicines. They may succeed for a time, but it is literally burning the candle at both ends, and when they finally break down, as they are sure to do, there is no hope of restoration.

Excessive sexual indulgence, too long continued, leads to the same results. It not only weakens the sexual organs themselves, by over use, but, by exhausting unduly the nervous power, all the other organs suffer the same as when the brain is over used. The whole system is run down, and when finally impotence comes, there is nothing to fall back upon, and recuperation is impossible.

This is why impotence resulting from, or connected with, nervous exhaustion, is so difficult to treat successfully. There is much *building up* to be done, and much regulation of the functions, so that they may be properly balanced, and the nervous power be evenly distributed.

In my practice, I always find a large increase in the number of patients impotent, from nervous exhaustion, after any period of business embarrassment, like one of our *panics*. Those who do not become insane, or commit suicide, among the victims of the panic, usually become sexually powerless. It is only those with well balanced functions, calm unexcitable nervous systems, and good digestions, who escape.

I have been assured by many ardent business men, who are all the time in a whirl of excitement, that the only time they really enjoy the society of their wives is during their summer holiday, when their brains are comparatively at rest. But some of them so completely exhaust themselves, by worrying over the ups and downs of stocks, that even in their period of relaxation they find themselves powerless.

The same law applies to women. Continued worrying and fretting, or anything which leads to mental depression, or moral dissatisfaction, is especially hurtful sexually. Such causes may not prevent conception, nor make a woman incompetent for sexual intercourse, but they may make it distasteful to her, and prevent her from either experiencing or imparting that enjoyment which ought to accompany the act. This is, in one sense, *impotence*, because the woman is not capable of fully performing her part in the congress.

A large number of women are habitually cold in temperament, and never experience sexual ardor, although they become mothers. Such women are, of course, not sterile, but, as before remarked, they are to a certain extent impotent. It is true, that sexual ardor is not necessary to them, and that they may become wives and mothers without it; but its absence is nevertheless a deprivation, and both reason and experience assure us that they would be better if it were experienced.

It is probable that the absence of sexual feeling in women, in all cases, is owing to unfavorable mental and moral conditions; or to some bodily derangement. It is usually accompanied by peculiar nervous states, and by various undesirable eccentricities of character and disposition. A woman so conditioned seldom exhibits all those qualities which make her relations with the other sex a sure source of happiness to both. Any one conversant with such matters, as a medical adviser, must be

well aware that many married people become estranged, and many homes made unhappy, by coldness and indifference on the part of the woman.

Indifference, or want of sexual ardor, is much rarer in men than in women, but still it is to be met with. I have known men almost totally deficient in sexual feeling, and yet, apparently, well-developed, and fully capable, as men. This unusual condition probably arises from some form of nervous derangement, and is therefore not organic, but merely functional, like what we sometimes see after a weakening disease. The same thing may also result from any powerful revulsion of feeling, or from intense devotion to some absorbing pursuit.

More frequently, however, the man does not lose his sexual ardor, but merely becomes extremely fastidious and capricious in regard to his indulgence. He is never quite satisfied, and invariably attributes his disappointment to some fault in the woman. His coldness and indifference, so he thinks, is entirely owing to lack of warmth, or some other deficiency, on her part. Such men seldom dream that they themselves are to blame, and often are quite astonished, and even offended, when such a thing is intimated to them.

This partial indifference, or fastidiousness, in men, is, to a certain extent, a form of impotence. They are not nearly so likely to become parents, and some women can never conceive by them. In such cases the fault is, of course, attributed to the woman alone, but unjustly. It arises simply from want of that mutual enjoyment, and perfect satisfaction, which, to some females, is indispensable to impregnation. It is more than probable also that such a condition of mind and feeling, if habitual, is unfavorable to the production of healthy or abundant semen, as it is also to the formation of perfect ovæ in women.

Any imperfection in the quality of a man's semen not only makes him impotent, to some extent, if not sterile, but also affects unfavorably the woman with whom he associates. It may either simply fail to stimulate her system as it should do, or it may not impregnate, or, what is of still more consequence, if she do conceive, the probability is that she will prematurely *miscarry!* Many women habitually meet with this misfortune from no fault of their own, but simply because their husband's virility is impaired. This is very apt to follow, as before explained, from excessive indulgence, or from masturbation, and very often from particular diseases, especially *syphilis!*

The man who has constitutional syphilis may, apparently, recover his health perfectly, and exhibit complete sexual power, but the woman who conceives by him will almost invariably miscarry. I have known many cases of this kind, and in every one, till the matter was explained, the fault was laid to the woman. But what is more singular, these women, when married again to men who have never been so diseased, will still continue to miscarry just the same. It would seem, therefore, that some injurious influence is exerted on the female generative organs by such a condition in the male; but in what way we do not know.

It is fortunate, however, that in such cases miscarriage does occur, for the few children that do arrive at the full period almost always suffer from the disease of the father, in some way, though neither he nor the mother show any signs of it.

And here let me remark that this disease, syphilis, is one of the most serious evils that afflict society! It is also one of the most general, causing untold evils, the true cause of which is unsuspected. No family is safe from it while it exists, and once introduced it may be transmitted, in its hereditary form, to a long series of innocent

descendants. There are few families, indeed, that do not inherit some taint of it, from their ancestors, though nothing of the kind is known or suspected.

It is a great misfortune that this fearful scourge has been taken under the protection, as it would seem, of certain well-meaning persons who consider it a *judgment* upon men for sexual vice. They contend that no attempt should be made to cure, or eradicate such a disease, so that it may still remain a terror and a punishment. A more unfortunate or mischievous idea was never entertained, nor one more repugnant to humanity and common sense. Carried out to its logical conclusion, the same argument would apply to most other diseases, for they arise also from an infringement of some moral or physical law; or, in other words, from some vice. Besides, the worst consequences of syphilis, in many cases, are experienced by others, by innocent persons, and not by the original offender. A man contracts syphilis, is apparently cured, marries, and has children born with a syphilitic taint, from which they suffer through life, and perhaps their children also, unless they are fortunately sterile. The mother likewise may become diseased, from her children, and be made a confirmed invalid in consequence. Scrofula, and many think cancer, originate thus from constitutional syphilis, and it is well known these diseases are practically incurable. To carry out this theory of judgment and punishment, however, all this suffering of innocent people, and deterioration of the race, had better be endured, these people say, than that the original disease should have been prevented, or effectually cured. As to the value of the fear of syphilis in preventing sexual indulgence, we have only to see how it acts practically, to be aware what little effect it has.

But putting all this aside, it is simply our duty, as it is to our interest, to prevent or cure every disease or infirmity that afflicts humanity, as early and as effectually as possible, and to pay no attention to judgments or punishments.

It will scarcely be believed, at some future day, that a Congress of the United States, in the middle of the nineteenth century, actually passed a law forbidding the importation or sale of the artificial coverings, called condoms, used to prevent venereal disease! This was done at the instigation of those people who believe that syphilis should be preserved, as a punishment and judgment.

Our immediate concern with the disease, however, is in its relation to impotence and sterility, of which it is a frequent and unsuspected cause.

In man stricture is a more common cause of sterility than is suspected. During the orgasm the stricture is more contracted than at other times, and the semen cannot be expelled through it. Long-continued gleet, or the use of strong injections, are very apt to lead to this form of disability. Sometimes the stricture is in the seminal ducts, or they may be obstructed by stone, or by small tumors, or fungous growths.

Extreme smallness of the male organs is not necessarily a cause either of impotence or sterility, except, perhaps, with particular females. Blows, bruises, and other injuries to the testicles, are often causes of impotence, and so is long-continued pressure, as in horseback riding. *Mumps* are a very frequent cause of impotence, when the swelling changes from the throat to the testicles. They are also, in the same way, injurious to the female ovaries and womb.

Analogous to stricture in the male, we sometimes find narrowness of the vagina in the female. This may be so extreme as to prevent intercourse entirely, as was said to be the case with the celebrated Joan of Arc. Still, in such a case, the

woman might conceive, if otherwise perfect, from the semen being merely placed in the external opening, and thus she would be impotent, but not sterile. In fact, instances have been known where conception took place while the vagina was too narrow to admit of connection, and it had to be artificially enlarged to allow of the birth of the child. A complete closure of the vagina, either by an imperforate hymen, by growing together of its walls, or by membranes across it, is, of course, a cause of sterility, but if the obstruction is far up, it may not prevent connection. Many of these cases can be readily corrected by a comparatively simple operation. I once knew three sisters, all with the vagina closed just below the neck of the womb. Of course they never menstruated, but always had monthly hemorrhages from the nose or bowels, to compensate for it. One was married, and the obstruction was removed afterward, so that she became a mother, with no unusual difficulty. Another one was also married, but as neither she nor her husband desired children, and intercourse could take place, nothing was done in the case. The third one never married while I knew them. It was with much interest I learned that a great aunt was similarly deficient, and I have no doubt this was a decided instance of hereditary transmission.

Perhaps the most frequent cause of sterility in the female is the smallness of the mouth of the womb; and this may be either natural, or may arise from spasmodic closure at the time of excitement, or from inflammation, or from some abnormal growth. Simple swelling, from irritation, or from congestion, may also lead to the same result. Of course, the partial closure prevents the passage of the semen to the interior of the womb, and consequently there can be no conception. In nearly all cases, this disability can be remedied, either by removing the diseased condition of the parts, or by expanding the mouth of the womb by bougies. I am constantly seeing and treating cases of this kind.

In cases where the constriction is very firm, and cannot be permanently overcome by the bougie, impregnation can be effected *artificially*, as fully explained in the article on Artificial Impregnation.

It must, however, be borne in mind that, in addition to all the above causes, both sterility and impotence often result from imperfection in the *quality* of the male semen. It may be abundant in quantity, and seem perfect, and yet will neither excite the female nor cause impregnation. In my practice, I constantly meet with cases of this kind, usually resulting from excesses, or from some form of abuse.

Dropsy of the testicle, or hydrocele, does not always cause impotence, nor even impair sexual power, though it does so occasionally. Tumors, however, especially hard, fleshy ones, almost always do injury, and so does simple swelling sometimes, such as follows a blow, or gonorrhœa.

The violence many men do to themselves, in hindering the emission of semen by compressing the penis during the orgasm, is a frequent cause of impotence. Some do this from the mistaken idea that they then retain the semen, and consequently suffer no loss. It is, however, merely forced back into the bladder, instead of escaping externally, and is expended the same as if it had been lost in the natural way.

The injury done in this way is of a very serious nature, and well calculated to destroy sexual power altogether, besides leading to stricture, inflammation of the prostate, and weakness of the neck of the bladder.

More frequently the above practice is pursued as a means of avoiding the impregnation of the female, and it then does harm to both. In her it leads to nervous

irritability, coldness of temperament, and leucorrhœa. In some cases, it even causes symptoms much like epilepsy.

Among other causes of derangement of the sexual organs in females, leading to displacement of the womb, miscarriage, impotence, and sterility, may be mentioned improper dress. *Corsets*, especially, do immense harm in this way, as may be seen when the natural position of the organs in the body is observed, and compared with the way in which they are squeezed together when the waist is compressed. It is very unfortunate that fashion so frequently adopts some deformity, and imitates it. Some savages squeeze the head till it is flat like a plate; others blacken the teeth, or put a large ring in the upper lip or nose. This is fashion with them, and we think it very silly, if not disgusting, without reflecting that our own fashions are just as absurd, and often much more injurious. Any deviation from the natural form of the body is a deformity, whether natural or artificial. The Chinese ladies deform their feet to make them small, and so do our ladies, in a different way. They bunch them together in tight, ill-shaped shoes, till the toes are immovable and covered with corns and bunions, while the heel is placed under the hollow of the foot. The evil of this is not confined to the pain and discomfort in the foot itself, but it interferes seriously with walking, and by changing the gait and position of the body, tends to displace the internal organs.

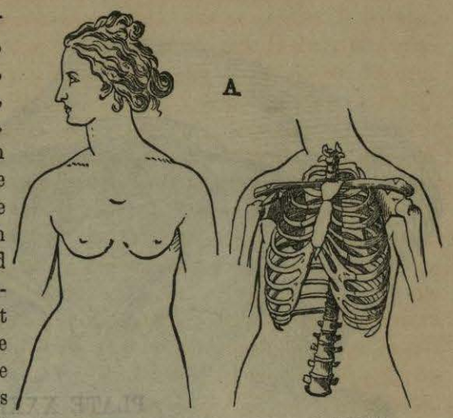


FIGURE 116.—*Waist of Venus de Medicis.*

A small foot—that is, one smaller than Nature makes it—is a real deformity, and not a beauty. It should bear a certain proportion to the body, and in all cases should be fully capable of every motion belonging to it.

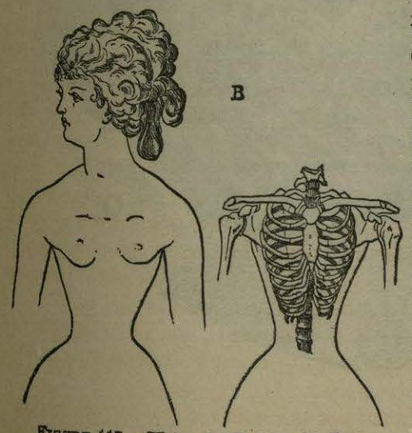


FIGURE 117.—*Waist of a Fashionable Lady.*

A small *waist*—that is, one smaller than Nature makes it—is as much a deformity as a hump back, and may be much more hurtful. The idea that it is a point of beauty could arise only from ignorance and artistic obtuseness. It is on a par with the idea of the savage, that there is beauty in a flattened head, or an upper lip stretched as wide as the hand.

Our immediate concern, however, is with the effects of waist squeezing on health, and especially on the health of the sexual system, and in this respect it is a very serious evil indeed, especially to young girls.

The accompanying figures show a

PLATE XXXIII.

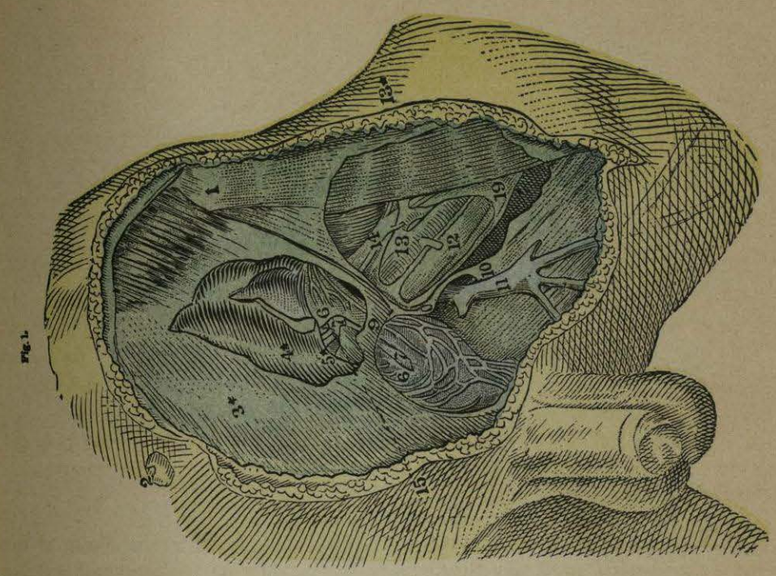
Figure 1. 6, 7, show the vessels in the spermatic cord uncovered. At 15 is the place where an external rupture usually occurs. 11, 12, 13, 14. The large blood-vessels and nerves in the groin, going to the leg.

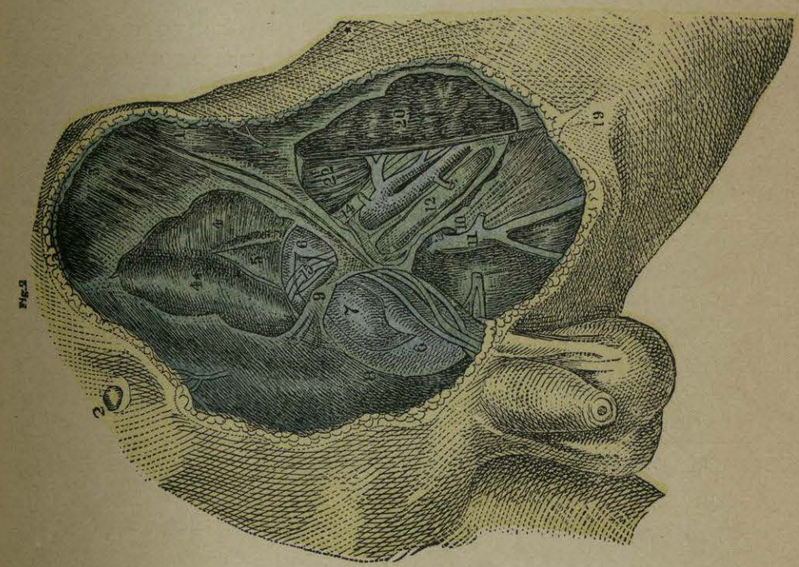
Figure 2. At 6 the hernia is seen protruding, covered by the sheath of the spermatic vessels. At 7 this sheath is laid open, showing the peritoneal covering underneath.

The other parts are the same as in Figure 1.

The place where the rupture protrudes is in the groin, and it pushes outward, instead of down into the scrotum as in infants.

PLATE XXXIII.





The Spermatic Cord, and Blood-vessels in the Groin.

natural waist, and one shaped in the fashionable way by corsets. Compare them, and see in which lies the beauty. Also observe, by our previous plates, the position of the female organs in the body, and then inquire what becomes of them when the waist is compressed, as in the second figure. Especially notice the bones!

Inguinal rupture is an accident very apt to make a man impotent, or at least to impair his powers, and the way in which it does so will be readily understood from our previous explanations. The rupture is formed by a portion of the intestine and omentum bursting out of the abdomen, at the inguinal ring, and it causes more or less pressure on the spermatic cord and blood-vessels. This interferes with the circulation of the blood in the testicles, and consequently impairs their nutrition. It is not always serious in this way, however, but is very apt to be so.

Sometimes more harm is done by a badly-fitting truss, such as is worn for this accident, than by the rupture itself.

The colored plate opposite page 418 shows the nature and situation of inguinal rupture, and the way in which it bears on the spermatic cord.

CHAPTER XXXVII.

INFLUENCE OF DRUGS OVER THE SEXUAL POWERS.

Cantharides, or Spanish flies.—This article is popularly supposed to have an undoubted stimulating effect upon the sexual powers, and many persons will be surprised to learn how little foundation there is for such a belief. In fact, upon most persons, cantharides have but little or no effect at all in that way, except they are given in such quantity as to be poisonous, and then they only act by causing severe inflammation, not only in the genitals but also in all the neighboring parts. It is quite common for even a small dose to create great irritation of the bladder, with complete inability to discharge the urine, and this may take place without any unusual sexual excitement at all, though most usually the generative organs are stimulated more or less. It is a great mistake, therefore, to suppose that cantharides have a constant and specific action on the sexual organs, for they merely create an intense irritation, which affects these organs along with others, in the same way that many other irritant poisons do. All the popular notions on this subject are utterly unfounded, and quite opposed to the truth.

It is very seldom that cantharides are of any service whatever in the treatment of impotence or spermatorrhœa, though a combination of these with other articles is useful in certain cases. They form the main ingredient in all the quack stimulants for the generative organs, and the use of them in this way unfortunately causes great mischief. Numbers of young men are permanently ruined, from spermatorrhœa, through taking these preparations of cantharides, and I have known many married persons rendered hopelessly sterile from using them as stimulants. I had one distressing case of a young man, who was persuaded by a thoughtless friend to take some Spanish flies as an experiment, to see if they would not increase his desires and powers. The quantity he took was only a moderate dose, but the effects were most alarming. He completely lost all power of discharging the urine, though the bladder was full almost to bursting, and experienced such agonizing pain in the prostate and urethra that he was nearly delirious. Priapism took place, but so far from being attended by increased pleasure, it only added to his sufferings, and yet he could not prevent it. Fortunately, he had timely assistance, and the immediate danger was obviated, but very soon after, he began to be troubled with involuntary emissions in the night, and eventually when urinating, so that he became completely impotent, and so weak he could scarcely stand. I cauterized him, and used every other means the case would allow, but in spite of all, the trouble continued to some extent, and probably always will. He had been suffering, however, over four years when I saw him.

I also had a case of a young person of the other sex who was seriously injured by cantharides, given as a trick, and who had involuntary discharge of urine ever afterward.

Camphor.—The action of camphor upon the genital organs is sedative rather than stimulant, and when taken improperly or in excess, it may almost entirely destroy the sexual feeling, at least for a time. It is, therefore, given in cases of priapism, and in excessive excitement, whether from moral or physical causes. If cantharides or any other irritating poison be taken, camphor is usually a valuable palliative, and it is sometimes of great service in certain forms of spermatorrhœa. If taken in too large doses, however, or for too long a time, it will cause involuntary emissions.

Nitrate of potash or saltpeter.—It is commonly supposed that this substance acts as a direct sedative to the sexual organs, and that if taken in any considerable quantity, it will destroy all feeling, but this notion is a very erroneous one. Like all other diuretics, nitre stimulates the genital organs, and if taken in too large doses it will even produce inflammation, like cantharides. Instances have been known where a discharge from the urethra has followed its use, like that of gonorrhœa, and afterward involuntary emissions have been experienced.

Ergot of rye, or secale cornutum.—This substance, as is well known, is used to expedite delivery in females, which it does by increasing the action of the womb. Its use, however, is dangerous, except in proper hands. From recent observations, it appears to stimulate the male organs also, and the men of those parts where it grows among the rye are noted for their ardent desires, while the females frequently miscarry. The ergot cannot be given alone, either with safety or advantage, but its combination with other articles forms a valuable remedy both for impotence and spermatorrhœa. It is one of the ingredients of a stimulating and invigorating medicine which I use extensively in my practice.

Coffee and tea.—Both these articles, but especially coffee, act as direct stimulants to the generative organs, and if taken in excess, may produce all the effects of the most powerful drugs. I have known coffee cause priapism, lascivious dreams, and involuntary emissions, and nearly always its continued use will counteract any treatment that can be followed for relief.

Phosphorus.—This article is similar in its action to cantharides, but much more energetic, and consequently it is much more dangerous in wrong hands, but when properly administered, it is frequently of great service. It is one of the ingredients of the invigorating medicine which I formerly spoke of, with which I have often produced the most unexpected restorations to power and health. Phosphorus should, however, never be experimented with by those not familiar with its action, for in some cases it will lead to the most disastrous consequences, and its evil effects are not easily recovered from.

It is beyond doubt a most powerful stimulant to the generative organs, and also a most dangerous one. Instances have occurred of men being made perfectly delirious with *satyriasis*, from merely taking an ordinary medicinal dose of it, and women from the same cause have become so furiously excited as to forget every consideration of prudence and decorum. In one instance, a physician found his patient utterly unable to subdue the ardor that consumed him, by any means whatever, until complete exhaustion ensued, and he died. In less than thirty hours this man had cohabited *sixty-five* times, without erection having subsided or the flow of semen ceased. Similar effects are also observed upon animals, showing that the power of this drug is specific. A chemist having thrown out some of his refuse preparations, in which was some phosphorus, they were partly drunken by a drake, who immedi-

ately afterward commenced cohabiting with his female companions in the most furious manner, and continued to do so till he fell down dead.

When incautiously used, therefore, this drug is exceedingly dangerous, and many cases of severe suffering have resulted from its unwarranted employment. Not only will it cause delirium, but it will also create the most burning and destructive inflammation of the stomach and intestines, which nothing can subdue. So perfectly does it pervade the very substance of the body, that, in many cases of death from its use, the corpse has been perfectly *luminous*, and the phosphorus has been distinctly smelt in the blood. A physician, who dissected a body of this kind, found that even his hands, and the instruments he had used, were luminous, and smelt quite strongly of it.

Even workmen who employ phosphorus, as match-makers for instance, unless they are very careful, are apt to suffer seriously in consequence of breathing its fumes. In some cases, the bones have even decayed, and ulcers have formed of the most malignant character. Children have been poisoned by eating the phosphorized ends of matches, it is well known, and some people have been made quite sick by only breathing the fumes when striking a friction match.

Ether, and other similar articles, have occasionally a singular effect upon the generative instinct, and awaken it when nothing else will. In many cases, where ether has been taken to produce insensibility, during surgical operations, the patient has been, in imagination, enjoying the pleasures of amative indulgence during the whole period. This has been the case with females while in labor, and insensible from ether, several having confessed that so far from suffering, they actually experienced the *warmest* feelings, and imagined they were enjoying the embraces of their husbands. In some of these cases, females have experienced these feelings, under such circumstances, *for the first time*, and never after did so while awake. A short time ago, I knew an instance of a young married lady who took chloroform to have a tooth extracted, and instead of putting her to sleep, it created a singular amative excitement, which, in her half-unconscious state, she could not control. Her advances to the dentist were obvious enough, but fortunately he was a man of honor, and took no advantage. In a short time the excitement wore off, but she had a distinct recollection of her situation, and was most deeply mortified and hurt when she thought of it. At other times she was rather indifferent to such pleasures, especially after the above occurrence. In some peculiar cases I use these agents in my practice, but only under certain circumstances.

Aromatics and spices have in general a stimulating effect on the generative organs, the same as on other parts, but their power varies very much in different persons, and under different circumstances. There are various spice mixtures and combinations in popular use for this purpose, but they should not be indiscriminately used. Sometimes they are highly injurious, like all other stimulants, and even when they do cause an increase of power or feeling it is only temporary, and often followed by directly opposite effects.

In short, none of these articles operate specifically, in a beneficial manner, on the generative organs, though certain combinations of them may do so under particular circumstances, like the medicine I have referred to as being used in my own practice.

There is one drug, brought from the East Indies, the *Cannabis Indica*, which is the most regular in its action, and produces the most constant beneficial effects of anything yet tried. It appears to act as a special nervous stimulant, exciting those

parts of the brain, which influence the sexual organs, so that they feel directly an increase of power. It also causes great mental activity, disposes to cheerfulness, and induces a feeling of warmth and comfort over the whole system. Those who have taken it, in a proper manner, are delighted with its effects, and never complain of any after-depression or reaction in any way. If given improperly, however, or in too heavy a dose, it first causes excitement of the wildest character, with an uncontrollable disposition to bodily activity, and afterward a complete mental and physical prostration. In short, it is most powerful, either for good or for evil, according as it is used, and is the only means we possess, in numerous cases, of restoring sexual power and desire. In the East Indies it is commonly used, like opium in China, for the purpose of producing pleasurable excitement, and also for removing impotence.

Medicines that excite the sexual organs are called *aphrodisiacs* and in various parts of the world they are in great demand, though but seldom administered so as to be of any real service. As I have already remarked, some of these medicines, when properly used, have undoubted aphrodisiac powers, but they are by no means applicable in all cases. They may frequently fail of producing any good effects whatever, and sometimes may even cause irretrievable mischief. Their successful administration, therefore, requires a perfect knowledge of their properties, and an extensive observation of their effects under all circumstances. It is for this reason I have not given any recipes for these drugs, for no one can tell when they should or should not be used unless they know something about them, and the effects of taking them improperly may be so serious that experiment with them is dangerous.

Medicines that *decrease* the sexual powers are called *anaphrodisiacs*.

Every young man should read attentively the remarks upon the influence of *tobacco* and *alcohol*, further on. The real power of these drugs is but little known, and the mischief they do to the sexual organs is unsuspected. Married persons should also be acquainted with many of the facts there given, as they will show that in many instances the most temperate use of these articles is hurtful, and that they often cause impotence and sterility, as well as insanity.

These remarks were intended to apply more especially to the male, but they are equally applicable to the female also. In fact, to females they may often be of more importance than to males, because the female system is more easily affected by many of these drugs, and they act upon them with more intensity. I have known little girls affected in a most deplorable manner by having such drugs given to them, and I am confident that the practice is productive of more mischief than is generally suspected.

Odors and scents.—It will scarcely seem possible, to those who have not considered this subject philosophically, that a mere *scent* can have any effect at all over the generative powers, but such is undoubtedly the fact. The different parts of the nervous system are so mysteriously and sympathetically connected that any impression, however slight, made on one nervous fiber may react upon others in a remote part of the organization, and thus exciting the olfactory nerve, by some peculiar odor, may react upon and excite the sexual organs, as powerfully as if they were directly irritated.

Some persons are much affected by *odors*, which operate upon them either as stimulants or as sedatives. That there are odors which specially excite the sexual instinct is beyond question, though different people experience their effects in very different degrees. There are also others that exert an opposite influence, though seldom in so decided a manner. Very sensitive people, particularly those in whom