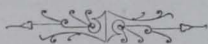


## THE WIFE.



MARRIAGE is an institution of divine ordination, having its origin in Eden, the birth-place of the race. The duties and responsibilities of a wife are in no way second to those of her husband. Her sphere of usefulness is necessarily different from his, but it is in no way secondary in importance. The true wife may exert an influence upon her husband and through him upon society which may determine the destiny of nations. Many a man who has risen to greatness has been proud to acknowledge that the real credit of his grandest achievements was as much or more due to his wife than to himself. The Wise Man has well said, "Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her. She will do him good and not evil all the days of her life."

The responsibilities and dignity of wifehood is in recent times altogether too little respected. Too often a wife is regarded simply as an ornament for the parlor or a manager of the housekeeping. Even women themselves are prone to take this narrow view of their sphere of usefulness. A woman who really appreci-

ates the importance of her position as a wife, the opportunity for powerful influence which she enjoys, and the grave responsibilities which devolve upon her, will not complain that her sphere of usefulness is not as broad and her mission as high and sacred as she can desire. Among the women of the day who are calling for a higher and broader usefulness for woman, are two distinct classes: one is earnestly seeking to lead women to see and comprehend the true import of their mission as wives and mothers, and to appreciate the fact of the momentous responsibilities which grow out of their ability to shape the destinies of the race; another class, ignoring this natural and important field of work for woman, is clamoring for a place for her outside the order of nature. We have no objection to granting to woman the same freedom of action which is enjoyed by man. We are decidedly in favor of doing so; but at the same time we most profoundly hope that any effort which has for its object the diversion of woman from her proper and natural sphere will not be attended with success.

But we have to deal chiefly with the physical relations of wifehood, and our limited space forbids that we should enter largely into the discussion of topics which do not bear upon this in the most direct manner. Let us then inquire respecting

*The Import of Marriage.*—Many a young woman enters upon the marriage relation without the faintest idea of the character of the new duties, dangers, and responsibilities which she has assumed. The revelation made to her is often a very different picture from that which her fancy has sketched; and the contrast

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between the real and the ideal is often so great that it is not to be wondered at that so many soon become discontented with their lot. We consider it of the greatest importance that young women should be thoroughly informed of the nature of the relations which they are to assume in marriage before entering upon its obligations. Mothers are almost universally remiss in their duty to their daughters in this regard. Many mothers seem to regard it a sort of virtue in their daughters that they are wholly ignorant of the import of marriage and its duties, and purposely keep them in ignorance, repressing in them any desire to acquire knowledge on the subject. Such a course we regard as criminally foolish, and the result of a perverted education on the part of the mothers of the present generation. Not until women come to look upon marriage as a sacred and divine institution, and themselves illuminate and glorify it by developing through its means a nobler and higher type of manhood and womanhood, and not until mothers come to accept and fully comprehend the fact that all physiological knowledge is in itself pure and chaste, can we hope to see any great reform in the direction indicated; and so we have written this chapter for the purpose of contributing in a small degree to the attainment of this end.

As previously stated, the prime object of marriage as an institution, considered from a physiological stand-point, is procreation, or the perpetuation of the species. The full significance of this physiological fact has been sufficiently hinted at in the introductory portion of this work. On this subject every woman

should have full and reliable information before entering the marriage relation. Mothers should not think that because they were ignorant, their daughters should be equally so. Thousands of women might have saved themselves from life-long suffering had they received the proper instruction at the right time. The old adage, "Where ignorance is bliss, 'tis folly to be wise," does not apply to this kind of knowledge, imparted at the proper time; the lack of such knowledge is one of the most prolific sources of danger to which a woman can be exposed.

*The Hygiene of Marriage.*—At no period of a woman's life is the observance of the requirements of laws relating to health of greater importance than at the beginning of married life. At this time a new set of functions is brought into activity which sustain a most important relation to other of the bodily functions. These functions involve the most profound agitation of the system and the most lavish expenditure of nervous energy of which the body is capable. It is evident, then, that all should not be left to instinct, but that reason should be made the umpire, and its verdicts be regarded final. The set of organs which after marriage are for the first time brought into legitimate activity, are highly sensitive, and being subjected to excitements of an unusual character are exceedingly liable to take on inflammation. We have met scores of cases in which the most distressing and obstinate maladies had originated with the excesses of the first few weeks of married life. Self-control at this time on the part of both husband and wife is of the utmost consequence. Many times have



we been told by women who had suffered more than words could describe for many years, "I have never been a well woman since the night of my marriage." This sort of an introduction to a divine and sacred institution is not in accordance with the dictates of reason or morality. At this time of all others, the stormy passions should be kept at bay. If her husband is disposed to disregard the dictates of reason and common sense, either through ignorance or the promptings of passion, the wife should not hesitate to make known to him her wishes, and the man is too much of a brute to be worthy of the love and respect of a virtuous woman who will not regard the desires of the woman whom he has promised to love and protect. The most heroic battle which many a man can fight is to protect his wife from his own lustful passions. Every young wife should know that it is her duty as well as her privilege to protect herself from the possible causes of life-long suffering. It is no woman's duty to surrender herself soul and body to her husband simply because he has promised to "love and protect her."

The beginning as well as the full fruition of physiological marriage is accompanied by a more or less considerable amount of suffering on the part of the wife. This is in part due to the highly sensitive character of the mucous surfaces, and in part to the presence of the hymen. The rupture of the latter membrane is often accompanied by a slight hemorrhage which was in ancient times considered as a proof of virginity, though it is now very well known to be unreliable as a test of previous chastity, since it

is frequently absent naturally, or may be obliterated or ruptured by other means, or may be so imperfectly developed or so dense in its structure that no rupture occurs. It should be borne in mind, however, that it is not only possible for such a rupture to take place, but that undue violence may give rise to a dangerous and even fatal hemorrhage, or to an equally dangerous inflammation. A few years ago we had under treatment a case in which an inflammation was thus produced which required months of treatment to subdue. The use of warm sitz baths or sponging with quite warm water and the local application of unguents of various sorts will serve in a great measure to prevent as well as relieve suffering from this cause; but moderation and self-restraint are the most serviceable of all precautions. If any considerable degree of irritation is set up, especially if attended by severe pain in the pelvis, across the lower part of the back and bowels, or by fever, entire rest should be insisted upon for several days. Fomentations should be applied across the bowels, and vaginal injections of hot water should be administered every three or four hours. The bowels, if constipated, should be relieved by a warm enema. These are the very best means of preventing serious inflammation and of treating an inflammation which has already begun. The only apparatus required is a common wash tub or a tin sitz-bath tub, and a good syringe. For the latter we recommend the syphon syringe, which excels all others in simplicity, efficiency, and durability. It is also automatic in action, requiring no attention while in use. Valve or piston syringes are unreliable. By



the adoption of these simple measures of treatment at the very outset, even at the cost of considerable inconvenience, a chronic leucorrhœa, uterine inflammation or congestion, or a possibly fatal pelvic cellulitis may in nineteen cases out of twenty be prevented.

In rare cases, an imperforate or thickened hymen presents an obstacle to the consummation of marriage which should receive attention from a competent surgeon at an early date, before inflammation has been provoked.

*Wedding Journeys.*—The fashionable custom of taking a journey immediately after marriage is not altogether to be commended. The young wife needs at this time rest and care such as cannot often be commanded among strangers, at least when being rapidly hurried from place to place, stopping at hotels, or at fashionable watering-places, or popular pleasure resorts. The exposures and excesses of a wedding journey have cost more than one young bride her life, and in hundreds of cases have laid the foundation of disease which has for years baffled the skill of the most experienced and sagacious physicians. We feel that too much cannot be said in condemnation of this absurd fashion, and do not miss an opportunity to condemn it.

*Excesses.*—We regard it of the utmost importance that plain words should be spoken on the important subject of marital excesses. The popular supposition seems to be that any amount of indulgence of the passions is made permissible by the marriage ceremony. No view could be more erroneous. Considered from a physiological stand-point, and we think

from a moral stand-point as well, there is as great an amount of violation of sexual law within the marriage pale as without. Unbridled lust is sin under all circumstances; and however man may wink at these transgressions of law, Nature does not omit to enter a protest against them and to visit upon the transgressors a sure retribution. The results of marital excesses are to be seen everywhere in the rapid decline in health of newly married women, and the crowds of ladies of all ages from the young wife whose honey-moon is scarcely ended to the grey haired woman who has passed her climacteric, who frequent the offices of the popular gynecologists in our large cities, are to a large extent the victims of sexual transgression. Unfortunately, in the majority of cases, the fault lies elsewhere than at the door of the victim. We have spoken plainly on this point elsewhere. Women have long been taught that it is their duty to submit uncomplainingly to the will of their husbands, especially in matters of this sort, and in obedience to this teaching, and in ignorance of the consequences, or of their duty to themselves, they have allowed themselves to be made the victims of lust, by which they have had entailed upon them sufferings grievous to be borne. No man has a right to prostitute his wife to the mere gratification of a selfish propensity. With the wife rests the gravest responsibilities of the reproductive act, and with her should rest the responsibility of saying when she will incur the risk of her life in giving birth to a new being.

Many a woman is by her marriage vow introduced to a slavery far more galling and vastly more debas-



ing than that which cost this nation years of civil war and hundreds of thousands of lives to abolish. The great majority of sufferers keep their troubles wholly secret, knowing that they have little sympathy to expect from those who believe this to be the proper lot of woman,—a burden imposed upon her by the curse; but now and then a woman's sufferings become too great to be longer borne in silence, and the facts come to the surface. It is high time that there was a change of public sentiment in reference to this matter. Of all the rights to which a woman is entitled, that of the custody of her own body is the most indubitable.

We know that there are circumstances which complicate this question to such a degree as to make it difficult for a wife to decide what her duty is in any given case. We cannot lay down any rule to be followed without exceptions; but we do not hesitate to express what we believe to be the broad grounds on which the principles of human individuality and responsibility rest, leaving for each woman to decide for herself what her duty may be in any particular case.

*A Suggestion from Nature.*—The question as to what must be considered excess, is not so easily answered as asked. There are numerous questions involved in the consideration of the subject which we have not space even to notice in this connection. We shall simply call attention to a few facts which point with unmistakable clearness to the design of nature.

In many species of lower animals the reproductive act is performed only at certain periods for which a physiological preparation has taken place by the development simultaneously of the reproductive organs

in both sexes. This development occurs at certain periods only, the organs being during the interval in a state of inactivity. This is particularly noticeable in fishes, reptiles, and in certain species of birds. It is not, however, confined to these animals, as the same periodicity in the development to activity of the reproductive functions is observed in many species of mammals, especially those which produce young but once a year, as the deer, the wolf, and the fox. In the case of other animals which produce several broods a year, the sexual organs of the male are most of the time in the condition of development required for their physiological activity.

It seems to be the universal law of nature that the condition and desires of the female shall determine the time for activity of the reproductive functions. The females of most animals resolutely resist the advances of the males except at such times as the reproductive act may be properly and fruitfully performed. May we not pertinently inquire whether it is not probable that the much greater degree of erethism of the sexual organs observed in man than in lower animals—with few exceptions—is not the direct result of a wrong course of life continued through a long series of years, particularly the stimulating articles of food which have been for years becoming more and more generally used? We do not doubt that the free use of animal food has had a very marked influence in this direction. The direct effect of animal food, when largely used, is to increase the excitability of the nervous system, and to induce a condition of the nervous system in the highest degree



calculated to produce just such a result. This fact is very generally recognized by physiologists who have for many years claimed that the liberal use of animal food is necessary for human beings in order to secure the perpetuation of the species. If this suggestion is worthy of greater weight than a mere suggestion, it is important that it should be made of practical value as a means of enabling those who recognize the evils of unrestrained indulgence of the passions to attain the self-control necessary to enable them to obey the dictates of their own conscience and the plain teachings of nature.

*Suggestions to Wives who Desire Children.—*

We have often been consulted by women who greatly desired children, but had remained childless during several years of married life. We have often been able to make to such would-be mothers suggestions which have been of value to them. We do not intend to consider here the subject of sterility, as this condition will be considered quite fully elsewhere in this work; we wish simply to call attention to the fact that certain conditions are more favorable to conception than others, and to point out a few of the most important for the benefit of those who may earnestly desire children.

It is well known to physiologists that fecundation and development are much more likely to follow sexual union occurring either just before or just after the menstrual period. During the menstrual period the ovum is matured, but it is not discharged from the generative passages of the female until after the period of menstruation is passed. The ovum is usually

retained for several days, and during this time fecundation may occur. As it is very probable that fecundation takes place in the fallopian tubes, it is possible that seminal fluid received in the passages of the female several days before the menstrual period, may be retained until the ovum is discharged from the ovary and comes in contact with it, thus securing its fecundation. It is a well-known fact that the spermatozoa of the seminal fluid will retain their vitality for several days in the fluids of the female generative passages. It may be laid down as a rule then that conception is much more likely to occur as the result of a union during the week preceding or the week following menstruation. An acute observer who has made a careful investigation of the subject asserts that in all but six or seven per cent of all pregnancies, conception occurs within this period. This same fact is also observed in lower animals in a marked degree.

Another circumstance which favors conception is rest after sexual congress. Women who do not conceive readily, frequently find themselves able to become pregnant by observing this rule; and the custom practiced by some women of dancing, lifting, riding horseback, or engaging in vigorous exercise of some other sort for the purpose of preventing conception is very well known. In some temperaments uterine contractions are very easily excited by physical effort of any kind, and hence absolute repose for a few hours after is necessary to secure a fruitful union.

The popular faith in various substances supposed to favor conception and in various trivial circumstances relating to the nature and position of the bed, etc.,



have no scientific basis. The too frequent repetition of the sexual act is a common cause of sterility.

We have not the space here to discuss the various causes of sterility, but would suggest that in case the simple suggestions made are not productive of the desired result, the barren woman should consult some competent physician for a careful examination. There are a great variety of causes which may prevent conception which may be remedied either by proper medical treatment or by a surgical operation. Those of these which may be removed by treatment at home or without the aid of a physician will be fully discussed in the section devoted to the diseases of women.

*The Limitation of Offspring.*—This is not the proper place for the discussion of the propriety of the limitation of offspring and the various problems which the question involves. Malthus and other writers have dwelt upon this theme exclusively and have proposed various theories and plans by which to accomplish the desired end. We have no theory to sustain or any original plan to suggest, but will call attention to a few physiological facts which have an important bearing on the subject. Whatever may be said with reference to the injury to the race which might result from a systematic employment of measures for the limitation of offspring, it cannot be questioned that there are circumstances under which, for the individual at least, this becomes very desirable. We may add, also, that there are circumstances under which the prevention of offspring is quite as desirable for posterity as for the parents. The fact that

there is a real necessity for some means by which the number of children may be restricted is at least suggested by the almost universal resort to some means for this purpose, often, as we shall show, means of a most injurious character.

The following may be considered as justifiable reasons for avoidance of offspring: 1. Ill health on the part of either parent; 2. Mental disease on the part of either father or mother; 3. Habits of intemperance or the opium-habit indulged to any degree on the part of either parent; 4. Deformity on the part of the mother, making childbirth dangerous to her own life; 5. Congenital deformity on the part of either parent when serious in character; 6. Hereditary mental disease not manifested in the parents but appearing in the children, as when the results of several successive conceptions have been insane or idiotic; 7. Lastly we mention poverty as one of the circumstances which may make it proper and desirable that the number of children should be limited.

We regard the notion that it is a woman's duty to bear as many children as possible during the child-bearing period of her life, as a relic of a barbarous age. Equally barbarous and more cruel is the disposition so marked in modern times, especially in fashionable women, to avoid bearing children at all hazards, regardless of the consequences to present or future health or happiness. It can certainly be no advantage to the world that persons who are too poor to be able to care for their children properly should bring into the world a large number of offspring to become paupers, vagabonds, and ultimately, in a great proportion of



cases, criminals. Neither is it any advantage to either the race or the individuals that persons of depraved or diseased constitutions should add to the number of diseased and decrepit human beings transmitting their physical or mental imperfections to their offspring.

The most natural method of limiting offspring is the avoidance of the reproductive act when its full fruition is considered undesirable. No other method can be considered perfectly physiological; but weak human nature will seldom submit to the self-denial and restraint and control of the passions which this would necessitate, although now and then individuals may be found who are determined to keep in the order of nature at any cost, preferring the peace of mind and the satisfaction afforded by a conscience void of offense toward Nature or Nature's God to the momentary pleasure afforded by the gratification of an animal passion. Such persons are generally looked upon as fanatics or victims of a self-imposed martyrdom; but an enlightened mind looks upon such individuals as examples of a heroism equal if not superior to that required for death at the stake or before the cannon's mouth. A man or woman who can fully emancipate himself or herself from "the passions' vengeful reign," has accomplished a work greater than the man who has led an army to victory or conquered a world. Alexander the Great was able to vanquish all his foes, and stood the proud monarch of the world; but he was of all men the most abject slave to his passions, descending to the very lowest depths of beastly deg-

radation for the purpose of gratifying his jaded passions.

Those who are not prepared to accept the teachings of nature on this subject, if willing to submit to partial control only, may in part attain the desired end, although it must be frankly admitted that no perfect substitute can be offered for the total-abstinence method for controlling the number of offspring. As stated in the introductory portion of this work, and also hinted in the preceding paragraphs of this section, there is a period of several days in the intermenstrual period during which conception is much less likely to occur than at other times. This period begins at about the tenth day after the close of the catamenia, and continues until about one week previous to the beginning of the next menstrual period. Allowing five days for the continuance of the menstrual period, there remain six days out of each menstrual month during which a woman is not likely to conceive. We have known of many instances in which the knowledge of this fact and the practice of the degree of self-control which it necessitates has enabled persons whose circumstances were such as to make offspring undesirable, to avoid children for years.

It must not be supposed, however, that this remedy is a perfectly reliable one. There are various circumstances which make it unreliable, a few of which we will state. 1. Menstruation occurs in many cases in less than four weeks, or twenty-eight days, thus shortening the period during which there is no ovum present in the womb or fallopian tubes



ready for fecundation. A shortening of the period one week would of course obliterate the period. 2. There are exceptions to the general rule that one ovum is expelled before another is sufficiently matured to allow fecundation to take place. As previously stated, six or seven per cent of all conceptions occur during the period in which most women are exempt. Consequently, it appears that at least one woman in every fourteen is not exempt from the liability to conceive at any time. 3. The act of coitus hastens the maturation of the ovum so that a sexual union during the period of usual exemption may become fruitful by the early maturation of another ovum, the seminal fluid being retained in an active condition until fecundation can take place.

Notwithstanding the imperfect reliability of the above means of preventing conception, it is the only one which can be considered at all consistent with physiological principles except absolute continence. Even this, as we have elsewhere shown, is not strictly physiological, since the period immediately following menstruation is that in which the sexual act is most normal and most likely to be followed by conception.

The introduction of sponges into the vagina, the wearing of womb veils, shields, etc., for the purpose of preventing the normal result of the union of the sexes, are none of them wholly reliable, and all are injurious in character. The same must be said of the common practice of incomplete union and the still worse practice of injecting into the vagina cold water or fluids of various kinds for the purpose of destroying the seminal fluid. While there may be a differ-

ence in the evil results following the employment of these several methods, none are sufficiently harmless to allow of their continued use without imperiling the health of the wife, and in most cases the health of the husband as well. We have met hundreds of cases of severe disease of the womb in which the chief cause of the abnormal condition of the pelvic organs was the continuance of some of these practices for a course of years. We have no doubt that the congestions and irritation of the sensitive nerves of the parts arising from these various filthy maneuvers, practiced for the purpose of subverting the natural processes, are among the most common cause of malignant disease of the uterus, one of the most common and fatal of all the serious maladies to which the sex is subject, and one which is constantly becoming more and more frequent.

Another thing which is to be said with reference to the various means referred to is that none of them can be relied upon as certainly effective. Nature will frequently assert her sway in getting the start of the finest calculations to prevent such a result. Then the mother is obliged to carry in her bosom that most unfortunate of all creatures, an unwelcome child. Her mind filled with chagrin and dread, and perhaps even with hatred of the innocent cause of her troubles, the mother transmits to her offspring the most unhappy traits of character and thus entails upon the little innocent a life of wretchedness and misery. When such mothers find that the means taken to prevent conception have been ineffectual, they often do not hesitate to adopt other means for the purpose of get-



ting rid of the embryo at the earliest possible moment, adding a still more heinous sin to the one already committed. Often enough have we been consulted by women under precisely these circumstances, and beset with importunities to aid them in accomplishing the desired end. But we need not speak further on this point at the present, as it will presently receive ample attention.

A woman who allows herself to indulge in the practices referred to, soon loses all respect for the sacredness of the maternal function, and suffers not only physical but mental and moral injury more than can be estimated. By means of these subterfuges, the sexual act becomes in no way better than self-abuse, and the results are practically the same as of that hideous vice, in both parties.

*Criminal Abortion.*—The practice of abortion is one of the most revolting crimes which has ever become prevalent in any country at any period of the world's history. The pages of history are stained with the records of this most despicable of crimes. The records of the civil laws of ancient nations show that this crime has been prevalent in all ages and among all nations. At some periods it has been even more prevalent than it is at the present. Strange as it may appear, there have in ancient times been found philosophers and great teachers, some of whom are respected even at the present day, who have justified this crime and recommended it as a means of limiting the growth of population. Aristotle not only did this, but even went so far as to insist that it was the duty of the State to enact laws enforcing the practice

of abortion when the population had reached a certain state. The ancient Grecians and Romans had no law against this crime. Numerous historians represent the practice as almost universal in ancient times. History records that a niece of one of the Roman Emperors died in consequence of having committed the crime in obedience to the command of the emperor. The crime seems to have been looked upon by a large part of those nations who were guilty of it in ancient times very much as excesses in eating are regarded by the majority of persons at the present day, undoubtedly wrong, but so slightly criminal as to be easily condoned, and scarcely to be censured.

In modern times there have not been wanting apologists for this horrible crime; but on the whole it may be safely asserted that there is less tolerance for ante-natal murder at the present day than at any previous period of the world's history, so far as there is any record bearing on the subject. We do not attribute this improvement to any special increase in the moral sense of the people, but to the greater enlightenment which has resulted from the free discussion of the subject and the diffusion of knowledge respecting the wickedness of the act and the dangers to life and health attending it. It is only with the hope that we may be able to further the work of reform in this direction that we mention the revolting subject in these pages.

The prevalence of this crime even in this enlightened country, and that after all which has been said upon it by physicians and priests and clergymen, undoubtedly far surpasses the conception of any but



those who have an opportunity for knowing the facts or an approximation to the truth. The crime is almost always a secret one, and hence no exact data respecting its prevalence can be obtained; but sufficient is known to indicate clearly that it is on the increase rather than otherwise, and to cause those who are interested in the welfare of the race to tremble at the future prospect.

It has become a notorious fact that the families of native Americans are getting to be so small on the average that the children hardly replace the parents. It has been stated on good authority that the increase of population is almost entirely due to immigration and the numerous families of the natives of foreign countries. In New England where families of eight and nine were formerly exceedingly common, it is now stated that the average number of persons to a family is scarcely more than three among the native born population. At this rate, it is evident that this monstrous vice threatens to exterminate the race if nothing is done to check its ravages. It is certainly high time that the public were thoroughly enlightened on the subject and a general and organized effort instituted against this enemy of the race which, to use the words of another employed in speaking of another vice, annually destroys more human beings than "war, pestilence, and famine combined."

Since the war by which the slaves of the South were liberated, the same appalling vice has become prevalent among them. With this exception, however, the crime is chiefly confined to the middle and higher classes of society. Professional abortionists who are,

it is sad to know, too often women, ply their criminal trade in every large city of the land, and in almost every little hamlet as well. The newspapers still contain numerous advertisements which the initiated well understand. For almost any sum from \$500 down to the paltry sum of \$10 these fiends in human shape, the thugs of civilized lands, are ready at any time to undertake the destruction of a human being without the slightest compunction of conscience and with little danger of detection, so imperfect are the laws relating to the crime and so difficult the task of obtaining evidence sufficient to convict the criminal. The fact that jurymen as well as judges and attorneys are not infrequently indebted to the criminal for similar services, also has an important bearing on the results of the case in numerous instances. The impossibility of obtaining a conviction for the crime of abortion, no matter what may be the character of the evidence, is so notorious that persons who are well known as professional abortionists are allowed to ply their horrible trade year after year without being molested.

But the crime is not confined to professionals. Women sometimes become sufficiently skilled in the use of instruments for the purpose to be able to perform the operation upon themselves, and such women do not hesitate to instruct others in the art of destroying their unborn children. Thus the vile contagion spreads from one to another until in some instances a whole neighborhood becomes demoralized. It is not an uncommon thing for women to boast that they know too much to have children. Often these



knowing ones may be seen leading around a solitary little one whose brothers and sisters have been all nipped in the bud by the cruel abortionist, or by the mother's own hand. Some little time ago a physician of intelligence who had observed somewhat closely, reported that in his neighborhood of several hundred families, there had been scarcely a child born in three or four years.

Every physician who has been a year in practice will testify that he has had already from one to twenty applications from women to aid them in accomplishing the murder of their helpless offspring. The majority of these cases are of married women whose only excuse is that they do not wish to endure the inconvenience and trouble of pregnancy and childbirth, or that they "do not want to have children," or that they "have children enough," or some other equally frivolous excuse. Often have we had women urge these and even more trifling arguments to induce us to comply with their request to assist them to secure an abortion.

Our first experience of this kind opened up to us a new phase of human nature. We had previously supposed that the reason why the crime was so prevalent was the ignorance of women with reference to its criminality and the possible, even probable, consequences to themselves. We felt no doubt that to set before a woman the matter in its true light, would be sufficient to turn her from her purpose, and to institute a reform in that particular case at least. Nothing could have surprised us more than to see our explanations and appeals received with the most un-

flinching coldness, and not allowed to have the least apparent weight in turning the woman from her purpose. No matter how great the crime nor how imminent the risk, she was willing and anxious to take the responsibility, and did not hesitate to state the fact, and to still persist in importuning us to assist her. She seemed lost to all sense of moral obligation, and was ready to do anything or to sacrifice anything to enable her to accomplish her object. So absorbed does a woman, intent on the commission of this crime, become in the accomplishment of her object, the most touching appeals are usually wholly unavailing.

Some years ago a gentleman called at our private office, and after considerable preliminary explanation stated the fact that his wife was desirous of placing herself under our care as a patient for the purpose of securing the production of an abortion, it having occurred to her that the superior advantages afforded for treatment would enable her to escape the more surely from the dangers which she well knew to accompany the crime. We promptly gave him a negative answer and did not hesitate to supplement our refusal by a pretty full expression of our opinion of the operation both from a professional and a moral stand-point. He seemed really touched by our representations of the immorality of the act, and promised to return to his home in a neighboring city and induce his wife to visit us in the hope that she might be persuaded to look at the crime in its true light. We heard nothing more of the matter for several weeks, and the circumstance had almost passed from our mind when we were informed one day that a lady



was waiting for us in the office, and on receiving her card, recognized her as the lady in question, whom we had been expecting. She at once stated her errand, saying that her husband had told her what we had said to him, but that she had come hoping nevertheless that she might be able to induce us to perform the operation for her, as she had no thought of giving it up, and should certainly employ some one else if we did not consent to do it. We promptly assured her that if the operation was performed at all, it must be done by some one else besides us, and at once began to lay before her some considerations calculated to divert her mind from her purpose. Our most earnest arguments and appeals seemed to have no weight with her, however, and at last we said to her, "Madam, you have had children before?" "Yes," she replied, "I have two beautiful children, aged three and five years." "Very well; you say that you do not feel capable of caring for and rearing more than two children, and assign this as a reason why you are so anxious to destroy the child now developing within you. You are even willing not only to destroy the coming little one, but to incur the risk of losing your own life as well, or in all probability of becoming an invalid for life at least, to say nothing of the destruction of your peace of mind. Now I can suggest for your consideration a much more rational plan, one which will accomplish the same result, and which will be attended with little if any physical danger to yourself, and will be in no degree more criminal." She was eager to hear the plan I had to suggest, and expressed herself as very ready to adopt

it if it would, as I said, accomplish the same result. We accordingly presented it to her as follows:—

“Since your chief reason for wishing to destroy your unborn child is your inability to care for more than the two children which you already have, a much better plan than that which you propose would be to take the life of one of the children already born, and thus save yourself the danger of an operation which is almost as likely to destroy your own life as that of your child. You could easily drop the little one into the river on some dark night, or could cut its throat or smother it, with little fear of detection, as no one would suspect you of such a crime, and then you could allow the present pregnancy to go on to full maturity and have no more children than you now have. The crime would be in no sense a greater one, and would not be so great in one sense, since if an abortion is produced, the result may virtually be suicide as well as murder. So far as the child is concerned, it is murder in either case, and of the most cowardly kind, since it is taking advantage of the weakness and helplessness of a human being unable to defend itself, an act which is seldom equaled in atrocity by the most heartless assassin or even the barbarian captor.”

She weakened for a few moments, and we felt that possibly we might succeed in rescuing her from the commission of the crime which she had meditated; but it was only for a moment that she hesitated; she then rose and withdrew from our office with the assertion that if we would not do the operation she must find some one who would.

It would seem that such a view of the matter, so



manifestly true and unanswerable as an argument, would arouse the conscience of any woman in whom still glowed a single spark of the instinct of motherhood; but unfortunately this is by no means the case. Too often the mind is so determinedly set upon the commission of the crime that even the thunders of Sinai would scarcely turn it from its purpose. Many times have we earnestly labored for hours with women who have applied to us for the performance of an operation or for medicine by which the same end might be accomplished, without other result than a very weak promise to consider the matter further; and we knew too well that the consideration would all be in the opposite direction from what it should be. When a woman has so far smothered her womanly instincts as to wish to deliberately and in cold blood murder her innocent, unborn babe, even at an early period of its existence, she becomes desperate, and sometimes desperately wicked. Conscience seems to be asleep and the moral instincts benumbed.

Sometimes, however, we have been glad to know that the results of our efforts have been otherwise. Often, as we pass along the street, we meet a little fair-haired boy who does not know how narrowly his mother escaped the commission of the awful crime of murder, nor how earnestly we pleaded for his life when he was a helpless, yet undeveloped, and, unfortunately, unwelcome child. Would to God that we could place before the mind of every woman in the land a picture of the evils of this awful crime, the sacrilege, the profanity, the worse than brutish cruelty of this crime against God, against the race, against

nature, and against the perpetrator, a picture so vivid in coloring, so horrifying in its hideousness, that it would make an impression ineffaceable by any of the selfish and frivolous considerations usually urged as reasons justifying the act.

Statistics and the experience of every physician of long practice show that abortion is many times more dangerous to the life of the mother under ordinary circumstances than pregnancy. The majority of those who are guilty of this crime, become invalids for life.

Criminal abortion is the cause to which thousands of women may trace a long line of ailments of a most obstinate and aggravating character. Many such cases have come under our care, and no class of diseases are so obstinate and often utterly intractable as this. After normal childbirth, the uterus and its appendages naturally undergo a change known as involution, by which the organ is rapidly restored to its natural and ordinary size and condition. After abortion, this change is very likely to be incomplete, leaving the uterus congested, enlarged, sensitive, and in a condition to invite the most serious disease. This is true even in the most favorable cases. Often the immediate results, as well as the more remote, are much more serious. Abortion is very likely to be followed by inflammations of various sorts, especially of the uterus, ovaries, and surrounding tissues, which if not immediately fatal, leave behind them results which render the woman a life-long sufferer, and frequently develop in later years into some form of malignant disease. This is undoubtedly one of the most prolific



causes of the increasing frequency of this most appalling and incurable of all human maladies, cancer.

One of the most frequent complications of abortion, and one which rarely occurs in natural childbirth, is blood poisoning from retention and decomposition of the placenta and membranes of the foetus. At the end of normal pregnancy, nature prepares the way for the prompt separation of these attachments of the foetus, and thus obviates this danger; but in cases of abortion there has been no such preparation; indeed, the placenta is at this time becoming more and more firmly attached to the walls of the uterus, and consequently is likely to be retained to undergo gradual decomposition, thus involving the liability to blood poisoning, which will ruin the constitution for life if it does not at once terminate fatally.

Physicians alone are to any degree acquainted with the awful extent to which this crime prevails. Even they are not always able to get at the facts. Women who will commit this crime will resort to any means to conceal it from those whom they know regard it as such. Not long ago, on making an examination of a young unmarried woman, we were surprised to find a large tear of the neck of the womb which we could not doubt had been produced in this way, though she professed to know of nothing except a fall to which to attribute it.

A married woman who came under our care a few years ago for treatment for a uterine disease, stated that she had never borne a child, and adhered to the statement, although an examination disclosed a large tear in the neck of the womb which could not have

been in any other way. Our confidence in the integrity of the patient for a time led us to think that the morbid condition might possibly be the result of the removal of a morbid growth from the uterus which she asserted had been done at a previous time ; but we afterward learned that our first opinion was correct, the occasion for the tear having been a lapse from virtue when a girl,—a circumstance which had all her life been held a secret.

The most horrible results often follow attempts at the performance of this crime which are unsuccessful. The instruments used frequently mutilate the innocent being against whose life these cruel efforts are directed, in a most terrible manner without accomplishing the desired result, so that the termination of the pregnancy often reveals a beautiful babe with a limb torn from its body, or frightfully disfigured in other ways, or a monster so deformed as to be scarcely recognizable as ever having had anything of a human shape. Cases have even occurred in which the head has actually been torn from the body without causing abortion or even preventing development of the remainder of the body. Nature sometimes endures all this violence rather than surrender her trust before the proper time for so doing ; and every woman who subjects herself to an operation for the purpose of inducing abortion incurs the risk of becoming the unwilling mother of an eyeless or crippled child, or a headless monster.

Recent investigations have shown that there is still another result of criminal abortion which has been heretofore overlooked. Careful observations



have developed the fact that the subsequent pregnancies are affected by an induced abortion not only as regards the liability to miscarriage, which is well known, but as regards the development of the foetus. Thousands of mothers have found that when they had repented of their criminal attempts to thwart the purposes of nature, and really desired children, the womb had either undergone such changes that pregnancy was impossible, or if it occurred, could not proceed to full development; or that if the development did continue to full term, the result was only a weak, puny creature, badly developed, and certain to be all its life-time a silent witness of the mother's criminal attempts.

This is a matter to be considered by mothers who desire to get rid of their unborn infants simply for their convenience; because they do not want to settle down to sober life just yet, or because they have planned a trip to Europe or a summer at Saratoga. Are you willing, mother, to incur the risk not only of blighting the existence of the little innocent whom Nature has furnished you with instincts to protect, and to involve the liability of paying the penalty of your crime with your own life, but also to render almost certain the destruction of the prospects of the little ones who may come to you in future years, should you still be capable of becoming a mother?

One thing women ought to know. A skillful physician cannot be easily deceived as to the cause of an abortion. The symptoms of an abortion occurring spontaneously from ovarian disease, displacement, a fall or other accident, are different from those which

accompany an instrumental abortion, and the difference will be readily detected by a physician of experience.

The time has fully come when there ought to be a general waking up on the part of all lovers of humanity, with reference to this devastating vice. Physicians and clergymen should "cry aloud and spare not." Laws are of no consequence, or at any rate are of little avail, since there are usually but two witnesses to the crime, both of whom are criminals, and both of course desirous of concealing their crimes. The professional abortionist is skilled in the art of concealment and evasion of justice. We have had some experience in attempting to bring these human fiends to justice, but not such as to encourage us in repeating the effort. The evidence may be clear and conclusive as possible, shrewd and unscrupulous lawyers will find some means for befogging the average jury to such an extent as to cause a disagreement if not an out and out acquittal.

The only hope for any better state of things than at present exists is in the education of the people. Women must be educated concerning themselves, and a wholesome respect for the sacredness of the reproductive function must be cultivated. Women must be informed of the perils which they incur in resorting to instrumental or medicinal means for producing abortion. Only a few weeks ago a young woman came to us for examination and treatment for dropsy. Her history disclosed the fact that she had taken a large dose of "tansy tea," as the result of which she sank into collapse and remained unconscious for



many hours, her life being saved only by the greatest exertions. Since that time, she stated, she had been bloating, and had not menstruated. A few questions elicited the fact that the tansy was taken "to bring her around," as she said, menstruation not having occurred at the usual time, and the fear being entertained that she was pregnant. We at once understood the cause of the bloating, and the examination made apparent the correctness of our conclusions. The father soon arrived on the scene and made a most eloquent appeal to us to produce an abortion. We answered him in the usual way, and he was apparently satisfied; but his subsequent course was such as to lead us to suspect very strongly that he was determined not to rest until the desired end was accomplished. This case illustrates the fact that the mother's life may be greatly imperiled without any result so far as the foetus is concerned. All medicinal agents used for this purpose are powerful poisons, and quite as likely to produce the death of the mother as the expulsion of the foetus.

Every woman who commits or attempts to commit this horrible crime, and every husband who encourages it or even assents to its performance, ought to be treated as criminals, and ostracized from society. So long as the act of abortion is looked upon as an offense so trifling as to be easily condoned, and hardly worthy of censure, its frequency will increase. Every pulpit in the land ought to send out in stirring and unmistakable tones, warnings against the gross immorality of this practice, drawing vivid pictures of its cruelty and unnaturalness, and pronouncing anath-

emas upon its perpetrators. The crime should be considered a just cause for church action to disfellowship, and the nature of the crime should not induce those who may have knowledge of it to keep it secret. The crime must be made odious, and the perpetrators condemned in unstinted terms.

Physicians must warn women of the physical as well as the moral calamities which follow in the wake of this inhuman practice, and the certainty of retribution in this life, as well as the next.

*Testimony of Eminent Physicians.*—The following paragraphs express not only the sentiments of the eminent authorities referred to, but the conclusions and views of all conscientious physicians of experience :—

“Yet this very thing of criminal abortion means, in plain terms, the most cowardly, base kind of murdering,—cowardly, because upon a helpless, living embryo, to hide the result of sensual gratification, or to evade the duty of caring for it afterward; or simply, with some, because it is thought to be vulgar to have children,—base in a deliberate purpose to sacrifice life, moral purity, maternal nobility and loveliness, to degrading desire.

“There are those who would fain make light of this crime by attempting to convince themselves and others that a child, while in embryo, has only a sort of vegetative life, not yet endowed with thought, and the ability to maintain an independent existence. If such a monstrous philosophy as this presents any justification for such an act, then the killing of a newly born infant, or of an idiot, may be likewise



justified. The destruction of the life of an unborn human being for the reason that it is small, feeble, and innocently helpless, rather aggravates than palliates the crime. Every act of this kind, with its justification, is obviously akin to that savage philosophy which accounts it a matter of no moment, or rather a duty, to destroy feeble infants, or old, helpless fathers and mothers.

"Perhaps only medical men will credit the assertion that the frequency of this form of destroying human life exceeds all others by at least fifty per cent, and that not more than one in a thousand of the guilty parties receive any punishment by the hand of civil law. But there is a surer mode of punishment for the guilty mother, in the self-executing laws of nature. This, in the majority of instances, is sufficiently severe, far more so than any ever planned and executed by the hand of man. The punishment is often capital, or by death, as every physician has witnessed, and as the newspapers of the day abundantly testify. When not so, there is usually a life-long retribution in store for the offender, with an untimely and agonizing mode of death.

"Yearly, thousands of women, wives and mothers, in the higher walks of life, risk, or actually sacrifice, their lives by this unnatural crime,—their most intimate friends uninformed and unsuspecting as to the real cause of their death."

"The great majority of those who submit to this crime drag through life in miserable health, victims to painful irregularities, to slow and obstinate irritations, or to a predisposition of the maltreated parts to take

on disease from the slightest exposure and exertion. Frequently the constitutional shock is so severe that the strength is never fully recovered, the victim presenting a striking and permanent absence of all the marks of health and vigor. Even in some instances in which the transgressor flatters herself that she is uninjured, there is an insidious and terrible disease forming in the generative organs, which only awaits the waning of the general strength and energies to burst forth into torturing and incurable activity. I allude to that fearful disease, cancer of the womb.\*

"The tendency to serious and often fatal organic disease, as cancer, is rendered much greater at the so-called turn of life, which has generally, and not without good reason, been considered as especially the critical period of a woman's existence."

"Not only is the foetus endangered by the attempt at abortion, and the mother's health, but the stamp of disease thus impressed is very apt to be perceived upon any children she may subsequently bear. Not only do women become sterile in consequence of a miscarriage, and then, longing for offspring, find themselves permanently incapacitated for conception; but, in other cases, impregnation, or rather the attachment of the ovum to the uterus, being but imperfectly effected, or the mother's system being so insidiously undermined, the children that are subsequently brought forth are unhealthy, deformed, or diseased. This matter of conception and gestation, after a miscarriage, has of late been made the subject of special

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\* Black.



study, and there is little doubt that from this, as the primal origin, arises much of the nervous, mental, and organic derangement and deficiency that, occurring in children, cuts short or embitters their lives."

"In thirty-four cases of criminal abortion reported by Tardieu, where the history was known, twenty-two were followed, as a consequence, by death, and only twelve were not."\*

Another authority states that of one hundred and sixty cases of instrumental abortion, the death of the mother occurred in sixty.

*The Menopause, or Change of Life.*—Beginning at about the age of thirteen years, the menstrual function usually continues about thirty-two years, reaching its conclusion, on an average, in the forty-sixth year, but terminating in the majority of women in the fiftieth year. At puberty the ovary enlarges until it attains its full development and begins its work of casting off each month a perfected ovule. When the forty-fifth year of a woman's life is reached, the reverse of this process begins. The ovary begins to shrivel, soon reaching the size and acquiring much the appearance of a peach stone. A few months later it is still more shrunken; and after the cessation of the menses it often becomes so shriveled as to be scarcely recognizable.

At the same time that the ovaries are undergoing this remarkable degenerative change, a similar change is taking place in the other organs of generation. The uterus diminishes in size, as does *also* the vagina. The mouth of the womb becomes contracted,

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\* Storer.

and after a time entirely closed. The upper part of the vagina is often contracted to such a degree as to produce folds closely resembling those which result from serious inflammations about the uterus. The breasts also diminish in size. These changes indicate unmistakably the decline of the function of reproduction preparatory to its entire suspension.

As a rule, the capability of procreation ceases with the cessation of menstruation; but this is not uniformly the case. Instances are on record in which pregnancy has occurred before the appearance of menstruation; and so it may also occur after the disappearance of menstruation. This seeming anomaly is due to the fact that ovulation and menstruation are really two distinct acts, although usually coincident.

As before stated, menstruation usually ceases somewhere between forty-five and fifty years; but cases are recorded in which the menopause has occurred at much earlier and much later periods. In one instance which came under our observation a few years ago, the change of life was complete at twenty-eight; and in a case now under our care for treatment for a mental affection, the menopause was delayed to the sixty-first year. Cases are recorded in which the function was continued as late the eightieth year, but there may be some doubt as to the authenticity of these reports.

As at the establishment of the function it is attended with a considerable degree of irregularity, so also at the conclusion. There seems, indeed, to be a remarkable correspondence between the morbid con-



ditions affecting the two termini of a woman's sexual activity. If the function is ushered in with great irregularity, its conclusion will be attended with the same phenomena. Great pain, local or general during menstrual activity, will pretty certainly be followed by the same sort and degree of pain at the grand climacteric. One very singular circumstance is the fact that a late puberty indicates a short rather than a long menstrual life. So also, habitual pain at the menstrual period indicates pretty certainly much pain and suffering at the menopause.

*A Critical Period.*—This period is one of the most critical epochs of a woman's life. Upon the manner in which she passes through it, depends her future health and happiness in a very great degree. The perturbations in the general system which occur at this time are of a character so profound as to be wholly inexplicable were not the intimate relations of the ovaries with the general system through their nervous connections so thoroughly understood. During the period of menstrual activity, a woman's system is affected, we may almost say, dominated, by the influence of these two little glands in a most remarkable manner. The relation between the ovaries and the digestive functions must be familiar to every one. The nausea which is induced by simply pressing upon the ovaries, especially if they are in the slightest degree irritable, is evidence of the reflex influence which they exert upon other important abdominal organs. Either an excess or a deficiency of the proper influence of these

organs over other parts of the system may be productive of disease, and to an extent even more than is at present well understood.

In view of these facts it is not to be wondered at that the removal of an influence so profound should be accompanied by a greater or less degree of general disturbance. The period during which these disturbances are observable lasts from a few months to several years. The average period from the time when the first irregularities are noticed to the entire cessation of the menstrual flow is about two and one-fifth years.

The degree of disturbance observed during this period is exceedingly variable. Much depends upon the condition of the system when the period is reached. A woman who comes to this critical epoch of her life with a constitution unimpaired by fashionable dressing or dissipation or by excesses of any kind, may hope to pass through it safely and quickly, avoiding the numerous dangers which at this time beset the pathway of her sister who has recklessly ignored the demands of nature and the dictates of reason in respect to the care of her health. A woman who has all her life been feeble, a sufferer from "female weaknesses" of various sorts, will find this period a veritable "Pandora's box" of ills, and may well look forward to it with apprehension and foreboding. It is well, indeed, if being forewarned, she begins in time to correct the various faults of habit and regimen which have a direct or indirect tendency to increase the perils of the approaching crisis. A proper preparation for this eventful period will do more to mitigate



its sufferings and hasten it to a happy termination than all the prescriptions which can be compounded by the most skillful physicians. Hence the attention which we give to this important subject here. In this case as in many others the homely adage, "An ounce of prevention is better than a pound of cure," is peculiarly applicable.

As a rule, the first indication of the approach of the menopause is irregularity of the menstrual flow, either in time or in quantity, or in both. In exceptional cases there is a sudden cessation of the flow, there being no return of the function, even in a slight degree. This should not be considered a cause for alarm, when it does occur, as is likely to be the case on account of the numerous popular superstitions respecting this period. There is no danger to the system in any way from such a sudden suspension of the function, provided opportunity is given for the system to recover its balance by perspiration or otherwise. The most common mode of termination is a gradual diminution of the flow until it ceases altogether. Sometimes a profuse flooding terminates the function, and in other cases a succession of such floodings occur. With some women the flow is alternately scanty and profuse for a few months before it wholly ceases, while with others the quantity is normal but the time either shortened or lengthened or irregular in both ways, until suspension occurs.

Other symptoms besides those immediately connected with the function, almost invariably mark the approach of this epoch and characterize its continuance. There is in almost all cases a decline in health

more or less marked in degree. The strength is diminished, and in many instances there is loss of flesh as well. The appetite is capricious and morbid, as at the beginning of the period of menstrual activity. Various disturbances of the stomach, bowels, bladder, and even kidneys are to be noted. Cutaneous eruptions often occur, particularly a form of *acne* of the face. The patient perhaps complains of symptoms referring to the heart, also the lungs and other vital organs, all of which are found on examination to be of a purely reflex character. The expression of the face often changes in a marked degree; and sometimes there is a marked growth of hair on the chin or upper lip.

But by far the most noticeable symptoms are those which relate to the nervous system. The neuralgias, nervousness, fidgets, and hysterias, which afflict some women at this period are such as to render life wholly undesirable. "Flushings" are among the most constant of the symptoms referable to the nervous system. This is due to the reflex influence of the ovaries upon the *vaso-motor* system. A sudden rushing of blood to a part, accompanied by excessive heat and often violent throbbing, renders the patient really wretched by its frequency. Any part of the body may be affected, but the head or face and neck are the favorite seat of the affection. The hands, feet, legs, and trunk of the body may be affected in the same manner. The phenomenon is precisely the same as that of blushing, and indeed this may be said to be a sort of "pathological blushing." This sudden afflux of blood to any part may occur as often as several



times an hour, or may be as infrequent as half a dozen times a day. The paroxysm usually lasts not more than ten minutes, and is succeeded by a profuse perspiration, which relieves the surcharged blood-vessels of their repletion. When the heat is not succeeded by the perspiration, it is familiarly termed "dry flushing," which is much more disagreeable than the other form of the malady, since the surcharged blood-vessels are not emptied of their contents by the exudation of serum.

Sometimes nausea and vomiting accompany the flushing, as does invariably a feeling of weakness and *malaise* to which the patient should yield herself, securing quiet and repose until the equilibrium of the circulation is restored. Sometimes the congestion of the head becomes so intense as to make apoplexy imminent; and, indeed, cases of paralysis have occurred at such a time in a few instances.

Another unpleasant complication of these attacks is the intense mental excitement which often accompanies them, and which sometimes amounts to actual delirium or mania. On account of this tendency, they ought not to be regarded lightly or unworthy of prompt and efficient attention.

Profuse perspirations, sometimes so copious as to saturate the bed-clothing, is also a common symptom of this condition. These may follow a "flushing," or may occur independently. They are most apt to occur during sleep. They follow, also, mental or nervous excitement almost invariably.

Other general symptoms occur with greater or less frequency and prominence, as general debility, chloro-

sis, biliousness, headache, pain in the back and bowels, sick headaches, hemorrhoids or piles, diarrhœa, constipation, dropsy, bloating of the face, swelling of the hands or feet, frequent fainting, irritation and swelling of breasts, neuralgia or rheumatism of joints, leucorrhœa, pain in chest with or without cough, false pregnancy, nettle rash, water brash, incontinence of urine, numbness in limbs, prickling sensation in hands and arms, epilepsy, fits of laughing and crying, irritation of the rectum, vicarious hemorrhages, as from nose, stomach, varicose veins, and even skin, boils near the anus, peeling of nails, falling off of nails, inflammation of the eye and weak vision, toothache, neuralgia of vulva, itching of vulva, inflammation of vagina, sciatica, and unnatural drowsiness.

The great liability to the formation of morbid growths at this time is also a prominent feature of the pathology of the menopause. This applies particularly to polypi and fibroid growths of the uterus. Cancer must also be mentioned as one of the morbid conditions which frequently chooses this as the favorable moment for it to establish itself. If the neck of the womb has been previously torn by childbirth, or if the nutrition of the organ has been impaired by the practice of abortion, the occurrence of cancer at this time is rendered much more probable.

A peculiar form of morbid growth known as "vascular tumor of the urethra" is also likely to make its appearance at this time. We have operated upon a large number of these tumors, and have found by far the greater number in women at or near the meno-



pause, although the affection is by no means confined to this class.

But we have not yet mentioned the most prominent class of symptoms which characterize this important period, viz., those which relate to the mind. The mental symptoms are quite as marked and prominent in most cases as are those which relate to any part of the system. Often there is an entire and most remarkable change in disposition. A kind, patient mother, or forbearing, confiding, exemplary wife, becomes irritable, unreasonable, and suspicious. Her natural modesty may even give place to wantonness in extreme cases, and the mother's instincts may become so thoroughly obliterated as to give place to an almost uncontrollable desire to take the lives of her little ones. The once happy woman becomes despondent, moody, and taciturn. She avoids company, has no taste for amusements, and spends her time in watching her varying symptoms, and bewailing her real and imaginary woes. In many cases, actual insanity, usually of a temporary character, fortunately, is the result of the profound disturbances which the system undergoes at this time.

Although this is but a hasty and imperfect sketch of this critical epoch in a woman's life, we must hasten to consider what may be done to prevent and ameliorate these various morbid conditions.

*Hygiene of the Change of Life.*—The best way for a woman to prepare for the crisis which we have briefly described, is to live healthfully and physiologically in every particular, as we have described in the foregoing pages of the work. In matters pertaining

to dress, diet, and exercise, it is particularly important that all the laws of health be scrupulously obeyed. If this has been done from early childhood, happy will be the transit through the stormy sea of the climacteric; but if the reverse has been the case, there are dangerous breakers ahead. If there is no time for preparation, the necessary reforms should be at once adopted as the most certain means of avoiding the worst evils, and by the aid of a few practical suggestions, much can be done to redeem the time.

On the appearance of the first indication of the approaching change, the woman should be relieved of all taxing cares, and should be placed under such circumstances as to secure quiet, and mental and physical repose. If she must remain at home, she must be shielded from the thousand and one petty annoyances which creep into the best regulated domestic circles. Induce her to take a liberal allowance of out-of-door exercise daily. Carriage riding is especially to be recommended, as it provides gentle exercise with entertainment. The diet should be amply nourishing and varied, but unstimulating. Nothing is better than the fruits and grains prepared in various simple but palatable ways. Tea and coffee are especially objectionable, as are all forms of alcoholic beverages, together with "bitters" of every description.

A tri-weekly warm bath will be found exceedingly soothing to the irritable nerves. Gentle rubbing administered daily will be of special advantage also; sponging the spine alternately with hot and cold water once or twice a day, ten to twenty minutes at a time, will be found of special service also.



The pain in the back may usually be relieved by means of hot fomentations applied very thoroughly for half an hour once or twice a day. The pain and tenderness often present in the lower part of the bowels may be relieved by the same means applied over the seat of pain. Another very useful measure is the application of heat to the sacrum by means of a hot brick or water-bag and a cold bag over the seat of pain in front. This application may be continued from two to four hours daily with benefit in these cases when quite obstinate.

Another simple measure of great value as a preventive of local inflammations, and a means of controlling a tendency to hemorrhage and removing congestion of the uterus and ovaries, is the vaginal douche, full directions for taking which are given in the appendix. This measure alone used daily or twice a day, is worth more than all the other measures known to the medical profession combined, if thoroughly administered.

Warm sitz baths are also of advantage, and may be recommended for use in most cases.

To relieve the "flushings" of the face and head, no remedy works so promptly as hot sponging of the congested parts and hot fomentations to the spine. The same principle applies when other parts of the body are affected as well as the head.

For the profuse sweating, hot salt sponging, at a temperature as high as can be borne, is an excellent means of treatment. If not successful, equal parts of alcohol and water may be used instead. Special ailments should receive special treatment, either as di-

rected in the concluding portion of this work, or by a competent physician.

One more question remains to be answered in case the patient is a married lady, the question of the marital relations during this change. There are undoubtedly cases in which the perturbed state of the sexual as well as of the nervous system gives rise to an unnatural excitement of the sexual desires at this epoch, but that such is rarely the case is the uniform testimony of those whose experience qualifies them to testify on the subject. As a rule the appetite for the physical pleasures of the marriage bed are during this time greatly in abeyance, if not wholly extinguished. It is evidently the design of Nature to protect the nervous system of the woman from the tempestuous excitements which she is unqualified to endure without damage not only to the system as a whole, but to that portion of the vital economy chiefly involved in the act. There is no doubt but that sexual congress at this time is a very common cause of intensifying all the numerous inconveniences and physical, mental, and nervous ailments which are attendant upon this period, and hence continence is to be not only recommended but enjoined as one of the most essential hygienic measures by which a safe and rapid transit through the turbulent period of sexual decline may be insured.

