

## **SPERMATORRHEA.**

Perhaps no better matter could be employed to fill the closing pages of this work than a brief outline of the course of treatment which should generally be adopted by this class of unfortunates who have enfeebled themselves mentally and physically, and rendered their lives a burden, not only to themselves, but to everyone with whom they have to do. The remarks by Prof. Fowler on this subject, in the foregoing pages, are valuable and important, as dealing in general principles; and should be carefully read by all sufferers from the causes named, who hope to better their condition. But a more explicit statement of methods and particulars is demanded. With few exceptions the class of patients for whom they are especially designed, are, unfortunately, so weakened in mind that to vigorously lay hold upon their own cases, study their own symptoms, and make a specific application of principles to their own individual selves, is out of the question. Thousands who read these pages will readily acknowledge the truthfulness of the picture, and admit that their own cases are faithfully pointed out, but will despairingly exclaim, What shall we do? {1870 JW, SOAP 267.2}

**The fearful prevalence of sexual disorders, and their frequent complication with other diseases, has been rendered painfully prominent to the physicians and managers of the**

**Health Reform Institute, at Battle Creek, and a large number of cases have been successfully treated here**, while many more have been advised by letter, and through the Health Reformer. **The advice which follows is therefore the result of experience, observation, and careful study.** {1870 JW, SOAP 268.1}

As just intimated, and as expressed by Dr. Trall, this class of patients are "fickle, vascillating, and unreliable." The greatest difficulty in their management consists in inducing them to adhere with any degree of tenacity to a prescribed course of treatment. On this account, such had better place themselves under the care of a hygienic physician, if this can possibly be done. {1870 JW, SOAP 269.1}

When this is impossible, the next best thing is to find a conscientious friend in whom to confide, and with whom to advise - one who possesses strength of mind, integrity of purpose, and love of humanity, and who can tolerate the whims and caprices of such as are so far unbalanced as to be whimsical and capricious, and who is willing to be burdened with the task of advising one who may at times be unthankful for the best of advice. {1870 JW, SOAP 269.2}

If this cannot be done, the patient must trust in God and himself alone, and strengthen his mind in the outset with a resolution to persevere in the use of means which Nature will recognize as aids in the great restorative work. {1870 JW, SOAP 269.3}

## **HYGIENIC TREATMENT**

In giving the outlines for the hygienic treatment of these difficulties, it is not to be presumed that all cases are to be treated alike. Aside from the fact that sexual disorders are often complicated with other difficulties, of which they are frequently the cause, they also exist in every stage of advancement, from the first indications of weakness to a condition of complete and entire prostration and debility. The treatment must therefore be varied to suit the circumstances of the case. {1870 JW, SOAP 269.4}

**1. Diet and Regimen.** - The remarks of Prof. Fowler on this point, we heartily indorse. The diet of this class of invalids should be rigidly abstemious. Let us not be understood, however, as advising a meager or impoverished diet. The food should be nutritious, but non-stimulating. This point is of special importance, as this class of patients are nearly always dyspeptic, and like all dyspeptics, should eat all the food they can well dispose of, but no more. The two-meal system is of special advantage,

as the presence of food in the stomach at night is often the exciting cause of nocturnal emissions. {1870 JW, SOAP 270.1}

2. **Sleeping.** - Sufferers from these difficulties should cultivate regular habits of sleeping and resting, and should never lie in bed to encourage a dreamy or unsound sleep. Better rise unreasonably early in the morning, than to lie in a state of dreaminess, as the dreams of such will assume a lascivious character, and aggravate the evil. {1870 JW, SOAP 270.2}

The bed should not be too soft, and on no account should feathers be tolerated. The covering should be as light as consistent with comfort, and the sleeping room should be thoroughly ventilated. {1870 JW, SOAP 270.3}

3. **Bathing.** - Doubtless harm has been done in some cases by overdoing in the matter of water treatment. In the earlier days of the so-called water-cure system, "heroic treatment" and a good deal of it, was advised for this class of complaints; but as an important point to be kept in view is the preservation of strength, this course has been generally abandoned. {1870 JW, SOAP 271.1}

The baths should be tonic, rather cool, but not too cold. A sitz bath may be taken from once to four times per week, of a few minutes' duration, at as low a temperature as can be tolerated without chilliness. Give at the same time a hot foot bath, and apply cool wet cloths to the head. The frequency of this treatment will depend upon the condition of the patient. {1870 JW, SOAP 271.2}

Local congestions or acute inflammations may be relieved by hot sitz baths of short duration, followed by cool applications. Occasional hot fomentations may sometimes be of benefit, but too much warm bathing must be guarded against as weakening in tendency. {1870 JW, SOAP 271.3}

The abdominal bandage or wet girdle may be worn a portion of the time, especially at night, to good advantage. Cool bathing of the parts affected is also beneficial. {1870 JW, SOAP 271.4}

**4. Exercise.** - Plenty of physical exercise should be enjoined upon this class of patients; not enough to produce exhaustion or excessive fatigue, but enough to induce good sound sleep. Much mental exercise should be strenuously avoided. The mind should not be taxed with cares, nor should much reading be indulged in. Especially should

any exercise of the brain be avoided toward night, or in the evening. As congestion of the brain is often the exciting cause of spermatorrhea, by reason of the intimate relation between the brain and the sexual system, it will readily be seen that to keep the head cool is all important. {1870 JW, SOAP 271.5}

**5. Social Surroundings.** - The patient should be placed in circumstances favorable to the preservation of equanimity of temper, and of self-respect. Above all, let the surroundings, so far as associates are concerned, be of the highest moral character. Let the mind be elevated to dwell upon the purity and holiness of Heaven, rather than the groveling, sensual things of earth. Let a sense of moral responsibility fill the mind, to the exclusion of gloom and despondency, and with earnest, cheerful, and hopeful trust in God, go forward in the work of reform and restoration, till the traces of sin and shame are effaced, and God's noble gift of MANHOOD is restored, that you may fully glorify God in your body and spirit, which are his. {1870 JW, SOAP 272.1}