AN
INAUGURAL DISSERTATION
ON
Emansio mensium.

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Eunansia Mensium

By this term we mean an amenorrhea or obstruction of the menses before they have been established. Some have used it for the retention, which occurs after they have been established, but the former perhaps is the general acceptance of the term. Persons are frequently observed to become alarmed should the young female commit to their care fail to menstruate, after having attained to the age at which the discharge should take place, but we should recollect that while it is common for the change to occur at the age of fifteen, we have no reason to become alarmed should she not menstruate before she has attained to the age of seventeen or even eighteen years, should her health remain in all other respects good. It is only when the failure to menstruate is referable to some
disordered condition of the system, that the individual should be treated as a patient. The great power of ovulating should always be viewed as the complement of the physical forces of the sex; and it is but reasonable to suppose that instances will occasionally occur of girls, who after attaining to the apparent perfections of all other physical forces are yet unable to rise to the height of this last evidence of generic and genital power. It may be deemed quite consistent with the facts of the case to believe that where a failure to attain to what is denominatated complete liberty, is not obviously connected with some organic lesion of the parts, the failure should be attributed to an hydropneumatic condition of the girl. The healthy constitution of the blood according to some writers is expressed by 210, solid and
790 aqueous portions. Now it is obvious that a rapidly growing individual in approaching the period of puberty, makes successive demands upon the solid constituents of her blood for the purpose of nutrition and growth, is liable to call for a quantity beyond the power of supply, and so increase the figure for the watery constituents from 790 to 800 or even 820, while the figure for the solid elements, is reduced down to 200, or even as low as 190. It should be remembered that the blood is in reality the solid elements the production of which cannot be effected except by a power of haematoysis appertaining to a living solid. Consequently the evolution of it must bear some ratio to the powers of the special solid upon which it depends. Such power may be greater or less at different times, and therefore it is capable of being to a greater
or less extent impaired or completely exhausted.
So far as the aqueous portion of the blood
is concerned, it should be remembered that it
is not formed by the solids, but that it
is taken in by absorption, and therefore
bears nothing to the constitution. But solid
elements, such as albumen, fibrin and the
corpuscles of the blood are products of vital
operations, and living forces, that may be
impeded or exhausted by over tasking.
If we regard six hundred ounces of blood
as the mean quantity for an adult in
good health, then it will happen that when
the solid elements are too rapidly consum-
ably, the whole amount within the vessels
shall not be less than six hundred ounces,
but the blood shall be weakened by the
abstraction of a portion of its essential
part, and by the addition of a sufficient
quantity to the remainder to keep the whole
amount in the vessels up to the figure
of six hundred, for in the extremest degree
of hydraema, the vessels are supposed to
be equally full as in the extremest
cases of flatthara, and consequently the difference
in hydraema and flatthara is not a difference
in the quantity but a difference in the
quality of the circularting fluid.
It seems that the foregoing may serve to
show that a growing girl by using too
abundantly the solid elements, may thus
obtain an excess of the healthy portion
of the blood, and therefore could not be
expected to do more than, carry on her
ordinary physiological forces, consequently
it is not reasonable to expect her to do
this and at the same time attain to
the possession of her complement of forces.
Now if we consider the figure for healthy blood to be 210, for the solid constituents, what will be the effect on its oxygeniferous power by reducing the 210 to 190. Do we not see that as it is not the water of the blood that takes up the oxygen of respired air, then when the figure becomes reduced from 210 to 190, there must be concomitant reduction of its oxygeniferous force and consequent diminution in the evolution of the mucus, as some writers have denominated it. From the foregoing we conclude that we have a clear understanding of the case, and are prepared to form a correct diagnosis, as to the most frequent cause which prevents the timely occurrence of the menstrua. The hydramnic girl must necessarily be weak, not only with regard to her muscular power, but of all
the physical forces as manifested in the economy, we cannot therefore hope for success in the mere exhibition of emmenagogues, but on the other hand, we may reasonably hope for success by wisely directing our treatment to the general condition of the system, and so remove the cause of this unnatural delay of the last evidence of generic power. There is generally no other treatment required for establishing the menstrua; than a well regulated diet, proper attention to clothing, a due proportion of exercise, and as a medicinal agent the free use of iron. These are the remedies specially indicated for the treatment of emansio monsium, depending upon a watery and impoverished condition of the blood.

The blood of an anomalous girl is incapable of developing herinnervative force in sufficient amount for the regular operation of the
ordinary functions, and she will therefore
scarcely produce nervous force sufficient to
execute both the special and complemental
offices of her life, consequently to cure her anaemia
is to establish the dominion of her life power
over both the special and the complemental
power and offices of the system.
No attempt should be made to bring on
ministration in order to cure her anaemia
but, on the contrary the anaemia should be
erased in order that her blood, fully and
thoroughly oxygenized, may enable her nervous
mass to reattribute the biotic force in sum
equal to the demands of the general, as
well as the special or complemental wants
of the economy. The curative measures for
such ends consist (as before remarked) in attenti-
on to dress, diet, exercise, and the use of
baths and friction. In the administration
of medicines we usually find it necessary to use an aperient of some form or other, and as a general rule we select some of those articles which have a tendency to act upon the lower extremity of the intestinal canal, as also combined with other resinsous catharticks in various proportions. We sometimes have to resort to necessity for this purpose of correcting the general derangement of the system, as for instance when we entertain an idea that the hepatic secretions are impaired under a vicious state of the portal circulation. A very proper alternative will be obtained by the exhibition of six grains of Blue-mass, ten grains of Soda, and fifteen grains of the extract of Tamaracem suspended with a dram of Gum arabic in an ounce of distilled anint or cinnamon water, such a dose should be followed by an aperient dose of Senna or Senna. As regards toxins we know of nothing
As well adapted to the treatment of anaemical girls as the various preparations of iron which seems to possess a peculiar power to modify the rate of the haematosis. Whether the iron enters into direct combination with the blood, to render it more powerful and more noble by its union with it or whether it acts as a direct tonic for the solids of the economy imparting a greater energy to the cell life of the blood corpuscles, I am not capable of determining nor is it vitally important that it should be settled. The preparations of iron which have been recommended for the treatment of this disease are almost innumerable, and consequently we will only refer to one or two of those preparations, having special reference to that form of the medicine in which we have the greatest abundance of confidence. In the administration
of iron we should be governed by the peculiar circumstances of each individual case, should there be any connection with a watery condition of the blood, a diseased condition of some other organ or set of organs, then it will be proper to combine with iron such remedies as will have a special action upon the organ or organs so diseased, but should there be no existing complication in the case, we would recommend the administration of the medicine uncombined with any other therapeutical agent. Perhaps we have no preparation of iron better adapted to the treatment of anaemia than the inflammable powder described by Dr. Muigg, which is prepared by passing a current of hydrogen over peroxide of iron heated to redness in a porcelain tube, thus giving as the metal fine and uncombined in a state of inflammable powder. The dose of this powder
is two grains, given immediately after each daily meal. If taken while the stomach is in
the act of digestion it does not occasion any unpleasant sensations and it is present and
in readiness for any acid that should happen
to result during the chymolysis of the food.

We will next advert to some other circumstances
that may prevent the young female from menstru-
ating after having attained to the age at which
the mensturae should be established. At sometimes
happens that organs become blighted, during
the embryonal or foetal life, and never grow
nor develop themselves after the birth of the
child. Should such a blight of an early account
or imagina occur it would be very likely to
escape notice until the period of puberty, and
then disclose the remarkable truth by a state of
amenorrhea menstruum. Dr [Names], mentions the case
of two ladies both of whom were married and
either of whom had ever menstruated, nor could there be any discoverable traces of a womb found in either one; yet each of them was in all other respects a highly sexual creature, being fully provided with all other sexual attributes and appearances. Again the regular flow of the menses may be prevented by the annihilation of a part of the whole of the womb as a consequence of inflammation that has filled the cavities with a plastic exudation resulting in a fusion of the walls into one common substance. Such women cannot menstruate save where the atresia affects only the canal of the urinary and when that is the case the womb may pour out the blood of the menses which is retained in the distended cavity. The uterus and ovaries may be healthy while the vagina may be closed by want of development in the embryonal stage, and as in the case above alluded
to, the menstrua are regularly poured into
the womb and vagina, and retained until
released by accident or by the intervention
of the surgeon. There are other cases in
which some considerable disorder of another and
important organ or part serves to concentrate
upon itself the powers of the living economy
which they divert from a general to a
particular use or determination. Among these
are those affections which have a tendency to
set up a kind of hysteric irritation in the
system, such as chronic pneumaturia and
long continued inflammations of the articula-
tions, all of which have a tendency to divi-
date the physical forces of the young female
from that of performing her ordinary physiolog-
ical acts. As regards the treatment of
this disease, consequent upon what we
have denominated a hysterical constitution of
the system, not have nothing of peculiar interest to say, farther than the speedy removal of the cause of such conditions by the use of appropriate means. In the treatment of this, as well as all other diseases, we should endeavour to avoid the Quackish principle of resorting to one recipe for the treatment of every case, without having first ascertained the true pathological conditions of our patient. This is perhaps no other disease better calculated to perplex and embarrass the young physician than the one under consideration. Hence we perceive at once, the great importance of being careful in making out our diagnosis, that we may not commit errors which would disgrace ourselves and, the honourable profession to which we belong. As practitioners of medicine, we should learn to see
and to think for ourselves, and not to be
governed entirely by the notions of those
who may have had opportunities superior
to those of our own. I do not mean to say,
that we should pursue our avocation
regardless of the teachings of others, but that
we should greatly appreciate the experience
and observations of all honorable members
of the medical profession. Taking this as
our guide, we hope not only to be useful
to the generation in which we live, but
we may perhaps be able to reflect light
on some important points connected with
the science of medicine, and so confer a
favor upon succeeding generations, which
would not only redound to our own honor,
but that of the age in which we live.