AN INaugural DISSERTATION
ON

Submission

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By

 unins., A. Warwood

Of

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I shall not pause to consider, whether or not this form of self pollution demands the attention of the medical man; but will launch my bark into waters where wiser heads would at once decide too dangerous for so small a craft to be safely manœuvred, to ride in safety.

Man was made to conform to the laws of nature, and however well developed his moral faculties may be, and though he may be circumference in his character and righteous, in the sight of man, yet though the acknowledgement may humble the mind, we are compelled to acknowledge, that man, ensnared by man, and unconstrained by Divine influence, is a brute by nature. To properly understand the being the world calls a man, we must study him in practical life; but to inform ourselves
as to the true character of him whose morality, virtue, and religion, calls as much, we must
from his private walk, follow him to his alone, what excluded from the refining eye of the
public, nature around the animal passions within him, and true his very soul as if by
fire.

Here virtue demands purity of thought
and action, while vice invents a thousand
visionary schemes to lead his mind astray
from the path of rectitude.

Omnium, Masturbation or self-pollution,
is the evasion of the recluse. This crime
is always committed in secret, for its
degradation is too great for the eyes of
man to behold, and so watchful and
cautious is the masturbator, that he
is rarely caught in the act of perpetrating the outrage. Of the primary
effects of Carnism on the constitution of
the Masturbator, I am totally ignorant,
not having gratificus and amorous pro-
fering to taste all the sweets of life.
Sexual intercourse when indulged in
too great an extent, produces inti-
r-ration of mind and body, all the
intellectual faculties are weakened, he
becomes a coward, apprehensive of a
thousand ideal dangers; or sinks into
the effeminage timidity of a woman;
it debilitates the constitution and
renders the individual a fit subject
for disease to prey upon.
The first noticeable effects of Carnism
is made upon the constitution of
the polluted being.
His flesh gradually diminishes and
with it nervous power suffers a
prominable diminution; his face becomes pale, his eyes lose their lustre and vivacity, and he is rendered incapable of withstanding the prying gaze of anyone. He feels that he is disgraced, and with affected countenance fixes his eyes on his master earth, and slinks would stalk away in caves and dens, suspiciously avoiding the eyes of man. Having persuaded himself independently of a companion and accost, he continues mankind at large, and believing that his brother secret is revealed, believes he is in future abandoned. His mind gradually diminishes in strength and activity, his thoughts become morose and sullen, his sensual appetites become the theme of daily thoughts, and nightly
dreams, until the features which had distin-
guished him from the brute that per-
isheth, are defaced, and the vile tor-
ment is left a mere automaton.
In connection with the ability
which pervades both mind and body,
we have, as the result a pathological
condition of the punguiferous and
nerves system, together with disease
of the prostate gland, and neck
of the bladder; the perversion of
action of all the functions of the
body. After the habit is once fixed,
the subject gives himself up to a life
of penury and libertinism, not
having the will or moral courage
to extricate himself from the tide
which is bearing him onward to the
wrecks of ruin. Those who have contracted
The pernicious habit of Masturbation permit no obstacle to thwart their selfish desires, which can be overcome, short of death. They will ever sacrifice themselves on the altar of concupiscence!

Richter and in his physiology gives the case of a shepherd boy who had addicted himself to this kind of pollution, until it became second nature with him, constant exclusion from the world favouring his desires he had recourse to this form of pleasurable excitement, until wearied nature would no longer yield to the excitement of external friction; and thus caused his meagre mind to invent a means of exciting nature to crown his efforts with success, his ideal of perfection, he reverted to...
intra-urethral titilation by means of a small stick. This instillation answered his purpose for a while, but the mucous membrane becoming obtunded in sensibility and cylinder structure, he was again thwarted in his efforts. He then split his fruit to the root and was gratified to find that by slight titilation with his favourite stick, a brownish flow resulted, which was the palladium of his hopes. Thus he feverishly recited by decorat- ing his body until he unluckily happened to drop his stick into his bladder, just I imagine as his whole frame was quivering with pleasurable delight. In despair unutterable he presented himself to a surgeon and communicated his sad story.

Why is it that man will accustom himself
to a habit so degrading to the mind, and so pernicious to the body? We must look to the physiology of the genital organs for a solution of the problem.

There is a law of physiology which ordains that every secretion shall have means of excitation, and hence every gland which has for its office the preparation of a material or fluid, has also a duct communicating with it through which this material may be transmitted from the gland to the destination appointed by God.

It is then a law of nature that the seminal secretion shall have an appropriate channel for excitation, and a natural means for exciting the secretion, and it is as necessary to the maintenance of perfect health...
Vigor of mind and body as is the evacuation of bile, saliva, urine or any of the other secretions. It is not only necessary to the preservation of health that the seminal fluid should be secreted, but it is the next thing to an impossibility to retain the secretions while its secretory act remains present. And if a firm continence man do proclaim that it is possible to remain as chaste as a virgin and free from casually, yet they are candid enough to acknowledge, that it is a little ])ute for well enslaving the bitter faculties of the mind to invent means by which honorable gratification may be paid. Wine may be retained in the bladder.
and fees in the section than nature demands, and so he may retain power in its proper receptacle, but it is like damming up an established water course, in its channel, it will certainly accumulate force and overflow every barrier and envelope the convulsions deeper in its revoluted folds. Nature demands it and there must be a proper stimulous propelled, or else the accumulation will be stimulate the parts as to produce a seminal emission without volition. Nocturnal emissions are equally as injurious as masturbation and perhaps more so. The latter can be controlled by the volition but the former depends on a pathological condition and occurs when
the subject is in the arms of Morpheus, or imaginatively in the arms of his sultana. The confirmed nocturnal nocturnist is if possible in a more precarious situation than the confirmed marturbo. To at least the former decrees more commiseration than the latter.

Knowing that nature has established the peculiarity of men and knowing as all consider men as that this peculiarity must, will and can have its periods of more time, would it not be best for men like rational beings to gratify their passions in a humane and honorable way, than to suffer themselves to be led into passions which will surely wreck...
this constitution, and render their minds useless and powerless. It is strange that this subject has received so little attention from men who have undertaken the arduous task of preventing and curing disease by according their experience. The diseases which have their origin in Onanism are only observed, because they have been intentionally neglected. That Masturbation is a cause of disease is now reduced to a certainty, and I am firmly convinced that it is not an uncommon cause. Every observing man can call to remembrance youthful companions who were affected with pains in the
back, vague pains in the head, general lassitude, impaired digestion and incapacity of fixing his mind upon his studies, with gradual loss of flesh. The interesting subject may be found at all places of learning, for young men and the history of their disease together with the cause, may be learned by applying to their heads. I was so fortunate as to have one of these libidinous youths for a room mate a few years ago; and to him I owe what little knowledge I have on this subject, and being somewhat of a utilitarian, I am now attempting to realize benefit from what was to me a source of great annoyance.
not to pay diqued. Poor E became addicted to this harmful practice when he was quite a youth and followed it pedulously for two years by my knowledge. He became very much emaciated and lost what little energy he had in the beginning. He suffered almost constantly with a dull, heavy pain in his head. He became pale and somewhat thin and his large white hands pumice that they had been washed in warm water for twelve months. His eyes became dull, heavy and sunken, and a thick spot could most always be seen beneath each eye. His good Doctor often weared himself and scratched his head to no effect, in his attempt to solve the mystery connected with his disease.
He tried salts, tonics and a host of medicines, and advised cessation from mental labour but all to no effect; it is true the patient would get better, but then he would get worse again and so matters pleased throughout the ten years, and then I lost sight of him until about four years after we parted at school.

I met my old schoolmate at a public place on a public day, and was astonished to find him not only alive but looking well. He informed me that he had been married three years, and that he had a fine boy about eighteen months old. The latter disclosure astonished me, for I was aware that his premature functions were entirely lost long before
he was married. This horrid practice I am sorry to say is not confined to young men although the proofs of its occurrence in the other sex is with more difficulty established.

Our insane hospitals present many cases of habitual masturbation occurring in the females, and it think we might with difficulty find a great number of cases of insanity which had their origin in Ovarianism.

The Physician is never called on to administer to patients addicted to this practice until it has made deep inroads on the constitution, and though the plan of treatment may be simple, yet the task is herculean. The first step is to get the consent of the patient to take his body perfectly under control. In this way he should
have a vigilant, cautious nurse who should not lose sight of his charge for a single moment. At night the patient's arms should be pinned to his sides. Without these important steps being taken, it is useless to attempt any constitutional treatment; but after they have been put in force then each symptom of constitutional derangement should be pinned up, and appropriate treatment accepted to regenerate the shattered constitution.

The physician must know in the outset that the patient's word cannot be relied on for the fulfillment of a promise. It seems that one of the symptoms of the disease is an inordinate propensity to lie and the extraction of a promise is therefore...
As soon as the patient's health will admit of it, he should be advised to marry, for after all that is the only reliance for a permanent cure.