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FOR THE DEGREE OF
Doctor of Medicine.

BY

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The honorable professors
of
The Nashville University,
For their many noble qualities
of
Head and heart
which has made our attendance
Upon their Lectures
both
pleasant and profitable
These few pages
are respectfully inscribed
by the
Author.

Jan. 1st 1858.

Preliminary Remarks.

A little girl, when she engages in such sports, as acquires for her the very appropriate epithet of *Bombay*, is a boy in her feelings and disposition, engaging with him in all his amusements, possessed of all his vivacity and inconstancy. They pursue the primrose path of childish pleasures together, seemingly unconscious of any sexual differences, until a maturer age when there seems to be changes going on in the system, physical, physiological, and moral. The reproductive organs of the female are undergoing changes, those organs to which every other organ of the system succumb, as the brain, lungs

Stomach, &c. The most important
Therefore well worthy of eliciting
The highest interest of every Physician;
and with their development the whole
System sympathises, indicated by rapid growth
Change of features, of disposition, and amuse-
ments. There is great excitement in these
organs for a time. Striving to perform
their function, without any issue,
until they have attained sufficient
growth and power, when an eruption
of the menses takes place.

Menstruation is a distinctive
Characteristic of the Human Female,
and according to its functions, her life is
divided into three periods.
The first is that of childish innocence,
before there are any sexual manifestations.

The second, when the menses appear, the girl becomes a woman, capable of producing her species; when the careless and speckling girl, possesses all the symptoms of early maidenhood, and a blush mantle her cheek, when the of her stature, and beauty of her form, the lustre of her eyes, and sweet modulation of her voice, the strength of her appearance, her tastes and her diseases proclaim a woman. The Third is, when, after the uterus has held unlimited sway over the entire system for so long a time, the period for the change of life has arrived, it subjects the woman to one more than loses its function forever.

There is great difference of opinion respecting the constitution of this menstrual fluid, as to whether, it is possessed of all

constituents of pure blood, or whether
a secretion from the womb, streaked
a little blood from some ruptured
distended capillary. Very distinguished
authors have written upon either side of
and as I have not enjoyed the privilege
examining it; having no highly magnifying
microscope; if I possessed some of this
fluid, which is always so reduced
concealed; I must fall in with the
whose tale seems most plausible.

If it escapes from the womb unmixed
unmixed with mucous, and epithelial
blood discs, and corpuscles are said
seen in it; and we are confident in the
language of Meigs, that a blood disc
no more be secreted than a kidney or a
We are of the opinion that is not
a hemorrhage, or wholly a secretion

a hemorrhage modified by the secretion from the uterus, and genitalia.

A great many circumstances are to be taken into consideration, when we try to fix a certain period in the life of a female for the appearance of the menses, viz, whether she were raised in the city with its luxuries, and dissipation, or in the country with its fresh air, and moderate exercise; whether she be the subject of any chronic disease, as Pthisis Pulmonum, Carcinoma, Chlorosis &c; or whether she has sufficient physical development, and these must be, before this physiological act can be performed. After looking over the statistics of various writers, we find that it would be impracticable to fix any period, when the menses should invariably appear, the nonappearance of w

at such time would constitute a disease. Under the beautiful skies of our Temperate Zone, the change seems to come on me at the age of fourteen, though even here it may be delayed, without the action of any cause upon the system, until eighteen or twenty.

In the hot countries of the Torrid Zone, it is customary for them to menstruate at the age of twelve years. In the Frigid Zone, the function is very late in making its appearance as a general law, appearing nearer the age of eighteen & twenty years.

The symptoms which are present, at the time the menses make their appearance, are a sense of weight and pain in the uterus, and back, a feeling of heat in the lower extremities, an increased sensibility of the nervous system, loathing of food and craving other a

of diet, ringing of the ears, and palpitation of the heart; which are all relieved by the menstrual hemorrhage.

The Catamenia are not to be considered as a disease, at all, but subject it is a physiological act; subject to a great variety of most grievous diseases, of which the one now to be considered is the most important;

Amenorrhœa.

Every case of failure of menstruation is to be considered under the above term for it embraces all of them; whether what some authors style primitive or after their regular establishment; a cessation of menst. styled consecutive amenorrhœa. Primitive or that which exists, when the female has arrived at the age of puberty, when all the signs;

Manifestations of puberty are present,
without menstruation; is the subject
to be discussed.

Causes. There may be an impoverished
state of the Blood, and enfeebled condition
of the System; some chronic disease, or
obstruction in the uterus, or vagina, or
organs of menstruation and reproduction
may remain wholly undeveloped; either
of which conditions is sufficient to produce
the disease. For instance, a father now-a-days
will send his daughter off to some inland
school to complete her education, about the age of
when the uterus takes on this function,
she has need of preserving her health.

She leaves her home where she has
the fresh air as it blows over the woods,
and fields covered with growing vegetation.
She leaves her walks upon the lawn.

the hills she climbs to pluck the wild
flowers, and listen to the sweet songs
the birds. She leaves her morning and
evening sides. We see her next at
regularly installed, within a tight
room, and four or five girls are placed
room. She sleeps in a warm bed, and
if she is in the fourth story, for fear
ghosts and hobgoblins conjured up
own ~~im~~agination, she shuts the
and closes out the air. She takes no
exercise, as she is forbidden to go with
the inclosure, most of which is occ
by the buildings. Every morning she
with headache, a feeling of lassitude
apprehension, as if she had had no rest.

She goes down to breakfast without ap
Her food is meagre and tasteless; a
a day of hard study fills the routine of business

From the bloom and beauty that once
mantled her cheeks have fled, that beautiful
symmetry is gone, her frame is weak and
her circulation languid, her body stunted
in its growth, and her eyes lit up with
lustrous gleams from a face as pal-
ladian marble. Her muscular tissue
is softer than in health, and the
veins can be traced up and down her
The pulse is generally weak, or soft and
but on ascending a height or putting
any unusual exertion, it is greatly increased
and a fluttering and palpitation in the
of the heart is discovered. The blood itself
changed, its solid constituents, and corpuscles
being diminished, while the serum of
Blood is greatly increased in quantity.
In this condition of the blood, it can
take up as much oxygen from

air cells, as when there is a healthy proportion of its constituents. The blood must be perfectly pure and aerated, it can stimulate the brain and nerves, to send down what we call, "its streams of biotic force", to the organs, sufficient to permit of the performance of their proper functions. We recognize in this an anaemic girl, and for this debilitated condition of the system menstruation would never occur.

Chlorosis. This is another case of Primitive Anaemia, of more importance than simple anaemia and by far more dangerous in its results. There is paleness of the tongue and mucous surfaces, a sallow aspect of the face, the eyes are weak and the eyelids sometimes inflamed.

If the disease be subjected to treatment at an early stage, it may be easily cured; but if permitted to run on the symptoms become aggravated.

The face assumes a greenish tint, which has given the disease its name, - Chlorosis, signifying Green sickness. The tongue takes on a dirty look, the digestive organs become weak, the circulation languid, the whole system torpid. The bowels are confined when they are moved, the operations dark and offensive. The appetite soon fails, when again the most indigestible substances will be devoured with greediness. Authors state that over the heart and lungs a weak murmur is discovered.

The immediate causes of Chlorosis, are such as impoverish the blood and lessen its solid contents, Indigestible & unwholesome diet, sedentary habits, and the depressing emotions.

There are other circumstances affecting the flow of the menses, which it will well to consider in this place. A lady experiences the regular pairs of menses and all external appearances seem for the mammae pro tuberaut, the external genitalia well developed, the aphrodisiac sense strong, without any flow of menses. The accumulation of the data for months, enlarges the abdomen, the protuberance in the pelvic region attracts attention to that particular feature. As the tumour increases size and rises up towards the umbilicus as in pregnancy, the physician may be undecided in his diagnosis, but being ~~not~~ acquainted with all the signs of pregnancy, he could without difficulty decide upon her case.

He would make a "per vaginam"
examination, and discover some obstruc-
tion in the Uteri; or Vagina. The Hymen
may be imperforate, the Vagina by
inflammation, and loss of mucus, may
may have its opposite walls adhered,
the whole vagina may have been
cast-off, closure of the Uteri taken
and menstruation prevented.

Sometimes we meet with a woman
of good size, I would say of perfect
and form, if her Breasts were well
enjoying a reasonable share of
Considering her life of single blessedness
without any sexual propensities, and
without ever having menstruated.

Such a woman we would suppose
no ovaries, or if she possessed them,
had lost their function by previous d

Dr. Beauclerc relates the case of a woman
upwards of fifty years of age, who had
never menstruated, yet was enjoying
fine health, and upon examination
she was found to possess no uterus
proper, a curved uteri about the size
of a writing quill, and ovaries undeveloped.

Consecutive Amenorrhoea, or Suppression

This division embraces all
cases of failure, after regular me-
-stration has been once established.

The attack may be acute, coming
suddenly, caused by something acting
previous to, or during menstruation
or it may be chronic, the result of
impaired state of health.

Causes of acute Suppression, are, exposure
of one's person in bad weather, bathing
the feet in cold water during the period

an attack of fever, frights and
anxieties. A case is also on record, where
it was occasioned by sexual intercourse
during the period, under exciting
circumstances.

The Chronic Suppression may
be occasioned by some disease, acting
on the system, reducing all the secretions
totally suppression some. The use
of the system becomes impaired, and
at each period the flow becomes more
scanty, until a complete cessation
takes place.

Obscure Menstruation. We must
go to the consideration of this strange
feature of nature. It is the result
of a torpid state of the uterus, in which
the blood not finding its usual
means of escape, is thrown back up

The system; to find its exit from some
other part. The Circulatory apparatus
is distended with blood, and as it
courses backward with an accumu-
lation of force, it finds its passage through
some distant part, already weakened by
previous disease. Regularly with each
period, hemorrhage occurs from
the nostrils, lungs, bowels stomach &
or from some other part of the system.
Its regularity and periodicity
will indicate its nature.

Treatment.

Our treatment will first be
directed to this form of the disease
resulting from an impoverished
state of the blood. Whatever occasion
this anaemia, whether it be a

Lesion of some special organ,
or the previous habits of the patient;
is the primary cause of the
amenorrhoea, and to cure the
the disease, we must remove
the cause. All the secretions
are diminished, or suppressed
when the system is laboring
under any unusual debility,
and we must not ~~do~~ administer
emmenagogue medicines, with
the expectation of exciting the
uterus to action, and leave the
system in a debilitated condition.
But the more reasonable plan
of treatment would be to restore
the lost tone of the system, by
the administration of Tonics,
attention to diet, exercise &c. Then

Should menstruation not succeed
to give emmenagogues. This will
scarcely ever be necessary, as the
especially the (invigorati) Chalybeate
would invigorate the system, and
make the blood more oxygeniferous
while physical exercise, and
nutritious diet, will restore the
strength, and stimulate the va-
rious organs to a healthy action.

If the patient reside in the city,
it is requisite that she be removed
to the country. She must be required
to take a certain amount of exercise
each day, in some rough vehicle, or
on horse back. Each day she might
lengthen her walks, or rides, with
much inconvenience, however un-
disposed she might at first have

Tonics are to be given, of which Clay
the Chalybeates have been most
extensively used. Iron by Hydrogen
may be given in doses a grain, or
a grain and a half, three times a day.
If the patient be consumptive, I
recommend the use of Iodide of Iron.

There are various preparations
of Iron, and every Physician to
his preference for some one of
these articles, most of which may
be used with equally good result.

Every source of fear, grief, or anxiety
of mind should be removed, and excite-
ment should be thrown away, as
they exercise a baneful influence
upon the system. Then if the
do not appear, some of the following
medicines may be given, as

Aloes, Sweet's Tincture of Quiae,
Tinct. Cantharides, Savin, Iodine, &c.
all of which are said to manifest
a powerful influence upon the U.

In that form of the disease,
resulting from Chlorosis, it is
advisable to remove the obstinate
constipation, commonly present.

For this purpose give some active
purgative. After this Dr. Marshall
advises a pill composed of Aloes &
Sulphate of Iron, āāgrj every day
before dinner, - to move the bowels
by some gentle aperient, - exercise
and attention to diet.

Others prescribe minute doses of
Blue Mass, until the tongue be
clear, and the operations healthy.
They keep the bowels open, and give

Some of the Ferruginous preparations
If after such treatment, the woman
does not become regular, we res-
to the more decided emmenagogues
Coloc, Turpentine, Spanish Fly
By exciting the rectum, and urin-
aparatus, are very useful. Warm
Bath, and frictions to the Hypogast-
and Lumbar regions, and a stimu-
lotion of Ammonia and Sweet Oil
injected into the Vagina, are
useful remedies.

When the uterus performs
function regularly, and the flux
is prevented from escaping by
mechanical obstruction; if accide-
does not relieve the woman, she
must be subjected to an operation.
If the hymen be imperforate, it

must be destroyed by the point
of the knife, or scissors.

If adhesion of the opposite walls
of the vagina exists, preventing
the flow, it must be broken up
by running the end of the finger
over the line of adhesion, or by use
of a probe pointed bistoury.

When the Uterus and Ovaries
remain perfect, but by disease
the Vagina has been thrown off, or
from a deformity does not exist
at all, the Os Uteri closes, and
the menses are retained.

Our treatment must be directed
to the forming of a new Vagina
and opening the mouth of the
Cervix. A bougie is to be intro-
duced towards the closed Os, and form.

to remain in situ, until a new
bagric forms around it, when
will eventually take place.

Then a Trochar enclosed within a C.
must be introduced, and plunged
into the uterus, a perpendicular
direction to the surface of the uter.
Being observed, the Trochar may be
withdrawn, and the Canula left
to keep open the artificial Os, as
permits its contents to escape.

The Tumour disappears, the Menstrua
become regular, and the general
Health improves.

When there is general plethora
and vascular irritation of the
uterus, full, strong pulse, pain
the back and head, and flush
of the face, Dr Wood, recommends

Bleeding, Saline Cathartics, Low diet, and warm Hip Bath.

Leeches may be applied to the inner part of the Thighs, and to the Perineum, as long as bleeding is indicated. If the patient suffer much from pain and irritation, a Dover's powder with warm tea, and warm Hip Bath may be given, which is generally sufficient.

In the treatment of
(Consecutive) Consecutive Amenorrhoea
or Suppression of the Menstrues,
reference must be had to
the Cause. If it be an acute
attack brought on by exposure

Cold or wet &c. The patient should be required to take a warm hip bath, warm tea, some Diaphoretic, and she should then be placed in a warm bed when Menstruation will again come on.

If it be the result of fever, with furred tongue flushed face, headache, blood must be taken, an aperient administered, warm hip bath and a Dovers powder. Blood may be taken as long as it is necessary.

If the Suppression be the result of impaired health, nearly the same plan of treatment is pursued as in relation from a

We must recruit the powers of the System, by Tonics, by exercise, and attention to diet.

The bowels must be acted upon by Aloes, so as in a slight degree to excite the pelvic viscera.

We will next treat that condition of the uterus present in Ricarious Menstruation.

If the System is in a plethoric state, we would resort to Local, and general Bleeding; but as a general practice, it is not best to bleed. During the interval of menstruation, Tonics may be given, and a day or so previous to the monthly sickness, I would resort to more decided emmenagog

This Hemorrhage from other parts
of the Eye, relieves the patient
of present unpleasant symptoms
but if it be too copious, and
it is desired to arrest it, Opium
and acetate of Lead, may be
given, which do to a certain
extent control the hemorrhage.