

Thesis

To determine the sex under
the control of the ^h gland
Anna A. Manning

Menstruation.

Menstruation is a term, or name which are apply to a certain ^{group} list of symptoms, or the phenomena accompanying the establishment of a new system of organs. It is a function peculiar to women, and upon its healthful action, depends the process of reproduction. It is recognized under a variety of names, in different sections of country, and according to individual taste, such as Catamenia. - Turns - times - Monthly flow - discharge - Monthly Indisposition - period - menses - flowers - courses - Menstrual flux - Menes &c - The subject of Menstruation is an extended one, and one which might call forth close study, and a deep sense of admiration. The function consists of a periodical generating of ova, and in health is accompanied with little or no suffering. We know that in all classes and species of Animal life the young are produced from an Egg, some of which are developed within the maternal organism while others are matured external to it, to the first belong that of human development. but an ovule always consists of the same essential properties viz. a Vitellus and a Vitelline membrane and are contained originally in the interior of an Ovarian follicle - The organs brought directly into action by this function are the Ovaria & Uterus

and Fallopian tubes. up to the age of puberty they are in a passive inactive condition. But at this time they become more fully developed and the Uterus manifests the higher vital manifestations of irritability and secretions. During these local changes the whole frame and the mental manifestations give signs of greater activity of development. there is a plumpness and development of the whole frame system of the ~~Woman~~ particularly. a laying aside of childish sports and ideas. and a taking on of all those womanly attributes and graces incident to womanhood. if on the other hand the Uterine organs continue undeveloped and the menstrual discharge does not appear the growth of the body is impaired. and the general character and appearance of it is unhealthy, languid, blighted - and imperfectly formed. and there is a consequent mental & physical depression. the ovaria or Egg-beds are two in number. situated on either side of the Uterus at the distance of $1\frac{1}{2}$ inches. and connected with it by means of the Fallopian tubes. and when the Ovary is sufficiently nurtured. it is discharged and transmitted through these tubes to the Uterus. The age of puberty varies greatly usually looked for about the age of 15 but the difference are wide regarding the time influenced

by individual temperament - Climate - mode
of life &c. it is much earlier in warm countries
than in cold, in the robust ^{constitutions} than the delicate -
in cities than country. earlier where the sexes
are brought together as in public manufactures
in our country usually between the ages of
14 + 17 occasionally as early as the 10th year, and
in rare cases not until 19, and the function
continues about 30 years, rarely extending beyond
the 45th year. - ^{in some cases up to 60 years} at this period the ovaries increase
in size - the circulation becomes more active -
in the earlier periods of life the Egg is contained
in a Graafian follicle, which closely embraces
its exterior, and is scarcely larger than the Egg
itself. there are many of these contained
in an Ovary, ranging from 20 to 40 in
number - but they are in different stages of
progression, counting from the centre - those
most nearly matured being nearest the surface.
As puberty approaches those vesicles which
are situated near the free surface of the Ovary
become enlarged by the accumulation of a
colorless serous fluid in their cavity, and by
this effusion it becomes more vascular and
distended, consequently its rupture is accompanied
by an abundant Hem. which takes place
from the internal surface of the cystic follicle
& by which its cavity is filled with blood, and some

animals a number of Eggs mature and are
thrown off at once, but in Human development
where there is usually but one Foetus brought
forth, the Eggs are matured singly, and the
graafian follicle rupture one after another
at successive periods of ovulation, the vasculature
with the recent idea, those from the right Ovary, and males those from the left female
erecting and functional activity of the Ovaries
at each period of ovulation ^{is} ~~is~~ by sympathy
upon the generative organs and produce in
them greater or less excitement - and there
is usually a certain amount of congestion of
the entire generative apparatus - this condition
of system returns at the end of every 28 days.
There have been many hypotheses as to its
periodicity, but it is still an unsettled point
we realize the fact in Health, most when
otherwise we consider it an indication of de-
rangement. They return with regularity from
the time of their first appearance until
the age of 45 years. ^{until their cessation} During this period the female
is capable of bearing children and sexual
intercourse is liable to be followed by pregnancy
but their final disappearance is an indication
that impregnation is no longer possible, in
those women whose Menses are habitual
and regular are much more liable to become
pregnant after coitus, than those in whom
it is absent or irregular. - Menses are suspended

during the continuance of Gestation and remains absent after delivery and so long as the Mother continues to nurse the child.

The Menstrual discharge consists of an admixture of mucous secretion & blood - the blood, which escapes at this time is supplied by the Uterine mucous membrane - it is discharged by a kind of capillary Hemorrhage, similar to that which takes place from the Lungs, only less sudden and violent because it is & is not, and from so many minute points, and is mingled with a large quantity of mucus. Some Authors contend that it is a kind of bloody sweat exuding not only from the body of the organ but from the lining of the Vagina, which to ^{certainly is} my mind is inconsistent from the fact of there being no secretion during the term of pregnancy, which ^{surely} ~~certainly~~ would be an obstacle providing it proceeded from the Vagina the discharge during the first and latter part of the period has a rusty tinge, but in the interval it is nearly of a pure red. in some cases the symptoms are slightly announced then again they are quite troublesome. an uneasy sensation is experienced with feeling of lassitude and of weight in the pelvis - the menstrual flow is only an external sign and accompaniment of a more important

process taking place within, it varies quite as much in quantity - as it does in the time of its occurrence. while it is habitually scanty in some individuals it is abundant in others. such variations depend greatly upon the condition of vascular activity of the system at large, or of the uterine organs in particular, and although the bloody secretion discharge is usually an index of the general aptitude of these organs for successful impregnation, it is not an absolute requisite it is reported ^{that} in some sections of Africa their women never menstruate, or rather there is no appearance of this bloody secretion notwithstanding they become pregnant and bear their children, so provided a mature Egg be discharged from the Ovary at the requisite Period - Menstruation properly speaking exists, and impregnation is possible, after the discharge of the Ovary. the Graafian follicle has no longer any function to perform so it only remains to pass through a process of Atrophy, and Obliteration - as an organ which ^{has} become useless and obsolete, immediately after the rupture of one of these vesicles there is a bloody cavity left in the Ovary which subsequently is obliterated, by a kind of granulating process - somewhat similar

elapse of 10 days if impregnated from the Ovary before it is discharged from the body - impregnated in the Uterus from 19 to 20 days.

in character to the healing of an Abscess
and while it is thus changing it becomes
converted into a peculiar solid globular body
which Physiologists term Corpus Luteum
a name given to it on account of the yellow
color which it acquires at a certain period
of its formation, it forms quite a prominence
upon the surface of the Ovary and at the spot
marking the original rupture there is a minute
cicatrix. a Corpus Luteum is produced at every
menstrual period, and if we examine the Ovaries
of a healthy woman in whom the Meneses have
occurred with regularity for some time previous to
death several of these Corpora Lutea may be
seen in different stages of formation & Atrophy
There are two kinds one which belongs to Men-
struation the other to impregnation, the growth
and Atrophy of those attendant upon Menstruation
are much more rapid than that of pregnancy
We have thus far considered the important physical
changes accompanying the function in a normal
or healthy condition. but the deviations we meet
with are many and exceedingly obstinate of
cure & hold that there are only 3 causes
which should prevent or interrupt this function
they are 1st. the application of cold 2nd and
Anemic or debilitated state of system
3rd pregnancy. 4th Malformation. The

considerations of derangement to which Menstruation is liable comprises that of the chief functional disorders of the Uterine system and in all the disorders and structural diseases of this system - the states of Menstruation are the most important phenomena enabling us not only to form correct ideas as to their nature, but to devise appropriate and successful indications of cure. - Most of our medical authorities upon the subject of Menstrual derangement give us 3 states of disorder, usually designated Amenorrhoea where there is an entire absence of the secretion - or a suspension of it after it has been once established - Dysmenorrhoea where it is painful or suppressed, and Menorrhagia where the flow is too frequent and abundant - or too long in its continuance and these classes are still further divided each of which constitutes an individual study - one must have a thorough knowledge of the laws governing this function in Health. to be able to recognise either as any of these deviations, and thereby prevent the many obstinate forms of Uterine disease which follow Menstruation was designed to be a normal and harmonious function and as such we could liberally

The menstrual Epoch, to our opening portal, through which, the childish girl, is transported to blooming womanhood. she comes as it were into a new stage of existence. the transformation is marked. It is not only her own physical development into beauty, that demands her admiration, but everything around, and about her, calls into being, the aspirative part of her nature - such a condition could be looked for with pleasure. but alas. the reverse of this feeling, takes possession of the Mothers mind in a majority of cases. and why? too often at this time do we see the apparently healthy child droop & fade. I could enumerate a long and various list of confirmatory symptoms - but they are too well known to allow of repetition. This state of things is set before us, by too many of our medical Authorities as a necessity. it should not be it is to ^{some} any mind a falsity. The period of puberty, carries with it important revolutions, and is a function that should be anticipated. and ^{type} here ~~it~~ contended is the great evil. the Mother is silent and the child ignorant. until the change is upon her - and in many cases, for a long period after. with the little knowledge she can gather here and there. she is little wiser than before. and as a result - how many

errors are inculcated. I cannot censure the
Mother entirely, for her silence for until very
recently her knowledge regarding the Menstrual
secretion has been superficial, indeed; fearful
so. Her knowledge extended little beyond the
bare idea of its existence - and that upon it
depended the more important process, of
reproduction - but ignorance arose upon these
vital points. ^{we} cannot deem ^{you} excusable - ^{know that the Medical field is being}
^{opened to women} & so generally, if they had not the sympathy from their
I do censure Mothers, who having every opportunity ^{the evil becomes an individual one}
maintain silence, & insist that Mothers they
talk more with their daughters in a clear &
judicious manner. Teach the importance and
beauty of the function and that it is far
from being ignoble. at the same time change
existing habits, such as might be considered
pernicious, look to their dress - an important
point but little heeded, vary their diet course
of thought & exercise & in accordance with
temperament Climate and disposition - as soon
as they are capable of clear reasoning, place in
before them suitable Medical works - let them
have your fullest confidence, and impress
upon their minds, ~~this~~ important truth, that
they need not, neither must they be, the
poor ^{sickly} & effeminate creatures - that are portrayed
to us in both prose and parody as representatives
of Women. if our girls or even our Women

possessed this knowledge and lived hygienically
in accordance with it. How many subsequent
evils might be averted or if present - removed
and as it regards the final disappearance of
the Menstrues, quite as much attention should
be paid to the condition of system, existing
habits &c. as in the first appearance of them
so it is likely to be followed in many cases
by: Morbid growths, Organic lesions &c. We know
that in the animal economy, there is such an
intimate connection existing between the various
Organs and Structures, that in the establish-
ment and decline of so important a function
there must of necessity - at such a time be
a greater or ~~more~~ less amount of excitability
of the whole system - and therefore to allow
the necessary share of nervous force, see that
the general system is in healthy tone. In-
consideration of the many & obstinate forms of
Uterine disease which now constitutes so large
a proportion of the medical practice, we will
if we are thorough in our investigation, be
compelled to trace the origin in 9 cases out of
10 to the first Menstrual Epochs, so as a preven-
tion of the chronic disorders - which so commonly
follow, let us be just in our counsel and
treatment at this auspicious period, as medical
practitioners it behoves us to have a ready hand

knowledge of diseased action, which is impossible unless we know the conditions requisite for health and with this fact before us ^{us} I have endeavored to obtain and impart a clear understanding of the Function of Menstruation -

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