

ble of its distinctive function—while, by her wish to lengthen out process of lactation, she accomplishes her object.

When marriage is as it should be, a spiritual chord, not a mere joyless and insipid unison; then, impregnation is the woman's highest aim and feeling, and lactation is but secondary. She gives her infant sustenance because she has gestated it; and while she looks with rich delight upon the sustenance, care and culture of her offspring, the process of creation and production is the one which fires her soul with the most intense delight and admiration. For a woman to be so anxious for impregnation, as to neglect the sustenance of her offspring, would be a departure from both the moral and the physical laws of her being; and therefore an insanity. Such a case of course is, of necessity, a very rare one. The mere desire of commerce with the male sex, must not be confounded with the aspiration after offspring. Every true wife appreciates the difference, and every true husband who possesses such a wife can estimate her feelings, though he cannot have them.

We see, then, that there are both physical and moral barriers to the processes of lactation and gestation being simultaneous. If it were possible for woman to perform these processes together, she would be such a mere producing, nourishing machine, as to unfit her for the offices of wife and mother. It is a matter of the highest moment to a woman to be conscious of her duties and her interests, in order to attend to them; and therefore every increase of our knowledge of them is exceedingly desirable.

In order to sustain the process of lactation, a woman must assimilate more food than is required for her own sustenance, and this gives to the organs of digestion and assimilation, and activity and increase which invigorates and enlarge the body. Not only so, but there must be a greater quantity of food employed, in order to perform the process of lactation, than if the child were fed direct, as in gestation. The milk is a secretion, and in all secretions, there is a portion only of the blood employed. That portion of the blood from which the milk has been secreted, is now no longer fit for circulation, and must be re-assimilated before it can be used for any purpose of the animal economy.

By consequence, there must be an increased amount of the excretions, or there will be depositions in the caverns, sacs, and tissues of the body. Hence, often, women who have suckled frequently and long, become pin-guidentous, and lose their comeliness, activity and health. The ingestive and assimilative processes exceed the formative, distributive and egestive ones, and serious depositions soon take place, impeding and obstructing many of the functions requisite for life and happiness. One of the sequences of long lactation is sterility. The ovaries become imbedded in a mass of fat, the fallopian tubes obstructed, and the uterus and vagina overlaid with adipose tissue, so as to be deprived of much of their contractile sensibility.