



INTRODUCTION

THE preparation for motherhood should begin in early girlhood. It is the mothers of to-day who are training the mothers of the next generation. As they deal wisely, or unwisely, with the souls and bodies of their charges, the children of the future are helped, or hindered, in their equipment for the battle of life.

It has been the fashion to educate girls in total ignorance of the subjects that in coming years many of them will most require to be fully informed upon. The structure of their own physical frames, the laws that govern the reproduction of the species, the proper care of children, before and after birth, demand and should have at least as much attention as the study of foreign languages, or the higher mathematics.

Motherhood is the natural lot, as well as the crowning glory of woman. Even if she did not at-