

INTRODUCTION

a mistake. Among other great reforms may be mentioned the limitation of offspring, the defects of heredity, skin troubles, etc.

Foremost in these movements stand the Woman's Christian Temperance Union. Organized primarily to eradicate the evils of drunkenness from the country, they found, when brought face to face with the subject, that a serious problem confronted them; that intemperance in the life of any individual was but a chapter in his history, a chapter whose beginnings lay deep in the mysteries of being.

With a courage born of conviction that future generations can be bettered only by bettering the present, they have taken steps toward permanent reform by an enlightenment of the people.

This is altogether in line with the work which we hope to aid through the agency of this volume—to instruct women in what manner they are directly or remotely responsible for much of their own sufferings, as well as those of their children; and how this may be avoided. That it may have a wide circulation and become an uplift to all who peruse its pages is the sincere wish of

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