

Woman and the Home

The Sanctity of Parenthood

Young people of the next and all succeeding generations must be taught the supreme sanctity of parenthood. The little boy who asks what he is to become when he grows up must be taught that the highest profession and privilege he can aspire to is responsible fatherhood. The little girl may less frequently ask these questions, the answer to which has been imparted to her by her own Mother-Nature—as the doll instinct, so little appreciated or utilized, sufficiently demonstrates; but she likewise must be taught reverence for motherhood. As childhood gives place to youth, what may be called the eugenic sense must be cultivated as a cardinal aspect of the moral sense itself; so that even personal inclination, at the controllable and self-controllable stage which precedes "head-over-ears" affection, will wither when it is directed to some one

to teach explicitly, without unworthy shame, that this instinct exists for the highest of purposes; that nothing which the future holds for boy or girl can conceivably be higher than worthy parenthood.

In the teaching of girls, only a false and disastrous prudery offers any great obstacle. The idea of motherhood is essentially natural to the normal girl. It is the eugenic education of boys that is more difficult, and the possibility of which will be questioned in some quarters. If such a duty devolved upon the present writer, he would feel inclined, perhaps, to present his teaching in terms of patriotism. He would urge that "there is no wealth but life"; that nations are made, not of provinces, nor property, but of people. He would urge that modern biology is teaching historians to explain such phenomena as the fall of Rome in terms of the quality of

CONSTIPATION

Is Productive Of More Ill Health Than Anything Else.

If the truth was only known you would find that over one half of the ills of life are caused by allowing the bowels to get into a constipated condition, and the sole cause of constipation is an inactive liver, and unless the liver is kept active you may rest assured that headaches, jaundice, heartburn, piles, floating specks before the eyes, a feeling as if you were going to faint, or catarrh of the stomach will follow the wrong action of this, one of the most important organs of the body.

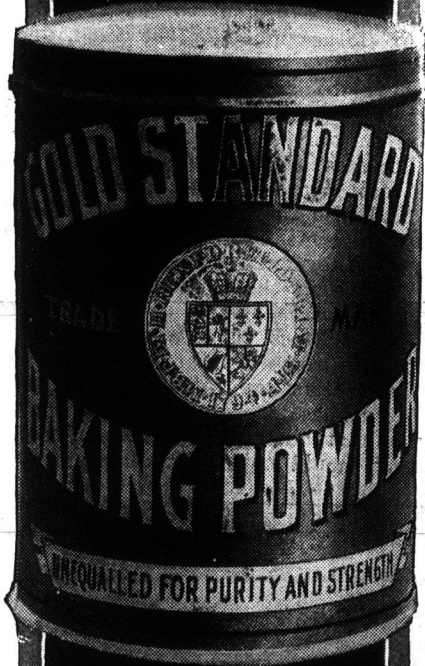
Keep the liver active and working properly by the use of Milburn's Laxa-Liver Pills.

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who, on any ground, offends the educated eugenic sense. There is here a field for moral education of the highest and most valuable kind, both for the individual and the race.

Is there any other aspect of duty which can claim a higher warrant? Is there any hitherto so wholly ignored?

Perhaps we are wrong in regarding and treating the racial instinct as if it were animal and low, a thing as far as possible to be ignored, repressed, treated with silent contempt in education and elsewhere. The development of this instinct is inevitable and little short of imperious in every normal child, if that child is ever to become a man or a woman; and our silence does not involve the silence of less responsible persons who are less likely even than we ourselves to teach the young inquirer that this thing exists for parenthood, and is therefore holy, and to be treated as such.

Our business, rather, is to treat this great fact in a spirit worthy of the purpose for which it exists; and, therefore,

the national life; that therefore, individuals being mortal, parenthood necessarily takes its place as the supreme factor of national destiny; that the true patriotism must therefore concern itself with the conditions and the quality of parenthood—much less than with its quantity. The patriotism which ignores these truths is ignorant, and must be disastrous. We must, therefore, turn our attention from flag-waving to questions of individual conduct.

Ten Short Cuts

Spread newspapers over your kitchen table when dressing fish or cutting up poultry. Then when through destroy the papers and your table is not soiled.

Use crumpled newspapers to wipe grease off plates and cooking utensils before putting them into the dish-water, thereby doing away with that most disagreeable thing—greasy dish-water.

Slip newspapers between your house plants and the windows these cold



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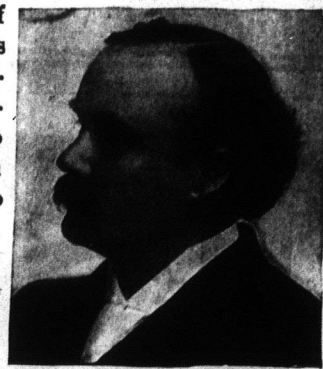
this spring, and in order to encourage apple growing I will give away free this spring 1,000 Hibernal Apple and 1,000 Transcendent Crab Grafts. These are grafts and should grow two feet this season. I will also give away free 500 Lira, one of our most beautiful and hardy perennials. My price for Willow cuttings is \$4.50 per 1,000; \$38.00 for 10,000, express prepaid on all orders of \$3.00 and over.

I have a fine stock of trees, shrubs and fruits. Anything that is not satisfactory may be returned at once and I will refund the money. My prices are 35% less than agents' prices. Send me your address and I will send you my price list with full printed instructions.

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