

WOMAN KNOW THYSELF.

Save Yourself
 much
 SUFFERING,
 Promote
 Your Own
 COMFORT
 and
 HEALTH
 By Reading
 what
 You ought to
 KNOW.



It is a
 PURE
 Book in every
 Sense.
 Written by one
 of the
 Greatest Physicians
 of the
 WORLD,
 for the benefit of
 MOTHERS
 and their offspring.

THE observance of its teachings will bring health, strength and happiness in place of disease and misery. It is by no quack, but the Author is no less than Dr. Chavasse, of the Royal College of Surgeons, and one of the greatest physicians in the world. It is the most complete work ever published, while the language is plain and readily understood.

(See Inside Pages.)