

INTRODUCTION

MAIDENHOOD, wifehood and motherhood and the ideal training for children are subjects which are beginning to attract no little attention throughout the country. Such has been the interest manifested in some sections, that societies have been organized for the cultivation and study of these subjects. Through these means we may anticipate, with all certainty, an improvement in woman's status, physically, mentally and morally. That perfect children are the greatest prize on earth no one will deny, and this is deservedly true in consideration of the fact that children are the prospective fathers and mothers of the next generation.

Child-bearing and rearing should be woman's chiefest study, as well as her crowning joy. It is feared by many on account of its suffering and hardships, but these horrors can be reduced to a minimum, indeed, avoided altogether, by proper knowledge and attention.

This same care and knowledge should extend also to the imparting of a healthy body, a cheerful spirit and a sound mental activity to the child. God has not invented stomachache or convulsions just to keep mothers busy, nor insanity just to keep one's faculties on the alert. All these symptoms are but signs of some deranged function, or an imperfection which can be avoided.

Female troubles, so disastrous to the happiness of women, can generally be traced to improper methods and habits in living, or to the first or subsequent confinement. This fact makes it doubly certain that knowledge of these conditions can not begin too early.

The principles governing confinement and recovery are so simple to-day, compared with the past, that we are confident that we shall see the day when the laborious child-birth will be looked upon as proof of