

ADVICE TO A WIFE

INTRODUCTORY CHAPTER

A good wife is Heaven's last, best gift to man—his angel and minister of graces innumerable—his gem of many virtues—his casket of jewels;—her voice is sweet music—her smiles, his brightest day—her kiss, the guardian of his innocence—her arms, the pale of his safety, the balm of his health, the balsam of his life—her industry, his surest wealth—her economy, his safest steward—her lips, his faithful counsellors—her bosom the softest pillow of his cares—and her prayers, the ablest advocate of Heaven's blessings on his head.—JEREMY TAYLOR.

*A guardian angel o'er his life presiding,
Doubling his pleasures, and his cares dividing.*

ROGERS.

*Of earthly goods the best is a good Wife;
A bad, the bitterest curse of human life.*

SIMONIDES.

1. It may be well—before I enter on the subjects of menstruation, of pregnancy, of labour, and suckling—to offer a few preliminary observations, especially addressed to a Young Wife.

2. My subject is health,—the care, the restoration, and the preservation of health,—one of the most important themes that can be brought before a human being, one that should engross much of our time and of our attention, and one that cannot be secured unless it be properly inquired into and attended to. The human