

THE PHYSICAL LIFE OF WOMAN

ADVICE TO THE
MAIDEN, WIFE, AND MOTHER.

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"Je veux qu'une femme ait des clartés de tout."
MOLIERE.

SYNOPSIS OF THE BOOK.

It treats in detail three particular phases of woman's life, viz : maidenhood, matrimony and maternity. Under the first head, the subject of puberty, its dangers and hygiene, and of love, are discussed from a medical stand-point. Valuable advice is given on the marriage of cousins, on the effects of marriage on woman and man, on "choosing a husband," on "the engagement," on the right time of the year to marry, on the wedding tour, and on many kindred topics. The physiology of the marriage relation is then considered. In the second part of the book, "the wife." It commences with some salutary hints on the "wedding night." Such inquiries of universal hygienic interest as, Shall husband and wife occupy the same room and bed? What kind of bed is most healthful? the dignity and propriety of the sexual instinct, its indulgence, restraint, and physiological laws, &c., are decorously but plainly treated. Well-considered views are advanced in regard to over-production and the limitation of offspring. The author also gives much useful advice to sterile wives who desire to have children, and he answers the question, Can the sexes be produced at will? in the light of the most recent scientific research. Many pages are devoted to the discussion of inheritance, how to have beautiful children, twin bearing, &c. The information in regard to the signs of pregnancy and the said-