

P R E F A C E .

There is too much truth in the common observation "that most of the books prepared particularly for the use of woman are of rather a frivolous character." Trifling pursuits and empty recreations are too frequently recommended to her notice, and whole volumes are sometimes composed apparently for the purpose of teaching woman, the most elegant and fashionable mode of wasting her time and thus unfitting her for the sober business and the inevitable emergencies of life. The preparation of such books is surely a very indifferent compliment to woman, since it is virtually assigning her a place in the scale of moral and intellectual beings, which she neither deserves nor desires. She prefers instructions in those studies and pursuits which are elevating in their tendencies, and which, by directing the mind to the noblest and most useful objects, qualify