

SYNOPSIS OF THE BOOK.

It treats in detail of the three peculiar 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 standpoint. 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 upon 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 avoidance of its diseases and discomforts, the prevention of "mothers' marks" and of miscarriage, is of incalculable value to every woman. Minute, practical and careful directions are laid down as to the proper preparations for confinement, how to preserve the form after childbirth, etc. Under the head of "the mother" the rules for nursing, weaning and bringing up by hand, are copious and would benefit every mother to know. The volume closes with a consideration of "The Perils of Maternity," and of the dangers and hygiene of "The change of life."