

devoted to this subject would not be out of place in the manual. It may be of use and interest to those who desire to know something of the anatomy of the region and yet have not time nor opportunity for more extended study.

The more vigorous, healthy and well-developed woman is, the better chance she has of coming safely through the perils of child-bearing. It is not that delicate women do pass through them in safety, but their children are apt to have less vitality and strength of constitution than if the mothers had been physically finer specimens of womanhood.

Whatever then tends to build up and develop the physique of the girl prepares her the better to fulfil the duties of motherhood. Good food, pure air, cleanliness, exercise, proper clothing, sufficient sleep, all means to the end. From her daughter's early childhood the mother should bear in mind her position in the future and strive to prepare her for it. In so doing she will greatly add to her capability for usefulness and to her happiness in life, whether she becomes a mother or not.

In a previous book, "The Care of Children," specific directions are given for the care of children to secure strength and health from their birth until their youth, so that this subject has been only very briefly touched upon in the present volume.