

another being is dependent upon her own, and that she carries about with her the first tiny rudiments of an immortal soul.

This chapter explains all the signs of pregnancy ; the changes that take place in the face and neck ; the suppression of the monthly flow ; changes in the breast, etc.

Then it gives a sure test for the detection of pregnancy. It tells how a pregnant woman should live during the period of gestation.

Childbirth is not necessarily either painful or dangerous. It can be accomplished easily and safely and with comparatively no pain by following the directions given in "THE LADIES' BOOK OF USEFUL INFORMATION."

Numerous instances are known where ladies who had previously suffered with severe labor in childbirth have, by attending to the directions here given, been delivered of fine, healthy children with comparative ease.

No mother who has attended to the teaching here given but has blessed the knowledge of it, and it has saved many a young mother much needless terror.

It tells all about the ailments that almost always torment women during the trying time of pregnancy, making life itself seem a burden.

These troubles are : Morning Sickness, Toothache, Palpitation of the Heart, etc. It shows that there is no necessity for women suffering as they almost invariably do during this time ; but that these troubles may be overcome by simple, safe remedies which are described in this book, and which may be safely taken by the patient.

It tells all about the medicine which is taken by the Indian women of North America during the period of gestation. It is well known that the women of these tribes suffer very little during childbirth, and it is almost all due to the effects of this wonderful medicine.

The recipe for this medicine, "Parturient Balm," was obtained from an Indian doctor, and is given in this book, together with instructions as to how it is to be taken.

This chapter alone is worth the price of the book to any lady. Every mother, and everyone who ever expects to become a mother, should carefully study the above chapter, as it may be the means of saving her much pain and suffering.

The same chapter explains all about a case of labor ; the signs that show when labor has commenced ; what to give to help the patient ; the different kinds of pains ; the length of time between the pains ; the