

gives birth are sickly, the date of the birth of a vigorous infant corresponding with the decline of her strength and health, indicating that nature's effort to produce a higher blossom has sapped the very sources of the mother's vigor.

Far from being the insignificant function it is commonly regarded, that of motherhood is one by which every fiber of woman's nature is strung to the tension of a higher note and her faculties are strained to the effort. During a period when her physical and mental condition is fraught with such momentous consequences to her offspring and to society in general, any pursuit which strains her attention and absorbs her energies, preventing her meeting fully the responsibilities which she has undertaken, should be avoided; for it is inimical to good motherhood, is incompatible with the higher qualities in the offspring. While woman should not seek marriage as a means of support, yet when love draws her into married life, she should be ready to give up for a while to some extent that independence which is inconsistent with mother—power—with the faculty of good motherhood. The NATIONAL REVIEW writer does not ask that woman be relegated to the position which she held in the past, but that in the excitement of new independence, she shall not forget her great trust—the well being of her children and through them of the race.

According to Dr. Weir Mitchell, this writer says, only about one American woman in a hundred is physically fit for motherhood. She adds "we who from the restlessness and overwork of our lives to day sit with the spectre of nerve exhaustion ever at our board, are rapidly approximating to the physical conditions of our American cousins." Multitudes of constitutions are being wrecked by physical and mental overstrain, by over-education which exhausts nerve power and demagnetizes the blood, as the sallow skins nerveless faces, lustreless eyes and heavy anæmic lips, sufficiently attest. When girls are coming into womanhood their powers are overtaxed, health of mind and body is lost, spontaneity and originality under a high pressure system are crushed out and womanhood in its immaturity is dwarfed. The remedy and relief must be sought in the education that develops and cultivates the nat-