

and heredity are the two great factors which cause the changes wrought by evolution. Be the environment a good one, evolution will tend upwards; if a pernicious one, then downward, for evolution works both ways. Every people passes through three stages—uncivilization, civilization, and decivilization. In these enlightened days we are apt to think that we will escape the last of these changes, but as sure as day follows night and night day, we will reap what we have sown. The physiological cycle of woman is comprised of three factors: Ovulation, pregnancy, and lactation. These should follow each other in physiological sequence, one being completed before the next is begun. Every physiological act or function is accompanied by a physiological hyperemia, and as each organ, ovary, uterus, and mammæ are active in turn, so the blood stream is directed to each. If from any cause this normal cycle is interfered with, and more blood than is required to meet the demands of the non-functionary organs be directed to them, then the one supposed to be in an active functioning state is deprived of its normal amount of blood, and its functioning power is lessened.

Ovulation, with its attending sexual excitement, is to the mammal what blossoming is to the plant, an evidence on the part of each that a seed is ready for impregnation. With mammals other than the human species, ovulation is confined to distinct seasons, the mating times of the year or years. Ovulation is usually followed by fecundation, pregnancy, and lactation. This is the physiological generative cycle of mammals. In the human female this cycle is interrupted by a lesser, a monthly one, which consists of ovulation and menstruation; it is a pathological condition arising out of non-adherence to the laws of nature. In primitive woman the larger cycle predominated, but as the scale of civilization is ascended, the lesser cycle becomes more and more prominent, until it predominates. Ovulation precedes menstruation, and the latter is an evidence that impregnation has not occurred. It is the depletion of a hyperemic uterine mucous membrane, which was being prepared for the reception of an impregnated ovum. Every menstruation is a disappointed pregnancy, and is, therefore, an abnormal state. It does not occur in other forms of mammals, except in a few anthropoid apes living in captivity. Mating with the primitive woman was much the same as with the brute creation; as soon as she was sexually matured, she married, and entered on the generative cycle of a mammal. As she nourished her child for at least two years, the time of the generative cycle would be about three years. Primi-