

PREFACE

“**M**EN may rule the race, but women govern its destiny,” is a saying that grows stronger with each advancing decade. Woman’s labors and successes, in the various fields and affairs of life, are calling daily for more and more attention. While we admire her in her new role, with her efforts toward success in society, literature, science, politics, and the arts, we must not lose sight of her most divine and sublime mission in life—womanhood and motherhood.

The hand that rocks the cradle, the mother of the coming man, is too important a factor to be disregarded even in the slightest degree; and while all the world is alive to woman’s progress, accomplishments and attainments; while artists and thinkers in the various fields are assisting her with stepping-stones to attain her goal, she, with her good sense, is keenly on the alert to keep up a corresponding development in the physical, mental and spiritual elements that go to make up her being, realizing that only through perfection in these can she remain permanently secure on her lofty plane.

Great men of all times have traced their lofty ideals and talents, and indeed the whole of their success, to their mothers. A mother’s influence, both on body and mind, and her powers of transmission of habits, good or bad, are many times stronger than are those of the father. So delicate are such influences, so subtle the life-giving power and the stamp of individuality, that, while she lays the foundation for the offspring, she stamps indelibly upon the child the surroundings, influences, her condition of body, and her thoughts in such a way as to affect the child all through its entire existence.

To every woman in the land, then, we would say: This is a subject worthy of your highest thought and closest study, as well as your most prayerful effort. Inform yourself on the natural laws governing maiden-