

least it is certain they should not be foolishly idle; and on the other hand, it is equally certain that they should be relieved from painful laborious occupations that exhaust and unfit them for happiness. Pleasant and useful physical and intellectual occupation, however, will not only not do harm, but positive good.

INTELLECTUAL ACTIVITY AND PARENTAGE.—Another question of interest is, whether great intellectual activity is favourable to maternity, or the reverse. There is probably but one answer to this question, and that is—"the more personal expenditure of nervous energy, the less maternal vigour." If all the life-force is used up on the brain and nerves, little is left for the processes of procreation. Great and constant nervous exertion involves a costly outlay of life.

E. Ray Lankester, in his excellent Prize Essay on Comparative Longevity, says: "It is noteworthy that the generative expenditure is lessened in women when the personal expenditure is increased, as is distinctly observed in the United States of America, where the women are intellectually far more active than elsewhere, and suffer, so far, from the relatively enormous costliness of nervous outlay. Thus the material of generation serves as a store which is drawn upon before the general powers involving longevity are affected in women." The reader, however, must not misunderstand this quotation. It does not teach that women may not become cultivated and intellectual without loss of procreative power, but they must not use up too much of their energy in intellectual activity if they wish to become mothers. Engrossing literary pursuits, no less than anxiety, care, and an overtaxed physical system, interferes with procreation. There are those who spurn child-bearing as ignoble compared with intellectual labour, but the successful rearing of noble boys and girls, is the greatest work that has ever been accomplished on this planet. Literature, art, science, all pale before it. In it

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