

# WOMAN KNOW THYSELF.

Save Yourself  
SUFFERING,

Female  
Tear On  
COMFORT

HEALTH  
By Dealing  
what

You ought to  
KNOW.



It is a  
PURE  
Book in every  
Sense.  
Written by one  
of the  
Greatest Physicians  
of the  
WORLD,  
for the benefit of  
MOTHERS  
and their offspring.

CHAPTER III.  
The observance of its teachings will bring health, strength and happiness in place of disease and misery. It is by no quack, but the Author is no less than Dr. Chavasse, of the Royal College of Surgeons, and one of the greatest physicians in the world. It is the most complete work ever published, while the language is plain and readily understood.

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A COMPLETE INDEX TO PART II.

We append only a few of the notices that this work has received from physicians, clergymen, and the press. Suffice it to say, that no one has yet spoken but in the most complimentary terms of this great work.

PHILADELPHIA, December 9th, 1870.  
Having examined the work of Dr. P. H. Chavasse, entitled "Woman as a Wife and Mother," I can recommend it to those for whom it was written, as containing much valuable information eminently proper for them to know.

The advice given is conveyed in clear and popular language, and is well calculated to promote the health, the comfort, and in some respects the morals of the women of our community. It is well worthy, therefore, of an extensive circulation.  
J. AVILES MASON, M.D.,  
Jefferson Medical College.

As a practical work, based on the experience of a medical man who is thoroughly alive to the hygienic, moral, and domestic interests of woman, the "Advice to a Wife on the Management of Her Health," by P. H. Chavasse, F.R.C.S., etc., now in its tenth edition, is deserving of the remarkable success with which it has been greeted. It is creditable to him at a time when so many pseudo-medical popular books so-called are being issued, that so really useful a work as this should be so much appreciated. The subjects embraced in it are such as are of the utmost importance in every household, treated by the presence of a wife and mother. The advice conveyed is not intended to supersede that which an intelligent physician by his personal presence can alone impart, but to instruct woman in the proper care and preservation of her own health, and in all the essentials to her physical comfort on which her happiness in the married state so seriously depends. The author will have successfully accomplished the evident purpose of his book, if, by his appropriate suggestions, on subjects connected with maternity more especially, he causes the sex to reflect upon the numerous elements of physical derangement or discomfort, by the avoidance of which their own health and that of their offspring may be more surely promoted.  
R. J. DONALDSON, M.D.

PHILADELPHIA, December 12th, 1870.

It is a very valuable hygienic treatise by a popular English medical writer, explaining the physiological condition of good health, and abounding in practical directions and counsels of the greatest importance in the management of a family.—*New York Tribune*.

An American edition of a work, the great value of which has been widely recognized for some years. In England it rapidly reached the eighth edition, and has received the endorsement of the highest medical authorities. It is already largely known and appreciated in this country; but this edition, which is an exact reproduction of the latest English one, eminent physicians having pronounced revision unnecessary, should, and doubtless will, by placing it within the reach of the masses, greatly enlarge its sphere of usefulness.—*Philadelphia Inquirer*.

This book is divided into two parts, "Advice to a Wife," and "Advice to a Mother." The author is an eminent English physician, and his advice is, no doubt, sound and worthy of the attention of the classes of persons to whom it is addressed. The book is admirably arranged, and its whole scope is excellent.—*Daily Alta Californian, San Francisco*.

The title of this valuable work, the nature of which is indicated in the above, is an eminent English physician of the largest experience. The work is divided into two parts:—The Wife; II. The Mother—and was written especially for English wives and mothers; but the excellent advice, and practical suggestions are equally well adapted to, and as such needed

by American women. It deserves careful attention and a wide circulation.  
—*United Presbyterian, Pittsburgh, Pa.*

ROSE, WAYNE COUNTY, N. Y.  
GENTLEMEN—I have examined the work, "Woman as Wife and Mother," with care. I think it one of the most important works extant. It is a work of philanthropy and religion, indeed to circulate it, and prevent the thousands of ills and loss of lives that result from ignorance.  
REV. L. F. JOHNSON.

This book has had an extraordinary sale in Great Britain, having reached the tenth edition, and is still meeting an unabated demand. Its prime merit, next to the ability which its pages display, is the direct and unflinching method which the author has adopted. In other words, Dr. Chavasse rises to the height of the responsibility which attaches to an attempt to tell the whole truth to the wives and mothers of this generation. And at however great length we might extend a review of the work, we should find no more powerful words of consolation than are embraced in the above sentences. It leaves no question which is pertinent unasked, and the answer is always so clear that the uneducated, if able to read at all, can comprehend both the suggestions and directions. We have no hesitancy in regard to the importance of the wisest possible dissemination of the knowledge which is embodied within the limits of this book; and we do not doubt but that a great advance in health and lengthened would result from its introduction into every family in the land.—*Chicago Democrat*.

It is the treatise of a skilled and experienced physician, addressed to woman upon the preservation of her own health, and the management of the health and treatment of the diseases of her children. It is ably and though difficultly written, presents the subject plainly and, in detail, and may be studied to advantage by the maiden as well as by the mother.—*Chicago Evening Post*.

This volume, by a prominent English physician, is one of great value to mothers who desire to rear their children judiciously. The treatise contains the results of long devotion to this particular and special study. The work has been carefully revised by Sir Charles Lushington, the first physician-accoucheur to Queen Victoria, and in its improved state is the most valuable manual we have yet seen. If treated with the respect it deserves, it will not be long before it is in every nursery, as a safe guide and counsellor.—*Chicago Daily Tribune*.

This work is written especially for women, and is designed to teach them, in plain, simple language, how best to guard their own health and that of their offspring. The author is one of the most celebrated physicians of Europe, and treats his subject with a rare delicacy and yet earnest freedom, which is admirable. He writes for no present taste, but aims to point out truths which, if heeded, will prove of incalculable benefit to woman in every position of life.—*The Western Rural, Chicago, Ill.*

This work has received the very highest endorsement in this country and England. More mature life presents many questions which a wife and mother is not always willing to submit to her family physician. All these are anticipated by the author, and his replies are embodied in so dignified, respect and trust. The process went with trash on these topics, for scribbles and publishes very well hence the public demand. Every one of these books may be set aside, for the sake of giving the preference to the advice of Dr. Chavasse.—*Northwestern Christian Advocate*.

## CAUTION BE CAREFUL TO GET THE RIGHT BOOK.

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# W O M A N AS A WIFE AND MOTHER.

BY PYE HENRY CHAVASSE, M.D.

The subjects in this volume are of the utmost importance to the head of every household, whilst from their very nature they must be treated with the greatest delicacy. The country is being flooded with works written by very inferior authority, and in many cases by physicians of doubtful reputation, with little or no experience. Through extensive advertising they attain large sales, and tend to produce evil consequences. No wife or mother can study this book and not learn from its pages many things new and valuable to her life and happiness. Its language is plain and easily understood, and no objections can be made to its teachings. It caters to no prurient taste, but the sole object of the writer is simply to give needed information—to put you in possession of facts of science and nature necessary for you to know, if you would fulfil the duties demanded of you. The physiology of marriage is plainly discussed, with judicious hints in regard to the early relations of Husband and Wife. The advice and instructions to the young wife are very minute and copious, covering the entire range of duties and experiences of Wife and Mother. She is fully instructed in the physiology of child-bearing, pregnancy, its signs, its ailments and their remedies,—miscarriage, its dangers and how avoided,—preparations for confinement, and the management of Mother and Child. Careful directions are given with regard to nursing, weaning and bringing up by hand, with a full description of the ailments and diseases to which infants are most liable, with their proper treatment and remedies. How many women enter upon a married life, totally unprepared for the perils of their new relation? The daughter shrinks from seeking information from even her mother, whilst generally the mother has little information to impart; she trusts to her family physician, who cannot always be on hand when wanted. How often is it too late when he arrives to do more than try to make his patient more comfortable, to save her some of her sufferings. This little work will tell you what to do in just such cases, how to manage your children also, that they may live to be healthy men and women; to relieve their pains and aches, and teach them to love, honor and obey their parents. Is there anything of more importance to the parents of this country? Read it then, and keep it by you for reference.

For a fuller description of the work you are referred to the accompanying Table of Contents.

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