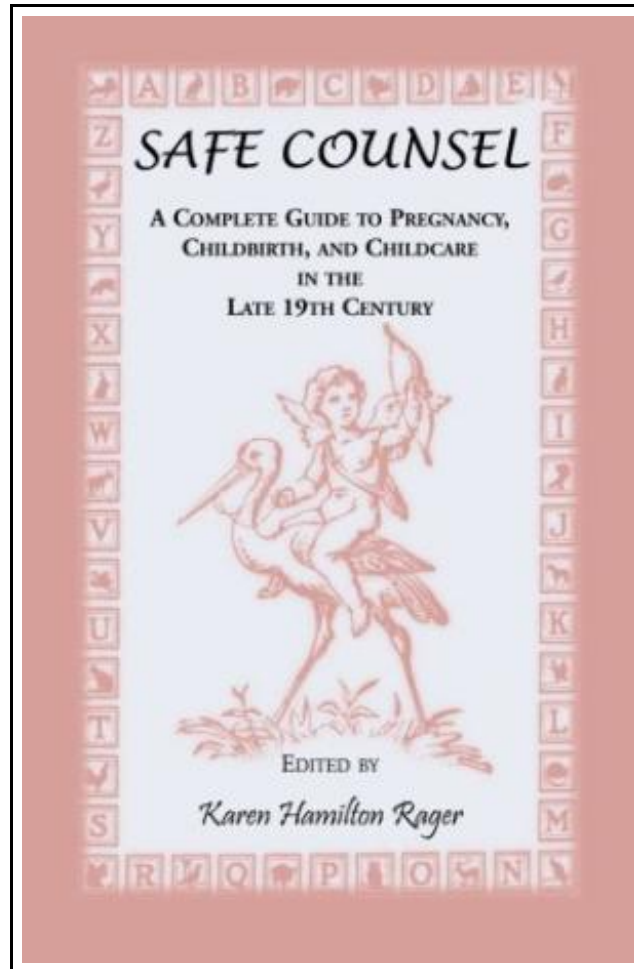


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Heritage Books, United States, 2013. Paperback. Book Condition: New. 208 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.B. G. Jefferis, M.D., Ph.D. and J. L. Nichols originally published this volume in 1897. According to the original authors KNOWLEDGE IS SAFETY, and their medical knowledge from before the days of disposable diapers will be of great interest to historians, researchers of women s issues and the general reader in light of modern medical, social and scientific advancements. These pages reflect attitudes towards women, common family planning practices, and scientific truths of the times, giving the reader a deeper understanding of day to day life and beliefs during the late 1800s. This volume covers procreation disorders such as impotence and sterility, health during pregnancy, pregnancy advice including dress and diet, confinement during delivery, newborns and their care, home lessons in nursing sick children, and treatment for the diseases of infants and children including home remedies. Many of these home treatments, advising a simple diet and exercise, make the reader smile at their ageless wisdom. Some advice will make the reader grin - Pregnant mothers should avoid thinking of ugly people. Also avoid ungraceful position and awkward attitude, but cultivate grace and beauty in herself. Avoid difficulty with neighbors or other trouble. Charming period illustrations augment the text. Appendices include a Dictionary of Medical Terms and Old Disease Names and Their Modern Definitions. Includes illustrations and an appendix.

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