

**PARTURITION WITHOUT
PAIN: A CODE OF
DIRECTIONS FOR ESCAPING
FROM THE PRIMAL CURSE**

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Parturition without Pain: A Code of Directions for Escaping from the Primal Curse by M. L. Holbrook

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M. L. HOLBROOK

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PARTURITION
WITHOUT PAIN;

CODE OF DIRECTIONS

FOR ESCAPING FROM THE PRIMAL CURSE.

EDITED BY
M. L. HOLBROOK, M.D.,
Editor of the "Herald of Health."

"Neither shall there be any more pain, for the former things are
passed away."—Rev. xxi, 4.

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P R E F A C E.

ORIGINALITY has not been sought in this little work. All that has been attempted is, to set forth briefly and clearly the nature and importance of childbearing, the slightness of its real dangers, and the best methods of alleviating its discomforts and sufferings.

The subject is itself extensive, and an immense range of related topics have a direct and important bearing on it. The difficulty has accordingly been not to find what to say, but to decide what to omit.

It is believed that a healthful regimen has been described; a constructive, preparatory, and preventive training, rather than a course of remedies, medications, and drugs. The cooling, soothing, and nutritious Fruit Diet system is the central idea of the book, and it is believed that every

recommendation in it is in harmony with that system.

Among the authorities who have been consulted and quoted or used, are the following: Bull, Dewees, Duncan, Gleason, Lozier, Montgomery, Napheys, Pendleton, Shew, Storer, Tilt, and Verdi.

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PARTURITION WITHOUT PAIN.

CHAPTER I.

HEALTHFULNESS OF CHILD-BEARING.

CHILDREN are a good and not an evil. A human being who is not to some extent fond of children, who does not to some extent desire to have children, is defective—maimed; just as a person is who is unable to take pleasure in music, or who is incapable of distinguishing between right and wrong, or who cannot feel sympathy with the pleasure or pain of other people.

Accordingly, the cases of men, and still more of women, who do not desire children, are comparatively few, and are exceptions. They have always been, and still are, recognized as unfortunate instances of sickly or deformed natural constitution, or of the harmful influence of unhealthy social conditions.

The whole range of history, the whole range of to-day's unperverted human nature, show a pro-