

**FOR GIRLS: A SPECIAL  
PHYSIOLOGY; BEING A  
SUPPLEMENT TO THE STUDY  
OF GENERAL PHYSIOLOGY**

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For Girls: A Special Physiology; Being a Supplement to the Study of General Physiology by Mrs. E. R. Shepherd

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**MRS. E. R. SHEPHERD**

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GENERAL PHYSIOLOGY

BY  
MRS. E. R. SHEPHERD.

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## PREFACE.

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THE author of this book lays no claim to originality of subject-matter. She has nothing new to say. She does, however, claim originality upon one ground, that of making selections from the writings and teaching of others, and from observation and experience; that of culling here and there knowledge, facts, motives, ideas, and grouping them into practical form.

Seeking to make the material for instruction as complete as possible, she has seized upon and appropriated anything which could contribute to the general design. She has only sought to adapt what others have said to the good of the class for whom she has written.

She herewith submits her efforts to the common sense of her audience, and the common need of our common natures.





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## TO MOTHERS AND TEACHERS.

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It is only fair; it is, in fact, the natural and proper way to reach the daughter through the mother, or the teacher who stands in the place of the parent. The mother has a right—and if she feels a lively interest in the welfare of the daughter, will demand the right—to first, herself, examine that which persons outside the home-circle desire to press upon the attention of the daughter. It is in recognition of this right, and also in the hope of obtaining your co-operation, that this circular is addressed to you.

There have been, inside of fifty years, many works on anatomy, physiology, and hygiene, prepared expressly for schools and colleges, and a rather extensive introduction of this study into our institutions of learning. There is one branch of this subject of a private nature which, on that account, can never occupy a place in recitations admitting both sexes at the same time. A knowledge of special and private subjects pertaining to the health and being of a girl is of vital importance to her. This knowledge, more or less of it, *must come* to her, if she lives to womanhood. Hitherto the only available means for obtaining it was by experience, accident, or stealth. These are three poor teachers; if the first, the child will, in nine cases out of ten, damage and perhaps sacrifice health before she will learn; if the second, then the danger is in learning only a part, and of having much that is impure