

**MATERNITY: OR THE BEARING
AND NURSING OF CHILDREN:
INCLUDING FEMALE
EDUCATION AND BEAUTY**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649644704

Maternity: Or the Bearing and Nursing of Children: Including Female Education and Beauty by
O. S. Fowler

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O. S. FOWLER

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M A T E R N I T Y:
OR THE
BEARING AND NURSING
OF CHILDREN.

INCLUDING

FEMALE EDUCATION AND BEAUTY.

BY O. S. FOWLER,
EDITOR OF THE AMERICAN PHRENOLOGICAL JOURNAL.

*She is queen on earth who brings forth and brings up the best children
A perfect mother is a perfect beauty.
Oh! I had rather bear one fine child, than enjoy all other earthly good*

SECOND THOUSAND.

NEW YORK:
FOWLERS & WELLS, 131 NASSAU-STREET;
AND 142 WASHINGTON-STREET, BOSTON.
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O. S. FOWLER,

in the Clerk's Office of the District Court for the Southern District of New York.

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P R E F A C E .

THAT the various states of the mother's mind and body, before the birth of offspring, go far toward determining their health or debility, amiableness or ill nature, intelligence or stupidity, and all their other mental characteristics, is a momentous truth which all prospective mothers should fully understand, and which renders child-bearing inconceivably momentous in its influence on human destiny. To the elucidation and enforcement of this eventful law of nature, this work is devoted. It teaches mothers what regimen and conditions, in them, will secure the best constituted children; shows how to provide beforehand for a safe and easy delivery; teaches husbands what duties they owe their wives during pregnancy and nursing; gives directions respecting infantile regimen, and the early habits and management of children; and, last but not least, it shows how to prepare girls to bear a far higher order of children, as well as how to rear them after they are borne; that is, it shows how to fit them for the great function of the female, namely, CHILD-BEARING and REARING. It moreover, in doing this, analyzes female beauty. In short, it reflects upon this whole subject the sunlight of Phrenology, Physiology, and Magnetism; and as such, supplies a connecting link between the author's other works on man's social relations. Thus, his "Matrimony" treats SELECTION, COURTSHIP, and MARRIED life phrenologically; his "Hereditary Descent" applies the laws of transmission to the perfection of the ORIGINAL CONSTITUTION of offspring, by showing what unions will produce the most highly endowed germs of humanity; while his "Love and Parentage" teaches husbands and wives into what states of mind and body they should throw themselves in order to stamp the highest order of mental and physical organization upon prospective offspring, or how to PA-

RENT offspring. This work crowns the climax, by teaching mothers how to CAREY children, that is, how to manage themselves while fulfilling the highest and only SPECIFIC relations of the female as such, namely, the maternal. His "Physiology," "Self-Culture," "Memory," "Religion," etc., then complete this range of subjects, by showing how to conduct the physical, intellectual, and moral education and government of the young in accordance with the physical, mental, and moral laws of our being.* When mankind understand and obey the laws of love, matrimony, generation, maternity, and education, will the millennium open upon our benighted world in very deed, and our race be regenerated and infinitely exalted, but not till then. Right education can do much, yet infinitely more when its subjects are endowed by NATURE with strong physical, high moral, and powerful intellectual capabilities, than when they are weakly, vicious, and addle-brained by CONSTITUTION. These reproductive and educational laws, understood and applied, will almost banish sin and suffering from our earth, restore to all mankind the garden of Eden in ten-fold luxuriance, and render our world a literal paradise of holiness and happiness. Man, so far from being a base-born son of perdition, "is created in the image and likeness of God" himself, and all required to restore to him his primitive god-like capabilities and perfections, is RIGHT GENERATION, BEARING, and EDUCATION. Prospective mothers, be conjured, by all the ecstasy of maternal joy with which splendid children will swell your exulting souls, and by all that untold shame and anguish with which their inferiority and depravity will rend your souls perpetually, to LEARN and FULFILL these infinitely-momentous relations.

402. PROPRIETY OF OUR SUBJECT.

Some condemn this subject as improper and injurious; but if it be so incompatible with female purity to study these

* All these works will be intimately related to each other, arranged in volumes, bound in uniform style, and entitled, "Phrenological Library."

maternal relations, how much more so to FULFILL them! Away with such prudery! It is a relict of American squeamishness, as unnatural as it is injurious, and fast passing away. Whether the author's MODE OF PRESENTING this subject is or is not judicious, is another matter. Of this, mothers are his judges, because they have lost their fastidiousness, yet retain all their true delicacy; but neither girls or old maids are proper umpires. Thousands of mothers, after having heard his lecture on this subject, have exclaimed, "Oh, I would have given the world to have known this at my marriage!" LOVE OF OFFSPRING is one of woman's predominant and most charming characteristics. Hence her hungering and thirsting after this species of knowledge. Nor should the maiden blush to learn how to fulfill those maternal relations which are as much a necessary consequence of marriage, as heat of fire. For what but to bear children was woman—was the female AS SUCH—created? For what else was the conjugal instinct ordained? Nor should any female ever be led to the hymenial altar till she knows how to manage herself at this period. My daughters must understand this whole subject thoroughly. None are marriageable till they do. Nor can young women learn any thing of equal value to themselves or their prospective offspring, or neglect to learn any thing equally at their peril. To show woman how to bring forth and bring up a high order of human beings, instead of those scrawny, imbecile, and depraved offcasts which throng our earth; to save mothers from those pains and premature deaths now so incident to maternity, are these pages sent forth. May they make better MOTHERS and better HUSBANDS of all who read them.

408. EXPLANATION OF THE SMALL RAISED FIGURES OF REFERENCE.

To secure all the advantages of copious repetition without any of its evils, or even disfiguring the page, and to present the various bearings of the various points treated in this work upon each other, as well as to form into one connected series all the author's works, each general principle proved

and point presented in them all has its appropriate heading NUMBERED, and reference is made to them by small elevated figures called SUPERIORS. And the various works referred to are designated thus: ^p refers to that passage of Physiology numbered 17; ^s to "Self-Culture," ^m to "Memory," ^{mat} to "Maternity," ^{matr} to "Matrimony," ^w to "Woman," ^r to "Religion," etc. The utility of this original device of thus connecting and fortifying subjects in hand by those previously presented, will doubtless be appreciated by thorough readers who would comprehend the bearings of the principles presented on each other, and grasp and digest each work, or all his writings, as a whole; yet each book can be as fully understood separately as if such reference had not been made.

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