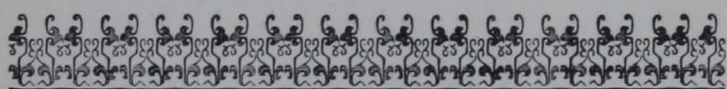


LADIES  
GUIDE







LADIES' GUIDE IN HEALTH AND DISEASE.



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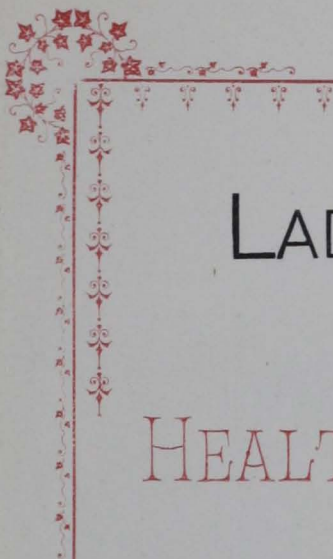


20-  
To Mrs. Farley  
from Mrs. C. W. Morton

Christmas 1899



*Yours truly,  
J. H. Kellogg*



# LADIES' GUIDE

— IN —

## HEALTH AND DISEASE.

Girlhood, Maidenhood, Wifehood, Motherhood.

By J. H. KELLOGG, M. D.,

Member of the British Association for the Advancement of Science, The Societe d'Hygiene of France, The American Public Health Association, Editor of "Good Health," Author of "The Home Hand-Book of Domestic Hygiene and Rational Medicine," "Man, the Master-piece," and Various Other Works.

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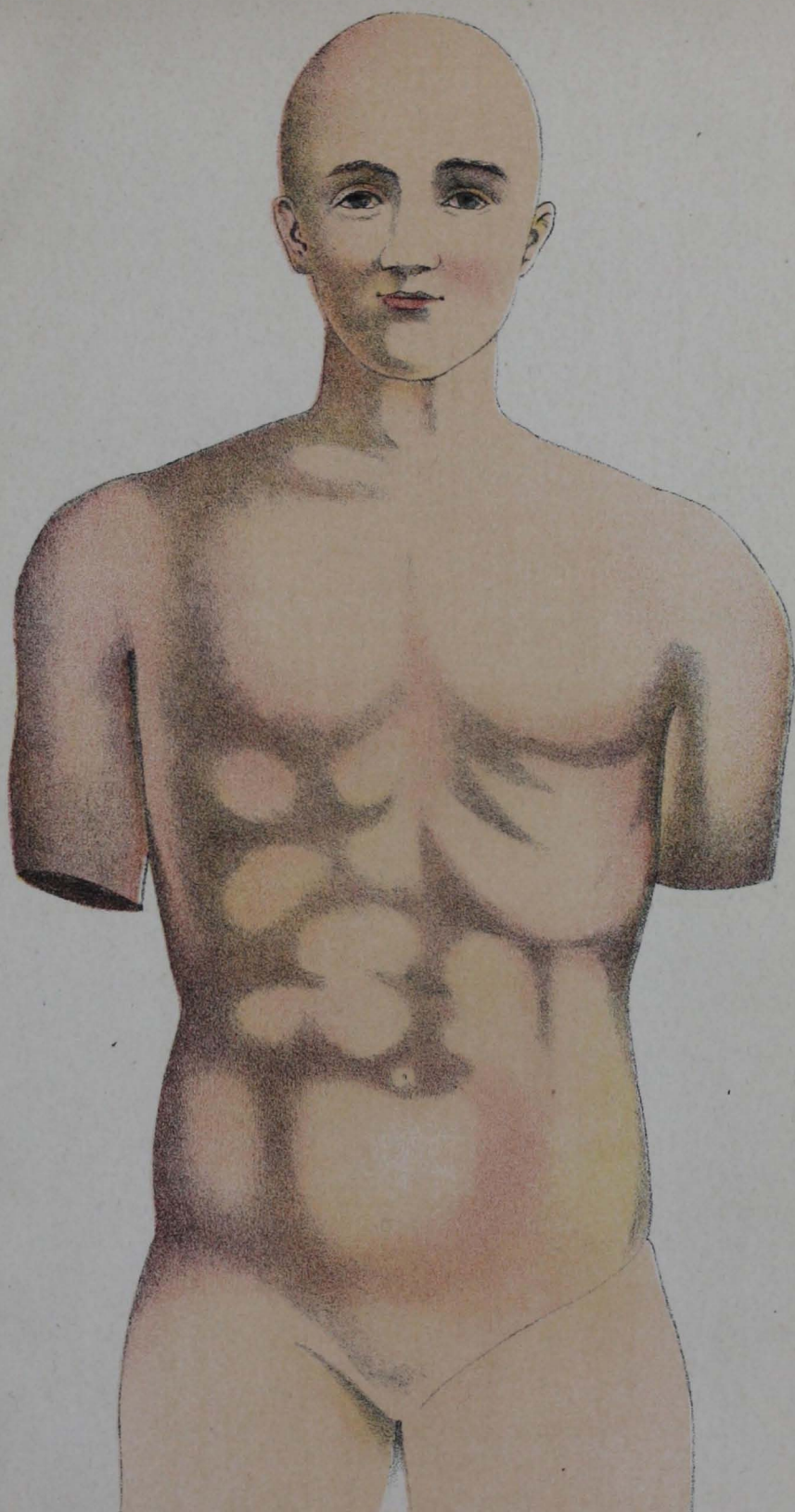
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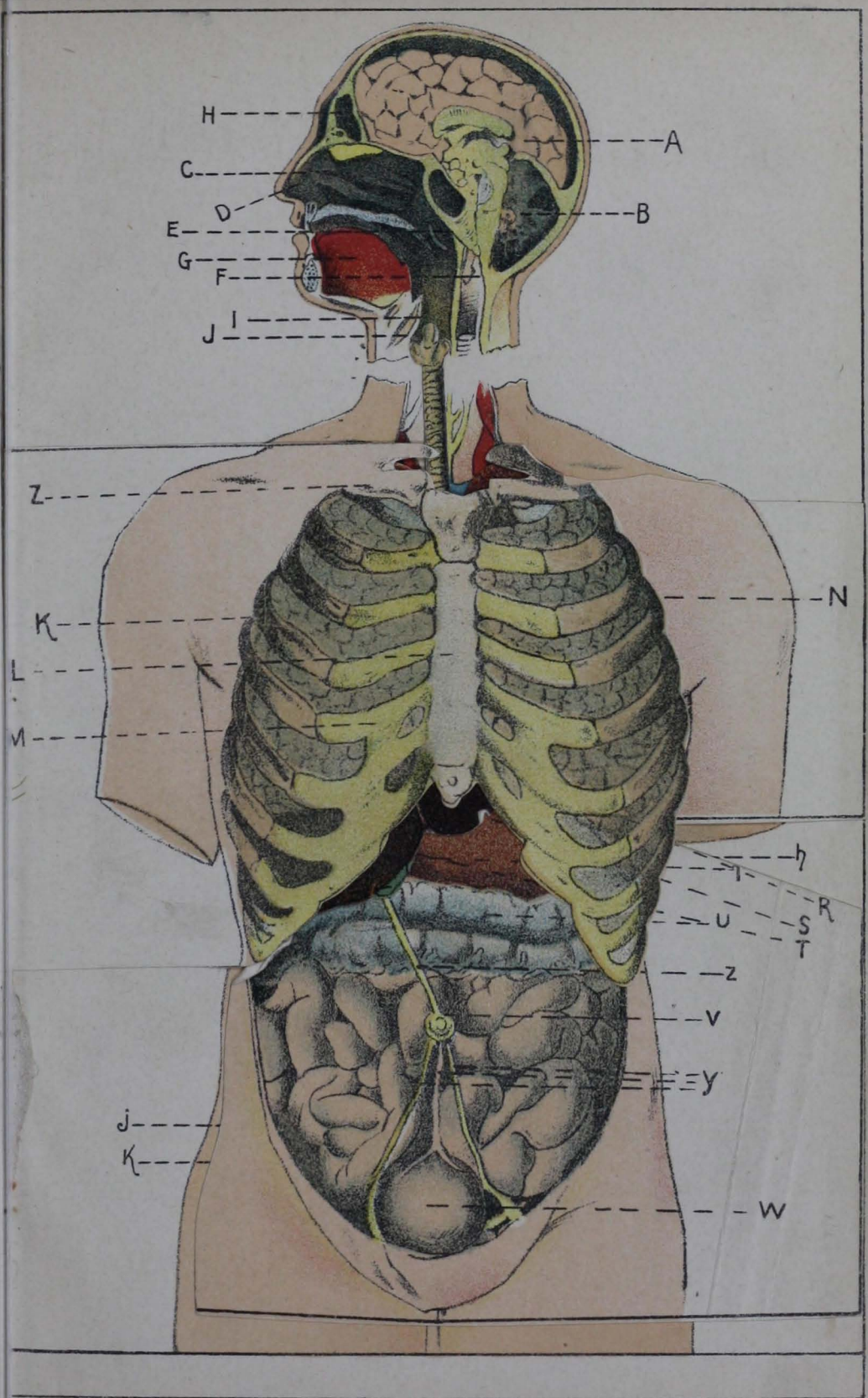
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## PREFACE.

THE author of this volume was induced to undertake its preparation by the belief that there was a real and urgent demand for such a work, and the hope that the effort would do something at least toward supplying that demand. The very remarkable increase in the number and frequency of that very large class of maladies familiarly known as "diseases of women" observable in modern times, especially among the women of the more civilized nations, and those of this country in particular, has attracted the attention of many intelligent physicians. The ailments from which women suffer constitute a large part of the practice of the majority of physicians, and probably contribute more to the support of the medical profession than any other class of maladies. So numerous and complicated has this class of diseases become in recent times, that a new race of specialists has sprung up, who confine themselves exclusively to this branch of practice; and many a fashionable woman has her favorite gynecologist as well as her favorite milliner or dress-maker, and is as much dependent upon the first to keep her internal arrangements in proper order as upon the second and third to regulate her head-gear and garments in accordance with the ruling fashion. We have no sympathy with that large class who seem to consider chronic invalidism necessary to gentility; and it is not the purpose of this work in any way to increase or exaggerate the tendency in this direction which is so apparent among civilized women at the present time. What we hope to do is in some degree to mitigate this growing evil by calling attention to the causes out of which it springs, and pointing out the remedy.

The fact to which we have above referred has received many different interpretations. One author attributes the increasing physical infirmity of woman to her increasing intellectuality; another, to faulty methods of education, particularly the co-education

of the sexes. Still another, and an eminent authority, attributes the failure in health from special ailments of so large a porportion of the female part of the population to the malign influence of some subtle agency native to the country and wholly beyond the reach of human control. One of the prime objects of this work is to show that the sufferings of civilized women from special diseases above those of other races, is not due to injurious climatic influences, nor to excessive mental culture and development; but to a lack of physical culture, defective home training, sedentary habits of life, too much excitement, especially during the developing period, and numerous other causes which may be removed by proper attention on the part of parents, if the effort is begun at a sufficiently early age.

Believing that the growing delicacy and increasing susceptibility to disease and lack of endurance so manifest, especially among English and American women, is chiefly due to neglects of various sorts arising from ignorance of the laws which relate to the proper development and maintenance in health of the special set of organs characteristic of the sex, we have deemed it best to present as an introduction to the more practical portion of the work a concise description of these organs and their functions. We are well aware that in the minds of a few the anatomical portion of the work will be considered objectionable; but this has not deterred us from presenting this part of the subject in such a manner as we hope will accomplish the desired end; viz., the education of those into whose hands the work may fall respecting the important functions considered, to such a degree as to enable them to avoid, if they desire to do so, the pitfalls into which so large a share of their sisters fall, thereby preserving and increasing their store of that choicest of all possessions, GOOD HEALTH, and fitting themselves to transmit the same as a priceless legacy to their children.

The old adage, "A little knowledge is a dangerous thing," has done a vast deal of mischief both in deterring those fitted to impart useful information on these topics from giving it, and discouraging those who needed such instruction from seeking it. We have never yet known a case in which a woman was injured by scientific information respecting her own body and its functions. We believe that enlightenment on this and kindred topics, and on all that

relates to the physical, mental, and moral well-being of woman, is the surest means of correcting some of the greatest evils which curse the race at the present time, and which are sapping the very foundations of society.

In order to point out in the clearest manner possible the way of escape for women from the thralldom of aches and pains and "weaknesses" in which the sex is as a class enslaved, we have endeavored to trace the outlines of what we conceive to be the method of training by which a higher type of womanhood may be developed, beginning with "The Little Girl," and considering in succeeding sections under the respective headings, "The Young Lady," "The Wife," and "The Mother," the several phases of woman's life.

The remainder of the work is devoted to the practical consideration of the various maladies to which women are subject. In this section it has not been the attempt of the author to furnish a substitute for the physician, except so far as the physician fails to do his duty in instructing his patient in relating to the nature, causes, and rationale of cure of her maladies, information to which every intelligent woman is entitled. We have, however, endeavored to make the instruction given so simple and untechnical, and so practical in character, as to enable any woman of ordinary ability to discover the beginnings of local ailments, and to manage successfully many of the most common diseases of the sex, and in the absence of a competent physician, to treat with a fair prospect of success most of the curable maladies known as "female diseases."

Having for years enjoyed ample opportunity for the study of this class of maladies, as physician in charge of one of the largest Sanitariums in the United States, and with unlimited facilities at command for the treatment of the several thousand invalid women who annually visit the institution for treatment for every variety of disease peculiar to the sex, we feel in some measure prepared to discriminate with some degree of fairness with reference to the methods in use by physicians as well as by specialists in the treatment of this very large class of maladies. We have endeavored to select from the great number of remedies and methods in use, those which have been attended by the highest degree of success in our hands and in the practice of the most successful specialists of this and other countries; and we are happy

to be able to say to our readers that those methods which are the most efficient and the most essential in the treatment of the more common of these maladies, are so simple that by the aid of a few inexpensive appliances and the exercise of a fair degree of intelligence, they may be managed in many cases by the patient herself with perfect safety, and with success.

We believe that the intelligent and unprejudiced physician will welcome this work, and wish it placed in the hands of all his lady patients, since it will in no degree detract from the confidence which ought to be reposed in him, if he is worthy of such confidence, but will increase the esteem in which he is held by placing his patient beyond the reach of quackery, and adding to his success in severe cases which may have long withstood his best skill, by so instructing the patient as to enable her to co-operate intelligently and efficiently in the effort to aid nature in effecting a cure.

The reader's indulgence is craved for what he may discover as lacking in literary form or embellishment in the work. It has been written amid the distractions and anxieties incident to the care of a large hospital for chronic invalids and surgical cases, and every line is the product of time stolen from sleep.

J. H. K.

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