

Care of Children and Mothers

BY

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Every child has a right to be well born,
and it is a crime for people to assume
the responsibility of parenthood without
adequate knowledge; hence this book

DENVER, COLORADO

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Editor and Publisher

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SECOND EDITION

WELCH-HAFFNER PRINTING CO. DENVER

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Foreword

There is no crime greater than the bringing of children into the world haphazardly. When young people are married without any thought regarding their health; without any thought regarding their mental condition; without any thought as to their fitness for assuming the responsibilities of parenthood, they are taking upon themselves the responsibility of cursing children before birth, by transmitting to those children the effects of the careless life they have been living physically and mentally.

Inasmuch as there is a growing sentiment in opposition to blind haphazard in the raising of children, I have taken upon myself the responsibility of writing a book to aid those who wish to get out of the conventional lines in knowing how to prepare themselves for childbirth and the care of their children after birth.



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DEDICATION

IF THIS LITTLE BOOK WILL ENABLE A FEW MOTHERS TO HAVE BETTER HEALTH FOR THEMSELVES AND RAISE IDEALLY HEALTHY CHILDREN—CHILDREN THAT WILL BE A PLEASURE AND COMFORT TO THEM—I SHALL HAVE BEEN REWARDED FOR MY EFFORT.

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