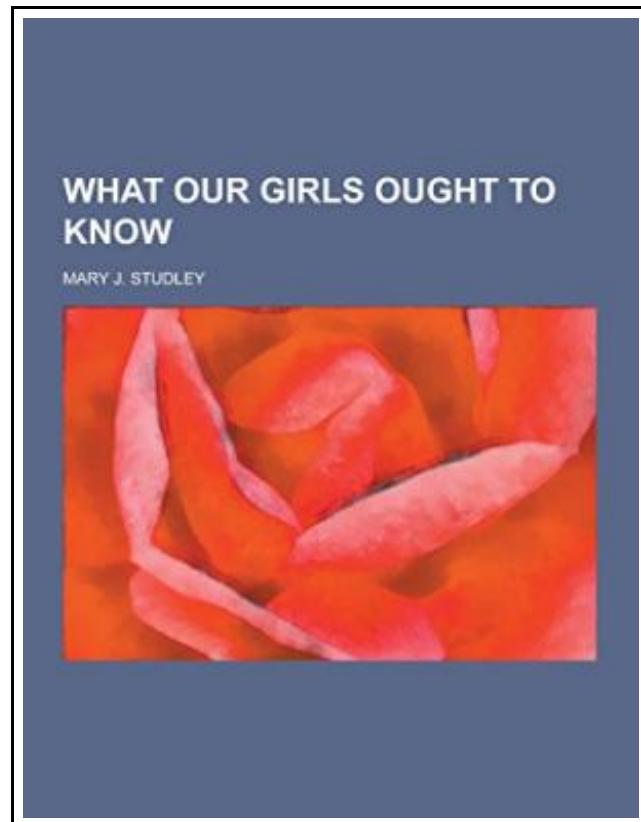


What Our Girls Ought to Know



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Reviews

An extremely wonderful pdf with lucid and perfect explanations. I could possibly comprehended every little thing out of this created e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Janie Wilkinson)

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Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1878 edition. Excerpt: .matter where it can taint the air. I have seen young ladies allow the water to stand in vases of flowers until the air of the room was foul with emanations therefrom. I have noticed that young ladies who wear corsets often continue to wear them unwashed so long that the odor of the perspiration from the axillae announces their presence even before one sees them. These are but few of many little points of nicety in regard to our personal habits the sum of which constitutes cleanliness. I need not remind you that if you engage in the occupation of street-sweeping as your voluntary contribution toward the sanitary good of the city, the skirts which you use for this purpose should be changed before you enter the drawing-room. You certainly would not invite the man who is hired to do this work into your parlor until he had first changed his clothes, and you certainly must be as untidy as he, even though yours has been a labor of love where his has been hired service. Of course, it is evident that each of you also needs to go to the bath as often as you engage in this occupation. The last cause of unclean blood of which I have to speak is that very common condition of the alimentary canal known as obstinate constipation. Ask any physician what he or she is oftenest called upon to treat among women who wear corsets,...

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