From *The American Woman’s Home* by Catherine Beecher (1869)

Woman's profession embraces the care and nursing of the body in the critical periods of infancy and sickness, the training of the human mind in the most impressible period of childhood, the instruction and control of servants, and most of the government and economies of the family state.

To man is appointed out-door labor--to till the earth, dig the mines, toil in the foundries, traverse the ocean, transport merchandise, labor in the manufactories, construct houses, conduct civil, municipal, and state affairs, and all the heavy work.

Jesus Christ came to teach the fatherhood of God and consequent brotherhood of man. He came as the "first-born Son" of God and the Elder Brother of man, to teach by example the self-sacrifice by which the great family of man is to be raised to equality of advantages as children of God. For this end, he "humbled himself" from the highest to the lowest place. He chose for his birthplace the most despised village; for his parents the lowest in rank; for his trade, to labor with his hands as a carpenter, being "subject to his parents" thirty years. And, what is very significant, his trade was that which prepares the family home, as if he would teach that the great duty of man is labor—to provide for and train weak and ignorant creatures."

There is no more important duty devolving upon a mother, than the cultivation of habits of modesty and propriety in young children. All indecorous words or deportment should be carefully restrained; and delicacy and reserve studiously cherished.

[Do not allow a child] to form such habits that it will not be quiet unless tended and amused. A healthy child should be accustomed to lie or sit in its cradle much of the time.... A child who is trained to lie or sit and amuse itself, is happier than one who is carried and tended a great deal, and thus rendered restless and uneasy when not so indulged.

The family state demands plentiful "exercise in the pure air, under the magnetic and healthful rays of the sun.”

The first and most indispensable requisite for health is pure air, both by day and night.... [t]he human race in its infancy was placed in a mild and genial clime, where each separate family dwelt in tents, and breathed, both day and night, the pure air of heaven.

Both the health and comfort of a family depend, to a great extent, on cleanliness of the person and the family surroundings.

If you live in the country, or can get into the country, and have your eyes opened and your wits about you, your house need not be condemned to an absolute bareness. Not so long as the woods are full of beautiful ferns and mosses, while every swamp shakes and nods with tremulous grasses, need you feel yourself an utterly disinherited child of nature, and deprived of its artistic use.