

THE LITTLE GIRL BOOK

says she has a headache or a backache. At this time mothers try to be particularly patient with their daughters, for they become irritable, nervous and petulant. They cry upon the slightest provocation.

Knowing as you will beforehand what is taking place within you, you will not need to worry, for I am telling you and will later tell you more of these things so that you will understand that these new feelings and sensations are perfectly natural.

But when this time comes, you will have to be much more careful of your health than ever before. You can save yourself some of the weariness and headaches by not indulging to the point at which you become tired in your games and other amusements, and you will tire much more easily than before. Above all, you should