

## THE LITTLE GIRL BOOK

to be a strong, healthy and beautiful woman that makes her so anxious about you.

Everything we do in the world should have for its object the thought of making us better girls and boys, and then women and men. There are many things which we can do, but which are likely to injure both our physical and mental growth. Your mother realizes that you are still too young to know always just what is good for you and just what is not, and until you are old enough to know all of these things for yourself, she must do part of your thinking for you and guide you. Mother has some faults which she knows about and seeks to correct, and if she can so guide you through life as to hinder you from having these faults and improve your mind, she will have done a very won-