

CHAPTER II

MENSTRUATION

THE increased supply of blood sent to the pelvic organs at the time of the ripening and discharge of an egg from the ovary causes tiny blood vessels in the lining of the uterus to rupture, and produce a flow of blood known as the menses. The term is derived from a Latin word meaning month, and this name is given because the discharge occurs about every twenty-eight days.

TIME OF APPEARANCE

The time of its first appearance varies very much in different persons and under different conditions. Girls who live in a cold climate and who are strong and hardy are not unwell as early as their more delicate sisters, or those whose home is in a warm country. Even in temperate latitudes the flow sometimes begins at eleven years of age, and it may not come until fifteen. If it is delayed longer than this a physician should be consulted.