

"Life hath quicksands—Life hath snares," is pregnant with meaning to mother-hearts. So many of the quicksands and snares have their foundation in the ignorance of the meaning of womanhood.

"I am more and more convinced that right knowledge is not only a safe-guard of purity, but is really the creator of true modesty. To give a young person a reverent knowledge of self is to insure that delicacy of thought which preserves the bloom of modesty."

Self-abuse is practiced among growing girls to such an extent as to arouse serious alarm. Many a girl has been led to handle and play with her sexual organs through the advice of some girl who has obtained temporary pleasure in that way, or, perchance, chafing has been followed by rubbing until the organs have become congested with blood, and in this accidental manner the girl discovered what seems to her a source of pleasure, but which, alas, is a source of misery, and even death.

SELF-ABUSE AND ITS EVILS

As in the boy, so in the girl, self-abuse causes an undue amount of blood to flow to those organs, thus depriving other parts of the body of its nourishment, the weakest part first showing the effect of want of sustenance. All that has been said upon this loathsome subject in the chapter for boys might well be repeated here, but space forbids.

Read that chapter again, and know that the same signs which betray the boy, will make known the girl addicted to this vice. The bloodless lips, the dull, heavy eye surrounded with dark rings, the nerveless hand, the blanched cheek, the short breath, the old, faded look, the weakened memory, and silly irritability tell the story all too plainly. The same evil result follows, ending perhaps in death, or worse, in insanity. Aside from the injury the girl does to herself by yielding to this habit, there is one other reason which appeals to the conscience, and that is, self-abuse is an offense against moral law—it is putting to a vile, selfish use the organs which were given only for a high, sacred purpose.

Let them alone, except to care for them when care is needed, and they may prove the greatest blessing you have ever known. They were given