

**THE CHANGING GIRL: A
LITTLE BOOK FOR THE
GIRL OF TEN TO FIFTEEN**

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The Changing Girl: A Little Book for the Girl of Ten to Fifteen by Caroline Wormeley Latimer

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CAROLINE WORMELEY LATIMER

**THE CHANGING GIRL: A
LITTLE BOOK FOR THE
GIRL OF TEN TO FIFTEEN**

The Changing Girl

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The Changing Girl

*A Little Book for the
Girl of Ten to Fifteen*

By

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With a Foreword

By EDWARD BOK
Editor of the Ladies' Home Journal



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A Foreword

UNTIL recently it was deemed the better part of parental wisdom to allow a girl to reach that period in her life when she changes from girlhood into womanhood without any knowledge of what the change meant. As a result of this policy of silence, thousands of girls found themselves suddenly confronted with physical and moral changes that were a source of alarm to them and filled them with misgivings from which it took them years to recover. Some never fully recovered.

But the fallacy of silence finally led to such fearful results in so many instances that the public conscience was awakened, and a decided change has come in the general mental attitude on this question. With this healthy change of sentiment came a universal desire for some little book that would explain in a simple and yet authoritative manner, by a reliable pen, just what those changes in a girl from her tenth to her fifteenth year mean and how they can be intelligently understood and rationally met.

This little book by Doctor Latimer is designed to meet this need, and, to my mind, it meets it with singular success. The author's