

699018
Friday, July 10 //

192 DAYS PAST

WEDNESDAY

174 TO COME

THE METAMORPHOSIS OF THE GIRL INTO WOMANHOOD.

The frequent occurrence of menstrual disorders in young girls during puberty, where no organic lesions exist, strongly indicates the need of a tonic at such times. At this age there is a gradual loss of interest, lassitude, recurrent headaches, vertigo, palpitation of the heart, and a general weakness that speaks of impoverished blood. The structural and functional changes taking place throughout the body have left their trace upon the quality of the blood.

Concluded on next page.

Cold & warm I washed
 Eugene brought Mella
 home they was here for
 dinner. Marche went
 out to Ayler with
 George Davis they was
 only gone a few minutes
 Bayde was up & stayed
 for tea