Girls should be encouraged to take plenty of physical exercise in the open air between the menstrual periods.

(2) Self Abuse (masturbation)

It is necessary to call attention to the fact that girls indulge in the practice of self-abuse as well as boys. Many medical authorities are now satisfied that the practice is as common amongst girls as amongst boys, and that girls who masturbate are likely to indulge to a greater excess than boys. Mothers therefore must warn their daughters against this improper practice. Girls must be made to realize the disgusting and immoral nature of the habit and its possible dangers to health.

The habit of self-abuse may be acquired accidentally from ignorance, or as the result of the example of other, usually older, girls, or from weakness of the girl's own character.

Remedies.

(i) Tight clothing should be avoided as inducing irritation.

(ii) Cleanliness. Want of cleanliness allows the natural secretions to collect between the folds of the skin and to irritate the genitals. Therefore girls should wash and carefully dry once a day the crevices between the folds of the skin.

(iii) Avoidance of constipation. Unfortunately very few people realize how constipation undermines health. Poisons are liable to be formed in the bowels and then pass into the system, so that health suffers. Constipation is especially harmful to girls and women because it leads, as has already been said, to increased pressure and congestion to the already congested sex organs during menstruation. This interferes with menstruation and is liable to lead to pain and discomfort. Constipation often results from inattention to the calls of nature. False modesty often prevents girls from obeying the calls at once, the stimulation of the bowel is lost, and constipation results. A tendency to constipation may be often overcome by cultivating the habit of visiting the w.c. at a certain fixed time every day.

(iv) Avoiding All Infections.

Unfortunately many people are not sufficient to the need for cleanliness during menstruation.

Safeguards.

(a) Girls should avoid going to dances, evening entertainments, or walks at night time with young men without their parents' consent, and they should not allow young men in any way to take liberties with them. They should not accept invitations of any sort from strangers, either male or female.

(b) They should avoid all unwholesome books and sensational plays and activities.
picture shows, and keep their minds and bodies busy with wholesome activities and out-door recreation.

Conclusion

A girl therefore who wishes to retain the respect of herself and her fellows and to grow into an honoured woman, healthy alike in body and mind, and strong and true in character, will steadfastly refrain from these evil practices.

She must not expect the task to be easy, for our sexual passions are strong and temptations are frequent; but there is no other victory in life that is so important for a woman to win.

Victorian Education Department, "Circular Addressed to Parents by the Education Departments throughout Australia with regard to Sex Hygiene" (c. 1925).