

**THE CARE OF THE
ADOLESCENT GIRL; A
BOOK FOR TEACHERS,
PARENTS, AND GUARDIANS**

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The care of the adolescent girl; a book for teachers, parents, and guardians by Phyllis Mary Blanchard

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The Care of the Adolescent Girl

THE CARE OF THE ADOLESCENT GIRL

A BOOK FOR TEACHERS, PARENTS,
AND GUARDIANS

BY

PHYLLIS BLANCHARD, Ph.D.

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WITH PREFACES BY

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AND

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PREFACE

TO THE ENGLISH EDITION

By DR. MARY SCHARLIEB, C.B.E., M.S.

“The Adolescent Girl” is the title of a small book written by Phyllis Blanchard, Ph.D. It has the advantage of a preface by Professor G. Stanley Hall, the author of the great work on Adolescence. It therefore comes to us admirably introduced.

A careful perusal of this book leads to the inevitable conclusion that it is a very valuable contribution to our knowledge of a very difficult psychological problem, and that it ought to be carefully studied by all those who are responsible for the mental and moral welfare of young girls, and indeed by all who feel that they have an interest in our young people, and who believe that on our proper comprehension of the young girls' difficulties and dangers depends in a large measure the welfare of the human race.

Dr Blanchard has written this book after much self-communing and after a wide study of the writings of those psychologists who have

most carefully considered the problems of adolescence.

It has long been common knowledge that lads and lasses undergo a quasi-miraculous change during adolescence, and that this change is greater and more rapid in the case of girls than it is in the case of their brothers; but there are certain ideas and opinions that have of late years greatly influenced the treatment of these young people. Miss Blanchard introduces us to the views of Schelling, Schopenhauer, Bergson, Freud, Jung, Trotter, and other authorities. She appears to agree to a very great extent with those who believe that sex feelings and anticipations form a large part of the consciousness of young girls, and she gives full value to what is known as "the adolescent conflict".

Miss Blanchard's fourth chapter, on "The Sublimation of the Libido" is probably the most practically useful of the whole book. It starts with the thesis that "Man is more sexual than other animals", and goes on to point out the various factors in adolescent life which tend to repress any undue tendency to predominance of sex feelings and manifestations. Among them she very properly recognises the restraining influence of religious and social sanctions. Further on in the chapter Dr Blanchard points

out that the domination of the organism by sex is prevented in varying degrees by such outlets for feeling as are provided by music, pictorial art, by nature-study, by various intellectual pursuits, and perhaps best of all by earnest and honest endeavour to be of use in the world. It is through these, and other kindred means, that an undesirable predominance of the sex factor may be sublimated into other activities. This process is known as *Sublimation*, and is an extremely important subject of study for those who have the responsibility for the welfare of young girls. The disaster of entirely crushing out incipient wifely and maternal instincts would of course be exceeded by their undisciplined and exaggerated existence.

In the fifth chapter Dr Blanchard considers "the pathological manifestations of libido in adolescent girls", and to this are attributed delinquencies of various sorts, such as stealing, and lying, different forms of hysteria, dissociated personality, and mediumship. It is possible that in this chapter there is a certain want of recognition of the influence on the mental and physical nature due to the results of infantile syphilis, but this of course is a debatable question.

In the last chapter of the book there is a clear account of the enormous influence on

young girls of the environment in which they have lived during the War and during the troublous years which have succeeded it. Much wise advice is given as to the management of young girls and the treatment of their difficulties.

Unfortunately to many of us Dr Blanchard's approval of certain views, such as those of Ellen Key, of Sweden, lead to a certain distrust of her judgment and to a doubt as to the end to which we may be committing ourselves. In addition to this her remarks on religion, and especially on the Christianity that she considers well adapted for the help and guidance of young people and their guardians, is scarcely to be recognised as Christianity by those of us who have been brought up in any of the orthodox schools.

Summing up the book as a whole, it is a valuable one, and one that ought to be read by parents, guardians, and teachers ; but it should be read under a deep sense of responsibility and not with the idea that it is safe to assimilate its teaching without the traditional grain of salt.

MARY SCHARLIEB.

149, Harley Street, W.

16 May, 1921.

PREFACE
TO THE AMERICAN EDITION

By PROF. G. STANLEY HALL, Ph.D., LL.D.

Dr Blanchard, the author of this book, was able under unusually favourable conditions to utilize some of the fundamental concepts of psychoanalysis in solving her own adolescent problems, and has since read widely in this field and had interesting and profitable experiences in helping other young women through the perturbations of post-pubertal years. During the period of my association with her, for the last three years, she has been no less but probably more interested in the philosophical implications of the work inaugurated by the Freudian school, and has been much impressed by Adler and still more by the contributions of Jung. Her life, too, has brought her into more or less contact with many young women, some of whom have been and all of whom she believes could be much helped in the development of sound views of life by wise and careful use of the new sources of light upon the unconscious factors in