

CHAPTER XV.

FROM BOYHOOD TO MANHOOD.

- | | PAGE |
|--|------|
| A talk with Hugh—Becoming a man—All the world not sweet and pure—A shocking revelation—Noble boys—A sacred trust—In the image of God—Every organ for a special purpose—Sexual organs holy, God-given—Laws concerning them—Penalty of broken law—Boys' temptations—The thought pure—Body obeys the mind | 134 |

CHAPTER XVI.

DISAPPOINTMENT.

- | | |
|---|-----|
| Baby grown—A shadow approaching—Gladys growing pale—An imperfect lesson—Sickness or health—Body a soul-propelled machine—Half invalid a second-hand machine—Over-study the mischief maker—Wish to be a man—Fought out alone—A great struggle—Health necessary for usefulness—Victory—Dropped out of line—Books locked away—Year of rest and out-door exercise—Health restored | 142 |
|---|-----|

CHAPTER XVII.

SUICIDE.

- | | |
|---|-----|
| A newspaper item—A seventeenth century dude—An actor dead—Murder or suicide—Fashion's victims—Steel bandages—No figure at all—Nearly all women deformed—Corset lovers—Acting like heathen—Women don't know tight clothing—Corset taken off—Backache—Recovery—Corset cause of weakness and deterioration of health—History, mystery, and injuries of the corset—Tight lacing—Irritable temper—Bones twisted and deformed | 152 |
|---|-----|

CHAPTER XVIII.

HOW TO BE BEAUTIFUL.

- | | |
|---|-----|
| Home the life of the nation—Beauty, good health, good temper, good manners—Kind to the body—Proper dress—Every organ relieved of pressure—Lungs free—Blood filled with oxygen—Cartilages hardened—Health waists—Loose bands—Tight shoes—Corns—Comfort | 167 |
|---|-----|