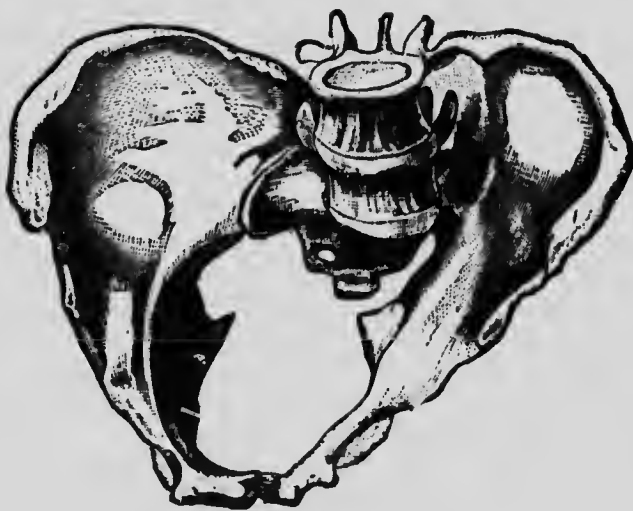


THE GROWTH OF THE SEXUAL ORGANS

Up to this time the sexual organs have grown but little. Now they take a sudden start and need more room. Nature aids the girl; the tissues and muscles increase in size and the pelvic bones enlarge. The limbs grow plump, the girl stops growing tall and becomes round and full. Unsuspected strength comes to her; tasks that were once hard to perform are now easy; her voice becomes sweeter and stronger. The mind develops more rapidly even than the body; her brain is more active, quicker; subjects that once were dull and dry have unwonted interest; lessons are more easily learned; her eyes sparkle with intelligence, indicating increased mental power; her manner denotes the consciousness of new power; toys of childhood are laid away; womanly thoughts and pursuits fill her mind; budding childhood has become blooming womanhood.

THE LAW OF A PERFECT FIGURE

Now, if ever, must be laid the foundation of physical vigor and of a healthy body. Girls should realize the significance of this fact. Do not get the idea that men admire a weakly, puny, delicate, small-waisted, languid, doll-like creature, a libel on true womanhood. Girls admire men with broad chests, square shoulders, erect form, keen bright eyes, hard muscles and undoubted vigor. Men



FLATTENED OR DEFORMED PELVIS.

From a casual glance at plate, it will be seen that the size and shape of the pelvis may have much to do with the ease or pains of labor.

also turn naturally to healthy, robust, well-developed girls, and to win their