

duration, it is generally from three to four or five days, though sometimes to six, seven, and even eight days.

The *material* causes of it are supposed to be a superfluity of blood and nutritive particles. The symptoms which precede are certain indications of repletion ; as heat, tension, swelling, and the pains which women feel, not only in the parts themselves, and the adjoining ones, but also in the breasts, which swell and discover a surplus of blood by the *areolæ*, or the circle about the nipple, becoming of a deeper colour. The eyes are oppressed, and underneath their orbits the skin assumes a blue or violet tint ; the cheeks are flushed ; the head is heavy and full of pain ; and the whole body in general is in a state of oppression from the surcharge of blood.

At the age of puberty the body usually attains its full growth in length. Just before, young peoplesometimes increase several inches, but the quickness of growth is most sudden and perceptible in the genitals of both sexes. This growth in males is an expansion merely, but in females it is often attended with a contraction, to which different appellations have
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