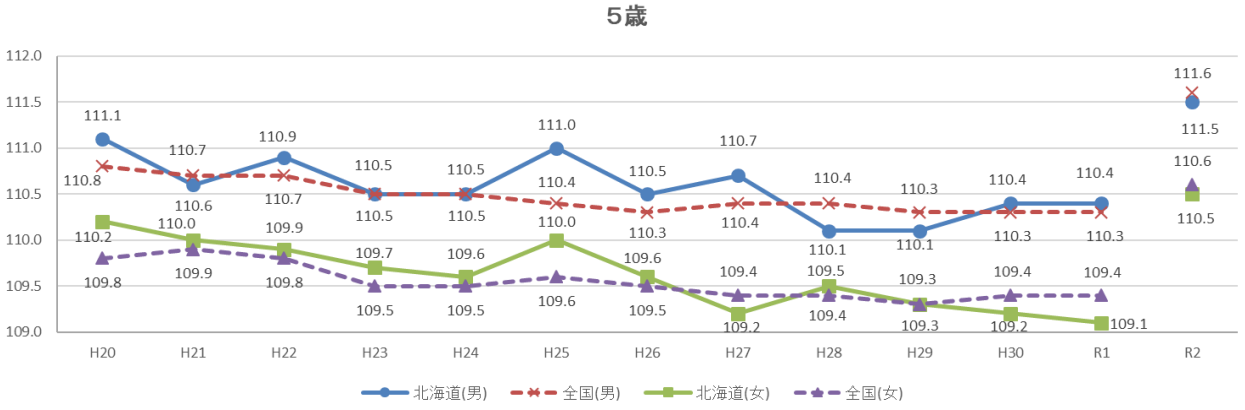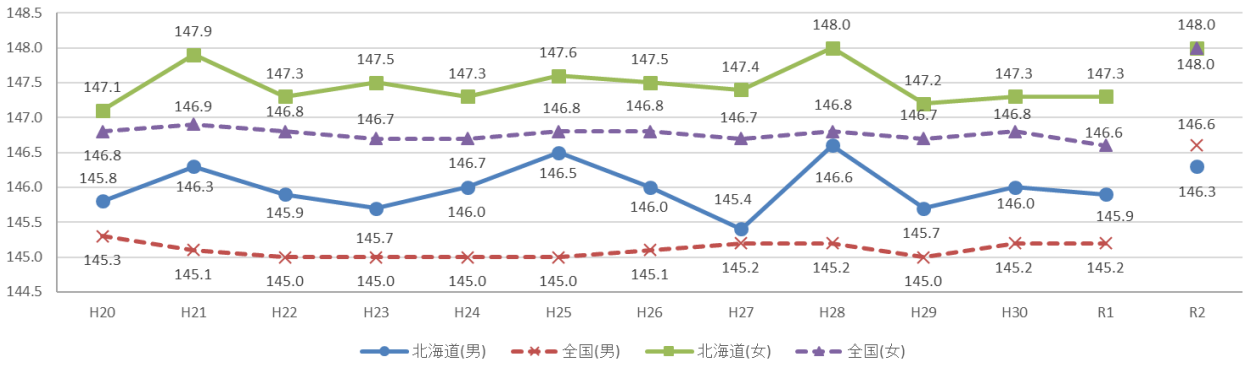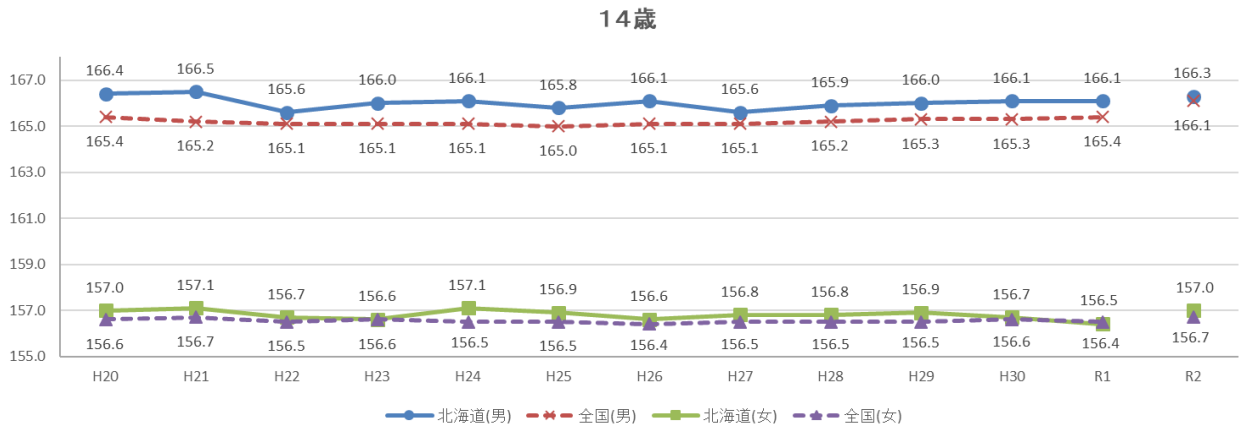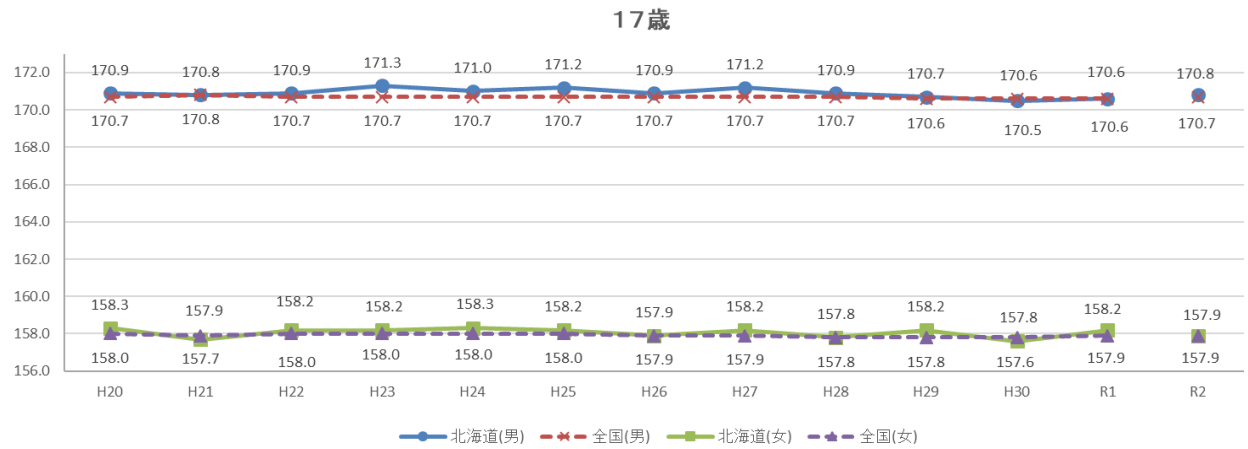図３　身長の平均値の推移　（単位：cm）