

THE WOMAN OF FORTY

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The Woman of Forty by Edith B. Lowry

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EDITH B. LOWRY

THE WOMAN OF FORTY

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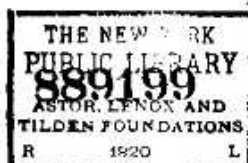
THE WOMAN OF FORTY

BY
O.C.
EDITH B. LOWRY, M.D.
Author of "Herself," "Himself," etc.



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PREFACE

At no period of life is a woman more liable to misunderstand herself and be misunderstood than at the "dangerous age" of forty. Upon the care and attention given her body at that time depends her health for the second half of her life. Upon the plans she makes for the future and the path she chooses now depends her happiness and success in life.

Too often the latter half of life is to women a time of social detachment, of weakened individual initiative, of old-fashioned knowledge, of inefficiency, of premature retirement and old age.

It has been said that this period is now more shamefully wasted than any other of our national resources. This should not be; as the women of forty are the women of mature understanding and of ripe judgment, still possessing abundant health and strength. Let us gather these forces for a definite purpose that they may be an added power in these days of reconstruction.

PREFACE

If this book succeeds in conveying two messages, one to impress upon the woman of forty the necessity of placing her body in a perfect condition to avoid the ills so common to the majority, and the second to present to her the need of a definite plan for future occupation, it will have accomplished its mission.

EDITH B. LOWRY.