# THE FOUR EPOCHS OF WOMAN'S LIFE: A STUDY IN HYGIENE

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649587322

The Four Epochs of Woman's Life: A Study in Hygiene by Anna M. Galbraith

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd. Cover @ 2017

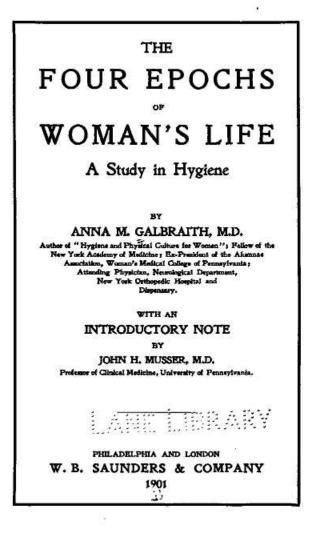
This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

ANNA M. GALBRAITH

# THE FOUR EPOCHS OF WOMAN'S LIFE: A STUDY IN HYGIENE

**Trieste** 



COPYRIGHT, 1901, BY W. B. SAUNDERS & COMPANY

REGISTERED AT STATIONERS' HALL, LONDON, ENGLAND

-

# LANE LIBRARY

~

PRESS OF W. D. SAUNDERS & CONPART PHILADELPHIA 0646 G14 1901

•

٠

"As in a building Stone rests on stone, and wanting the foundation All would be wanting, so in human life Each action rests on the foregoing event, That made it possible, but is forgotten And burled in the earth."

-LONGFELLOW.

5 O

 $\mathbf{\hat{z}}$ 

## INTRODUCTORY NOTE.

÷

It has been well said that the bulwarks of a nation are the mothers. Any contribution to the physical, and hence the mental, perfection of woman should be welcomed alike by her own sex, by the thoughtful citizen, by the political economist, and by the hygienist. Observation of the truths, expressed in a modest, pleasing, and conclusive manner, in the essay of Dr. • Galbraith contribute to this end. These truths should be known by every woman, and I gladly commend the essay to their thoughtful consideration.

> JOHN H. MUSSER, M.D., Professor of Clinical Medicine in the University of Pennsylvania.

a A A

### PREFACE.

"Ignorance is the curse of God; Knowledge, the wings wherewith we fly to heaven." -"Heavy VL"

PERFECT health is essential to perfect happiness. The greater the knowledge of the laws of nature, and the more closely these laws are lived up to, so much nearer "ideal" will be the health and happiness of the individual. Hence the necessity that these same laws should be as familiar to the adult man and woman as the alphabet. Further, with our present knowledge of the certain suffering, disease, and death that are bred by ignorance of all these subjects, it is little less than criminal to allow girls to reach the age of puberty without the slightest knowledge of the menstrual function; young women to be married in total ignorance of the ethics of married life; women to become mothers without any conception of the duties of motherhood; other women, as the time approaches, to live in dread apprehension of "the change of life"; and many women unnecessarily to succumb to disease at this time.

The masses of women have at last awakened to a sense of the awful penalties which they have paid for

### Preface.

their ignorance of all those laws of nature which govern their physical being, and to feel keenly the necessity for instruction at least in the fundamental principles which underlie the various epochs of their lives; and it is in response to a widespread demand that this small volume has been written.

This is preeminently the day of preventive medicine; and the physician who can prevent the origin of disease is a greater benefactor than the one who can lessen the mortality or suffering after the disease has occurred.

#### ANNA M. GALBRAITH.

#### 15 WEST NINETY-FIRST STREET, NEW YORK, November, 1901.

٠.