

**THE ROAD TO "SEVENTY  
YEARS YOUNG", OR  
THE UNHABITUAL WAY**

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The road to "Seventy years young", or The unhabitual way by Emily M. Bishop

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**EMILY M. BISHOP**

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THE ROAD TO  
"SEVENTY YEARS YOUNG"



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# The Road to "Seventy Years Young"

or

## The Unhabitual Way

By

Emily M. Bishop

Author of "Health and Self-Expression" and "Interpretative  
Forms of Literature"

*"It is better to be seventy years young than forty years old."*

—OLIVER WENDELL HOLMES

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NEW YORK  
B. W. HUEBSCH

1911

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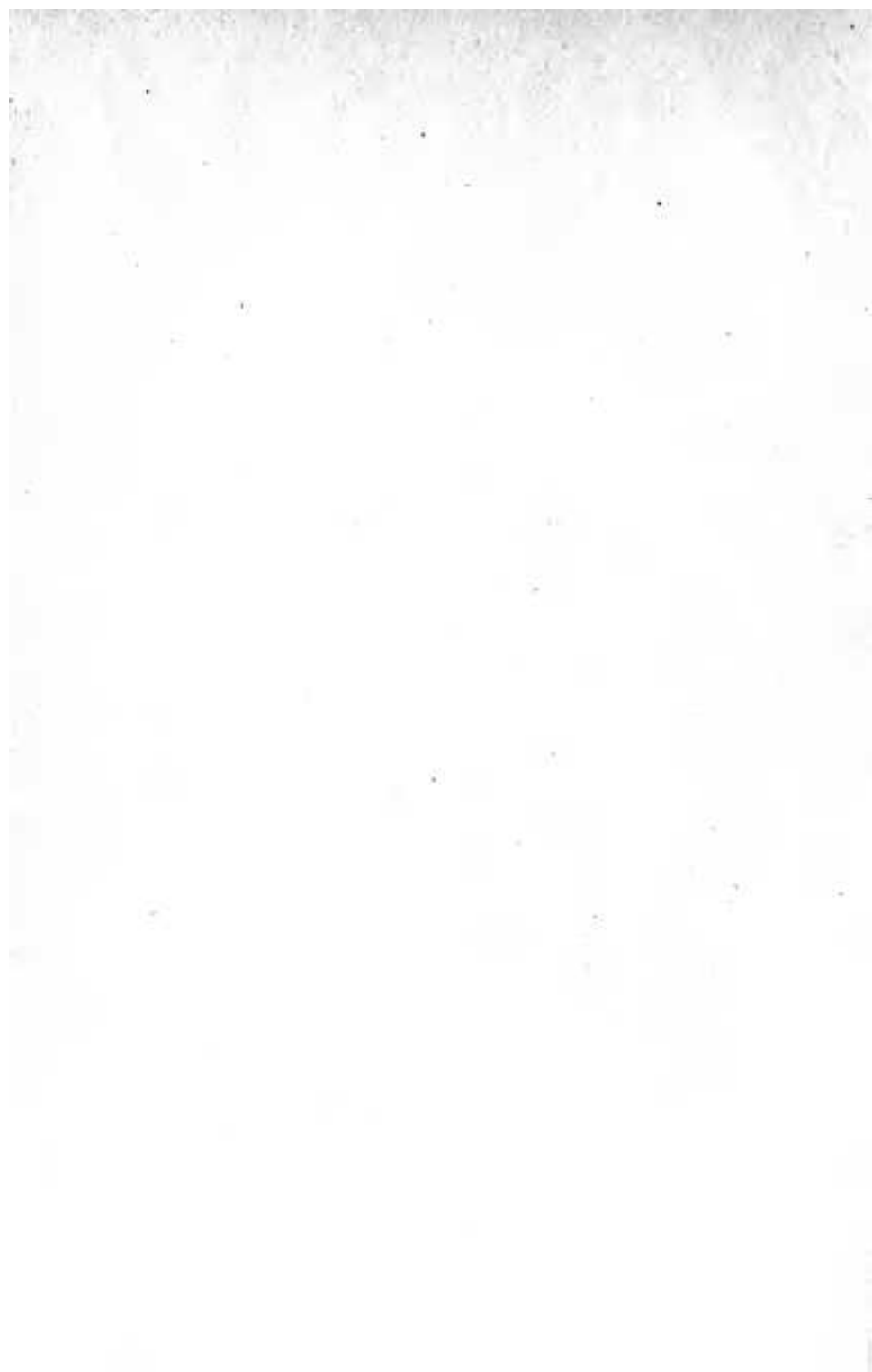
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## FOREWORD

Psychology teaches that "the antecedent step to getting a thing done is to suggest it forcibly, or, in everyday parlance, 'to put it into his head.'"<sup>\*</sup> The purpose of this book is "to put it into the heads" of its readers that they can add (1) life to their years and (2) years to their life.

The suggestions given herein are addressed quite as much to those who are still young in years as to those who have lived two or more score of years. There inevitably comes a time, sooner or later, when every one is personally interested in not growing old; and the earlier in life that one's attention is directed

<sup>\*</sup> Halleck's "Education of the Nervous System."