

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

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

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THE
FOUR EPOCHS
OF
WOMAN'S LIFE

A Study in Hygiene

BY

ANNA M. GALBRAITH, M.D.

Author of "Hygiene and Physical Culture for Women"; Fellow of the
New York Academy of Medicine; Ex-President of the Alumnæ
Association, Woman's Medical College of Pennsylvania;
Attending Physician, Neurological Department,
New York Orthopedic Hospital and
Dispensary.

WITH AN

INTRODUCTORY NOTE

BY

JOHN H. MUSSER, M.D.

Professor of Clinical Medicine, University of Pennsylvania.

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"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 buried in the earth."

—LONGFELLOW.

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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. MUSSEY, M.D.,

*Professor of Clinical Medicine
in the University of Pennsylvania.*



PREFACE.

"Ignorance is the curse of God;
Knowledge, the wings wherewith we fly to heaven."
—*Henry VI.*"

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

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.

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