Don't Let the "Age Complex" Get You! Warns Winnifred Harper Cooley

By WINNIFRED HARPER COOLEY

"LIFE is over for me; I'm too old to begin anything," said the widow. "Rot," cried the other woman. "You make me laugh. I have had seven children, and have two grandchildren, but I am just getting into a new line! There were times when my brood were little tots that I felt engulfed, and my vision never would have reached to my present freedom from care, and I never could have imagined that at forty-four, I'd be out in the commercial world, but you never can tell. Really, it is great fun to achieve several different jobs in one lifetime."

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"You? Seven children? I never dreamed it. And you still live to tell it and are in a new game?"

"Of course. The older ones are married and one is in a boarding school, and the rest died in infancy. My husband has had ill health and much financial worry, and so a year or so ago I suddenly decided to use that I'd help at, and so I got this work. He has been relieved of many kinds of strain since my salary has been coming in, and what little housework there is left, now that we are alone, is just play. Believe me, a woman with a will and good health can accomplish wonders. Talk about being old and giving up with a your prime! rubbish!"

ANOTHER woman had had a disastrous love affair. She felt that the world was all forlorn because she was deprived of companionship and affection and her mind became humbled and discouraged. Said her friend: "Now, Isabel, you are in the depths at this moment and cannot see your way out into the sunshine of happiness, but time is a marvelous healer, and a year from now you may be in the middle of some stimulating work, or some delightful experience, and so happy that you will almost forget this period of melancholy. The final thing about life is that just around the corner, very near to us, yet unseen, there often lurks some great adventure or wonderful experience."

"That's so; I have noted it often," cried another friend. "Perhaps for most of us life is not so much one great adventure as a series of little ones. If we are a bit dramatic, we take our hard knocks as if they were world tragedies, and for awhile cannot see beyond them. But soon a new friend or experience or a sudden change in our entire environment alters the aspect of life, and we plunge into new activities with renewed zest. I think that emotional people then regret that they have suffered so much and agonized so uselessly over some sorrow. What a lot of time and vital energy we have wasted! Looking backward, it seems almost ludicrous, but at the time we fully believed that the end of our world had come."

"DO YOU know, I think one of the biggest bugbears for women is the conviction that there is an age limit to their joys and activities. In olden times there was. But why should we lament the passing of the years today when here are thousands of interesting things to do? Of course, a famous beauty fades, and if she is a professional one, naturally, it is a sad thing to see the fine wrinkles come and the hands of her rounded face age, but that is the exceptional case; most of us do not rate traits on our physical charms. No, age brings our physical charms. No, age brings our powers, our judgment, our energy, our judgment, our energy, our judgment, our energy