

REVISED EDITION

# the changing years

THE MENOPAUSE WITHOUT FEAR

BY MADELINE GRAY

THIS IS THE BOOK THAT DOCTORS RECOMMEND TO THEIR TROUBLED PATIENTS. THE MOST COMPREHENSIVE AND REASSURING BOOK OF ITS KIND, IT ANSWERS ALL THE QUESTIONS WOMEN WOULD LIKE TO ASK.

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Madeline Gray

NEW, REVISED EDITION

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THE MENOPAUSE WITHOUT FEAR

Doubleday & Company, Inc., Garden City, New York

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*To J.S.R., great teacher, physician, friend*

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## **The Changing Years**





## 1 Somebody to Talk to

You're in your fifties, your forties, or even your thirties, and you're worried. For lately strange things have begun to happen to you.

You woke up with a start the other night, perhaps out of a deep, sound sleep. A great wave of heat was spreading clear up over your body to the top of your head, drenching your nightdress and making you run to open the windows wide.

Or you have been having a series of whole-day blinding headaches. Not the old kind of headaches a couple of aspirins used to chase, but nauseating "sick" headaches with pain so intense your footsteps seem to echo like thunder as you walk from the bedroom to the bathroom door.

Or there have been days when your heart beat so loudly it seemed the whole world could hear it. Or other days when you were so inexplicably tired you could hardly drag yourself to the grocery store four blocks away.

While that old business of menstruation has been acting up also—either skipping a month or arriving like a flood.

Then what has been happening to your private world where everything had been so comparatively serene? The other day, for instance, you actually cuffed your daughter hard in a crazy outburst of tem-