VISED EDITION

the changing 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.

Over 75,000 copies in print

Madeline Gray

NEW, REVISED EDITION

The Changing Years

THE MENOPAUSE WITHOUT FEAR

Doubleday & Combany Inc. Carden City New York

My thanks to the following publishers who have granted me permission to quote material from these articles and books:

Outwitting Our Nerves, Jackson and Salisbury. Copyright, 1921, 1932, The Century Co. Reprinted by permission of the publishers, Appleton-Century-Crofts, Inc.

How Never to Be Tired, Marie Benyon Ray. Copyright, 1938, 1944. Used by special permission of the publishers, The Bobbs-Merrill Co., Inc.

"The Brave New Look," courtesy of *Time*. Copyright, Time, Inc., 1950. *The Face Is Familiar*, by Ogden Nash. Copyright, 1938, by Ogden Nash. By permission of Little, Brown & Co.

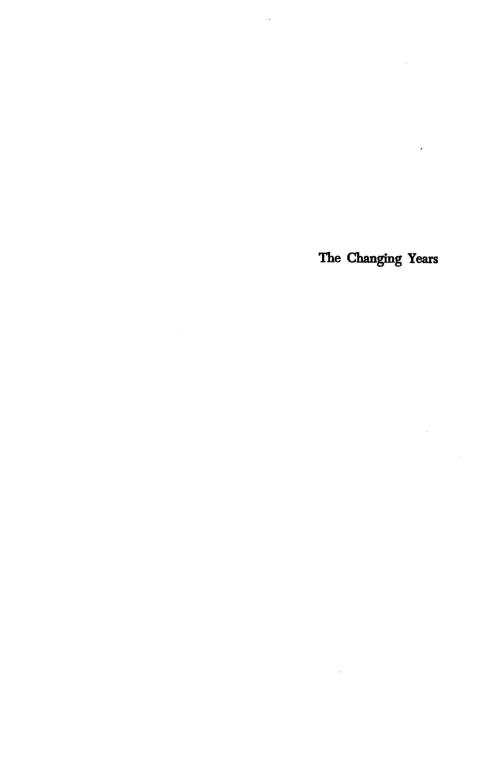
•
The Changing Years
The Changing Tears
£

 ${\it To J.S.R., great\ teacher,\ physician,\ friend}$

试读结束:需要全本请在线购买: www.ertongbook.c

CONTENTS

1.	Somebody to Talk To	11
2.	Not the Change but Another Change	17
3.	The Seesaw of Your Glands	21
4.	Menstruation: Superstition and Fact	33
5.	Women Have Male Hormones Too	48
6.	The Wisdom of Your Body	58
7.	How Your Doctor Can Help You	68
8.	How You Can Help Yourself	117
9.	What to Do about Your Sex Life	137
10.	What to Do about Your Figure	163
11.	You Won't "Lose Your Mind"	187
12.	Is There a Male Change Too?	200
13.	Love after Forty	208
14.	Don't Rush into Hysterectomies	239
15.	Keep Yourself in "Trouble"	261
	DOCTORS WHO HAVE HELPED ME	266
	BOOKS AND ARTICLES THAT HAVE HELPED ME	260
	ADDITIONAL ACKNOWLEDGMENTS	275
	INDEX	277



Madeline Gray

NEW, REVISED EDITION

The Changing Years

THE MENOPAUSE WITHOUT FEAR

Doubleday & Company, The Carden City New York

My thanks to the following publishers who have granted me permission to quote material from these articles and books:

Outwitting Our Nerves, Jackson and Salisbury. Copyright, 1921, 1932, The Century Co. Reprinted by permission of the publishers, Appleton-Century-Crofts, Inc.

How Never to Be Tired, Marie Benyon Ray. Copyright, 1938, 1944. Used by special permission of the publishers, The Bobbs-Merrill Co., Inc. "The Brave New Look," courtesy of Time. Copyright, Time, Inc., 1950. The Face Is Familiar, by Ogden Nash. Copyright, 1938, by Ogden Nash. By permission of Little, Brown & Co.

Copyright, © 1951, 1958, by Madeline Gray All Rights Reserved. Printed in the United States of America To J.S.R., great teacher, physician, friend

试读结束:需要全本请在线购买: www.ertongbook.c

CONTENTS

1.	Somebody to Talk To	11
2.	Not the Change but Another Change	17
3.	The Seesaw of Your Glands	21
4.	Menstruation: Superstition and Fact	33
5.	Women Have Male Hormones Too	48
6.	The Wisdom of Your Body	58
7.	How Your Doctor Can Help You	68
8.	How You Can Help Yourself	117
9.	What to Do about Your Sex Life	137
10.	What to Do about Your Figure	163
11.	You Won't "Lose Your Mind"	187
12.	Is There a Male Change Too?	200
13.	Love after Forty	208
14.	Don't Rush into Hysterectomies	239
15.	Keep Yourself in "Trouble"	261
	DOCTORS WHO HAVE HELPED ME	266
	BOOKS AND ARTICLES THAT HAVE HELPED ME	26 9
	ADDITIONAL ACKNOWLEDGMENTS	275
	INDEX	277



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-