



Woman's Change of Life

Isabel Hutton

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Woman's Change of Life provides information pertinent to the nature of the menopause and the climacteric is provided. This book presents an outline of a way of life suitable for the important phase in climacteric.

Organized into 10 chapters, this book begins with an overview of the prevailing ignorance and fear that surround the whole subject of menopause. This text then provides advice for living and working according to a simple hygienic routine during any trying phase that may arise and thus make it possible to lead a full and efficient life throughout the menopause. Other chapters describe how women can keep fit by means of a wise diet, hydrotherapy, and exercise. This book discusses as well the aspect of marital life in its relation to the climacteric. The final chapter describes the normal climacteric symptoms and explains the necessity of seeking a doctor's help.

This book is a valuable resource for physicians and women.

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