

When I was young and very slim, I seldom had a care,  
My skin was clear, my eyes were bright and glossy was my hair,  
I gorged myself with chocolate, my figure was fantastic,  
But now I have expanded and am held in by elastic.  
I am nearly always tired, now my children have left home,  
And so I stand in sorrow, by the bread bin, all alone.  
My doctor says my aches and pains have an underlying cause  
And all of this is normal. It s called the menopause.

**Sylvia Jones**