

at all—for their ration books are required by the hospital.

Maybe this frank little Editorial will catch the eyes of persons in high places in the Ministry of Health or the Regional Hospital Boards; and they might, as a result, decide to see for themselves whether there really is any room for improvement in food in hospitals?

G. M. H.

An Approach to Leucorrhoea.

by A. E. Hopkins.

WHEN DISEASE MANIFESTS ITSELF in the human body certain changes are likely to have taken place in the organs and tissues affected, and by the symptoms expressed in their various forms, an appreciation can be made of the efforts the physical system is making to restore normality.

A correct interpretation of the symptoms enables a judgment to be formed of the cause of the disease and planned treatment can therefore be instituted accordingly. A true appreciation of the symptoms and their physiological significance is vitally important, if the treatment prescribed is to serve its intended purpose, that of assisting the human physiological processes to overcome the causes of the disease, otherwise all efforts may be, not only detrimental, but useless.

In general terms, it may be stated that the majority of inflammatory and catarrhal conditions which affect the human body develop from the same group of causative factors, and according to the site of the abnormal condition will be determined the severity and seriousness of the disorder.

In women, the ovaries, uterus and the other organs of the pelvic region are particularly subject to catarrhal affections which, from symptomatic observation, seem to indicate that the causes may be similar to those which create similar conditions in other parts of the body. Therefore all curative efforts should be directed to conditioning the whole structure whilst at the same time, applying remedial measures locally.

Persistent and intermittent pain is accepted by all physicians, of all creeds, that abnormality of some degree is present, and efforts must be subservient to the demand so manifested by instituting the indicated curative measures.

In some cases pains remain constant, whether slight or severe, no matter what function the body may perform, whereas in others pain and distress are only present whilst a particular function is being enacted. Whatever the severity, pain is an indication that abnormality is present in some form or other and a close study of the disturbed functions may lead to the root of the disturbance being discovered.

Preceding the pain indication there may be some irregularity in the flow of the essential body fluids, the lymph and blood, followed by inflammation with its attendant heat, indicating that the body is endeavouring to accelerate its eliminatory processes, in order to produce a compensating factor. Therefore the mucous membranes in particular organs may commence to throw off the congestion by the inherent process of elimination, with the result that there is set up the well-known condition of catarrhal discharge.

According to the site of the discharge so certain descriptive names are used, such as bronchial catarrh in the breathing passages, gastritis in the stomach, cystitis in the bladder and so on and when it is located in certain female organs it is known as leucorrhoea. This condition is often an indication that an inflammatory condition is present in the ovaries, uterus or other pelvic organ or locality and is endeavouring to find an eliminatory outlet. Elimination is nature's way of getting rid of waste products, normal and abnormal, and further is a measure provided to preserve the tissues from harm, and to maintain functional efficiency.

From the foregoing it can be readily appreciated that the first approach to the troublesome condition known as leucorrhoea, is to normalise the blood stream and lymphatic fluids, in an endeavour to cause the body to expel the toxic waste. Unless this preliminary treatment is instituted it is likely that the catarrhal condition will recur, possibly in course of time causing changes in the tissues, thus establishing a chronic condition difficult to eradicate.

As the body maintains its balance by the ingestion of the necessary elements from the intake of food, it is reasonable to suppose that an adjustment in the diet will have some beneficial general effect, with particular effect locally.

All fruits, especially those of the citrus group which includes oranges, lemons, grapefruits, limes and so on, are essential for stimulating the eliminatory processes, cleansing the lymph and blood and, more important still, neutralising the acid waste products.

When they are used in insufficient quantities the waste matter from proteins and carbohydrates tends to stay in the tissues, eventually creating congestion and inflammation, so the balance of the diet should be in the proportion of two thirds fruit, saladings and green vegetables, conservatively cooked, the remaining third consisting of proteins, and carbohydrates if normality is to be maintained in the body.

When an inflammatory condition is present however, with its often accompanying local discharge such as in leucorrhoea, the proteins and carbohydrates, which produce an acid waste, should be kept at an absolute minimum, until the condition improves, when a gradual increase of these elements can be instituted as progress develops.

To reinforce the diet adjustment other remedial measures should be introduced, in order to hasten the elimination of waste. The bowels and skin should receive special attention as these are two of the most important eliminatory channels of the body. For the bowels an enema is very effective in clearing accumulated waste and should be used every night until an improvement is obvious. Afterwards the correction in the diet will keep this channel functioning normally.

A friction rub down every day enlivens the skin and assists the evaporation of waste. By improving the action of the skin all the other mucous membranes of the body are also improved, a well-known physiological fact. Too little attention is usually paid to skin activity but its importance cannot be overstressed.

The local condition can be treated very effectively with water used in the form of a sitz bath. An easy method is to sit in the bath with the knees raised, with just sufficient to cover the navel.

[previous page](#)

[next page](#)