

To make the bath more effective alternative hot and cold water should be used. This alternating between heat and cold gives rapid relief in most cases, and by bringing clean fresh blood to the area helps in speeding up the elimination of the toxic discharge.

A similar effect can be produced by using hot and cold packs over the abdomen alternatively, these being simply towels first wrung out in hot water and continued until there is obvious heat in the area, finishing with a cold water towel.

It is wise when there is a condition of leucorrhoea to take extra rest so that body energy is reserved for clearing up the condition, instead of being used for the vigorous physical movements required to carry out the normal daily duties.

All women at all times can receive great benefit from a simple breathing exercise carried out whilst in bed just before rising. It is called abdominal retraction and its performance is quite easy.

Whilst lying perfectly relaxed, inhale slowly through the nostrils until the lungs are comfortably full. Pause with held breath, without straining, for a few seconds only, then exhale slowly. As the air leaves the lungs gradually draw in the abdomen, so when the exhalation is completed the lower region is withdrawn well inwards towards the thorax. Repeat four or five times at first, ignoring the stitch-like sensation which sometimes occurs, until the performance has been perfected, when once per day only will be sufficient to maintain normal activity and postural stability in all the pelvic organs.

Careful attention to the foregoing will eradicate most catarrhal conditions affecting the body if the measures are instituted at the onset of the trouble. If chronic conditions are allowed to develop more elaborate remedial measures will need to be undertaken, but these are beyond the scope of this article which deals only with the simple but often disturbing catarrhal affections of the pelvic area, particularly leucorrhoea.

## Appalling Public Ignorance About Teeth.

### Launching of an Oral Hygiene Service

"THERE IS AN APPALLING ignorance amongst the general public about the care of the mouth and teeth," said Dr. G. H. Leatherman at the inauguration recently of the Oral Hygiene Service at the Eastman Dental Hospital, London. Dr. Leatherman who is president of the British Society of Periodontology and the Honorary Secretary of the International Dental Congress, continued: "It is a deplorable fact that many patients only visit the dentist when they require one or more extractions. Many people would prefer to have a tooth extracted rather than have it filled. The dental profession can do a great deal to stop wrong thinking, but we must have the help and interest of the patients themselves.

"I want to see a tooth-conscious nation. It is no idle dream. If one were able to care for the general and dental health of all expectant mothers and to supervise from birth the teeth of our children, one could be reasonably certain that a large percentage of these children would reach middle age with a healthy mouth containing natural teeth."

## Nursing Echoes.



Her Majesty Queen Elizabeth, The Queen Mother, Patroness of The National Council of Nurses.

ON BEHALF OF THE Board of Directors of the National Council of Nurses, Miss Frances Rowe, the Executive Secretary, proudly announces that Her Majesty Queen Elizabeth the Queen Mother has been graciously pleased to extend her Patronage to the National Council of Nurses of Great Britain and Northern Ireland.

This signal honour will enhance the status of the National Council of Nurses and the interest which Her Majesty has shown in our work is an invaluable encouragement and inspiration to us all.

WE HAVE RECEIVED from the National Council of Nurses of Great Britain and Northern Ireland a copy of the *Monthly News-Letter* of the International Council of Nurses. It is packed full of most interesting information concerning Nurses and their work throughout that part of the world where Nurses are banded together in the I.C.N., but our readers will realise only a few sketchy details can be accommodated in these columns.

The Nurses' Association of China has been reorganised in Taiwan and their President is now Miss Mei-Yu-Chow, who is Dean of Nursing of the National Defence Medical Centre. Since the reorganisation 298 members have been registered, and several activities have been organised. Miss Mei-Yu-Chow greatly appreciates the encouragement and interest which have been shown by various Member Associations in the I.C.N., which, she says, "make us feel we have come back to the family again."

We rejoice in the courage shown by the Chinese Nurses in reorganising their Association in the face of their country's great dilemma.

Miss Daisy Bridges, Executive Secretary, International Council of Nurses, left London on September 1st for visits to Ceylon (Colombo and Kandy), Pakistan (Lahore,

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