

## Women's Ailments.

By A. E. HOPKINS.

IT SEEMS REMARKABLE that in our present enlightened days so many women still resign themselves to certain periodic dysfunctions which are classified in a general way as "women's ailments."

Most of these derangements refer to complaints which affect the reproductive organs of the female body, but it should be emphasised immediately, that these parts of the female body are no more susceptible to disease than any of the other organs.

The supposition that Nature exacts a penalty from women just because they have been designed to reproduce the species is entirely wrong, and would not reflect much credit on the Creator if it were true.

This particular group of organs becomes deranged and oftentimes diseased only when the general health of the body is disturbed.

That female troubles of a serious nature are not inevitable is obviously evident from a brief study of all animal creation and the uncivilised races of the world.

There is hardly any disease of the female pelvic area found amongst savage and uncivilised women, and female animals in the wild state are almost immune.

The fact is well known that the human body acts as a whole, and perfect health is the result of all the functions of the human structure working in a balanced and normal manner, each function blending with the others, contributing its necessary quota to a perfect, balanced and harmonious whole.

If this vital condition of the body becomes deranged the reproductive organs are as liable to be affected as any other part of the system. On the other hand when the health of the body is normal all the organs and functions share in the condition.

Nurses and doctors have a great responsibility towards women apart from their great work in diagnosing and caring for the sick, and that is, the guidance and help which they are so ably qualified to give in convincing women that they do not suffer because they are members of the feminine sex, and that "female ailments" do not exist in a perfectly healthy body.

However, many women, because of ill-health do suffer from disturbances of a disquieting nature in the pelvic region, and these are very often due to a lack of understanding of the natural functions, rather than to any particular weakness.

It is interesting to consider the various troubles which come within the framework of women's dysfunctions, some of which are not usually taken into consideration.

On making a diagnosis of these peculiar complaints the positions of the organs in the body have to be taken into account. If weakness is present in any organ it may become displaced and affect others in varying degrees.

If the digestive organs are disturbed those lying below may be affected as a result. If the stomach becomes prolapsed or if the colon is constantly distended by lack of bowel movement, there can quite be a decided mechanical effect upon the lower organs, apart from other disorders.

If conditions such as these develop, the upright stance of the human being is conducive to their continuance but on the other hand if the human body were always positioned horizontally the effects of these mechanical

disorders would be very much lessened. However this is not so nor likely to be so, therefore we must accept the upright state as the normal.

One of the many possible effects which are created by the sagging or distension of the stomach and colon is the interference with the circulation of the blood through the reproductive organs. This interference may cause localised anaemia from too little blood or if too much blood gets to this department, congestion in various forms may result, or quite likely a condition of sluggishness may develop in the area which may be called stasis.

These conditions are likely to promote local complaints and disease if the cause of the complaints is not overcome.

Apart from the disturbance with the blood circulation, displacements interfere with the vital nutrition of the lower organs, and the waste material which normally results from nutritional processes is not carried away by the blood and lymph, but is retained in the tissues with disastrous results. The resistance of all tissue to disease depends on the ease with which it disposes of waste matter. If this disposal is interfered with disease can be started.

Bearing in mind the foregoing remarks, it may be said in general that toxæmia caused by retention of waste in the tissues, congestion created by displacements and enervation developed through inefficient local nutrition form, in themselves, a vicious group that is mainly responsible for most so-called "women's ailments." If is added such things as insufficient physical activity, excessive clothing, tight and restrictive underwear, improper and insufficient bathing, lack of needed rest and sleep, excesses and dissipations of all kinds, it is not difficult to appreciate that most of the factors required to produce disease in the female pelvic organs have been covered.

If we bear these points in mind when considering troubles peculiar to women they will give an overall picture of the causes, which may help considerably in the approach to treatment.

Much may depend, of course, on inherited tendencies, upon environment, living conditions and other predisposing conditions as to what type of disturbance will manifest itself, and in a future article it is hoped to explain in more detail the leading forms of disease as they affect women, and how the unity of cause predominates in most of them.

### "Prière Simple"

From an old French Book of Prayer.

Lord, make me an instrument of Thy Peace ;  
Where there is Hate, that I may bring Love ;  
Where there is Offence, that I may bring Pardon ;  
Where there is Discord, that I may bring Union ;  
Where there is Doubt, that I may bring Faith ;  
Where there is Darkness, that I may bring Light ;  
Where there is Sadness, that I may bring Joy.

O Master ! Make me not so much to be consoled, as to console ; to be understood as to understand ; to be loved as to love.

For it is in giving that one receives ; it is in self-forgetfulness that one finds ; it is in pardoning that one is pardoned ; it is in dying that one wakes to Eternal Life.

[previous page](#)

[next page](#)