

"Accept, O Lord, these offerings at our hands for the adornment of Thy House, and grant that as we have dedicated them to Thy Glory, so we may devote ourselves to Thy Service for Jesus Christ's sake, Amen."

The singing of the hymn "For all the Saints who from their labours rest," prayers and the hymn "At the name of Jesus" brought this impressive and dignified service to a close.

The Patron of the Fund was Her Majesty the Queen; Vice-Patron, Her Royal Highness the Princess Royal; the President, Helen, Duchess of Northumberland, G.C.V.O., C.B.E.; the Chairman, the Duchess of Marlborough; the Hon. Treasurer, the Lord Luke, T.D., M.A., D.L., J.P.; the Chairman of Appeals, the Lord Moran, M.C., M.D., F.R.C.P.; the Hon. Secretary, Miss J. Elise Gordon, M.A., Editor of *The Nursing Mirror* (which from its foundation has paid all administrative expenses).

The Vice-Presidents were the Countess Mountbatten of Burma, C.I., G.B.E., D.C.V.O.; Her Excellency Begum Zubeida Rahimtoola, of Pakistan; Lady Beveridge; Lady Waddilove, O.B.E.; Viscountess Kemsley; and Mrs. C. R. Attlee.

"Women's Ailments"

By A. E. Hopkins.

(continued)

WHEN we consider the question of circulatory changes their effects become more easily understandable.

The perfectly natural process of menstruation in women brings about certain changes in the mucous membranes accompanied by a discharge of blood. Nature has instituted this special function for the reproduction of the species and under normal conditions, and in normal health, little inconvenience should be occasioned thereby.

However, it is well to appreciate that this function is accompanied by many nervous reflexes and if disturbances in the local blood circulation occur the periodic function will be upset. The nervous manifestations will be increased, a feeling of weakness and lassitude will be engendered and the pelvic area will feel heavy and uneasy. Headaches and depression will often accompany the condition.

The repercussions of congestion are far-reaching. The digestive processes will be disturbed, dysfunction in the thyroid gland may develop and the breasts will become tender and heavy. The back and lower limbs may ache and constipation will make its unwelcome appearance.

Altogether congestion brings about a vicious circle of trouble, and if not corrected in its early stages can develop into more serious complaints and disease.

This condition is quite a common one and is technically known as Dysmenorrhea, and the incapacitation and decreased efficiency it causes leads to much suffering and to those in business much loss of time.

The congestion due to fallen organs, so often due to continued sitting for long periods of time and improper postures of the body can be relieved by physical methods applied by the sufferer herself.

Mild abdominal exercise accompanied by deep diaphragm breathing will mobilise the pelvic organs and

at the same time, improve the local circulation in this area.

In an independent medical survey taken some years ago it was proved that simple exercises affecting the abdominal regions added to deep breathing, caused a decrease of over 50 per cent. in the loss of time previously due to women's ailments in the group surveyed.

The doctor responsible for the experiment was satisfied that the improvement was definitely due to the exercises, which incidentally also decreased the incidence of pain.

Proper breathing and exercise is very important for women at all times. It helps to remove congestion caused by displacement and bad circulation, but this congestion which has such far reaching results can also be affected adversely by an overloaded colon.

A heavy colon often exerts direct pressure on the pelvic organs and much menstrual distress is thereby created.

The frequent occurrence of these disorders peculiar to women can be aggravated by additional factors. These include mistakes in eating, in living, and in the general care of the body. An excessive intake of heavy clogging foods increase the work of the eliminatory processes with resultant sluggishness in the digestion and the bowels, and a general state of enervation. The waste materials are retained within the body tissues and circulation, and thereby all the functions of the body become impaired with particular effect at periodic times.

Leucorrhoea is a condition which manifests itself in various forms classified under the headings of catarrhal, watery, and pus containing. It is a condition more commonly found in young unmarried women and provides a typical example of the human body's effort to dispel poisonous waste.

Normally the human structure can eliminate without difficulty all its waste products but when the conditions are abnormal the toxic matter presents a more difficult problem and overloads the eliminatory processes. This latter condition results in extra congestion at the menstrual period and more pain and distress is present at this time. Knowing the cause, whether by displacement or congestion, physical methods provide relief for the body and mind, therefore it is essential to introduce mild exercise of the abdominal region and deep breathing together with a watchful eye on the type of food and quantity.

Excessive and distressing menstrual discharge is a common feature of this condition.

Careful attention to the foregoing suggestions will improve the condition of Leucorrhoea, but there are other complaints ranging from Amenorrhoea with its complete stoppage of the periodic flow, or only a slight discharge, to the other extreme called Menorrhagia with its profuse and excessive blood loss.

This heavy discharge may act as a safety valve preventing greater congestion, with its possible serious consequences at a later stage.

If the general habits of living are directed along enlightened lines all the symptoms will gradually lessen and in the early stages normality will return.

Displacements of the uterus are another matter but if it is remembered that these are the results of several causes often created by congestion in other organs, the eradication of the causes of congestion will, in the early

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