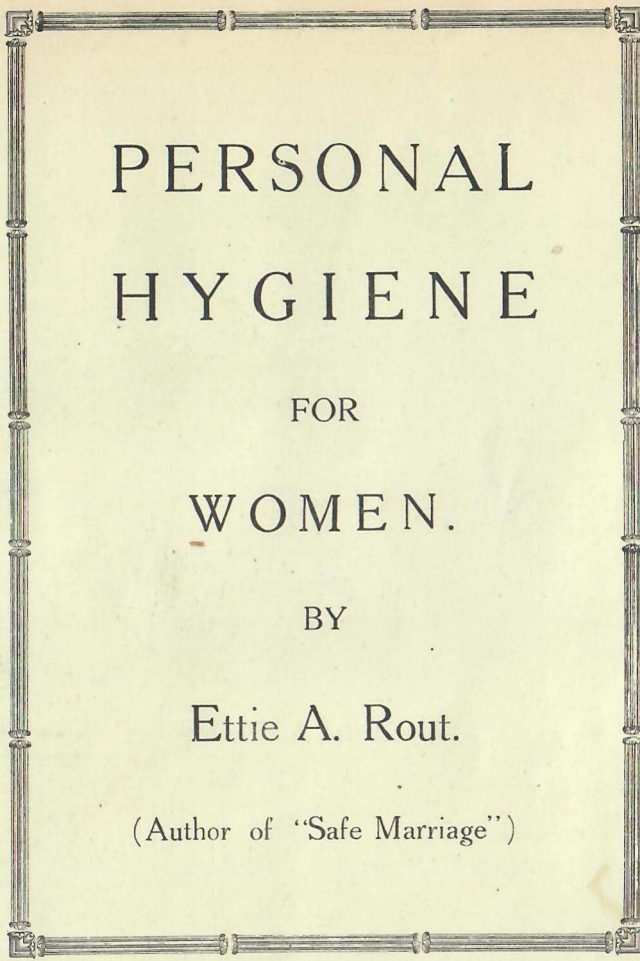




PERSONAL HYGIENE

FOR
WOMEN.

BY
Ettie A. Rout.

(Author of "Safe Marriage")



Miss Ettie A. Rout.

FOREWORD.

No woman should be disturbed by statements that douching is "unnatural," even though these statements are made by certain doctors. It is just as natural and just as necessary to cleanse the genital passages as it is to cleanse the nostrils or the teeth. No woman is born with a syringe or a pocket-handkerchief or a toothbrush; all sensible women acquire these articles for themselves, and learn how to use them properly.

It is right and proper that all adult women should have such knowledge; and they should realise that in relation to personal hygiene **nothing** is common or unclean.

As douching is often applied by married women as a means of contraception, they should know that in July, 1922, a Conference of Medical Practitioners was held in London, attended by nearly two hundred doctors, and this Conference of doctors passed by an almost unanimous vote the following resolution:

"That there is no evidence that the best contraceptive methods are injurious to health or conducive to sterility.

That is sufficient answer to those who allege that proper methods of Birth Control are injurious.

London, December, 1922.

PERSONAL HYGIENE FOR WOMEN.

By Ettie A. Rout.

The vagina is a "blind" canal leading from the labia (or "lips") and ending at the mouth of the uterus (or "womb"). It is situated behind the bladder and in front of the rectum (or "back passage"). The vagina is often called the "front passage," but in reality the urethra or water-passage comes in front; immediately behind this is the vagina, and behind the vagina is the back passage for evacuation of the bowels. Because the openings of all these passages are so close together, and because they have excretory functions — that is, they all serve to get rid of waste-products of the body, it is essential to keep them all scrupulously clean, externally and internally. The bowels should always be kept open — emptied regularly every day. By drinking plenty of clean water, (especially midway between the meals), the bladder is helped to keep in good working order; and washing thoroughly, night and morning, these external parts is just as necessary as cleaning the teeth or sponging the face. It is indeed the only way to keep the parts smelling sweet and clean—free from little spots of urine or little flecks of excreta, and the water used for such washing should be carefully emptied away and the basin rinsed out. It is also a good plan to finish off with a little dash of cold water, then dry parts carefully, and put on a very little vaseline. Some women—particularly those who are stout—find it pleasant and comfortable to use a little powder round the groin as well.

With married women the vaginal passage

stands in special need of cleansing. The bowels can be cleansed in many different ways—by aperients, variety of diet, etc.,—because the whole alimentary canal is continuous from the mouth to the rectum; whereas the vaginal passage is a "blind alley" which can be irrigated only from the one end, namely the opening between the labia.

During marital intercourse there is always the possibility of the introduction of particles of dust and other foreign matter into the vaginal passage; hence the necessity of washing parts thoroughly both by husband and wife. Again the use of dirty towel or wash-rag, or the wearing of soiled underclothes, are frequent causes of vaginal irritation and infection. Proper douching and cleansing of the vagina is the only effective way to prevent and remedy such troubles.

The internal washing of the vagina is best done with a suitable syringe. The ordinary enema is intended primarily for the back-passage, and it is not very suitable for the vagina, because the bulb does not hold sufficient liquid to flood the vagina and slightly distend it, and the water is apt to flow out as fast as it is injected. This can be overcome to some extent by holding the labia together, but that is not very convenient. It is better to expend the few shillings necessary to purchase a really suitable syringe, such as the "**Doublugee**." This has a long pipe ending in a specially shaped nozzle which delivers and sprays the water all over the vaginal walls. The bulb of this syringe is sufficiently large to contain enough water to fill and slightly distend the vagina.

The vagina when extended is cylindrical in shape, but when at rest its wall are in contact —

that is, it collapses together in the same way as a glove when the hand is removed. Ordinarily the length of the vagina from the entrance to the womb is about four or five inches, but the walls are elastic, and are in folds and furrows — like a concertina. Hence they cannot be thoroughly cleansed by quickly swishing water in and out. On the “**Doublugee**” syringe there is a flange or “guard.” This can be moved up and down the pipe of the syringe. Its purpose is to act as a plug — to prevent the water injected flowing out suddenly and involuntarily. It should be placed about two or three inches (or less) from the nozzle, so that the pipe cannot be inserted too far up the passage.

The pipe should be inserted gently, after the syringe has been filled; the rubber guard should be pressed gently but firmly against the labia and orifice to vagina; and the bulb pressed firmly and slowly till the whole of the contents have been put into the vaginal passage. Where an antiseptic lotion is being used for contraceptive purposes, the lotion should be **retained in the vagina for a few minutes**. The lotion should always be **WARM** — **NEVER COLD**, and only **very weak** antiseptic lotions should be used.

Very often syringes are carelessly filled. In fact they are not “filled” with lotion at all, but half-filled with air instead. The result is when the bulb is pressed, a large bubble of air is blown up the vagina, and the **very parts**—the end of passage and mouth of womb — which most require flooding with antiseptic lotions are **not reached by the lotion at all**. They are surrounded by the large bubble of air blown up first. This accounts for

some of the failures to prevent conception.

Care should be taken to fill the syringe completely, by pressing and re-pressing it several times with the nozzle under water, but a good plan is this: Put nozzle under water; squeeze bulb—then let go pressure; take syringe out of water and hold it with pipe upright and squeeze the bulb till the water comes to point of nozzle; then **still keeping the pressure on bulb**, invert and bring nozzle again under water, slowly release pressure and let bulb take in a second supply of water. It will probably then be quite full of water (or lotion); but if not, repeat the process.

A still easier way is to unscrew the nozzle at the top of the vulcanite pipe and fill spray completely by pouring in the lotion by means of a jug.

It is much safer and cleaner for the wife to syringe over a bidet, and then withdraw syringe-pipe and let the water or lotion flow out into the vessel. It is mixed with bodily secretions—mucus and seminal fluid, e.g.— and therefore it is not wholesome to draw the lotion back into the bulb of the syringe by suction. Whenever this is done, great care should be taken to cleanse the syringe as soon as possible. It should be rinsed out several times — completely filled and completely emptied —with fairly strong antiseptic lotion. This will not hurt the rubber at all, and it will prevent the internal parts of syringe becoming dirty and perhaps nasty-smelling.

I particularly wish to impress on married women that cleanliness and birth control go hand-in-hand. Birth control is largely a matter of sexual cleanliness, and on sexual cleanliness, the happiness of married life is largely dependent. Hus-

bands and wives cannot enjoy kissing one another when their faces are hot or sweaty or dirty. Similarly they cannot enjoy the intimacies of marital intercourse unless they are both willing. to **WASH AND BE CLEAN.**

Detailed argument and directions in full are given in a small book written recently by myself, as a result of many years of professional and married life, and Red Cross work in Europe and elsewhere. This book is entitled :

"SAFE MARRIAGE," A Return to Sanity,"

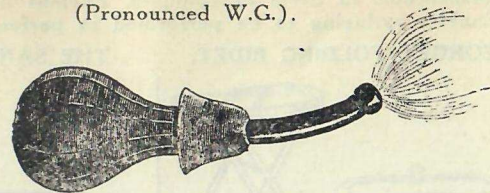
By **Ettie A. Rout**, of the New Zealand Volunteer Sisters; Head of the American Red Cross Depot and Canteen at Villers-Bretonneaux, 1919-1920, with a Preface by **Sir William Arbuthnot Lane**, Bart., C.B., M.S.; Consulting Surgeon to Guy's Hospital, etc. — 3s.6d. net., Postage 3d. extra.

It can be purchased from Messrs. George's Surgical and Drug Stores, Ltd., of Green Street, Leicester Sq., W.C.2., at whose request I have written this little pamphlet "Personal Hygiene for Women."

In conclusion I want to urge all readers of this little pamphlet to cultivate in themselves and others habits of sexual cleanliness. Doctors, chemists and druggists, nurses, Red Cross workers and the general public, must all co-operate in the great national endeavour to **BE CLEAN AND KEEP CLEAN**, and certainly nobody is aiding more than those who stock and sell at reasonable prices the articles necessary for personal hygiene. Such shopkeepers are rendering a very valuable service to the public, and they should be heartily supported by all of us.

THE "DOUBLUGEE" WHIRLING SPRAY.

(Pronounced W.G.).



As recommended by Miss Ettie R. Rout, being the most

SIMPLE — CONVENIENT — EFFECTIVE

Whirling Spray on the market. Always ready for use, nothing to get out of order. No cumbersome bags, cans, tubing, valves or taps to cause delay and annoyance.

The construction of the Spray Nozzle, which is adjustable, causes the fluid to be injected with a powerful flush which smoothes out the folds of the vagina and permits the injection to come in contact with its entire surface, instantly dissolving and washing out all secretions.

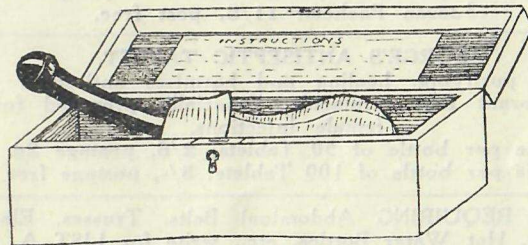
WE GUARANTEE this SPRAY for 2 YEARS

but the average life is from 5 to 10 years.

PRICE: 10/6 complete. — Postage 6d. extra.

W. GEORGE'S SUPER SPRAY.

The Whirling Spray of the Century.

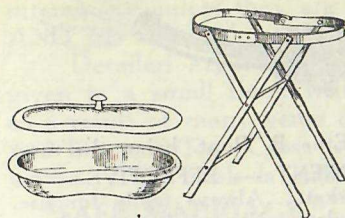


Recommended by Leading Physicians.
Complete in strong polished oak box fitted with Lock and Key. — PRICE: 21s. — Post free.

CHEAPER SPRAYS: 5/6; 6/6; and 8/6.

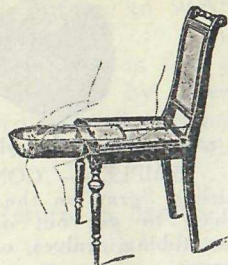
BIDETS.

Indispensable to users of Douches, Enemas and Sprays.
Enables syringing to be performed in perfect comfort.
GEORGE'S FOLDING BIDET.



Folds up into a small space when not required.
Strong White Enamelled.
PRICE: 27/- Complete.
Carriage 1/- extra.

THE SANIX BIDET.



Portable and convenient for travelling. Adjustable to fit any chair.
PRICE: 12/6 Complete.
Postage 6d. extra.

Dr. ALLBUTT'S QUININE INJECTION POWDERS.

The safest Injection for contraceptive purposes for use with all makes of Sprays or Syringes.

One packet makes a pint of safe injection.

Sold only in 20 grain packets.

4/- per doz. postage 2d. Single packets: 6d., post free.
3 dozen Packets: 11/6, post free.

GEORGE'S ANTISEPTIC TABLET.

A purifying, healing and harmless antiseptic, deodorant and germicide. Especially prepared for female injections.

Price per bottle of 50 Tablets: 2/6, postage 2d.

Price per bottle of 100 Tablets: 5/-, postage free

IF REQUIRING Abdominal Belts, Trusses, Elastic Hosiery, Hot Water Bottles, etc., write for LIST A. 6.

FOR PESSARIES and all kind of Preventive Appliances, write for LIST G.

ALL PRICE LISTS are sent by return, post free, in securely packed, plain envelope.

W. GEORGE'S SURGICAL & DRUG STORES, LTD.,

Mail Order Department:

10, GREEN STREET, LEICESTER SQUARE,
LONDON, W.C.2.

BRANCHES:—

21, Green St., Leicester Sq., W.C.2;

37, Wardour Street, W.1.;

44, North Street, Brighton.

PRACTICAL BIRTH CONTROL

Being a Revised Version of "Safe Marriage"

By
ETTIE A. HORNIBROOK
(Ettie A. Rout)

WITH A PREFACE BY
SIR WILLIAM ARBUTHNOT LANE,
BART., C.B., M.S.

Crown 8vo. Weight, 10 ozs. 3s. 6d. net

CONTENTS.—Marriage—Contraception—General Information
(a) Medical Supplies; (b) Sterility; (c) Other Methods
of Contraception; (d) Maternal Mortality—Dilatation of
the Hymen—Development of Pelvic Musculature—
Questions and Answers—Note to Correspondents.

OPINIONS

PROFESSOR JULIAN HUXLEY.—"Birth control is one of the most potent agents of change in our modern life. But what precise changes it will effect, how rapidly, whether for good or ill, will depend chiefly upon the attitude of mind we adopt towards it. Mrs. Hornibrook, with her blend of fearlessness, practical common-sense, and high ideals, achieves an outlook whose sanity and freedom it would be hard to beat. I hope her book will have the success it deserves in spreading this attitude of mind among all and sundry."

SIR WM. ARBUTHNOT LANE, Bart., C.B., M.S.—"The book she has written is one of very great value, in that its object is the Health, Happiness, Morality and Well-being of the Community."

MR. H. G. WELLS.—"Your book is a clear, simple, straightforward book. I wish everyone in the country could

have it to read before the age of one-and-twenty. I cannot sufficiently express my high and keen admiration for the work you have done."

Medical Times.—"Mrs. Hornibrook has handled with circumspection a delicate subject which in its practical aspects is in this book courageously dealt with in concise and lucid fashion."

New Generation.—"It is an excellent book, both for its contraceptive and its general information."

Cambridge University Medical Society Magazine.—"The object of the book, which is achieved, is to explain the practical details of birth control."

ORDER FORM

THE PROSELDIS CHEMICAL COMPANY

To M _____
(Bookseller) 32, GREAT DOVER STREET,
LONDON, S.E. 1.

Please send me _____ cop. _____ of PRACTICAL BIRTH CONTROL, by ETTIE A. HORNIBROOK, published by WILLIAM HEINEMANN (Medical Books) LTD., price 3s. 6d. net (postage 3d. extra), for which I enclose cheque value
£ : : .

Name _____

Address _____

Date _____

Orders should be sent to your bookseller or to Wm. Heinemann (Medical Books) Ltd., The Windmill Press, Kingswood, Tadworth, Surrey. Enquiries to Wm. Heinemann (Medical Books) Ltd., 99 Great Russell St., London, W.C.1