

*The* **INTIMATE SIDE** *of*  
*a Woman's Life . . . .*

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certain amount of natural lactic acid, but this is next to impossible to obtain. It is not generally known that lactic milk whey makes a wonderful douche. Although some physicians prescribe acidophilous milk for the purpose, it is undesirable, because the product is thick, and thus difficult to spray, while lactic milk whey, from which the casein and fat have been removed, is a clear amber liquid which sprays as freely as water.

N. D. Nielsen, an internationally known biochemist who spent twenty years studying the properties of milk, first produced lactic milk whey for the treatment of intestinal toxemia in the system. Later, it was used for the treatment of certain vaginal conditions and found to be most effective. There are two companies now manufacturing lactic milk whey, but unfortunately neither of them advertise to the public, and the product is not easy to obtain.

No matter what is used as a douching solution, the thing to remember is that an *irrigation is effective only on the surfaces it actually contacts*. So to get results, scientific equipment must be employed in its application.

#### THE MENSTRUAL CUP

For those who do not understand, it may be well to mention here, that the menstrual blood flows directly from the mouth of the womb (cervix).

This soft rubber cup is designed to catch the



flow direct, without any part of the device being exposed. Some think this type of sanitary protection rather revolutionary, yet science indicates that experiments have been going on for over thirty-five years in an attempt to perfect a desirable menstrual cup.

A Frenchman named Mallalieu designed and patented one of these in 1900. A few years later, Juchant, also a Frenchman, improved upon Mallalieu. Later came a German, then an Englishman, and so on, down to an American, who must be given the credit for having perfected this device.

Dating back to the beginning (1900), the menstrual cups were made of substances such as hard rubber, and must have been difficult to insert and most uncomfortable to wear. Now however, this little cup is designed of *soft rubber*, and is easily folded for insertion into the vagina. It is pushed up gently and placed just beneath the mouth of the womb from whence the blood flows directly into the cup.

Drawings "A," "B," and "C," (Fig. 20, page 93) show how the cup is folded for insertion and "D" shows it in proper position with no part of the cup exposed.

Successful use of the cup depends largely upon the condition of the vagina. For instance, if the vaginal tissues have been torn or stretched in childbirth, it may be that slight surgical repairs would be



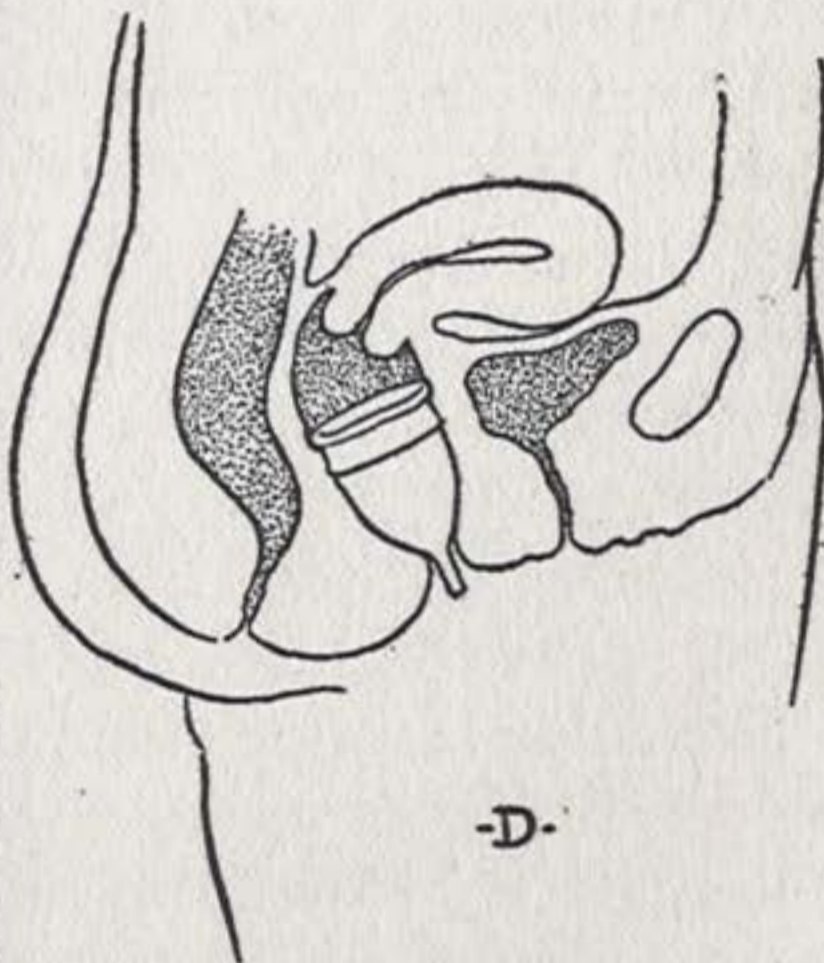
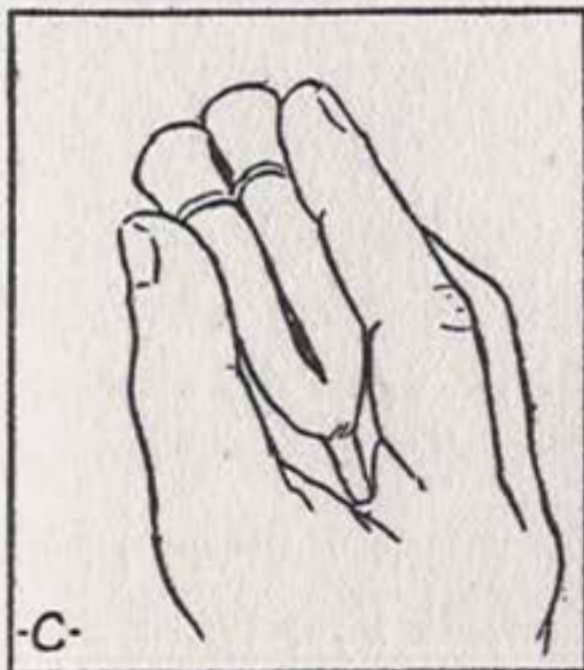
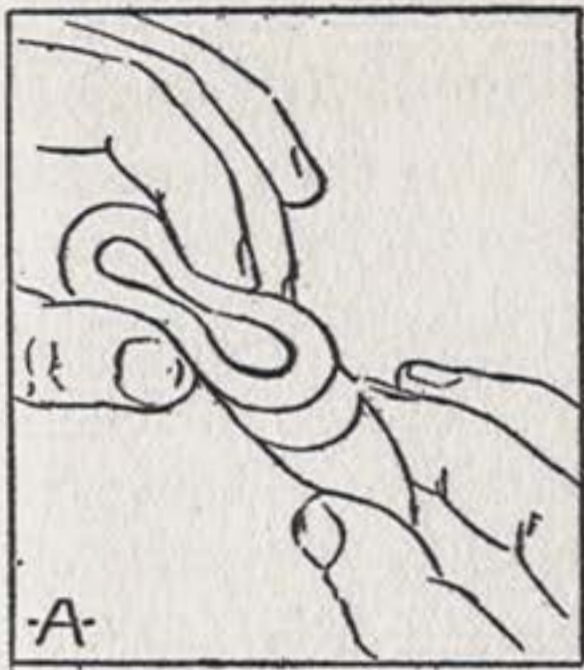


Fig. 20. Drawings "A", "B" and "C" show how the menstrual cup is folded for insertion, and "D" shows it in proper position with no part of the device exposed.



necessary before the cup could be worn successfully; that is, without a slight leakage.

Particularly is this true if the perineum or vaginal floor has been torn. If the condition does not warrant repairs, the muscles in the vagina may be strengthened through certain simple exercises. (Page 121.)

FEW WOMEN KNOW THAT THERE ARE ANY MUSCLES IN THE VAGINA. MUCH LESS THAT THEY MAY BE CONTROLLED, OR MADE TO OBEY THE WILL OF THE INDIVIDUAL, THE SAME AS ANY OTHER MUSCLE IN THE BODY.

An interesting experiment is to try using the cup to determine the condition of the vaginal muscles. If there is any leakage it may be overcome by placing a small wad of absorbent cotton *underneath* the cup, *at the back* (next to the rectum), and use the device in this way, until the walls of the vagina can be restored to normal.

Frankly it is well worth a trial, because this little device appears to be the best solution to the problem of sanitary protection. It eliminates belts, pins, napkins, and inconvenience, and it is not necessary to remove the corset or girdle to empty and replace the cup; no woman need miss a day on the beach during her period if wearing a menstrual cup;—bathing may be indulged in (if one is used to cold water). Furthermore the device does not have to be removed