

way as yoghurt.

Do not use too much vinegar as it can burn! It is also good not to do this too often because it might affect the natural fluids of the vagina.

- ♦ Add salt to your bath - enough to make the water taste slightly salty.
- ♦ Apply gentian violet to the vagina. This treatment is very effective, although it is messy. Use sanitary pads to prevent the gentian violet from staining your underwear.
- ♦ Do not wash your vagina with soap when you have thrush because it will make the itchiness worse.

How to prevent thrush

- ♦ Wear clean cotton underwear. Nylon panties, pantihose and tight pants keep in wetness and help thrush to grow.
- ♦ Never use sprays on the vagina. Deodorants on the vagina will just make matters worse!
- ♦ After using the toilet, wipe from front to back, never from back to front as this can spread infection from the anus to the vagina.
- ♦ If you have thrush talk to your partner. If it keeps on coming back your partner may also need to use creams. It is better not to have sex when you have thrush. Sex will make the infection worse and it is likely that you will infect your sex partner.
- ♦ Avoid sugary foods and foods with refined starch. Try to eat fresh and healthy food.
- ♦ Try to get enough sleep and avoid stress.

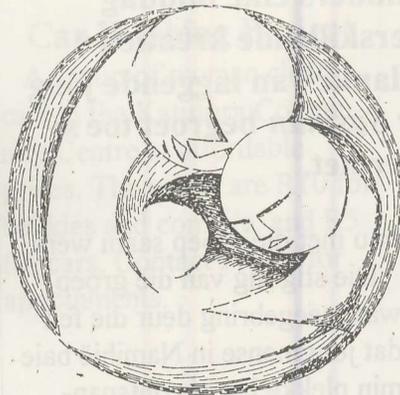
(Information from Speak, July 1992)

We Are Waiting For You

A Praise Poem

By Wabei Siyolwe-Hopson

We are waiting for you. Bo Kuku (Your Great-Grandma) keeps saying that she will spank you when you come out because you are delaying her. She wants to harvest her corn ... she hates all the rain we have been having ... and she wouldn't mind being up in Katima right now with her boys catching some fish with her big new nets. So while we wait she has already planted heaps of tomatoes in what used to be our very barren Wanaheda garden and is getting ready to plant enough onions and lettuce to last us till your third birthday.



Drawing: Inonge khabete

We are waiting for you. Your Grandmother in Hampton, Virginia we are sure is pacing around, distracted waiting for the phonecall. Meanwhile she tells us that she occupies her time with 'the job', church, and her innumerable social service activities, but we know she spends time on the phone

telling folk she loves you, about your progress and working out a plan for all the things she will say and do with you: her first grandchild.

We are waiting for you. Great-Grandma Nuke in South Carolina soothed me one cold morning when I was troubled about you. She touched you with her practiced, patient hands, calming me with words to make peaceful a new mother. She no doubt hears much of your progress but spends much time on her rich land nurturing her many grandchildren. This is not to say that you are not important to her. She is blessed and has much and accepts all with equal thanks to the creator.

We are waiting for you. Your Kuku in Maryland is occupied with Nomai, your six-week old first cousin, but still lies awake alone at night thinking of you. She is proud though now. Proud of her struggles in America that they have blessed her with a sudden flock of little ones. She has always said, "What is the purpose of life if you do not live and work for children. For there is no satisfaction in only working and existing for the self."

They all wait for you. Your father and I are joyful that you chose us and are patient of your coming. We wait for you too.