A short history of menstrual hygiene in the modern age

- **World War I**: Invention of forerunner of menstrual pad by nurses, using cellulose bandages
- **1929**: Tampons with applicators first patented by Dr. Earle Haas
- **1937**: Leona Chalmers patents the first usable commercial menstrual cup, made from latex rubber
- **1969**: Adhesive-strip menstrual pads (Stayfree mini) become available.
- **2005**: First formalized use of term "MHM" at UNICEF's Oxford Roundtable
- **2012**: Unified working definition of MHM by Joint Monitoring Program of WHO and UNICEF
- **2013**: Introduction of international Menstrual Hygiene Day by WASHUnited
- **2018**: India and South Africa scrap the tax on menstrual hygiene products

Source: Let It Bleed: A People’s History Of Menstruation by Richard Stockton: https://althatsinteresting.com/menstrual-history/
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