

a child in its clothes one generally subtracts in pounds half the child's age—*e.g.*, a child of 8 years would be allowed 4 lbs. for clothes. Jewish children mature more quickly than Europeans. Disease, seasons, nutrition, all influence the growth of these human "sensitive plants." In the Spring they generally grow taller, in the Autumn they increase in weight. Physical exercises if properly directed are always beneficial, they are especially useful in strengthening weak lumbar muscles, which if neglected cause curvature of the spine—which in girls is particularly serious, a general backward curvature causing a perpendicular flat pelvis, instead of a horizontal one. Flat feet may arise from want of proper exercises, or from exercise in a state of malnutrition. All physical exercises have an effect on the brain and spinal cord as well as on the muscles.

Nutritive exercises affect the circulation, &c.: such are jumping, skipping and running. Respiratory exercises help to develop the lungs. Resistance exercises strengthen the muscles and nerves: such are pushing, pulling and ju-jitsu. Corrective exercises are used to mend bad habits, —*e.g.*, standing on the toes for flat feet.

Music is useful for most exercises, with the exception of balance and control exercises—these are progressive. Children should not be taught perpendicular handwriting, as it tends to cause lateral curvature of the spine. Deal desks are best for use in elementary schools, and they should be fixed with care in relation to the seat. The perpendicular between the seat line and the desk is called *the distance*; it should be zero, otherwise the child will have to stretch unduly to write or read. Height of the seat should be 2/7th of the body height. Full development will be almost impossible to obtain for the unhappy little ones whose lives are spent in the slums of our great cities—noisome streets whose existence is a denial of Christianity and a reproach to the modern system of Landlordism. If every School Nurse and Social Worker would agitate persistently for better housing conditions, and fair wages to those who would work, they would be truly serving those little ones who have no voice but a cry, no strength but a hand that clings.

GLADYS TATHAM,
Asst. Royal Sanitary Institute.

THE NIGHTINGALE MEMORIAL.

We are glad to see that some handsome contributions have been sent by the public to the Nightingale Memorial Fund. As one member of the Committee has said, "It would be nothing short of a scandal if the money for the statue is not forthcoming."

OUR PRIZE COMPETITION.

We have pleasure in awarding the prize this week to Miss Elizabeth Douglas, Maternity Hospital, Belfast Union Infirmary, for the following article on the question:—

WHAT ARE THE SYMPTOMS OF ABORTION?

The term abortion is applied to the expulsion of the ovum before the time when the child becomes viable. Premature expulsion of the ovum is one of the commonest of the morbid occurrences of pregnancy. The attachment of the ovum to the uterine wall is less firm in the earlier months of pregnancy, before the formation of the placenta, hence it is within the first four months that abortions are most common. A woman goes three or four weeks beyond the expected time of menstruation, then hæmorrhage occurs, resembling a menstrual period, more profuse than usual, and an ovum may escape unobserved.

Abortion positively diagnosed occurs most frequently between the sixth and sixteenth weeks. Within the first two months of pregnancy the ovum is most frequently expelled without rupture of the amnion, and the whole of the chorion generally comes away together.

When a woman who is in the first three months of pregnancy commences to bleed, the hæmorrhage may be due to threatened abortion, or to extra-uterine pregnancy.

In all cases in which a pregnant woman begins to lose blood, she should go to bed and a medical practitioner should be immediately summoned.

It is never possible to say whether a threatened abortion is inevitable or not, unless a portion of the contents of the uterus have left the uterine cavity.

In threatened abortion there is generally pain of a more or less colicky nature, and on vaginal examination the cervix may be found somewhat shortened, and the os partially dilated. The earliest symptom of abortion is usually uterine hæmorrhage. The bleeding may at first be slight and intermittent, and is increased in quantity when uterine contractions become active and the ovum begins to be more completely separated, and forced down into the cervix. Clots of considerable size are generally passed before the ovum itself is expelled. All clots and shreds of membrane which come away should be kept for the doctor's inspection.

Bleeding may occur continuously or intermittently for some days before the pains come on. In rare cases it may even last for weeks before ending in abortion. Loss of blood is generally greater after the second month, when

[previous page](#)

[next page](#)