

others would be strenuously resisted. And rightly so.

At the same time we sympathise with the opinion of Lord Knutsford that approved insurance societies should pay for hospital treatment, as it is often such skilled treatment, and not a few pills and potions at home which restores the insured person to health. Then we hold the opinion that through a thorough scheme of insurance every individual should make sufficient provision not only to prevent unnecessary sickness, but to provide for the most skilled curative treatment. We feel sure such a scheme is possible if we were not content to muddle along as usual.

The solution of the whole question of care in sickness is by a bold and comprehensive system of national insurance to which all classes contribute not on the lines of the silly little dole system, now administered by the Ministry of Health. When we realise what a reserve can be built up out of a few pence, one longs to handle a system of pounds. Our benefit scheme would include: Clean bill of health on marriage, care of pregnant women, skilled midwifery, trained maternity nursing, care of nursing mothers and infants, health care instruction in the schools, medical and nursing advice and treatment in sickness in the home, hospital care, convalescence, cremation and burial. With organisation this inclusive scheme could be largely self-supporting. We are not a nation of organisers, but with our good common sense we might win through if we set ourselves the task.

THE MOTHERS' CLINIC.

On Thursday afternoon, March 17th, Mr. Humphrey Vernon Roe, and his wife, Dr. Marie Carmichael Stopes, D.Sc., Ph.D., were at home at 61, Marlborough Road, Holloway, N.19, at the Mothers' Clinic, at which fathers also are welcome, to inaugurate this new venture for constructive birth control, or more accurately, the control of conception. The visiting physician is Dr. Jane Hawthorne, and the Midwife-in-Charge Miss Maud Hebbes. The belief of the founders is that parents have the right to control conception, that motherhood should be voluntary and joyous, and that when a child begins to ask questions as to his origin, the mother should be able to reply: "You were born because your father and I loved you and wanted you," so that the child gets the right outlook on life, and also realises that it is loved and wanted. Further, they claim that the vitality of the children born, if about two years elapse between each birth, and the mother has time to recover properly from the last pregnancy is greater than if her health is impoverished by too quick child-bearing, and that a larger number of healthy living children are born. The result of the propaganda is, therefore, the increase and not the decrease of the race.

The Clinic is set down in a slum district because, while knowledge as to the regulation of conception has been available for many years, the really poor, the thriftless, and the ignorant, have been shut out from such knowledge. Dr. Stopes, therefore, resolved that it should be brought to them, and the particular locality selected for the experiment was determined by the housing problem and the possibility of securing a house.

The little Clinic at 61, Marlborough Road, Holloway, is simple but attractive in appearance. There is a reception office in the front, leading to an inner room furnished with couch, and fixed washstand. The walls are distempered a pale cream colour, and paint and cretonnes are blue, and blue-and-white, the "blue bird" being a distinctive feature of the cretonne.

The pictures and decorations are of the simplest, the object being that if, for instance, a woman admires a picture, but thinks it would be impossible of attainment by herself, it can be pointed out to her that there is no insuperable barrier.

The hope of the promoters is that mothers will realize the friendly nature of the Clinic and will drift in and out quite naturally for talks with the midwife in charge. It is emphasised that the object of the Clinic is to assist those who are healthy to remain healthy. It is for prevention not cure, and women suffering from any abnormal conditions are referred to a doctor.

The method of conception control advocated by Dr. Stopes is in normal cases, and after a woman has had one or more children, the use of the small check pessary, together with a quinine pessary. There is, of course, an acute difference of opinion as to the propriety of these methods, but Dr. Stopes is convinced that birth control knowledge, as advocated and imparted by her, is the keystone in the arch of progress towards racial health and happiness.

A meeting on the subject is to be held next month at the Queen's Hall, Langham Place, W.

ALLENBURY'S DIET.

In many cases of illness and convalescence where a milk diet is ordered the difficulty arises that owing to the power of assimilation being enfeebled the patient is unable to digest the food which is so necessary, and indigestible masses of curd form in the stomach. In such cases Allenbury's Diet is often found to be of extreme value, as it is made from enriched full cream milk and wheat, both of which are partially predigested during manufacture. It has the further advantage that it is easily prepared, all that is necessary being the addition of boiling water. It is also an invaluable food for nursing mothers. The fact that it is prepared by Messrs. Allen & Hanburys, Ltd., is a guarantee of its high standard, and it is obtainable from all chemists, price 2s. 6d. and 5s. a tin.

[previous page](#)

[next page](#)