

The Midwife.

CLAPHAM MATERNITY HOSPITAL.

POST GRADUATE WEEK.

The Post Graduate Week at the Clapham Maternity Hospital, Jeffreys Road, Clapham, beginning on September 27th opened with a reception which took place, before the first lecture, and was a very enjoyable function. The Medical Staff, Members of the Board of Management, and the Matron extended a very friendly hospitality to the nurses who had come, some of them, from long distances. The Lecture Hall was filled to its utmost capacity when Dr. Annie McCall came to the platform in cap and gown and opened the meeting with prayer. In her opening remarks Dr. McCall said that she intended this first lecture to be more of the nature of an informal talk. She welcomed those who had come to attend the course and expressed the hope that it would have something of value to offer to them in extending their knowledge.

A very important point to remember in regard to lectures, is the fact that whenever you are trying to teach others you are learning yourself, "Thou therefore which teachest another, teachest thou not thyself?" says St. Paul. The best way to learn how much you know is to try to show your knowledge; then if you do not know your subject you will seek to go over it again.

Speaking of midwifery the lecturer said it is as old as the world—babies come just in the way they always did. Methods of helping the mother changed, what we say and think and do about midwifery changes, but not midwifery itself. We should not theorise too much about it; rather should one remember that Nature is the best obstetrician though she sometimes wants help. Inefficient help, however, means bad mortality, a bad mortality among the mothers, and a large percentage of still-born children.

In speaking of education Dr. McCall said that there are those who question the necessity for the lengthened course of training now demanded by the Central Midwives' Board; there is certainly one benefit arising from it—it gives time for knowledge to "soak in." But one thing Dr. McCall is convinced of is that the midwives do better work after, than just before their examinations, because they feel free from the stress and strain involved in prepara-

tion for an examination. Referring to the examinations to be held at the end of the course of lectures then commencing at the Clapham Maternity Hospital, Dr. McCall said that the most practical part of such an examination was the clinical part, chiefly because it was taken in the presence of the patient.

Dr. McCall said that most people are credited with certain "fads"—some sort of work or activity in which they are particularly interested. One of her so-called "fads" is the treatment of tuberculosis as undertaken at the Tuberculosis Dispensary, one of the Institutions affiliated to the Clapham Maternity Hospital. Dr. McCall has most kindly promised to give a lecture on this subject at the Royal British Nurses' Association Club next month, and Nurses should not miss this opportunity of acquiring knowledge on so important a question.

Dealing with the question of alcohol Dr. McCall said that in her view total abstinence for the individual and prohibition for the State was the right condition of things. By a more aggressive policy, much more might be achieved by those who are trying to combat the use of alcohol. The habit of taking stout during pregnancy was hurtful both to mother and child, and the latter was likely as a result of the habit of its mother to be much more liable to infantile convulsions. Exercise was highly important during pregnancy; it improved the circulation and made the muscles of the pelvis and limbs more pliable.

After replies to questions, Dr. McCall said that she would quote some doggerel lines which incorporated the very best ante-natal advice in a simple way:—

"In later months of pregnancy dispense with eggs and meat;

Drink hot water freely, take fruit—all you can eat;

Hot baths are very useful, their value is untold;

These rules with daily exercise are worth their weight in gold."

Post Graduate Week was a great success.

"ARMS FULL OF CHARMS."

Our illustration of a member of the Staff of the Registered Nurses' Society, 431, Oxford Street, London, W., affords convincing proof of the happiness some nurses find in maternity nursing, and the care of small infants. The twins appear serenely content with their environment.



AN R.N.S. SISTER.
Arms full of Charms.

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