

order to do good work. Rather than reduce our service to the level of an absurdly small fee, would it not be better to educate our patients up to the level of paying a reasonable fee, if they can afford it, or attend them for nothing at a maternity hospital, if they are poor? The forceps, of course, will not be employed too soon in such a place, either to save the medical director's time or to give practice to the medical student. I have made it a rule not to attend a woman in her confinement unless she has engaged me several months beforehand, among the many reasons for this being the importance of seeing her a few times in order to instruct her on the time required for a safe delivery. The writer has saved himself much annoyance and his patients much danger by the following method of *avoiding the use of the forceps too soon*. Each primipara is given three one-grain opium powders, one to be taken every hour as soon as the pains begin, and if the pains begin in the night she is told not to awake her husband until the usual hour in the morning, nor let the doctor know until 9 a.m., as it is most important that her first confinement should take at least twenty-four hours if possible. Then she is told the reason why; that if she has a natural confinement she will have better health than ever, while if it is hurried artificially she may become a chronic invalid for life. The result is that, supposing she is taken with her first pain at 11 p.m., she takes her powder and perhaps goes off to sleep only waking for a minute at long intervals; she may not even have to take the three powders. In the morning she takes an enema and a bath, puts on clean clothes, has her breakfast and then sends me word. I make my first visit about 10 a.m. and after sterilizing my hands I make the first examination and find perhaps that the os is opened to the size of a quarter-dollar. I tell her that everything is going on well and that the baby will probably be born before midnight. She is told to busy herself with her household duties between her pains, and that I will return again in the afternoon. On no account should the doctor remain in the house all day, for if he does he will almost surely be urged to do something which his judgment tells him would be detri-