

## THE HYGIENE OF CHILDBEARING

Urine may be clear as water and yet contain much albumen. A cloudy sediment in urine when passed or forming on cooling is not albumen. A simple test that can be made by any one is as follows:

Boil a little urine over a lamp in a small glass vial or even in a spoon. If the urine remains clear there is no albumen. If it becomes cloudy add a few drops of vinegar. If this makes it clear again there is no albumen. If the cloudiness remains there is albumen. Of course this test should not take the place of the more complete and thorough test by the physician, but may be useful when he is not near at hand.

*Swollen Feet as a Symptom.*—In albuminuria the feet and ankles often become greatly swollen, and in some cases even the hands and face become puffy. Such swelling should always be reported to the physician, and a sample of urine sent to him for examination. Sometimes this swelling is quite harmless, being due to the womb pressing on the large bloodvessels, but only the doctor can tell whether it is important or not, so he should always be informed. Some doctors make it a rule to examine the urine once a week during the last three months of pregnancy in all cases. I regard this as an unnecessary extreme of carefulness. By a little instruction the patient can be taught to recognize danger signals so that she will be perfectly safe.

*Headache.*—When albuminuria has become intense so that the danger of convulsions is very great, the patient often experiences severe headache, and sometimes nausea and vomiting. The occurrence of these symp-