

Addresses Given On Child Welfare

Dr. Doris Murray and J. Arthur McBride Spoke to Members of Local Council of Women.

of Women.

The members of the Local Council of Women were given a treat yesterday afternoon in the splendid address by Dr. Murray of the University of Toronto. He has listened with the closest attention as he outlined the various steps to be taken in making this a healthier country, the children of the coming generation might have a better opportunity to be better citizens. A. Arthur McBride, president of the Canadian Council of Women, for Canada, also gave a short address on the work in Quebec, and congratulated New Brunswick on what he already has accomplished here.

Arthur McBride.

Mr. McBride, in his opening remarks, said the year 1922 ought to be children's year, and the babies born in 1922 should be the healthiest born into the world since the time of Noah. As the Province of Quebec they had been able to accomplish something along these lines, but much more remains to be done. In the last twenty years they had just 275,000 children under the age of one year, and the nearly loss of babies under one year.

One of the best methods of seeing that children were healthy was the health centre, with its trained doctors carrying on the pre-natal and post-natal work. It was the necessity if children were to be healthy was a pure milk supply and good housing conditions. He knew of nothing that would show as great results in a short time as child welfare work.

He extended congratulations on the progress which had been made locally.

Dr. Doris Murray. Dr. Doris Murray was then introduced by the president as the speaker of the afternoon on Preventive Work for Child Welfare. Dr. Murray said a great deal had been heard about pre-natal care, but she would begin further back than that and teach the young girls to prepare themselves for their natural avocation in life, the bearing of children. She would also have every person under a medical examination before marriage, for it was no use to expect healthy children

ated, or those with venereal disease, were allowed to marry and bring babies into the world.

At the time of the prenatal care for the expectant mother. A great many women had no care at all during this period, but if the state was to have a healthy childhood they must have the best prenatal care possible. It is necessary that proper care and nursing be provided at the time of confinement, and there should be some means provided whereby the mother could have the best medical and nursing care being required to take up the active duties of the household after child birth. Many had to be up and about from five to ten days, and some were not fair to the mother or to the child.

Prenatal Feeding.

Proper feeding was another big factor in having healthy babies. The mother had to be given the best natural food possible, and if she was not, but the working mother was not always able to give her child its natural food because she had to work, and she was asked, "ought there should be some way provided whereby the mother who had to work could have sufficient time off to feed her baby."

The well baby clinic was another

health. At these the mothers brought their children and were given advice as to the best way to keep them in good health and to keep after the children until they were two years of age. The mothers were given some means of caring for the children during the summer months from the health centre from the care of the health nurse until it got into the schools, the period from two to six years of age. As a result of this work, during that time the foundation of many cases of chronic heart disease in later life was laid.

In preventive work, the health nurse in treating tuberculosis, the preventive work was divided into two parts, the prevention of massive infection and the curing up of a tuberculosis. This work was done by assistance. This work was done by assisting of the homes by nurses and by proper medical examination of the children to discover those who were infected. A preventive work was conducted, a prevention, which provided for

There should be proper school hygiene and open air schools and classes for sub-normal child, to give him his share of fresh air. Many children in the schools suffered from malnutrition, and these should be given special attention. The causes of malnutrition are, defects, insufficient food, inadequate brooding, milk or cooked cereal in the diet, improper food, too long between meals, too much tea and coffee, too much sweets, too much sweets, fast eating, washing down food with water, staying up too late at night, bad eating habits, too much study and too much work.

These faults must be remedied if anything was to be accomplished, and in order to get anywhere the confidence of the parents must be gained.

obtained. Public health education was the great need of today, and this was best given through the health centre, but the co-operation of all was necessary. The prevention of disease was a community job, and every one must do their share.

A vote of thanks was moved by Mrs. Robinson Vanwart and seconded by Mrs. John Owens, and extended to Miss Murray by the president.

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