

THE HYGIENE OF CHILDBEARING

has pains in the lower part of her body, which last from half-a-minute to a minute and return at regular intervals of five to fifteen minutes, she should at once send for medical aid, and in the meantime should lie down and keep quiet. In case the doctor cannot be reached promptly it would be perfectly proper to take a teaspoonful of paregoric (once) which might check the pains and prevent an abortion. The pains are really contractions of the womb and if not checked they will soon loosen the fetus from its attachment and then the abortion is unavoidable.

Importance of Bleeding.—Bleeding from the womb in a pregnant woman whether much or little should always receive the attention of the family physician as soon as possible, and until his arrival the patient should follow the advice given above for pains. In the first half of pregnancy bleeding from the womb means that abortion is either actually occurring or is gravely threatening. In the latter half of pregnancy bleeding is more serious still, as it may mean Placenta Previa, which is one of the most dangerous conditions the childbearing woman is ever called upon to meet.

FIXING THE DATE OF LABOR

Desirability.—It is very desirable both from the standpoint of the doctor and from that of the patient that we should be able to foretell as nearly as possible the date on which labor may be expected. Unfortunately, however, there are so many elements of uncertainty in the problem