

# THE HYGIENE OF CHILDBEARING

BY WILLIAM RITTENHOUSE, M. D., CHICAGO

*Professor of Obstetrics Loyola University; Late Professor of Obstetrics Illinois Medical College, Jenner Medical College, and Reliance Medical College; Late Obstetrician Illinois Hospital.*

## INTRODUCTORY

This article is not intended to take the place of the family physician, but merely to supplement his advice and instruction. It is a well-known fact that some of the accidents and dangers of childbearing are serious to the patient mainly because she did not recognize them in time to seek early help from her physician. Had the doctor been informed of the symptoms he might have taken measures to prevent the danger. But it often happens that the patient regards certain symptoms as harmless or unavoidable, and perhaps her friends even assure her that she must expect to bear those things without murmuring, and so she fails to consult her doctor until it is too late. Many a woman has lost her life from convulsions, or other calamities of childbirth simply because she did not see any danger in their early symptoms. If I can give my readers an intelligent idea of some of the chief dangers of childbearing and enable them better to