

woman crippled so that she is unable to exercise, stomach-sick women, or women unable to exercise from any cause, or the naturally lazy woman, or her sister, the rest-cure woman, who does not believe in exercise, and at the same time those of them indulging in a heavy diet are the ones to suffer in the end. There must be continued daily exercise to get up strong after confinement, with a rice and fruit diet to produce a small child.

I will now refer to a third case, that of a naturally strong and healthy woman of about twenty years of age. Soon after her pregnancy occurred she got sick at the stomach, would vomit and vomit, even the smell of cooking would make her vomit. In answer to my question of why she did not apply for medical aid, she told me that she thought there was no help for her, that she had just got to bear her troubles as best she could. This state of things continued all through her pregnancy. I was not called until she thought her time was overdue eight or ten days. Then she was a most pitiable sight to behold. Almost helpless, nearly starved to death, with an enormous abdominal distention. I made my preparations for raising the posts of the bed against the wall four or five inches, then procuring a tub with a capacity of 12 to 15 gallons, placed her across the bed with a foot on a chair on each side of the tub, and arranged the sheets so that all the discharge would go into the tub. Then I began trying to rupture the membranes. This I could not do with my fingers. I was obliged to use a bistoury. The membranes were elastic as rubber and apparently tough as leather. The child did not exceed three pounds. There was no hemorrhage, but fully 10 or 12 gallons in the tub. I have noticed a good many varieties of anesthetics recommended in midwifery, but the very first one of all that was discovered by the old Scotch professor, Simpson, chloroform, in my opinion is still the best of all. If given early it may do harm, but near the end it will relieve the mother of the hardest and worst pains of all. Ever since its first use I have always carried a small bottle of chloroform when visiting a woman in confinement and found the woman herself is the one to administer it. Double up a handkerchief and place in her hand, then drop ten or fifteen drops of chloroform on it, with instructions to inhale to slight drowsiness, but never to sleepiness, so that she did not know everything going on about her. I have never met one who did not carry this out better than I could have given it to her.

I think it would be a good proposition for our common country that some means should be taken to have all pregnant women educated in a way to fit them to become mothers with the least difficulty and the best chances of success, both for themselves and their offspring. I have