

her back the uterus tumbled back, and there were retroversions.

There were other advantages from early rising. When the woman sat up or rose, the discharge of the vagina would get out. If there were an asepsis, and she lay, this formed an incubator for the germs. If she sat up on the second day the discharge had an easy exit. Again, after the patient was delivered, in the abdominal cavity there was the sudden diminution of a large tumour. What happened? There was a diminution of pressure in the abdomen and result was that the veins in the abdomen became enormously distended with blood, the uterus lay in a congested state, surrounded by enormously distended veins. Circulation was slow; there was no pressure on these veins to make the blood circulate. So the blood clotted, leading to varicose veins. Since he had had his patients up on the third day he had never had a case of these.

Another thing brought about quickly by early rising—a point much thought about by the fashionable lady—was the return of the figure. After childbirth the abdominal muscles were soft and flabby. What was to make them firm? Only the nurse pulling the binder? But why a binder at all after the first day? The moment a woman rose the muscles of the abdominal wall contracted, and the normal condition of the figure returned in ten days or a fortnight. Otherwise she lay in bed, like a bolster tied in the middle. Again, the muscles of the leg became flabby; result, when she did get up she could hardly walk. She should get up before the muscles atrophied. Another point was the condition of the bowels, naturally if the abdomen was in a flabby condition the bowels could not act, and there was constipation. This getting-up helped in getting the bowels into a good state.

He could not think of a single disadvantage of early rising. To lie in bed was to get weak. The patient should sit at the fireside a little, and move about; that was a healthy rest. To lie in bed was un-

healthy rest. From a duchess to a woman in the Cowgate, if the woman were healthy she should get up on the third day. She wanted to get up, unless she were particularly lazy. He did not mean she should get up and work hard at a wash-tub, using her abdominal muscles, causing prolapse of uterus; he was not asking that. For ten years he had "waited," and he had "seen"—nothing. His conclusion was that it was the correct thing for a woman to do to rise on the third day.—"Nursing Times."

The above interesting account of Dr. Haultain's lecture will interest the matrons and nurses of the St. Helens Hospitals. We would be glad for next issue of an expression of opinion or of an experience of the trials of the treatment so warmly recommended which have been essayed in the State maternity hospitals, or in any of the private hospitals carried on by St. Helens nurses.



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After Investiture by the Governor General of Australia.