

A woman must be instructed about her bowels, she must not allow herself to become constipated during pregnancy; if fruit, mineral waters and exercise do not keep her right, laxatives must be used.

First of all then the duty of a nurse begins as soon as she is engaged to attend a woman. On the first interview when details regarding fee and length of attendance are arranged, the nurse should inquire re date of last period, so that she can work out for herself the approximate date of labour; never take a woman's own date. Enter in your notebook the date of her last period, or, if not known, the date of her quickening, and work it out for yourself; from the first day of her last period, count forward 9 months and 7 days; or $4\frac{1}{2}$ months from quickening.

Then give her advice on the matters I have just discussed. Then explain to her the care of her nipples; first to clean them thoroughly, by bathing in all the fissures where dust is liable to accumulate; to draw them out daily with the thumb and index finger, and to toughen them with an application of tannin and glycerine, or eau-de-cologne and water. Then give her a list of the possible conditions of ill-health which she must guard against, and for which she must immediately consult a doctor, such as excessive sickness, pins and needles in the limbs, poor eye-sight or attacks of blindness, swelling of the limbs, hands, or face, jaundice, very scanty urine, varicose veins.

At this interview also a nurse should advise a woman with regard to what preparations she should make in the bedroom, and what dressings and lotions she should have in readiness. She should be told to be ready to cover the carpet near the bed with a square of linoleum or brown paper, according to her means, to have clean drawers well washed out, filled with clean sheets and pillow-cases, a clean white singlet, white stockings and underskirt, and a gown for the occasion, clean boiled squares, gamgee tissue and cotton wool, or clean boiled rags. She should have a necessary number of basins and jugs in the house. Tell her how to get boiled sterile water ready as soon as she feels

the first pains, and to cover the jug with a towel. Advise her to send for you in time, so that an enema can be given, and the room got ready. She should get lysol and boracic acid, a tube of sterile vaseline and a small packet of gauze. The patient must be advised also on the baby's outfit.

On all these details it is the nurse's duty to inform the patient. As the due date approaches a nurse should call again to see that all is in readiness; if she is out of town at another case, she can send a note of reminder, enumerating the preparations and what to have in readiness.

If during pregnancy a nurse sees her patient is getting the symptoms of toxæmia, viz., excessive sickness or headaches, eye-symptoms, swelling, jaundice, etc., she should advise her at once to see her doctor, lest convulsions should supervene. If she is in the back-blocks, then the nurse must treat her in the way of diet and rest, and write to a doctor for medicine. The patient must be warned against meat of any sort, either red or white, no eggs or fish must be taken, practically no salt or as little as can be done with; if the condition is bad, water only must be taken for two days, then milk and fruit, the bowels freely opened, rest in bed for a few days or longer if the symptoms are severe; if urine is scanty, hot packs should be applied to the kidneys. If the nurse is far distant from a doctor she should test the urine for albumen, and report it in writing to the nearest doctor. A nurse working in the back-blocks, or as midwife, should have a urine-testing apparatus of her own.

In this way, with the supervision of the nurse, no patient should be allowed to continue in poor health, or in a toxic condition during pregnancy, without her condition being treated. Toxæmia is not only productive of danger to the life of the mother, but also to the life of the child. It is the greatest cause of still births next to syphilis.

When the date arrives and the nurse is sent for, it should be her duty before leaving her home, unless it is during the night hours, to inform the doctor that she