

BOOK REVIEW

Childbirth: Theory and Practical Training, by Marjorie F. Chappell, D.N.(LOND.), S.R.N., C.S.P., S.C.M., H.V. Cert. Pp. vi—128; Figs.35. Price 7s. 6d. Published by E. & S. Livingstone, Ltd., 16-17, Teviot Place, Edinburgh.

This book offers a planned course of instruction for those who are to teach pre-natal training, whether in a class or individually. The author discusses her subject in great detail and covers almost every aspect of childbirth in relationship to the expectant mother.

The methods of training suggested could only be carried out if one worked in an atmosphere of complete co-operation both from the mothers and other medical staff. Unfortunately, this ideal situation does not always hold, and teachers will have probably to make a number of adaptations of the ideas presented. Basically, however, the text is completely sound and any expectant mothers trained as suggested should have a controlled and natural childbirth.

Marjorie Chappell lays great stress on the importance of the mother understanding the experience she is undergoing, and this cannot be too heartily endorsed. The psychological training is probably of far greater importance even than the physical. A mother trained both mentally and physically for her confinement is capable not only of giving herself an easier time, but must be a tremendous help to the doctor and midwife.

A course of eight lessons is planned, and this seems a little meagre unless one has particularly co-operative and intelligent mothers with whom one is dealing. It is suggested, too, that training starts eight or nine weeks before the estimated date of delivery. I feel sure that this is not early enough in the pregnancy to obtain the best results. It is surely wiser to start earlier, as the mother often prefers to practise her exercises at home during the final weeks, rather than journeying to hospital or clinic. This is, of course, something which can only be proved by an experienced teacher.

There are several other points in this book which will arouse interested discussion among those engaged in this type of work, e.g. the scant attention paid to general exercises pre-natally; the suggestion that the mother rubs her own back during contractions etc., etc.

However, this is a well presented and valuable book, and should be of great assistance to those already teaching training for childbirth, as well as for those who may have had no experience in this important branch of our work.

L.E.D.

CHANGES OF ADDRESS

Mrs. I. Masters to c/o Engineers' Planning Office, St. Helena Mine, P.O. Eerste Myn, O.F.S.

Miss W. Blackie to Physiotherapy Department, Chamber of Mines Hospital, Johannesburg.

Mr. R. V. G. French to 120, Paul Kruger Drive, M. T. Krugersdorp.

Mrs. J. Metz to Harbec Court, c/r. Harrow Road, and Becker Streets, Yeoville, Johannesburg.

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G. FREELING,

Johannesburg.

Actg. General Secretary.

29th October, 1954.

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Sluitingsdatum vir aansoek: 7 Maart 1955.

G. FREELING,

Johannesburg,

Waarn. Hoofsekretaris.

29 Oktober 1954.