

PLUNKET SYSTEM

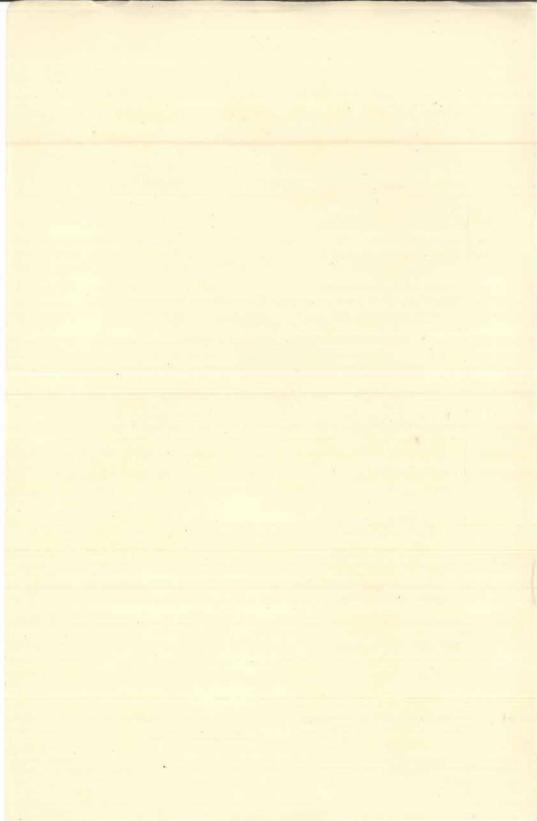
SECOND

Annual Report

1921-22



Brunswick: Hickling & Powell, Printers, 48 Lygon Street



Che Society for the Health of Women and Children of Victoria

PLUNKET SYSTEM.

Patronesses:

HER EXCELLENCY LADY FORSTER.
HER EXCELLENCY LADY STRADBROKE.

President:

Dr. J. W. SPRINGTHORPE.

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Hon. Secretary:

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Acting Secretary:

Mr. F. N. VINCENT.

Assistant Secretary:

Mr. L. C. MORELAND.

Committee:

Mrs. ANDERSON. Mrs. HOLLAND. Mrs. JELLY. Mrs. LAW. Mr. L. J. LEVY. Cr. ROBINSON. Mrs. J. H. WARD. Mrs. WEBSTER.

Matron:

Miss L. C. MORELAND.

The Society for the Health of Women and Children of Victoria

(PLUNKET SYSTEM.)

2ND ANNUAL REPORT

To the Members,

Ladies and Gentlemen.

It is with pleasure the Council of the Society presents its Second Annual Report.

The past year has been one of steady, if slow, progress. There has been a wider recognition of the Society's work on the part of the general public, and it has been found that people are taking a keener interest in all that pertains to the rearing of healthy, normal children, the basis of a normal and efficient race.

INFANT MORTALITY STATISTICS.

It is gratifying to note the decrease in the death rate amongst infants, as shown in the Vital Statistics, 1921-1922, and that the Society's Centres continue to demonstrate the value of the Plunket System.

PROPAGANDA.

Lectures and addresses, with demonstrations, have been given to gatherings of mothers and others interested, also to various Friendly Societies, by the Society's Matron, whilst 56 lectures on Hygiene and the care of the baby have been given to senior girls in State Schools. Many letters in answer to enquiries on the care of mother and babe have been sent to all parts of Victoria. The Society's pamphlets, "The Mother's Duty to Her Babe," "Milk and the Baby," "The Errors of Maternity," continue to be much appreciated by those anxious to do their best for the little ones.

The Society is much indebted to the Honorable the State Treasurer for authorising the printing of a number of copies of the pamphlet, "Milk and the Baby," for distribution in the various municipalities.

The publications of Dr. Truby King are greatly in demand, and satisfaction is evinced that this Society is in a position to assist in the carrying out of the teachings contained therein.

TEACHING IN SCHOOLS

An outstanding feature of the year's work is the amount of instruction given to Senior Grade girls in State Schools. With the sanction of the Education Department, a series of lessons are given on the Essentials of Health and the Care of the Baby. At the present time, the ignorance amongst young mothers is appalling, and the baby is the chief sufferer. This Society is confident that it is only through education that this state of affairs will be remedied, and that in teaching and interesting school girls—the mothers of the future—in mothercraft, it is doing a work truly national in character, and one that will have a far-reaching effect on the efficiency of the race.

ROYAL SHOW.

For the third time the Society had a Rest Room for mothers at the Royal Show. Practical demonstrations on the way to make a baby's bed and place the infant to rest were given to crowds of spectators, whilst the simple devices for keeping milk cool in the home, as recommended by the Society, attracted much attention. Sets of simple hygienic baby clothes were on view, and patterns of these garments were given away free of charge. Diagrams and charts, drawing attention to the essentials for the welfare of mother and babe, were also in evidence.

HEALTH WEEK.

The Society considers itself fortunate to have been able to cooperate in the Health Week Campaign, and every care was taken to ensure the success of its part of the undertaking.

The Melbourne Sports Depot kindly placed a window at the disposal of the Society for the week. It was attractively arranged, and various posters and diagrams bearing on the welfare of baby were displayed. Simple articles and devices which are either necessary or helpful in rearing children were exhibited.

Demonstrations on matters of interest were also given. The Society's pamphlets, as well as others printed in the interests of Health Week, were widely distributed.

Lectures by Dr. J. W. Springthorpe, Dr. Phillpot, and Matron Moreland, were given in the Vestibule Room of the Town Hall (which was generously placed at the Society's disposal by the Lord Mayor), and were greatly appreciated.

In addition, demonstrations by Plunket Nurses were given each afternoon. The general opinion was that the week had been a success.

The heartiest thanks are due to the Australian Picture Films Coy. Ltd. for screening a demonstration of the Society's work, and showing it in various Picture Theatres throughout the city and suburbs during Health Week.

ANNUAL MEETING AND CONFERENCE.

The First Annual Meeting and Conference was held in the Melbourne Town Hall on Wednesday, 30th November, 1921. Dr. J. W. Springthorpe presided. A paper by Dr. Ernest Williams, Senior Medical Officer of the Karitane Harris Hospital, Dunedin, N.Z., was read. The paper was mainly directed to emphasising the relationship between the Plunket Nurse and the Medical Practitioner. He stated that the success of Baby Welfare work depended upon their co-operation, and in New Zealand an increasing number of medical men recognised the immense value to the community of the Plunket Society as an educational factor.

Reports on the work done at the Hobart and Launceston Baby Welfare Centres were read, and proved incresting.

A special address was given by the Hon. S. R. Innis Noad, M.L.C., President of the New South Wales Society for the Welfare of Mothers and Babies, and was much appreciated.

In the course of his remarks, the speaker said: "That by all political camps it was recognised that not only had the helpless children a strong claim upon them, but as a matter of policy the best effect might be expected to eventuate by raising a community able by its improved stamina to keep well in advance of civilisation.

"The principle of not separating the mother from the baby had been carried out for some time past in Hostels attached to the State Children's Relief Department. These were established four years ago; since when 808 mothers and 1220 babies had been accommodated. Only eleven of these children died."

In a report furnished by Matron Moreland, stress was laid on the great need for a Baby Hospital, and School of Mothercraft, without which the Plunket system as a whole could not be successfully carried out.

DEPUTATIONS.

The Chief Secretary, the Under Secretary, and Mr. Thomas, of the Neglected Children's Department, were waited upon by a Sub-Committee on different occasions, and the services of the Society offered in the interests of the States' neglected children.

RULES AND REGULATIONS

Early in the year the Rules of the Society were re-drafted and re-arranged, in accordance with the powers conferred upon the Council so to do.

CENTRES

A new Centre at Williamstown was unofficially opened on 1st July. On 2nd August, a large gathering of mothers and others interested attended a meeting at the Town Hall, where the aims and objects of the Society were explained, and great interest was shown in the movement.

It is gratifying to be able to report that the Centres of Coburg and Preston have each now a full-time Plunket Nurse in charge. This step, it may confidently be expected, will materially increase their efficiency.

As standardisation of the Reports submitted to the Matron on the work of the Centres was considered desirable, a printed form, as used in New Zealand, was adopted. This shows in detail the amount of work done during each month, and the class of baby under supervision. As a result the Society's statistical work is greatly improved, all Centres working upon the same plan.

SUMMARY OF WORK DONE BY PLUNKET NURSES IN THEIR DISTRICTS FOR THE YEAR ENDING 30th OCTOBER.

Coburg.

Visits of adults and babies to the rooms	6171 285
Number of new cases for the year	557
Number of babies entirely breast fed	154 27
Footscray.	
Visits of adults and babies to rooms	4774
Visits paid by Plunket Nurse to homes	1393
Number of new cases for the year	736
Number of babies breast fed, complemented with H.M	92
Preston.	
Visits of adults and babies to rooms	1866
Visits paid by Plunket Nurse to homes	194
Number of new cases for the year	282
Number of babies entirely breast fed	92

Number of babies breast fed, complemented with H.M. . . 12

Williamstoren

From July to 30th October, 1922—Four Months.	٠.
Visits of adults and babies to rooms	300
Visits paid by Plunket Nurses to homes	428
Number of new cases	109
Number of babies entirely breast fed	53
Number of babies breast fed, complemented with H.M	12

The number of visits paid to rooms includes only those who attend for advice, not the casual visitors.

CO-ORDINATION.

In the interest of Baby Welfare another attempt was made early in December to co-ordinate with the Baby Health Centres' Association, but proved resultless.

AFFILIATION.

This Society, in its endeavours to ally itself with all bodies interested in the Welfare of Women and Children, during the year affiliated with the Children's Welfare Association and the National Council of Women of Victoria.

As a resulting consequence of the affiliation with the Children's Welfare Association, the Society's Matron has accompanied delegates from this body on a series of visits to Institutions in Bendigo and Castlemaine, as well as nearer home.

WATTLE DAY.

The Children's Welfare Association made its Annual Appeal for Children's Charities, and this Society undertook, as last year, to assist the movement. Wattle Day buttons were sold in the district of Footscray, and two kiosks were erected, one in Yarraville, under the supervision of the Mayoress of Footscray, the other in Nicholson Street, Footscray. In all £54 17s. 8d. was collected and handed over to the Wattle Day Fund.

FINANCE.

An audited statement of receipts and expenditure is attached.

The Society especially desires to thank the Government for the financial assistance accorded the Centres.

The Council feels that this is the time and place to urge all subscribers, if they can, to increase their subscriptions and try to induce others to help along the work, by becoming members of the Society.

Members are reminded that their annual subscription is now due.

To those members of the public who have so generously contributed to the funds of the Society the heartiest thanks are tendered.

TRAINING SCHOOL.

It affords the Council much pleasure to be in a position to state that the Training School, the goal to which the Society has been steadily pressing forward for the last two years, is at last in sight, through the generosity of one who believes that the Plunket system is superior to all others.

It was felt that the purpose of the Training School could best be served by placing it in some easily accessible suburb, and Footscray was chosen, for, not only do a great number of suburban trains tap this Centre, but it is on the main Ballarat, Bendigo, Geelong, and Western District lines.

It has to be fully understood that this Baby Hospital and School of Mothercraft is not for the benefit of local residents only, it is open to any mother wishing advice, or any baby suffering from dietetic trouble, from any, part of the State.

A block of land situated in Barkly Street, Footscray, has been secured from the Municipal Council.

There will be accommodation for a number of babies, and a limited number of mothers in residence.

CONCLUSION.

In bringing this Report to a conclusion, your Council think it indeed satisfactory to be in a position to point with such confidence to the future. The year's work, all things considered, was well worth the efforts put forward, but with a Training School for Nurses and a Baby Hospital assured, the sphere of the Society's usefulness must be greatly enlarged, and its value to the community correspondingly increased.

J. W. SPRINGTHORPE,
President.

FRANK N. VINCENT, Actg. Hon. Secretary.



The Society for the Health of Women and Children of Victoria. (PLUNKET SYSTEM.)

STATEMENT OF RECEIPTS AND EXPENDITURE FOR YEAR ENDED 31st OCTOBER, 1922.

RECEIPTS.				EXPENDITURE.			
Credit Balance, 1/11/21	£258	9	5	Salaries	£354	16	8
dembers' Fees	6	5	0	Printing and Stationery	25	19	0
Donations	30	10	6	Expenses Footscray Centre	15	19	1
Brant from Wattle Day Fund	20	. 0	0	Health Week Expenses	14	1	6
Picture Night Receipts	53	18	9	Picture Night Rent	25	0	0
Afternoon Entertainment	10	8	10	Travelling Expenses	5	0	0
ncidentals	1	0	0	Incidentals	4	15	5
Debit Balance		19	2				
	£445	11	8		£445	11	8

BUILDING FUND.

To Donations-Bonds Lodged at Bank .. £500 0 0

Audited and found correct—
STUART A. DAVIS, A.C.P.A.,
Auditor.

J. HUME COOK, Hon. Secretary. AMBROSE PRATT, Hon. Treasurer.

Melbourne, 14th November, 1922.

