The Society for the Health of Women and Children of Victoria

and the

The Tweddle Hospital for Babies and School of Mothercraft.

PLUNKET SYSTEM

7th Annual Report

1926-27

Brunswick : Hickling & Powell, 48 Lygon Street

AIMS AND OBJECTS.

1. To uphold the Sacredness of the Body and the Duty of *Health*; to inculcate a lofty view of the responsibilities of maternity and the duty of every mother to fit herself for the perfect fulfilment of the natural calls of motherhood, both before and after child-birth, and especially to advocate and promote the Breast-feeding of infants.

2. To acquire accurate information and knowledge on matters affecting the Health of Women and Children, and to disseminate such knowledge through the agency of its members, nurses, and others, by means of the natural handing-on from one recipient or beneficiary to another, and the use of such agencies as periodical meetings at members' houses or elsewhere, demonstrations, lectures, correspondence, newspaper articles, pamphlets, books, etc.

3. To train specially, and to employ qualified Nurses, to be called Plunket Nurses, whose duty it will be to give sound, reliable instruction, advice, and assistance, gratis, to any member of the community desiring such services, on matters affecting the health and well-being of women, especially during pregnancy and while nursing infants, and on matters affecting the health and well-being of their children; and also to endeavour to educate and help parents and others in a practical way in domestic hygiene in general—all these things being done with a view to conserving the health and strength of the rising generation, and rendering both mother and offspring hardy, healthy, and resistive to disease.

4. To co-operate with any present or future organisations which are working for any of the foregoing or cognate objects.

N.B.—The Society was started as a League for mutual helpfulness and mutual education, with a full recognition of the fact that so far as motherhood and babyhood were concerned there was as much need for practical reform and "going to school" on the part of the cultured and well-to-do as there was on the part of the so-called "poor and ignorant."



J. T. Tweddle, Esq., Donor and Patron of the Tweddle Hospital for Babies.



THE SOCIETY FOR THE HEALTH OF WOMEN AND CHILDREN OF VICTORIA

AND

THE TWEDDLE HOSPITAL FOR BABIES AND SCHOOL OF MOTHERCRAFT

(PLUNKET SYSTEM.)

Patroness: LADY IRVINE.

President: DR. J. W. SPRINGTHORPE, M.D.

Acting President: DR. CHARLES PERRY, M.D.

Vice-Presidents: DR. ALLEN ROBERTSON. CR. V. FARNSWORTH. MRS. JOHN BOOTH. MRS. HUBERT PARKER.

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> Hon. Secretary: HON. J. HUME COOK, J.P.

Assistant Secretary: MISS L. C. MORELAND.

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MRS.	JOHN ADAMSON.
MRS.	W. ANGLISS.
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Matron: MISS L. C. MORELAND.

Trustees :

DR. J. W. SPRINGTHORPE, MR. F. N. VINCENT, HON. J. HUME COOK, J.P.

The Society for the Health of Women and Children of Victoria.

(PLUNKET SYSTEM.)

SEVENTH ANNUAL REPORT.

TO THE MEMBERS:

Ladies and Gentlemen,-

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

On reviewing the work of the last seven years, each milestone passed stands as a mark of achievement and steady progress. At no time has interest in the methods of the Society been so keen as at present, and from all parts of this, as well as other States, advice is sought on matters pertaining to the welfare of mothers and babies.

It is obvious, therefore, that Infant Welfare—with this is included the Care of the Mother—is receiving more attention from all classes of the community than formerly, and the importance of the baby as a national asset is being realised. The individual mother is awakening to the fact that she is ignorant on many matters affecting the health and happiness of herself as well as her offspring, and she is both willing and anxious to learn. Unfortunately, however, owing to circumstances over which the Society has no control, the services which should be rendered to mothers and babies are not nearly as full as is desirable. There is still much to be done.

SOCIETY'S ANNUAL MEETING.

The Sixth Annual Meeting of the Society was held in the Assembly Hall, Collins Street, Melbourne, on the 13th August, 1926. Dr. Chas. Perry, M.D., occupied the chair. An address on the "Conservation of Public Health" was delivered by the Chairman, who in the course of his remarks said: "It has been recognised that no nation can be said to fulfil its obligations unless it makes every endeavour to see that its citizens are given a fair start in the battle of life. This can only be done where careful attention is paid to the infant, and this is the chief aim of this and similar organisations.

"It must be clearly understood, however, that although such great importance is placed on infant feeding, it is by no means the leading feature of this and allied Societies.

"The Pre-Natal and Mothercraft Sections exert, to my mind, an even greater influence on the health of the coming child than is generally recognised, and I trust it will always occupy a prominent place in the Society's work."

In concluding a very interesting address, Dr. Perry said: "There is just one other matter I would like to mention, and that is the housing problem. I am strongly inclined to the opinion that more lives are lost through insanitary home surroundings than through bad feeding. Air, light and provision for hot water should be essentials in every home, and unless these are provided I am afraid that a good many of the benefits that are derived from this and similar organisations will be greatly minimised."

The Chief Secretary, Dr. Stanley Argyle, M.L.A., by invitation, delivered an address on "The Present Position of Infant Mortality." "There has been," he said, "a very marked and for the most part steady improvement in infantile mortality figures. Inspection shows, however, that this improvement has been almost entirely confined to the period of infancy later than the first month of life; the figures for the first month have remained practically unaltered. If the mortality figures for the first month are analysed it is found that the great majority of deaths occur in the first week of life. Their causation is, therefore, pre-natal, and preventive measures must be employed accordingly."

After enumerating a number of steps which might be taken to improve the infantile mortality rate, Dr. Argyle said, "Your Society is doing good work and I strongly approve of it. As you know, I was able to secure you a Government grant of £500, and I am very hopeful of being able to continue it. I am very much impressed with the necessity for extending the field of public health work, and as far as Infant Welfare is concerned early steps will be taken to appoint a director, to establish a standard examination certificate for nurses, and to control by one authority the printed advice which mothers and prospective mothers may receive."

The Matron, L. C. Moreland, also gave an address on the "Work of the Plunket Nurse."

PROPAGANDA.

To this most important branch of the work much attention has been given.

The Society's pamphlets dealing with Mothercraft have been circulated broadcast, per medium of Plunket Nurses, private hospitals in country districts, Mothers' Guilds, mothers who have personally benefited through Hospital or Centre, and through correspondence.

Instructive articles dealing with the work have been published in various magazines and news periodicals.

Throughout the year simple talks dealing with Ante-natal Care, Natural Feeding, Feeding of Older Children, Summer Diarrhœa and the care of baby generally have been regularly broadcasted from 3LO by the Society's Matron. It is gratifying to know that these are appreciated, and to hear that many cases of threatened diarrhœa during the summer months were warded off by the mother acting on the simple advice given in the "talks" on this subject.

Short talks were also broadcasted from 3LO and 3AR during Health Week.

Demonstrations on bathing a baby, preparing its bed and placing it in its cot, as well as general care, have been given at the Hospital to parties of visitors and school girls and to individual mothers.

Addresses have been given to meetings of mothers, members of Mothers' Guilds, School Committees and other bodies. A series of lecturettes were given to an "Engaged Girls' Club," also to a Church Club. These were much appreciated, and great interest was shown.



J. W Springthorpe, M.D., President of the Society.



T. M. Burke, Esq., Donor of the Burke Ward.



The Hospital



For the seventh year in succession the Society had its stand at the Royal Show. This stand has become quite a feature to those interested. Fathers as well as mothers look up "our corner," which for three consecutive years has been in the Drill Hall.

During the course of the ten days thousands of interested persons watched the demonstrations on making baby's bed, how to keep milk, the proper method of cleansing bottles and teats, and how baby should be clothed. Pamphlets were distributed and patterns of baby garments given away on application.

SCHOOLS.

The regular instruction of scholars attending the Schools of Domestic Art in Brunswick, Williamstown and Footscray, as well as Merton Hall, has been carried out during the year. Examinations were held in December last. These comprised a paper on subjects covered by the lectures, and practical demonstrations on bathing, bedmaking, keeping of milk, etc., given at the Hospital before the Matron.

The majority of the girls showed by their work the attention given the subject, and it is clear that the teaching of potential mothers on the right lines is a big step towards the objective for which the Society is striving: the conservation of infant life.

A gratifying feature of this year's teaching is, that all these schools have bought their own demonstrating outfit, comprising dolls, cradles, etc., showing that the teaching of Mothercraft has, in these schools at least, come to stay and is recognised as an important part of a girl's reducation.

Sister Alice Wilson is in charge of this work.

INFANT WELFARE CENTRES.

Outcome of Diarrhoeal Campaign, 1925-26.

The appointment of extra nurses in the various districts during the abovenamed period enlarged the scope of the work to such an extent that in some instances it quite outgrew the services of one nurse. As a result, Footscray has now two full-time nurses. This means it is possible to keep the Centre open each day, all day, for the convenience of mothers wishing advice; and also allows for more thorough visitation of homes, which is of the utmost importance.

Coburg has had the advantage of two full-time Plunket Nurses throughout the summer months.

Williamstown district has been divided, and now Newport, as well as Williamstown, has a full-time Plunket Nurse. It is interesting to note that, although this is the first year Williamstown figures have not included Newport, the numbers of mothers and babies attending this Centre are in excess of all previous years.

On May 16th, 1927, a Sub-Centre was opened at West Footscray, the Progress Hall being used for the purpose of interviewing mothers and babies. Ever since it was opened it has proved an inestimable boon to the mothers resident in that part of the district.

Official visits have been paid by the Director of Infant Welfare (Dr. Vera Scantlebury) to the Centres at Coburg, Footscray, Preston, Williamstown and Braybrook.

The Plunket Nurses have, in accordance with the wish of the Director of Infant Welfare, attended a lecture given by her once in each month.

Owing to her marriage, Sister Mary Tucker, the pioneer Plunket Nurse of Footscray, resigned her position. To her the work of the Footscray Centre owes its success. Her untiring energy and unfailing understanding and sympathy when dealing with mothers was really remarkable.

Charles and a static for the Market State of the State of



Fall



The Matron-Miss L. C. Moreland



The Staff



Summary	of	Work	done	by	Plunk	et	Nurse	s in	their	Several	Centres
		from i	st lu	ilv.	1926,	to	30th	June	192	7.	

Name of Centre	Visits of Mothers to the Rooms	Visits of Babies to the Booms	Total attendance at the Rooms	Visits to Homes	Number of New Cares Babies Only	Number of New Cases Ante- Natal
Coburg		6739	13,992	580	771	39
Footscray	4658	4212	8870	1996	334	38
Williamstown	2123	2394	4517	1687	145	23
Yarraville	3050	3087	6117	1206	184	7
Swan Hill	1368	1302	2670	1274	154	<mark>44</mark>
Braybrook .	1502	1545	3047	744	118	<mark>3</mark> 0
Newport	2966	3303	6269	1434	162	25
Preston		Return	s not yet f	urnished.		
Total	22,920	22,562	45,482	10,774	1868	206

Analysis of New Cases (Babies Only).

Name of Centre	Normal	Malnutrition	Diarrhoea	Other Cases
Coburg	768	2		1
Footscray	194	123	10	7
Williamstown	141	4		
Yarraville	158	22	3	1
.Swan Hill	111	30	3	10
Braybrook	55	46	16	1
Newport	129	23	8	2
Preston		24 24		
Total	1556	250	40	22

Analysis of Feeding New Cases (Babies Only).

Name of Centre	Breast only	Breast and Artificial	Artificial only
Coburg	763	3	5
Footscray	204	65	65
Williamstown	113	9	23
Yarraville	135	20	29
Swan Hill	95	36	23
Braybrook	63	30	25
Newport	89	35	38
Preston			
Total	1462	198	208

Total number of babies, 1868.

TWEDDLE BABY HOSPITAL.

Work at the Tweddle Baby Hospital has gone steadily ahead. More mothers have availed themselves of the facilities afforded for instruction in mothercraft, and, by so doing, both mother and baby have materially benefited.

Admissions.

During the twelve months, from July 1, 1926, to June 30, 1927, 49 mothers and 88 babies have been resident in the Hospital and under treatment for longer or shorter periods.

The average length of stay in hospital has been 5.3 days for mothers and 20.6 days for babies.

The cases admitted were drawn from the following suburbs of Melbourne and country districts:—

	Suburbs.	
Armadale	Gardenvale	North Fitzroy
Brighton	Glen Iris	Ormond
Balaclava	Hampton	Point Cook
Canterbury	Hawthorn	Ringwood
Collingwood	Kew	Sunshine
Carlton	Middle Park	St. Kilda
Elwood	Malvern	Toorak
East Malvern	Maribyrnong	Williamstown
East Melbourne	Northcote	Yarraville
Footscray		i içevak
	Country.	N 7 5 65 551 1893.

Beaconsfield	Maffra	Sunbury
Bendigo	Mansfield	Wentworth, N.S.W.

All babies under treatment for dietetic purposes made satisfactory progress and showed marked improvement when discharged.

One baby was transferred to the Children's Hospital by the Medical Officer in charge of the case.

Although the Hospital has no out-patients' department, many mothers find their way to the office for advice. These are in most instances referred to their own doctor or the local Centre. Apart from those thus advised, 54 mothers with their babies have received attention at the Hospital. Babies have been weighed; measures for the restoration of breast milk have been carried out, and test feedings given.



"The Babies on our Block,"-Sun Bath



Hospital Statistics.

Admissions Discha		arges Deaths		In Residence, 30th June	Out Patients			
Mothers	Babies	Mothers	Babies	Babies	Mothers Babies	Mothers	Babies:	
47	82	49	85	Nil	5	54	54	

It is a pleasure to draw attention to the fact that no deaths haveoccurred in Hospital during the year, although some of the cases gavelittle promise of recovery when admitted.

NURSING MOTHERS.

The keynote of the Society's teaching being the Natural Feeding of Infants, the Hospital has concentrated on this work to the fullest possible extent.

Some of the results obtained, where the natural supply has proved: insufficient, are instanced in the following cases cited from the Hospital records:—

Case of Mrs. J. and Baby.

When admitted baby was fretful, sleeping badly during the day and worse at night. Test feedings showed the breast supply to be inadequate, being 10 ozs. short of baby's requirement. This in the course of 14 days was brought up to the full quantities for his needs. Supply increased from 143/4 to 25 ozs.

One pound in weight was gained during this time, and when discharged the baby was sleeping well and fretfulness was a thing of the past.

Case of Mrs. N. and Baby.

In this instance, when admitted, test feedings showed baby tobe getting 21 ozs. of breast milk in the 24 hours. This was totally inadequate for his requirements. The usual routine methods for restoration were carried out, and in less than one week the supply was up to 32 ozs., the quantity required for baby's age. A gain of 12 ozs. in weight was made during this time,

These are only two out of many such cases.

TRAINING OF NURSES.

Regular lectures have been given by members of the Honorary-Medical Staff as well as lectures and demonstrations by the Matron.

Twenty-three nurses have been in residence as Trainees during the year. Of these, 13 presented themselves for examination. Five: qualified as Plunket Nurses and six as Primrose Baby Nurses. Nurses who have Gained the Society's Certificate of Efficiency in Infant Welfare and Mothercraft.

Katrina Hughes, Ella McKindley, Ruby Reed, Jean Robertson, Nita Selwyn-Smith.

Of these five nurses, one is in charge of a Bush Nursing Hospital, another was appointed to a hospital in New Guinea, one is in charge of a private hospital in a large country town, one has gone out to the Islands as a missionary, and the fifth is Assistant Sister at the Coburg Centre.

Nurses who have Gained the Society's Certificate as Primrose Baby Nurses.

Bridgit Donnellan, Marguerite Dryer, Cynthia Gellibrand, Mary Lord, Jessie Metherall, Kathleen Montgomery.

There is a great and increasing demand for this class of nurse, and it is impossible to keep up with the applications received from mothers desirous of securing them.

In each case where a Primrose Nurse has taken charge of a baby complete satisfaction on the part of the mother has been expressed.

Reports sent to the Matron from time to time show some splendid results; particularly in cases where the breast milk supply being insufficient, measures for restoration of natural feeding have been carried out.

CORRESPONDENCE.

Correspondence is quite a feature of the hospital work. Letters flow in from suburban and country districts. They also come from other States, and even from overseas. Many of these letters require detailed answers, and much time is spent in answering them. The Institution is therefore giving more than merely local service.

Regular and extensive correspondence on matters pertaining to Mothercraft has been maintained with mothers living in country districts; also in South and West Australia, Central Queensland, New South Wales and India.

Numbers of pamphlets have been forwarded in response to written requests for them.

VISITORS.

Included amongst numerous interested visitors to the Hospital were representatives of Educational Societies and Guilds, and members of Medical and Nursing Profession. Amongst others were Dr. Morris, Health Officer, Sydney; Dr. Vera Scantlebury; Dr. Chenowith, Queensland; Miss A. K. Wilmoth, London; Miss May Robertson, Education Department, New Zealand; Miss Heagney and the Women's Organising Committee of the Labour Party.

All these expressed approval of the Hospital and commented on the value of the work it is doing.

Other visitors included parties of school girls and individuals interested in Mothercraft and Infant Welfare.

ACKNOWLEDGMENTS.

Gifts for the Hospital.

The children of the Junior Red Cross connected with the Kingsville State School donated the sum of $\pounds 30$ for the maintenance of a cot previously donated by them. It has been called the "Kingsville Cot."

The Hospital was the pleased recipient of a wireless set donated by Mr. Douglas, of Sunbury.

The girls of the North Footscray State School, under the guidance of their teacher, made and presented baby garments.

Members of The Women's Automobile Club have also made and generously donated baby garments to the Hospital.

The Hospital is greatly indebted to Mrs. R. Macpherson, who, during the season, so generously supplied the Hospital with oranges.

The Sunbeam Committee, Maidstone, as well as scholars of the Hyde Street State School, Footscray, collected and donated eggs.

The generosity of Mr. and Mrs. J. T. Tweddle helped to make the Christmas Season a happy one for the members of the nursing and domestic staff, as also did the kindly gifts of Mrs. John Gent and Dr. and Mrs. Kevin McCarthy. On June 8, 1927, an Auxiliary was formed to help the Hospital, the office-bearers being as follows:—President, The Mayoress (Mrs. O'Toole); Hon. Secretary, Mrs. F. Forge; Treasurer, Mrs. McDonald Martin.

Although so recently inaugurated, the Hospital has already benefited by its activities, more especially by way of household linen and goods.

Hearty thanks are due to the following for various donations in kind:---Mesdames Adamson, Angliss, Chas. Catomore, Dye, Farnsworth, Forge, Forsyth, Geisow, Gent, Gilbert, Gregg, Gurney, Kaye, Kiernan, Knight, McCarthy, Tweddle, Williams, Woodyard.



The Mother's Cottage—Mother and Babe

Revenue	Account	for	Year	ended	30th	June.	1927.

To—				£ s. d.
Hospital Expenses :				By—
	£	s.	4].	Lord Mayor's Fund 175 5 2
Provisions & Maintenance (626	5	7	Bequests 69 18 11
Fuel and Lighting 2	229	4	1	Donations 434 1 6
Medical Supplies	23	9	11	Subscriptions 1 6 0
Wages and Salaries 9	999	19	9	Nurses' Training Fees 115 2 6
Renewal of Furnishing	39	7	10	Entertainments in aid 163 5 4
Repairs	22	11	3	Hospital Takings 435 3 10
	20	5	1	Cot Endowment 30 0 0
Telephone	7	13	4	Government Grant 500 0 0
Printing, Stationery and				Interest: Fixed Deposit 53 14 0
	86	14	10	Nett Loss 487 10 4
	51	8	4	
Theatre Night Expenses .	47	14	6	
	38	0	4'	
	46	3	5	
Fares	7	-	10	
Depctn. on Furniture and	'	0	10	
	97	7	0	
		1	6	
		-		
£24	65	7	7	£2465 7 7

Statement of Affairs at 30th June, 1927,

£ s. d. £4882/17/9;
(s, £4882/17/9;
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Audited and found correct,

J. HUME COOK, Hon. Secretary.

(Sgd.) DAVIES & RAVEN, F.C.P.A., Auditors.

Melbourne, 23rd July, 1927.

L. J. LEVY, Hon. Treasurer.

The Society for the Health of Women and Children of Victoria

and

Tweddle Hospital for Babies.

Statement of Receipts and Payments for Year ended 30th June, 1927.

PAYMENTS. at 1/7/26 I Expenses— S Lighting upplies d Salaries of Furnishings	£ 418 588 205 21 986	8	d. 1 9 4
L Expenses— Lighting Supplies	418 588 205 21	8 15 0	1
L Expenses— Lighting Supplies	588 205 21	15 0	9
L Expenses— Lighting Supplies	588 205 21	15 0	9
Lighting Lighting upplies d Salaries of Furnishings	205 21	0	-
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· · · · · · · · · · · · · ·	7	13	4
Stationery and			
s	86	14	10
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	51	8	4
Night Expenses .	47	14	6
erest	38	0	4
xpenses	46	3	5
	7	0	10
Additions	47	0	0
Additions	9	8	0
and	5	5	0
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rne Office	4	16	0
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RECEIPTS.

GRANTS IN AID.

State	Government	Grant	•••	• •	2.2	* *	~ 1	$t_{i}t_{i}$	0.5	 • •	• •	£500	0	0

APPEALS AND ENTERTAINMENTS.

	£	s.	d.	Wattle Day 90 1	7
Wyndham Masonic Lodge,				Lord Mayor's Fund, Vari-	
Footscray	2	2	0	ous Receipts 63 17	7
Dance, per Mrs. Angliss	51	1	3		

Donations.

	£	S.	d.	Kiwi Polish Co 0 10 6	í
Alcock, Mrs. R	1	0	0	Lord Mayor's Hospital	
Allen, Richard & Son	2	2	Ő	Fund 3 3 ()
	10	0	0	Luriston Girls' School 3 3 ()
Anon	0	1	0	Larcher, Mrs. Alice 21 0 ()
Ball & Welch Ltd	1	1	0	MacRobertson Pty 50 0 ()
	1	1	0	Metropolitan Gas Co 5 5 ()
Booth, Mrs. John	1	1	0	Mitchell, Miss J 1 2 (
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	1	î.	0	McGibbon, Mrs 1 0	
Barnet Glass	1	1	0	McCarthy, Dr. K 5 5 (
Coles, G. & J		0	0		
Commercial Bank Ltd.	.3	3		National Bank	
Connibere Bros	5	5	0		
Danks, Miss A	2	0	0		
Danks, Sir Aaron		0	0		
Davies & Doery	1	1	0		
Fuller, P. C. R	0	10	0		0
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Hudson, Frank	5	5	0	Salmon, Mrs 5 5 (
Hughes, Miss	0	2	0	Tregellis, Smith, Mr 1 0 ()
Ingram Bros	8	0	11		0
Jowett, Edmund	1	1	0		0
Kingsville Jnr. Red Cross	30	0	0	Williamson, J. C., Pty. 5 5 (0
Kininmouth, J. C	1	0	0	Young, Mrs. N. V 2 2 ()

TRUSTS AND BEQUESTS.

Edward	Wilson	Es-				Jane Douglas Estate		
tate			100	0	0	(deceased) 64	18	11
Felton Be				0	0	Kronheimer Trust 5	()	0
Henry	Gyles T	urner						
Estate			10	'j	0	Sir William Zeal Estate 10	0	0

Hickling & Powell, Printers, 48 Lygon Street, Brunswiek

The "Tweddle" Hospital for Babies and School of Mothercraft.

PLUNKET SYSTEM.

Hon. General Adviser: DR. SIR F. TRUBY-KING.

Hon. Medical Consultants: DR. CHAS. PERRY, M.D. DR. ALLEN ROBERTSON, M.D. DR. J. W. SPRINGTHORPE, M.D.

> Hon. X-Ray Specialist: DR. GAVIN McCALLUM.

Hon. Medical Advisers: DR. J. V. GRIFFITH. DR. W. E. WARD. DR. JOHN ADAMSON. DR. KEVIN A. McCARTHY.

> Matron: L. C. MORELAND.

LIST OF CENTRES.

SISTER IN CHARGE:

Centre

COBURGSISTER DUFFFOOTSCRAYSISTERS BIRD and
DEVINENEWPORTSISTER MARONEYPRESTONSISTER HOLLANDSUNSHINESISTER HANCOCKSWAN HILLSISTER LORDWILLIAMSTOWNSISTER FARRERYARRAVILLESISTER MACPHERSON

