

SOCIETIES

362.15(931)



*The Royal New Zealand Society  
for the  
Health of Women and Children.*

**A**NNUAL  
**R**EPORTS

*Central Council and  
Dunedin Branch.*

**MAY, 1918**



STONE, SON & CO. LTD.  
PRINTERS DUNEDIN

FILE COPY  
NOT TO BE TAKEN AWAY



## Aims and Objects of the Society.

---

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, &c.

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.

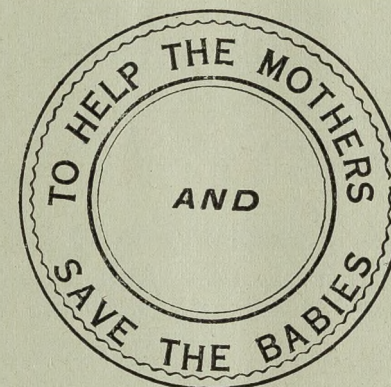
4. To co-operate with any present or future organisations which are working for any of the foregoing or cognate objects.

**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."

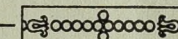
## THE ROYAL NEW ZEALAND SOCIETY FOR THE HEALTH OF WOMEN & CHILDREN.

---

### *Report of Central Council,* *and* *Eleventh Annual Report* *of the* *Dunedin Branch.*



*Presented at the Annual Meeting, held in  
Town Hall, Dunedin, on  
TUESDAY, 7th MAY, 1918.*



DUNEDIN:  
Stone, Son & Co., Ltd., Printers, Anzac Square.  
1918.



362-198200993 ROY

The Royal New Zealand Society for the Health  
of Women and Children.

**PATRONS:**

HIS EXCELLENCY THE GOVERNOR-GENERAL THE EARL OF LIVERPOOL  
HER EXCELLENCY THE COUNTESS OF LIVERPOOL.  
LORD AND LADY PLUNKET.  
LORD AND LADY ISLINGTON.

**CENTRAL COUNCIL.**

**GENERAL PRESIDENTS:**

Dr. TRUBY KING, C.M.G.  
Mrs. TRUBY KING.

**PRESIDENT:**

Mrs. F. H. CARR.

**VICE-PRESIDENTS:**

LADY ALLEN, Mrs. W. F. MASSEY, C.B.E.

**COMMITTEE:**

Mesdames G. BLOOMFIELD, H. ELWORTHY, R. W. GIBBS, HENLEY,  
J. A. JOHNSTONE, JOSEPH McGEORGE, J. C. McGEORGE, W. A. MOORE,  
MORTON, PEARCE.

**ADVISORY BOARD:**

Messrs. G. RITCHIE, P. R. SARGOOD, L. HARRIS, P. BARR,  
Dr. TRUBY KING, C.M.G.

**HONORARY SURGEON:**

Dr. L. E. BARNETT, C.M.G.

**HONORARY DENTAL SURGEON:**

Dr. PICKERILL.

**HONORARY BACTERIOLOGIST:**

Dr. CHAMPTALOUPE.

**HONORARY ANALYST:**

Dr. INGLIS.

**HONORARY SOLICITORS:**

Messrs. CALLAN & GALLAWAY.  
Mr. GEORGE MONDY.

**HONORARY FOREIGN CORRESPONDENT:**

Mr. W. JENKINS.

**HON. TREASURER:**

Mrs. D. E. THEOMIN.

**SECRETARY:**

Miss G. HODDINOTT.

THE ROYAL NEW ZEALAND SOCIETY.  
FOR THE  
HEALTH OF WOMEN AND CHILDREN.

**ANNUAL REPORT.**  
**CENTRAL COUNCIL.**

Until last year the Committee of the Dunedin Branch acted as the Central Council, and matters affecting the whole Society were embodied in the Annual Report of the Dunedin Branch.

**THE GREAT WAR.**

In this fourth year of war the sacrifice of life still continues, and it is more incumbent on us than ever to do all in our power for the health and fitness of the rising generation.

The Public Health Authorities have recognised this by raising the embargo on the extension of the Society's work, which was imposed, on economic grounds, at the beginning of the War.

**DISTINCTION CONFERRED ON THE GENERAL PRESIDENT.**

The Council were much gratified with the honour C.M.G. bestowed on Dr. Truby King, and passed the following resolution:—

“That the Council place on record its heartfelt congratulations to Dr. Truby King on the honour conferred on him by His Majesty the King. They are proud to think that this honour was given to him as Founder of the Health Society; but at the same time they feel that no honour can adequately recompense him for his noble and self-sacrificing efforts in the cause of mother and child.”

**INTEREST IN THE SOCIETY'S WORK  
AT HOME AND ABROAD.**

Each year, as the work of the Society becomes more widely known, we receive an increasing number of enquiries, communications, and appreciations from all parts of the World. We append a few instances and extracts which will be of interest to members.

**BRITAIN.**

**Invitation to Dr. Truby King.**

The most striking and gratifying instance of the influence of the Society's work which came to us during the year was the invitation by cable to Dr. Truby King to proceed to London in order to organise a

38-0140872



campaign for the Saving of Infant Life on the lines of the New Zealand Society. The Government granted Dr. King a year's leave of absence to undertake this work.

Dr. Truby King cabled his safe arrival in England on 18th March.

From Dumfriesshire, Scotland, a doctor writes:—

"I am endeavouring to interest the Local School Board in the subject of Mothercraft, and to get them to institute—(1) Classes in Baby management for girls in their last year at school; (2) Continuation Classes for all the women in the village.

"I should be obliged if your Society could furnish me with any literature or advice as to the form these classes should take."

#### SOUTH AFRICA.

At the Child Welfare Conference held at Capetown last year, a paper by Dr. Truby King was read on the work being carried on by the Society in New Zealand. Besides this, reference to the New Zealand work was made in several of the other speeches and papers.

Lord Buxton, Governor-General of South Africa, said:—

"He was glad to see there were papers dealing with the work done in Australia and New Zealand. These Dominions were pioneers in this matter, in which South Africa lagged behind."

Mr. Benjamin Broadbent (of Huddersfield), at the conclusion of a paper on "Safeguarding the Child," wrote:—

"I would not give the palm to any, nor would I be understood to undervalue any because I select for illustration one Dominion out of them all. It merely happens that I know what the New Zealanders are like that have come over to help us, and I know something of the conditions which prevail in New Zealand in regard to babies.

"I do not say that either in the production of men or in the care of infancy that New Zealand surpasses South Africa or Australia or Canada, but I do know, and confess it with shame, that we in the British Isles come out very badly in any comparison with the Dominions as to the statistics of our care of Infant Life.

"I do not know whether or not the results in South Africa are better or worse than in New Zealand. If they are better, I would only say, 'Look to your honour, lest they surpass you.' If they are not so good, I would say, 'See that you emulate, and, if possible, surpass the best hitherto.'"

The Hon. A. H. D. Acland, formerly Minister of Education in England, said:—

"In New Zealand the Infantile Death Rate has been brought down to 51 per thousand, or less than half our rate in England. And in New Zealand their fine results are due not to climate, but to hard work. Lady Plunket tells us what has been done there is recognised as one of the greatest patriotic works of the day. But the workers there have had to fight, she says, 'the same apathetic public, the same contradictory teaching, the same dirty milk supply, the same human natures, the same medical and lay prejudices, the same lack of funds' as we have had to grapple with in many parts of England."

The Hon. Secretary of the Kimberley Society for the Protection of Child Life writes:—

"If you have any printed matter to spare in connection with the Royal New Zealand Society for the Health of Women and Children, I should be pleased to receive some."

#### INDIA.

Dr. H. Austen Smith, Lieut.-Colonel Indian Medical Service, and Surgeon to H.E. The Viceroy of India, writes from the Vice-Regal Lodge, Delhi, under date 21/2/18:—

"I am writing to ask if you will be so kind as to send me any small books, pamphlets, &c., connected with the work of the Society. Her Excellency Lady Chelmsford is very much interested in the welfare of Women and Children in India, and is doing all she can to forward schemes for the reduction of the excessive Infant Mortality. In formulating schemes, we feel that a description of your most successful work at Dunedin in that direction will be of great help to us. We should, therefore, be most grateful for any help you can give us in the way of your experience."

The Hon. Secretary of the Broach Sanitary Association wrote to Dr. Champtaloup as follows:—

"I have to thank you for supplying us with lantern slides on 'The Housefly' at the request of Dr. Truby King. . . . The subjects are very well selected, and the Managing Committee appreciated them, and passed a resolution thanking you and Dr. King for all your trouble"

From Bangalore, India, comes the following:—

"I came across in some Indian Journals that there are some publications by your good selves bearing on the bringing up of children. I also understand they are distributed broadcast in your country. May I therefore request you kindly to send me some literature on the point."

The Editor of the Magazine of the National Young Women's Christian Association of India and Ceylon writes from Bombay:—

"I am writing to ask whether you could secure for me a simply-written but graphic and 'human' article on the splendid work done for children in New Zealand. . . . I think that social reformers in India could benefit very largely by the spirit and ideals of the work in New Zealand, and it is this that has prompted me to ask your help."

#### AUSTRALIA.

At a Conference called by the Victorian Minister of Health and held in Melbourne last June, Miss Primrose, the Honorary Organising Secretary of the Visiting Trained Nurses' Association, said:—

"I should like to say a few words about the Royal New Zealand Society for the Health of Women and Children. This Society has inaugurated a scheme for saving infant life, and has carried it out so successfully during the past ten years that New Zealand holds the record in the countries of the world for a low rate of infantile mortality. . . . I should like to suggest that the representatives of different organisations who are here, and who are so deeply interested in this vital question of saving infant life, might formulate a scheme on the same broad, comprehensive lines, so that by a great united effort every baby born in the State may have the start in life necessary for full and perfect development."



One of our N.Z. Members of Parliament sent us the following from a friend in Australia:—

“Will you kindly get me some particulars of the Royal N.Z. Society for the Health of Women and Children? Any pamphlets or publications on the matter will be acceptable.

“I have been asked to get this information by one of our legislators who is interesting himself in this great social question.”

From the Secretary, Department of Public Health, Sydney, N.S.W., we received the following:—

“I am instructed by the Director-General of Public Health to ask if you would be so good as to furnish this office with two copies of each of the undermentioned books:—

- (1) ‘The Expectant Mother and Baby’s First Month.’
- (2) ‘Feeding and Care of Baby.’
- (3) ‘The New Zealand Scheme for the Promotion of the Health of Women and Children.’ ”

The Town Clerk, Adelaide, South Australia, acknowledges receipt of the Society’s literature with best thanks.

#### CANADA.

From the Corresponding Secretary of the Political Educational League, Nelson, British Columbia, Canada, we received the following:—

“Having seen an article in the ‘Vancouver World’ about the Society in Dunedin for the purpose of promoting the welfare of the children in your city, I would like to obtain further information regarding same.

“The League is very anxious to obtain full information, and have planned as a subject for their October meeting, ‘The Conservation of Child Life: What is being done in New Zealand along this line.’ ”

The Chief Superintendent of the Victorian Order of Nurses, Ottawa, Canada, writes:—

“I have to thank you for a parcel of literature sent to me at my request. I am very much delighted at the character of the material sent. I wish that the great Dominion of Canada could produce something like it. It is the most complete material of its kind that I have seen.”

#### UNITED STATES OF AMERICA.

Fritz B. Talbot, M.D., Boston, U.S.A., writes:—

“I was present at the English-speaking Conference on Infant Mortality in London, when the reports of the excellent work of your Society were presented. I shall be very glad if you will send me any further literature on the work that you are doing in New Zealand. Since we have entered the war many problems which were neglected have become very acute.”

The Secretary The Children’s National Tuberculosis Society, Chicago, Illinois, U.S.A., writes:—

“This Society would very much appreciate it if you would send us copies of your publications.”

The following telegram was received by Dr. Truby King on his arrival in Vancouver:—

“Information received of your expected visit to Chicago. Will you kindly telegraph me collect probable date of your arrival so that suitable arrangements can be made for meetings. Your experience and advice will be most valuable to us at this critical time.”

Dr. King cabled from New York on 5th March, 1918:—

“Intense interest; generous recognition Society’s work and methods, States and Canada.”

#### CENTRAL COUNCIL.

At the General Conference held in Wellington in February, 1917, it was decided to elect a Central Council, consisting for the most part of Dunedin members, with representatives from other Branches on the Council, the meetings to be held in Dunedin as heretofore.

The Council at present consists of:—

Dr. and Mrs. TRUBY KING, General Presidents.

Mrs. F. H. CARR, President.

Lady ALLEN (Dunedin)

Mrs. W. F. MASSEY, C.B.E. (Wellington) } Vice-Presidents.

Mrs. G. BLOOMFIELD (Auckland)

Mrs. H. ELWORTHY (Timaru)

Mrs. R. W. GIBBS (Dunedin)

Mrs. HENLEY (Hawke’s Bay)

Mrs. J. A. JOHNSTONE (Dunedin)

Mrs. JOSEPH McGEORGE (Dunedin)

Mrs. J. C. McGEORGE (Dunedin)

Mrs. W. A. MOORE (Dunedin)

Mrs. MORTON (Christchurch)

Mrs. PEARCE (Invercargill)

} Committee.

Mrs. THEOMIN, Hon. Treasurer.

Miss G. HODDINOTT, Secretary.

Mrs. Algar Williams regretted having to resign her position as Vice-President owing to her absence from Wellington. The Wellington Committee appointed their President, Mrs. W. F. Massey, C.B.E., in her stead.

#### MEETINGS OF THE COUNCIL.

The first meeting of the Central Council was held in Wellington immediately after the conclusion of the Conference. It was agreed that the Dunedin members of the Council form the Executive.

Eleven ordinary monthly meetings have been held in Dunedin; nine special meetings were called to deal with emergencies as they arose; and there were daily consultations in connection with the general business of the Society.

The minutes of each meeting have been forwarded not only to the members of the Council, but to the Honorary Secretary of every Branch



employing a resident Nurse. By this means our Branches have been kept in intimate touch with the general business of the Society.

Acting on the decision of the General Conference, the Council appointed Miss G. Hoddinott as secretary. The Council would like to record their appreciation of the work done by Miss Hoddinott, who has carried out her duties most faithfully and conscientiously, and to the entire satisfaction of the Council. The office routine and correspondence have assumed such proportions that the Council could not possibly have overtaken the work without this assistance.

The Branches having been kept au courant with the details of the business, we will deal here with the more important issues only.

#### CORRESPONDENCE WITH MINISTERS.

Several resolutions on matters of public interest passed at the General Conference would, in the ordinary course, have been brought before Ministers, when a Deputation waited on the Cabinet during the Conference week. However, there was not time to present these in proper form, and the Council was deputed to attend to the matter.

As copies of the letters sent and the replies received have already been forwarded to the Branches, the Council will merely recapitulate here the more important resolutions dealt with:—

- (1.) That an appeal be made to the Government to bring in more comprehensive legislation with a view to combating the insufficiency and impurity of the milk supply in many parts of the Dominion, and to ensuring a purer milk supply for infants, especially in the cities.
- (2.) That in future where practicable the matrons appointed to St. Helens' Hospitals and State Maternity Hospitals should have had a course of training at the Karitane-Harris Hospital, in addition to their other Hospital experience.
- (3.) That a closer inspection should be made of all cattle, in the hope of reducing tuberculosis.

The Council referred to this matter with diffidence, because they knew how keenly alive the authorities must be to the importance of combating tuberculosis, and what immense practical difficulties stand in the way of further reform, especially in connection with bovine tuberculosis.

- (4.) That representations be made to the Minister of Education with a view to securing to the fullest extent for infants in Licensed Homes the advantages conferred on the more fortunate children of New Zealand through the agency of the Plunket Society and its Nurses.
- (5.) That this Conference is of opinion that in the certificate of Domestic Hygiene which every girl must present before she can sit for matriculation, a knowledge of the care and feeding of the baby should find a place.

#### DEPUTATION TO THE MINISTER OF EDUCATION.

A deputation, consisting of Mrs. Carr, Lady Allen, Miss Patrick (Matron of the Karitane-Harris Hospital), and Dr. Truby King, waited on the Hon. J. A. Hanan, Minister of Education, with the object of urging upon the Government the advisability of Inspectors of Licensed Homes having Plunket Training.

Mr. Hanan was most sympathetic, and expressed a wish that the Nurses under the Medical Inspectors of Schools should also have a course of training at the Karitane-Harris Hospital.

At the instance of Dr. McCahon, Medical Inspector of Schools for Otago and Southland, the two School Nurses working under her have already received a short course of training at Karitane.

#### REPORT OF GENERAL CONFERENCE.

The summarising and printing of the Conference Report entailed much work and expense. Printed copies have been sent to all the Branches.

#### RULES.

The amended Rules, passed at the Conference, have given rise to much worry and correspondence, owing to there being no precedent for registering a Society with Branches holding powers of independent local and financial administration. Certain alterations have to be made to meet the requirements of the Registrar. We hope that after all these unavoidable delays the matter will soon be settled.

The Council are much indebted to the members of the legal profession who have given them such able advice and assistance in these difficulties.

#### MATERNITY NURSES.

In view of representations from various sources that mothers and babies would be benefited if Maternity Nurses acquired more fundamental knowledge with regard to the nutrition of infants, the Council sent a deputation to Wellington to consult with the Public Health Authorities on the matter.

As an outcome of this, the Public Health Department made arrangements for Dr. Truby King to visit the main centres and lecture to Maternity Nurses and students at the St. Helens' Hospitals. Unfortunately, the time at the disposal of Dr. King was very limited, owing to his imminent departure for England, so that he was not able to give as comprehensive a course of lectures as he desired.

#### BABY WEEK.

When it was decided by the Council to hold a Dominion Baby Week, a circular letter was sent to all the Branches inviting their co-operation. This circular met with a sympathetic and ready response. For special reasons a few of our Branches were not able to hold Baby Week at the time arranged—viz., the end of October. For instance, the Christchurch Branch preceded the Dominion Week in July, and by a vigorous campaign raised £10,000 towards the establishment of a



**Baby Hospital for Canterbury;** while the Auckland Branch followed at the end of November, and raised £3,000. Dr. Truby King was able to assist both the Christchurch and Auckland campaigns.

Most of our Branches carried out their local efforts simultaneously with Dunedin, and met with most gratifying results.

It was intended that the campaign should be mainly propagandist, but it was left to the discretion of the Branches as to whether any appeal should be made for funds.

The Council enlisted the sympathy of the Press throughout New Zealand by a circular letter to the Editor of every newspaper; at the same time they forwarded articles bearing on the campaign for publication. These communications met with a generous response, and the Council is very much indebted to the Press of the country for their wholehearted assistance.

The active co-operation of Churches of all denominations was secured from the beginning through the kindly interest of the Rev. A. Cameron, President of the United Council of Churches and Chancellor of the University, to whom the Council was much indebted. A circular letter was sent to some 1,500 clergy, asking them to deliver special addresses on Sunday, the opening day of the campaign.

The interest of those in charge of public and private schools throughout the Dominion was also enlisted, and we were most grateful to the Editor of the "School Journal" for publishing a set of five simple health lessons for children, to be read in the schools during the week.

A large amount of work devolved upon the Council in the preparation of the literature in connection with the campaign. Posters, manifestoes, pamphlets, leaflets, circular letters, &c., had to be prepared, printed, and distributed throughout the Dominion, while there was a great increase of correspondence with our Branches regarding the details of their local organisations.

Judging from accounts which have reached them from many sources, along with their own local experience, the Council are glad to report that the interest aroused during Baby Week far exceeded their most sanguine anticipations, and they are sure that the special literature distributed, the lectures, the addresses, the exhibits, the practical demonstrations, and the social functions will have very far-reaching effects.

### EXTENSION OF WORK.

The Council is pleased to record a gratifying extension of the Society's work since the Health Department have agreed to the employment of additional Nurses.

There are now 37 Nurses at work, an increase of 8 during the year. There is one additional at each of the following places:—Christchurch, Wellington, Wanganui, and Dunedin; and one each at the following new residential centres:—Waimate, Masterton, Hamilton, and Blenheim. We are very glad to report that a Nurse will again be stationed at Westport early in May. Stratford and New Plymouth have been nominated as residential centres, and Nurses will soon be at work in these districts.

The following is a list of the centres at which Nurses have been resident during the year, together with the sub-Branches visited:—

### PLUNKET NURSES AT WORK, 1917-18.

Town.	Out-Stations Visited by Nurse.	No. of Nurses.
Ashburton .. ..	Methven and Rakaia .. ..	1
Auckland .. ..	Takapuna, Onehunga, Devonport, Penrose, St. Helier's Bay, Avondale .. ..	4
Balclutha .. ..	Milton, Clinton, Stirling, Benhar, Waitahuna, Tokoitoi, Kaka-puaka .. ..	1
Blenheim .. ..		1
Central Otago .. ..	Roxburgh, Alexandra, Clyde, Cromwell, Omakau, Ophir, Chatto Creek, Earnscleugh, Bannockburn, Lowburn, Ettrick, Miller's Flat, Horseshoe Bend, Coal Creek, Matakanui, Leaning Rock .. ..	1
Christchurch .. ..	New Brighton, Sumner, Rangiora, Templeton, Amberley, Redcliffs, Darfield, Kimberley, Sheffield, Sockburn, Mina .. ..	4
Dannevirke .. ..	Te Ure, Woodville, Whetukura, Tokomaru .. ..	1
Dunedin .. ..	Sawyers' Bay, Burnside, Mosgiel, Green Island, Abbotsford .. ..	4
Gisborne .. ..		1
Gore .. ..	Mataura, Edendale, Wyndham, Seaward Downs, Menzies Ferry, Croydon Siding, Kelso, Moa Flat, Tapanui, and Fairlight .. ..	1
Hamilton .. ..	Putaruru, Cambridge, Kihikihi .. ..	1
Hastings .. ..	Waipawa, Waipukurau .. ..	1
Hawera .. ..	Patea, Eltham .. ..	1
Invercargill .. ..	Bluff, Waikiwi .. ..	1
Masterton .. ..	Featherston .. ..	1
Napier .. ..	West Shore .. ..	1
Nelson .. ..	Motueka, Richmond, Wakefield, Hope .. ..	1



PLUNKET NURSES AT WORK, 1917-18—continued.

Town.	Out-Stations Visited by Nurse.	No. of Nurses.
Oamaru .. .. .	Newborough, Maheno, Kurow, Palmerston South, Enfield, Kakanui, Weston, Duntroon, Waireka, Windsor, Hampden, Balruddery, Lorne, Moeraki, Hakataramea, Otekaike, Toka- rahi, Herbert .. .. .	1
Petone & Lower Hutt	Heretaunga, Upper Hutt, Korokoro	1
Timaru .. .. .	Temuka, Winchester, Geraldine, Seadown, Tycho, Woodbury ..	1
Taihape .. .. .	Marton, Hunterville, Mangaweka, Utiku, Mataroa .. .. .	1
Waimate .. .. .	Waihao Downs, Redcliffs, Stud- holme, Malvern, Waituna, Wil- lowbridge, Centerwood, St. An- drews, Douglas, Glenavy ..	1
Wanganui .. .. .	Wanganui East, Gonville, Castle- cliff .. .. .	2
Wellington .. .. .	Ngaio, Worser Bay, Trentham, Paekakariki .. .. .	4

OTHER BRANCHES FORMED.

Akaroa	Inglewood	Orepuki	Taumarunui
Blackball	Kaikoura	Otautau	Te Awamutu
Dargaville	Karamea	Picton	Te Kuiti
Denniston	Lawrence	Reefton	Thames
Granity	Maaia	Riverton	Waihi
Greymouth	Mayfield	Rotorua	Westport
Helensville	Millerton	Stratford	Whakapuaka
Heriot	Naseby	Tahakopa	Whangarei
Hokitika	New Plymouth		



MAP OF NEW ZEALAND,

Showing the Branches of the Royal New Zealand Society for the Health of Women and Children.

The dots with an outside circle show the Central Branches (see List opposite) from which the Plunket Nurses are sent out, on stated days, to Branches not employing a resident Nurse. The Non-residential Branches of the Society are shown by plain black dots.

The Committee is greatly indebted to Mr. R. Miller, Chief Engineer Seacliff, for making the drawings from which the above Map and the Chart on the Back of this Report were reproduced.



### THE SOCIETY'S RECORDS.

The number of **Babies under care of the Plunket Nurses** throughout the Dominion during the course of the year was over **thirteen thousand**, while the total visits exceeded **one hundred and thirty thousand**—the figures being as follows:—

Babies under care of Plunket Nurses during the year ..	13,234
Visits paid by Plunket Nurses to Homes .. .. .	58,171
Visits of Mothers and Babies to Plunket Rooms .. .. .	76,752
Babies Breast-fed (new cases only) .. .. .	5 328

It must be clearly understood that, besides the mothers and babies who come into direct contact with the Plunket Nurses, a large proportion of the Society's service to mother and child is carried out by Members of the various Branches, and also by mothers who, having received benefit themselves, are only too glad to help their friends and neighbours. Further, there is a large amount of correspondence and distribution of the Society's literature carried on by the Plunket Nurses, by the Committees and Members of the Branches, by the Matron of the Karitane-Harris Hospital, and through the medium of the "Our Babies" newspaper column. Indeed, there must be very few mothers in the Dominion who do not receive direct or indirect benefit through one or other of these various agencies.

### THE INFANTILE MORTALITY STATISTICS.

The Council is greatly pleased to be able to record a further decline in the Mortality Rates for infants under 1 year for New Zealand. The rate for the whole Dominion for 1917 was **4.82 per cent.**—the lowest yet reached. This is most gratifying, but if you examine the Chart on the Back Cover of this Report, you will see that 4.82 per cent. is slightly above our anticipated mark for 1917, so that to bring the rate down to 3 per cent. by 1930, even more strenuous efforts must be made.

The establishment of Branches in new areas and the employment of additional Nurses in the larger towns ought to help to bring about the desired result.

The Infantile Death Rates for the four main cities of the Dominion in 1917 were:—

Auckland ..	6.10 per cent.	Christchurch ..	4.93 per cent.
Wellington ..	5.65 per cent.	Dunedin ..	4.02 per cent.

### PLUNKET NURSES.

The Council have found a difficulty in supplying a sufficiency of suitable Plunket Nurses. So many Nurses have taken the special training at the Karitane-Harris Hospital and then gone in for private work, that the Committee of the Dunedin Branch found it necessary to give priority on the list of applicants to those who guaranteed to take up the Society's work for at least two years. While recognising the great advantage it would be to the Community if all Nurses had the Plunket training, the Dunedin Committee felt bound to make such provision if the Council were to be in a position to fill vacancies and to supply Plunket Nurses to new residential centres.

This year again several of our specially trained Nurses have been called up for war service, and so are lost to our work in the meantime. The Council regret that owing to this they have so far been unable to carry into execution the recommendation of the Conference that a capable, tactful, highly-trained Plunket Nurse be employed who would keep in intimate touch with the Karitane-Harris Hospital, visit all the Branches from time to time, and confer with and help the Committees and resident Plunket Nurses regarding the Society's work and its extensions.

### IN MEMORIAM.

The Council decided, after much consideration, that the most fitting tribute to the work of Nurses Wynn Harrold and Culley, who died in the service of the Society, would be to place a Memorial Tablet in the hall of the Karitane-Harris Hospital.

### PUBLICATIONS.

The Council have to record a very large number of requests for the literature of the Society, and many parcels of books, pamphlets, reports, copies of "Our Babies" Column, &c., &c., have been sent to all parts of the world.

The following letter, from the **Editor** of "Maternity and Child Welfare," London, speaks for itself:—

"I undertook to return to you a copy of the Ninth Report of the Royal New Zealand Society for the Health of Women and Children. Having now made some excerpts and reproduced the Death-rate Chart for the September number of the Journal, I am prepared to adhere loyally to my promise.

"But I must confess that I should much like to keep the Report, and I have no doubt that I can put it in the future also to good purpose. This is, I believe, the only Journal in the world solely devoted to Maternity and Child Welfare.

"Please let me know if you can possibly spare it. And in any case may I be put on the list for receiving reports and other printed matter as they appear."

### THE GOVERNMENT PAMPHLET.

A large number of copies of the Government Pamphlet, "**The Expectant Mother and Baby's First Month**," have been distributed by our Plunket Nurses during the year, and many enquiries concerning it have been received from places outside New Zealand. The following is from a lady doctor in Canada:—

"The other day I saw that you had published a book on "The Expectant Mother and Baby's First Month." Do please ask the publisher to send me a copy. I am greatly interested in it."

Under the auspices of the **Visiting Trained Nurses' Association, Melbourne, Australia**, a leaflet, called "**The Mother's Duty to Her Babe**," has just been issued. The leaflet has been compiled from "**The Expectant Mother**," to which generous acknowledgment is made in an introductory paragraph.



### THE SOCIETY'S BOOK.

This year another edition (10,000 copies) of "Feeding and Care of Baby" has been issued. Owing to the greatly increased cost of paper and production, the publishers in London decided that the Home price of the book must be raised to 1/6. That will mean an increased price in New Zealand. The Council regret that this decision was necessary, and hope that, when the War is over, the price may again be 1/-.

At the request of the Dunedin Committee, the cost of printing and circulating the Society's book and certain other publications of the Society has been borne privately, and each new edition has more than swallowed up all the money received from previous sales; therefore, so far the Dunedin Branch has not profited pecuniarily by the sale of "Feeding and Care of Baby."

As usual we have received many letters and messages telling us of the help our book has been to mothers and others in New Zealand and elsewhere. The following note with regard to the new edition comes from Scotland, and will interest our members:—

"I think it is probable that there will be a very good demand for the new edition, as the book has been shown at all the Baby Care Exhibitions throughout the country."

An English Medical Officer of Health writes:—

"I often address mothers on the care of babies, and have found Dr. Truby King's book so helpful."

Last year permission was asked to translate the Society's book into Polish and Gujerati. This year a request has been received to translate it into French.

### THE STORY OF THE TEETH.

The little book, "The Story of the Teeth," was written for the Society by Dr. Truby King, and published by Whitcombe and Tombs during Baby Week. A second edition has been issued already, and the booklet has been very favourably commented on by the leading dentists and the Press.

The Acting Director of the Dental Faculty, Otago University, writes:

"I purchased your book on 'The Care of the Teeth,' and thought it was splendid. I sincerely hope for the good of the Country it will have a wide circulation."

### NATURAL FEEDING.

A short brochure on "Natural Feeding," by Dr. Truby King, also came out during Baby Week, and was distributed throughout the Dominion.

### THE COMPONENTS OF VARIOUS MILKS.

Another Baby Week publication was the leaflet entitled "The Components of Various Milks." This contains a chart in three colours, on which are shown the components in percentages of Human Milk, Cow's Milk, Whale's Milk, and Rabbit's Milk. The letterpress gives a clear explanation of the Chart.

### "OUR BABIES" NEWSPAPER COLUMN.

The column is published weekly in many newspapers throughout the Dominion, and gives rise to a large correspondence.

This particular feature of the Society's work has made a strong appeal to kindred organisations in other lands. In England, after the Infant Mortality Congress in 1913, a column was begun in the Magazine "National Health." During this year enquiries concerning the column have come from Australia and South Africa, and we have been asked for copies of the newspapers in which the articles appear. A letter from South Africa concludes thus:—"We are considering doing something of the kind over here if we can get an Editor to give us space regularly."

The Council is greatly indebted to the newspaper Editors who publish the column, and we appreciate very much the patriotism of their action in the matter.

### OUR FOREIGN CORRESPONDENT.

Mr. Wm. Jenkins has again carried on an extensive correspondence throughout the year, and has received in exchange for the Society's publications many valuable papers from kindred Associations elsewhere. He has had sets of the most important publications and Reports of the Society bound together and sent to many of the leading Child Welfare Centres throughout the United States entirely at his own expense; and he notified the various Baby Welfare Organisations with which he is in touch of Dr. Truby King's projected visit to the States.

The Council wish to convey to Mr. Jenkins their warm appreciation of the enthusiasm and zeal with which he ascertains what is being done for mother and child in all parts of the World, while at the same time sparing neither pains nor personal expense in keeping correspondents at Home and Abroad posted up in the Society's doings.

### FINANCE.

**Subsidies.**—The usual subsidy of 24/- in the pound up to £100 for each Plunket Nurse employed was voted by Parliament last session.

The returns sent in by the Branches, as requested by the Public Health Department, were forwarded to Wellington on 23rd July, 1917, when applying for the payment of the subsidies for the year ending 31st March, 1918. The sum of £1,500 was received by our Honorary Agent, Mr. Peter Barr, on 19th November. This amount, with part of the balance in hand, enabled the subsidies to be paid for the six months ending September 30th, 1917, and was distributed on 20th November, 1917. The amount paid to each Branch was based on the period of service of the Nurses.

The Minister of Public Health promised to pay the balance of the subsidies early in the New Year, but first required an additional return giving the names and stations of Plunket Nurses permanently appointed, and whether working full time or not. These particulars were supplied, and the last instalment of the subsidies for the year ending 31st March, 1918, came to hand on 28th March, 1918, and was distributed on the same day by the Society's Honorary Agent.



We regret the inconvenience that the delay in the payment of the subsidies has occasioned the Branches.

The Council feel a great debt of gratitude to Mr. Peter Barr for his valuable services in connection with the Plunket Nurse Subsidy Fund, and for the promptitude with which the subsidies have been distributed by him.

**Central Council Expenses.**—As no Fund had been set aside for Central Council expenses, and as no definite arrangement had been made with regard to the scope of the Council's work, the Council decided that it would be wiser in the meantime for the Dunedin Branch of the Society to bear the whole expenditure for the year ending 31st March, 1918. This the Dunedin Committee agreed to do.

It was resolved that the matter be re-opened and definitely settled at the next General Conference.

**Total Expenditure.**—The Council wishes it to be clearly understood that each Branch manages its own affairs, extends the work in its own district, and publishes its own Annual Report and Balance Sheet.

It was the intention of the Council to adopt the suggestion of the **Hon. G. W. Russell, Minister of Public Health**, and publish a return showing in detail the amount expended during the year ended 31st March, 1918, by each Branch of the Society. Unfortunately, only a small number of returns have come to hand so far, and this Report cannot be longer delayed.

However, as an indication of the small expenditure when contrasted with the magnitude of the work done, we give the total sum spent by the Society throughout the Dominion for the year ended 31st March, 1917. This includes the cost of running the Karitane-Harris Hospital, Head Office expenses, and propagandist work.

Total Expenditure for year ended March 31st, 1917, £8,196 11s. 5d.

AMY CARR,  
President.



## The Royal New Zealand Society for the Health of Women and Children.

### PATRONS:

HIS EXCELLENCY THE GOVERNOR-GENERAL THE EARL OF LIVERPOOL  
HER EXCELLENCY THE COUNTESS OF LIVERPOOL.

LORD AND LADY PLUNKET.  
LORD AND LADY ISLINGTON.

### GENERAL PRESIDENTS:

Dr. TRUBY KING, C.M.G.  
Mrs. TRUBY KING.

### OFFICE-BEARERS:

#### PRESIDENT:

Mrs. F. H. CARR.

#### VICE-PRESIDENTS:

Lady ALLEN, Mesdames GALLAWAY, J. A. JOHNSTONE, JOSEPH Mc-  
GEORGE, W. A. MOORE, JOHN ROSS.

#### COMMITTEE:

Mesdames SYDNEY ALLEN, ARUNDEL, ANSELL-HODSON, AIKEN, BEGG,  
CHAMPTALOUP, CUNNINGHAME, GIBBS, A. ISAACS, A. JACKSON,  
J. C. McGEORGE, MALCOLM, MORRELL, K. S. RAMSAY, K. ROSS,  
T. K. SIDEY, SIM, WALLIS, WILKINSON, Staff-Captain PARKES,  
Professor BOYS-SMITH, Misses DOWNIE STEWART, O.B.E., GOW,  
McDOUGALL, JOACHIM.

#### ADVISORY BOARD:

Messrs. G. RITCHIE, P. R. SARGOOD, L. HARRIS, P. BARR, and  
Dr. TRUBY KING, C.M.G.

#### HONORARY SURGEON:

Dr. L. E. BARNETT, C.M.G.

#### HONORARY DENTAL SURGEON:

Dr. PICKERILL.

#### HONORARY BACTERIOLOGIST:

Dr. CHAMPTALOUP.

#### HONORARY ANALYST:

Dr. INGLIS.

#### HONORARY PHYSICIANS KARITANE-HARRIS HOSPITAL:

Drs. E. H. WILLIAMS, SYDNEY ALLEN, F. S. BATCHELOR, K. ROSS,  
R. RITCHIE.

#### HONORARY SOLICITORS:

Messrs. CALLAN & GALLAWAY.  
Mr. GEORGE MONDY.

#### HONORARY FOREIGN CORRESPONDENT:

Mr. W. JENKINS.

#### PLUNKET NURSES:

Nurses McLAREN, CONNOR, MATHIESON, & ASSISTANT NURSE RENFREE

#### MATRON KARITANE-HARRIS HOSPITAL:

Miss W. THOMSON.

#### HONORARY TREASURER:

Mrs. D. E. THEOMIN.

#### SECRETARY:

Miss G. HODDINOTT.



# ANNUAL REPORT.

## DUNEDIN BRANCH.

In presenting the Eleventh Annual Report of the Dunedin Branch, the Committee have to record another year of steady progress, and they congratulate members on the ever-extending influence of the work they have taken in hand.

During the past year there has been a wider recognition of the truly patriotic character of the Society's Mission on the part of the Authorities as well as the general public, and we find that people are more interested in all that pertains to the rearing of a healthy and efficient race. In spite of the large demands constantly being made on all of us from the various National and Red Cross Funds, we are glad to say there has been no falling off in the income of the Society.

This has been a matter of great moment to the Committee, who have had to meet especially heavy expenditure in connection with the General Conference, the Baby Week, the opening of additional Plunket Rooms in South Dunedin, the employment of a fourth Nurse, the War Bonus to our Plunket Nurses, and the increased cost of all commodities.

This year we have transferred to the Central Council Report the sections on "Interest in the Society's Work at Home and Abroad," "Publications," &c., as these matters appear to belong to the Society as a whole.

### INFANTILE MORTALITY STATISTICS.

The Committee are pleased to note a further decline in the Infantile Death-rate for Dunedin. The latest returns show Dunedin just over 4 per cent. (4.02), as against an average of 5.17 per cent. for the four main cities of the Dominion. The latest available return for the whole of New Zealand shows an Infantile Death-rate (of infants under 1 year) of 4.82 per cent.—the lowest yet recorded for the Dominion.

### BRITISH SOLDIERS' AND SAILORS' BABIES.

#### Lady French's Appeal.

In accordance with a resolution passed by the General Conference, held in Wellington last year, the sending of bundles of baby clothing to England, begun in the first year of the War, was continued. The Committee is again greatly indebted to Mrs. R. W. Gibbs for carrying out the work in connection with receiving, acknowledging, and packing the baby clothes.

The following is Mrs. Gibbs' Report:—

"To date of last Report we had sent Home from our Dunedin Branch, in conjunction with the Otago and Southland Women's Patriotic Association, six cases of baby clothes, containing a total of 7,489 articles, which were done up in bundles—

- (1) As used at Karitane-Harris Hospital.
- (2) Useful outfits, not-altogether of the same pattern or material, but practically the same otherwise, or for older children.

Each "Karitane" Bundle contained:—

1 shawl	2 woollen jackets
3 knitted woollen vests	2 knitted pilches
3 flannel night-dresses	6 bibs
3 flannel or knitted petticoats	1 bonnet
3 cotton crepe frocks	1 pair bootees
1 copy "Baby's First Month,"	all tied up in 1 napkin.

We regret that no cellular shirts are sent now, owing to the difficulty in obtaining material.

Since then two more cases have been sent to the High Commissioner, London—one in August, 1917, to be forwarded to Mrs. T. J. Millar, Edinburgh, for distribution; the other in March, 1918, to be forwarded to the Women's War Service Bureau, Liverpool.

These cases contained:—

163 night-gowns	30 shawls
123 dresses	89 bonnets
199 petticoats	46 shirts
188 knitted vests	20 pinafores
134 jackets	44 long clothes
83 pilches or knickers	7 coats or pelisses
141 bibs	12 pairs of socks
13 pairs bootees	31 napkins

and a number of odd garments for older children—1,414 in all, making a total of 8,903 garments sent Home since the beginning of the War. In the case sent to Edinburgh, the garments were done up in "Karitane Bundles," as usual, and each bundle contained, as well as a note to the mother, a copy of "What Baby Needs," as we could not obtain "Baby's First Month" at the time. In addition, a complete set of clothing, as worn at Karitane Hospital, and a set of the cut paper patterns were sent to Mrs. Millar, to be kept as patterns and not given away, and a copy each of "Expectant Mother" and "Feeding and Care of the Baby."

In the case sent to Liverpool, the baby bundles could not be made up owing to the sets being incomplete; but all garments were new, and mostly of Karitane pattern, and either of flannel or wool. As usual, a number of copies of "Expectant Mother and Baby's First Month" were sent for distribution with the clothes.

In addition, a number of garments have been given during the year to soldiers' wives needing help. At Christmas time, owing largely to the kindness and generosity of the Taieri Women's Patriotic Associa-



tion, who donated a large parcel for the purpose, gifts of baby clothing were made to the wives of 21 of our New Zealand soldiers. These were distributed through the Dunedin Branch of the Soldiers Dependents' Welfare Committee.

Many letters have been received from mothers at Home, expressing their gratitude and appreciation of the help given, and photographs of some of the babies were sent to us.

During the year £14 2s. 10d. has been received. This was expended in material, that was made up by many of the Girls' Friendly Societies, Schools, and others; and the garments all went towards the boxes sent. A little wool still remains on hand.

Contributions were received from the Otago Women's Club; from Branches of the G.F.S.; from many of the Dunedin Girls' Schools; from Otago, Palmerston South, Pukehiki, Warepa, and Port Chalmers Red Cross or Patriotic Associations; from Mosgiel, Gimmerburn, Kaitangata, Allanton, Otokia, Romahapa; from members of our own Society; and from many friends in and around Dunedin interested in the work. To all these our thanks are due. Most of the work was, as usual, beautifully done. It is satisfactory to see that our patterns, and especially the printed instructions, are much appreciated. Several fresh workers have volunteered help, for which we are grateful, as all our funds and material have been used up, and we fear the need of such help will continue to be great both at Home and also in New Zealand. We are sure that all who help us in any way will feel that, where cases of need arise, our New Zealand soldiers' wives should have the first claim."

The Committee are glad to learn that the case of Baby Clothes reached Edinburgh in February, and was handed over to the **Edinburgh Child Welfare Scheme** for distribution. Several appreciative letters have been received from the Health Authorities and from the recipients.

The following is an extract from a letter from **Dr. A. Maxwell Williamson, Medical Officer of Health, Public Health Department, Edinburgh**, dated 20th February, 1918.

"I had submitted to me yesterday the magnificent collection of Infant Clothing which has been forwarded by your Society, and I hasten to express to you and to all the kind contributors and workers my very sincere thanks for the kindly thought and the enormous amount of work which is represented in this splendid donation.

"It is a most unexpected and highly welcome evidence of the common feeling which exists among your good people and our workers to find that the work here has been so splendidly aided by your thoughtful and generous consideration."

#### THE ANNUAL ADDRESS.

Last year **Dr. Colquhoun, Professor of Medicine at Otago University**, gave us a most interesting and comprehensive address on "**Fresh Air and Its Uses.**" During the lecture several books were shown, with pictures of open-air schools in different parts of the World, and the lecturer made special reference to the two schools in Otago, where open-air class-rooms and sleeping accommodation have been provided—viz., **Archerfield School for Girls in Dunedin**, and the **Waitaki School for Boys at Oamaru.**

**Dr. Colquhoun's** lecture was published in full in the **Christchurch Weekly Press**, and so found readers in many parts of the Dominion.

#### WINTER SHOW.

The Committee arranged to have a Bay at the Winter Show of the Otago Agricultural and Pastoral Association. Members of the Society were in attendance each day with Nurses from the Karitane-Harris Hospital to answer enquiries and give practical demonstrations.

The Bay was attractively arranged, and there were many interesting exhibits. Sugar, Fat, and Proteid, the three main components of all foods, were displayed in a pure state, and a large coloured chart, showing how Nature adjusted these components in the milk of various animals (including human beings), attracted much attention. Sets of the simple practical baby clothes advocated by the Society were on view, and a large number of paper patterns of the clothes were sold. There was also a supply of the Society's book, "**Feeding and Care of Baby,**" the Public Health Department's pamphlet, "**The Expectant Mother and Baby's First Month,**" and other literature.

The Nurses gave practical demonstrations of bed-making to crowds of interested spectators.

The space was very limited, but we were able to find a resting-place for a few tired mothers.

We hope to secure a larger space at the next Show, and thus make more adequate provision for mothers with their babies.

The thanks of the Committee are due to Messrs. George Lawrence and Sons for erecting the stall.

#### BABY WEEK.

The Committee fell in most heartily with the recommendation of the Central Council that a Baby Week should be held throughout the Dominion just before the approach of the hot summer months, which are fraught with such danger to young infants.

The preliminary arrangements extended over several months, as it was necessary to prepare posters, manifestoes, pamphlets, leaflets, &c., and to enlist the sympathy and co-operation of the municipality, the University authorities, the Medical, Dental and Teaching professions, and the various Clubs and Societies in Dunedin.

A meeting was held in the **Town Hall** on **4th September**, at which representatives from most of the public bodies in Dunedin were present. A tentative programme for Baby Week was submitted, and a Sub-Committee was formed to make the necessary arrangements.

A meeting was also held in conjunction with the **Hospital Helpers' Association**, when it was decided that a special collection on the Society's behalf be taken up by the Association on the Friday in Baby Week.

Later Sub-Committees in connection with **Churches, Schools, Propaganda, Publicity, &c.**, were formed to see to the carrying out of the various sections of the work.



The Burns Hall was taken for the week, and the following programme was carried out:—

#### PROGRAMME FOR BABY WEEK.

Sunday, 28th October—

Addresses from Pulpits.

Monday, 29th October—

Afternoon—

Official Opening, 3 p.m.

Exhibition in Burns' Hall. Plunket Nurses in attendance to demonstrate the main requirements for Baby, such as bed-making, clothing, bathing, &c. Special demonstrations of the modifying of milk. Exhibition of food for older children.

Evening—

Lecture by Dr. S. Champtaloup, Professor of Bacteriology, Otago University (illustrated by lantern slides): "The Milk Question and Infant Welfare," with special reference to the local milk supply.

Tuesday, 30th October—

Afternoon—

Exhibition in Burns' Hall. Special Afternoon for School Girls, when Mrs. Truby King spoke.

Miss Thomson, Matron of the Karitane-Harris Hospital, demonstrated the bathing and dressing of a baby, using a large celluloid doll; and Miss Winifred Isitt, Teacher of Physical Culture, showed groups of little children deftly carrying out simple household duties by way of "Helping Mother."

Afterwards the girls went round the various exhibits, and showed their interest by the intelligence of their questions.

Taieri and Peninsula Dairy Company's Humanised Milk Department, open for public inspection, when about 200 visitors were shown over the premises.

Evening—

Exhibition of Food and Feeding Material (including both animal and vegetable foods), with a practical address by Dr. Truby King on "Relative Values."

Wednesday, 31st October.

Afternoon—

Exhibition in Burns' Hall. Lecture by Miss Boys-Smith, Professor of Home Science, Otago University, on the "Importance of Domestic Science in its practical bearings on the rearing of a strong, healthy race."

Karitane-Harris Hospital open to the public, 2 to 4 p.m.

Evening—

Lectures by Dr. Sydney Allen on "Exercises for Women," and by Mr. Armstrong, President of the Dunedin Branch of the Dental Association, on "The Why of Dentistry." Both lectures were illustrated by lantern slides.

Thursday, 1st November—

Afternoon—

Exhibition in Burns' Hall. Mothers with their Babies were specially invited, and were entertained at tea by the Committee.

Interesting short addresses were delivered by Dr. Williams and Dr. Sydney Allen, and Miss Winifred Isitt's pupils gave a demonstration of physical exercises. There was also a short musical programme.

Evening—

Lecture by Dr. Truby King on "The Essential Requirements for Health and National Efficiency," illustrated by lantern slides.

Friday, 2nd November—

Collection on behalf of the Society by the Hospital Helpers' Association of Otago.

Afternoon and Evening—

Exhibition of Baby Plants and Animals, bearing on healthy growth and development.

Demonstrations by Dr. Truby King and Mr. Tannock, Superintendent of the Botanical Gardens and City Reserves.

#### THE EXHIBITION IN BURNS HALL.

The Exhibition, which was open every afternoon and evening during Baby Week, was largely attended, and the practical demonstrations were watched with keen attention by the onlookers.

Each exhibit was in charge of members of Committee or Plunket Nurses, who were ready to explain the significance of charts and exhibits, or to demonstrate the simple methods of caring for a baby advocated by the Society.

The following is a list of the exhibits:—

(1.) Food Rations.—This exhibit created a great deal of interest, chiefly because the daily rations of children of various ages and of an adult working woman were shown.

The day's supply of food for babies of one month, six months, and twelve months respectively were shown in bottles containing the average quantity of Humanised Milk for the particular age, with a bone at six months, and a bone, a crust and some cereal jelly at twelve months. It was particularly noted on the card that at one month and six months the milk for the baby should be Mother's Milk.



The daily supplies of food for children of 3 years, 6 years, 12 years and for a working mother were set out on trays, and were shown both in the cooked and uncooked state. A card with the names and weights of the raw materials was placed beside each ration, and the caloric value of the whole was calculated out.

The cooked rations were prepared by the Domestic Science students at the University under the guidance of Professor Boys-Smith.

Besides these daily rations, there were shown sugar of milk at different stages in the manufacture, the materials for the preparation of Humanised Milk when fresh milk is unobtainable, a mass of the crude curd of cow's milk, and a collection of various Patent Foods with a large Warning Card.

Charts showing the diet and weight of babies during the first four months of life were exhibited, as well as a large coloured chart showing the percentage composition of various milks.

(2.) **Preparation of Humanised Milk.**—Plunket Nurses gave practical demonstrations several times a day. At this stand everything needed for the proper artificial feeding of a baby was shown, including the best kinds of bottles and teats, and the most effective method of cleansing and sterilising them; the best ways of safeguarding milk; a simple safe made out of a candle box for keeping milk fresh and cool, &c., &c.

Here were also shown wrong kinds of bottles, &c., including long-tube feeders and dummies. Large cards of warning were placed beside all things which are harmful for the baby.

(3.) **Simple Clothes for Babies.**—A number of dolls were shown dressed in the day and night-clothes advocated by the Society and used at the Karitane-Harris Baby Hospital. Paper patterns of the clothes, with full directions for making up and samples of materials recommended, were sold for 1/- the set. Directions for knitted garments were also given. Members of Committee were in constant attendance ready to explain any point.

(4.) **Games for Children**, especially those used in physical exercises, were under the direction of **Miss Isitt**, Teacher of Physical Culture. At this stand simple clothes for older children were exhibited.

(5.) **A Furnished Bedroom**, with open window and fireplace, showing where the mother's bed and the baby's cradle should be placed to ensure a supply of pure, fresh, cool, clean air for each, if mother and baby have to occupy the same room. It was explained that, if possible, baby should sleep out of doors, or have a well-ventilated room to itself.

(6.) **Bathing Baby.**—The best arrangement of bath (portable rubber bath) and nursing chair in relation to fireplace and window was shown, with screens to ward off draughts. A Plunket Nurse was in attendance, giving practical demonstrations. Here also was shown a light, simple, ingenious portable wardrobe, which contained everything essential for bathing and dressing a baby.

(7.) **A Weighing Machine.**

(8.) **Shoes, socks and stockings of natural shape** for older children.

(9.) **Perambulator, with Plunket Hood**, covered with white and lined with green, providing proper ventilation.

(10.) **Bed-making.**—A Plunket Nurse was in attendance to demonstrate. The cradle had no trimmings, and was placed on a stand well up from the ground.

(11.) **A Trimmed Cradle**, covered with a piece of mosquito netting. A large card explained how harmful it is to deprive a baby of fresh air.

(12.) **Kicking-pen.**

(13.) **Literature.**—Copies of all the Society's books, pamphlets, reports, &c., were in charge of members of the Committee.

The Burns' Hall was decorated with flags and plants, and interesting charts and diagrams were hung all round. In order to draw attention to the importance of Breast-Feeding, some 50 beautiful copies of famous Madonnas were displayed.

There was a very good attendance at the opening meeting, when the Mayor of Dunedin occupied the chair. Addresses were given by His Lordship the Primate of New Zealand, the Rev. Mr. Cameron, Chancellor of the University, Father Coffey, Dr. Truby King, the late Dr. Bedford, and Mr. Sargood. The audience afterwards inspected the various exhibits.

As the week progressed interest in the proceedings grew, each day bringing larger audiences to the various lectures. Summaries of most of the lectures were published in "Our Babies" column, so that country members who could not be present were able to benefit by them.

The Committee were much gratified at the interest displayed by the large audiences of School Girls who came with their teachers to the afternoon sessions specially set apart for them.

The Mothers' Afternoon was a great success, the Hall being filled to overflowing with mothers and babies. The Committee were greatly indebted to the ladies of the First Church Guild, who lent their cups, &c., and assisted them so ably and untiringly in dispensing tea to the large gathering.

The Exhibition of Baby Plants and Animals on the last day of Baby Week was most entertaining and instructive. Mr. Tannock, Superintendent of the Botanical Gardens and City Reserves, who began preparations weeks beforehand, had a splendid display of adult plants grown from similar seedlings, contrasting those well treated throughout with regard to air, food, water, &c., with those badly treated. Mr. Tannock's afternoon and evening lectures were listened to with the utmost attention, as were also the lectures by Dr. Truby King on Baby Animals and Baby Teeth.

The children were greatly delighted with the live animals on exhibition—viz., a calf, a lamb, litters of pigs, chickens, ducklings, goslings, frogs, kittens, puppies, &c., &c.

The street collection taken up by the Hospital Helpers' Association on the last day of Baby Week was very successful. The Committee desire to thank the Hospital Helpers' Association and all the collectors who made this special appeal on the Society's behalf.



The Committee share the general feeling that **Baby Week** was a great success, and that it did much to bring home to the public the real importance of the Society's Mission.

#### PLUNKET TRAINING FOR DISTRICT MIDWIVES.

We were glad to accede to the request of the Public Health Department that some of the District Midwives should have a period of training at the Karitane-Harris Hospital. One of the Department's Nurses is already at the Hospital, and the Committee regret that she is not to take the full period of training, sit for her examination, and secure the Society's certificate.

The Committee decided that no training fees are to be charged for Nurses sent by the Public Health Department.

#### KARITANE-HARRIS HOSPITAL.

Again we have to record a change in the Matronship of the Hospital, due to the War. Miss Patrick, who was permitted to return to us for a few months as Matron, was re-called by the Military Authorities in July, 1917, and Miss Thomson, who had previously filled the position as Matron for a short time, resumed charge temporarily until a suitable Plunket Nurse with a General Hospital Certificate was available.

The Committee are greatly indebted to Miss Thomson for her able and successful conduct of the Institution, and they would have been glad if she could have retained the position of Matron until the end of the War. However, for family reasons Miss Thomson requested to be transferred to the District, and the Committee appointed her Senior Plunket Nurse for Dunedin. Miss Lucy Moreland was appointed Matron of the Hospital from 1st April.

The Committee are glad to state that Miss Patrick has again been released from her military duties in England to permit her to take up the position of Matron of the Marlborough School of Mothercraft in London under Dr. Truby King. Thus, though she is no longer with us in New Zealand, her services are still available for the mothers and babies of the Empire.

#### HOSPITAL REPORT.

During the twelve months from April 1st, 1917, to 31st March, 1918, 146 babies and 34 mothers have been resident in the Institution under treatment, the largest number at any one time being 19 (16 babies and three mothers). The average length of stay in Hospital was 31.9 days for babies. Sixteen of the 34 mothers were in residence for twenty-four hours only; the average length of stay for the remaining 18 was 18.3 days.

There has been a great increase in the number of babies under treatment during the year—146 as against 98 last year.

#### Admissions.

Of the 165 cases admitted during the year, 97 came from Dunedin, 39 from other places in Otago, 16 from Southland, 11 from Canterbury, 1 from Nelson, and 1 from Wellington.

All the babies who came in for purely dietetic troubles made good recoveries.

#### Nursing Mothers.

All the mothers benefited by their stay, and went out feeling confident and much happier about their babies and themselves.

As illustrating the treatment and the results in the case of Nursing Mothers, we give notes on two of the 34 cases.

- (a.) Mrs. A. came to Hospital for 24 hours, as she thought her baby, who was six weeks old, was being overfed. Baby was weighed before and after nursing, and it was found that he was getting only 20 oz. a day instead of 25½ oz., his full allowance. The mother consented to remain for treatment, and at the end of one week her supply had gone up to 29½ oz. a day. On leaving the Institution at the end of 9 days, it was found that baby had gained 5½ oz. in that time.
- (b.) Mrs. B.'s baby was 5 weeks old, and had been on the breast from birth; the mother's milk had gradually decreased until on admission to Karitane the average supply was only 14 oz. a day.

The usual treatment was at once started—i.e., daily bath; regular exercise; bathing of breasts with hot and cold water alternately, and massage; good, plain, well-cooked food; plenty of fresh, cool air day and night; &c.

There was an immediate response, the increase in the mother's supply being 3 oz. in the first 24 hours. There was then a gradual daily improvement until, at the end of three weeks, the mother was supplying 25½ oz. a day.

After three weeks' sojourn they left the Institution—the mother much better in health and able to satisfy her baby; while the baby had gained 1 lb. 3¾ oz. during their stay.

The Committee are much gratified at the large number of mothers who come into residence with their babies. Our Matrons all feel that this aspect of the Society's work has the most far-reaching results, because a mother, taught practically at the Hospital the simple requirements for her own health and her baby's, becomes a missionary in the district to which she returns. The following extract from a letter speaks for itself:—

"I feel so ungrateful when I think of what you did for baby and baby's mother that I have not been able to repay it in some way. However, the really obvious thing, that must have some effect, is the influence the very sight of baby has had on this old-fashioned community. As a whole this neighbourhood was antagonistic to anything new, especially with regard to the bringing up of babies. . . . Although baby was very ill with influenza for three weeks after our return from Dunedin, he weighs 24 lbs., walks, and his muscular tone is excellent. He is thirteen months old, and such a joy.

"We have a number of returned soldiers settled near here, and baby has captivated them all by his absolute goodness. It is a great thing, too, for the men and the girls of the neighbourhood to see how unspoiled and how little trouble a baby can be, so although it is very little to tell you, I am sure there is not a



house for miles that will not vouch for the Karitane training of the —'s baby. . . . Although we have done little so far, whenever opportunity occurs we use it to the best of our ability for the benefit of the babies in the neighbourhood."

#### Hospital Mortality Rate.

Out of the 146 babies under treatment during the year 5 died (see "Analysis of Deaths" given below), being a mortality rate of less than 3½ per cent. If you study the data given in the table below, you will realise that in none of these cases was recovery humanly possible.

This year again there has been a complete absence of what is known as "Hospitalism"—that is, the catching and spread of "Infantile Epidemics" within the Institution. When one remembers that the death-rate among infants in European Hospitals is about 20 per cent., the Committee congratulate those whose constant care and devotion have brought about such a magnificent record.

#### ANALYSIS OF DEATHS.

Age when admitted.	Weight at Birth.	Weight when admitted.	Normal Weight for age.	Amount under normal weight when admitted.	Condition on Admission.	Cause of Death.
	lb. oz.	lb. oz.	lb. oz.	lb. oz.		
2 mths.	6 0	5 13	10 8	4 11	Emaciated, Vomiting and Diarrhoea. Chronic Cough.	Marasmus
2½ mths. (pre-mature)	3 0	2 14	11 0	8 2	Emaciated & Collapsed. Had been dropsical for 6 weeks. No rallying power.	Prematurity
4½ mths.	6 8	6 10	14 0	7 6	Emaciated. Skin, grey and leathery. Collapsed. Moribund.	Marasmus
10 mths.	8 12	8 1	20 0	11 15	Extremely wasted and emaciated. Suffering from Chronic Cough, Fluid in Chest, Diarrhoea.	Tuberculosis
12 hrs. (2 mths. pre-mature)		4 2			Weakly and Blue. Did not respond at all. Died in 24 hours.	Prematurity

#### University Students.

Final year Home Science Students attended practical demonstrations at the Hospital on the Feeding and Care of Babies.

Final year Medical Students attended for clinical instruction, accompanied by one of the honorary physicians.

#### Training of Nurses.

Forty-six Nurses have been in training for shorter or longer periods during the year. Of these, 29 presented themselves for examination; 16 qualified as Plunket Nurses, and 10 as Karitane Baby Nurses.

The School Nurses for Otago and Southland came into residence for a month during the year, and both benefited by their stay.

One Nurse was sent by the Public Health Department for three months' training.

#### Correspondence.

Five hundred and twelve letters have been written from the Hospital during the year. Most of these were to people in New Zealand, but some were in answer to enquiries from Abroad.

#### Visitors to the Hospital.

The record of visitors shows 2,900 for the year, including a number from outside New Zealand.

Every facility is afforded to visitors, and the Nurses do all they can to explain the reasons for the simple hygienic methods in use.

#### Cottage Addition to the Karitane-Harris Hospital.

Owing to the large number of Nurses coming forward to train both for Plunket and Karitane certificates, the Committee felt that extra accommodation must be provided at the Hospital.

Dr. Truby King wrote to our generous friend, Mr. Wolf Harris, telling him of our needs and difficulties. The letter met with an immediate and hearty response from Mr. Wolf Harris, who congratulated the Society on its progress, and sent a sum of £400 towards the cost of the new building.

The Committee decided to erect a special quarter for the accommodation of nursing mothers who come into residence with their babies, thus freeing the rooms at present occupied by them for the use of Nurses in training. The cottage, which is now in course of erection, will contain a sitting-room, three bedrooms, bathroom, &c., &c., with ample verandah accommodation.

The Committee are most grateful to Mr. Wolf Harris, and much appreciate his great generosity and continued interest in the Society, in spite of being so far removed from the scene of its active operations.

We are greatly indebted to Messrs. Salmond and Vanes, the architects, for much helpful advice in this and other matters.

#### Training Fees.

It was decided to raise the training fee for Plunket Nurses (three or six months residence) from £10 to £15, and the fee for Karitane Baby Nurses (12 months' residence) from £6 to £20 per annum. These charges compare most favourably with the charges for similar training in other parts of the world.



### GENERAL REPORT.

The House Committee have visited the Hospital regularly, and reported at each monthly meeting of the Committee. No extensive works have been carried out at the Hospital during the year, but all necessary repairs have been promptly attended to.

The garden has been kept in fairly good order, and an abundant supply of potatoes and vegetables have been available throughout the year.

A large number of young fowls were purchased in the Spring, and the Hospital had a good supply of eggs in the season.

We are greatly indebted to Mrs. W. A. Moore for organising the Sewing Guild. She reports that the Hospital has been kept well supplied with baby clothes, and over 300 articles have been made. Thanks are due to all those ladies who have kindly assisted by knitting and making garments.

It has been suggested that some of our members might be inclined to supply sets of Baby Clothes or single articles for the Hospital. Anyone desirous of helping in this way can get paper patterns of the clothes and samples of the materials from Mrs. W. A. Moore, "Venard," Morningside, Dunedin.

We thank the Committee of the Wellington Branch for their kindly thought in sending a gift of Baby Clothes to the Hospital.

### THE PLUNKET NURSES.

The past year has not been such a strenuous one for our Nurses, owing to the fact that we were able to employ a fourth Nurse all through the summer season. Nurses McLaren and Connor have been at work in Dunedin throughout the whole year. Nurse Graham had charge of one of the districts from April 1st to July 31st, when she took up the position of Plunket Nurse for Hamilton and the surrounding district. Karitane Nurse Renfree was appointed Assistant Plunket Nurse on 1st August, and Nurse Mathieson came on duty on 1st September.

After relieving Nurses McLaren and Connor during their annual holidays, Nurse Renfree acted as assistant to the three Plunket Nurses, spending two days every week with each.

Towards the close of the year Nurses McLaren and Connor resigned their positions as Plunket Nurses for Dunedin. Their resignations were accepted with regret by the Committee.

During the year ending March 31st, 1,493 babies were dealt with by our Dunedin Plunket Nurses, 564 being new cases. The number of visits paid to the homes of mothers was 9,621, and 4,529 visits were paid by adults and babies to the Society's Rooms.

There has been a slight falling-off in the number of new babies this year, and also in the number of visits paid by Plunket Nurses to the homes of mothers. The latter is accounted for by the longer period for which Nurses are in attendance at the Plunket Rooms, and is more than compensated for by the increased attendance of adults and babies at the rooms.

This year Dunedin has been comparatively free from severe epidemics among the babies. Early in the year there were a good many cases of Diarrhoea, while during the winter months whooping cough, measles, chicken-pox and bronchitis were prevalent.

### THE PLUNKET ROOMS.

The Society's rooms, opened eighteen months ago, have more than fulfilled all our hopes regarding them.

Not only has there been a large increase in the number of visits to the rooms, but the visitors have been keenly interested in the various exhibits and wall diagrams we were able to display in the larger space. We have also been able to accord a degree of privacy to expectant and nursing mothers impossible in the old quarters. The room allotted to the Central Council as an office has proved invaluable.

### Foster Mothers.

Last winter the Committee, wishing to establish closer relations with the foster-mothers of boarded-out babies, invited them and their little charges to tea at the Plunket Rooms. Miss Ralston, Chief of the Infant Life Department in Dunedin, was present, and a most interesting and enjoyable afternoon was spent. The Committee noticed that several of the foster-mothers came to the meetings in Burns' Hall during Baby Week, and they hope that the foster-mothers will avail themselves of all the facilities offered to them by the Society—viz., the services of the Plunket Nurses; the reduced price of Humanised Milk, &c.

### LADY PLUNKET'S PORTRAIT.

In response to a request, Lady Plunket sent us a beautiful enlarged photograph of herself for the new Plunket Rooms. The Committee appreciate this gift very much, as showing Lady Plunket's continued interest in the Society, for which she did so much in its early days.

### New Plunket Rooms in South Dunedin.

It has long been felt that the Society should open Plunket Rooms on the Flat in South Dunedin, where population is most congested, and where it is more convenient for mothers to call in with their babies without the trouble and expense of going to town. It was believed, too, that an experienced Maternity Nurse would get into touch more readily with expectant and nursing mothers if she were living among them. The Committee therefore leased a suitable house, with good garden space, in a central position in King Edward Street.

The portion of the house not required by the Committee was sub-let to the Plunket Nurse as a dwelling. Plunket Nurse Mathieson was appointed to take charge of the District, and she has been in attendance at the rooms every afternoon (except Saturdays and Sundays) since 1st September, 1917. This has been a great benefit to the district, and the attendance at the rooms and the record of work done have fully justified the expenditure.

### BREAST-FEEDING.

The Committee are much gratified to note that this year there is again a large increase in the number of breast-fed babies—381 as against 314 for last year, an increase of 67.



This is no doubt due in large measure to the wide dissemination of the Government book, "The Expectant Mother and Baby's First Month," and the Society's pamphlet on "Natural Feeding of Infants," acting in concert with the help and assistance of the Plunket Nurses, and the consistent teaching of first principles by the Society ever since its foundation.

The Plunket Nurses report:—"We find more mothers are now anxious to suckle their babies, and with simple advice and help from the Nurses they are frequently able to breast-feed completely even after having partly weaned their infants. With regularity, care, and attention the full supply of milk is restored, to the lasting benefit of mother and child. . . . ."

"The scales that are loaned to mothers to weigh before and after feeding have been greatly in demand. Some mothers make very good use of the scales, and are keenly interested."

A great many mothers whose babies were not thriving on the breast have been advised by the Plunket Nurses to go to the Karitane-Harris Hospital for 24 hours or longer.

The Mosgiel Sub-Branch has been visited regularly throughout the year, a Plunket Nurse being in attendance at the Room every Wednesday afternoon.

**Summary of Work done by the Plunket Nurses in Dunedin for the Year ending 31st March, 1917.**

Visits paid by Plunket Nurses to Homes .. .. .	9,621
Visits of Adults and Babies to Society's Rooms .. .. .	4,529
Babies dealt with (including 564 new cases) .. .. .	1,493
Number of Adults to whom advice was given (including Expectant Mothers)—all new cases .. .. .	904
Breast-fed Babies .. .. .	381
Number of Mothers shown by Plunket Nurses how to Prepare Humanised Milk in their own homes .. .. .	196
Number of bottles of Humanised Milk sent out during the year by the Society in conjunction with the Taieri and Peninsula Dairy Company.. .. .	84,449

The daily work of the Plunket Nurses includes visiting the Humanised Milk Department at the Taieri and Peninsula Dairy Factory and looking to any matter needing special attention there; the training of Nurses in District Plunket work; regular attendance at the Plunket Rooms, where babies are weighed, &c.

**Factory for Humanised Milk.**

The Taieri and Peninsula Dairy Company are still preparing Humanised Milk, in conjunction with the Society.

There has been great difficulty in keeping up the supply of bottles required for the distribution of Humanised Milk. Owing to War conditions, bottles ordered many months ago are not yet to hand. The Committee will be glad if members of the Society purchasing Humanised Milk will make sure that the bottles are returned promptly and in good order.



# N.Z. INFANTILE-MORTALITY RATES FOR 40 YEARS 1874-1914.

