

PERSONAL

Mrs. H. Barnes (nee Palframan) gave birth to a daughter, Diana, on July 7th.

Miss Sandra Saber has left the teaching staff of the University of the Witwatersrand and is now working at the School of Physiotherapy at Sarafand Hospital, Israel.

Miss Lynn Hallack is leaving for England in early October, and will work there for an indefinite period.

Physiotherapists who have worked at the Johannesburg General Hospital will be interested to hear that at last the Department is being renovated and repainted.

Miss S. Nicholson has returned from England where she specialised in chest work at Harefield Hospital. She is joining the staff of the Johannesburg General Hospital.

Dr. H. Haden left to visit Europe and America at the beginning of August. He will return in November.

Dr. Struan Alexander has returned to Durban after a visit to Europe.

Miss B. Roos graduated from the University of the Witwatersrand in May, 1954, and is now working at the W.N.L.A. Centre, Eloff Street Extension, Johannesburg.

Miss Ruth Aitken was married on October 9th to Mr. A. J. Jobson.

Miss E. B. Greig has been appointed as a member of the Committee of the Orange Free State Branch of the National Council for the Care of Cripples.

Mrs. R. Osche gave birth to a daughter in Pretoria on September 29th, 1954.

Mrs. M. Wessels has taken over an Hotel at Zuurburg, 60 miles from Port Elizabeth, and is starting a physiotherapy clinic there for convalescent patients.

Miss A. Duthie, Mrs. G. van Levetzow, Mrs. D. Curnick, Miss J. Wege and Miss J. Warner have left the staff of the General Hospital, Johannesburg.

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We welcome to the Society:—Miss J. S. van Druten, 1102, Prison Reserve, Pretoria; Miss M. M. E. Smith, 481, Spuy Street, Sunnyside, Pretoria; Miss J. K. A. Muller, 128, Buffels Road, Rietondale, Pretoria; Miss E. Kamptner, 6, Cordelfos Crescent, Iscor Township, Pretoria; Miss M. E. Massyn, 122, Madeline Street, Florida; Miss A. F. du Preez, 52, Andries Pretorius Street, Krugersdorp; Mr. W. J. Kirby, 9, Wimpole Chambers, Kruis Street, Johannesburg; Miss J. A. de Jager, 204, Longwood, Hospital Street, Johannesburg; Mrs. I. M. A. Masters, 41, Agin Court, Hatfield Road, Berea, Johannesburg; Miss A. E. Tatje, 336, William Street, Brooklyn, Pretoria; Mrs. E. E. Gunter, 100, Buckingham Avenue, Craighall Park, Johannesburg; Mrs. M. G. Dobeyn, 16, Ridge Road, Pietermaritzburg; Mrs. B. E. Meidinger, 26, Mopani Flats, de Kock Street, Sunnyside, Pretoria; Miss Jeanne Smith, Magistrate's Office, Rustenburg; Miss J. Potgieter, 397, Jorissen Street, Sunnyside, Pretoria; Miss C. Junack, 481, Berea Street, Pretoria, and Miss J. A. Steyn, 77, Lynnwood Road, Brooklyn, Pretoria.

BOOK REVIEW

Having a Baby, by J. F. ROBINSON, M.B., Ch.B., pp.viii—92, 23 illustrations. Price 6s. 6d. Published by E. & S. Livingstone, Ltd., 16-17, Teviot Place, Edinburgh.

This most excellent book should, one feels, be read by every woman planning to have children. The contents are very sensibly divided into the following chapters so that every aspect of childbirth which is of interest to the mother is covered: ¹Anatomy in Relation to Childbirth; ²The Menstrual Cycle and Fertilization of the Ovum; ³Contraception; ⁴Sterility; ⁵The Beginning of Pregnancy and Ante-natal Care; ⁶Exercises During Pregnancy; ⁷Relaxation in Pregnancy and Labour; ⁸Twilight Sleep and Analgesia in Labour; ⁹"Lying-in" or Post-natal Period and ¹⁰Feeding Baby.

Each chapter is skilfully sub-divided by headings, and the subject matter is written clearly, being neither too technical nor over simplified, so that it makes a most readable book. The text is illustrated by excellent diagrams.

It seems a pity that Dr. Robinson, though paying tribute to the relaxation methods used by Dr. Grantley Dick Reid, does not mention the *physiotherapist* throughout his book. The pre- and post-natal exercises he describes are of great value, as is his chapter on relaxation, but it is quite often possible for the pregnant woman to attend classes given by a physiotherapist, and their value has been proved beyond doubt. It is far easier for the mothers to learn their exercises under instruction and in a group, *apart from the greater enjoyment it gives to meet others at the classes rather than always exercising on their own at home.* However, for those who cannot take advantage of these classes, Dr. Robinson has written an invaluable book, and it is a relief to find it untouched by any attitude of sentimentality as is found in certain similar books.

L.D.

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