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Hold him a little longer,  
Rock him a little more,  
Tell him another story  
(You've only told him four).  
Let him sleep on your shoulder,  
Rejoice in his happy smile—  
He is only two-and-a-half  
For such a little while!

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newspaper was done through the courtesy of each. Brochures were sent to all doctors in the county explaining the instruction given in the classes and asking their co-operation. As physical preparation is given, the members must have permission from their doctors before participating in this aspect of the instructions.

### Instruction Given

The course consisted of seven lectures given mostly by nurses of the public health unit at evening sessions. The subjects dealt with were The Hygiene of Pregnancy, Care of the Expectant Mother, How Does Your Baby Grow?—(a pamphlet on this subject is given to each member of the class), Nutrition, Care of the Well Baby, Keeping the Baby Well and Happy, and Parents to Be. Fathers are invited to this last lecture and the lecture is given by a doctor, dealing with the psychology of pregnancy, the hygiene of pregnancy and labour. The nurse instructor demonstrates the baby bath and preparation of the formula. This has already been done for the mothers so it is a review for them but new instruction for the fathers.

### The Attendance

We have very little difficulty in having patients attend. The only place where attendance falls down is with those persons who are upset because they are pregnant and are only attending because their doctors insisted. Fortunately these people are very few. Attendance is sometimes sketchy with those women who live in outlying districts because of shift work of their husbands or inclement weather in winter time. This year the influenza epidemic made inroads into the attendance of the pre-natal classes.

We have had many inquiries from women who are not pregnant but would like to take the instruction for future use. We have refused attendance because our classes are large enough, but we do give these people any literature they are interested in reading.

Pre-natal classes began in March '56 in the Brampton area and in September '56 in the Port Credit area. A series consists of 7 classes with a total attendance of 1539. For these 17 series, 340 women have registered with an average of 20 to each class.

When a series of classes is completed the names of the registrants are given to the various nurses and these women are visited in the home to further and follow up the instruction given in the classes.

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## A FENCE OR AN AMBULANCE

By Joseph Malins

'Twas a dangerous cliff, as they freely confessed,  
Though to walk near its crest was so pleasant;  
But over its terrible edge there had slipped  
A duke and full many a peasant.  
So the people said something would have to be done,  
But their projects did not at all tally;  
Some said, "Put a fence around the edge of the cliff,"  
Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,  
For it spread through the neighboring city;  
A fence may be useful or not, it is true,  
But each heart became brimful of pity  
For those who slipped over that dangerous cliff;  
And the dwellers in highway and alley  
Gave pounds or gave pence, not to put up a fence,  
But an ambulance down in the valley.

"For the cliff is all right, if you're careful," they said,  
"And, if folks even slip and are dropping,  
It isn't the slipping that hurts them so much,  
As the shock down below when they're stopping."  
So day after day, as these mishaps occurred,  
Quick forth would these rescuers sally  
To pick up the victims who fell off the cliff,  
With their ambulance down in the valley.

Then an old sage remarked: "It's a marvel to me  
That people give far more attention  
To repairing results than to stopping the cause,  
When they'd much better aim at prevention.  
Let us stop at its source all this mischief," cried he,  
"Come, neighbors and friends, let us rally;  
If the cliff we will fence we might almost dispense  
With the ambulance down in the valley."

"Oh, he's a fanatic," the others rejoined,  
"Dispense with the ambulance? Never!  
He'd dispense with all charities, too, if he could;  
No! No! We'll support them forever.  
Aren't we picking up folks just as fast as they fall?  
And shall this man dictate to us? Shall he?  
Why should people of sense stop to put up a fence,  
While the ambulance works in the valley?"

But a sensible few, who are practical too,  
Will not bear with such nonsense much longer;  
They believe that prevention is better than cure,  
And their party will soon be the stronger.  
Encourage them then, with your purse, voice, and pen,  
And while other philanthropists dally,  
They will scorn all pretense and put up a stout fence  
On the cliff that hangs over the valley.

Better guide well the young than reclaim them  
when old,  
For the voice of true wisdom is calling,  
"To rescue the fallen is good, but 'tis best  
To prevent other people from falling."  
Better close up the source of temptation and crime  
Than deliver from dungeon or galley;  
Better put a strong fence round the top of the cliff  
Than an ambulance down in the valley.

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"If you have a grown up daughter, the honk of  
the wild goose may be heard not from the sky over-  
head but from the driveway outside."—*Marcelene  
Cox.*

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