

INTRODUCTORY REMARKS FOR FILM "NAISSANCE"

The purpose of the method of birth demonstrated in this film is to reduce or eliminate pain in childbirth. The method is known as Psycho-prophylaxis. Psycho has to do with the mind. Prophylaxis refers to prevention. So it is hoped to use the woman's mind to help prevent pain in childbirth. The film starts with a history of this Method showing how Dr. Lamaze on a medical exchange visit to the Soviet Union discovered this method ~~XX~~ of birth and then brought it back to France where he developed it further and then spread it throughout the rest of the western world. Support came from his medical colleagues as they recognized his own high standing in the community; from political leaders who proposed and passed the adoption of this method via government supported classes in public supported hospitals which made it possible for nearly half of the French women to use this method of birth; from religious leaders including ~~KXXX~~ Pope Pius XIIth who after investigating, instructed some 700 obstetricians and gynecologists from all over the world in its principles and practice, indicating that it was a valuable method for Catholic women and perfectly in keeping with the teachings of the Catholic Church.

The Method started in this country in different ways. A doctor, Dr. Bonstein, from Switzerland, brought the Method to a Cleveland hospital; Marjorie Karmel, an American woman, wrote a book about her French and the American experience with this method; and Flora Hommel studied the method while living in Paris and brought it to the Detroit area. From each of these centers the method gradually spread and continues to spread at greater rate of speed to the far corners of the United States. Marjorie Karmel's book, Thank You, Dr. Lamaze, was one of the most influential forces in spreading ~~KXXXXXXXX~~ this Method, since her book reads like an exciting novel. Many other books have appeared since that time and are ~~enthus-~~ enthusiastically received.

Next on the screen you will see excerpts from classes given to expectant couples. Do not be confused by the shots of women running track. These were included to show a comparison of how you might train for an athletic event as compared to how you might train for an event such as giving birth. Women are not taught to run track during their pregnancy. The teacher of the second class in the film is Madame Cohn who was the teacher of Marjorie Karmel, described in the book Thank You, Dr. Lamaze. Dr. Vellay teaches two of the classes and is the doctor seen in the delivery scene. He was Dr. Lamaze's associate when Dr. Lamaze was alive and has continued the promotion of this Method since Dr. Lamaze's death in 1957.

The seventh class on the screen will give you the theory of this Method, now we feel pain has been created in childbirth and can by the same principle which created it be eliminated, or at least reduced to a tolerable level. Ninety per cent of the women working with this method



It is possible for a relatively large baby to come out of an area which is relatively small without causing pain because the pressure the baby's head exerts on the area ~~through~~ through which it is coming and on the nerve endings and blood vessels in that area causes the area to be anesthetized or to fall asleep in a similar way that your arm or foot would fall asleep if you exert pressure on it by falling asleep on it or crossing your leg in a particular position. This means the only sensation the woman would feel would be of pressure rather than of pain. Since this film was made in France, it might be useful to point out that conditions in the United States are somewhat different from conditions in France. For example, sterile techniques are different in the United States. The woman is covered completely from shoulders to toes with sterile cloths down by her side. In the film you will see the doctor place a sterile towel on the mother's abdomen to receive the baby and so that he may, with a sterile glove, check the contractions. The mother has been instructed not to touch this towel, but when she becomes excited and eager to see the baby, she forgets and does touch it, so that it is necessary to change it since it is no longer sterile, causing some inconvenience.

In France, when this Method is used, the woman is frequently offered oxygen through a mask to give her extra energy if she so desires. She could, of course, have anesthetics if this were necessary, but, as you will see, this woman requires only a little extra oxygen (fresh air).

You will see two types of stethoscopes used to listen to the baby's heart beat, which is done from time to time to make sure baby is doing well and in no danger or difficulty.

During second stage of labor, you will note, after a short time, the appearance of the baby's head at the opening during contractions, but between contractions, the baby's head will slip back out of sight until the end of second stage. A little more of the head becomes visible during each contraction, but is not seen at all in between. As soon as the baby's head is born, you will see a fluid which looks like water coming out. This is water from the bag of waters in which the baby has been living and which has been held back by the baby's head, even though the bag of waters broke earlier and fluid in front of the baby's head escaped some-time earlier.

You will perhaps also note the umbilical cord around baby's neck which the doctor will push out of the way, causing no trouble.

All babies are born a purple-blue color, as you will see, because their circulation is different inside than it will be the rest of their lives after they start to breathe on their own. You may note the change in baby's color from the time it is born to a few moments afterwards when it becomes a bright pink-red color and then ~~gradually~~ gradually will become the color it will be.

Each of the people surrounding the woman has a specific job to perform, though this may not be readily apparent because of conditions under which films are made. The nurse would be able to perform specific physical duties such as are necessary to keep the woman physically comfortable--wiping her face with a cold cloth, getting sips of water for her, seeing that the doctor has the necessary supplies. The monitrice or trainer who stands at the woman's head guides her as a coach in a sporting event might do, giving her specific directions (you may see her breathing from time to time with the patient) and encouraging her to perform well. The husband may also encourage and direct his wife according to the ways he has practiced with her according to the ways he has learned in the classes and may also help with such physical comfort measures such as supporting his wife's head and shoulders so that she may push better, offering her sips of water, cooling her with a cold cloth when she is warm, etc. The doctor is the captain of the team, giving specific directions, particularly at the time of delivery, and making sure everything runs smoothly and normally.