

or some wine, or strong water, but moderately taken, and withal to cheer her up with good words, & stroaking down her belly above her Navel gently with her hand, for that makes the Child move downwards: She must bid her hold in her breath as much as she can, for that will cause more force to bring out the Child.

*Place here the Picture of all sorts of postures of Children.*

Take notice that all women do not keep the same posture in their delivery; some lye in their beds, being very weak, some sit in a stool or chair, or rest upon the side of the bed, held by other women that come to the Labor.

If the Woman that lyeth in be very fat, fleshly, or gross, let her lye groveling on the place, for that opens the womb, and thrusts it downwards. The Midwife must annoint her hands with Oyl of Lillies, and the Womans Secrets, or with Oyl of Almonds, and so with her hands handle and unloose the parts, and observe how the Child lyeth, and stirreth, and so help as time and occasion direct. But above all take heed you force not the birth till the time be come, and the Child come forward and appears ready to come forth.

Now the danger were much to force delivery, because when the woman hath labour'd sore, if she rest not a while, she will not be able presently to endure it, her strength being spent before.

Also when you see the after-buthen, then be sure the Birth is at hand; but if the coats be so strong that they will not break to make way for the Child to come forth, the Midwife must gently and prudently break and rend it with her nails, if she can raise it, she may cut a piece of it with a knife or pair of Sciffers, but beware of the infant.

Then follows presently a flux of humours and the Child after that, but if all the humours that should make the place slippery chance to run forth by this means before the child come, the parts within and without must be annointed with Oyl of Almonds or Lillies, and a whole Egg Yelk and white beaten, and poured into the privy passage to to make it glib, instead of the waters that are run forth too soon.

If the child have a great head and stick by the way, the Midwife must annoint the place with Oyl as before, and enlarge the part as much as may be; the like must be done when Twins offer themselves; if the head comes first, the birth is natural, but if it come any other way, the Midwife must do what she can to bring it to this posture.

Sometimes the infant comes with the legs forwards, and both arms downwards close to the sides, this way the Midwife may endeavour to take it forth if it continue the same posture, by annointing and gently handling the place; but it is safer if she can, to turn the Legs upward again by the Belly, that the head may first come down by the back of the womb for that is the natural way.

If the child come forth with both legs and feet first, and the Childs hands both lifted above the head, this is the worst for danger of all the rest; she must strive to turn the Child, and if she cannot she must try to bring the hands down to the sides, and to keep the legs close that it may come forth, or else to bind the feet as they come out with some linnen Cloath, and tenderly to help delivery, but it will be hard to it.

Sometimes the Child will come forth with one foot, and the other lifted upward. Then let the woman in Child-bed be laid upright on her back & hold up her thighs and belly, that her head be lower than her body; then let the Midwife with her hand gently put back the leg that is come forth into the womb again, and bid the labouring woman to stir and move her self, that by her stirring the birth may offer it self the head downward, and if so, you may then set her in a Chair as she was at first that she may have a natural delivery, but if this cannot be done, then the Midwife with her hand must discreetly bring forth that leg that is not yet come forth; but beware she put not the Childs hands that lye close down by its sides out of their place; if the side of the child come towards the passage, she must turn the child to its natural posture, but if it come the feet forward and the legs abroad, she must joyn the legs and feet together, taking care that she remove not the hands from the place they should hang down close by the side.

If the infant with one or both the knees first strive to come forth, she must put them back that both feet may first come down to the passage.

If the child come headlong with one hand thrust out, then she must put the Child back with her hand upon the shoulders, that the hand may goe to its natural place; if this will not prevail, lay the woman upright with her thighs and belly upwards that it may pass forth as it should do.

If both hands come out first, she must thrust the Child back by the shoulders as formerly, till the hands hang down by the sides of the Child.

If it would come forth arsewards, the buttocks first, she must return it back with her hands till the legs and feet may present themselves, or the head first if it be possible, which is most natural.

If the infant present both hands and both feet together to come forth so all at once, she must take the Child carefully by the head and put the legs upward to take it forth.

If the shoulders come first, she must put it back by the shoulders that the head may come first.

If it come the breast forward, the legs and hands lying behind, she must take it by the feet or by the head as she finds it to be most easy, putting the other part upward that it may come forth right.

If a Woman have two Children at once that come together headlong, she must take forth one after the other, but beware the other retreat not back in the mean time; so also must she receive them both that come together with the feet forward, taking them out one after the other.

If they come one with his feet, the other with the head forward at the same time, she must receive that first which is most likely, and next the passage, and that which cometh with the feet first, if she can, receive last, taking heed that they do not hurt one the other.

But let this general rule be observed, still to annoint the passage with Ducks grease, or Oyle of Lillies, or sweet Almonds, or such things as may smooth the passage and ease womans labour, and likewise when she toucheth any part of the infant, this will help much if there should be any aposthume in the place.

Particular helps to delivery, are to lay the woman first all along on her back, her head a little raised with a Pillow, and a pillow under her back; and another pillow larger than the other to raise her buttocks and rump; lay her thighs and knees wide open asunder, her legs must be bowed backwards toward her buttocks and drawn upwards, her heels and soles of her feet must be fixed against a board to that purpose laid cross her bed. Some woman must have a swathe-band above a foot broad four double, this must be put under her Reins, and two women standing on each side of her must hold it up straight, and these two persons must lift up the swathe-band equally, just when her throws come,

or else they may do her hurt, and two more of the standers by must lay hold on the upper part of her shoulders, that she may with more ease force the child forth. The woman must hold her breath in and strive to be delivered, and the Midwife must stroke down the birth from above the Navel easily with her hand, for that will, as I said before, make the Infant move downwards.