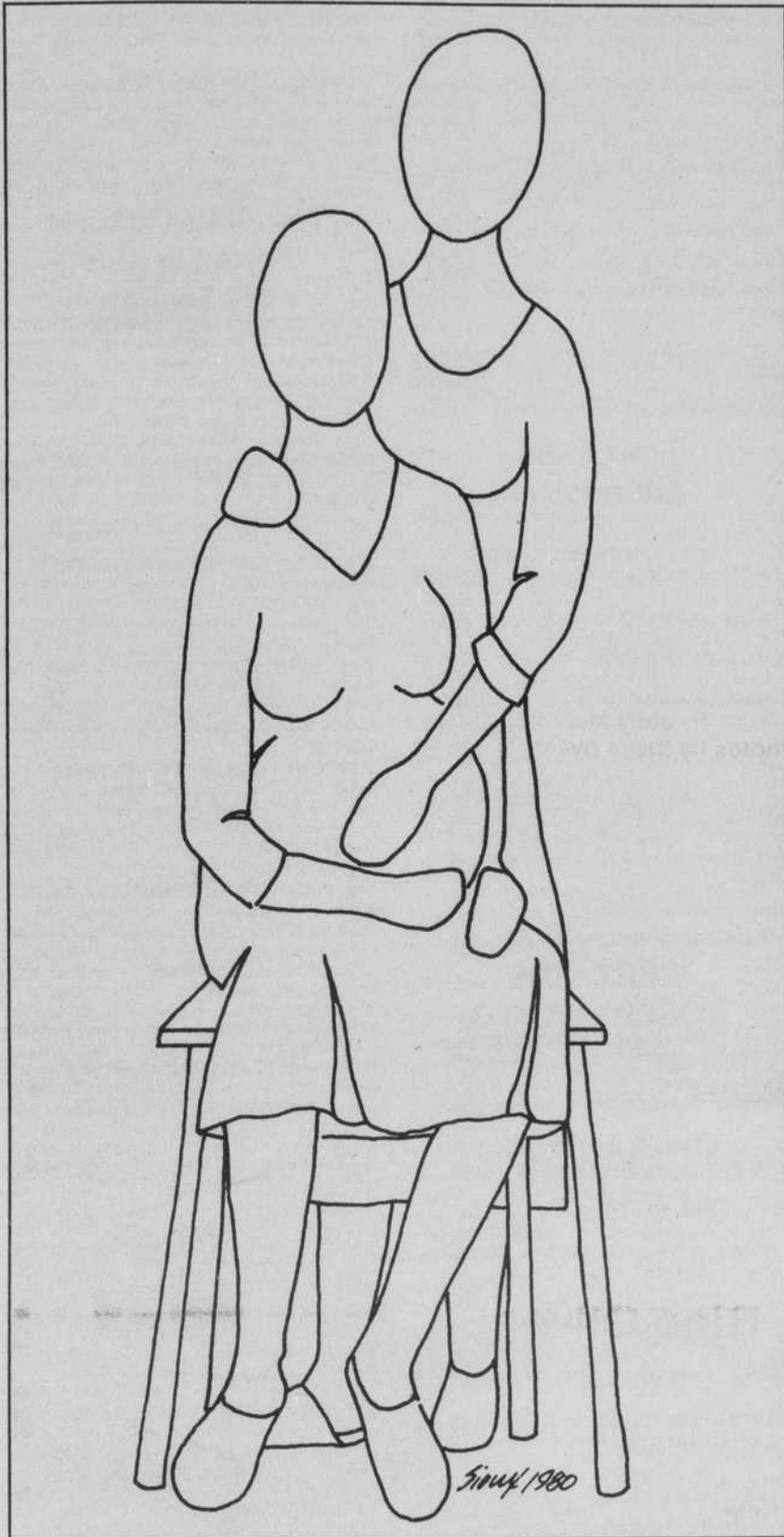


No 'unnecessary technology'

# Teacher touts home childbirth



By JANE DeVIRGILIO  
Of the Emerald

Having a child at home is no longer a throwback to the Dark Ages for pregnant women, a natural birth teacher told a University audience Tuesday.

With emotional support and the help of a skilled birth practitioner, home delivery results in a sensitive, emotional and relaxing experience for the majority of women who choose it, said Linda Ware, whose appearance was part of this week's women's symposium.

"Many women no longer want a cold, routine birthing process hospitals provide. They don't want to be seen as just another lady in bed 13 who's been in labor for 20 hours," Ware said.

Ware is director of Birthways, a Lane County childbirth resource center that provides counseling, natural childbirth classes and birth planning consultation to expectant parents.

Natural birth is defined not only by the use of little or no medication during delivery. It also stresses minimum use of medical technology with more openness, communication and support and reliance on a woman's own intuition.

Consideration of a woman's emotional health during delivery is as important as her physical health, Ware said. She believes hospitals often inundate women with unnecessary medical technology during conventional delivery and, as a result, ignore their emotional needs.

This technology enables physicians to help mothers and children through complicated deliveries. In the majority of pregnancies, however, those procedures are not required and may even impair the delivery, Ware said.

"With routine use of procedures such as a fetal

monitoring belt, anesthesia, and forceps, many obstetricians no longer have a feel for a normal, uneventful delivery," Ware said. "They even become bored."

Many doctors now use nurse-midwives for normal deliveries, reserving their services for more difficult births, Ware said. "The nurse-midwife will usually sit with the woman during the active phase of her labor, rather than having a doctor come in just in time to catch the baby. It's actually what a lot of women pay a doctor \$1,000 to do," she said.

"Their preferences aren't seen as rights but privileges, with women looking up at doctors in an authoritarian relationship when they should be working as a team."

The recent flood of malpractice suits is one major reason for the overuse of technology, Ware said. Another is convenience.

"Often if the procedure helps shave a few hours off the delivery time, doctors will use it," Ware said. Several such practices include breaking a woman's amniotic sac — commonly called a "water bag" — to speed contractions and an episiotomy, the surgical practice of widening the vagina for delivery.

Home delivery and natural childbirth no longer are prac-

ticed by just "the alternative crowd," Ware said. Many middle-class women are considering it not only because it is less expensive but also "because they don't have to deal with the technology being imposed on them."

A birth at home or at a birthing center with a nurse-midwife or doctor averages about \$1,000 less than at a hospital, according to Ware.

She stressed that professional prenatal and postpartum care are still necessary and hospital back-up should be arranged if sudden complications arise at home.

Some women won't consider a home birth for a variety of reasons. Ware said these include unfamiliarity, lack of support and a conditioned dependence on doctors and medicine.

"But the proof is in the pudding," Ware said. "I hear of so many positive home-birth experiences during the 'family reunions' we have after all our class members have given birth."

But home birth may not be for everyone, Ware said. "These women want to be awakened after the whole thing is over. It is up to every woman to become educated, know the alternatives she has and make her own decision."

## Wallet thefts hit library

A recent rash of wallet thefts in the library has prompted library officials to urge students to hang on to their valuables.

Wallet theft has increased over the past several days, says Kate Freidman, who is in charge of the library's lost and found.

"It's been really bad," Freidman says. "Generally, people who have been coming here (to the lost and found) have left their pack or purse to look up something in the dictionary, to Xerox something or to go to the bathroom, and when they return, their wallet or purse is gone."

Ten thefts have been reported to her office, Freidman says.

In each case, the wallets were stolen from women because men usually carry wallets in their back pockets, Freidman says.

Freidman is concerned that the thefts may scare students away from the library.

Assistant librarian Virginia Parr says the thief or thieves "seem to be hitting in the afternoon," but cautions that they may strike any time.

In the past, wallets have turned up — minus the money — in the bathrooms of the library and

PLC. Parr says this time the wallets aren't turning up.

"We want people to know that they absolutely cannot leave their wallets in their packs even if they're going to the water fountain or the Xerox machine just for a minute."

The thefts don't occur "just in the isolated areas" of the library, Parr says.

One student reported a theft from the library's main reference section — one of the library's busiest areas.

And library patrons aren't the only victims of theft — library staff members also must keep a close watch on their belongings, Parr says.

"We lock our desks because we have had purses taken."

Head librarian George Shipman has asked Campus Security to visit the library at least once per day to "let their presence be noticed" and to discourage theft.

But the security office has not honored his request, Shipman says.

Campus Security officials were not available for comment.

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**THE de Frisco's TRADITION**  
"Building a legend among Eugene's beer drinkers"  
1852 "Honest" Henry Meigs, alias "Don Enrique de Frisco," developer of San Francisco's North Beach area, opens San Francisco's famous Bush St. Music Hall. The de Frisco's tradition is born.  
1854 Meigs splits for Tahiti loaded with \$17,000 worth of wine and gourmet delicacies, after appropriating over \$1,000,000 from city treasury.  
1877 "Don Enrique" dies in Peru a multi-millionaire builder of the famous railway system over the Andes that "couldn't be built". To celebrate the completion, Meigs threw perhaps the most extravagant party ever — a five steamship cruise — costing 4-5,000,000 in today's dollars.  
1977 On the 100th anniversary of Meigs' death, Dick Meigs, great, great nephew of the "beloved rogue," opens Eugene's de Frisco's, dedicated to the memory and style of his illustrious ancestor. The tavern featured Eugene's first serious selection of imported beers in a traditional atmosphere of solid oak and brass that would have made "Honest Henry" feel right at home. Rosewood backgammon tables were built to exacting specifications in memory of Uncle Henry's highly refined sporting instincts, and darts were introduced.  
1978 de Frisco's introduces world famous Heineken and Guinness Stout on draft to the Eugene area. Among the many distinguished bottled beers introduced to Eugene at de Frisco's during this time were Elephant Malt Liqueur, Watney's and Pilsner Urquell, the original pilsner beer.  
1978 de Frisco's completes the expansion of Eugene's Landmark tavern in an attempt to better meet the demands of the beer drinking public. de Frisco's also starts hosting Eugene City Backgammon Championships annually.  
1979 de Frisco's adds to its fine assortment, Champagne on tap, and Bass ale, also on tap. Bottle beers introduced for the first time in the Eugene area include Moosehead Lager, Orangeboom, Foster's from Australia, and Samual Smith out of England's oldest brewery. Weekly backgammon tournaments begin every Monday Night.  
1980 John Courage, a fine English pilsner is added on tap. Dart tournaments begin every Sunday Night, and a dart challenge match with Portland's finest begins. Eugene loses the first challenge and owner Dick Meigs is "pied".  
TODAY Dick Meigs and his dedicated staff carry on the de Frisco's tradition, serving the world's outstanding beers to Eugene's discriminating drinkers...and Meigs is practicing his dart game so he is not "pied" in the next challenge match with Portland.  
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