



Pre-Natal Care Now Recognized Essential

Years ago the care of the expectant mother concerned very
little the doctor or the mother
herself, but nowadays pre-natal
care is considered in as important a light as the care of the
child after birth. The teeth of
the child has a great deal te
do with the food the mother ate
previous to its birth. Other body
growth fits closely into the picture of pre-natal care.

As building material for the unborn baby can be conveyed to him only through the diet of the mother, it is easy to see that what the expectant mother eats during this period is of paramount importance.

Nature has a very jealous eye for the needs of the coming generation. It is one of her laws that even if a mother's diet is lacking in any of the essential food elements, she must nevertheless furnish them, if possible, to her unborn child. The only way in which she can do this is by robbing her ewn body of these elements.

A familiar instance of this is the commonly-observed destruction of the teeth of the pregnant woman. If her diet furnishes enough calcium for herself and her child, all is well. If, however, say through aversion to fresh milk, she gets too little calcium, she must supply from her own body the needs of her baby's teeth and bones.

This is well expressed in the old adage, "For every child a tooth." Supplying sufficient calcium in the mother's diet is the best way to refute this old saw.

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