

WRITINGS FOR A BETTER WORLD

MARY BARTEAU

MAZDAZNAN

PRE-NATAL DUTY

EDITION HEAVEN ON EARTH



Dr. O.Z.A. Ha'nish

Founder of the international and interdenominational
Mazdaznan-Movement

First Printing, Chicago, 1904.
Second Printing, India, 1942.
Third Printing, 1953.

New Age Publishing Co.
1542 Glendale Boulevard
Los Angeles 26, Calif.

FOREWORD

With pleasure we present this little booklet, "Pre-Natal Duty," as the result of a demand from many friends.

There is no question of such great importance as that one. There is no other medium than that of parenthood, of which the Infinite can make use in presenting Nature's highest manifestation – the human being. Since this very great honour and responsibility is given to woman, along with her chosen one, it is befitting that she shall prepare herself in every possible way for the greatest of life's callings.

Could the youth, of both sexes, be taught these worth while and most noble teachings, the human race in one generation could be redeemed from a sad state of ignorance and suffering, to a position of dignity, happiness and success.

Oh, Youth! Reveal your innate nobility and know your great possibilities and, furthermore, your immeasurable responsibility. For He who is the Creator of All requires your beautiful and enlightened understanding to produce that which is to be veritably in His Own LIKENESS.

Mrs. Clarence Gasque,
Plenipotentiary of the
Mazdaznan Movement

CHAPTER ONE

THE MOTHER of Buddha, Prince of India, afterwards the noted reformer, was an advanced thinker at a time when women held neither social nor religious position, but were regarded as being on a level with the brute creation.

Although not allowed to express an idea or a single opinion, custom could not keep this woman from thinking. She saw her people oppressed, bowed down, in bondage, and her soul went out to them in deepest longing and sympathy. Day and night she pondered her high and noble thoughts until every heart-throb beat in unison with her one desire.

Ignorant of the law of pre-natal influence, which

now is beginning to be recognized universally, she yet lived to see her son Buddha exemplify her highest ideals. As this remarkable child grew in stature and wisdom day by day, she recognized in him the identical thought which she had cherished before his birth.

Buddha's father and the members of his court, being unable to account for the position taken by the royal heir, speedily sought to change his views, but Buddha had no desire to be a ruler over his people; his only wish was to teach them how to help themselves, a help which was then, and ever will be, the only kind worth giving or receiving.

The subject of pre-natal influence is one of vital importance, and yet it is little understood. If mothers and fathers could but know their power to educate the unborn child, how different would be the human race. Our children would not then be compelled to struggle through life, groping in the dark, committing one mistake after the other, *feeling* their slow way from animalhood to divinity.

Every child coming into this world has the heaven born right to be free, but the bondage of suffering seems to increase as time goes on, on account of the ignorance of the mother during the all-important period.

When woman rises to her true position in life, educated to an understanding of the all-powerful natural law, her power will be recognized by all, for she pre-eminently holds the key to the position of life.

Two women received this education, and they brought forth the most wonderfully developed children the world has ever known – John the Baptist and Jesus of Nazareth. In Oriental history we read of Mary and Elizabeth as wandering to the mountain home of their illustrious teacher to learn of the new dispensation and become the instruments for the lives of the two who played so important a part in the history of the world. That these women were ideal mothers there is no doubt. They were chosen for this divine purpose on account of their purity of thought and spiritual training, appreciating the law of heredity, that the mother alone has the power to impart to the unborn child the thought she wishes to be manifested in that child, a law that has been recognized in part only throughout the ages.

Do we not see sickly mothers bring forth delicate and sickly children? Do we not also see children who have been marked by the mother's strong emotions, such as fright, surprise, disgust? Does it not, therefore, appear reasonable that if a mother can unconsciously impart conditions to her child which bring pain and sorrow to her heart, she will, when enlightened, gladly impress the thought of health, happiness and goodness, which will bring joy to herself and to the one to be born of her?

Fathers need not think that the law pertaining to mothers relieves them of responsibility. On the contrary, it doubles their responsibility, as the mental condition of the mother depends almost entirely upon her husband's treatment of her during the period of gestation. It is man's duty at this special time to provide his wife with all the needs and comforts of life which lie within his power, and to show towards her the most tender, considerate care. He should seek to develop

MARY BARTEAU « *PRE-NATAL DUTY* »

his noblest qualities of mind and heart, since the impression he makes upon the mother during this critical period will, through the mother, make its lasting imprint upon the child. Nothing so saddens and depresses a woman as the neglect and indifference of her husband at such a time as this.

If the mother has not the strength of character to impress her strong thoughts, the child is born under ordinary conditions, and drifts with the masses, open to all the world's suggestions, and powerless to withstand their control.

Mothers in the lower walks of life bring forth children without any thought, just as do the animals. As soon as their children are old enough, they are put to work, without having been taught anything by their parents – who really are not to blame, as they cannot be expected to teach their children what they did not learn themselves – thus the poor, little, dwarfed minds have to pass through life's struggle, one generation ending in exactly the place where the previous one started. This inherited condition can be changed only by educating the mothers to an understanding of the natural pre-natal law.

It cannot be denied that children born of a mother of advanced years are usually brighter and more talented than children born of younger mothers,. and this fact is due to the knowledge gained by the mother's experience.

When mothers learn that they have the power to create not only the body, but the mind and soul,, that they can make their offspring what they wish them to be, they will no longer bring forth children in ignorance.

Several years ago the city of Boston was startled at the murder of a little girl by a boy of fifteen. At the trial, the mother of this youth testified that during her pregnancy she took delight in watching her husband, who was a butcher, slaughter animals. In consequence, her boy had from his youngest years shown signs of this same barbarity. Today, somewhere in a prison, this man is serving a life sentence for a crime for which his mother is accountable. This is only one case out of thousands where people are being punished, are serving sentences of imprisonment, are even being executed, for crimes for which mothers and fathers are responsible. Thus, is literally verified the old prediction that the sins of the fathers shall be visited upon the children unto the third and fourth generation.

A New York mother, whose absorbing ambition was to be an actress, attended plays and> operas unremittingly during the period of her pregnancy, with the result that at an early age her boy personated the female characters whom his mother had wished to emulate. At three years of age this child would dress himself in his mother's skirts and sing and dance, keeping perfect time with the music, while every movement and gesture was of such grace and beauty that all thought that he had acted on the stage. The mother, however, asserted that this was wholly on account of her constant attendance at the theatre and her passion for the stage before her child was born.

Had this boy personated male characters as well as female this illustration would not be so convincing., but he resented even being called a boy. Hosts of girls have wished that they had been born boys, but this instance appears to be the only one on record where a boy wished to be a girl.

We have often seen effeminate boys and coarse, masculine girls. This unnatural condition is caused by the mother's strong desire for the opposite sex of her child. It is too late to change the sex after conception has taken place, but sex may be determined at the time of conception, if parents will inform themselves and pay attention to those things which are more important to the welfare of the race than are any other subjects in the world.

Stock raisers devote a great deal of time to the breeding of stock, having learned that they can improve upon animals and greatly increase their value, but how seldom has it occurred to them that they can improve upon human beings? Do they fear to usurp God's plans? When you enter their homes you find inferior children, for the parents have ignored the object-lessons in nature. It is self-evident that if one can improve upon the development of the animal and the vegetable world, he can also improve upon the human.

These important matters must rest with the mother, for the thought she entertains during her critical period decided the momentous result.

A young married woman was spending a summer in the country with her relations a few months prior to the birth of her first child. Unfortunately, she was in a very angry and unhappy mood at her prospective motherhood. She became hysterical, and was so generally disagreeable that all her friends shunned her. When her baby girl was born the child behaved in the same way, crying and fretting continually, and the mother could get no rest day or night. Two years later this mother came to spend the summer with the same relations. She again was pregnant, but her disposition was completely changed. She had seen the unhappy effect of her mood upon her firstborn, and she was determined to develop the opposite conditions in the second. From the time of her conception she absolutely refused to recognize anything but harmony. She cultivated the "*true, the good and the beautiful*." She would not allow a suggestion of ill-temper to come to her, but she held always in thought the ideal picture of what she desired her child to be; hence, when the second little stranger was ushered into this visible existence, he was the personification of goodness and beauty.

It may be said: "*This is all very well, but we know mothers who have brought forth children with dispositions just the opposite of those the mothers were manifesting at the time of conception and birth.*"

The reply is that only the *deep* impressions can be imparted to the child. Our passing, fleeting thoughts do not mean much to us; it is only the deep-seated, the concentrated thoughts, that are manifested or made visible. "*As a man thinketh in his heart so is he.*"

CHAPTER TWO

It is related that the mother of Napoleon – a poor peasant, whose life had been one of constant and rebellious toil and poverty – had many times been heard to say that if she ever had children they should not pass through the hardships and poverty which had made her life so burdensome. Intuitively she felt that the mother could control the conditions and environments of her child. Though not knowing the law, she still practiced it unconsciously, with its certain result. She did not know why her child was so eminent; had she known the law, how different might have been the greatness of that son whose life came to so sad an ending after so mighty a career. How that mother might have impressed lessons of kindness, generosity, and love for humanity! How she might have consecrated the world's greatest example of daring ambition!

During the first six months of gestation the mother may impart to her child the mental and the spiritual propensities ; during the last three months she may impress upon him what she desires him to be physically.

The mother must recognize not the personal, but the universal law of love, truth, wisdom and power, and these qualities will be shown in the child. She must rid herself of the desire for either one sex or the other, for should she hold to that desire she will impress upon her child the nature of her preference, too often resulting in the masculine girl or the effeminate boy.

The Greeks for a long period were physically the nearly perfect race in the world, and simply because they paid special attention to the development of the physical. It was the mother's uppermost desire to bring forth fine physical forms, and she had them constantly before her as models. The houses of the Greeks were filled with the most glorious marble statues that gifted sculptors could create; thus these people became a race of godlike appearance.

To impart physical beauty the mother should hold in thought an ideal form and face, or she should dwell upon a beautiful picture or work of art.

MARY BARTEAU « PRE-NATAL DUTY »

As a lady entered the dining room of a friend whom she was visiting, her eyes fell upon a beautiful golden haired child whom she had never seen, and she remarked: "This is your little daughter? What a perfect likeness of her that is in the room where I slept last night!"

The mother replied: "It is not a portrait of the child, but it would be strange if she did not resemble it. I occupied that room before my child was born, and that picture was before my eyes constantly. I loved it and I wished that my child might look like it."

If mothers but knew the divine law there would be only beautiful children, which is both laudable and right. There is nothing so gratifying to one's self and to others as physical attractiveness united with a lofty personality, for although "handsome is that handsome does," the balance of power is always on the side of beauty and grace.

To endow the child with superior mental power, or with a talent for music, art, poetry, mathematics or oratory, the mother should concentrate her thoughts on those subjects. If she wishes to increase any faculty in her child, she has the power to do so by dwelling on those things which she wishes to be manifested in him and by seeking the companionship of people who possess those desired qualities.

An Italian woman, who had been a mother for many years, greatly admired the young son of a woman friend. This boy, when a mere child, had been forced to assume the support of his widowed mother, and his devotion to her amounted to adoration. The Italian woman had sons of her own, but she never had seen such devotion as this young son bestowed upon his mother.

At an early age the boy was sent on a long cruise on the Mediterranean, leaving his mother with her trusted friend. Upon his return, after two years, he found an addition to his friend's family – a baby boy only a few months old. As this boy grew there was a striking resemblance to the young officer. At eight years of age the likeness was so strong that everyone supposed the two were brothers. Even the mannerisms of the boy were like those of the officer. The truth was, the mother's admiration for the young man had been so intense that she unconsciously impressed it upon her child, whose devotion to her excelled that of her other children.

A girl of humble parentage, but possessed of a desire for wealth and position, married a rich young man who was a habitual drunkard. When a baby boy was born to this ill-mated pair, they at once recognized in their child the condition which the father had previously manifested. As the child grew older, the intensity of this condition increased. Today, though only fifteen years of age, this boy has the appearance of a man in a state of beastly intoxication. A babbling idiot, he never has been able to walk straight or to hold up his head.

Think of the years of suffering which this poor mother has been forced to endure, although unconsciously guilty of imparting such a condition to her child; for who can doubt that the impressions made upon her by her husband were transmitted to her unborn babe?

Thus we see that the natural law acts when put into operation, whether the seed be sown consciously or unconsciously, and -that it brings forth its harvest after its kind. If women would but understand the responsibility of motherhood, and that they must account in a great measure for the evils of intemperance and the physical passions that are being perpetuated in the world today, they surely would endeavour to eradicate these conditions instead of perpetuating them, as in their ignorance they are doing.

The apostle Paul said: *"The evil which I would not, that I do."* This today is the case with the poor, suffering humanity. Instead of producing the condition which they desire, they bring about the contrary state.

Fathers cannot impart directly mental attributes to their children, but they can impart disease, scrofula, consumption, and the virus of impurity. Children there are who inherit all the good and noble qualities of their fathers – qualities which the mothers do not possess – and are the images of their fathers, but this resemblance is the result of the mother's admiration and love of those qualities which she sees in her husband. Seeing his face and form constantly before her, she unconsciously transmits their likeness to her child – for what mother would not desire to have her child look like the father, who is her ideal? But the mother transmits also her husband's evil qualities to her unborn, babe – intemperance, abuse, ill-temper – through, her fear and

disgust of the father.

The child manifests the personal appearance of the father as well as of the mother, but it is imparted -to the child by the mother during pregnancy.

The devotion of the Catholics to their religion is proverbial throughout the world. This is especially true of the mothers of the church. So strong is the faith within them that without any volition of their own they impart prenatally to their offspring their organic religious life, and for this reason one seldom hears of a Catholic departing from his mother's influence received before his birth. The father may be what is called a "*good Catholic*," yet he exercises but a passive influence compared with that of the mother. She would give her life, if necessary, to save her child to the church, which to her means eternal salvation.

The observing traveller abroad is struck with the Madonna-like faces of the children which he repeatedly sees among the peasantry. The mother's adoration of the virgin and the saints, through her imagination, and on canvas, produces these likenesses.

Nothing is higher, greater and nobler than motherhood when woman understands how to impart the physical, the mental, and the spiritual to the one who is to be born to her. It is her duty, and it is within her power, to impart to her child a strong, healthy physical body. No one need expect a manifestation of the mental and the spiritual in their perfection through an imperfect, poorly constructed body, any more than he may expect exquisite harmony from an instrument that is out of tune, though played by a master hand.

Knowing that the mother gives to her child the mental nature, it is her duty to avail herself of all the advantages and privileges that lie within her reach. To those that bemoan their lack of opportunities in this respect it is comforting to know that the highest forms of knowledge are not found between the covers of books. Lofty, noble thoughts, helpful and inspiring utterances, are education in its highest form, and she who lives them never can be called ignorant.

But the spiritual – who can weigh the importance of the God-given maternal instincts? The spiritual is the understanding of omnipotent and omnipresent Love, which is within each living soul, and the recognition of this divine principle, or power within, will always cause the heart-throbs of the unborn babe to vibrate in unison with the celestial tones.

In order that through the mother the highest types of humanity may be embodied, she must be absolutely true to herself. Honesty and goodness must begin at home, where all true reform begins. It must begin with the individual herself, and her desire must be to bring forth the highest type of the human race.

CHAPTER THREE

The advocacy of large families has been made prominent by the suggestions of various leaders that premiums should be given to parents boasting of a numerous progeny. The thrill of disgust which swept over the country at this suggestion indicates how little they understood womanhood. Did they look at us from a political standpoint, seeing only that numbers make soldiers and voters?

If the heads of our nations had offered a premium for the *best* families, for physical and mental perfection, for talent, intelligence and goodness of heart, they would have offered a divine incentive to the people, but the low estimate of the human race, put into practice, would precipitate any nation into a semi-barbarous state.

To bring forth the perfect type of the human race, the father and mother must be in perfect harmony, and together they must realize their high vocation. Marriages for convenience, for money, for political reasons, are infamous in motive, and can result only disastrously to the

offspring.

It is generally conceded that certain families of the world are degenerating, and the reason is not far to seek. Where marriages are made by others and for various reasons, the offspring of these loveless marriages are weak and enervated, physically and mentally. Mutual, intelligent love brings forth the highest types of intelligent offspring.

Woman has a right to decide when she shall become a mother. The husband has no right to force motherhood upon her. She always has been too sacrificing in this regard, and in consequence she has been abused and imposed upon.

Woman alone is creative; the father possesses the life-force, but it is the mother's thought that nourishes it through the period of gestation, and, as we have seen, the result of a human life depends upon the condition of her mind during that period. If motherhood has been forced upon her, and the child is not welcome, and is only the result of animal passion, the effect will be disastrous. This unhappy condition will exist during the child's life, and in after years the oppression may become so intense as to end in insanity or suicide.

Fathers should control their passions. They have a moral sense and a spiritual nature given to them for that very purpose. The time is coming when woman will recognize her highest rights in this regard, and will decide for herself the things that men have decided for her in the past. Let man learn lessons from the animals. The female is the one that decides when she is to bring forth her young, and after conception has taken place, cohabitation ceases until she is ready to conceive again. The animal nature, which is instinct, has a strong desire for propagation simply because it is on the animal plane, but man, who has evolved into the human form, the intellectual, and the spiritual, should control his animal propensities.

When outraged nature hurls at offending man the epithets "*animal*," "*brute*," "*beast*," a base slander is perpetrated against all animal creation, which is above the abuse of a divinely given instinct. It was a clever cartoonist who represented a cow as contemplating a drunken man lying in the gutter, and bellowing, as she tossed her horns contemptuously : "*And you call this thing a beast!*" The artist comprehended the situation in its true light, and would that all might do likewise!

Woman, of the highest type, physically, mentally and spiritually, is constantly creating through the divine within her; therefore she has not always the desire to bring forth the physical, and she should not allow it to be forced upon her. Husbands are not wholly to blame in this regard. They have been born and educated to indulge in their gross passions. It remains for women to educate them into their higher spiritual nature, where man and woman must be agreed, in perfect harmony, and above all, in perfect love.

During the period of pregnancy the mother should abstain from all animal food, as it produces an animal condition in the unborn child. She should subsist on cereals, olive oil and fresh fruits. Cereals, being brain food, build the cellular tissues, while animal food lacks this building power and develops and stimulates the animal nature, preparing it for those excesses which in after years work such sad havoc with life and character.

The mother should continue the vegetable and fruit diet throughout the rearing of the child, as it will produce brightness, mental strength and activity, thus affording the child a better chance in life among his fellow men.

If vegetable food and fruit were to be provided for the entire family, the effect would speedily be seen in husband and children. Their spirits would be calmer, their dispositions more equable, kind and tolerant, and their passions would be more easily controlled.

A physician was once called to prescribe for the excessive irritability of the children of one of his patients. The mother complained that she could not control even her tiny three-year-old, and that each child showed a nervousness of temperament that made her fear a grave cause.

"What do you feed them? Meat, I'll be bound," bluntly said the physician.

"Why – yes – a little meat now and then. Well – perhaps a good deal. They want it, and it keeps up their strength, you know."

"Strength nothing! Take every scrap of meat away from them and give them mush and milk,

MARY BARTEAU « *PRE-NATAL DUTY* »

bread, apples and grapes, and in six months, instead of having a set of little cats and dogs around you in the shape of children, you will have three of the sweetest cherubs that ever the Lord made."

The mother followed the prescription, with the result predicted. Wrangling and strife gradually ceased, and the children became tractable, sweet tempered and agreeable to all.

Sickly parents have no right to propagate the race and perpetuate impotence and misery. What more pitiful sight is there than earth's halting procession of weaklings who have come into the world deprived of their natural birthright of health, vigor and happiness? The parents realize too late the enormity of their sin thus defrauding the innocent and condemning them to a life of depression, loneliness and suffering.

The Orientals, knowing that the mother is the one who transmits her mental condition to the child, believe that it is necessary for her to be pure in thought and motive. The world, however, is growing more and more to recognize the same standard of morality for man and woman. Man is equally responsible, and it is as imperative for him to be moral and pure in thought and deed as it is for woman, on account of the reflected influence which he casts.

What are we of today doing for our children? After their birth we clothe them in the daintiest fabrics and surround them with the tenderest care. Our ambition confers upon them every advantage which modern education affords; music, art and oratory contribute to their general culture, and foreign travel completes the prescribed curriculum.

But when all is done, what are the best things which we have to show for our years of anxiety and endeavour? Alas, too often only mutilated, dwarfed characters and disappointed lives! This sad result is simply because we have neglected the most important education of all – the education of the mother,, who alone can be the teacher during the period of gestation.

Important as are the various branches of education and culture, they sink into absolute insignificance when compared with pre-natal education and culture, upon which depend the sum total of prosperity and happiness of the human race.

How many a broken-hearted mother is weeping and praying for a beloved son or daughter who has strayed from the path of virtue and honesty in which she has sought to direct them during their childhood. She sees her idols shattered, and she goes to her grave perchance in sorrow and disappointment, whereas had she known that education must take place before birth, she could have given to her children those virtues which she subsequently. endeavored, but failed, to impart.

If woman ignores the natural law, it matters not how fervently she may desire her child to become her highest ideal – she may advise him, educate him, and pray for him – but she will be disappointed in her loftiest aspirations. The education must be prenatal. A mother can impart to her child all the qualities which she wishes him to possess, and he will not depart from them when he comes to maturity, for they will be a part of his very being and as natural as the breath which he draws.

The preservation of the race in its highest form must come through the mothers of the future. No system will ever change the ignorance of the masses; the education of the mothers is the only means by which the world can be emancipated, and this work must be individual.

CHAPTER FOUR

The subject of Pre-natal Duty, although but little considered by the ordinary mind, seems at a first glance quite a study. Still it becomes greatly simplified when we awaken to the fact that it pertains to the occurrences of everyday life calculated to promote the perpetuation of race and racial tendencies. Let us drop the ideas of ancestral suggestions and verify, by deeds, the noble, lofty ideas of our soul, so often fancied, but so little expressed at moments of opportunity. If the beautiful ideas entertained as to a noble race may not be applicable as to our own self, it is our duty to at least import these ideas upon the generation to come, *and at a time* when it is our opportunity to do so.

Gird thyself with the armour of faith in thine ability, O woman, and bid him who is to be the father of thine own child, to pay thee due respect in the hour of unity that the aspirations of thine own heart and the nobility of thy protector's mind may be realized in the one who shall stand proof before thine eyes as to thy thought and actions.

"A diseased mother may bring forth a strong and healthy child, when her mind is being concentrated in that direction and conditions are made suitable, by following a better regime of living and a more rigid method in the application of change of breath and diet.

"Nature is ever ready to respond to the will, but can exercise its response only in accordance with the circumstances made.

"Thought is the only factor we deal with in manifestation, and, as thought is limitless, it requires on our part, to understand its use or misuse by directing or harmonizing its vibrations with the desire expressed in our heart, always determining to secure the best results. Controlling our ideas then as they are being set into vibration by thought, we would soon learn that nature is very simple in all its operations; all it necessitates on our part is attention and proper direction and application.

"Everything in nature abounds in sex-expression and everything from the molecular to the cellular is dual in itself, whether it be air or water, mineral or plant.

"The expansion of one sex or the other, male or female, is due to the strongest inclination entertained at the time of conception.

"There is not anything in this universe, however infinitely small, that does not contain the dual sense of sex individualized. It then follows that the male seed contains dual sex expression, as well as the female seed entertains the dual sex manifestation. As the controlling power is the directing one and the only one that wins, it is but natural to conclude that in the determination of sex, the thought controlled and directed would be the greatest factor we come to deal with.

"For the period of six weeks man and woman are to abstain from all foods and drinks of a stimulative or irritative nature previous to the time of participation. Live upon grains, nuts and fruits, using vegetables sparingly; the sex of the child must be decided upon during the six weeks of abstinence; entertain the thought strongly during marital relation.

"To endow the child with great mental powers and special faculties, thought should be concentrated upon the particular subject or subjects during the embrace."

The foregoing paragraphs under quotation we have copied from "*Inner Studies*," written by Dr. Hanish, the Mazdaznan philosopher, and I wish to call the attention of my readers to the fact that of all the studies in the lines of mental and spiritual thought as well as in matters of a physical nature the studies under the direction of the doctor have been of inestimable value.

The "*Inner Studies*" sums up the food question for mothers as follows: "*To have good and plenty of nourishment for the child, eat the best of wheat preparations procurable, and use one cupful of whole wheat soaked over night and then boiled for four to seven hours over slow fire; also use rolled sun-cooked wheat in small quantities every day, plenty of fresh fruit, very little*

MARY BARTEAU « *PRE-NATAL DUTY* »

vegetables. Use barley gruels and grain drinks. Avoid fermented breads, canned goods and cakes. Use raisin syrup and prunes occasionally.

"It remains now with the prospective mother to elaborate upon those particular subjects and further the development of the child's brain activity by living a very simple life duringg the first three months of gestation, subsisting principally upon wheat preparations of a varied nature, eating almonds and nuts in general quite freely and plenty of fruit.

"During the second period of three months, from the fourth to the sixth, inclusive, she should add to her diet preparations containing rye in small quantities, using fruit of a sweet nature largely.

"The last three months should be indulged in foods of a more oily consistency, using barley, corn and oats in small quantities additional to the wheat. Vegetables of an eliminating nature, like raw cabbage, celery, beets, plenty of spinach, some lettuce and carrots should be used quite freely."

Dr. Hanish further advises in his lectures that for weeks previous to the deliverance mothers should beware of starchy, fattening foods, to keep their weight medium or a trifle below, to move about freely, but not ride, dance or go through vigorous exercises; to keep their bowels in perfect condition, and, where of a constipative nature, to eat vegetables or fruit that will keep the bowels open. The child will not be heavy, although strongly and solidly built, consequently the deliverance will be easy and painless, and there will be no risk as to the quick recovery of the mother.

In the severing of the cord it should be remembered that it neither be cut too short nor left too long, as in either case the digestive organism will be impaired thereby to a degree. The foreskin of a male child is to be drawn back as far as possible without delay and such process to be continued for some time while the child receives its daily bath. A female child must be manipulated along the groins, from rectum up to the hips. In all such cases where the foreskin of the male organ will not withdraw readily, that circumcision be resorted to without delay, and advises parents to take their boys to an operator at once where organic disturbances of a sex nature are noticeable, saving much anxiety to parents and sufferings to the child.

As we think, compare the objects of our immediate surroundings, we are impelled to reflect upon subjects determining our conditions for good and evil.

Is it not a singular mental phenomenon that though man has learned that the perfection of the animal can only be accomplished through the functional activities of the animal organism, he has not perceived that the same law holds in regard to the more complex activities and higher. qualities and powers of his own kind? That man must complete himself is the mightiest truth of human existence. Intelligent motherhood co-operating with the universal law that moves on toward the completion of all forms of life, is the *creative agency* to accomplish the completion of human being and its manifold power and possibilities. What a desecration of the capacities and powers of human soul as illustrated in the grand and noble lives of a Washington and Lincoln, and in thousands of great and grand heroic lives unsung and unrecorded, that as progenitors of their own type of being they sink to the level of the brute creation! No human being is great or grand as a physical organism merely, though that be ever so beautiful and perfect. Man and woman are great, grand or beautiful in proportion to their capacities of mind and soul and their wise, beneficent exercise

As a race producer, woman is invested by nature with the capacities and powers to give potency and direction to the threefold nature of man. The prenatal culture of the child includes physical perfection, and mental and moral endowment. Of all lines of education and art, none equals or compares with the far-reaching results of pre-natal direction and culture by a wise motherhood. *The supreme artist is the intelligent consecrated mother.* We cannot become a civilization worthy the name, we cannot become a truly free and enlightened people, until all our systems and institutions, social, educational and economical, are an environment calculated to promote the highest use and purpose of intelligent parenthood, the production of the best developed humanity. It is *quality*, not quantity, that should be the aim of individual parenthood

MARY BARTEAU « *PRE-NATAL DUTY* »

and of *all* social forces.

When woman understands the powers she possesses, and controls herself in order to transmit the power of self-control to her child, the dominion of appetite and passion will no longer master her children. When she is no longer mastered by unruly, selfish passion as a wife, and enters upon her creative office from the deep soul impulse of untrammelled love, her boundless love and aspiration will bring into existence children ready for the kingdom of heaven.

Our educational systems are woefully deficient in not providing for youth any instruction that may help them in assuming the mightiest responsibility of life – parenthood.

Woman has through the centuries been compelled to bring offspring into existence to be made the victims of wholesale murder in the slaughter of war. It has been prophesied that in some future force would rule the world. This prediction is based upon faith in the might of armies and powers that represent force and savagery. Could the mothers of *our* country recognize and understand the power with themselves and enter upon their creative work in the spirit of that perfect love which is the prerogative of motherhood, human brotherhood and fraternity would become a far mightier force and protection for our country's welfare than all the armies and battleships can ever become.

The greatest conquering power in the universe *Love*. The mightiest agency to produce in human beings this power is *motherhood*. Mother love will some day rule the world. The battleship and bullet will be no more.

Awake, O woman, and recognize your glorious mission, to produce sons and daughters who will create a social state of harmony, peace and goodwill and fraternal love, that will actualize the now perfunctory prayer, "*Thy kingdom come, Thy will be done on earth as it is in heaven.*"