WHEN YOU REPEAT YOURSELF

10% of our married couples are unable to conceive children—an incidence of sterility which would not be tolerated among animals having any cash value. One conception in every four doesn’t result in a live healthy baby. One child in every 200 is congenitally deformed to the point of monstrosity. Five babies in every 100 are premature—and so are possibly handicapped throughout their lifetime—for—to give an instance—5 times as many eye disorders occur in premature babies as are found in full term. Each year, 3,000 American babies died in the early days of life because of Vitamin K deficiency in the mother. Baby deaths, before or at birth, or in the first days of life exceed the number of deaths from automobile accidents in any one year.

The U. S. Department of Agriculture would not countenance such a ghastly record in the cattle breeding industry, and veterinarians would be regarded as neglectful if they permitted the same toll among (thoroughbred) dogs. Certainly, this record of disaster cannot be charged completely to nutritional deficiencies or malnutrition of nutrients—but there is a great deal of evidence which gives prenatal nutrition—and possibly diet before conception—at least a major role, or in the first month of life are practically frequency of those who send the expectant mother premature babies and possibly, deformities in the newborn; among the many professional affiliations, Mr. Fredericks to the members of the American Academy of Nutritional Anthropology, N. Y. Academy of Sciences, and The American Association for the Advancement of Sciences. The research in Vitamin K deficiency in pregnancy certainly illustrates at might be done preventively. Let us review that evidence:

- From the second to the fifth day of life, many infants have a tendency to bleeding from minor wounds and from the umbilical cord. Such bleeding within the skull may cause death; or if they survive it, it may cause spastic paralysis. But the administration of Vitamin K to the expectant mothers in the last month before pregnancy eliminates the condition in the majority of babies, and biochemists estimate that the use of Vitamin K has saved the lives of 1.6 infants out of every 1,000, which would be close to 5,000 babies yearly in the United States alone.

This is not an academic point. It illustrates the faulty thinking of those who believe that a good mixed diet is a guarantee of adequate nutrition for anyone. Many an expectant mother has been told to eat "well" and to stop worrying about vitamins. Yet Vitamin K deficiency does exist—although, the vitamin is not only widely exist—although, the vitamin is not only widely

- The use of vitamin-mineral concentrates with this diet is mandatory, not optional. The purpose of the diet is to inhibit weight gain in pregnancy to 16 pounds, which b 4; to shorten...
ate recipes. Also blackstrap molasses.

swell during pregnancy. Smoked brewer's yeast can be used to compensate for salt restrictions recommended by the physician where the ankles---which are calorie free---must be used. Minerals---which are calorie free---must be used. The use of salt substitutes is sometimes recommended with the diet consist of the diet and the use of the supplements are instituted prior to pregnancy, the incidence of pregnancy nausea (morning sickness) may also be sharply diminished. If pregnancy nausea does appear, the obstetrician can have substantial potency of Vitamin B6 added to the Vitamin B Complex syrup. If excessive edema (swelling) of the ankles or other tissue occurs, the obstetrician can at will increase the protein foods---eggs, meat, fish or fowl. The increase can be in the magnitude of 3 additional ounces of meat daily. Where the appetite is finicky, and such edemas occur, strained baby meats may be stirred into the allotted milk, and appropriately flavored.

The weight gain with this diet should aggregate three pounds in the first three months, ten pounds in the next three, and three pounds in the final three months, for a total of sixteen pounds. There is some evidence that the father's diet during conception also affects the child. Scientifically-minded parents can adopt this diet, with its supplements, prior to conception, under the supervision of the physician. However, if the weight is normal or below normal, the physician will probably want to increase the allotted portions. Only by thorough efficiency in reproduction can a race survive; and only by good nutrition can reproductive efficiency be maintained.

1. It is important to note that the father's diet during conception also affects the child. Scientifically-minded parents can adopt this diet, with its supplements, prior to conception, under the supervision of the physician. However, if the weight is normal or below normal, the physician will probably want to increase the allotted portions. Only by thorough efficiency in reproduction can a race survive; and only by good nutrition can reproductive efficiency be maintained.

2. The supplements used with the diet consist of high potency multiple vitamins, a Vitamin B Complex syrup, a multiple mineral concentrate, powdered beef bone tablets, concentrated Vitamin E, wheat germ oil, and rutin.

3. To anticipate the scientific questions raised by the overlapping of some of these supplements: powdered beef bone tablets are used because they supply fluorine, as well as the usual calcium and phosphorus expectant mothers take. Fluorine in tooth formation is even more important than it is later. Wheat germ oil, is used in addition to concentrated Vitamin E because there are factors in wheat germ oil, other than Vitamin E, which help to prevent spontaneous abortions. The wheat germ may be administered by the teaspoonful, or can be added in appropriate quantity to the salad oil specified in the diet. A Vitamin B Complex syrup is used in addition to multiple vitamin capsules, though some of their values overlap, because the natural vitamin B Complex contains factors not yet synthesized and, therefore, not yet available in capsule form. A multiple mineral capsule is used because salt is being restricted, and with it the intake of iodine, and because, for instance, the zinc present in such capsules is the missing constituent of the white blood cells in leukemia. This is not intended to be a complete survey of technical reasons for the use of such supplements. However, a diet so arranged and so supplemented should reduce by 35% the number of babies born dead; should diminish by 15% the number of baby deaths in the first few weeks; will reduce pre-mature births by as much as 70%, and may cut cut pregnancy toxemia in 3.5-6.5M 7.5-10M.