My dear Mrs. Simon:

Another important matter for your consideration concerns the amount and kind of exercise you should take. Every healthy body demands exercise and the expectant mother should exercise daily in order to obtain the highest possible bodily vigor in preparation for the function of motherhood. The mother's physical health has a great effect upon her unborn child.

Even up to the day of confinement you should take some exercise unless the physician has forbidden it in your special case. Violent exercise should be avoided, as well as heavy lifting.

Ordinary housework is excellent exercise and does not have any bad effect upon the expectant mother. Aside from this, however, you need out-of-door exercise every day, and should take a daily walk, but never so prolonged as to cause fatigue; stop and rest.

Overwork should be avoided, for it has a disastrous effect upon both mother and child. If the mother's strength is exhausted by over-work the child does not receive the proper nourishment, and the mother has not the necessary reserve energy to carry her well through labor. You should bear in mind that whether you are working or exercising for pleasure you should stop before you feel tired.

If your housework seems to require all your physical strength so that you do not find pleasure in walking, it would be better to spend your leisure hours in some quiet amusement. Lie out of doors in the hammock in warm weather and read an interesting story or amuse yourself according to your own taste.

During the period before the birth of her child, many women are inclined to be despondent and irritable. If there is a special cause for the cross feeling, as overwork, this should be avoided. It is better to neglect some household duties, and lead a simpler
life, than to become unhappy or over-tired. Overwork and depressed spirits react unfavorably upon the health of anyone, and the expectant mother particularly should avoid anything detrimental to her physical well-being. Remember the most important task that has been allotted to you is to give your child a birthright of health and happiness. You can do this by putting your health first instead of other duties.

Keep yourself cheerful at all times. Do not read any disagreeable books that would tend to give you morbid thoughts. If there is a blue day, drop your work for a time and go to see a jolly friend or read an interesting story until the "blueness" has flown away.

Late hours and excitement are not advisable, and it is well to avoid crowds. Remember the more quiet and peaceful your life the better will be the condition of your nervous system.

Next month I shall tell you more things you can do to keep yourself in good health.

Sincerely yours,

F. L. Child Hygiene
U. S. Public Health Service
Washington, D. C.