

them with great love & joy! I explained to Dito that he didn't even sleep in Mommy & Daddy's room when he was a little baby either, so I certainly didn't think that Tech1 was going to sleep in the room with them, & he seemed to be quite satisfied with that at that answer.

8. DAVID DID WANT A FEW DIRECT COMMENTS ABOUT TECH1 LIKE HE WAS COMING TO PLAY WITH HER once she'd begin crawling around the floor & that he would be careful to keep her away from electrical outlets etc. GBC & Ad whenever he would see a little thing compared to a big thing he would always say that the big thing was David & the little one was Tech1! One evening we were surprised to see that after having story time with Mommy before bed, he blew kisses to Tech1 in Mommy's tummy! -Gute!



Beautiful Maria at 4 Months pregnant.

9. RIGHT UP TO A COUPLE OF WEEKS BEFORE TECH1'S BIRTH, WE WEREN'T QUITE SURE IF SHE WOULD BE BORN IN HOME WITH THE HELP OF A LEGAL MIDWIFE, OR AT A HOSPITAL OR CLINIC. Maria had some a goodie on various occasions & when at different living locations throughout her pregnancy, as well as a good dentist who made sure that

all matters of dental hygiene were kept up, since the pregnant condition can directly affect the condition of the teeth. (You are then more prone to cavities & gum infections, & any previous untreated tooth trouble will be more likely to flare up.) The dentist encouraged Maria brush her teeth vigorously even if they were some swelling & bleeding of the gum which is common in pregnancy. He also prescribed a good mouthwash to use once or twice a day to help kill decay-producing bacteria, & prescribed the use of a good dental floss for her teeth. Maria was also taking calcium pills at this time which help along with good eating habits vitamins & other supplements to improve your diet & the condition of teeth & gum in pregnancy.

10. DEAR DAD MADE ARRANGEMENTS BEFORE HAND FOR A FIRM TO GO TO VISIT LOGGING THE CLINIC where they had considered having Tech1, to get accustomed to the area, familiar with the head nurses, find out about the length of stay & payments & even take a tour of the maternity ward & visit the type of room Maria would be staying in for a few days after the baby's birth. Dad planned out the bus route ahead of time, charted it on his map, then led us to the hospital via bus so that we would all be very familiar with the route to the clinic, not only by bus but also by car, which he had the boys drive a few times to get very familiar with the route both there and back. This was such a tremendous help, as I know many times in the past, births in the family have been left up to frantic last minute preparations so that many times a mother in already heavy labor may have to struggle into the car & rush to the hospital or clinic at just the time she should be trying her best to relax & concentrate, & very likely be at the mercy of an unprepared driver who is unfamiliar with the route. Lord help us!

11. I ALSO THOUGHT IT QUITE SO SIMPLE THAT WHEN MARIA WAS TAKING A TOUR AROUND THE MOTHERS' ROOMS, TO FAMILIARISE HERSELF WITH THE SURROUNDINGS THAT SHE WOULD SOON BE IN WITH BABY TECH1, she very sweetly complimented a new first-time, nervous Mommy there propped up in her bed, preparing to nurse her newborn. "You've a beautiful new baby," Maria said to her. "And it's very good that you're giving her your very best, your breast milk," she said, adding a sweet "God

bless you" to the people in the room as she left.

12. IMMEDIATELY AFTER OUR VISIT TO THE CLINIC WE WANTED TO GO OUT SHOPPING FOR THE "BABY ROOM" "I like a Cadillac-like baby for my children!" Dad said as he pointed out the various types through the big store windows, then went inside the store were clearly the few he'd chosen. We certainly did find that the car was a tremendous asset in Tech1's life, doubling as a handy bed, stroller, travelling Cadillac for many months in the future!

13. WHILE A NEW EXPERIENCE FOR US AT TECH1'S BIRTH, OURSIST WAS AN "ULTRASONIC TEST" HE WANTED DONE ON MARIA just to check on the foetus' position inside & to confirm the length of pregnancy. This Ultrasonic Test done on pregnant women, sometimes known as "Sono-graphy", is a technique for visualising the body's internal structures by the reflection of sound waves, very similar to the radar of an underwater submarine that can detect through soundwaves the position, outline & size, etc. of another underwater submarine! Maria carefully re-



The operator of the ULTRASONIC MACHINE passes the arm of the machine backwards & forwards across the mother's abdomen, & watches the Ultrasound "picture" build up on the small screen in front of him. A beam of sound waves, at each two high a pitch to be heard, is passed through the abdomen & uterus. The sound bounces off the bones & other organs in the foetus. It is therefore possible to obtain a picture of the cross section of the foetus on a screen which looks rather like a radar screen. The growth of the foetus can be followed & it is one of the most accurate methods of telling the age of the foetus.

sounded the subject before going through with the doctor's request, being also mindful that the test is somewhat quite expensive & not exactly tried & proven, as it has not yet been totally verified that this type of test is not harmful to the foetus. Some childcare books say that it is safer than x-rays because no harmful radiation is involved, but that this technique is used to detect the presence of twins or of placenta previa (a condition in which the placenta lies over the cervix rather than high up in the uterus), as well as to check on foetal development & many other diagnostic purposes.

14. WE HONESTLY WONDERED IF THE DOCTOR WAS JUST ANXIOUS TO PLAY WITH THE NEW GAUGE he had himself invented quite a lot of money in & perhaps used us as one of the most promising targets since tourists might appear to have more money than the nationals that visit his office! We did hear of another one of our mothers whose doctor "insisted" to take this type test every couple of months so to "insure that the foetus was in the proper position", all of this adding up to quite a "pretty penny" as you can imagine! Anyway, we weren't too familiar with the test & it didn't seem to harm Tech1, TTL for his blessing, protection & care!

15. AND THINK THE LORD MARIA WAS IN QUITE GOOD HEALTH RIGHT UP TO THE TERMINATION OF HER PREGNANCY, only bothered sometimes by a type of shooting pain from her uterus down to the top of her leg caused by the stretching supportive ligaments of the womb, and a bit of leg cramps, most likely resulting from the added pressure and weight from the expanding uterus that affects the blood vessels & could lead to swollen legs, as it could varicose veins at well. Some times had some heavy vaginal pressure, but was careful to get good exercise as well as reclining off her feet whenever possible.

16. MARIA WAS ALSO EATING WELL & DRINKING, OFTEN BEEN DRINKING TEA WHICH WAS BEING KEPT WARMER THAN A BREWING DURING THE PERIOD OF PREGNANCY & AT CONFINEMENT. It is supposed to have a helpful influence upon the uterus, & will sustain labour & relieve after-pains, render easy & speedy childbirth, assist milk secretion & hasten convalescence. Some herbal books suggest taking one half teacup full of this tea infusion made from