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## **Chapter 13: Clean Environment**

The growing child in the mother's womb requires oxygen although the foetus cannot breathe itself. But it utilises the oxygen acquired by the mother from the atmosphere. The mother not only consumes oxygen for her own sustenance but also provides it to the foetus. If the mother breathes in a clean and hygienic atmosphere she can ensure her own health and that of the child she is bearing.

If the mother's environs are polluted and she is breathing poisonous air, then there will be danger of illness afflicting her and the child. The pregnant women are therefore advised to take particular care of the environment in which they live. They should move in pollution free environment and breathe deeply. The pregnant women should also avoid late nights, which might tire them excessively.

During pregnancy the women should avoid smoking and protect themselves from breathing in any polluted environment. While sleeping they should keep the windows of the bed-room open so that fresh breeze is available to them. It must be noted that deficiency of oxygen might be very harmful to the foetus.

We are repeating the following paragraph from Dr Jalali, which has also appeared earlier in this book, for your attention:

"Various defects in the body like cleft lips, flat soles of the feet, sunken and small eyes were previously thought to be of genetic reasons. But now it has been found that these defects in the new born children are because of the environmental conditions and particularly the deficiency of oxygen during the pregnancy of the women."

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