

Carte dispartada
sobre problema de
aborto, anti-concepcão,
etc.

W/resp 1?

Canada

Original



Box 5957, Station A
Toronto, Ontario, Canada
August 9, 1979

in care / on file

The Prime Minister
Parliament Buildings
Lisbon, Portugal.

Dear Mr. Prime Minister:

I have read in today's copy of the Globe and Mail newspaper of Toronto that some Portuguese women want to have legal abortions in Portugal.

Please do not do it. Abortion is murder.

Not only is it murder, but it leads to worse things. There has been an increase in battered children since there were abortions. I think it causes a lowering of valuation of babies when babies are killed before birth.

In the Bible the Psalms say: Thou has formed me in my mother's womb. God doesn't want the unborn baby killed.

In women who have had abortions, they start to have a problem of giving birth prematurely. Premature babies do not do as well as others, on the average, and they cost a lot more in requiring more hospital care after birth, because they are so weak.

A lot of people in Canada are working to change the law that allows women to have abortions, and they have succeeded in getting more members of parliament elected who say they will work to stop the abortion law from continuing.

I know that women in some backward places need more rights. I know that some women are seduced and abandoned. Women need better care from birth. So I want people to be able to choose their conceptions as to sex. Then they will give better care to their girls, and their girls will live to be able to choose husbands, not be seduced and abandoned. But: No abortions. This is murder.

I was raised by a very bad mother. She was raped at 15 and had an illegitimate girl and gave it to her mother to raise. Then she worked after marriage. I didn't get proper care. She hated me because I looked like my father's family in fair coloring. She was dark haired and dark eyed. If she had had a proper birth, she would have been raised better. She would have loved to have abortions, but she refused to use contraceptives. To her they were evil, but abortion was good. Yes, to her killing an unborn baby was good, and so was beating children after they were born. She thought all her abuse was good. So don't make abortion legal or these women will just think the law agrees with them that abusing babies is good.

2.

But in choosing babies' conceptions as to sex, they would be getting only the babies they want.

The ideal form of contraception is to know when the fertile period is on. See if you can get good information on this.

Do not legalize the form of contraception called the loop as this causes an abortion every month in the woman's body. Also, do not legalize the new type of birth control pills, as this also causes an abortion every month. They let the ovum be fertilized and then kill it. So don't legalize those.

Here is the information on how to choose conceptions as to sex. In being allowed to choose girls, the women may say they will not choose enough girls for the boys to have enough to marry unless the laws favor women. But choose good laws for women, not abortion laws.

	First part of fertile stage produces:	Last part of fertile stage produces:
Father relaxed Mother relaxed (the ideal)	girl	boy
Father relaxed Mother overstressed	girl	girl
Mother relaxed Father overstressed	nothing	boy
Mother overstressed Father overstressed	nothing	nothing



Overstress causes an acid to form in the body, and this acid kills off opposite-sex sperm.

(It is natural for the body to have a very mild acid. What I am talking about is a sort of harsh acid that forms. This harsh acid can be a mild acid, if you have mild overstress, or a strong acid, if you have serious overstress.)

If the wife has overstress, she cannot conceive a boy at that time.

If the husband has overstress, he cannot conceive a girl at that time.

(Overstressed women can conceive a boy if they use artificial insemination because that bypasses the female tissue, but I'm not saying to do this.

There are also methods used in which women who want a girl take a douche of vinegar in warm water to kill the male sperm so that will leave only the girls, and in which women who want a boy take a solution, possibly baking soda in warm water, to kill the female sperm so that will leave only the boys to have a male birth, but I don't know how wise this is.)

3.

If both husband and wife have overstress, they cannot have a conception at that time.

Usually, at the time of marriage a conception is possible. The bride and groom have a nice wedding ceremony, so at least one of them is relaxed. But when the wife keeps working after the wedding, and they use contraceptives, they might both become overstressed by working, and be unable to have a conception. But I don't think you will have that problem in Portugal. If you do, tell them both to relax, and see if that produces a pregnancy.

Babies are a present from the Lord. Presents are not to be killed.

(If you can work on a method to measure the level of stress that a person's body has, that would be nice. In theory, the saliva can easily be tested. I know from taking chemistry in school that either an acid turns blue litmus pink or else a base turns blue litmus pink. So you could tell if there is an acid there or not and possibly could tell how strong the acid is.)

It might take from a few weeks to a year to improve an overstress condition so as to turn it into a relaxed condition. It depends on how severe the overstress condition was to start with, and how much is done to improve it.

As a guess, people could take six months to improve an overstress condition, and then see if they feel really good. They could look at men who had had girls, and women who had had boys, and think of how they seemed to be nine months before the birth, how happy they acted, how rested they acted, how they enjoyed life.

Relaxed means things like: Usually happy, relaxed, healthy, rested, at ease with life, at peace.

Overstressed means things like: Usually unhappy, tense, sick, overtired, overworked, nervous, anxious, angry, afraid.

To change an overstress condition to a relaxed condition means to correct the actual problem.

If unhappy, then do things you like, things you enjoy, including playing with the young children you already have.

Sometimes you have to do things you dislike, but reduce those occasions, and try to make them as likeable as possible.

If tense, get more exercise or more rest. Walking is probably the best exercise, and you can have a half hour walk or an hour walk every day. Chewing raw vegetables, raw fruits and raw nuts is exercise. Talking is exercise, so they can read the Bible aloud every day, and pray to God aloud every day. Smiling is exercise. If sick, try to improve the sickness to the point where it is no longer an active sickness but is in remission. An active sickness puts stress on the body. A sickness in remission does not.

Use health-building methods such as good meals, enough rest, enough exercise, and fresh air.

If overtired, get more rest. Try to reduce the overwork. If overtired, perhaps go to bed 1 or 2 hours earlier every night.

If nervous, anxious, angry, or afraid, try to learn to have faith in God to take care of you.



4.

See if you can get good methods to teach people how to tell when the fertile period is on. St. Michael's Hospital in Toronto has a method of teaching them this. It doesn't sound too easy. I read of a place in England that had a computer-thermometer which was worn in a woman's bra and lit up when the fertile period was on. This would be handy.

If people can't tell when the fertile period is on, tell them to use contraceptives. To choose a baby as to sex, then just have the spouse of the same sex as the wanted baby to work extra hard for six months. This isn't too hard on the health.

In addition to benefitting the baby and themselves by choosing the sex of conception they want, the parents can also benefit themselves and the baby by choosing to have good prenatal care by both parents starting at least three months before the conception. No x-rays, no drugs, little or no alcohol or cigarettes on any day, and three good meals a day even in the hot weather. If the parents continue to have good care during the pregnancy, this will help make them strong enough to take care of the baby after the birth.

Another way to benefit the baby and the parents might be to have a warm weather birth. I don't know how the weather runs in Portugal, but in Canada the warm weather is May to September. Births from May to September get a sunnier, warmer start in life, so their deepest parts of their personalities are sunnier and warmer. President Kennedy was born in May. His wife Jackie was born in July. The Queen of England was born in June. These are all basically cheerful people.

I know that Portugal is already a warm country, but perhaps you have a cold winter at some time. Don't choose then. Also, in Canada the school cut-off date is December 31, so a child born in May has six months' more brain development than a child born in November, so it can learn better in school. Also, there are more crib deaths of babies born in the cold weather. This is, I believe, because the baby lacks oxygen. It is in hot rooms, and perhaps wears synthetic clothing next to its skin, which cuts off the oxygen from being breathed in through the skin.

Another way you can help many people is to have the schools stop using alphabetic roll calls to tell which students are in class each day, and use a better way. Perhaps have the children go to the teacher's desk on arrival, and be marked in as they arrive.

An English male doctor with a W surname said that people with S-Z surnames die 10% younger than others, and that it is because they have to wait longer than others at school. This is a woman's maiden name.



5.

I have checked, just glancing at things, and found that people with early alphabet surnames have a 5 - 10% tendency to have more of: smile more, bigger smiles, talk more, talk louder, faster, laugh more, more in charge of organizations, richer, take the lead more, less in jail, wear glasses older, have more opposite-sex offspring, more relaxed, more sociable, more friends.

So if you could use a type of checking on the children in school that would start all children off happy and smiling at the start of the school day, this would help all children.

Please accept Jesus as your Lord and Saviour. You can say:

Dear Lord Jesus, please forgive me of my sins and come into my heart ~~and forgive my sins~~, and take over my life as my Lord and Saviour.

Read your Bible at least a little every day.

I know it isn't enough to say no abortion. People have to be helped with the babies they give birth to. You can say that people who want abortions can ask the government to help them with their pregnancies and with the babies after they are born.



I hope all of this helps you to do God's will.

Fundação Cuidar o Futuro

Yours in Jesus' Name,

Betty McPhee