

Pointers **For Parents-To-Be** **Want A Baby?**

(NAPSA)—If you're young and healthy, the National Institute of Environmental Health Sciences recommends you relax:

Have sex several times a week and make sure the environment is right. Easy enough?

Sure, but what the Institute means by "right environment" isn't soft lights and romantic music—though nobody's opposed to that.



"No smoking" is part of the right environment for couples who want to have a baby.

The proper environment that the Institute advises for the mom-to-be includes a daily vitamin pill containing folate or folic acid, no mercury-containing fish like swordfish or shark, no soft cheese and an avoidance of cats, undercooked meat, pesticides and chemicals.

And there's a "right environment" for the would-be-dad as well—and "no smoking" is an important part of it.

The National Institute of Environmental Health Sciences will send you its attractive booklet "Ready, Set, Love" (which isn't about tennis) if you write: Love Booklet, NIEHS PO Box 12233, Research Triangle Park, NC 27709, call (919) 541-3345 or e-mail booklet@niehs.nih.gov.