

# "My Beloved Daughter, litt

*The following is from a letter written by an Aztec Indian woman to her daughter long ago. Although years have come and gone, the thoughts in this letter are a part of our heritage today just as they were a part of the young Indian girl's heritage. From: History of the Conquest of Mexico, William H. Prescott. (Random House, 1936).*

The first thing that I earnestly charge upon you is, that you observe and do not forget what your father has now told you, since it is all very precious; and persons of his condition rarely publish such things; for they are the words which belong to the noble and wise—valuable as rich jewels. See, then, that you take them and lay them up in your heart, and write them in your bowels. If God gives you life, with these same words will you teach your sons and daughters, if God shall give you them.

The second thing that I desire to say to you is, that I love you much, that you are my dear daughter. Remember that nine months I bore you in my womb, that you were born and brought up in my arms. I placed you in your cradle, and in my lap, and with my milk I nursed you. This I tell you, in order that you may know that I and your father are the source of your being; it is we who now instruct you. See that you receive our words and treasure them in your breast.

### Garments—decent and proper

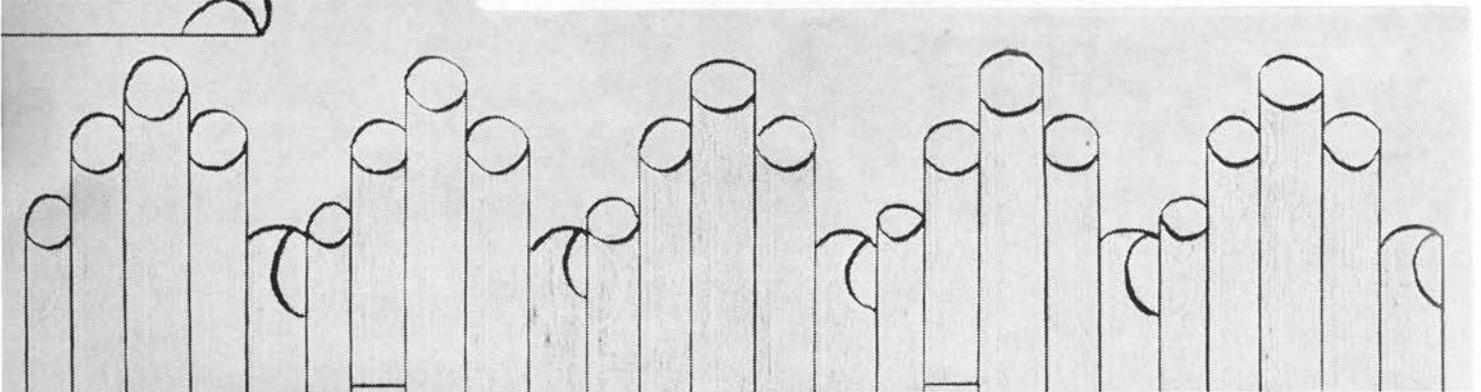
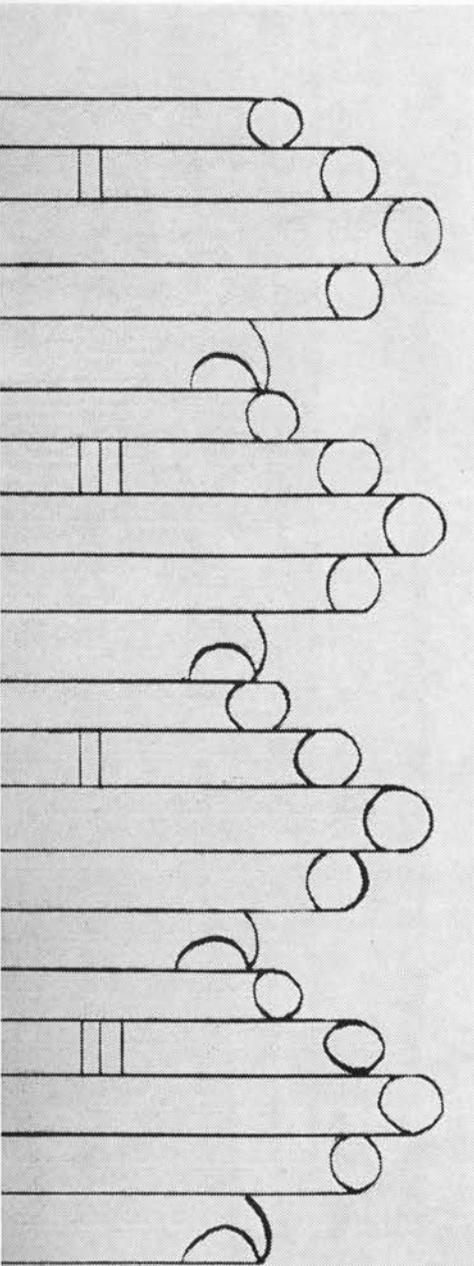
Take care that your garments are such as are decent and proper; and observe that you do not adorn yourself with much finery, since this is a mark of vanity and of folly. As little becoming as it, that your dress should be very mean, dirty, or ragged; since rags are a mark of the low, and of those who are held in contempt. Let your clothes be becoming and neat, that you may neither appear fantastic or mean. When you speak, do not hurry your words from uneasiness, but speak deliberately and calmly.

Do not raise your voice very high, nor speak very low, but in a moderate tone. Neither mince, when you speak, nor when you salute, nor speak through your nose; but let your words be proper, of a good sound, and your voice gentle. Do not be nice in the choice of your words. In walking, my daughter, see that you behave becomingly, neither going with haste, nor too slowly; since it is an evidence of being puffed up, to walk too slowly, and walking hastily causes a vicious habit of restlessness and instability. Therefore neither walk fast, nor very slow; yet when it shall be necessary to go with haste, do so,—in this use your discretion. And when you may be obliged to jump over a pool of water, do it with decency, that you may appear neither clumsy nor light. When you are in the street, do not carry your head much inclined, or your body bent; nor as little go with your head very much raised; since it is a mark of ill breeding; walk erect, and with your head slightly inclined. Do not have your mouth covered, or your face, from shame, nor go looking like a near-sighted person, nor, on your way, make fantastic movements with your feet. Walk through the street quietly, and with propriety.

### Walk serenely

Another thing that you must attend to, my daughter, is, that, when you are in the street, you do not go looking hither and thither, nor turning your head to look at this and that, walk neither looking at the skies, nor on the ground. Do not look upon those whom you meet with the eyes of an offended person nor have the appearance of being uneasy; but of one who looks upon all with a serene countenance; doing this, you will give no one occasion of being offended with you. Show a becoming countenance; that you may neither appear morose, nor, on the other hand, too complaisant.

See, my daughter, that you give yourself no concern about the words you may hear, in going through the street, nor pay any regard to them, let those who come and go



dove . . .

*Do not forget it . . .”*

say what they will. Take care that you neither answer nor speak, but act as if you neither heard nor understood them; since, doing in this manner, no one will be able to say with truth that you have said anything amiss.

See, likewise, my daughter, that you never paint your face, or stain it or your lips with colors, in order to appear well; since this is a mark of vile and unchaste women. Paints and coloring are things which bad women use,—the immodest, who have lost all shame and even sense, who are like fools and drunkards, and are called prostitutes. But, that your husband may not dislike you, adorn yourself, wash yourself, and cleanse your clothes; and let this be done with moderation; since if every day you wash yourself and your clothes, it will be said of you, that you are overnice,—too delicate; they will call you tapepton tinemarock—My daughter, this is the course you are to take; since in this manner the ancestors from whom you spring brought us up. Those noble and venerable dames, your grandmothers, told us not so many things as I have told you,—they said but few words, and spoke thus: “Listen, my daughters; in this world, it is necessary to live with much prudence and circumspection. Hear this allegory, which I shall now tell you, and preserve it, and take from it a warning and example for living aright.

Here, in this world, we travel by a very narrow, steep and dangerous road, which is as a lofty mountain ridge, on whose top passes a narrow path; on either side is a great gulf without bottom, and, if you deviate from the path, you will fall into it. There is need, therefore, of much discretion in pursuing the road.” My tenderly loved daughter, my little dove, keep this illustration in your heart, and see that you do not forget it,—it will be to you as a lamp and beacon, so long as you shall live in this world.

#### Guard yourself

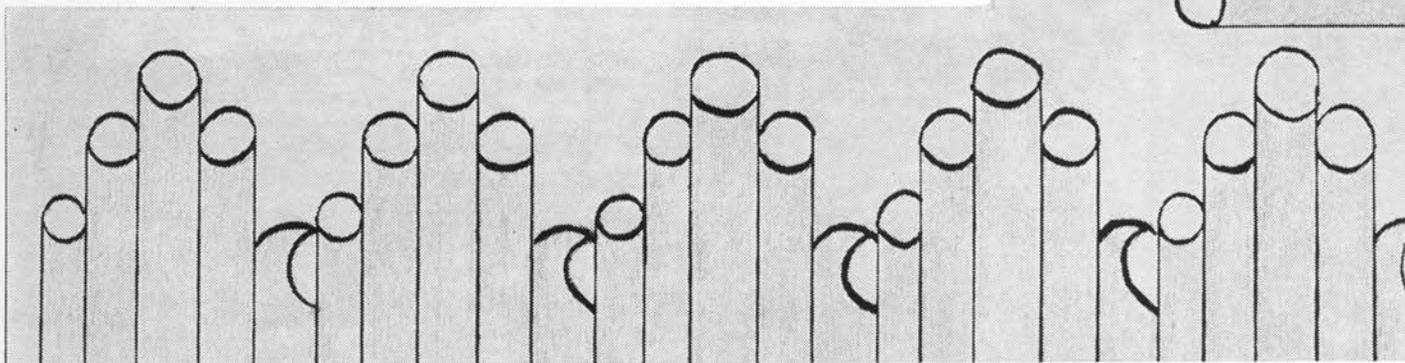
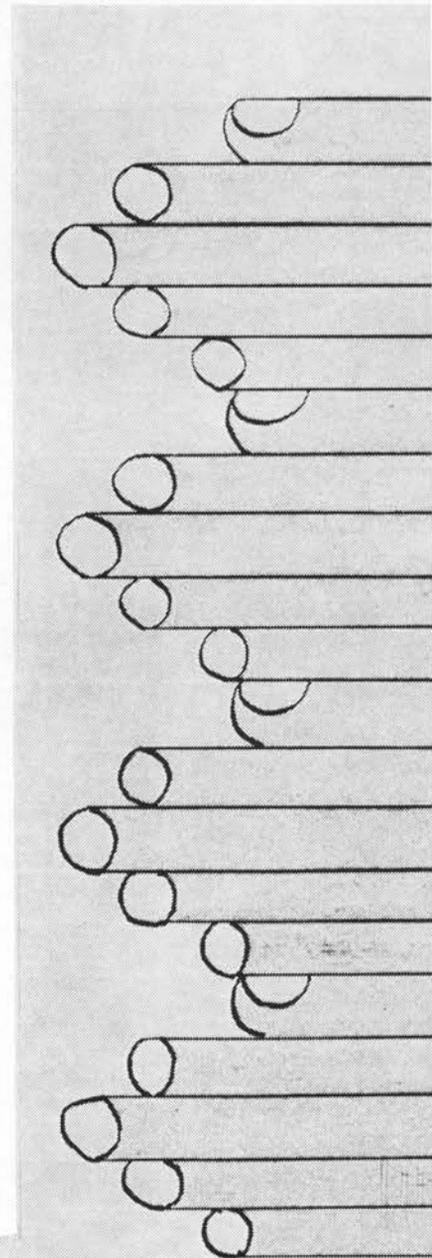
Only one thing remains to be said, and I have done. If God shall give you life, if you shall continue some years upon the earth, see that you guard yourself carefully, that no stain come upon you; should you forfeit your chastity, and afterwards be asked in marriage and should marry any one, you will never be fortunate, nor have true love,—he will always remember that you were not a virgin, and this will be the cause of great affliction and distress; you will never be at peace, for your husband will always be suspicious of you. O, my dearly beloved daughter, if you shall live upon the earth see that not more than one man approaches you; and observe what I now shall tell you, as a strict command.

When it shall please God that you shall receive a husband, and you are placed under his authority, be free from arrogance, see that you do not neglect him, nor allow your heart to be in opposition to him. Be not disrespectful to him. Beware, that, in no time or place, you commit the treason against him called adultery.

See that you give no favor to another; since this, my dear and much loved daughter, is to fall into a pit without bottom, from which there will be no escape. According to the custom of the world, if it shall be known, for this crime they will kill you, they will throw you into the street, for an example to all the people, where your head will be crushed and dragged upon the ground. Of these says the proverb: “You will be stoned and dragged upon the earth, and others will take warning at your death.” From this will arise a stain and dishonor upon our ancestors, the nobles and senators from whom we are descended. You will tarnish their illustrious fame, and their glory, by the filthiness and impurity of your sin.

You will, likewise, lose your reputation, your nobility, and honor of birth; your name will be forgotten and abhorred. Of you

*(Continued on page 13)*



## Pre-Marital Examination On Up-Swing

(Continued from page 7)

Gonorrhea, another venereal disease, is very devastating in marriage. It may cause sterility, blindness in the new-born, operations, and systemic conditions. Like tuberculosis, it is often found in the young age groups. More than 52% of the cases are in the 15-20 age group. Diabetes, often undetected, is a treatable condition. It comes under the Mendelian law of inheritance; two diabetics marry, all their children will be diabetics. Know your family histories.

5. More and more mothers are taking their daughters to a gynecologist for an examination and advice before marriage. This may forestall trouble in the marriage relation.
6. Approval of the marriage by both the families is highly desirable. This may forestall much of the in-law trouble that wrecks marriages.
7. A course of study in family relations, the reading of some of the excellent literature in this field, and consultation with a marriage counselor will help you immeasurably in your adjustments.
8. Although marriage can be solemnized by a civil official, the ceremony done by a minister emphasizes the sacramental nature of the vows. Many ministers are excellent marriage counselors as well.
9. A married woman, in most states, retains full rights to any property that she may own. "The best dowry a bride can bring to marriage is the habit of happiness," says a leading counselor.
10. A good marriage doesn't just happen. It is not as much a matter of "falling in love" as it is "growing in love." This includes shared interests, prevention of conflicts that embitter, having children and growing in maturity in many areas.

Time is an important test. May you, June bride and groom, have a good marriage—one that will stand the test of time.

## Television to Play Part In Education

(Continued from page 6)

Current statistics show that the population of the world will have soared to an all-time high in the next twenty-five years, and it is assumed that the country will become very education-minded. There will probably be many more children who attend colleges and universities. Because of the crowded classroom conditions and lack of teachers, many classes will be conducted over television, and so it is quite possible that your child may get part of his education from television programs, in addition to attending classes. The trend in education will be more towards personality development, preparation for a career and perspective.

These changes will definitely cause many problems in addition to all of the conveniences they will bring. It is up to you, as a home economist, to prepare yourself today for this coming era in modern living.

## God, who is in every place, sees you . . .

(Continued from page 9)

will it be said, that you were hurried in the dust of your sins. And remember, my daughter, that, though no man shall see you, nor your husband ever know what happens, God, who is in every place, sees you, will be angry with you, and will also excite the indignation of the people against you, and will be avenged upon you as he shall see fit.

My dear daughter, whom I tenderly love, see that you live in the world in peace, tranquility, and contentment, all the days that you shall live. See that you disgrace not yourself, that you stain not your honor, nor pollute the lustre and fame of your ancestors. See that you honor me and your father, and reflect glory on us by your good life.



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