

PLANNED FAMILIES

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Practical Advice on Family Spacing

THE report of the Royal Commission on Population published in 1949 stated that "Public policy should assume and seek to encourage the spread of voluntary parenthood . . . In our view there is no practicable alternative to contraception as a means of controlling the rate of growth of the population. . . . It is in the long-run interests of the family that voluntary parenthood should become universal and that women should have the maximum freedom in the ordering of their lives. Control by men and women over the number of their children is one of the first conditions of their own and the community's welfare."

Informed opinion is therefore clearly in support of contraception and indeed endorses the personal views of undoubtedly the majority of the married people in this country.

Most husbands and wives want a family, but increasingly it is the view that the family must be by choice and by plan. This is not a purely selfish attitude. The general health of both husband

and wife must be taken into account. There is still lack of adequate housing. Economic factors are a constant consideration. It may be necessary, sometimes only temporarily, for both husband and wife to be working. Sometimes one or both are still studying.

In the beginning of marriage, husband and wife may feel that they would like a little time to get adjusted to marriage and to each other. Couples who have been married for some years and who have had children may feel that their families are now complete and adequate. Conditions vary with each couple and all circumstances must be taken into consideration.

There is, of course, the further argument that repeated pregnancies imperil the health of the woman. Undoubtedly there are some who are physically and emotionally capable of bearing a large number of children at close intervals but these are exceptional. The majority of women cannot bear such a strain and when they are forced to do so, not only they but the children as well, must necessarily suffer. It is not fair to the children to be born into such an environment. It is not fair to the wife nor the husband.

Sexual intercourse is a normal aspect of marriage and it is dangerous to spoil it with the constant fear of unwanted pregnancies. The very basis of marriage itself is a need for security. Insecurity leads to fear and suffering.

Unfortunately many couples in an effort to deal with the fear of unwanted pregnancies use methods of contraception which are unreliable or even harmful and which therefore defeat their own purpose. Later some of these bad methods will be dealt with briefly.

Throughout Great Britain there are organisations whose aim is to help married people in dealing with their marital problems. One of the most important of these is the Family Planning Association of Great Britain (an independent and voluntary Association) which is always ready to give advice and help. Furthermore, in view of the fact that there are in use a number of appliances and methods of contraception which are inadequate, the Family Planning Association maintains an Approved List of contraceptives. To be on this list a product must be submitted by the manufacturers to the Association for independent

laboratory and clinical testing. These tests are most stringent so that the reliability of all "Approved" products is assured and they can be used with complete confidence. It need not be emphasised that all the products recommended in this booklet are on this list.

Similarly, all the methods advocated are those taught in the Family Planning Clinics and by doctors who specialise in contraception.

The basic principle of contraception is to prevent the male sperm from fertilising the female ovum. A good contraceptive must do this safely, reliably, inexpensively and simply.

A contraceptive that is unreliable is little better than no contraceptive at all. Though pregnancy may occur somewhat less often, the fear and worry will still be present. The so-called natural methods fall under this unreliable category. Coitus interruptus (when the man withdraws before ejaculation) and coitus reservatus (where ejaculation is avoided altogether) are unreliable because some semen is often secreted before full ejaculation occurs. Also these methods are dangerous, emotionally

even more than physically. They interfere with the natural climax of the sex act and thereby cause frustration. If continued over a long period they may cause emotional and psychological difficulties which can easily wreck a marriage. Sexual intercourse should lead to greater marital unity not to separation.

The use of the safe period may suit some women whose monthly cycles are absolutely regular. The slightest irregularity will, however, make the method unreliable and such irregularities are the rule rather than the exception. Also mutual desire does not always conveniently occur only on "safe days". At such times other safer methods would be indicated.

Which particular method a couple chooses must be a matter of personal choice. What suits some people does not necessarily suit others. It is wrong for anyone to try to lay down the law in an issue that is so intimate and personal. Though contraception concerns both the husband and the wife either one or the other can deal with the situation confidently.

Undoubtedly the most popular method now in use is the Protective (known also as a Condom or Sheath), and in this field DUREX Protectives stand pre-eminent.

It is a fact that millions of husbands and wives prefer DUREX Protectives to any form of contraception. This is mainly for two reasons: first the supreme reliability of the product, second the freedom from stress and anxiety which that method brings. There is no element of uncertainty—no period of waiting. The efficacy of the Protective method is obvious and assurance is immediate. There are other benefits. The DUREX Protective is inexpensive, simple and convenient to use, prior preparation is unnecessary.

The extreme reliability of DUREX flows principally from the high standards of testing. The manufacturers have in fact devoted years of research and experiment to this most important question and, as a result, fully electronic methods have been developed that are positively infallible. Retesting by the purchaser is therefore quite unnecessary and is in fact inadvisable as unskilled testing may damage the Protective.

With DUREX Protectives additional protection is not necessary but many people feel that an added safeguard is desirable and the combined use of a Protective and a chemical

is, in fact, advocated by the Family Planning Association where the use of DURACREME is advised. DURACREME contains Hexyl Resorcinol as a spermicidal agent combined with a specially devised base. This, while stable in all except extreme temperatures, permits rapid liberation of the active principle under the conditions of use. It has been fully tested by the Family Planning Association and placed on their Approved List. DURACREME is, of course, absolutely harmless, is non-greasy and does not stain. A special applicator is provided for the convenience of the woman. This is a simple syringe which is applied to the DURACREME tube: by squeezing the tube the applicator is filled with DURACREME and, after detaching from the tube, the nozzle is then inserted as far into the vagina as it will comfortably go and the plunger depressed. Accordingly the right amount of DURACREME is quickly, cleanly and conveniently placed in the correct position.

In this way DURACREME acts as an added safeguard against conception but it must be realised that it is not safe to use DURACREME, or indeed any chemical contraceptive, alone as the sole method of contraception.

DUREX Protectives are for single use only, but for those who require Protectives for repeated use there is the DUREX Paragon. This is much thicker, can be cleansed easily and can be used over a long period.

It must be realised that during intercourse the Protective or Paragon must be worn all the time, otherwise there is very real danger of conception occurring and during withdrawal it is advisable to hold it in position to prevent leakage.

It is recommended that in employing a Protective or Paragon, DUROL Lubricant should be used. This practically eliminates interference with sensation and also provides absolute comfort for both husband and wife.

Here it might be well briefly to mention the old fashioned method of douching. Not only is douching inconvenient and unreliable (sperms may already have penetrated the womb) but the chemicals used are often harmful. This is particularly true when women use a stronger solution than advised in an effort to be "certain". Once again let it be emphasised that this

uncertainty, this fear that mars the lives of so many people from month to month, is completely removed when DUREX Protectives are employed.

Some couples find that they prefer the wife to be solely responsible for contraceptive methods. The basic rule remains the same, and that is a barrier to prevent the male sperm from reaching the womb. Accordingly, a rubber cap (either a Diaphragm or a Check Pessary) is inserted in the vagina before intercourse. This cap covers the cervix which is the projecting neck of the womb. It is essential that the type and size of cap necessary should be determined by a doctor as only in this way can one be quite certain that the correct apparatus is in fact applied. It is quite impossible for a woman to choose and fit the right type of cap for herself.

It is not sufficient to use a cap alone because there is no way of getting a seal so efficient that the minute and active spermatozoa cannot penetrate the small crevices between the edge of the cap and the vaginal wall. For this reason it is necessary to use a cream such as DURACREME containing a spermicidal

agent so that not only is the cervical canal protected from direct implantation by the spermatozoa, but any which evade the barrier are immobilised by the chemical.

All this may seem too complicated and specialised for the ordinary person. Actually once the right kind and size of cap has been prescribed by a medical consultant the technique of its use can be learned quite easily.

SUMMING UP Contraceptive methods are a means to an end, and the end in view is a happy family. Nothing in life can bring more joy than the arrival of desired babies.

The relationship between the husband and wife, and this necessarily involves any children they may already have, should not be marred by the constant fear of unplanned pregnancies. This fear is a threat to the security of the family emotionally, economically and physically, whereas properly, sexual relations should add to the fullness and richness of marriage.

DUREX Protectives immediately, effectively, safely and inexpensively relieve husband and wife of gnawing worry and uncertainty. DUREX Protectives are completely reliable. They are safe because no organic harm is possible and even their prolonged use cannot cause infertility.

From the woman's point of view, the value of her husband using the DUREX Protective is psychologically of the greatest importance.

Contraception on which she can rely implicitly is basically essential for her physical and psychological good health, and to this end the DUREX Protective is indicated. The DUREX Protective is rarely unacceptable to a woman. It is reliable, it is harmless, it eliminates anxiety. No preparation is needed on her part. She can relax completely during intercourse to obtain the satisfaction which is so essential in a well adjusted marriage.

The most widely used method of contraception is the Protective. From the man's point of view, the DUREX Protective is simple and convenient to use, and with employment of a

suitable lubricant such as DUROL there is practically no impairment of sensation.

Perhaps it should be mentioned here that young couples should make certain at the beginning of marriage that there are no personal factors in either that might indicate infertility. Furthermore, it should be remembered that fertility decreases slowly with age and it is therefore inadvisable to postpone having babies for too long.

Finally, it can be re-emphasised that all the products recommended in this booklet are of the finest quality, are very reliable, and are on the "Approved List" of the Family Planning Association. A copy of this list may be had from the Family Planning Association at 64, Sloane Street, London, S.W.1.

Note. In making retail purchases readers are invited to use the order forms at the back of this booklet. Further copies of this booklet are obtainable without charge from BCM/BTI, London, W.C.1 (this is the full postal address).

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