

Issued to the Medical Profession only.

V.

BIRTH CONTROL

FROM A

MEDICAL ASPECT

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EXTRACTS.

The Birth Control Congress in London has declared instruction in the hygiene of methods of contra-conception to be a professional duty of the physician.

"So long as men multiply they must become ruthless; when they cease to expand, they become civilised."—*Phyllis Clodd in "Edinburgh Review."*

"There could be no greater contribution to the morality of the world and to marital happiness than Birth Control."—*American Medical Association, 1924-25.*

"The only practical instrument by which energies can work is Birth Control."—*Havelock Ellis.*

"It is not a question of introducing among the poor an effort to prevent excessive child-bearing. Such efforts are made all the time now. It is a question of introducing safe and sane methods, and of spreading among them the knowledge that such a limitation of the number of children is possible without the risk of death or invalidism. It is a question of offering to the poor who need it most, the knowledge and the power which has long been the possession of those who need it least."—*Alice Hamilton, M.D., Harvard Medical School.*

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EVERYONE is familiar with the time-worn arguments advanced in support of a scientific regulation of the population. It seems superfluous, in this age of enlightenment, to point out the unfairness, the unreasonableness, both to the parents themselves and to their children, that the family should be larger than can with ease and comfort be properly fed and clothed and educated.

There is one point, however, that is frequently overlooked, viz. : that many women are physically unfitted for bearing children. This unfitness may be in the form of a malformation or an unsuspected heart weakness or a neurotic tendency, which pregnancy may exaggerate into a mania. Many such conditions are well known to, and thoroughly recognized by the medical

The Social Problem

The Medical Problem.

profession and it will at once occur to the thoughtful reader to enquire what line of action the medical man advises in a case of the kind. Artificial abortion is his last resort, and this he does his best to avoid.

And its
Solution.

He knows—as we all know—that to advise continence is to offer a “counsel of perfection,” and he has to fall back on some anti-conceptive measure. Here he has to remember that what he recommends must be SIMPLE, EFFICIENT, HARMLESS AND INEXPENSIVE. SIMPLE because the laborious douching or other methods may be carried out ninety-nine times and then neglected on the hundredth; EFFICIENT in that it may be employed with absolute confidence; HARMLESS as to its permanent effects on the health and on the system; and INEXPENSIVE on account of its frequent use.

Search for
the Ideal
Method.

The market is flooded with “anti-conceptive” agents, and the task of discrimination between the good and bad becomes exceedingly difficult. It may therefore be useful to enquire—

1. What medical men say of the agents commonly used.
2. If any particular agent is recommended by the medical profession.

As to the first point, an exhaustive article by Drs. Braun and Winterberg, published

in the Journal for Urinary Diseases may be quoted. The writers unhesitatingly condemn the rubber and other appliances used by men as frequently untrustworthy and often leading to nervous disorders and even impotency. No less strongly deprecated are (1) the appliances employed by women to prevent mechanically the entrance of the spermatozoa into the womb (including pessaries, sponges, tampons, etc.) and (2) agents, for the destruction of the spermatozoa, which are of a greasy nature or which harm the system, as for example quinine does.

The second point may best be introduced by the description given by the same writers of the “IDEAL ANTI-CONCEPTIVE.” This is an agent which—

Enunciation
of the Ideal
Method.

1. Allows natural intercourse.
2. Destroys immediately the spermatozoa.
3. Is absolutely harmless to health.
4. Dissolves readily in the female secretion.
5. Penetrates readily to the innermost recesses.

ALL THESE CONDITIONS THEY FIND FULFILLED
IN SPETON TABLETS.

A Speton tablet is employed three minutes before intercourse, being pushed as far in as possible with the index finger. It provides not only a safe, sure and simple means of preventing

And its
Fulfilment.

Medical
Criticism of
Faulty
Methods.

conception, but is actively antiseptic and deodorant, on account of the oxygen liberated from it.

The writers above-mentioned do not describe Speton Tablets as the "Ideal Anti-conceptive" from a mere academical knowledge of the constituents of the tablets, but from actual experience in their own practice. Dr. Braun, for instance, describes the case of a young married woman suffering from heart disease whose life depended on her avoidance of pregnancy. The regular use of Speton Tablets was advised, and all went well until, having exhausted her supply, impregnation ensued—with disastrous results.

This case illustrates both the undoubted efficacy of Speton Tablets and the necessity for their invariable employment. Among the other cases described by Dr. Braun may be mentioned that of a woman, 34 years of age, mother of four children, whose husband felt himself unable to provide for more. The tablets were prescribed, with the desired result.

It must not be supposed that the medical evidence of the value of Speton Tablets is supplied only by the writers quoted. In the scope of this booklet it is impossible to do justice to this side of the question, but one or two further medical publications may be mentioned.

Dr. Schweitzer described in the *Medical Advertiser* seven cases illustrating the consistent

success of the preparation in preventing pregnancy. They included cases of tuberculosis, malformation, displacement of the womb and heart disease. It is interesting that in one of these the previous use of a pessary had been insufficient to prevent conception.

In the Austrian Medical Gazette was published the experience of Dr. Kramer in somewhat similar cases—consumption, heart trouble, persistent anæmia and eclampsia. A feature of all these cases was the maintenance of health following on natural conditions being rendered possible.

Reprinted from the "Allgemeine Medizinische Zentralzeitung," 1927.

The Anti-conceptive and its Indication,

By Dr. George Luda, Schöneberg-Berlin.

It not infrequently happens that as a doctor one is confronted with the question whether a woman with tuberculous tendencies or suffering from severe heart trouble should be subjected to the danger of renewed pregnancy. There may be also economic reasons which might render a further increase of family undesirable. This reason, however, would always be combated by the State. Regarding this question, Dr. Lewin, in his latest work "Abortion by means of Poisons and other Expedients," published in 1925 by George Stilke, Berlin, makes the following statement:

An Illustrative Case.

Further Medical Evidence.

The prevention of conception cannot be placed side by side with abortion, because the male seed in itself possesses merely the character of one individual life, of which there are millions in the human body, such as the cells of the ciliated epithelium, or one of the white blood corpuscles, etc. No construction whatever can lead to the conclusion that the prevention of union of the generating semen with the ovum should cause ethical or other scruples. As generation cannot be compulsory, neither can the prevention of generation be censurable, whether effected in wedlock or otherwise. Moreover, there is no power in the world that has the right to look into the intimacy of such lives, nor to draw any conclusions from the childlessness or lack of children in marriage. To the third person it must be a matter of indifference whether such conditions have their origin in social or individual reasons.

As everybody knows, it is a criminal offence and punishable by law to procure and administer means to get rid of a child that is already conceived, but no law exists forbidding the application of preventive measures. However, abortions for social and economic reasons have increased to such an extent that it is the duty of every conscientious doctor to attack this evil at its root, and, if the economic circumstances of a family be threatened with ruin on account of an excessive

increase of family, to advise preventive measures rather than permit the life and health of the woman to be endangered by abortive measures which might destroy the happiness of the family. If a woman in the poorest conditions of life has twins in the first year of her marriage, and then has a child almost every year, one might well not urge her rest and peace after the sixth child, so that she may bring up her family in the proper way. We may remember the remark made by the famous surgeon of Heidelberg, Privy Councillor Czerny, in his will: "Bring no more children into the world than you can properly nourish and educate."

From the great variety of Anti-conceptives we would at once eliminate the so-called Pessaries as being ineffective and sometimes injurious to health. Incurable illnesses have frequently resulted from the application of pessaries introduced into the vagina by means of a hollow plug. (Tampon). Recently Bamberg described a case in which such a pessary composed of silk had slipped into the womb, fixed itself in the mucous membrane causing serious hæmorrhage, and the danger could only be removed by the extirpation of the womb. All this occurred five years after the use of such an instrument which had been carefully inserted by the doctor. The woman thought she had lost it and the doctor was of the same opinion.

The use of sponges and syringes cannot be recommended, as the Spermatozoa finds its way in spite of this measure, and even if syringing takes place after the coitus, impregnation may have already started. I have found it useful to introduce into the vagina solutions of disinfecting and germ-killing mucilage, as well as powders of various kinds, before the coitus. These have been certainly more effective than any of the afore-mentioned expedients.

If by reason of my experience of over ten years I recommend a preventive that is anti-conceptive, in such cases as are deemed necessary by a doctor, I do so because this preventive possesses not only the advantage of being simple in its application, but it has proved itself a most effectual and perfectly harmless measure. The SPETON-TABLET "TEMMLER," Berlin-Johannisthal, is composed of certain component parts, which, when dissolved in the vagina, produce oxygen and a strong germ-killing action. The application is easy and simple, in that the woman can insert the tablet herself, which must be done at least three minutes before the coitus. The tablet dissolves very quickly (three minutes) and a gas is developed which spreads equally over the whole upper part of the vaginal mucous and Portio Uteri, even if there is not a great quantity of mucous exudation. This solution penetrates all

the folds of the vagina and forms a protection to the womb, preventing the entry of the semen; at the same time the oxygen which has been released exercises its germ-killing property. Other infectious germs, such as streptococcus and staphylococcus, have been killed by this means, as was proved at an examination and test of the tablets held at the Pharmaceutical Institute of the University at Jena. These tablets represent, therefore, a certain protection against infectious germs often present in the vagina. No harm can ever be done by the application of SPETON TABLETS, even if used daily. They prevent conception if applied in the correct manner, and are perfectly harmless and safe. After ten years' experience of this preparation I have every reason to be satisfied with it, but I would emphasize again and again that good results depend upon the correct application of this anti-conceptive.

One feels that such evidence—only selected from the mass available—renders further comment superfluous. It must be obvious to the reader that Speton Tablets, being recommended by leading gynæcologists and obstetricians, and being prescribed and used personally by hundreds of physicians, occupy a unique position among anti-conceptive agents.

**Practical
Instruction.**

- (i) A tablet is inserted three minutes before intercourse.
- (ii) The " safety " period lasts for 50-60 minutes.
- (iii) Immediate douching should be avoided.

Packings.

" SPETON " is issued in original tubes only of 12 tablets.

" SPETON " is trade-marked and registered in all civilised countries.

Samples and Scientific Literature sent to members of the Medical Profession on request.

" SPETON " is obtainable through all first-class pharmacists.

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