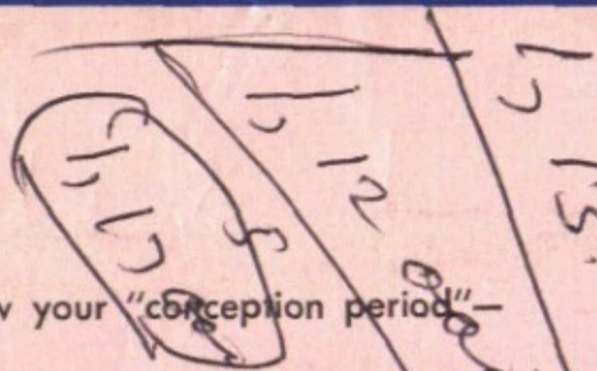


SAFE RHYTHM SLIDE RULE

T. M. PAT. No. 674274

D. PAT. P. No. 20959P

U. M. PAT. P. No. 63890P



1, 15

→ 1113

360-10
247

10-10
100-0
9.50-0

28
24

★ Know your "conception period"—

Woman cannot conceive at any time but can conceive only at a certain period which is relative with her menstruation. It is necessary to properly know one's conception period for those who wish to conceive and then for those who do not. This is very important from the point of birth control and also for maintaining the health of the mother.

According to the theory of Dr. Kyusaku Ogino, despite the difference in the period between the menstrual cycle, the conception period of a woman is 8 days beginning from the 19th day prior to the occurrence of one's next menstruation.

★ To properly apply the Ogino method—

Applying the theory of Dr. K. Ogino for controlling birth is called the Ogino method which is widely practiced. However, it is to be regretted that many cases of failure exists due to carelessness in practice of this method. As proper practice of the Ogino method can prevent failure, the following instructions should be closely followed:

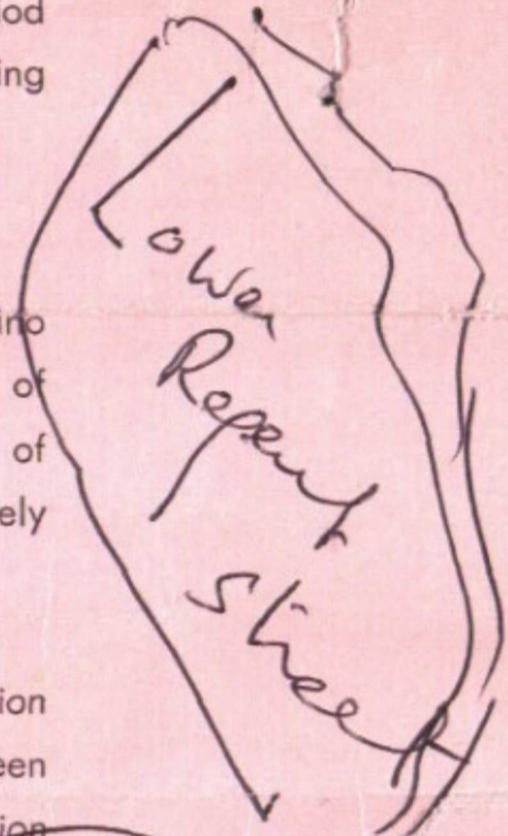
1. Avoid careless practice

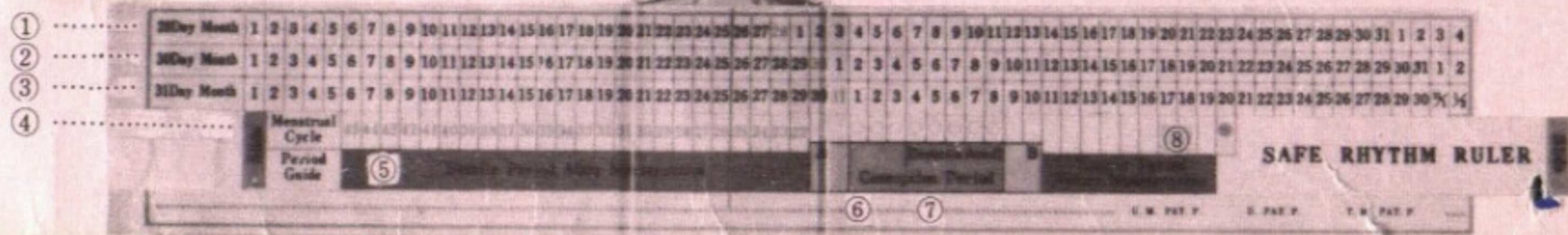
Carelessness such as believing a period of a week prior to and after menstruation is safe, taking precautions for approximately a period of 10 days between menstruation or computing with the preconceived idea that your menstruation period is a 28 day or 30 day type will bring about failure.

2. First of all, know your menstruation cycle

The menstrual cycle is not constant. The first step in calculating the Ogino method is to properly know the shortest and longest cycle of your menstruation for a period of at least 6 months.

After a recording of your menstruation is obtained over a period of 6 months, the correct answer is easily obtained by using the slide rule in accordance with the following instructions. It is not difficult at all if instructions are followed step by step.





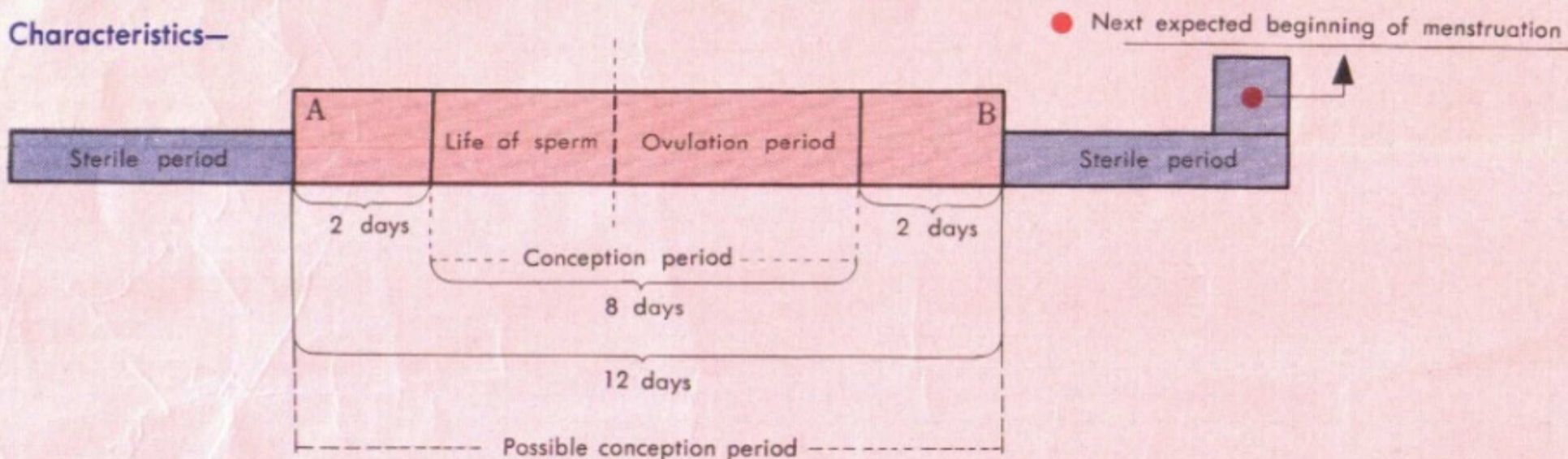
1. 28 Day Month (Feb.)
2. 30 Day Month (April. Jun. Sept. Nov.)
3. 31 Day Month (Jan. Mar. May Jul. Aug. Oct. Dec.)
4. Menstrual Cycle
5. Sterile Period After Menstruation
6. Conception Period
7. Ovulation Period
8. Sterile Period Before Menstruation

The "Safe Rhythm Slide Rule" has been manufactured for its simplicity and accuracy for calculating conception period based on the world famous theories of Dr. Ogino.

The "Slide Rule" is recommended by members of the Medical Association of Tokyo, Japan Midwives Association, Japan Nursing Association, authorized district doctors, ladies magazines, etc...

The "Safe Rhythm Slide Rule" is manufactured under the guidance of Dr. Hiroshi Ogino, Chief of Family Planning Section, Department of Public Health Demography, Institute of Public Health.

Characteristics—



On the above chart, possible conception period is given as being 12 days including 8 days for actual conception period by the Ogino theory and an additional 2 days before and after for possible irregularity in the cycle.

Instructions For Use—

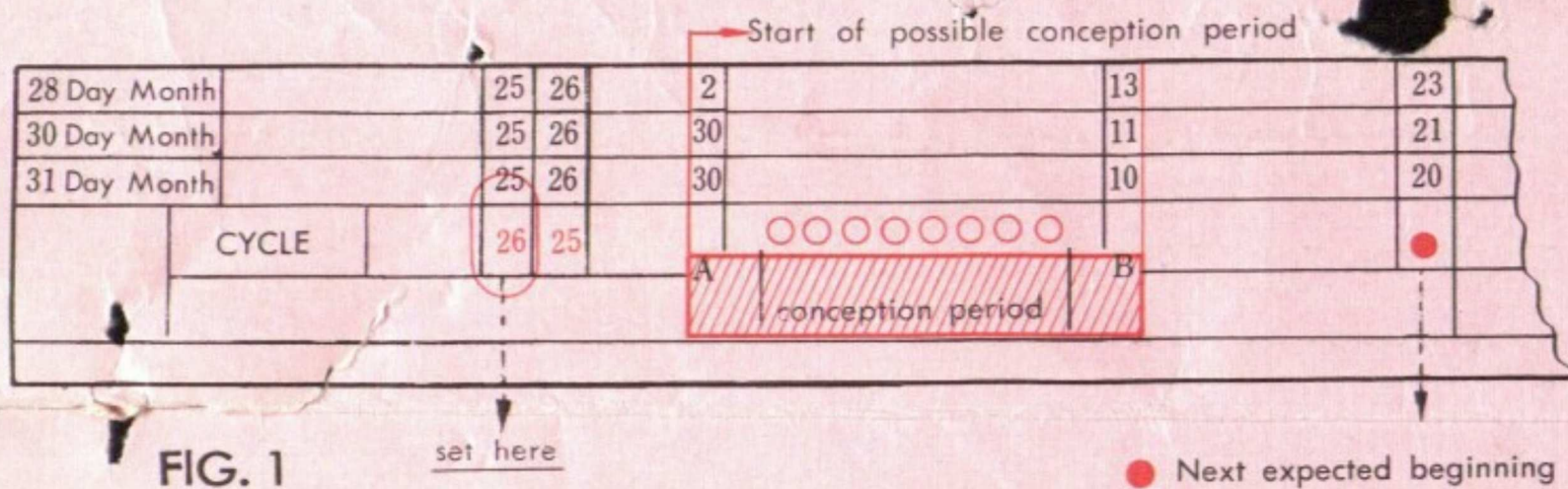
Menstrual cycles are not constant and irregularities of 4 to 5 days in a cycle are normal. Therefore check and calculate your longest and shortest cycle on the attached menstruation record card.

The graduation (22-45) on the center "slide" of this Slide Rule indicates the period of menstruation respectively. A and B of "pink" color areas shows the "Conception period" counting the irregularity of menstruation. The "red" dot shows the beginning date of the next menstruation period.

For Example 1:

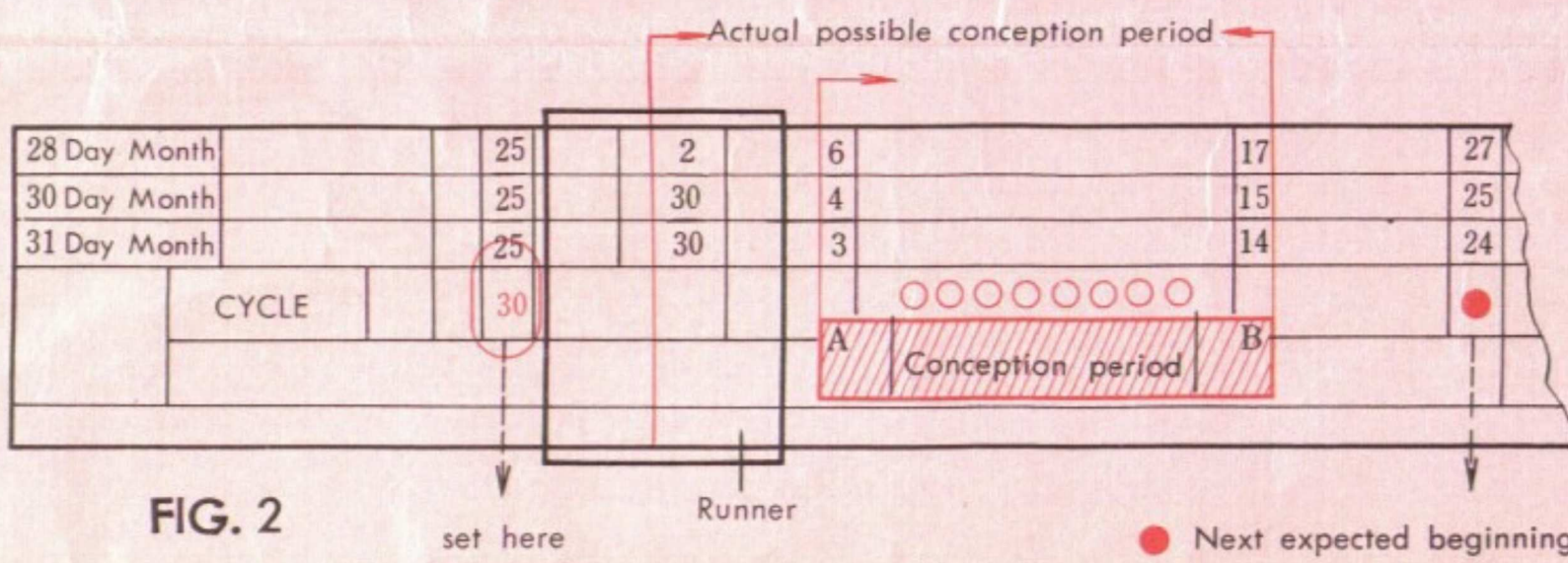
Assume that one has a "shortest" 26 day menstrual cycle and "longest" 30 day menstrual cycle and the menstrual period was supposed to begin on 25th of May.

- 1) Set number "26" ("shortest" menstrual cycle) on the "slide" to number "25" (beginning day of menstruation) on the third line of the "ruler", as the month of May has 31 days, as shown in Fig. 1.



*When shortest is 26 day cycle
 *Actual possible conception period is 30th May to 10th June (A) → (B)
 *Next expected beginning of menstruation is ● mark 20th June

- 2) Move the "runner", put the center "red" line of it upon A, that is 30th May, on the "slide".
- 3) The "red" dot on 20th of June shows beginning of your next expected menstruation period.
- 4) Leave the "runner" without moving, set number "30" ("longest menstrual cycle) on the "slide" to number "25" (beginning day of menstruation) on the third line of the "ruler", as shown in Fig. 2.



*When longest is 30 day cycle
 *Actual possible conception period is 3rd June to 14th June. (A) → (B)
 *Next expected beginning of menstruation is ● mark 24th June.

Now your "Conception Period" is between 30th May and 14th June (between the "runner's" "red" line and B in the "pink" color area.) The days, except this period (i.e. "light blue" color areas) are "Sterile Period" (non-conception period). The beginning day of the next menstruation period will be between the 20th and 24th of June.

For Example 2:

Shortest cycle 27 day
 Longest cycle 31 day
 Menstrual period 20th June

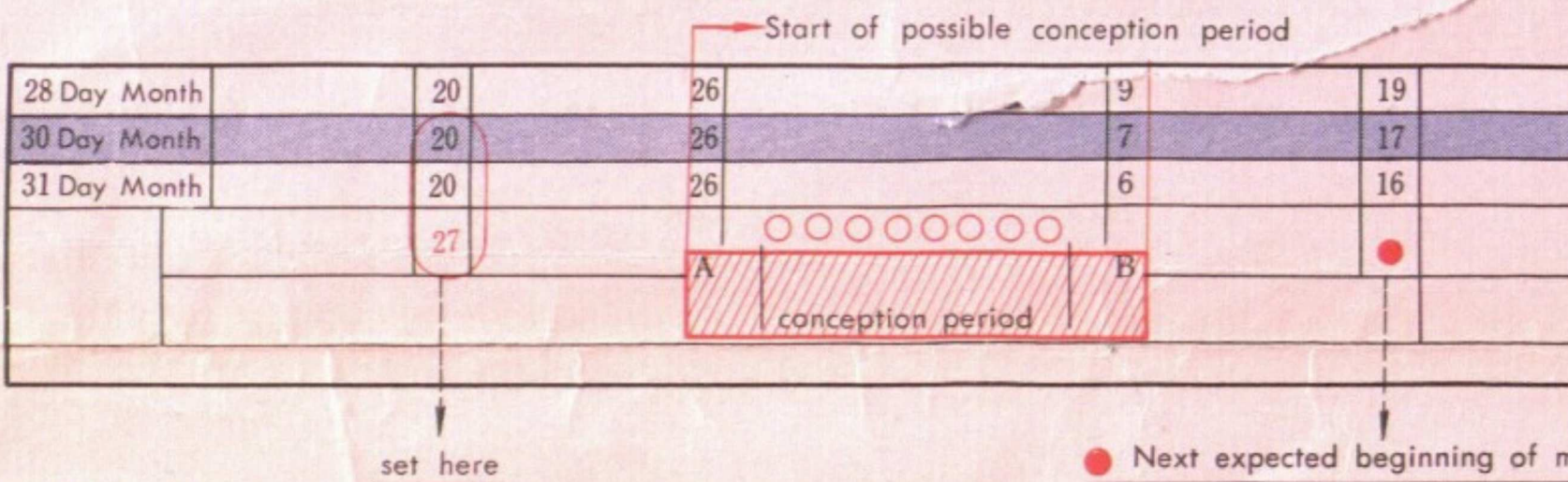


FIG. 3

Set number 27 on the slide to 20 on the second line (June is 30 days month) of the ruler, as shown in Fig. 3. Moving the "runner", set the center red line upon A,—that is 26th June, on the slide. The "red" dot on 17th July shows beginning of next expected menstruation period. Leave the "runner" without moving, set again number 31 on the "slide" to number 20 on the second line of the "ruler", as shown in Fig. 4. Now your "Conception Period" is between 26th June and 11th July. Your beginning day of the next menstruation period will fall between 17th and 21st of July.

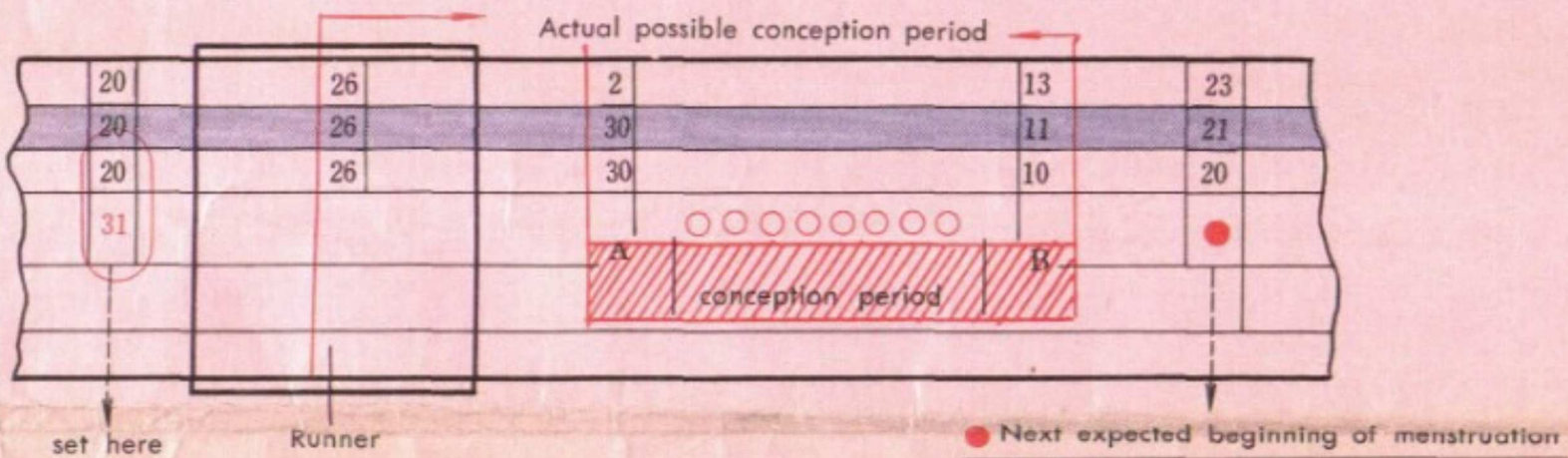


FIG. 4

Therefore

Menstrual period: 20th June
Cycle

Possible conception period

Next expected beginning menstruation

27 (Shortest)

26th June → 7th July

17th July

31 (Longest)

30th June → 11th July

21st July

Actual possible conception period: 26th June → 11th July

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