

# BIRTH CONTROL



*Plain Medical Information*

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**MEDICAL BUREAUS OF INFORMATION**

Chicago

Detroit



*To the health and happiness of all  
womankind, this treatise is  
respectfully dedicated.*

## A Doctor's Office

"Good morning. Dr. Stevens?" She addressed a distinguished-looking, grey-haired man.

"Yes, I'm Dr. Stevens. You are Mrs. Charles Smith?"

"Yes, Doctor; I have come to see if you can help me out of a very serious difficulty. I am disappointed in our own family physician. I have also called on two other doctors, neither of whom would give me any satisfaction."

"I will do the best I can for you, Mrs. Smith. What is your trouble?"

This kind-faced, elderly physician, who bore the highest medical reputation in his community, sensed something unusual in this case. The woman was young, attractive, apparently in robust health; but there were lines of worry becoming inlaid in her face.

She was fumbling with her purse and seemed hesitant to speak. Suddenly she looked up. Her voice was low with controlled emotion.

"My husband and I love each other dearly," she said. "We have three darling children we adore, but my doctor tells me it will kill me if I have another one. I have already had three Caesarean

operations. After the second baby, my doctor told me I must not have another one—but he did not tell me what to do. With the last baby I was three months pregnant before we realized it. My doctor said there was nothing he could do, that I would have to take my chance on the third Caesarean.

“I am afraid every time my husband looks at me. I love him dearly and want him just as much as he wants me. We honestly have not slept together, Doctor, since our last baby was born nearly six months ago. He is beginning to act peculiar. It seems at times as though he were a stranger.

“Oh Doctor, isn’t there something we can do? Why do I hear so much about birth control, and yet no one really seems to know anything about it?”

Her voice was rising with a ring of hysteria. The pleading expression on her face was mingled with a look of fear.

In contrast, the doctor’s tone was soothing. “What method of contraception have you and your husband been using, Mrs. Smith?”

“Oh, we have tried nearly everything. When I was married, a friend told me to use a suppository, but I was pregnant within three months. What a joke they are! I had a good position and planned on working until we paid for our new furniture. We also wanted to buy a car. But we didn’t mind. I



didn't know then the trouble I was going to have.

"Another friend told me she had been protected by using a douche very quickly each time. Other friends said that that was not reliable.

"My husband tried condoms, but he hates them, and so do I. That's the way both of our last babies happened. That method certainly has not much value."

The physician shook his head. "No, they are much less reliable than the public believes. More than a quarter of the couples using that method have had failures with them."

"One of my husband's friends told him to withdraw, you know what I mean, Doctor. But two



other friends warned him that that would not protect me, as one of them had had two babies while using that method. We tried it a few times, but gracious, we would rather stay apart."

"'Coitus interruptus', as that is called, is an old method that has been widely used," commented Dr. Stevens. "But as you say, it is generally unsatisfactory to both husband and wife, and many failures result. Worse than that, it is usually quite harmful. The wife often suffers from pelvic congestion. The man who uses that method over a period of time always develops very dangerous and painful prostatic trouble, frequently necessitating a mutilating operation."

"Doctor, is that little contrivance called a 'gold button', or 'wishbone' as dangerous as some people say?" inquired the doctor's visitor.

"Yes, they are always harmful and dangerous. I would not advise you to try that method. When an intra-uterine stem is placed in the uterus, the womb you know, it causes an irritation. If left there long enough, the trouble will become chronic and make an operation necessary. I have performed a hysterectomy several times on their account."

"What do you mean by that, Doctor?"

"That means the removal of the entire womb, a serious major operation."



"Would you advise sterilization for me? One of the doctors advised me to let him do that."

The doctor paused. The criticism of another physician's acts or recommendations involved a point of professional ethics.

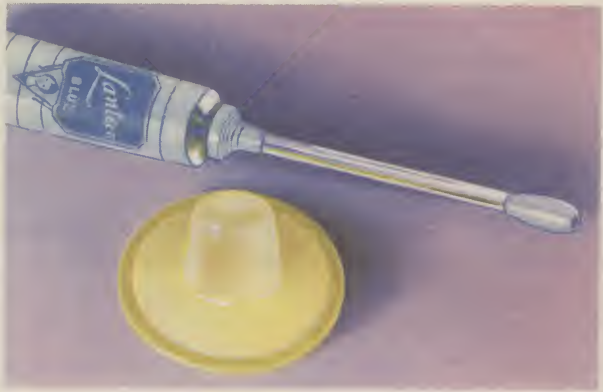
"It is considered good medical practice to tie off the Fallopian tubes on the occasion of a second Caesarean. A few years ago I would also have recommended that you have that operation performed. Since then, the technic of contraception has vastly improved. There is a simpler method for you to follow."

"Oh Doctor, will you tell me about it?" she exclaimed, her face glowing with eagerness.

"Yes, you are certainly entitled to contraceptive protection, Mrs. Smith. I will give you a prescription that I have found is entirely reliable." He picked up a pad and wrote a few words.

"This is called the Cap Diaphragm and Jelly method. It is the latest method known in contraception and excellent results are obtained with it.

"The Cap Diaphragm is a little, soft rubber device, that you simply fold together between your fingers and gently insert into the vagina. It goes into proper place by itself, and completely surrounds the cervix or mouth of the womb, thus preventing the male sperms from entering. The



antiseptic jelly, used with the diaphragm as a double protection, will quickly destroy all the sperms. You will find a set of simple directions for use, plainly illustrated, in the package.

“The diaphragm may be inserted at any convenient time, or immediately before the marriage relation, as you prefer. Afterwards, you do not need to arise, but can relax into the sound and healthy slumber that should follow the marriage relation. Remove the diaphragm the next morning, by simply hooking it out with your finger tip. The diaphragm can be used any time you wish during your entire month. It will securely maintain its

proper place, and any position used during coitus will not affect it.

“Remember that you should always put about one-half teaspoonful of antiseptic jelly inside the cup part of the diaphragm before inserting it.”

“I have heard of a jelly preparation,” Mrs. Smith remarked.

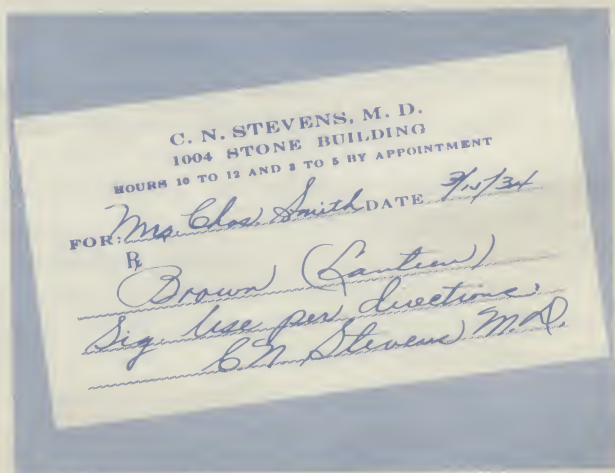
“Don’t misunderstand me, Mrs. Smith. Using the jelly *alone* is far from reliable. You must use the two together to secure full protection. The diaphragm forms a secure barrier over the mouth of the womb so that the sperms cannot enter into the uterus. The jelly is used as a double protection, to destroy the sperms immediately after they are deposited by the husband. You should never omit using the jelly with the diaphragm; and of course, you should never have any exposure without using this method. If you follow these directions, you can have reliable protection for the balance of your life. You will find that this method has another advantage, in making the marriage relation entirely natural. It causes no interference between you and your husband. Neither of you will feel it, or be conscious of its presence.”

“I’m so glad, Doctor. You have lifted a great burden from my mind.”

The physician handed her the prescription, and

with a fatherly smile remarked, "You have had more than enough trouble already, Mrs. Smith. I am glad to have been able to help you."

Mrs. Smith hurried at once to her druggist.





## A Drug Store

"Mr. Jackson, can you fill this prescription for me?" she inquired eagerly.

The druggist studied briefly the slip of paper she handed him.

"Yes, Mrs. Smith, I certainly can."

"Do you have many of these prescriptions?" Mrs. Smith inquired.

"Indeed we do. This is a very popular prescription with doctors now. It is a new invention, and the growth of its popularity has been remarkable.

“This combination of Diaphragm and Jelly places in the woman’s own hands a method which she uses herself, making it unnecessary for her to put dependence for her own protection upon anyone else. My doctors tell me that this method is the most reliable known to medical science.”

“I have a number of friends I am going to tell about this prescription of Dr. Stevens,” said Mrs. Smith. “They need this protection as much as I do and will welcome the news. Thanks, Mr. Jackson.”

Life took on a new aspect for Mr. and Mrs. Charles Smith. It seemed as if they had entered a new world full of happiness, love and peace, and freedom from that old, constantly recurring worry.

Every day such scenes are transpiring in many different places. This new method of scientific contraception has brought improved health and dependable protection to multitudes of women whose health requires this safeguard.





**DIRECTIONS FOR USE OF  
DIAPHRAGM and JELLY METHOD  
(LANTEEN BROWN)**

- First.** Place the jelly inside the dome of the Cap Diaphragm.
- Second.** Insert Diaphragm, as illustrated on following pages, and make test of placement. Do this always before exposure.
- Third.** Inject a small amount of jelly in the vagina after placing the Diaphragm; if preferred, this injection may be made after the marriage relation.
- Detailed and illustrated directions follow.



**Placing Jelly Inside Diaphragm.** Screw applicator to tube of jelly, slip key on bottom of tube and turn until applicator is filled. Then eject jelly



inside of diaphragm, using not more than one inch of jelly as it comes from applicator. A little of this can be rubbed over **outside** of diaphragm to facilitate its entrance.



Figure 2



Figure 3

**Holding Diaphragm.** First hold diaphragm as illustrated in Figure 2. Then compress opposite sides of rim together, by pressure between thumb and second finger, folding rim upwards. Allow index finger to remain between folded sides of rim as shown in Figure 3. It is now ready for insertion. Insertion may be made in a standing or in a half-reclining position, or a sitting posture, as preferred.

## INSERTION OF DIAPHRAGM



**Inserting Diaphragm (also showing diaphragm in position).** With the fingers of the right hand part the outer and inner lips and locate the opening of the vagina; then introduce the entering edge of the diaphragm and gently push it inward.

The right hand can now be used on the outside edge of diaphragm to help guide it inward. Continue pushing it inward and downward as far as it will go. The diaphragm should then assume its proper position over and around the cervix (end of the womb projecting into the vagina), thus completely covering the mouth of the womb.

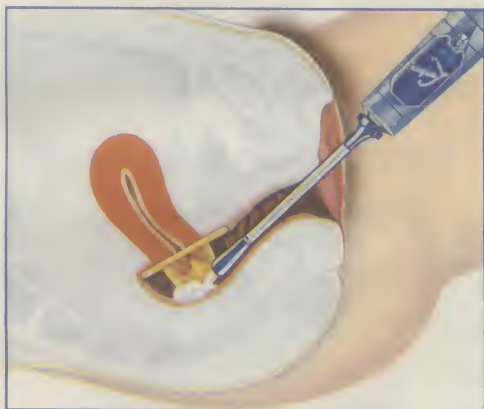


**Testing for Placement.** After diaphragm has been placed in the inner-most position, then re-insert the index and second fingers, passing them inward and downward underneath diaphragm as far as the fingers will reach. There the finger tips should be able to feel the firm knob of the cervix **through the rubber.** This test insures correct position.

The bottom of the dome will probably be found wrinkled from the suction inside, which was created during the placement of the diaphragm, but the firm knob of the cervix will be felt in the upper part of the dome.

**Always make test of placement after final insertion and you will then be assured of positive dependability.**

## ALWAYS USE ANTISEPTIC JELLY



A small injection of the antiseptic jelly should then be placed in the vaginal tract, outside the diaphragm, to insure quick destruction of all germs that may enter the vagina. Insert the nozzle about three inches, then roll the key on the tube not more than one quarter turn, or the distance between the lines on the tube.

If this should afford over-lubrication during the marriage relation for some individuals, then this vaginal injection of jelly may be postponed until after completion of the relation. **But always make an injection of the antiseptic jelly, either before or after the relation.**

A douche is not necessary, but if desired, delay at least fifteen to thirty minutes to give the antiseptic jelly ample time to destroy all germ life. The

usual practice is to delay the douche until the following morning.

If any undesirable drainage of the secretions is experienced after the marriage relation, this may be absorbed by a cloth or napkin.

## REMOVAL OF DIAPHRAGM



Do not remove diaphragm until thirty minutes or more after the marriage relation; most wives prefer to wait until the following morning. It is easily removed by inserting the index finger along the vaginal ceiling, passing the finger tip above the diaphragm rim; a slight downward pressure will release the vacuum, when the diaphragm can be easily withdrawn.

If a douche is desired for cleanliness, use before removal of diaphragm, or partly before and partly after removal. Do not use any strong caustic or alkaline solution in the douche water, as many douche solutions cause irritation of the delicate tissues. And such strong solutions will also deteriorate the fine rubber of the diaphragm.

Lanteen Yellow is recommended for its soothing effect on the delicate membranes; it leaves a pleasant feeling of comfort and cleanliness. It is probably the most highly regarded by American women of all douche preparations. Highly economical to use, and maintains the maximum life of the rubber diaphragm. This formula is available in two forms, as Lanteen Yellow Solution and as Lanteen Yellow Powder.

After removal, the diaphragm should be washed in plain water, without soap; the antiseptic jelly provides complete sterilization, and acts as soap for cleansing, while maintaining the strength and velvety softness of the rubber.

Remember:—

### **ONLY THREE THINGS TO DO TO SECURE POSITIVE PROTECTION**

- A. Always place the diaphragm **before** exposure.
- B. After each insertion of the diaphragm make the test for proper placement, as illustrated in directions.
- C. Always use the antiseptic jelly with the diaphragm; this gives the double protection that insures positive reliability.





# THE DOCTOR'S *for Birth*

THE combination diaphragm and jelly method is now the standard prescription that is given by doctors and Birth Control Clinics throughout the world. The Cap Diaphragm, illustrated on this page, is the latest and improved diaphragm design.

*Its one size fits all normal anatomies. It is easy to use, self-locating by simply folding rim together and inserting.*

## **LANTEEN (Brown) CAP DIAPHRAGM and JELLY SET**

provides a complete outfit; including a free tube of LANTEEN (Blue) JELLY, which should always be used with the diaphragm; also applicator, and plain, illustrated directions for its easy use.

Complete . . . . . **\$3.00**

For later jelly requirements, use the LANTEEN JELLY RE-FILL costing only about 7c per application.

This Cap Diaphragm is made of the strongest rubber, impossible to break, yet velvety soft and will last from six months to three years, being a very economical method. It is unfelt by either the husband or the wife, thus making the marriage relation entirely natural.

Used in combination with LANTEEN (Blue) JELLY, the Cap Diaphragm offers reliable and positive protection to the wife whose health requires this safeguard.



# PRESCRIPTION

## *Control*

**LANTEEN (Blue) JELLY** is proved, by laboratory tests, to be from 3 to 15 times higher in antiseptic value than other similar preparations. This jelly is the formula approved by physicians and is the preparation that is most widely used by married women.

For your convenience, this preparation is furnished in two sizes; each size furnished with, and without, applicator. Every tube is marked with dosage lines, to accurately measure each application.

### **PURCHASE LANTEEN FROM YOUR DRUGGIST OR PHYSICIAN**

Lanteen are ethical products, widely available through the drug or medical professions, but are not distributed through any other channels.

Should your favorite drug store or family physician not have the particular item you want, they can quickly secure it from their wholesaler.

All drug stores will gladly deliver your telephone orders for Lanteen.

**LANTEEN (Blue) JELLY**  
(Complete with applicator)

**Medium Size,**  
10 applications. Each \$1.00

**Large Size,**  
20 applications. Each 1.75

### **LANTEEN JELLY REFILL**

(Same jelly without applicator)

**Medium Size,**  
10 applications. Each \$ .85

**Large Size,**  
20 applications. Each 1.50

A jelly applicator may be removed from an emptied tube and used on any new tube of Lanteen Jelly. You save money by purchasing Lanteen Jelly REFILL after an initial purchase of Lanteen (Blue) Jelly, or Lanteen (Brown) or Lanteen (Lilac) Diaphragm and Jelly Sets.



# MENSINGA TYPE DIAPHRAGMS

Require Initial Fitting  
by a Physician

**LANTEEN (Lilac) Mensinga Type DIAPHRAGM and JELLY SET** is the original design of diaphragm, furnished in the full range of sizes from 50mm. to 95mm., to accurately fill any prescription given by a physician. Or it may be used for replacement of any diaphragm previously fitted, by purchasing a like size or matching outside rim diameter of old diaphragm.

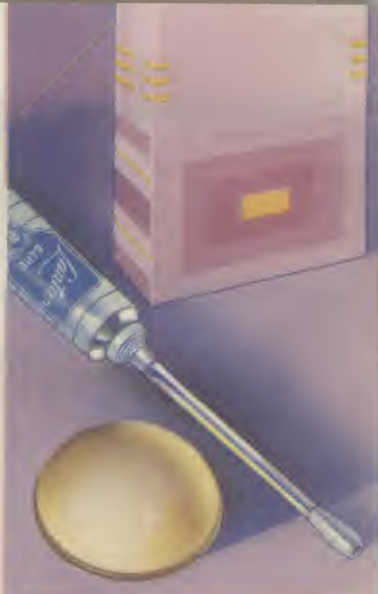
Specify size when purchasing.

## CLEANSING ANTISEPTIC FOR THE DOUCHE

**LANTEEN (Yellow)** is furnished in two forms, powder and solution, for your convenience. Neither preparation is a contraceptive. Both make a delightful solution for a cleansing douche, beneficial to delicate feminine tissues, leaving a soothing feeling of immaculate cleanliness.

**LANTEEN (Yellow) SOLUTION**, Large, sufficient for 40 applications in a two-quart syringe. Per bottle . . . **\$1.00**

**LANTEEN (Yellow) POWDER** provides this delightful formula in a compact, convenient package. . . . . **\$ .50**



## **LANTEEN (Lilac) Mensinga Type DIAPHRAGM and JELLY SET**

is packaged one size diaphragm to a box, complete with free tube of **LANTEEN (Blue) JELLY** and applicator, and plain, illustrated directions for use.

Complete . . . . . **\$3.00**

# THE DIAPHRAGM METHOD IS PROVED SUPERIOR

# 99.6% DEPENDABLE



The Diaphragm and Jelly Method has been proven so completely reliable with the vast majority of couples using it that it is now the standard prescription given by every Birth Control Clinic in the United States.

This chart also shows the percentage of couples who received protection from other birth control methods. It was compiled from the case histories of more than 12,000 women, revealing the history of 17,520 pregnancies, of which 12,089 had been undesired, and occurring through the failure of the birth control method used.

## CONDOMS 73% DEPENDABLE



Their delicate tissue thinness offers always the liability of breakage. Their "dead" feeling is usually highly dissatisfactory to sensitive persons.

## CERVICAL PESSARY 61% DEPENDABLE



A crude imitation of the diaphragm method. Difficult to place and easily dislodged.

## VAGINAL JELLY 56% DEPENDABLE



A jelly alone can never be dependable, regardless of its antiseptic qualities, as it does not provide a positive barrier over mouth of womb.

## "COITUS INTERRUPTUS" 53% DEPENDABLE



A dangerous menace to the physical health of those who use this method. Pelvic congestion and prostate trouble usually result from continued practice of this method.

## DOUCHE 32% DEPENDABLE



Any douche solution, regardless of its germicidal efficacy, merits no consideration whatsoever because it occurs after impregnation may have taken place. Solutions of great germicidal strength are harmful to the delicate vaginal membranes.

## SAFE PERIOD 27% DEPENDABLE



The theory that there is a definite period in the monthly cycle of every woman when she is, for a few days, completely barren because of absence of ovum, is contradicted by the record of failures showing that these periods are totally unsafe if no other protection is used.

## SUPPOSITORIES 18% DEPENDABLE



One of the poorest attempts at contraception and now an almost totally discarded method, popularized only by sordid commercialism. The melted oil provides no barrier whatever over the opening into the uterus.



## LANTEEN (Blue) JELLY

*Tests Eight Times Higher in Antiseptic Strength*

Users of drug preparations have a right to ask about the medicinal properties of the products they buy; and they have the right to expect an honest answer.

Dr. C. C. Fowler, Directing Head of the Fowler Laboratories, Chicago, tested the eight better known Feminine Hygiene Jellies to determine their antiseptic value, using the standard Reddish method. This accurate test proved Lanteen (Blue) Jelly to be **eight times higher** in antiseptic value than the combined average of the other similar Jellies.

Exact duplicate copy of Dr. Fowler's report is available on request.

*Lanteen*

**MEDICAL LABORATORIES, Inc.**

Chicago

New York San Francisco Detroit Toronto



the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 13.5 million, and the number of people aged 75 and over has increased from 4.5 million to 6.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people, and the UK Government has set out a strategy for the 21st century (Department of Health 2001). The strategy is based on the following principles: (1) to improve the health and well-being of older people; (2) to improve the quality of life of older people; (3) to improve the support and care available to older people; and (4) to improve the way in which services are provided to older people.

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