

thought these problems were more common than usually believed and pointed out that they should be looked for and warned that the symptoms could be incapacitating and symptomatically severe. I also stated "it is not considered reasonable that there be any mortality or morbidity in a pill used purely for contraception purposes. Medical research has got to offer something better than this. Physicians will probably look back on the contraceptive pill era of the past 5 years with some embarrassment." Since writing this article, I believe I have seen at least 200 of such types of problems and every week brings one to several more to me, and I have had no reason to change or moderate my attitude toward the birth control pill.

These are adverse effects that are happening to women, that have happened, that do happen. They are not just future risks or maybe's.

One of the first of the type of patient that I have written about was seen initially on February 13, 1965. This was a 24-year-old married school teacher who complained of headaches of severe throbbing nature accompanied by nausea, vomiting, and visual disturbances. She also complained of depression and tension and difficulty with adjustment to her marriage. All of these symptoms had been present for some 3 years, i.e., the years that she had been married and been on birth control pills. This girl was advised to discontinue her birth control medication and given advice concerning a different contraceptive technique. She did these things and was seen a few months later. She stated that the depression, tension, and migrainetype headaches seemed to abate promptly when the birth control pill was stopped. She added that she had formerly felt that perhaps she had made a mistake in her marriage and married the wrong man, or that perhaps marriage was not for her, and now she was so happy. The marriage was wonderful and she had no idea that married life could be this wonderful. I have seen such newlywed problems on many occasions since and consider this one of the unkindest prescriptions of all. These unhappily newly married women do not know if it is the wrong man, the wrong town, the wrong job, the wrong year, the wrong apartment, or yet something else, when it is really many times the wrong pill.

One of the last cases of this syndrome of unhappy womanhood I have seen came into my office 2 weeks ago. This was a 25-year-old housewife with one child, aged 4. She had been married 6 years and had either been pregnant or on birth control pills all but 2 months of her married life. She complained of being increasingly depressed for several years and she stated that she had never been depressed prior to her marriage, and apparently was inclined to blame her mood on this state—that is, the state called marriage.

Her husband stated that he did not know her to be depressed prior to their marriage, but it had been increasingly a problem ever since. She complained of being tired, tense, complained of the gaining of some 40 pounds during the recent years and also complained of increasingly severe incapacitating headaches accompanied by vomiting. She also stated that she had been losing sexual desire during the past many months and in fact had been increasingly unable to achieve a climax during intercourse. Her blood pressure was found to be as high as 212/142 mm. of mercury. This compares