

worthless for birth control. When better methods are not available suppositories are recommended, since they do give some protection. (See p. 8 for a list of such products.)

The Safe Period Rhythm

It is advisable to consult a doctor familiar with the difficulties of this method if rhythm must be used. This method is based on the fact that a woman can become pregnant only during that part of her menstrual cycle when the egg is released from the ovary—around ovulation time. It is hard and time-consuming to determine the ovulation time each month for a particular woman. Only a very few women are regular every month. A menstrual record must be kept for from eight to 12 months. An exact record of her body temperature, taken each morning before rising, is also usually needed. A series of these carefully kept monthly charts shows a slight rise in temperature after ovulation and helps forecast when a woman will release an egg (ovulate). Also, because the time of ovulation is hard to learn in the menstrual cycle, several days must be added before and after and counted as part of the unsafe period when you cannot be sure you can have sex relations without becoming pregnant. *The fertile or unsafe period may last from 7-21 days. If a woman's period is irregular, her safe and unsafe days will also be irregular.*

For many women, the rhythm method may not be reliable, because they have trouble calculating the time of ovulation. A doctor can help you calculate your safe and unsafe period more effectively. Some women combine the safe period method with other family planning methods. They use contraceptives only during their fertile days. *For a pamphlet on the safe period, send 25¢ to Planned Parenthood-World Population, 515 Madison Avenue, New York, N. Y. 10022.*

Withdrawal Coitus Interruptus

Coitus interruptus, or "taking care," refers to the withdrawal of the male organ (penis) before the man "comes," so that sperm are not deposited in or near the birth canal. No drug or chemical is needed for withdrawal. This method is not completely reliable. Failures may occur because of poor control, carelessness or because sperm are sometimes released before the man's climax. Besides, worry that withdrawal will not take place in time may lessen the enjoyment of sex relations. Some couples find this method acceptable for regular use. For others it is useful when no other method is available.

Birth Control Methods Not Recommended

Sometimes women will use products or methods they think are useful for birth control but which are not.

Douches

The vaginal douche, taken after sex relations is one of