

the *least effective* methods. It consists of washing out the birth canal with a solution of one kind or another in the hope of removing the sperm. The sperm enter the womb seconds after the man "comes," and cannot be washed out with a douche, even if taken immediately. This is not a reliable birth control method.

Feminine Hygiene Products

Many products are sold as aids to "feminine hygiene." In some cases, these widely advertised products hint at "birth control powers" in order to fool buyers. Many women buy these products in the mistaken belief that they will prevent pregnancy. *These are not useful for birth-control.*

The Truth about Birth Control

The methods listed in this booklet are the major birth control means known to medicine today. Any of those recommended in this booklet will give some protection from unwanted pregnancy. They must, however, be used regularly, according to the doctor's instructions and the directions provided. Remember, even the least effective method is better than no method. Other facts to be remembered about birth control are these:

Modern methods of birth control do not interfere with sexual enjoyment. Because they remove the fear of unwanted pregnancy, they often make married life happier.

The use of birth control in helping couples to plan their families is supported by nearly all Protestant and Jewish denominations. The Roman Catholic Church approves of birth control by the rhythm method.

Birth control does not interfere with life that has already started in the womb. It keeps pregnancy from starting.

Sterilization

Sterilization is a method of birth control involving an operation on either the husband or wife. Once done, it makes the man or woman unable to have children. Sterilization of the man (vasectomy) is relatively simple and may be done in minutes in the doctor's office. Complete recovery from the operation takes only a few days and the man experiences no change in his virility, his sex desire or in his sexual performance. Sterilization of the man involves tying off the tubes through which the sperm travels.

Sterilization for the woman involves an operation in a hospital. It is often performed just after childbirth. For this reason, if the operation is to take place, it should be planned several months before the baby is born. Sterilization does not involve the removal of any sex gland and it does not change the woman's sexual desire or femininity in any way. Sterilization of the woman involves tying off the tubes through which the egg travels.

Additional information on sterilization may be obtained from any Planned Parenthood Center, from hospitals, private doctors or from the Association for Voluntary Sterilization, Inc., 14 West 40th Street, New York, N.Y. 10018.