

**THE PRINCIPLES OF
CONTRACEPTION**

THE PRINCIPLES OF CONTRACEPTION

A HANDBOOK FOR GENERAL
PRACTITIONERS

by

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FOREWORD

THERE IS AT PRESENT no perfect method of contraception; the subject possesses difficulties, both of physiology and individual peculiarity.

Most authorities agree on the major issues as to what methods are advisable or inadvisable. Yet their small practical details vary so much that elaboration here would be merely confusing.

Having considerable experience of contraceptive work, both in birth control clinics and in general practice, I propose, where authorities differ, to offer my own technique, believing it to be fairly representative.

The first part of this book is a survey of popular methods for the guidance of general practitioners. The second part will be of use to those who intend making a particular study of contraceptive work.

I have deliberately omitted or dealt briefly

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with such matters as the chemistry of contraceptives, which have a more appropriate place in scientific papers and laboratory manuals. Nor have I dealt at any length with contraceptive methods which are still under investigation, such as the use of spermatoxins, X-rays, etc. This is strictly a clinical manual, a work on methods that have proved useful in general practice, and that any practitioner can learn easily, and can equally easily teach to patients.

Readers who wish to study the aspects of contraception which I have omitted have several excellent authorities to which they can refer : for a wide survey of the subject, *Control of Conception*, Dickinson and Bryant (Baillière, Tindall & Cox), and *Parenthood : Design or Accident*, Michael Fielding (Williams & Norgate); for practical detail, *The Reports of the International Medical Group for the Investigation of Contraception*; and for theoretical detail, the papers of Dr. John Baker, published in the *Journal of Hygiene*, and *Chemistry and Physics of Contraception*, C. I. B. Voge (Cape).

Since the British Pharmacopœia contains no spermicidal substances as such, reference must

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be limited to proprietary preparations. The most satisfactory of these will be mentioned in the appendix, with prices and address of maker. In all probability these preparations will be superseded, and a more up-to-date list can be obtained by application to the National Birth Control Association, 26 Eccleston Street, S.W.1.

JOAN MALLESON.

London, N.W.1.

APPENDIX

THE BIRTH CONTROL MOVEMENT, SOCIETIES AND CLINICS

THE FOLLOWING are the birth control organisations in this country :

1. **THE NATIONAL BIRTH CONTROL ASSOCIATION**, 26 Eccleston Street, S.W.1, with which is incorporated the Birth Control Investigation Committee. Lord Horder, K.C.V.O., M.D., F.R.C.P., is President of the Association, and Lady Denman, D.B.E., Chairman of the Executive Committee ; Sir Humphry Rolleston, Bart., G.C.V.O., K.C.B., M.D., F.R.C.P., is Chairman, and Dr. C. P. Blacker, M.D., M.R.C.P., Secretary of the Birth Control Investigation Committee.
2. **THE SOCIETY FOR CONSTRUCTIVE BIRTH CONTROL**, 108 Whitfield Street, W.1, of which Dr. Marie Stopes, D.Sc., is President.
3. **THE SOCIETY FOR THE PROVISION OF BIRTH CONTROL CLINICS**, 153a East Street, Walworth, S.E.17, of which Lord Gerald Wellesley is Chairman, and Mrs. Evelyn Fuller, Secretary. The Society is represented on the governing body of the National Birth Control Association.
4. **THE BIRTH CONTROL INTERNATIONAL INFORMATION CENTRE**, Parliament Mansions, Orchard Street, S.W.1, of which Mrs. Margaret Sanger is President, and Mrs. Edith How-Martyn, M.Sc., is the Honorary Director. The Centre is represented on the governing body of the National Birth Control Association.

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The first birth control clinic in this country was opened in 1921 by Dr. Marie Stopes. Three clinics are now working under her direction ; they give advice free of charge to married women, and two of them are open all day (see list). Women attending these clinics are ordinarily seen and instructed by a certified midwife, who can refer patients to a doctor if she thinks fit. Courses of tuition and demonstrations are arranged, particulars of which may be obtained from the Society for Constructive Birth Control, 108 Whitfield Street, W.1.

There are now over forty other voluntary clinics in England and Scotland. Some of them are run by local branches of the National Birth Control Association, and all are affiliated to the Society for the Provision of Birth Control Clinics. At all of these clinics the patient is seen by a doctor. Any married woman is eligible for advice, a nominal charge of 1s. being made if she is able to pay. Contraceptive appliances are sold at very low rates, or are given free in necessitous cases.

All such clinics are maintained by voluntary support. Many people who can themselves afford to pay for contraception desire to help others to obtain this benefit. There are still classes of society where this knowledge is utterly inaccessible.

At two of the largest clinics, lectures and courses of practical tuition are held for post-graduates, undergraduates and nurses. Particulars of these may be obtained from the Secretaries at the Walworth Women's Welfare Centre, 153a East Street, S.E. 17, and at the North Kensington Women's Welfare Centre, 12 Telford Road, W.10.

Two of the London clinics have gynæcological sessions, to which patients who are unable to be treated by their own medical practitioners may be referred (see list). Minor disorders, such as cervicitis or prolapse, are treated here, with much less delay than at the hospital

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out-patient department. These gynæcological sessions are of great benefit to busy working-class mothers, but at present lack of funds is limiting their proper development.

Within the terms of three circulars issued by the Ministry of Health (Memo. 153/M.C.W. of 1930 ; Circular 1208 of 1931 ; and Circular 1408 of 1934) it is permissible for Local Authorities to provide advice on contraception for married women to whom pregnancy would be detrimental to health. What is or is not detrimental to health is a matter for the Medical Officer in charge of the clinic to decide.

Whether contraceptive advice is available in any particular area, and upon what terms it may be given, depends upon the decision of the Local Authority. Particulars of the service can be obtained from the local Medical Officer of Health.

Out of 1,200 Local Authorities, about 120 (10 per cent) have at present taken some steps to carry out the provisions sanctioned by the Ministry of Health. Either they have instituted contraceptive clinics in association with the Maternity and Child Welfare Centres, or they have started gynæcological clinics, where contraceptive advice is given, or they have arranged to lend or hire premises to voluntary clinics, or to refer patients to private doctors or voluntary clinics, usually paying a capitation fee for each patient.

It is unfortunate that so large a proportion of Local Authorities has neglected to provide the service. This neglect is due partly to inertia, and partly to local opposition, mainly from Roman Catholic sources. Although no Catholic woman need avail herself of contraceptive service, the Catholics maintain that birth control clinics should not be supported by the public rates. If minorities were usually allowed to dictate in this way, we might well have the misogynists refusing to pay rates which support antenatal and maternity services !

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The following list will be of guidance to practitioners who wish to refer patients to local clinics. Other boroughs are continually being added to the list, and up-to-date information can always be obtained from the National Birth Control Association, 26 Eccleston Street, S.W.1.

LIST OF
VOLUNTARY BIRTH CONTROL CLINICS
(PREVIOUS LISTS CANCELLED)
MAY 1935

*(All clinics on this list are under medical supervision, but at those
marked with an asterisk patients are normally advised by a
certificated midwife)*

LONDON

EAST LONDON WOMEN'S WELFARE CENTRE, 6 Burdett Road, Stepney, E.3. Mondays and Wednesdays, 2.30-4 p.m.

GOSWELL WOMEN'S WELFARE CENTRE, 39 Spencer Street, Goswell Road, E.C.1. Mondays, 6.30-8 p.m.
GYNÆCOLOGICAL CLINIC: Fridays, 7.30 p.m.

LAMBETH WOMEN'S WELFARE CENTRE, 53 Ethelred Street, S.E.11. Wednesdays, 6.30-8 p.m.

*MOTHERS' CLINIC, 108 Whitfield Street, Tottenham Court Road. Daily (except Saturdays), 10 a.m.-6 p.m.

NORTH KENSINGTON WOMEN'S WELFARE CENTRE, 12 Telford Road, Ladbroke Grove, W.10. Mondays and Fridays, 2.30-4 p.m.; Tuesdays and Wednesdays, 6.30-8 p.m.

GYNÆCOLOGICAL CLINIC: Thursdays and Fridays, 2.15-3.30 p.m.

WALWORTH WOMEN'S WELFARE CENTRE, 153a East Street, S.E.17. Tuesdays and Fridays, 2.30-4 p.m.; Thursdays, 6.30-8 p.m.

WILLESDEN (opening shortly).

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PROVINCES

ALDERSHOT & DISTRICT WOMEN'S WELFARE CENTRE, Grosvenor Road, Aldershot. 1st and 2nd Tuesdays, 8 p.m.

ASHINGTON & DISTRICT BIRTH CONTROL CLINIC, United Methodist Chapel Schoolroom, Ashington, Northumberland. Apply to Secretary.

BASINGSTOKE MOTHERS' CLINIC, Castons Road, Market Square, Basingstoke, Hants. 1st and 3rd Fridays, 2.30-4 p.m.

BIRKENHEAD MOTHERS' WELFARE CLINIC, 11a Oxton Road, Birkenhead. Thursdays, 6-7 p.m.

BIRMINGHAM WOMEN'S WELFARE CENTRE, 22 Masshouse Lane, nr. Moor Street, Birmingham. Tuesdays, 7.30-9 p.m. ; Thursdays, 2.30-4 p.m.

BRISTOL WOMEN'S WELFARE CENTRE, Salford Hall, St. James Barton, Bristol. Fridays, 10-12 noon.

CAMBRIDGE WOMEN'S WELFARE ASSOCIATION, 22 Parsonage Street, Cambridge. Wednesdays, 3-5 p.m.

CANNOCK WOMEN'S WELFARE CENTRE, 138 Church Hall, Hednesford, Staffs. Last Thursday in month, 2-4 p.m.

DAGENHAM & DISTRICT BIRTH CONTROL CLINIC, The Clinic, Becontree Avenue. 2nd and 4th Thursdays, 7-9 p.m.

DERBY MOTHERS' CLINIC, Maternity and Child Welfare Rooms, Nightingale Road (Amber Street Entrance). 2nd and 4th Thursdays, 7.30-8.30 p.m.

DEVON (NORTH) WOMEN'S WELFARE & ADVICE CENTRE, 113 Boutport Street, Barnstaple. 3rd Tuesday, 2-4.30 p.m.

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EXETER & DISTRICT WOMEN'S WELFARE ASSOCIATION,
The Dispensary, Queen Street, Exeter. Fridays,
2.15-5 p.m.

GREENWICH WOMEN'S WELFARE ASSOCIATION, 118 Wool-
wich Road, nr. Westcombe Hill, S.E.10. Thursdays;
2.30-4 p.m.

GRIMSBY WOMEN'S WELFARE, Watkin Street, Grimsby.
Mondays, 2.30-4 p.m.

GUILDFORD WOMEN'S WELFARE CENTRE, 6 Stoke Road,
Guildford, Surrey. 1st and 2nd Wednesdays, 5.30 p.m.

HALIFAX WOMEN'S WELFARE CLINIC, 32 Clare Road,
Halifax. 2nd and 4th Wednesdays, 7-8.30 p.m.

*LEEDS MOTHERS' CLINIC, 68 Bellevue Road, Leeds.
10-6 p.m. daily.

LIVERPOOL MOTHERS' WELFARE CLINIC, 23 Clarence
Street, off Mt. Pleasant, Liverpool 3. Mondays, 10.30-
11.30 a.m. ; Wednesdays, 2-3 p.m. ; Fridays, 6.30-
7.30 p.m.

BRANCH at Community Hall, Townsend Avenue,
Norris Green, Liverpool 11. Mondays, 2-3 p.m.

MANCHESTER, SALFORD & DISTRICT MOTHERS' CLINIC
FOR BIRTH CONTROL, 123 Greengate, Salford (entrance
Garden Lane). Thursdays, 3 p.m. and 7.30 p.m.

NEWCASTLE WOMEN'S WELFARE CENTRE, 670 Scotswood
Road, Newcastle-on-Tyne. Tuesdays and Thursdays,
2.30-4 p.m.

NORTHAMPTON WOMEN'S WELFARE ASSOCIATION, Dy-
church Lane, Northampton. 3rd Tuesdays, 6.30-
8.30 p.m.

*NORWICH MOTHERS' CLINIC, 17 Pitt Street, Norwich.
Tuesday, 3-4 p.m.

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NOTTINGHAM WOMEN'S WELFARE ASSOCIATION, 15 Market Street, Nottingham. Thursdays, 6-8.30 p.m.

OXFORD FAMILY WELFARE ASSOCIATION, 4 King Street, Jericho, Oxford. Wednesdays, 2.30-4 p.m. (Women).
Men : by appointment.

PLYMOUTH MOTHERS' ADVICE CENTRE, Beaumont Welfare Centre, Beaumont Park, Plymouth. Tuesdays, 6.45-9 p.m.

SALISBURY MARRIED WOMEN'S ADVISORY CLINIC, 49 High Street, Salisbury. 1st and 3rd Thursdays, 2-4 p.m.

SHEFFIELD WOMEN'S WELFARE CLINIC, Attercliffe Vestry Hall, Attercliffe Common, Sheffield 9. Tuesdays, 6.30-8 p.m.

SLOUGH & DISTRICT MARRIED WOMEN'S ADVISORY CLINIC, 272 Farnham Road, Slough. 1st and 3rd Wednesdays, 2.30-4 p.m.

STAFFORDSHIRE & DISTRICT WOMEN'S WELFARE CENTRE, 62 Heath Street, Heath Town, Wolverhampton. 1st Wednesday, 2-4 p.m.

SUNDERLAND WOMEN'S ADVISORY CLINIC, 46 John Street, Sunderland. 2nd and 3rd Wednesdays, 2.30-4 p.m.

WINCHESTER & DISTRICT MARRIED WOMEN'S ADVISORY CLINIC, 4 The Square, Winchester. 2nd and 4th Thursdays, 2-3.30 p.m.

SCOTLAND

ABERDEEN WOMEN'S WELFARE CENTRE, 4 Gerrard Street, Gallowgate, Aberdeen. Wednesdays, 3-5 p.m.

EDINBURGH MOTHERS' WELFARE CLINIC, The Dispensary, 21 Torphichen Street, Edinburgh. Tuesdays, 6.30-8 p.m. ; Fridays, 2-3 p.m.

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GLASGOW WOMEN'S WELFARE & ADVISORY CLINIC,
123 Montrose Street, Glasgow, G. 4. Tuesdays,
7-8 p.m. ; Thursdays, 3-4 p.m.

GREENOCK, THE BIRTH CONTROL CLINIC, MATERNITY &
CHILD WELFARE CENTRE, Terrace Road, Greenock.
Mondays, 7.30-8.30 p.m.

PAISLEY MOTHERS' CLINIC, Bank Street, Co-operative
Hall, Paisley. Tuesdays, 7-8 p.m.

**ACTION TAKEN BY LOCAL AUTHORITIES
UNDER MEMORANDUM 153/MCW.**

MAY 1935

C.B. = County Borough.

C.C. = County Council.

MET.B. = Metropolitan Borough.

M.B. = Municipal Borough.

U.D.C. = Urban District Council.

R.D.C. = Rural District Council.

1. The following Local Authorities have established special sessions or clinics, usually in connection with Maternity and Child Welfare Centres.

Aberavon & Port Talbot	Halifax C.B.
M.B.	Harrow U.D.C.
Aberdare U.D.C.	Leicester C.B.
Barrow-in-Furness C.B.	Lincoln C.B.
Bath C.B.	Llantrisant R.D.C.
Batley M.B.	Mexborough U.D.C.
Bethnal Green Met. B.	Monmouthshire C.C.
Bournemouth C.B.	Mountain Ash U.D.C.
Brighton C.B.	(3 clinics)
Chelmsford M.B.	Norwich M.B.
Cheltenham M.B.	Ogmore & Garw U.D.C.
Colwyn Bay U.D.C.	Pontypridd U.D.C.
Crewe M.B.	Reigate M.B.
Dewsbury M.B.	Rotherham C.B.
Ealing M.B.	Shoreditch Met. B.
Essex C.C. (2 centres)	Stoke Newington M.B.
Gellygaer U.D.C.	Wakefield City C.
Gillingham M.B.	West Riding (2 centres)
Gloucester City C.	York C.B.
Grimsby M.B.	

2. The following have set up gynæcological clinics at which birth control advice is given.

Barry U.D.C.

Bristol C.B.

Croydon M.B.

Durham C.C.

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Hull M.B.	St. Helens C.B.
Leeds C.B.	Sunderland M.B.
Manchester C.B. (2 clinics)	Tilbury U.D.C.
Oxford City and C.B.	Walthamstow M.B.
Penarth U.D.C.	West Bromwich C.B.
	West Riding C.C.

3. The following refer cases to voluntary and municipal clinics or private doctors, paying a fee.

Aldershot M.B.	Kensington Royal Borough.
Ashington U.D.C.	Leicester C.C.
Banbury M.B.	Newburn, etc., U.D.C.
Bedlington U.D.C.	Newcastle City C.
Buckinghamshire C.C.	Lytham St. Annes M.B.
Cambridge M.B.	Northampton C.C.
Dagenham U.D.C.	Northumberland C.C.
Denbighshire C.C.	Nottingham City C.
Devon C.C.	Paddington Met. B.
Edmonton U.D.C.	Rochdale C.B.
Exeter C.B.	Salford M.B.
Glyncorrgw U.D.C.	Southall U.D.C.
Greenwich Met. B.	Sussex (West) C.C.
Hants C.C.	Swinton M.B.
Hove M.B.	West Ham C.B.

4. The following have authorised their Medical Officers to give advice but have started no special clinics.

Barnes M.B.	Hartlepool M.B.
Blyth M.B.	Heston & Isleworth U.D.C.
Christchurch M.B.	Hornsey M.B.
Darlington M.B.	Ilkley U.D.C.
Dover M.B.	Keighley M.B.
Enfield U.D.C.	Loughborough M.B.
Flintshire C.C.	Mansfield M.B.
Gloucestershire C.C.	

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Mansfield Woodhouse U.D.C.	Royton U.D.C.
Market Harboro' U.D.C.	Sevenoaks U.D.C.
Marylebone Met. B.	Somerset C.C.
Merton and Morden U.D.C.	Southampton C.B.
Middlesbrough C.B.	South Shields C.B.
Oldham C.B.	Stoke-on-Trent C.B.
Paignton U.D.C.	Teddington U.D.C.
Portsmouth M.B.	Warwickshire C.C.
Ramsgate M.B.	Westminster Met. B.
Retford (East) M.B.	Wombwell U.D.C.
	Worcestershire C.C.
	Worthing M.B.

5. The following have decided to give advice and are either now considering schemes or have not yet taken steps to put the decision into effect.

Birmingham C.B.	Kendal M.B.
Blackpool C.B.	Merthyr Tydfil U.D.C.
Caerphilly U.D.C.	Poplar Met. B.
Canterbury C.B.	Rhondda U.D.C.
Dartford M.B.	Sussex (East) C.C.
Doncaster C.B.	Twickenham M.B.
Gateshead C.B.	Wembley U.D.C.
Hammersmith Met. B.	West Hartlepool C.B.
Hebburn U.D.C.	

6. The following have either lent or hired the premises of a Maternity and Child Welfare Centre to a local branch of the National Birth Control Association, or similar body, for use as a voluntary birth control clinic.

Aldershot M.B.	Hants C.C.
Ashington U.D.C.	Northampton C.B.
Barnstaple M.B.	Plymouth C.B.
Cambridge M.B.	Sheffield M.B.
Dagenham U.D.C.	Willesden M.B.
Derby C.B.	Winchester M.B.
Guildford M.B.	

CONTRACEPTIVES AT PRESENT RECOMMENDED (MAY 1935)

CONDOMS. Prentif Ltd., 21 Green Street, W.C.2. 6*d.*
each (plain or teat ends).

WASHABLE SHEATHS. Prentif Ltd., 21 Green Street,
W.C.2. 1*s.* 6*d.* each (light weight, medium size).
Large and small sizes are very occasionally required.

DUTCH CAPS. Lamberts, 60 Queens Road, E.8. 5*s.* each
(soft rim or stiff rim).

DUMAS CAPS. Lamberts, 60 Queens Road, E.8. 7*s.* 6*d.*
each.

CERVICAL CAPS. ("Prorace") Lamberts, 60 Queens
Road, E.8. 3*s.* 6*d.* each (light rubber, with or with-
out tag ; or with shallow dome).

SPERMICIDAL OINTMENT for use with Occlusive Caps

"G.P." OINTMENT. Gilmont Products Ltd., Tileyard
Road, N.7. 1*s.* 6*d.* a tube.

This bland, odourless ointment is non-greasy. It
should be spread thickly over the cervical surface of
the cap. It will keep well in any climate.

SPERMICIDAL SOLUBLES

(1) GLYCERINE-GELATINE BASE

"G.P." SOLUBLES. Gilmont Products Ltd., Tileyard
Road, N.7. 2*s.* for a box of twelve.

These are unsuitable in hot climates.

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(2) DRY FOAMING TABLETS (see page 70)

SPETON. Coates & Cooper Ltd., 94 Clerkenwell Road, E.C.1. 3s. 6d. a tube of twelve.

SEMORI. Medical Laboratories, 40 Pall Mall, S.W.1. 5s. a tube of twelve.

Both of these products can be kept in any climate if properly corked. They are fairly widely available in foreign countries. They are German products.

JELLIES

for use alone if necessary (see page 72), or with Occlusive Cap, or Sheath

PERMFOAM. Gilmont Products Ltd., Tileyard Road, N.7. 5s. for a box of six.

MILSAN. Menosine Ltd., 24 Maple Street, W.1. 4s. 6d. for a box of six ; 7s. 6d. for a box of twelve.

The relative spermicidal merits of these are still *sub judice*. Milsan is the more easy in application ; possibly Permfoam is the more spermicidal.

LUBRICANT

K.Y. JELLY. Johnson & Johnson, Slough, Berks. 1s. 3d. retail for 2-oz. tube.

This is a bland, odourless, non-greasy lubricant. Its spermicidal properties are negligible.

Nearly all the manufacturers on this list make very considerable reductions in price to clinics.

These preparations can be obtained direct from the makers, or ordered through any retail chemist throughout the country. Patients sending for preparations from abroad should remember that contraceptives are officially forbidden in S. Ireland, in Germany, France and Italy, and, except under medical authority, in U.S.A. In these countries condoms may be sold, but officially "for the avoidance of venereal disease."

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Clinical Contraception. By Gladys M. Cox, M.B., B.S. Heinemann. 7s. 6d.

This valuable work was written on the suggestion of the National Birth Control Association.

Biological and Medical Aspects of Contraception. Edited by Margaret Sanger. National Committee on Federal Legislation for Birth Control, Inc., Washington, D.C. \$1.00.

Includes an interesting survey of the work of Ogino and Knaus.

Control of Conception, The. By R. L. Dickinson and L. S. Bryant. Baillière, Tindall & Cox. 24s.

Chemistry and Physics of Contraception, The. By C. I. B. Voge. Jonathan Cape. 12s. 6d.

Reports of the International Medical Group for the Investigation of Contraception. Birth Control Investigation Committee, 26 Eccleston Street, S.W.1.

Parenthood: Design or Accident. By Michael Fielding. Williams & Norgate. 3s. 6d.

The best account of the practice of birth control for the general lay reader.

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