

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee



Dear Mrs. Riggsbee:

I read your column every time it is in the newspaper and enjoy it. I have learned a lot because people seem to ask the same questions I have on my mind.

I would like to ask a favor of you. I am doing a term paper on birth control. Could you help me by sending some literature on birth control? I would certainly appreciate it.

While I am writing to you, would you explain "douching" and how it is done? Also how often it should be done. Is it necessary? Thank you for your answer and for any help you can give me.

Miss L.

or water with 2 tablespoons of vinegar should be used. This means you are only douching about once a month and that should not be harmful.

Dear Mrs. Riggsbee:

I wonder if you could give me some advice on how to contract and shrink my muscles in the vaginal area. I am 34 years old and married and I do not enjoy intercourse like I want to. Can you advise me on something to do? I sure would appreciate it.

I would also like to have a copy of your free booklet, "The Right Way to Birth Control."

Mrs. S.

Dear Miss L.:

Thank you for your nice remarks about the column. I am afraid that I don't have any literature suitable for a term paper on birth control. The booklets I offer readers contain simply written explanations of the various methods of birth control, such as the pill, the IUD, diaphragm, etc. For a term paper, I should imagine that you need more detailed information than this, such as materials on the background and development of birth control methods. If you are writing about birth control and the population problem in the United States, I suggest you write your congressman for a copy of the Public Law 91-752, 91st Congress, S. 108. This is the bill passed by Congress on December 24, 1970 to promote public health and welfare by expanding, improving and better coordinating the family planning services and population research activities of the Federal Government.

Regarding your question about douching - this is simply a method of washing out the birth canal or vagina. Most women douche to cleanse and deodorize the vaginal area. Unless a douche is prescribed by a doctor, however, it really is not necessary. The vagina secretes fluids which help to keep it clean and moist. Douching can wash these natural fluids and even irritate the sensitive walls of the vagina.

So, under normal conditions, douching is not necessary. Some women do prefer to cleanse themselves immediately after a period is over. If this is done, it should be done only once after each period. Only lukewarm water

Family planning clinics are held at the Durham County Health Department, 300 E. Main St., Durham on the following days: the second, third, fourth and fifth Tuesday of each month at 12:30 p.m. (for new patients); the first Tuesday of the month at 12:30 p.m. (return patients only). A nurse is on duty for giving advice and providing supplies Monday through Friday from 8:15 - 12:00 noon and 1:00 - 5:00 p.m. For a clinic appointment, call 682-8176, extension 42.

Address letters or requests for a free booklet on birth control methods to: Mrs. Gloria Riggsbee, 214 Cameron Ave., Chapel Hill, N. C. 27514.

WALKER BIBLE CLASS IN MONTHLY MEET WITH MRS. SADIE CHAMBERS

The E. W. Walker Bible Class of the First Calvary Baptist Church held its monthly meeting at the home of Mrs. Sadie Chambers, 2721 Owens Street Sunday, February 28, at 4:00 o'clock.

The meeting was opened by Mrs. Beatrice Laster conducting a brief devotion. The business session was presided by the president, Mrs. Belvin Mitchell, the minutes of the last meeting was read by the secretary, Miss Hattie White. Various reports were made.

Final plans were discussed concerning the class' twenty-fourth anniversary to be held Sunday at 3:00 o'clock. Reverend W. M. Butler, pastor of the Calvary Baptist Church will be guest speaker. The Gospel Chorus will furnish the music.

Mr. Willie Bullock gave words of encouragement to the class. The hostess served a delicious buffet repast to the following members and guests: Mesdames Nellie Hayes, Addie Langley, Rosa Grafton, Catherine Shaw, Effie Young, Rebecca Haskins, Elizabeth Bullock, Josephine Watson, Sumega Solomon, Willie Bullock and David Young. She was assisted by her husband, Miss June Bagley and Patricia Best.

Mrs. Celestine Cunningham thanked the hostess. The next

Catholic Human Relations Drive Nets \$8.4 Mil.

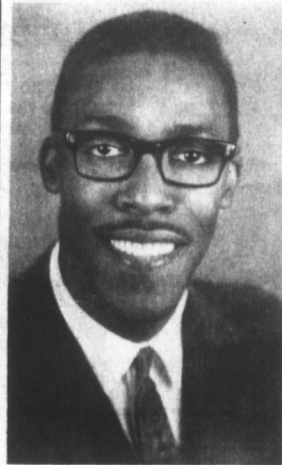
WASHINGTON - The 1970 Campaign for Human Development raised over \$8.4 million for a new national assault by the Catholic Church in the United States on the causes of domestic poverty.

Bishop Michael R. Dempsey of Chicago, National Director of the Campaign, told a news conference last week that the \$8,428,847.92 collected in the 1970 Campaign is the largest total ever obtained in a single national Catholic collection.

The money was contributed by Roman Catholics in their parishes on a single day - Sunday, November 22.

It will be used to fund projects - not necessary under church sponsorship - intended to help attack the causes of poverty in this country, including inferior housing, inadequate education and job training, and the lack of legal services and health care. The deadline for funding applications in April 30. The first grants will be made by July 1.

REV. THOMAS A. HOYT TO CONDUCT REVIVAL AT RUSSELL MEMORIAL



REV. HOYT

The Rev. Thomas A. Hoyt will conduct revival services at Russell Memorial C. M. E. Church, 703 S. Alston Avenue, Durham, during this Lenten season, commencing Monday, April 5, 1971 at 7:30 P. M. through April 9, 1971. The public is cordially invited to hear this young dynamic messenger of God.

Rev. Hoyt, the son of a mi-

nister, was born in Alabama and reared in Evansville, Indiana, where he obtained his early formal education. His call to the ministry came in 1958, the same year of his graduation from high school. Since that time he has matriculated at several top Theological Schools and Seminaries. Reverend Hoyt has varied and wide experience in his relatively short time in the Ministry. His educational background is very impressive, including A. B. Degree from Lane College, Jackson, Tennessee, Magna Cum Laude, B. D. degree - Interdenominational Theological Center, Master of Sacred Theology degree from Union Theological Seminary, New York City, and presently a candidate for the Ph. D. from Duke University Divinity School.

Rev. Hoyt has most recently Pastored the St. Joseph's C. M. E. Church at Chapel Hill and before coming to Chapel Hill he pastored Jefferson Park Methodist Church, East Harlem, New York. He is married

and is the father of one child. Fraternal affiliations include membership in the Alpha Phi Alpha Fraternity and the The-

ta Psi Phi Honor Society. Rev. Hoyt was also selected in "Who's Who in Colleges and

Universities" and also selected as a Rockefeller Fellow three times.

President Dwight Eisenhower said, "In the final choice, a soldier's pack is not so heavy a burden as a prisoner's chains."

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