

PREGNANCY PLANNING AND HEALTH
by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:
In 1968 I had an IUD and I was told it would regulate my periods - it didn't.
I've had trouble with my periods ever since I can remember and I'm 23. Sometimes it comes on twice a month, other times on today, off tomorrow, on the day after that and then back off again. Sometimes it stays on weeks at a time.
I've been from doctor to doctor and my period hasn't been regulated yet. I've even tried the pill - no go!
I want to play my family using the Rhythm Method only. How can I do this if my period is so wishy-washy?

Baffled
Dear Baffled:
Your letter baffles me for a number of reasons:
1. The IUD is not designed to regulate menstrual periods. It is a very good method of contraception which usually takes the woman's womb a few months to get used to. During this time some women have some cramping, some have heavier periods than usual and some have a little spotting between periods. These problems usually clear up in a short while.
2. I'm not sure what you mean when you say "no go" about the pill. Do you mean you didn't have regular periods while on the pill? If so, it is not uncommon for women who begin taking the pills to skip a period or spot while their bodies are adjusting. They just continue to take their pills as directed whether or not they have a period. Of course, if a woman misses as many as three periods, she should check with her doctor.
Maybe you mean that after you quit taking the pills your periods were as irregular as before. The pills influence leaves your body when you quit taking them. Then, your body acts as it did before you began taking the pills.
3. The rhythm method is one of the least effective methods of birth control even for women who have always been regular. Rhythm, for most women, is only a little better than using no method at all, and for someone as irregular as you are, it would be exactly like no method at all.
Why don't you quit-worry-about how irregular your periods are - more women are irregular than regular in their menstrual cycles, so you are definitely not alone. Why not use an effective method of contraception? If you are unable to adjust to the loop, why not take birth control pills, if your doctor says it's O.K. for you to do so, until you are ready to have a baby. If not, there is always the diaphragm, the condom, foams, spermicidal creams and jellies. The diaphragm and the condom are not as effective as the pill and the IUD, but they are still good methods if used correctly every time and the couple has sex. Foams, creams and jellies are not as effective as even the diaphragm and the condom, but all of these methods are more effective than rhythm.
You also might consider having the children you want now, and afterward having one of the permanent operations-tubal ligation or laparoscopy-so that you would never have to worry about birth control again.
Above all, quit worrying about how irregular your periods are and enjoy your family and your sex life.

Dear Mrs. Riggsbee:
Would you please send me your booklet on birth control? Also answer a question if possible. How can a person tell if they are that way?
I would appreciate a speedy reply.

A. B.
Dear A.B.:
What way? Pregnant? If so, the major indications of pregnancy are a missed menstrual

period; nausea and vomiting, particularly in the morning; breast tenderness and tingling; frequent and sudden urges to urinate; constipation; fatigue. a white vaginal discharge. If you think that you are pregnant, why don't you check with a doctor to be sure. He can give you a pregnancy test. These tests, however, are accurate only if 2 weeks have passed since your missed period. This is 4 or 5 weeks after the probably date of conception. By 6 weeks after the missed period, a doctor can often make a diagnosis based upon physical examination alone. And by about ten weeks after the missed period the physical signs of pregnancy are obvious.

I am sending you the free booklet you requested "The Right Way to Birth Control." Let me know if you have any more questions.

Address letters and requests for free booklets on birth control to: Mrs. Gloria Riggsbee, 214 Cameron Avenue, Chapel Hill, North Carolina 27514.

Black Youths Become N. Y. Archeologists

For a report on archeological probes into the history of black culture, Black Journal's cameras might have ranged through Africa or the Middle East.

Instead they went to Brooklyn, to film "Digging for Black Pride," the second program of Black Journal's new fall series on PBS Tuesday, October 12 at 9:30 p.m. on channel 4, WUNC-TV.

The archeologists are black children, searching in Brooklyn's Bedford-Stuyvesant district for links with their 19th century ancestors.

Under Project Weeksville, young students are uncovering



COMING TO CAPITAL CITY — Dramatic soprano Jeannette Walters, acclaimed to be the possessor of one of the most beautiful voices in her generation is coming to Raleigh. She will appear as a lyceum feature at Saint Augustine's College on Thursday, October 14, at 8:00 p.m. in the amphitheater of the New Classroom Building.
A native of Philadelphia, Pennsylvania, she is a product of Peabody Institute and was awarded a scholarship to the Peabody Conservatory, where she studied with Mme. Alice Duschak, after completing high school in 1959.

evidence of a sophisticated black community which flourished in their neighborhood 150 years ago.

With the help of archeologist William Harley, they are unearthing artifacts of Weeksville. And with the help of historian Robert Swann - and the memories of elderly local residents - they are piecing to-

gether the history of the highly organized, self-sufficient black community.

The settlement maintained a community insurance plan, as well as homes for orphans and the aged. Research shows that they mustered an effective local defense force, which held off white raiders during the Irish Draft Riots in 1863.

Make coffee time Jell-O time.



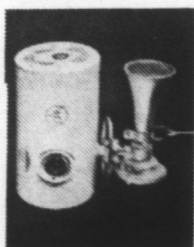
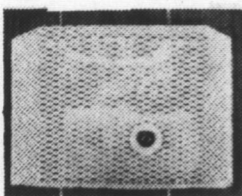
When you boil water for instant coffee, add an extra cup and make Jell-O.

THINK OF THE FIRE BEFORE IT STARTS

BEWARE OF FIRE DANGER



If fire breaks out in your home will you warned in time?
Fire strikes suddenly, secretly and silently.
Fire may break out at night. All may be sleep.
Your fire chief will tell you, you have only four minutes to leave your home safely, once fire starts.
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