

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:

I have two children and expect my third baby in July. I had hoped before each baby born that I would enjoy sex more after the baby came, but I don't. My husband and I love each other. We have been using the rhythm method and I'm always afraid of getting pregnant. None of my three pregnancies were planned. Do you think that we would be more relaxed and better adjusted to sex if I used some other birth control method? Let me know what you think.

Mrs. P.N.S.

Dear Mrs. S.:

If a woman is not ready to have another baby, and if she does not have a method of birth control with which she feels safe, these things can often interfere with her enjoyment of sex. The fear of an unplanned pregnancy can be enough to make her so nervous and tense she cannot enjoy sex with her husband. There are, of course, other reasons for a woman's lack of response to sex. For example, if she is tired, or not getting along with her husband or if she is worried about something—all these figure in the problem. Physical or emotional problems can cause lack of enjoyment of sex. But in your case the chances are it is fear of an unplanned pregnancy.

Many women have told me that after the fear of an unplanned pregnancy was removed by the use of a reliable method of birth control, they enjoyed sex for the first time in their marriage. So use of a reliable method of contraception may be the solution to your problem. You might also consider the possibility: with three children already, perhaps you and your husband may be interested in a permanent method of birth control. Ask your obstetrician about having your tubes tied just after your baby is born—this 20 minute operation may solve your problem if both you and your husband are convinced you want no more children.

Dear Mrs. Riggsbee:

My sister and I are going to be married next month and we need some advice. I am 20, my sister is 18. We would like to know if you think it would be a good idea for us to have a premarital examination. We live with our grandparents. They say no, but my aunt says yes. If my mother were alive, I would ask her, but we both think my aunt is probably right. Please advise us.

Miss A. V.

Dear Miss V.:

I most strongly urge women and men too, to have premarital examinations. North Carolina, as well as most other states, requires a premarital blood test for both men and women. This is to check for venereal disease which unless detected and cured, will be transmitted to a baby.

Most physicians also recommend a general physical check-up as well as a gynecological examination. When this is done, medical conditions that might be present can be corrected before the wedding day. A test for the Rh factor, an inherited condition, could also be done. Another plus for the premarital examination is that it gives the engaged man and woman an opportunity to ask the doctor candid questions about sex relations in marriage and also to discuss family planning and marriage responsibilities.

Send letters to: Mrs. Gloria Riggsbee, 214 Cameron Avenue, Chapel Hill, North Carolina 27514.

Dear Mrs. Riggsbee:

Would you please send me a free booklet concerning permanent birth control methods? My tubes were tied four years ago, and a doctor told me that I could have them untied.

I would like very much to become pregnant because my last child died from injuries sustained in a car wreck. I have four children and would like very much to have another. Is this possible? Please send me you rreply at once.

Mrs. S.

Dear Mrs. S.:

Please accept my deepest sympathy for the loss of your child. I know it has been an agonizing experience for you and your family.

When we speak of "tying the tubes," it does not actually mean that the doctor ties a loop in them which can be

untied. What happens is that the doctor cuts each of the two tubes in half and then ties up the ends so they will not grow back together again.

To repair this operation, the doctor must take the cut ends of each tube and try to sew them back together. This is a difficult operation—it is considered major surgery and is successful about 40% of the time. It is also a very expensive operation.

Considering the cost and the fact that only 40% of these repairs work, I think you should give this a lot of serious thought. I know that you feel the loss of your child very deeply, but you do have four other children. Since no other child can completely take the place of the one you have lost—not even a new baby—perhaps it would be better for you to devote your time and your love to the four you already have.

This is a decision only you and your husband (and your doctor can) make. I am sorry that I do not have a booklet on permanent birth control methods which would tell you any more about repair of a tubal ligation than what I have already mentioned to you.

Dear Gloria:

Why do some girls skip their monthly periods—sometimes as long as six months—when they are not pregnant?

M. T.

Dear M. T.:

Often when a young girl first begins menstruating, her periods may be irregular for the first year or two. Missed periods are not unusual during this time. It seems to take the body a while to get a regular cycle. When established, this cycle is usually every 28 days. However, many women menstruate every 30 days, or 27 or 29 days. As long as the time between the periods is the same, we say this is a regular cycle.

Some women never do establish a regular pattern. One time the number of days between periods may be 30, another time 28 days, another time 26 months. Apart from the inconvenience of not being able to plan ahead, there is nothing to worry about in most cases. However, six months is quite a long time to go without having a period. I would say a checkup with the doctor is definitely in order to make sure everything is all right.

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

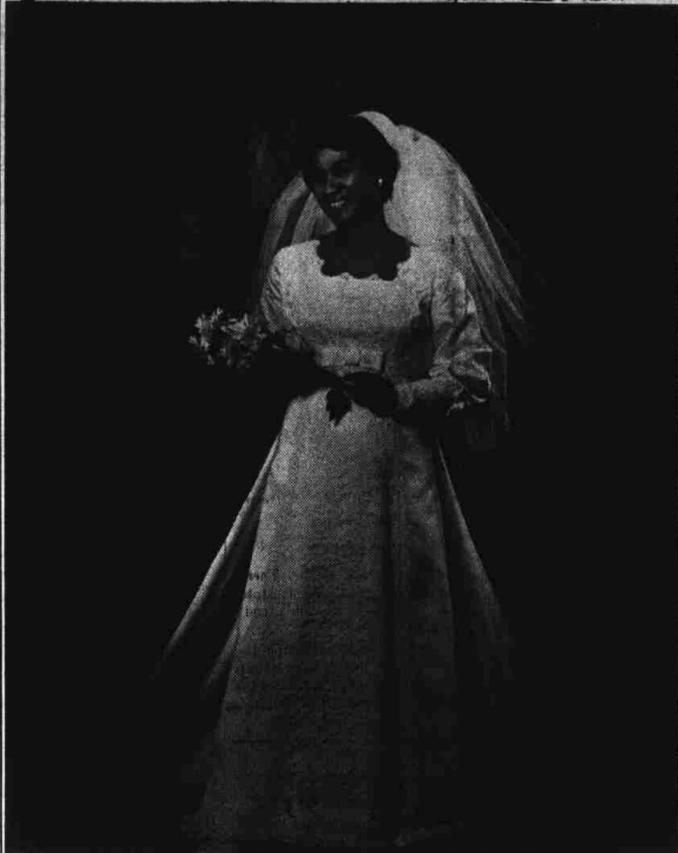
NOSE DROPS HELP—

WHEN USED PROPERLY

When a child cannot sleep because of severe nasal obstruction or stuffiness, a pediatric allergist recommends the use of nose drops or sprays. However, the physician, Dr. Doris J. Rapp, warns that they should not be used more than three times a day for three days. They may be given again for three or more days after not using them for several days, Dr. Rapp instructs. "This will prevent irritation of the inside of the nose," the physician explains.

In a section on medications in her recently published book on children's allergies, she describes some nose drops as too strong for children, but notes that "there is a different strength of Neo-Synephrine nose drops for infants, children, and adults."

Women's Page



Miss Plummer Weds Charles Smith

Mr. Charles Leon Smith and Miss Rhoda Marie Plummer of Durham were united in holy matrimony on Saturday, December 23, 1972 at 3 o'clock in a family ceremony held at the bride's home, 2709 Fayetteville Street. The Reverend Percy L. High of Mount Vernon Baptist Church officiated in the double ring ceremony.

The bride is the daughter of Mrs. Ettie H. Plummer of Durham and Mr. James M. Plummer of Manson, N.C. She was given in marriage by her father, James T. Hawkins and her father. The bridegroom is the son of Mr. and Mrs. James Smith of 719 Plum Street.

The bride wore an "A line" white satin gown with matching train, scalloped neckline, a Cameolot cap with short veil and carried a Bible covered with a white cascade bouquet of carnations and white sweetheart roses.

Miss Dorothy Smith, the maid of honor, and sister of the groom, wore a melon satin dress and carried a melon and green carnation nosegay. Mrs. Sandra Harrison Willis, cousin of the bride, and a bridesmaid, wore an emerald green satin dress and carried a nosegay of melon and green carnations. Both were from Philadelphia, Pennsylvania.

Best man was the groom's father. The other attendant was Leon Goldston, cousin of the bride. Music was furnished by the groom's cousin, Mrs. Gwen Haskins.

Mr. Smith is a graduate of North Carolina Central University and Maryland Institute of Art, with a Masters degree in Art Education. He is presently employed with the Baltimore City School System.

The former Miss Plummer is a graduate of N.C.C.U. and holds a masters degree in Library Science from Rutgers University. She was formerly

employed with the New York City Public Library, Washington D.C. library system and at North Carolina Central University as Curriculum Materials Center Librarian. She is a member of Alpha Kappa Alpha

Sorority.

A reception in the Candlelight Room of the Holiday Inn West, followed the ceremony.

Following a brief stay, the couple will reside in Baltimore, Maryland.

Azalea Garden Club Holds

Xmas Breakfast

Holiday House was very well attended by our friends and neighbors. The home of the Baines Sisters at 808 South Alston Avenue was decorated beautifully by the club members. Mrs. Miller and Mrs. Allen did an excellent job of creating arrangements.

Everyone worked hard to make the affair an outstanding one in our community. We honored one of our oldest members with a purse from the club members. The honoree was Mrs. Effie Cotton. She responded with a kiss to each club member. We wish for all gardeners a Happy New Year.

Mrs. Hazel McBroom of Price Street entertained the Azalea Garden Club members with a breakfast for club members and friends during the holidays. The food was excellent with all the Christmas trimmings. Mrs. McBroom's Christmas Cactus was in full bloom for the occasion and it was on display for the breakfast. Everyone enjoyed the gala affair.

Stax' Staple Singers To Play Midem

The Staple Singers, Stax recording artists, have been invited to represent the United States at the seventh annual MIDEM International Music Conference in Cannes, France, January 21-27.

The Staple Singers will perform at the opening gala dinner January 21, at the Palais des Festivals, before an anticipated international audience of 10,000.

Sat., Jan. 13, 1973

THE CAROLINA TIMES—5A



MISS CARVER

Mr. & Mrs. Carver Announces Engagement

Mr. and Mrs. Melvin K. Carver of 812 Hanson Road, Durham, N.C. announce the engagement of their daughter Carolyn Jean, to Irwing P. McPhail of Baltimore, Maryland, the son of Prussley McPhail and the late Mrs. Maude McPhail of New York City.

Miss Carver is a 1969 graduate of North Carolina Central University and is employed as a social worker with the Department of Social Services in Baltimore. Mr. McPhail is a graduate of Cornell University and received his masters degree from Harvard University. He is an instructor in Reading and coordinator for the freshman reading program at Morgan State College in Baltimore.

A February 24 wedding is planned at Community Baptist Church.

"We must view with profound respect the infinite capacity of the human mind to resist the introduction of useful knowledge." —Thomas R. Lounsbury

HOME FOR CHRISTMAS

Mr. Charles "Bobby" Alston of Baltimore, Maryland spent the Christmas holidays with his mother, Mrs. Marion W. Alston on Elmira Avenue.

AREA HELP

WRAL Call For Action wants to help you with your problems. In Durham, call 688-9306. In Raleigh, call 832-7578.

Naturalizer
PROFESSIONAL SHOES



\$19

for the look you want... the comfort you need...

Roscoe Griffin Shoes
114 W. MAIN ST.

Roscoe Griffin Shoes

SEMIANNUAL CLEARANCE
SHOESALE

SAVE UP TO 75%

LADIES' HANDBAGS

Values to \$15

\$4.81

Selected Styles, Odds and Ends.

LADIES SHOES

Door Busters!

\$4.81

Broken sizes and colors, odds and ends.

LADIES' SHOES

VALLEY and FLORSHEIM
Values to \$30.00

\$15.38

Naturalizer
Values to \$24.00

\$14.42

JOYCE
Values to \$23.00

\$13.46

GRAN SOL
Values to \$20.00

\$13.46

S.R.O.
Values to \$19.00

\$9.62

Fashion Boots
Values to \$36.00

\$16.35

OTHER BOOTS

\$10.58

MEN'S SHOES REDUCED

FALL & WINTER STYLES
20% off

GROUP OF LADIES STYLISH
HANDBAGS 60% OFF

ALL SHOES ON RACKS
and TABLES FOR EASY CHOICE

114 Main St. in Downtown Durham

BLACK UNLIMITED

FILMS... INTERVIEWS...
SPECIAL EVENTS... WITH
YOUR HOSTESS, WANDA
GARRETT. FRANK DISCUS-
SION OF BLACK EVENTS IN
THE DURHAM AREA.
SATURDAYS AT SIX ON TV. ELEVEN!

WTVZ 11
Raleigh-Durham