

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee: Would you please put something in your column about people who won't mind their own business as far as other people's sex lives are concerned? My husband and I have been married for several years and do not have any children, and you would be surprised at the intimate questions we are asked by relatives and friends! Mostly, they want to know "whose fault it is." A cousin once tried to get me to admit that ours was a "marriage of convenience," not involving sex at all.

I don't know how many people have told one or both of us that if we weren't able to have children, we really ought to adopt, one or two soon because we're not getting any younger. My mother-in-law mentions every time she sees me that if I expect to have any children, I had better not wait much longer.

We are both still under 30 and are just not ready to start our family, even though we have been married almost eight years. And we figure it is nobody's business but our own! Don't you agree?

Mrs. T.Y.: I certainly do agree. I have heard this same complaint from many other couples who are childless, whether through choice of not. It certainly is strange how people who would not dream of discussing their own sex lives with others feel perfectly free to ask about someone else's, just because a marriage has not resulted in children.

Many people who are in

Kindergarten Program is Set For Schools

The following information is pertinent to the 1973-74 kindergarten program as released by Superintendent Lew W. Hansen of the Durham City Schools.

There will be eight federally-funded kindergartens for the 1973-74 school year at the following schools.

- *East End Fayetteville Street
- *R. N. Harris Lyon Park
- *Pearson Spaulding
- *George Watts

There will be six state-funded kindergartens for the 1973-74 school year at the following schools.

- *East End
- *R. N. Harris Holloway Street
- *Pearson North Durham
- *E. K. Powe

* Both types of kindergartens will be at these schools.

Classes will be limited to 23 pupils in the federally-funded kindergartens. The state-funded kindergarten classes will be limited to approximately the same size.

Club Boulevard School pupils may register at East End School. Lakewood pupils may register at Fayetteville Street School if they qualify for the federal program and at Pearson for the state program. Y. E. Smith School pupils may register at R. N. Harris School. Walltown School pupils may register at George Watts if they qualify for the federally-funded program, or at North Durham School or E. K. Powe School if they qualify for the state program.

Pupils who are accepted will be required to have proper immunizations, a physical examination and verification of age by the birth certificate.

Pupils who do not secure physical examination and immunizations from a private physician may secure their physical examination from the Edgemont Community Center or the Lincoln Community Health Center and the immunization from the Durham County Health Department.

It is important that all parents wishing to register their children do so immediately at the designated school during regular school hours.

CASTEL GANDOLFO, ITALY — (NBNS) — In what Vatican aides described as being directly related to reports of Portuguese atrocities in Mozambique, Pope Paul VI denounced "the atrocious attacks perpetrated by inhuman and organized delinquency."

favor of family planning when it means spacing children, or limiting the number or children, seem to be against a young couple's practicing birth control in order to delay the start of a family. Oh, a year or two is understandable, these people seem to feel, but after that, there's no excuse for not having a baby. And the curious comments and the personal questions begin.

Some women write that they have been told (usually by some relative or friend) that if they practice birth control for a long time, they will not be able to have a baby when they do want one. This, of course, is not true.

I believe that in some cases—especially when adoption of a child is suggested or hinted at—the friend or relative really believes that he (or she) is being helpful. Older people, who are childless themselves and perhaps lonely, may feel that young couples should be warned of this possibility.

In my opinion, this is indeed a personal matter and not something that any person should presume to advise another about, unless requested to do so. Most people can understand that when a couple has a baby it is a matter of choice—it should also be understood that whether a couple ever has a baby is also a matter of choice in many cases. Today, many young couples lead



ANOTHER TITLE FOR DEWAR'S — Members of the championship Dewar's "White Label" bowling team of Buffalo, N.Y., accept the plaque they earned for winning their division title in the New York State Women's Bowling Association tournament from Marie Munson (center), Association secretary-treasurer. The award was made at a festive dinner at the Flagship Motel in Rochester. Team members, from left: Rose Curry, Jackie Williams, Mary

Vanderbilt, Mattie Anderson, Lillian Harris. The beaming if isolated gentleman is Leon Puryear of Schenley Imports Co., exclusive U. S. importers of popular Dewar's "White Label" Scotch whisky, the team's sponsor.

lives they consider quite fulfilling—they feel little need or desire for a child—and, again, this decision is one that should be theirs alone.

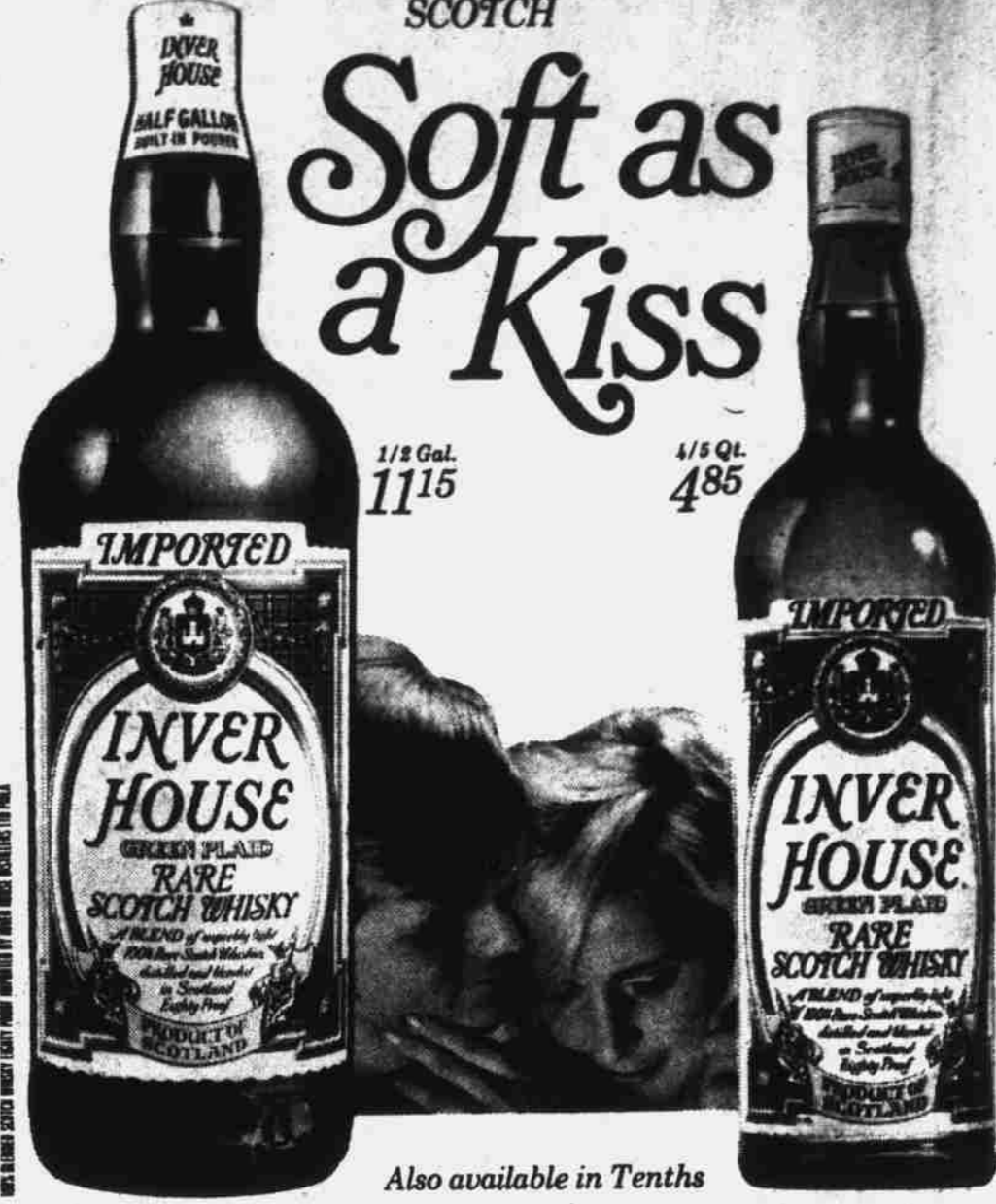
Dear Mrs. Riggsbee: What do you think of using one quart of water containing four spoons of lemon juice for a douche to prevent pregnancy? I heard that acidity of the lemon kills sperm. But would it be harmful to use this method for a long period of time?

Dear Mrs. C.A.: I am afraid that this method of birth control would not prevent you from getting pregnant. The acid of the lemon juice would not kill sperm. The danger of using any kind of douche after sexual relations is that sometimes the douche will wash the sperm up into the opening to the womb and thus actually help pregnancy take place.

If you have a question about family planning, sex

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