

On the RACIAL Contraceptives of the C.B.C.

Registered Trade Mark 514903, etc.

Statement Issued by the C.B.C. Executive Committee.

In several editions of Dr. Stopes' books mention appears of her view that the best type of vaginal, all rubber cap is the Pro-race, and that this is confirmed by experience at the C.B.C. Clinic. Unfortunately, as a consequence, the word Pro-race has been taken up by various commercial firms in such a way that it is now miscellaneously applied to a number of things which neither the Committee at our Clinic, nor Dr. Stopes personally, recommend, and some of which they emphatically disapprove. Other, less scrupulous commercial firms have interpreted the phraseology in such a fashion as to confuse her recommendation even with abortifacients in the mind of the ignorant and careless public to whom their catalogues are sent.

It appears necessary, therefore, that the following facts should be known. Of the vaginal caps in existence when first Dr. Stopes undertook the foundation of the birth control clinic and made recommendations to those asking help in books and letters, she found that the "small Mensinga" type of vaginal cap was the best, but the dome of the cap was universally made too low. (See the reasons which make this low dome inadvisable for universal use in *Contraception, its Theory, History and Practice* and the pamphlet *Coital Interlocking*, Bulletin No. 2 of the C.B.C. Clinic.)

She, therefore, with the approval and in conjunction with the Medical Research Committee of the Constructive Birth Control Clinic, instructed a manufacturer to make specially high domed caps for use at our Clinic. Then merely for convenience in ordering, she attached to these caps specially made for us, the word Pro-race, which she coined. But as Dr. Stopes is a scientific and philanthropic person and the Medical Committee and the Clinic purely philanthropic, we took no steps commercially to register or protect this word. Although Dr. Stopes' improvement of the high dome to vaginal caps has been almost universally adopted by other makers all over the world, she has given the idea gratis to the world, only to find that, instead of benefiting the poor her ideas and her name were commercially "cornered" and used in such a manner as to cause not only annoyance to Dr. Stopes but definitely to mislead the public.

Experience at the Clinic has led Dr. Stopes to make some further improvement in the cap and modifications of the sponge and other methods. After seeking legal guidance the Committee of the C.B.C. have decided to trade mark and register the word RACIAL and thus protect the public from commercial abuse of the specific types of contraceptives used and approved at the Clinic.

Those who, following the advice in the earlier editions of Dr. Stopes' books have purchased and use Pro-race caps should note that the term Pro-race has been applied commercially to other articles which are not approved by her or the Committee.

The word RACIAL will also be used by the Society for caps and various other contraceptives such as special sponges and soluble suppositories which are or may be made for the Clinic to Dr. Stopes' specifications. No article can be said to be specifically recommended by Dr. Stopes or the C.B.C. Medical Research Committee or Executive Committee unless it is clearly marked with the word RACIAL. Though it should be realised that, like other advisers, the staff at our Clinic may advise when necessary any of the various types in existence for various special conditions.

The price of all RACIAL articles will be moderate and some as little as a third or half of what is charged by retail firms, and the very poor will continue to be supplied as heretofore with free apparatus as well as free advice from the doctors and midwives at the Clinic. The profits on the sale of RACIAL articles will be devoted to the charitable, educational and general work of the C.B.C. Society and Clinics.

THE HEADQUARTERS

of Constructive Birth Control and Racial Progress

108, WHITFIELD STREET, LONDON, W.1

— + —
Come, or write to us, in any sex difficulties



Caps 2/- 13/6 postage 2/-

C.B.C.

Clinic and

Society for Constructive Birth Control and Racial Progress
108, WHITFIELD STREET, LONDON, W.1.

INSTRUCTIONS How to use the RACIAL Cap.

The cap should only be used for the **first** time after a trained midwife or medical practitioner has examined and reported the womb to be in normal position and suitable for use of the cap.

It is important to get the right size of cap. After the birth of a desired baby a re-fitting is necessary.

When using, dip the dry cap into slightly soapy water. Pinch the rim between the thumb and first finger, pressing the rim tightly together. Then sitting on your heels in a squatting position slide the cap into the vaginal canal (front passage) and keep the rim pinched together with the hollow surface upwards. Hold in this way until it can go no further. When it reaches the end of the canal cease pinching it and allow it to expand naturally. Then press it upwards. It should almost automatically find its own position over and round the base of the neck of the womb. With the finger follow round the rim pressing upwards into position. The soft part of the cap should stand loosely over the neck of the womb, under which it can be felt with the finger. On rising, the grip of the muscles as well as the suction of its expansion after being pinched together help to hold it in position.

About five minutes before the need arises a greasy soluble should be inserted, in which case no douching or other precaution need be taken that night or next day.

The cap is best inserted sometime in the evening and taken out the next morning, **but on no account later than forty-eight hours after insertion.**

To remove it, sit squatting on heels, bend forward, jerk the rim with the finger when it will loosen and can be easily withdrawn.

After removal the next day wash the cap in hot, soapy water, which is quickly and easily done with the fingers. If you have any doubt that you have not washed it carefully it can be left in a jam jar of weak disinfectant solution or better still boiled for a couple of minutes. Shake and dry. If in constant use it is best to be kept dry, but if it is discarded for several months it is liable to harden or crack. For long storage it should be kept in a weak disinfectant solution, but if regularly used should be kept dry. A new one is required if it is cracked or has even a pinprick hole.

This cap is carefully hand-made of rubber of the best type. There are many inferior articles much lauded by dealers, especially cheap ones run into moulds which are useless after one or two applications.

Note on the RACIAL Contraceptives.

For use at the pioneer Clinic for Constructive Birth Control years ago, when Dr. Stopes first perfected the high domed vaginal rubber cap, she gave it the name of the Pro-race.

This name was not trade marked nor protected by her or the Society, with the unfortunate result that it has been commercially registered and applied to other goods than the original Pro-race cap and have thus confused and sometimes misled the public.

In order to safeguard the public the Executive Committee of the C.B.C. has registered the word RACIAL both as a trade mark and world Monomark.

The profits from the sale of RACIAL contraceptives will be devoted to the charitable, educational, scientific research and general work of the C.B.C. Society and Clinic. Write for literature and leaflets.

[P.T.O.]

C.B.C.

Clinic and

Society for Constructive Birth Control and Racial Progress

108, WHITFIELD STREET, LONDON, W.1.

INSTRUCTIONS How to Use the RACIAL Sponge.

First squeeze out the sponge in water (warm water preferred), then soak the sponge in olive oil (this is ordinary salad oil), squeeze out the oil from the sponge so that it is merely damp with oil but does not drip. Insert one greasy soluble.

Press in the sponge up the vaginal canal (the front passage) while in a squatting position, then tuck it well round the womb at the end of the canal, care being taken to cover the cervix (the neck of the womb) completely.

Nothing more need be done until the following morning or afternoon, by which time the **sponge must be removed without fail**. Ordinary hot soapy water will wash it, but it is best also to boil it in salt and water for a minute or two. When clean rinse in ordinary water, hang it up to dry and keep dry until it is next used.

Before using any contraceptive for the first time it is much best to be seen by an expert, either a midwife, nurse or a doctor, and the Committee invites you to come to the Mothers' Clinic, 108, Whitfield Street, Tottenham Court Road, London, W.1, where personal help and advice will be given to you *free*, without any charge.

The C. B. C. Clinic is open to help you daily, except Saturday, from 10 to 6. Telephone—Museum 9528.

If you cannot visit the headquarters Clinic but desire personal help, write to the Nurse in Charge for the address of some other clinic or qualified doctor nearer you.

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108, WHITFIELD STREET, LONDON, W.1.

RACIAL Solubles

The Best and Cheapest Chemical Contraceptive

INSTRUCTIONS How to Use the RACIAL Solubles.

One cone should be pushed up the vaginal canal (the front passage) as far as it will go, about 5 minutes before it is required.

Though affording safety by itself for most people, **no** chemical contraceptive is safe for **everyone**. Distrust dealers who tell you theirs are. Solubles of all sorts should preferably be used either with a cap or sponge to ensure perfect safety.

The three principal advantages of the Racial Solubles are:—

- (1) They contain only a wholesome, bland disinfectant and low-melting point cocoa-butter.
- (2) They contain no quinine (which is upsetting to some people).
- (3) They are extremely cheap, namely 1/- a box containing twelve, of a type which corresponds with those for which 2/6 or 3/6 is charged by all the ordinary retail tradesmen.

Some form of chemical contraceptive is very widely recommended by the medical profession and found to be necessary in addition to the cap or sponge in the majority of cases by the nurses and doctors who advise at the Clinic.

For poor people the price of 2/6 or 3/6 a box renders them prohibitive, and many of the so-called "failures" of methods are to be traced to the fact that poor women simply cannot afford to use the chemical contraceptive which is generally advised in conjunction with some other method.

When the trade refused to supply these suppositories in boxes of one dozen at 1/-, the Committee of the C.B.C. decided to render them available for the public at a price which puts them within reach of the poor, as it is part of the charitable work of the Clinic that the best contraceptives shall be available at a suitable price.

Orders by post should contain 1/1½ (to include postage), and will be sent by return if addressed to the Nurse-in-Charge, C.B.C. Clinic, 108, Whitfield Street, London, W.1.

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