

SAFE CONTRACEPTION

MIL - SAN, compared with some products, is not cheap, but the extra safety and satisfaction is well worth the extra few shillings per year.



**Registered
Trade Mark.**

MIL-SAN

Is safe.
Is absolutely harmless.
Is entirely free from poison.
Protects, disinfects and is tonic in its action.
Causes no irritation either during or after use.
Is non-greasy.
Does not stain.
Can be used easily and unobtrusively.
Is immediate in its action.
Is quite unnoticeable in use.
Is economical. A bottle contains 12 applications.
Does not deteriorate unless exposed to frost or direct sunlight.

SAFE CONTRACEPTION

Five years ago a group of gynaecologists, alarmed at the rapid increase in the number of women suffering from injuries directly or indirectly attributable to methods in common use, resolved to find and perfect a contraceptive which doctors could recommend with confidence and the public use with safety.

These specialists, from years of private practice and hospital experience, were dismayed by the increasing number of cases of hæmorrhage, nervous disorder, frigidity, sterility, lesions and abortions. They saw that the public was practising birth control with disastrous consequences before medical science was ready with a reliable contraceptive. People adopted any means at hand without thought of possible injurious effects.

For five years the work of examining, testing, rejecting, modifying, experimenting and observing, was pursued. The result is Mil-San. A full explanation of what it is, and how it acts, is being sent to every doctor in the country.

Details of the scientific research are outside the scope of this brochure, but some knowledge of how conception occurs will enable the reader to understand the problem these men had to solve and how they solved it.

Conception

The female generative system consists of two ovaries connected with the womb by tubes or passages. The lower part of the womb, which contains a small opening known as the os, projects into the vagina. Each month the ovaries produce an ovum, or egg, which passes down the tube into the womb and, unless it meets male sperm, dies.

Male sperm ejected into the vagina, pass through the os and into the womb. When it comes in contact with the ovum in the womb or tubes this may be fertilized. The fertilized ovum then lodges in the thick wall of the womb and growth begins.

One drop of semen may contain fifty million sperm, each one capable of fertilising the ovum, and these sperm, though microscopic in size, are amazingly strong and active and can, and do, travel from the vagina into the womb and thence into the tubes in the space of a few minutes. They are capable of remaining alive for a long period and fertilizing the ovum many days later. If by some barrier they are prevented from entering the os they remain alive and active, even in the vagina, for hours if the conditions are favourable.

These facts will give an idea of the difficulty of the task confronting these specialists in their search for a method that would involve no risk of injury either to the nervous system or to the delicate organs of reproduction.

Essential Requisites of the Perfect Contraceptive

At the outset certain hard and fast essential requirements were laid down. Throughout the whole investigation, embracing not only

the means but also the method of application and use, these requirements were rigidly borne in mind. Any measure, practice, or appliance which fell short on any one point was immediately rejected. The essentials were:

- I. It must be an *effective* contraceptive. If it failed in this it failed in its primary purpose.
- II. It must be *non-injurious*, no matter how often used or how delicate the constitution of the user. A contraceptive which might conceivably, in any circumstances, cause injury or harm could not be acceptable to doctors and would be a danger to the public.
- III. It must *not be noticeable* in use, nor interfere with complete, normal natural intercourse.
- IV. It must *not be poisonous*. The risk of accident from the widespread distribution of a poisonous drug or compound, which might come into the hands of children, or persons ignorant of its nature, could not be tolerated.
- V. It must not necessitate any action after intercourse, as this is completely contrary to nature's demands that the nervous system and the body should have rest.
- VI. It should be simple and easy to use.
- VII. It must not deteriorate.

These were demands difficult to satisfy but a study of them will show they must be satisfied by a contraceptive which doctors could recommend and the public use with confidence. It is amazing that until the discovery of Mil-San there was no contraceptive which complied with them even approximately. In many cases the physical harm of certain methods is obvious, but the far-reaching effects of nervous and mental reactions to anything arousing a sense of frustration or repugnance can only be fully appreciated by specialists who have made a study of such matters. It is a peculiar psychological fact that the nervous excitement of the sexual act is such that a

feeling of frustration aroused by an unsatisfactory or noticeable method engenders revulsion between the partners in the act. There are thousands of married people in the world to-day who are not living normal happy lives because of the use of such methods.

Study of Methods

The specialists, from their private practice, hospital experience, out-patient work and from the published reports of other doctors, were able to obtain a vast amount of authentic and reliable data on every known means and method of contraception, which, broadly classified, are:

1. Withdrawal by the man before emission.
2. Appliances worn by the man and intended to prevent the entry of sperm into the vagina.
3. Douching.
4. Objects placed in the womb itself and intended to prevent the lodgment of the fertilized ovum.
5. Appliances worn in the vagina by the woman and intended to prevent the entry of sperm into the womb.
6. Use of chemicals intended to destroy sperm in the vagina.

Applying the tests to all these methods all were found defective.

Withdrawal

Withdrawal is not an effective means of preventing conception. Both doctors and the public know that there are more unwanted pregnancies due to the failure of this practice than to any other cause. It calls for almost superhuman restraint at the very moment when every instinct calls for complete abandonment. Also, it is known that some fluid is emitted from the male organ before the emission proper occurs and that this very frequently contains sperm.

Unhappily, its ineffectiveness is not its only fault. It is definitely injurious both to the woman and to the man. The effect on the

nervous system of the man is such that, if persisted in, it may lead to complete impotence.

The effect on the nervous system of the woman is no less noticeable. Any woman who realises the effort necessary on the part of the man to control the act and how often he fails in this is in a state of nervous tension, even fear, throughout the whole proceeding. She lives in a state of nerve-wracking uncertainty from month to month, until what should be a normal, natural, and mutual tie between man and wife becomes terrifying and abhorrent.

These are failures to meet the requirements which all will understand. There is another danger which is not so well known. Gynæcologists have advanced the view that in complete coition the woman's system is strengthened and benefited by the assimilation of the male emission and the lack of this at those times when its beneficial effects are called for is harmful.

Appliances Worn by the Man

The sheath is practically the only appliance of this kind. It clearly fails in many essentials. It is so noticeable and unpleasant that many will not use it. Any benefit to the vaginal lining by absorption of the seminal fluid is precluded. The reaction to the presence of such a noticeable barrier, the sense of dissatisfaction and frustration, and the disgust caused by the necessity for its subsequent removal and disposal, all too frequently lead to irritation and unhappiness between man and wife. Its continual use is, in the opinion of gynæcologists and specialists in neurotic complaints, a definite cause of serious nervous and mental troubles.

The sheath can only be relied upon to prevent conception if it satisfies three conditions:

- (a) It must be of such a quality that it cannot possibly burst or tear in any circumstances. As will be seen from the considerations mentioned later in regard to douching, such precautions, however

quickly taken after the discovery of an accident, are unreliable.

- (b) The wearer must be certain that the sheath has been properly and thoroughly tested beforehand. When it is borne in mind that the sperm is so infinitely minute in size and so active that it can easily pass through a hole or pore that would be much too small to permit the passage of a single drop of water, it will be realized what such testing would entail.
- (c) It must be quite fresh. No matter how strong and however well tested, the sheath is useless if it has deteriorated. In actual practice it is impossible to be certain that its reliability has not been nullified by the time it may have been kept in store either by manufacturers, wholesalers or retailers.

The fact that, as shown above, the sheath can be made reliable *in theory* has led many people to the conclusion that it is in practice reliable in all normal cases. The actual experiences of hundreds of people have proved that the contrary is the case and many unexpected pregnancies have been the results of unnoticed or unnoticeable defects in these appliances.

The practice of only using a sheath immediately before ejaculation and after preliminary intercourse is, of course, unsafe, as the sperm may have been exuded before fitting, also, as shown above, the sheath may be deteriorated or imperfect, and, furthermore, the practice calls for unnatural interruption of the act.

Vaginal Douching

This form of precaution is, of course, notoriously ineffective. Every woman knows of cases of failure. Doctors have heard the same complaint so many times—"But I can't understand how it happened, Doctor, as I used a douche afterwards."

The amazing activity of the male sperm explains its failure. If emission has taken

place near the mouth of the womb no douche can be used quickly enough to prevent the entry of some sperm into the os where it cannot reach them. Sperm, even at the entrance of the vagina, can reach the os within two minutes. This explains also why the use of a douche after the discovery that a sheath has leaked, torn or burst may be futile.

In addition to its ineffectiveness, douching is injurious. It washes away the vaginal secretions which nature has provided for the purpose of keeping the vagina clean and healthy and precludes any possibility of the female system benefiting from the absorption of semen. The effect of this constant washing is to harden and toughen the vaginal lining, to render it liable to irritation, inflammation and infection from dangerous germs.

Where chemicals are used with the douche the danger of injury is increased, as these often consist of corrosive disinfectants which attack the mucus membrane. Some are so strong that their effect can be observed even on the skin of the hands; their action on the delicate lining of the vagina can be imagined. If a cold douche is used there is the added risk of chills with consequent congestion and other troubles.

The third essential in which it fails is that it demands after effort. Those women who use a douche know well what this unnatural effort costs. With many the strong revolt against the necessity to rise hurriedly and to douche, and the regular recurrence of weeks of worry, has brought on repugnance against the act itself.

Appliances in the Womb itself

These appliances can be inserted only by a doctor using instruments.

Some years ago, when this method was advocated it was thought it would prove a sure means of preventing conception. The presence of the appliance in the womb would, it was believed, prevent the fertilized ovum finding a resting place. Unfortunately, numerous cases

soon proved that such lodgment could take place and development begin; this necessitated operations to remove the foetus whose full development was precluded by the presence of the appliance. In certain cases where the foetus had actually died the woman's life depended on an immediate and dangerous operation for its removal.

In many cases the method caused so much bleeding that it had to be removed; in others, it caused constant pain. Sometimes it has slipped out unnoticed and the woman has been left without protection.

For these reasons informed medical opinion is no longer in favour of this method.

Appliances in the Vagina

These appliances are no longer regarded as effective contraceptives in themselves. Even those people who advise their use, now insist that some chemical contraceptive must be used with them. They can only be regarded as barriers placed before the os in the hope that they will check the entry of sperm until such time as the chemical operates.

There are two principal varieties. One is a rubber diaphragm on a circular spring, which, theoretically, will press against the vaginal walls and so form a barrier across the vagina in front of the os. The other type is a rubber contrivance shaped something like a small rolled up sheath and is meant to be fitted over the protruding entrance to the womb so that the thick rubber ring grips it.

When one considers the folds, fissures and irregularities of the surface of the vaginal lining, and the microscopic size and penetrative activity of the male sperm, one realises how impracticable it is to fit any appliance so tightly as to stop their passage.

Many doctors assert that these appliances cannot be fitted except by professional aid. Even when so fitted, there is always the danger of displacement before or during intercourse.

The risks women run in wearing them are not confined to that of pregnancy. When closely fitted they may seriously interfere with the circulation, check the flow of secretions, and are liable to tear the tender tissues and set up inflammation or hæmorrhage.

In no circumstances should they be worn for more than a few hours. Unfortunately, the task of inserting and removing them is so difficult and unpleasant to refined people that many women leave them in for weeks, thus creating an unhygienic condition better imagined than described. Even when women faithfully obey all the instructions, investigation proves conclusively that their use may cause inflammation and lesions.

The claim is sometimes made that these appliances are not noticeable in use. Those who have used them are the best judges. Many men are at once conscious of their presence and have the same feeling of frustration as they have with the sheath. For some women they prevent any satisfaction.

That they are objectionable is obvious. The performance of inserting and trying to fit them properly is repulsive to all women, while their removal and cleansing is revolting. The inevitable outcome is revulsion against the act and, consequently, against the partner in it.

Chemical Contraceptives

The investigation proved that in all the methods examined were disadvantages or objections which made them impossible of improvement. They all failed on too many grounds and on grounds where no improvement could be made. The faults were inherent in the means. The only hope, therefore, was in the field of chemical contraception and this was studied with exacting care.

One after another, the known chemical contraceptives were examined and tested. One after another they had to be rejected. It was found that some, surprising as it may seem, had no chemical effect on the sperm at

all and contained nothing that could have any effect. Others had traces of chemicals but in such small quantities as to be useless. One well-known and widely sold article was so ineffective that sperm were alive *and active* after forty-five minutes contact with it! To be effective, a chemical contraceptive must be immediate in its action.

In some instances, tests disclosed that while the chemical ingredient ought to have a fatal effect it, in fact, had none, owing to the fatty base of which the pessary was formed. The greasy base apparently immobilised the chemical so that it did not come into contact with the sperm at all.

In those pessaries where effervescence or foaming was relied upon to release the chemicals it was often found that only the outer surface dissolved. The foam itself apparently prevented sufficient moisture from reaching the pessary to dissolve it.

Doctors have even found partially dissolved pessaries in the vagina three days after they had been inserted.

All the solid types, of necessity, take time to act. This period varies with the physical characteristics of the woman and is sometimes so long that the pessary is useless. Where attempts were made to shorten this period by making the pessary more soluble, it was found that rapid deterioration was unavoidable, even with the most careful packing and handling.

Owing to the difficulty of ensuring the release of a sufficient quantity of chemical in time, some makers had evidently decided to employ it in great strength. Results showed that after a time the chemical in these pessaries corroded the lining of the vagina, and in some instances, actually caused it to come away in shreds. Others contained chemicals which, when absorbed through the walls of the vagina into the circulation, might give rise to general toxic disturbance. The effect of such poisoning of the system is cumulative

and herein frequently lies the unsuspected cause of many women's ill-health.

Another group of pessaries owe their contraceptive action to the presence of a poison in sufficient strength to cause death when accidentally misused. The proved fatalities from carelessness, or where children had found them and mistaken them for sweets, were alone sufficient to make it impossible for doctors to recommend them. No matter how carefully doctors might warn the patients the risk was too great. The doctor's recommendation might be passed on from one person to another and the warning of poison neglected or forgotten until some terrible accident occurred.

Finally, soluble pessaries, whether greasy or foaming, could be noticed in use and were therefore objectionable, apart from the fact that some had an unpleasant odour and stained linen badly.

The examination of known liquid or semi-liquid contraceptives was next undertaken but not one satisfied all the requirements. Either the substance had no contraceptive power at all, or was too dense to spread or mix with the vaginal secretions and thus failed to protect. In one case, it was found that the whole application fell out of the vagina in a mass, not having mixed at all. Some were corrosive in their action, causing burning and eating away of the mucus membrane. Others depended on the presence of deadly poisons.

Mil-San

Working from the conclusions reached, and rigidly bearing in mind the specifications laid down, as well as the physical and nervous considerations which are so important, they experimented patiently and steadily, testing every step and rejecting anything which might cause any ill-effect, checking every result, observing hundreds of cases and perfecting until they were finally satisfied that in the light of present day medical knowledge, they had discovered the perfect contraceptive. They

then subjected it to another year of observation before they decided that it could be put in the hands of doctors with confidence and used by the public with safety.

Mil-San is a jelly-like compound of nine ingredients, *balanced in exact proportions*. Every ingredient has its definite purpose. Every ingredient is essential to the perfect result. Certain ingredients *immediately* paralyse, kill and dissolve the entire sperm organism, others disinfect, cleanse and give tone to the vaginal lining, others ensure that the compound shall cling closely so that it cannot be rubbed or washed away during intercourse; others ensure that it shall mix and blend with the natural secretion, and render this also immediately fatal to all sperm, others act as soothing, healing agents to assist in protecting the tender tissues against any tear or injury. In use it is simply injected deeply into the vagina before intercourse by means of a special glass tube, where it forms a thick layer covering the neck of the womb and the os. Its composition is such that not only is an impenetrable film formed, but it penetrates deeply into every fold, fissure and irregularity of the vaginal surface which it renders fatal to all sperm.

No metal container, tube or cap is used in the Mil-San outfit. There is a reason for this. Certain of the most effective ingredients, by contact with tin, lead or metal alloy lose their efficacy and, therefore, despite their cheapness, metal tubes or containers had to be rejected. Incidentally, the Mil-San glass tube makes it easy to see that Mil-San and not air has been drawn up and that the whole quantity has been applied, and no matter how soon or how completely emission by the man takes place the Mil-San is there, a real, deadly barrier through which no sperm can pass.

In its perfected state it was used by thousands of women before it was offered to the general public. For a year, 500 of these were kept under special observation by the gynaecologists concerned, and though they were

all women who had borne from one to ten children, *not one became pregnant, not one suffered injury*, while in many instances there was a marked improvement in health and general tone.

Mil-San cannot fail as a preventive, provided it is present in sufficient quantity to cover the lining of the vagina, including the *cervix* and the *os*. The quantity drawn by the bulb into the tube allows a wide margin to ensure this and the outfit is so designed that the user can see that the right quantity has been drawn up. If one were so careless as not to see that the end of the tube was in the substance before releasing the bulb, the full quantity of Mil-San would not be drawn up, which would entail a corresponding reduction in the amount of Mil-San applied. The quantity drawn up by the bulb gives a wide margin of safety in all normal cases. It is appreciated that occasionally there may be abnormal cases of enlarged vagina, or fallen womb, where a double quantity should be used. Women are, therefore, recommended to obtain medical advice before using contraceptives in any form. If there is any abnormality due to peculiar physical characteristics, or as a consequence of repeated child-bearing, the doctor will tell them so.

The next requirement was, that it must be non-injurious. Obviously, since its presence cannot be detected, it does not arouse those feelings of frustration and disgust which are so damaging, while there is no danger of any physical reaction or injury. Mil-San is so balanced that its purifying and healing effect is strongly beneficial. Experiments were carried out whereby Mil-San was kept in constant contact with the vaginal surface for long periods and in no instance were there any traces of ill-effects. In fact, it had a marked tonic, hygienic effect. Comparisons of the conditions of the vaginal wall in cases where Mil-San was being used were made with others where it was not used and the beneficial effects were most noticeable. It is, indeed, frequently prescribed by medical men as an antiseptic in

the treatment of leucorrhoea and other minor female ailments.

Mixing naturally and readily with the vaginal secretions it is, in use, indistinguishable from them. It is not greasy, and as it clings closely to the whole vaginal surface and the *os*, it is neither messy nor noticeable. It has no unpleasant odour and does not stain linen. Those who use it once can judge for themselves how impossible it is to detect its presence. Since it in no way affects the natural enjoyment it does not arouse those feelings of antagonism between man and wife which so often are the results of using unnatural mechanical devices.

It is non-poisonous. One could inadvertently swallow the contents of a whole bottle and suffer no ill-effects.

Mil-San requires no after effort. No frightened douching, no shock or strain caused by the taking of hurried precautions at a time when the whole system rebels: no disgusting necessity for removing and disposing of a dirty mechanical appliance either immediately or later. *Nothing further is required or desirable*. Both the man and the woman are free to follow their natural inclination for complete relaxation. No douche should be used after Mil-San. The only effect it can have is to wash away a compound which is cleansing, antiseptic and healing.

Mil-San is simple and easy to use. Before intercourse the necessary quantity is drawn into the tube and injected by one pressure on the bulb deeply into the vagina. That is all. There is no worry, no frustration, no impaired enjoyment, no harm, no danger, no after effort, no nerve strain or tension, no fear of pregnancy. It ensures complete normal, natural intercourse.

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