

*Issued to the
Medical Profession Only.*

P. H. S.

**SCIENTIFIC
BIRTH CONTROL
FROM A
MEDICAL ASPECT**

COATES & COOPER, LTD.
LONDON.

Some
The views of other authorities are also given.

EXTRACTS.

At a ^{it was} ^{that} The Birth Control Congress in London ^{has} declared instruction in the hygiene of methods of contra-conception to be a professional duty of the physician.

"So long as men multiply they must become ruthless; when they cease to expand, they become civilised."—Phyllis Clodd in "Edinburgh Review."

"There could be no greater contribution to the morality of the world and to marital happiness than Birth Control."—*American Medical Association, 1924-25.*

"The only practical instrument by which energies can work is Birth Control."—*Havelock Ellis.*

"It is not a question of introducing among the poor an effort to prevent excessive child-bearing. Such efforts are made all the time now. It is a question of introducing safe and sane methods, and of spreading among them the knowledge that such a limitation of the number of children is possible without the risk of death or invalidism. It is a question of offering to the poor who need it most, the knowledge and the power which has long been the possession of those who need it least."—*Alice Hamilton, M.D., Harvard Medical School.*

"To create a race of well-born children it is essential that the function of motherhood should be elevated to a position of dignity and this is impossible as long as conception remains a matter of chance."—*Declaration of Principles of American Birth Control League, from "Birth Control Review," April, 1928.*

"The problem of Birth Control is certainly one of the gravest questions which can command our thoughts, and you have always realised that its solution does not consist merely in an unintelligent restriction of the family. It is essentially associated with the importance of men and women fulfilling their true function in life by the reproduction of the race, accompanied by a realisation of the truth that this should be accomplished by wise and discerning forethought, and not by the haphazard of blind chance. Children should be born because they are desired, and not as the result of an accident, and their life should not be stunted and starved by the pressure of others for whom the parents have no means of adequate provision. The happiness of the present and the hope of the future lies in a correct understanding of the views which your paper has always so steadfastly upheld."—*Lord Buckmaster, from "Birth Control Review," April, 1928.*

"The larger the family, the more congested will be the quarters they live in and the more unsanitary will be the environment. Last, but not least, with the increase of the family there is by no means a corresponding increase in the earning capacity of the father or mother, and, as a result, malnutrition and insufficient clothing enter as factors to predispose to tuberculosis, or cause an already latent tuberculosis to become active."—*S. Adolphus Knopf, M.D., from "Birth Control Review," April, 1928.*

"Conscious and limited procreation is dictated by love and intelligence. . . . Unconscious, irresponsible procreation produces domestic misery and half-starved children."—*William L. Holt, M.D., "Birth Control Review," April, 1928.*

"I can think of promising boys and girls for whom a high school education has been proudly planned and a rise in the world, but who were forced to leave school at fourteen and take any possible job because there were so many mouths to feed and the father's wages would not suffice."—*Alice Hamilton, M.D., "Birth Control Review," April, 1928.*

"A case in point: Out of one family of eleven children only two are now of any use to society, a little girl of seven who stays at home and cares for the crippled sister during the day, while the mother scrubs office floors, and a boy of nine, who sells chewing gum after school hours at a subway exit. From a sober, serious and hardworking man the father has become a hopeless drunkard, of whom the mother and children live in terror."—*Margaret Sanger, "Birth Control Review," April, 1928.*

SCIENTIFIC BIRTH CONTROL

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MEDICAL ASPECT.

The Social Problem.

It would occupy too much of our space to set out the vast amount of opinion and evidence in support of a scientific regulation of the population, presented to us in the course of years by eminent authorities in sociology, domestic economy, medicine, etc., and it is therefore from the medical aspect alone that the question of birth control is here dealt with.

In these days it is generally conceded that to bring into existence a family that cannot be properly fed, clothed and educated is unreasonable and unfair to the parents and to the children.

The Medical Problem.

For many years members of the medical profession stood aloof from this matter which however has now come to be regarded as so intimately bound up with the health and well-being of family life that it comes well within the scope of the doctor. Dr. Killick Millard* expresses himself thus: "I have no doubt whatever that birth control has come to stay and it is up to the medical profession to act in the matter rather than to leave it alone and allow it to drift. At present the profession is working largely in the dark but we should be in a position to tell the people what to use and what not to use."

The Birth Control Congress in London has declared instruction in the hygiene of methods of contraception to be a professional duty of the physician.

"So long as men multiply they must become ruthless; when they cease to expand they become civilised." Phyllis Clodd in "Edinburgh Review."

There are furthermore numerous instances where the woman is by reason of her physical condition

*Medical Aspects of Contraception pp. 112, 123.

And Its Solution.

unfitted for bearing children, which may be in the form of a malformation, heart mischief, neurosis, etc., and here it is obviously the doctor's duty to advise his patients as to the best and most reliable means of avoiding pregnancy.

The only alternative the medical man has to advising continence—by no means frequently acceptable advice—is to recommend some anti-conceptive measure and in doing this he has to bear in mind that the method advised must be **efficient, simple, harmless, inexpensive and inoffensive**. **Efficient**, so that it may be employed with absolute confidence. **Simple**, because methods involving much trouble and inconvenience, such as douching are nearly always at some time or other neglected and followed by undesired results. **Harmless**, as to its effects on the system and health. **Inexpensive** on account of its frequent use. **Inoffensive**, so as not to offend the susceptibilities of the husband or wife.

Search for the Ideal Method.

The medical man at the present day has quite a wide range of literature on the subject by competent authorities in which it is treated from the medical standpoint, scientifically and practically in order to help him in coming to a conclusion as to the measure of choice.

Broadly speaking contraceptives may be classed under two headings:—(1) Those which act mechanically in preventing the entrance of the spermatozoa into the uterus, such as rubber pessaries, sponges, tampons, etc., and (2) Soluble pessaries of a greasy nature, usually cocoa-butter in which quinine has been incorporated with the idea of destroying the spermatozoa.

Medical criticism of Faulty Methods.

Amongst the large number of medical men who wholly condemn rubber sheaths and other appliances for the use of the male as being unreliable, frequently leading to nervous disorders and even impotency are (1)* Drs. Braun and Winterburg, who in an exhaustive article ("Journal of Urology and Sexual Hygiene," Vol. iv, No. 11), show the

(1)* These figures refer to Literature pp. 14/15.

many evils connected with the use of this kind of anti-conceptive and are equally opposed to all the mechanical contrivances as enumerated above under heading No. 1. With regard to the soluble pessaries of a greasy character containing quinine or Chinosol, Dr. J. R. Baker (2) carried out exhaustive investigations as to the spermicidal powers of Chemical contraceptives (under the auspices of the Birth Control Investigation Committee at the department of Zoology and Comparative Anatomy, Oxford, by permission of Prof. Goodrich, "Journal of Hygiene," Vol. xxix, No. 3, Dec. 1919), so as to elaborate a standard method of comparison. Some details of these researches are given on pp. 8/9, but the results of the tests show that quinine as also Chinosol—a chemical substance much used in pessaries—possess an exceedingly poor spermicidal action. (3) Michael Fielding (the pseudonym of a medical man) in his book "Parenthood, A manual of birth-control," states that in view of Dr. Baker's investigations, he very much doubts if the quinine or Chinosol content of these pessaries has any contraceptive value whatever.

An Ideal Contraceptive.

Drs. Braun and Winterburg in their article describe the characteristics necessary for an "Ideal contraceptive." This should be an agent which:—

1. Permits natural intercourse.
2. Exerts an immediate destructive effect on the spermatozoa.
3. Is absolutely harmless to health.
4. Dissolves easily in the female secretion.
5. Penetrates readily to the innermost recesses.

And Its Production.

These doctors found that their ideal conditions were in practice fulfilled by means of SPETON TABLETS and their experiences have been amply confirmed by a large following in this country and abroad on practical and scientific evidence which has been adduced.

SPETON TABLETS.

Description.

These pessaries are made in the form of compressed tablets which are intended for female use by introduction into the vaginal canal. The tablet is so constituted that it immediately disintegrates and dissolves even where the vaginal secretion is scanty. During the disintegration of the tablet there is effervescence and considerable liberation of gas, which forms large numbers of gaseous bubbles that coalesce into a dense foam; this distributes itself over the surface of the vagina, covering as it does so, the os uteri and thus forming a better barrier to the spermatozoa than cocoa-butter, etc. The Speton tablet is however, not solely dependent on this obstructive action.

Chemical Constitution.

The Speton tablet consists of dichloro-p-sulphamido-benzoate dioxysuccinic acid and sodium bicarbonate. The tablet weighs 1.2 gm., and the active spermicidal principle (dichloro-parasulphamido-sodium-benzoate) is contained to the extent of only 1 per cent. The solutions are neutral.

Spermicidal and Bacterial Action.

The exceptional spermicidal efficiency of the active principle of the Speton Tablet has been fully and thoroughly demonstrated by many scientific authorities amongst others by (4) Professor Kionka, Director of the Pharmacological Institute, Jena University, from whose report a few short extracts are here given . . . " . . . It now remained to be proved whether these tablets dissolved in the vaginal secretion did as a matter of fact produce a solution which was capable of killing spermatozoa . . . We know however from the results of (5) Steinhäuser's work (Breslau University Women's Clinic), that spermatozoa are exceedingly susceptible to disinfectants of the most various descriptions, so one is entitled to test the bactericidal power of the preparation in question (Speton) as to its action on micro-organisms. In order to determine the disinfectant power of Speton tablets, bactericidal experiments were carried out on staphylococcus and streptococcus cultures. The results obtained were briefly summarized :

6

Why not test it in the plural tablets are so constituted . . . al. then counts the singular

Why not honestly admit it is prepared.

Just a good argument

Spermatozoa are not killed in 26

h 30 min

Staphylococci are killed in a solution of 0.0066 per cent., i.e., 1 : 15,000.

Streptococci are killed in a solution of 0.0030 per cent., i.e., 1 : 30,000.

Bacterial destruction is complete in 5 minutes . . .

Each time a tablet is inserted 0.012 g. of dichloro-parasulphamido-benzoic sodium is released for solution and action. If we assume that probably 10 ccm. fluid may be present—which is really too high an estimate—a 0.12 per cent. solution would nevertheless result, that is to say a solution which represents more than 10 times the necessary concentration, so that Speton tablets are also quite satisfactory in this respect.

Harmless to the Mucous Membranes.

Professor Kionka now carried out tests as to the action of the Speton tablet on the mucous membranes with the following results as stated :

"In order to carry out observations with regard to any irritant action which might possibly be exerted on the mucous membranes by dichloro-parasulphamido-benzoic acid-sodium solutions, 0.1 per cent. and 0.01 per cent. solutions of this substance were introduced into the conjunctival sac of a rabbit. In both instances an increase in the secretory action followed, yet in the case of the 0.01 per cent. there was not any reddening at all and in that of the 0.1 per cent. only a very weak reddening (which disappeared after a few minutes) of this exceedingly sensitive mucous membrane.

Following the results of these experiments (confirmed by those of (6) Dobertin) I feel assured that Speton tablets containing 1 per cent. dichloro-parasulphamido-benzoic acid-sodium can be used for introduction into the human vagina without causing any disturbing irritative effects . . .

Resorptive Toxic Effects.

. . . Regarding eventual toxic effects due to resorption, nothing appears in the literature in reference to this, despite the fact that dichloro-parasulphamido-benzoic acid-sodium in a different form, viz., as "Dakin's Solution" is already in very wide use as a disinfectant and a wash or lotion. It

7

benzoate

Don't put space but that can't be helped

conceal which is such a called a pessary then a bubble in any the else then far side

contain

if the are going to attack without then "bactericidal"

not comparable any more

any how the should not be

Why both about the eye and the vagina

Steinhäuser's work

is not only extensively used for douching cavities lined with mucous membrane—the vaginal douche—but also for the disinfection of injured surfaces and ulcers. For these purposes much stronger solutions are always employed than could possibly exist in the vaginal use of Speton tablets even if only a very small amount of fluid were present.

For vaginal douches $\frac{1}{2}$ per cent. solutions of Dakin are usual and up to 1 per cent. solutions for mouth and nose washes; 1 to 2 per cent. lotions and washes for ulcera cruris . . . But even 30 or 45 ccm. of a 1 per cent. dichloryl-parasulphamido-benzoic acid-sodium solution do not call any toxic symptoms into existence when administered intravenously (into rabbits). From these figures—confirmation of which is hardly necessary—it follows that the toxic action on animals of dichloryl-parasulphamido-benzoic acid-sodium is a comparatively slight one and that in any case the quantities, which are resorbed by the intravaginal use of Speton tablets are absolutely harmless."

Professor Kionka's Conclusions.

Finally Professor Kionka under his "Conclusions" states that the Speton tablet completely dissolves with sufficient rapidity (in three minutes in the vaginal secretion) produces an extensive gas formation and that the solution formed in the vagina has an absolutely rapid destructive action on staphylococci and streptococci and taking into account the great susceptibility of spermatozoa to disinfectants he assumes that they would be still more readily destroyed by such solution.

Spermicidal Powers of Chemical Contraceptives.

The researches of Dr. Baker mentioned on p. 5 were carried out on three types of soluble pessaries:

Quinine pessary of 2.08 Grammes containing cocoa butter and 5 grains of quinine bisulphate each.

Chinosol pessary, containing 3 grains of Chinosol.

Speton tablet weighing 1.2 grm. consisting of sodium dichloryl-sulphamido-benzoic, dioxysuccinic acid 1 per cent., and sodium bicarbonate.

Dr. Baker carried out two series of experiments differing from each other as much as possible, the one on guinea pig sperms and the other on human sperms. The activity of the sperms under various conditions was carefully estimated before the experiments, making use of a special technique for the microscopic observations of the sperm. Four experiments were made with each spermicide of S concentration. The conclusion was that Speton is far more spermicidal than quinine or Chinosol, neither of which exerted any appreciable effect, even in a quarter of an hour.

Comparative Spermicidal Action of Speton.

Dr. Baker in his report says: "Speton at S. concentration is so lethal to guinea pig sperms that it is not possible to decide from the experiments recorded above how many times the sperm killing solution of Speton is stronger than that of other contraceptives. A series of experiments has therefore been carried out with the difference that instead of one tablet of Speton $\frac{1}{10}$ of a tablet by weight has been used."

Three experiments on this basis were undertaken and in each case with the result that $\frac{1}{10}$ of a Speton pessary proved much more effective than a whole pessary of quinine or Chinosol. He comes to the conclusion also that the inefficiency of the quinine and Chinosol pessary is not due to the active principle dissolving slowly out of the cocoa-butter vehicle, but to the small spermicidal powers of the active substances.

Vaginal Antisepsis.

Dr. A. Torkanowski, writing on "Disinfection of the Vagina" in "Der Landarzt" (The Country Doctor), 1927, mentions Speton in the following terms:

"The experience I have gained in my practice with this preparation is widespread. I have employed it in cases of discharges of gonorrhoeal origin and non-gonorrhoeal origin (vaginal catarrh). It stands to reason that in discharges from these causes (endometritis, etc.), the chief treatment was directed to the causal factors, but Speton was also added for the symptomatic treatment. The

indications for Speton therefore are : discharges of both specific and non-specific characters. The results of the treatment were exceedingly favourable. Cases which had hitherto been treated by syringing, cauterization, etc., and showed no improvement, when brought under the influence of Speton showed both improvement and cure. The preparation was applied three times daily, one tablet being introduced into the vagina each time. The profuse secretion soon grew less and the condition of the discharge was much improved . . ."

Speton tablets Ideal.

Dr. J. S. Kramer's article in "Practical Medicine" No. 11, 1929 (published in Delhi, India), urges the moral responsibility of creating healthy children and then only in the cases where the parents have the means of rearing them properly and further, the prevention of descendants who are unfit to contend in the struggle of life. He concludes his article with a reference to contraceptives in the following words :—

"Such remedies must act in an absolutely reliable manner and yet must not exercise any unpleasant influence whatever either upon the body or on the mind. The application of the remedy must be simple and easy and the composition of the remedy must be of such a character that its use presents no disillusion to the poetry of love relations.

"From the medical point of view these conditions are ideally fulfilled by Speton tablets which have a perfect anti-conceptive effect, simple application and present no unpleasant difficulties in their use.

Reliability of Speton.

In an article (8) Dr. Friedlander describes the difficulties of young married people who are both compelled to follow their individual occupations and therefore must remain childless for a certain period. He further advises caution to these people against too many pregnancies for social, hygienic and eugenic reasons. "The young wife will probably seek to discover a reliable anti-conceptive which can be discreetly applied, is entirely harmless and absolutely reliable. All these requirements

Hammett yet see how any of these arguments indicate that the product whatever it may be called, is reliable

are entirely fulfilled by Speton tablets which have been known to the medical profession for more than 30 years (formerly under the name of Spermatanaton). Speton tablets are frequently prescribed by leading gynaecologists. In using Speton tablets the wife avoids trouble and unpleasantness . . ."

The following is a very brief excerpt from an exhaustive article on "SPETON—its sociological and medical importance as an anti-conceptive" by (9) Prof. Liplawsky (Privy Councillor).

" . . . Speton tablets have an immediate and direct effect on the spermatozoid germs, paralyzing them and rendering them immobile in a few seconds. If fresh sperma mixed with vaginal secretion be placed under the microscope and brought into contact with the Speton substance we can immediately observe the effect upon the spermatozoid—the lively movements of the spermatozoid germs subside and within a few seconds a conglomeration of coagulated spermatozooids is formed . . ."

Medical Opinion as to Advantages of SPETON.

"The anti-conceptive and its indication" is the title of a long and comprehensive article by (10) Dr. George Luda of Berlin-Schoneberg.

This author in common with others already mentioned condemns mechanical contraceptives of rubber, sponge, etc., not only as being ineffective, but in some cases injurious to health. He then proceeds to the consideration of SPETON tablets.

"If by reason of my experience extending over 10 years I recommend a preventive that is anti-conceptive in such cases as are deemed necessary by the doctor, I do so not only because this preventive possesses the advantage of being simple in its application, but because it has proved itself a most effectual and harmless measure. The SPETON TABLET "TEMMLER" is composed of certain ingredients which when dissolved in the vagina, produce oxygen and a strong germicidal action. The application is easy and simple, the woman can herself insert the tablet, which must be done at least three minutes before the coitus. The tablet dissolves very quickly (three minutes)

2
and a gas is developed which spreads equally over the whole upper part of the vaginal mucous and os uteri, even if there is not a great quantity of mucous exudation. This solution penetrates all the folds of the vagina and forms a protection to the womb, preventing the entry of the semen, at the same time the oxygen which has been released exercises its germ killing properties. Speton tablets even if used daily cannot in any way cause harm. If applied in the correct manner they prevent conception and are perfectly harmless and safe. After ten years' experience of this preparation I have every reason to be satisfied with it, but would emphasize again and again that good results are dependent upon the correct application of this anti-conceptive . . ."

(11) Dr. Placzek of Berlin, in his book "Das Geschlechtsleben des Menschen" (The Sexual Life of Man), writing of anti-conceptives on page 153, also eulogizes Speton tablets . . . "Only those anti-conceptives can be really trustworthy which destroy the spermatozoa without injuring the woman even when used for an extended period. It seems to me that Speton-tablets manufactured by the Temmler Chemical Works, Berlin-Johannis-
thal, comply with these requirements as after introduction they produce hypochlorous acid and free oxygen.

Bacteriological researches made at the Pharmacological Institute of Jena University as well as the practical experience of a large number of medical men testify favourably to the activity and efficacy of SPETON TABLETS . . ."

Essential
Qualities of a
Contraceptive
tablet.

The opinion of Professor Kionka of Jena University on this matter, here quoted, sums up this question quite adequately:—

" It is essential that such a tablet should in the first place be readily and completely soluble even though only a small amount of vaginal secretion be present and secondly, that the resulting concentration in the vagina should exert a destructive action on the spermatozoa. Such a preparation

must also fulfil still further conditions. The solution resulting from the introduced tablets must not in any possible manner harmfully effect the woman, it must not cause any irritative or corrosive effects on the vaginal mucous membrane nor must the substances contained in the solution which are capable of being completely resorbed give rise to any kind of toxicity. Finally, the tablet must be so constituted that its resulting solution, will with absolute certainty, reach every part, i.e., all folds in the vaginal mucous membrane, even into the most remote nook, for it is obvious that the destruction of the spermatozoa only takes place just where the introduced substance in solution is present . . ."

EACH OF THE ABOVE REQUIREMENTS ARE FULLY ANSWERED BY SPETON TABLETS.

The limited space of this brochure does not permit of a title of the testimony expressed in favour of SPETON TABLETS being quoted; moreover these evidences emanate from authorities, who have become convinced by reason of thorough investigations into the capabilities of this preparation in order to assure themselves of its quality and characteristics. These researches which have been carried out by means of bacteriological, physiological and chemical investigations have invariably shown that the SPETON TABLET:—

1. Dissolves readily in the female secretion however small in quantity.
2. Destroys the spermatozoa immediately.
3. Is perfectly innocuous to health. The neutral solution formed does not in the slightest degree irritate the mucous membrane.
4. Is absolutely harmless by resorption into the system consequent on its intravaginal use.
5. By reason of its gas liberation compels the solution to reach every part of the vaginal mucous membrane.
6. Does not contain Quinine or Chinosol.

*750 but all
from tablet
Does to make
that the vagina
should carry
bacteria?
spontaneous?*

As a matter of fact SPETON TABLETS possess distinct advantages in addition to the requirements of Prof. Kionka, viz. :

They are so simple and discreet in application as to be perfectly unobjectionable. As a result of their powerful bactericidal action the use of SPETON TABLETS keeps the parts in a healthy condition.

THE MOST IMPORTANT FACTOR IS :

That all the SCIENTIFIC findings with regard to the efficacy of SPETON as a contraceptive are fully confirmed in PRACTICE by a very large and growing number of gynaecologists and obstetricians, and that this contraceptive is extensively prescribed by the physicians of many countries throughout the world with the most satisfactory results.

Directions.

1. Three minutes before intercourse a Speton tablet is introduced into the vagina as far as possible with the finger.
2. The "safety" period lasts for 50-60 minutes.
3. Douching is purely a matter of personal hygiene, but should be delayed for at least one hour after intercourse.

Packing and Prices.

"SPETON" is put up only in original tubes containing 12 tablets, at 3s. 6d. per tube U.K., subject to our usual Medical Discount.

They should always be kept in the glass tube, well sealed and in a dry place.

The SPETON trade mark is registered in all civilized countries and SPETON TABLETS are obtainable through all pharmacies, or we shall be pleased to supply direct.

Literary References.

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17. Dr. Kramer : Speton and its importance sociologically. Vienna Commercial News. 13.9.1929.

*(X) No value in the country and
any value*

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IMPORTANT NOTICE.

"SPETON" is the only
soluble effervescing foam
tablet that does not contain
Colloid, Quinine, or Chinosol,
and owing to the many worth-
less imitations on the market,
Physicians should always
in their prescriptions
specify "SPETON" in
original tubes of 12 Tablets.