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**Directions  
for use of  
Lanteen  
Products**

for  
Marriage  
Hygiene

To Druggist:  
Please see that these  
directions are not  
removed from pack-  
age before it is sold.



# **DIRECTIONS** **for use of** **LANTEEN PRODUCTS**

**Supplementary to Physician's Instructions**

These directions illustrate and clearly explain the easy use of the Diaphragm Method. This is recognized by Medical Specialists and Marriage Hygiene Clinics as a foremost method of Marriage Hygiene.

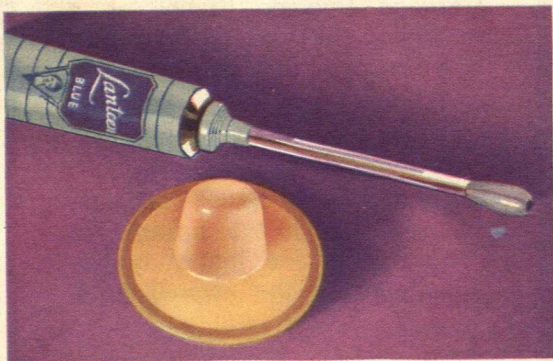
The combination of diaphragm and antiseptic jelly gives the well-known "double protection"; it provides the wife with maximum security against the hazards of certain germ life that may frequently reach the vaginal tract.

**Sold only for use by married couples  
on physician's prescription for the  
prevention of ill health.**

**LANTEEN MEDICAL LABORATORIES, Inc.**

## FOREWORD

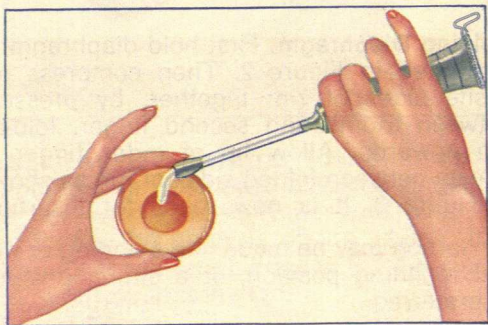
To wives who may be using a jelly preparation only, we recommend that they adopt the full Diaphragm Method, diaphragm and jelly combined. This combination is obtainable in one package, furnished under the name "Lanteen (Brown)".



The two items required for the Diaphragm Method

## ONLY THREE THINGS TO DO TO SECURE MAXIMUM PROTECTION

- A. Always place the diaphragm before exposure.
- B. After each insertion of the diaphragm make the test for proper placement, as illustrated in directions.
- C. Always use the antiseptic jelly with the diaphragm; this gives the double protection that insures maximum reliability.



**Placing Jelly Inside Diaphragm.** Attach applicator to tube of jelly, slip key on bottom of tube and turn until applicator is filled. Then eject jelly into dome of diaphragm, using not more than one inch of jelly as it comes from applicator. A little of this can be rubbed over outside of diaphragm to facilitate its entrance.

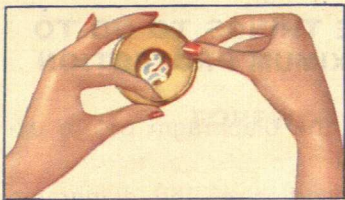


Figure 2



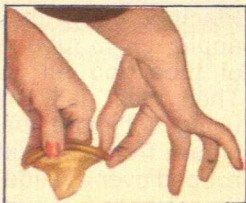
Figure 3

**Holding Diaphragm.** First hold diaphragm as illustrated in Figure 2. Then compress opposite sides of rim together, by pressure between thumb and second finger, folding rim upwards. Allow tip of index finger to remain between folded sides of rim as shown in Figure 3. It is now ready for insertion.

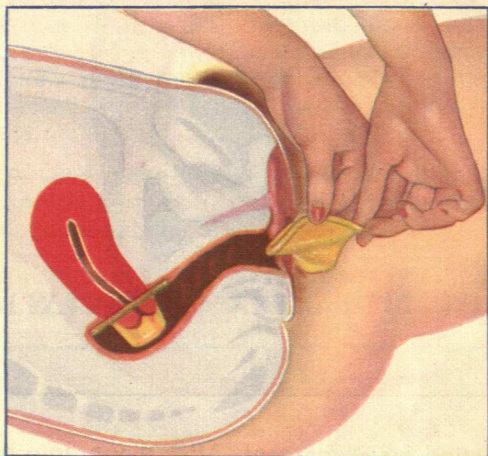
Insertion may be made in a standing or in a half reclining position, or a sitting posture, as preferred.

### WRONG WAY

Do not attempt to insert diaphragm with finger in the dome, as shown here.

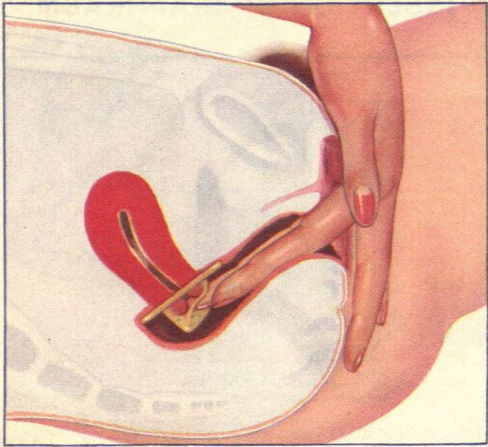


## INSERTION OF DIAPHRAGM



**Inserting Diaphragm (also showing diaphragm in position).** With the fingers of the free hand part the outer and inner lips and locate the opening of the vagina; then introduce the entering edge of the diaphragm and gently push it inward.

The free hand can now be used on the outside edge of diaphragm to help guide it inward. Continue pushing it inwards as far as it will go. The diaphragm should then assume its proper position over and around the cervix (end of the womb projecting into the vagina), thus completely covering the mouth of the womb. Any position used during the marriage relation should not disturb the diaphragm.



**Testing for Placement.** After diaphragm has been placed in the inner-most position, then reinsert the index and second fingers, passing them inward and downward underneath diaphragm as far as the fingers will reach, when the finger tips should be able to feel the firm knob of the cervix **through the rubber**. This **INSURES** correct positioning. The bottom of the dome may probably be found wrinkled from the suction inside, which was created during the placement of the diaphragm, but the firm knob of the cervix should be felt in the upper part of the dome.

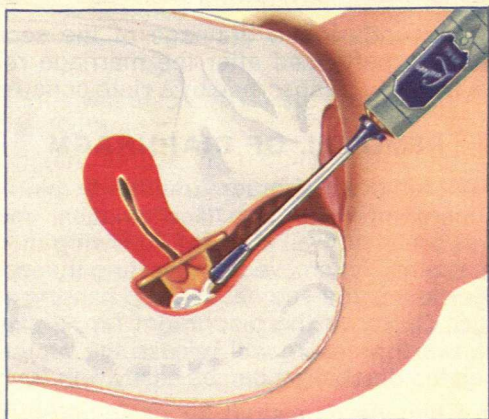
Should this not be the case, it indicates some slight displacement of the uterus which has caused the inner edge of the diaphragm to catch in front of the cervix, instead of



passing underneath and around it. If such condition is found, the diaphragm may be partly withdrawn and then reinserted, making sure that the entering edge of diaphragm **closely hugs the vaginal floor** when being inserted. A little practice will make insertion easy.

Always make test of placement after final insertion and you will then be assured of the full dependability of this method.

## **ALWAYS USE ANTISEPTIC JELLY**



A small injection of the antiseptic jelly should then be placed in the vaginal tract, outside the diaphragm, to destroy certain germs that may reach the vagina. Insert the nozzle about

three inches, then roll the key on the tube not more than one-quarter turn, or the distance between the lines on the tube.

If this should afford over-lubrication during the marriage relation for some individuals, then this vaginal injection of jelly may be postponed until after completion of the relation. But always make an injection of antiseptic jelly, either before or after the relation.

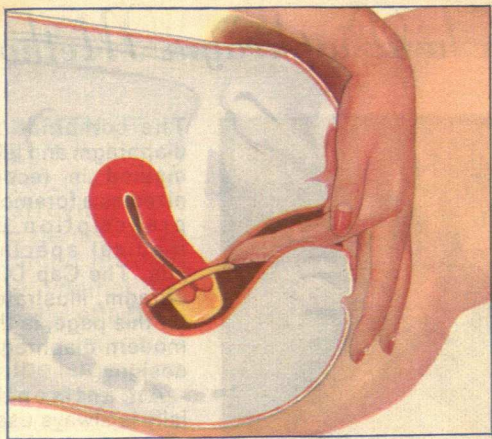
A douche is not necessary, but if desired, delay at least fifteen to thirty minutes to give the antiseptic jelly ample time to destroy germ life. The usual practice is to delay the douche until the following morning.

If any undesirable drainage of the secretions is experienced after the marriage relation, this may be absorbed by a cloth or napkin.

## **REMOVAL OF DIAPHRAGM**

Do not remove diaphragm until thirty minutes or more after the marriage relation; most wives prefer to wait until the following morning. It is easily removed by inserting the index finger along the vaginal ceiling, passing the finger tip above the diaphragm rim; a slight downward pressure will release the vacuum, when the diaphragm can be easily withdrawn.

If a douche is desired for cleanliness, use before removal of diaphragm, or partly before and partly after removal. Do not use any strong caustic or alkaline solution in the douche water, as many douche solutions cause irritation of the delicate tissues. And such strong



solutions will also deteriorate the fine rubber of the diaphragm.

Lanteen Yellow is recommended for its soothing effect on the delicate membranes. Highly economical to use, and maintains the maximum life of the rubber diaphragm.

After removal, the diaphragm should be washed in plain water only, without soap; the antiseptic jelly provides proper sterilization, and acts as soap for cleansing, while maintaining the strength and velvety softness of the rubber.

**Remember:—**

Always place diaphragm before exposure;  
always make test of placement after insertion;  
and use the jelly as directed.

# The Diaphragm Method



The combination diaphragm and jelly method is recognized as a foremost prescription by medical specialists. The Cap Diaphragm, illustrated on this page, is the modern diaphragm design.

An antiseptic jelly is always used with the diaphragm. Twenty applications, complete with applicator, are provided

in each package with a diaphragm. For later jelly requirements, the Lanteen Jelly REFILL should be used.

The LANTEEN (Brown) CAP DIAPHRAGM, in its one standard size, is adaptable for use by the normal woman. It is largely self-locating by simply inserting; a little practice should make its proper placement easy.

The Lanteen (Blue) Jelly used with it destroys certain germ life, thus giving the well-known "double protection".

## LANTEEN (Brown) CAP DIAPHRAGM and JELLY SET

including LANTEEN (Blue) JELLY and applicator.  
Complete.....**\$3.00**

# is Prescribed by Physicians

**LANTEEN (Blue) JELLY** is highly effective for destroying certain germs, while soothing on delicate vaginal tissue. Its effectiveness is indicated by the large numbers of its satisfied users, being, we believe, the most widely used jelly of its kind.



## LANTEEN (Blue) JELLY (Complete with applicator)

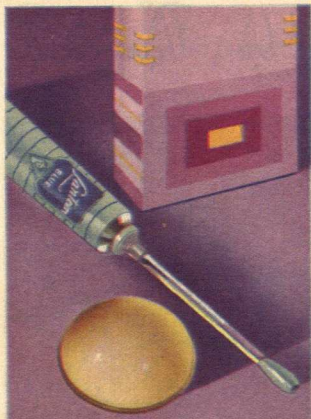
**Medium Size, 10 applications. Each \$1.00**  
**Large Size, 20 applications. Each. . . . 1.75**

## LANTEEN JELLY REFILL (Same jelly without applicator)

**Medium Size, 10 applications. Each. \$ .85**  
**Large Size, 20 applications. Each. . . . 1.50**

A jelly applicator may be used on any new tube of Lanteen Jelly, thus saving the jelly in the applicator. You also save money by purchasing Lanteen Jelly REFILL after an initial purchase of any Lanteen Diaphragm and Jelly Set.

(All Prices Stated are the Box Marked Retail Prices in U.S.A.)



## LANTEEN LILAC

**This Mensinga type diaphragm requires initial fitting by a physician.**

Furnished in the full range of sizes, 50 mm. to 95 mm., to accurately fill any prescription given by a physician. Or it may be used for replacement of any diaphragm previously fitted, by purchasing a like size, or matching outside diameter of old diaphragm. Specify size when purchasing.

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### LANTEEN (Lilac)

**Mensinga Type DIAPHRAGM and JELLY SET** is packaged one size diaphragm to a box, complete with twenty applications of jelly and applicator. Each.....\$3.00

### CLEANSING ANTISEPTIC FOR THE DOUCHE

LANTEEN (Yellow) is furnished in two forms, powder and solution, for your convenience. Either preparation makes a delightful solution for a cleansing douche.

#### LANTEEN (Yellow) SOLUTION,

Large, 40 applications. Full Pint..... \$1.00

**LANTEEN (Yellow) POWDER** provides this delightful formula in a compact, convenient package..... \$ .50

# **IMPORTANT**

The reliable functioning of a Lanteen Diaphragm is not warranted if another jelly of unknown formula is used with it. But a Lanteen Diaphragm will last from six months to two years if no preparation other than LANTEEN (Blue) JELLY is used. (Vaseline, or any greasy preparation, and other jelly formulas may rapidly ruin the fine rubber in the Diaphragm.)

On all occasions, use LANTEEN (Blue) JELLY with the Diaphragm, for maximum dependability. By buying the Lanteen Jelly REFILL, this high quality preparation costs only about 7c per application.



## **PURCHASE LANTEEN from your DRUGGIST or PHYSICIAN**

Lanteen are ethical products, widely available through the drug or medical professions, but are not distributed through any other channels.

### **ORDER BY TELEPHONE**

All drug stores will gladly deliver your telephone orders for Lanteen.

# Lanteen Feminine Diaphragms

Lanteen products are recognized as the foremost articles of their kind.

The Diaphragm Method, combination of diaphragm and anti-septic jelly, has the approval of the majority of physicians specializing in Marriage Hygiene. It is the method that is nearly always prescribed by the world's leading doctors, Marriage Hygiene Clinics and hospitals. The new type Cap Diaphragm (Lanteen Brown) has now made the Diaphragm Method easily available to all married women whose health requires this dependable protection.



The velvety soft, steam-cured rubber of diaphragms has enormous strength. When properly placed and completely covering the mouth of the womb, which is located in the inner end of the vaginal tract, the diaphragm provides an unbreakable barrier which prevents the entrance of germs into this opening. The anti-septic jelly, always used with the diaphragm, destroys certain germs which may reach the

# *Jelly and Douche Preparations*

vagina; thus assuring the well-known "double protection" of this method.

Another advantage of the Diaphragm Method lies in the fact that it is unfelt by either party; neither husband nor wife is conscious of its presence, thus making the marriage relation entirely natural. With a little practice the diaphragm is easy and convenient to insert.

## **UNRELIABLE METHODS**

The Lantien Medical Laboratories, Inc. (the world's largest distributor of Marriage Hygiene supplies), the Medical Bureaus of Information, hundreds of other famous clinics for Marriage Hygiene, and the majority of medical specialists, all combine to disapprove of the old fashioned and unreliable methods which have continually caused so many disappointments.

A suppository, tablet, douche solution or antiseptic jelly **used alone**, is seldom reliable for Marriage Hygiene for the normal woman. Some women, because of individual peculiarities, may receive apparent protection for a time from one of the above preparations, but all of these methods are known to be almost totally unreliable for the average wife.

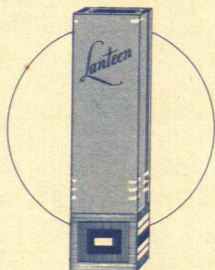
Rubber prophylactic sheaths, worn by the



husband, frequently fail due to breakage of their thin material, or displacement in use. The unnatural interference they cause is generally highly dissatisfactory to both husband and wife.

The scientific and dependable method of Marriage Hygiene, now almost universally prescribed by physicians, clinics and hospitals, is the combination diaphragm and jelly method.





*Lanteen*

**MEDICAL LABORATORIES, Inc.**  
Chicago

New York

San Francisco

Detroit

Toronto

Mrs Lester R Lutz

