

# MARRIAGE HYGIENE

*The Method  
Prescribed by  
Physicians*

by  
NORMAN CARR, M.D. *London*





**“Do you then take this man to be  
your lawfully wedded husband?”**

**“I do.” . . . . .**

Resolute lips—sometimes trembling lips—murmur that response. She is entering a new life, hopeful of new joys, yet facing new fears . . . in her intimate thoughts there may be a tantalizing dread.

More than a million times every year, in the United States alone, that scene with its varying emotions is reenacted.

Not only our newly-wedded womanhood, but other millions of wives and mothers are longing for the correct solution to this age-old problem of Marriage Hygiene, truly one of life's most serious difficulties.

To these millions of women, anxiously looking for reliable information, this pamphlet is dedicated.

For generations past, our Anglo-Saxon prudery and false modesty have denied our women their rightful heritage. Intolerances have hidden from the mothers of our race authentic medical advice on the intimate problems of marriage.

But this is the dawn of a new day. The stern conditions of our present economic situation compel us to face all the realities of life sensibly. Married persons are now discussing life frankly and naturally; anxiously seeking honest information on these intimate problems. Paramount among present day discussions of married persons is the question of hygiene for the wife.

## Marriage Hygiene Clinics

The medical profession has recognized the seriousness of these demands. Thousands of physicians have now acquainted themselves with the new method of Marriage Hygiene, which medical science has but recently developed. These up-to-the-minute doctors are prepared to give their patients authoritative information and reliable prescriptions. In the larger towns and cities, special clinics have been, or are being, established, devoting themselves exclusively to the practice of Marriage Hygiene.

At the present writing there are more than 150 of these special Marriage Hygiene Clinics, situated in the principal cities throughout the length and breadth of the United States. These clinics are staffed with competent physicians, who have made a special study of this practice and who have had years of practical experience in this work. They represent the best informed opinion in the medical profession on this question. And it is important to consider that *every physician connected with these one hundred and fifty odd clinics are in unanimous agreement on what is the one best method to prescribe for Marriage Hygiene.*

Before describing this new method, which is universally used by Marriage Hygiene Clinics, by many thousands of other physicians in private practice, and by countless hospitals and other leading medical institutions, we should first warn against the large number of undesirable methods, unreliable and many of them harmful, that have been widely popularized.



## Unreliable Methods

The medical profession looks with regret upon the commercial efforts of various manufacturers, backed by wide-spread advertising, which have offered the public much misinformation on the subject and greatly confused this serious problem which wives are facing.

### **A Douche, Suppository, Jelly, Tablet, Etc.**

Practically all physicians are unanimous in regarding a douche as totally inadequate, regardless of what so-called "douche solution" may be added to the water. Many douche solutions are actually harmful to the delicate tissues, which are more sensitive than the lining of the throat.

The real reason why a douche nearly always fails of its purpose is because there is no secure barrier placed over the mouth of the womb, located near the inner end of the vaginal pocket, into which germs may instantly pass and there be beyond the reach of a douche or any other preparation.

The same lack of a proper barrier over the mouth of the womb is the cause of the frequent failures when a suppository, jelly, tablet or other such preparation is relied upon, as none of them form a reliable barrier.

### **Sanitary Rubbers**

Many husbands, in a chivalrous effort to protect their wives, wear a prophylactic rubber sheath. These are often highly dissatisfactory and unpleasant to one or both parties. They are generally condemned by doctors because of their liability of failure, by breakage of their tissue-thin material, or by their displacement.

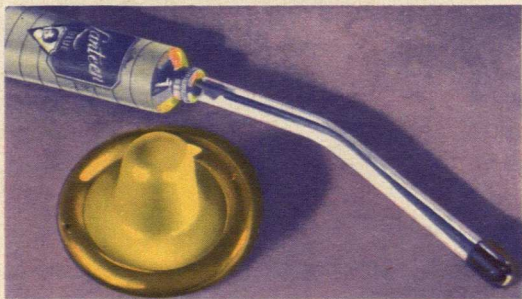
A study of thousands of case histories at Marriage Hygiene Clinics shows that, sooner or later, this method fails approximately 24%, or for one-fourth of the couples who use it.

# The Doctor's Method

*There is only one recognized method of Marriage Hygiene that is universally approved by physicians.*

This standard prescription that is used by Clinics and medical specialists is now well known as the "Diaphragm Method," and is the combination of a vaginal diaphragm and an antiseptic jelly.

No other method even approaches it in reliability. And it is the most satisfactory method known, as neither husband nor wife feels it or is conscious of its presence. In fact, the method is practically 100% perfect, dependent only on its



proper use, which is simplicity itself. It is as easy to use as slipping a ring on the finger, or a glove on the hand.

First, let us mention that the vagina is just a sack-like pocket in the body. The only opening from this pocket, into the interior of the body itself, is through the mouth of the womb, which is located in the ceiling, near the inner end of this pocket. If this opening into the womb is securely covered then germs that may be deposited in the vagina cannot penetrate further into the body.

The small diaphragm that is used is so designed as to fit easily into the vagina, where it

adheres closely and snugly, like a suction cap, to the vaginal ceiling. In this position it completely covers and protects the opening into the womb, so that no germs can penetrate farther than this vaginal pocket; where they will be quickly killed by an antiseptic jelly, which is always used with the diaphragm. Thus the diaphragm method provides a double protection that insures complete reliability and protection against the hazard of germ life that may enter the vagina.

## Diaphragms

Vaginal diaphragms are made of velvety soft, pure rubber, manufactured by the modern steam curing process, which gives the rubber enormous strength and long life, lasting from two to three years. When the diaphragm is cushioned in the inner end of the vaginal tract, no strain of any kind is placed upon it and it cannot be displaced.

The rim of the diaphragm is simply compressed together between the fingers, so that it is easily inserted into the vagina with complete comfort, in fact, almost without feeling it. It goes naturally into its proper place, securely covering the mouth of the womb.

*Medical science has definitely proved that this form fitting barrier, securely covering the mouth of the womb, combined with an antiseptic jelly, is the most reliable method for Marriage Hygiene.*

## Proper Use of Antiseptic Jelly is in Combination with Diaphragm

An antiseptic jelly should always be used with a diaphragm, thereby furnishing a positive, double protection. First, a small amount is placed inside the diaphragm before insertion; this is carried directly to the mouth of the womb, where it forms a final and deadly barrier to any germs that could possibly reach that point. A small amount of the antiseptic jelly should also be injected into the vaginal tract, after placement



of the diaphragm, where the proper jelly formula will dissolve and thoroughly mix with the secretions and promptly destroy unfriendly and dangerous germs.

A vaginal jelly has a rather thick consistency. Because of this fact a jelly alone has often been recommended or advertised as being able to form a barrier over the mouth of the womb. But this is a gross exaggeration and misrepresentation of the value of *any* vaginal jelly.

The author wishes to plainly warn that, if a vaginal jelly *only* is used, without a secure protective barrier placed over the mouth of the womb, then sooner or later a disappointment is apt to occur. No jelly can ever be made that will provide a secure barrier over the opening of the womb. This has been so thoroughly proved by both experience and scientific research that it is no longer a subject of debate among informed persons.

Again referring to the thousands of case histories of the patients of different Marriage Hygiene Clinics, we find that, where any jelly, alone, had been used, it promptly failed in nearly 50% of all cases. That fact, in itself, is sufficient proof of the unreliability of jelly only being used.

The sole function of an antiseptic jelly in Marriage Hygiene is its use *with* a vaginal diaphragm; it can never be depended upon alone. An antiseptic jelly, however, should *always be used* with a diaphragm to make doubly certain the only method now known to be completely reliable. The medical specialists in this practice always prescribe the use of the two together, never one without the other; this gives positive protection, and nothing less is wanted when Marriage Hygiene is necessary for safeguarding the health of the wife.

Norman Carr, M.D.

*There is only one method of* **MARRIAGE HYGIENE**  
*that is Approved and Prescribed by Physicians*

The medical profession regrets the great mass of misinformation, which has been offered the public, by the widespread advertising of many unreliable methods, under the nomenclature of Feminine Hygiene, etc.

Doctors know, and large numbers of wives have discovered to their bitter disappointment, that a douche, suppository, tablet, or jelly used alone is woefully unreliable for Marriage Hygiene.

Every one of the many large Marriage Hygiene Clinics, thousands of private doctors specializing in this practice, hospitals and other medical institutions, all give the same prescription, the well-known Diaphragm Method. This is now the only standard prescription for Marriage Hygiene that is approved by the medical profession. It provides complete reliability, combined with satisfaction in use, convenience and economy.

**LANTEEN (Brown) CAP DIAPHRAGM** is the latest improved design for diaphragms. One size fits all normal women. Used in combination with **LANTEEN (Blue) JELLY**, it offers a complete and positive protection to the wife whose health requires this safeguard.



U. S. Patent 1,995,818 and many foreign patents

**LANTEEN (Brown) CAP DIAPHRAGM and JELLY SET** provides a complete outfit, including plain directions for its easy use. Each . \$3.00

For later jelly requirements, use the **LANTEEN JELLY REFILL** costing only about 7c per use.

LANTEEN Products are available from all Druggists and Physicians, but from no others.



a 1845

LANTEEN (Blue) JELLY is proved, by laboratory tests, to be from 3 to 15 times higher in antiseptic value than other similar preparations. This jelly is the formula approved by physicians and is the preparation that is most widely used by married women.

For your convenience, this preparation is furnished in two sizes; each size furnished with, and without, applicator.

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

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

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A jelly applicator may be removed from an exhausted tube and used on any new tube of Lanteen Jelly. You save money by purchasing Lanteen Jelly REFILL after an initial purchase of Lanteen (Blue) Jelly, or Lanteen (Brown) or Lanteen (Lilac) Diaphragm and Jelly Sets.

**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.

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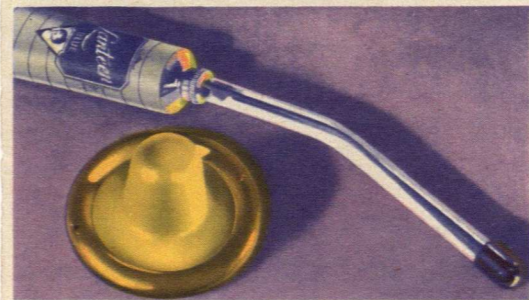
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