




## WATER FOR CLERMONT! (cont.)

By word of mouth, neighbour telling neighbour, the women gathered together and fetched a glass of water from the river and told the Administration official to have a drink. He, of course, refused when he saw the state of filth. Health authorities were summoned right away and the water was declared unfit for human consumption.

Water was brought in by trucks as a short-term measure until such time as proper water fountains could be put along the streets.

With South Africa facing one of its worst droughts in a decade, Clermont is one location which doesn't suffer from severe water problems. 

# HEALTH

In the last issue of SPEAK, we spoke about women and the health issues that affect them. We will be focussing on contraception in the next few issues. Often we are not given the chance to decide if we want to use contraception or not. If we do use contraception we are often not told about the different types, or the kind of effects they may have on us. The family-planning clinics hardly ever tell us about the problems with this or that method. We are left not knowing how the contraception works. It is our right to know these things so that we can start making choices about our health and ourselves.

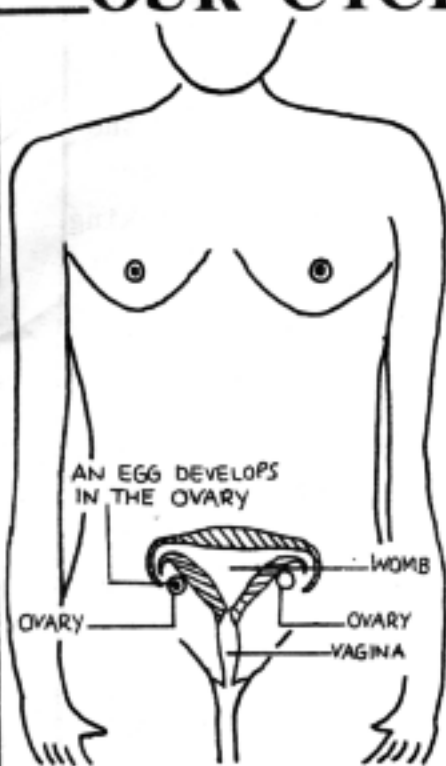
Most types of contraception are linked up to our periods (bleeding or menstrual cycle) in one way or another. So, let's look at this cycle more carefully. After that, in the next SPEAK we will discuss some types of contraceptives and their effects.

### BLEEDING - our cycle

For a few days every month we bleed. Many of us do not know where this blood comes from or why it is there. Some women are very happy when they bleed because it tells them that they are not pregnant.

Every month our bodies go through a cycle. For many of us the cycle lasts 28 days. Some of us have a longer cycle, and others have a shorter cycle. You can work out the length of your cycle if you keep a note of when your periods start and finish. It is useful to do this on a calendar.

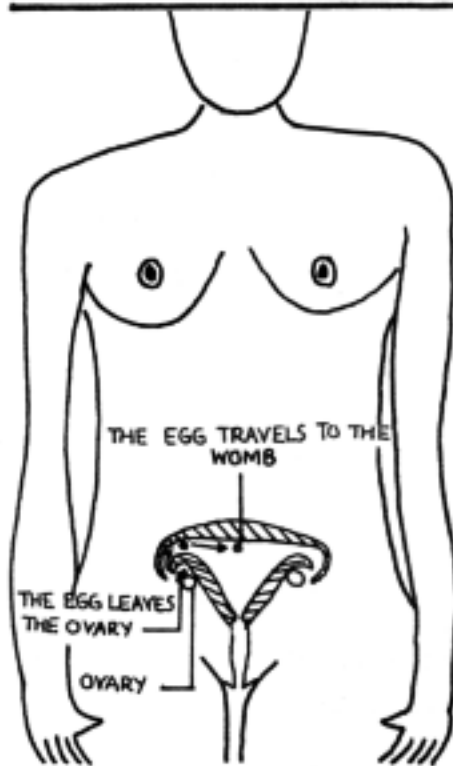
# OUR CYCLE



THE CYCLE STARTS WITH AN EGG BEING MADE IN YOUR OVARIES.

FOURTEEN DAYS AFTER YOUR PERIOD HAS STARTED, YOUR EGG IS FULLY - DEVELOPED. IT LEAVES THE OVARY. THIS IS CALLED OVULATION.

THIS MEANS THAT IF YOU HAVE SEX AT THIS TIME, THE MAN'S SPERM IS MOST LIKELY TO JOIN WITH YOUR EGG. THEN A BABY IS MADE AND PERIODS STOP FOR 9 MONTHS.



SOME WOMEN GET A SHARP PAIN IN THEIR SIDE WHEN THEY OVULATE. THIS MEANS THAT THEY CAN FEEL THE EGG LEAVING THE OVARY.

THE EGG MOVES SLOWLY DOWN TO THE WOMB (UTERUS)

THE EGG TAKES 3 DAYS TO GET TO THE WOMB. DURING THIS TIME, IF YOU HAVE SEX, A BABY COULD FORM. IF THIS DOES NOT HAPPEN, THEN YOUR MENSTRUAL CYCLE CONTINUES.



AFTER YOUR LAST PERIOD STOPS, THE WALL OF YOUR WOMB STARTS TO BECOME THICK WITH BLOOD.

THE WOMB DOES THIS SO THAT IF YOU DO BECOME PREGNANT, THE BABY GROWS HERE. IT GETS ALL THE THINGS IT NEEDS FOR GROWING IN THE WOMB FROM THE WOMB WALLS.



IF YOU DO NOT BECOME PREGNANT, THEN THERE IS NO NEED FOR THE BLOOD TO STAY IN YOUR WOMB. SO, THE BLOOD COMES AWAY FROM THE WALLS OF THE WOMB. THIS IS WHEN YOU BLEED.

THE BLEEDING STARTS ABOUT 28 DAYS AFTER THE LAST TIME YOU STARTED BLEEDING.

THEN THE CYCLE STARTS AGAIN.

# SOME INFORMATION ABOUT PERIODS

Girls can start bleeding between the ages of 9 years and 18 years. Bleeding happens every month until we reach an age between 40 and 50 years. Any bleeding after periods have completely stopped is not normal. A doctor should be seen, because there is something wrong. A few days before a period starts, some women feel irritated, upset or feel a slight swelling of the body. Sometimes breasts can be sore. This is normal. Many of us suffer from bad pains when our period starts. The pains are often in the stomach and back

This pain is from the womb's muscles squeezing the blood from the walls of the womb. These pains are normal for 1 to 3 days of a period. Sometimes taking an aspirin or putting a hot-water bottle on the stomach or back can help. Keeping active may also help.

Some women have very short periods of bleeding (1-3 days). Others have long periods (1-8 days). Liquid blood and small clots are normal period discharge. Large clots, say the size of a 1c piece or bigger are not normal.

IT IS USEFUL TO FILL YOUR PERIOD DATES IN ON A CALENDER. THEN YOU CAN WORK OUT YOUR MENSTRUAL CYCLE.

NOVEMBER 1982						
SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER 1982						
SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

THIS IS AN EXAMPLE SHOWING A WOMAN'S CYCLE.

THE RINGS AROUND DATES SHOW DAYS OF BLEEDING.

THE SQUARES AROUND DATES SHOW THE MOST LIKELY DAY OF OVULATION. THREE DAYS ON EITHER SIDE OF OVULATION ARE THE DAYS WHEN YOU CAN BECOME PREGNANT.

SHARE 'SPEAK'...



...WHENEVER YOU CAN.