

FAMILY PLANNING CORNER

Contraception - Freedom  
from Fear

By: IRENEO V. GUERRERO, M.D.



"I have my hands full running after my 8 kids and if I have another, I'd die," a 38-year old mother recited to the FP advisor.

Esperanza is only 28 years old with 3 children. For the second time she almost lost her life in the so-called eclampsia of pregnancy. Characterized by high blood pressure, swelling and convulsion. Now she is in constant fear of a possible pregnancy.

Tibia is a frail woman of 30 with 2 children. She is anemic, weak with frequent cold symptoms due to "weak lungs." Knowing that another pregnancy will further drain her health and their finances, she tried to avoid the advances of her weak but sexually hungry husband.

Canceria is a healthy mother of 4 children. Her mother died of cancer of the cervix. Her elder sister died of similar pathology. Frequent deliveries will predispose her to cancer of the cervix-hereditary predisposition. Thus, she lives in constant fear of another pregnancy.

Estudia a bright girl of 22, a 2nd year student of Education and married to an engineering

student. Aware of the situation both could not enjoy fully and freely the sexual play as should be expected for fear of pregnancy.

Especia, only 22 but is already a mother of 4 because of early marriage and a yearly pregnancy. In spite of her youth her health is already declining. Will she be allowed a yearly pregnancy?

Eslumpia, a habitat of the slum where she share a small dingy room with her tuberculous husband and 7 children. She does not want another pregnancy but she is the only source of entertainment of her romantic husband.

Hochia is a pretty bachelorette of a prominent family. She was a recent rape victim of a playboy jeepney driver. Will she be allowed to become pregnant?

The above women have a common problem, fear of pregnancy. What is the solution? With the advent of FP they need no longer fear of pregnancy. Contraception is the answer to their common problem. Contraception to them means freedom from fear. Contraception is avoidance of pregnancy by the use of contraceptives. Contraceptives are methods or procedures to prevent conception or pregnancy.

IN RE: PETITION FOR THE APPROVAL OF THE WILL OF DECEASED SIMEONA C. ARROYO

REGINA ARROYO-NOCEDA,  
Petitioner

SPECIAL PROCEEDINGS  
NO. 1120

Notice of Hearing

A petition having been filed with this Court under the above-captioned case by Regina Arroyo-Noceda of Buhi, Camarines Sur represented by Atty. Quirino Fabul praying for the approval of a document purporting to be the Last Will and Testament of the decedent Simeona Arroyo, who as alleged in the petition died on September 30, 1961 at Buhi, Camarines Sur, which was her residence at the time of her death, leaving real and personal properties with a probable value of P2,500.

WHEREFORE, notice is hereby given that said petition will be heard on JULY 6, 1970 at 8:30 A.M. in the session hall of the 2nd Branch of this Court at Naga City, on which date, time and place all persons having opposition thereto may appear to show cause, if any they have, why said petition should not be granted.

Let this notice be published at petitioner's expense once a week for three consecutive weeks in the BICOL STAR, a weekly newspaper edited in the city of Naga and of general circulation in this province for the information of all concerned.

Naga City, Philippines, June 11, 1970.

JUSTIANO R. EZEQUIEL  
Branch Clerk of Court

Pub. June 13, 20, 27, 1970.

NOTICE

Pursuant to Section 1, Rule 74 of the Rules of Court, notice is hereby given to all whom it may concern that the heirs of the late CORNELIA FELISMENIO, who died intestate on May 21, 1959 in Milao, Camarines Sur, namely, Leopoldo Euste, widower of the decedent; Alfredo, Juana, Francisco, Vicente, Fortunato, Aproniano, Felipe, Roberto, all surnamed Euste children of decedent and Purificacion Euste Villaranda, granddaughter of the decedent, all of legal ages, residents of San Antonio, Milao, Cam. Sur, executed an Extra Judicial Settlement of the Estate left by the deceased consisting of ten (10) parcels of land covered by Tax Nos. R-1294, R-872, R-2016, R-1027, R-835, situated in

The Citizen and the  
Constitutional Convention

By ATTY. JOSE FERIA  
(Continued from last week's issue)

It is also imperative that the election of delegates to the Constitutional Convention be made as inexpensive as possible in order that poor but capable men may have a chance to be elected. And all candidates should be given as much as possible equal media time and space.

Now, all these safeguards are contained more or less in the bills filed by Senator Pelaez in the Senate and Congressmen Imperial and Montano in the Lower House. So what should we do? We should urge the speedy passage and approval of this law in order to ensure that the Constitutional Convention will be truly representative of all sectors of our community. All segments of our people should be represented.

Moreover, in order that the amended or new Constitution may truly express the sovereign will, the goals and aspirations of all our people, it is necessary for us to conduct a nation-wide informational and educational campaign regarding the proposed Constitutional reforms. As Chief Justice Roberto Concepcion recently said in a Constitutional Day speech and I quote him: "It is . . . vitally important for the electorate to know, before the election of delegates, what, in particular, are the specific mea-

asures such candidate proposes to champion in the Convention . . . The people should not be contented with generalities . . . Nor is it enough that a candidate be honest, patriotic, and learned . . . Each candidate should therefore, raise issues based upon concrete reforms he intends to espouse . . ."

All of us, therefore, have the duty to study proposed Constitutional reforms discussed them with our neighbors, with co-workers in our office, in the farms, in the factories, with all our people in the barrios and rural areas, so that come November 10, 1970, our people will be able to vote intelligently in their choice of their delegates to the Constitutional Convention.

Now, the next point is: Just what are some of these basic defects in our present Constitution, and what are the proposed reforms? Time will not permit us to discuss these in detail but here are a few highlights.

First, we all complain of the excessive concentration of powers in the Chief Executive in our present Constitution. This was originally so because we wanted a strong President, but now we see that this is not good for our country. So what are the proposed reforms?

First, we shall study measures for the adoption of a parliamentary form of government or a semi-parliamentary form similar to that in our former Malolos Constitution.

NOTICE

NOTICE is hereby given that the Legal Heirs of the late CIPRIANO LEONOR who died in Naga City, Philippines, on September 10, 1962, have executed an extrajudicial settlement of estate and sale of a portion thereof as evidenced by said instrument executed before Notary Public, Mr. Rosendo Barrameda in his notarial Docket No. 882 Page 15 Book No. XLI Series 1970, and for the province of Camarines Sur.

Pub. June 20, 27, July 4, 1970

San Antonio, Milao, C.S.; R-1293, located in Capucanasan, Milao, C.S., R-1292, R-893 R-206 and R-2067, located in Dalipay, Milao, C.S. adjudicating and dividing them among themselves as indicated in the document which was acknowledged by them before Notary Public Vicente P. Camacho on Sept. 1, 1967 in Milao, Cam. Sur per Doc. 110; Page 24; Book VI; S. 1967 of his notarial records.

Alfredo Euste, et al.,

Pub. June 20, 27, July 4, 1970. B. Star

(Continued on page 4)

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SOUTHERN TRAINS:

TRAIN:	DEPARTURE	DESTINATION	ARRIVAL
511	Manila 6:05 a.m.	Camalig	7:35 p.m.
515	Manila 6:30 p.m.	Camalig	8:36 a.m.
503	Manila 7:20 p.m.	Naga	3:14 p.m.
517 (T-Ma-1) (Mayon Ltd)	" 5:45 p.m.	Camalig	6:20 a.m.
505	Manila 9:10 a.m.	Naga	7:56 p.m.
535	Manila 4:00 p.m.	Legazpi	10:27 p.m.

NORTHBOUND TRAINS:

512	Legazpi 7:00 a.m.	Manila	9:04 p.m.
516	Legazpi 6:00 p.m.	Manila	8:50 a.m.
504	Naga 10:50 a.m.	Manila	6:28 a.m.
518 T-Lg-2 Leg. (Mayon Ltd.)	" 5:00 p.m.	Manila	6:43 a.m.
506	Naga 4:00 a.m.	Manila	3:38 p.m.
536	Legazpi 4:00 a.m.	Naga	8:33 a.m.

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