

FAMILY PLANNING & WOMENS' HEALTH

家庭计划与妇女健康

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Introduction 介绍

- I wish to thank CICIAMS for asking me to deliver this key note address
- 感激国际天主教护士协会的邀请
- It is an honor for the Natural Fertility Awareness Service of Malaysia
- 这是马来西亚自然家庭计划协会的光荣
- “Family Planning and Women’s Health” vs “Healthy Family – Our Missions as Carers”
- 大会主题“照顾别人是我们的使命”
- 我的讲题“家庭计划与妇女健康”

- Not a doctor's account of the health effects of FP methods
- 这不是医生在述说家庭计划的副作用
- A prayerful reflection and discernment on how the artificial methods of FP have adversely affected women's health, and how the natural methods have helped to promote health in women
- 这是一个反省和分辨人工避孕及自然调节生育所结的果实的机会

- The bad fruits of the artificial methods
- contraceptives
- 人工避孕所结的坏果实
- The good fruits of the natural methods
- 自然调节生育所结的好果实

- We gathered here as people described in Matthew (5: 3-8) - The Beatitudes

- 在这里聚集的人, 正如玛窦福音里享受真福八端的人

The Beatitudes

- Blessed are the poor in spirit, for theirs is the kingdom of heaven
- 神 贫 的 人 是 有 福 的 ， 因 为 天 国 是 他 们 的
- We who are gathered here are poor in spirit, for we have acknowledged our need to trust God and depend on his wisdom in the understanding of NFP
- 我 们 是 神 贫 的 ， 因 为 我 们 信 赖 上 主 对 自 然 调 节 生 育 的 看 法 是 上 智 的

- Blessed are the meek, for they shall inherit the earth
- 温良谦逊的人是有福的，因为他们要承受土地
- We are meek, for in our humility we have come here to understand how God sees FP, not how man sees it
- 我们是温良谦逊的，因为我们来这里学习，不是来学习人如何看待调节生育，而是来学习主如何看待调节生育。

- Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- 饥渴慕义的人是有福的，因为他们要得饱沃
- We hunger and thirst for righteousness, for we have chosen to listen to God who is the ultimate physician, not the scientists who created the OCP, IUCD, condoms, who made babies in the cold lifeless Petri dish rather than in the warmth of their mother's womb.
- 我们是饥渴慕义的人，因为我们选择聆听上主的话，而非聆听制造避孕丸，子宫环，安全套，或是在冷漠的试管里，却在母亲温暖的胎里制造婴儿的科学家

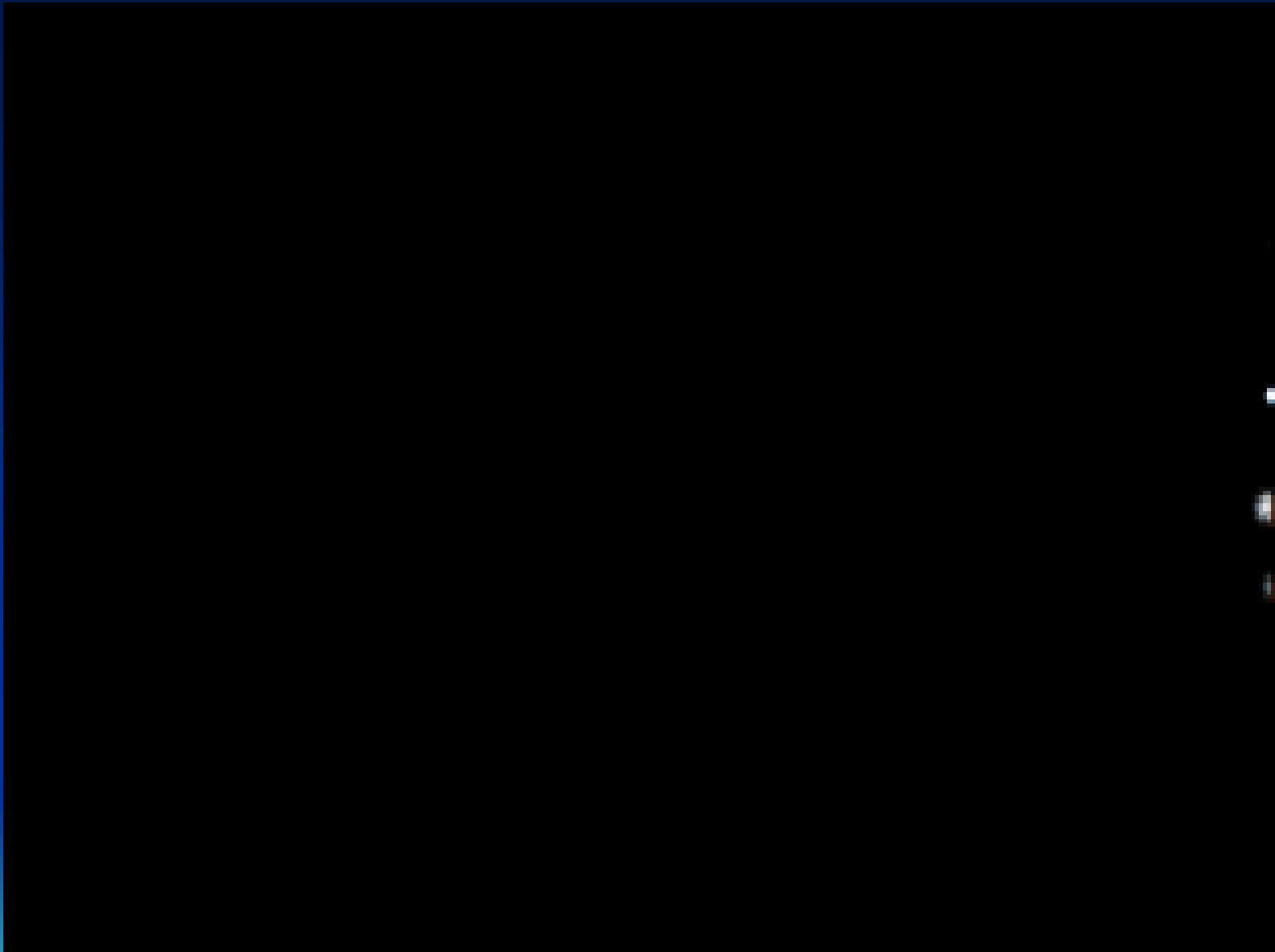
2. The Essence of Family Planning

调节生育的重点

- FP is not a method, but a way of life
- 它不是一个方法而已，而是一种生活方式
- It is living out our marriage vocation
- 活出我们的婚姻圣召
- Choice to achieve or postpone pregnancy should be made with an informed conscience taking into account what is most pleasing to God
- 怀孕或避孕都必须按正确的良心及中悦上主

- Parents as co-creator of life, called upon by God to share in the work of creation of eternal lives
- 身为父母，我们是与上主分享创造生命的工作
- Live up to his expectation by giving freely and generously our consent for Him to use us without interfering in , tempering with and dampening our human reproductive system which He has so designed for the creation of human yet eternal lives
- 所以我们要慷慨及毫无保留地让他利用我们来创造生命，而不要破坏我们的生殖系统

- Every human person must be respected right from the beginning of his life
- 人的生命从一开始就要被尊重
- Any FP method that fails to do so goes against God's infinite goodness of creating human lives in order to share in his eternal happiness
- 凡不遵守这原则的调节生育法就违反了上主创造生命以分享他永福的善意



- Man and woman becomes one body, one soul and one mind in the very act of human fertilization



- 男与女在卵子受孕时
成为一心一灵一体

- Wisdom of God that “ Love is between one man and one woman” is clearly written on the face of the fertilized ovum 上主的智慧在受孕的卵子上显露出来
- We thus see the face of God in science
- 我们在科学里找到了天主

- Every family planning method should seek to preserve the 2 essential elements of the marital act of intercourse – the unitive and the procreative elements
- 任何调节生育的方法必须保留性爱的两个因素。合一与创造生命

- Artificial methods like the condom and the OCP deny and destroy these 2 elements of the sexual act
- 人工避孕破坏了这两个因素
- Only a natural means of family planning preserves and fulfills these 2 elements
- 惟有自然家庭计划保留了这两个因素

- As a doctor and a Catholic, I cannot see family planning as a mere matter of science, but also as a matter of faith.

- 身为医生与天主教徒，我视家庭计划为科学于信仰的问题

- As a doctor I am called to be a man of science, but as a **Catholic** doctor I am first of all called to be a man of God, then only a man of science.

- 生为医生我是科学之士，但生为天主教医生我先是天主的人，然后才是科学之士

- Dr John Billings is a great man of science, and also a great man of God.

- 比灵斯医生是伟大的科学家，也是伟大的天主的人

- Family planning is not a mere method to limit the number of children.
- 家庭计划不只是用来限制人口
- For an infertile couple FP is to achieve pregnancy and to conceive a child.
- 为不育的夫妇，它应是达致怀孕的方法
- Ovulation, not menstruation, is the central event in a woman's cycle.
- 排卵是女人周期内的中心事项
- Any good and sound method of family planning should seek to preserve this central event.
- 任何正确的调节生育法必须保留这事项

- Suppression of Ovulation by means of contraceptive hormones dose violence to this normal physiological phenomenon.

- 用以避孕的荷尔蒙严重破坏这自然生理现象

3. Family planning and a woman's health 家庭计划与妇女健康

- Reproductive health is defined as “ the total well being of a woman, physical, social and mental, in her reproductive age” - WHO
- 生育保健是“女人在生育年龄内，身体上，社会上，智力上完全的健康”。。。世
界卫生组织的定义
- To this I would like to add “ spiritual well being “ as part of her reproductive health, because sacred human life is involved.
- 我要加上“精神上的健康”因为生育保健包含了神圣的生命

- Conference theme is “ Mission as Carers to promote a healthy family ”
- 大会主题“照顾别人是我们的使命”
- Similarly it is our Mission to promote health in a woman when it comes to choosing a family planning method
- 在选择家庭计划时保全及促进妇女的健康也是我们的使命

3.1 Spiritual Health 精神上的健康

- NFP respects the integrity of the marital act, preserving its 2 essential elements of unity and openness to the transmission of life
- 自然家庭计划尊重性爱的合一及对生命开放的两大因素
- Faithfulness to the design of God for the marital sexual act brings joy to a marriage relationship.
- 在夫妇性爱行为上遵守天主的原来意愿，是中悦天主的行为，并为婚姻生活带来喜乐

- Intimate union between husband and wife in body, mind and spirit is a symbol of the union between Christ and His Church on earth, and a foretaste of the ultimate union between man and his Creator in heaven.

- 夫 妇 一 心 一 体 一 灵 的 合 一 ， 是 基 督 与 教 会 合 一 的 象 徵 ， 也 是 在 天 上 天 人 合 一 的 预 象

3.2 Physical Health 身体上的健康

- Adverse health effects of the condom and OCP include :
安全套及避孕丸的副作用包括了:
 - ❖ Simple skin allergy to rubber and spermicidal jelly 对
树胶套及其杀精剂敏感
 - ❖ Weight gain 体重增加
 - ❖ Hypertension 血压高
 - ❖ Diabetes 糖尿病
 - ❖ Deep vein thrombosis 静脉阻塞
 - ❖ Liver and gall bladder diseases 肝病及胆囊病

- Ectopic pregnancies due to slowing of the fallopian tube movement
- 輸卵管蠕動慢導致子宮外孕
- Aging of the cervix
- 子宮頸老化
- Salpingitis, pelvic inflammatory disease ,
menorrhagia, dysmenorrhoea, intraabdominal
translocation of IUCD, etc
- 輸卵管發炎，小腹腔發炎，血崩，經
痛，子宮環移動等

Latest announcement by IARC (International Agency for Research of Cancer under WHO) 29th July 2005

- Combined estrogen-progestogen OC's are group 1 carcinogen (proven human carcinogen)
- Increases risk of breast, cervical, liver cancers
- 世界卫生机构最新消息，避孕丸导致乳癌，子宫颈癌及肝癌
- Even though the use of OCP appears to reduce the risk of endometrial and ovarian cancers
- 虽然它能降低患子宫癌及卵巢癌的机会

3.3 Social and Moral Health 对社会及伦理的健康

- “Beware of false prophets. We will know them by their fruits. Are grapes gathered from thorns, and figs gathered from thistles? So every sound tree bears good fruit, but the bad tree bears evil fruit.” (Matt 7: 15-17)
- 你们要提防假先知！你们可凭他们的果实辨别他们。荆棘上岂能收到葡萄？或者蒺藜上岂能收到无花果？好树都结好果子，坏树都结坏果子。（玛窦7：15-17）

- Contraceptive mentality leads to increase in abortion rate, easy availability of OCP and condoms lead to promiscuity, premarital sex, extra marital sex, teen pregnancies, teen abortions, divorce, single parents, abandoned babies, infanticides, & sexually transmitted diseases.

- 避孕的思想导致堕胎，避孕丸及安全套的泛滥导致婚前婚外性行为，青少年怀孕及堕胎，离婚，单亲，弃婴，杀婴，性病

- These make us recognize that they do not come from God

- 这些都教我们认出它们不来自天主

- Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell (Matthew 10 : 28-29)
- 你们不要害怕那杀害肉身，而不能杀害灵魂的。
- It is easy to see IUCD as an abortifascient and condemn it, but it is not so easy to see the condom and the pill as evil, for their effects are more subtle.
- 我们很容易明了子宫环是堕胎的东西，但却不明了安全套及避孕丸是那麽不好

- The greatest gift I received from my father was my faith, not material wealth. It is this faith that made me come here, not knowing what to say.
- 我从家父继承的最大恩惠是我的信仰，不是财富
- It is this faith that made me recognize the good in NFP and the BOM and persevere in teaching and promoting it, not counting its fruits but leaving it to the next few generations to reap them.
- 是这信仰使我认出自然家庭计划的好处，并继续不断地推广他，不计较它结的果实，而让下一代去收割它们。

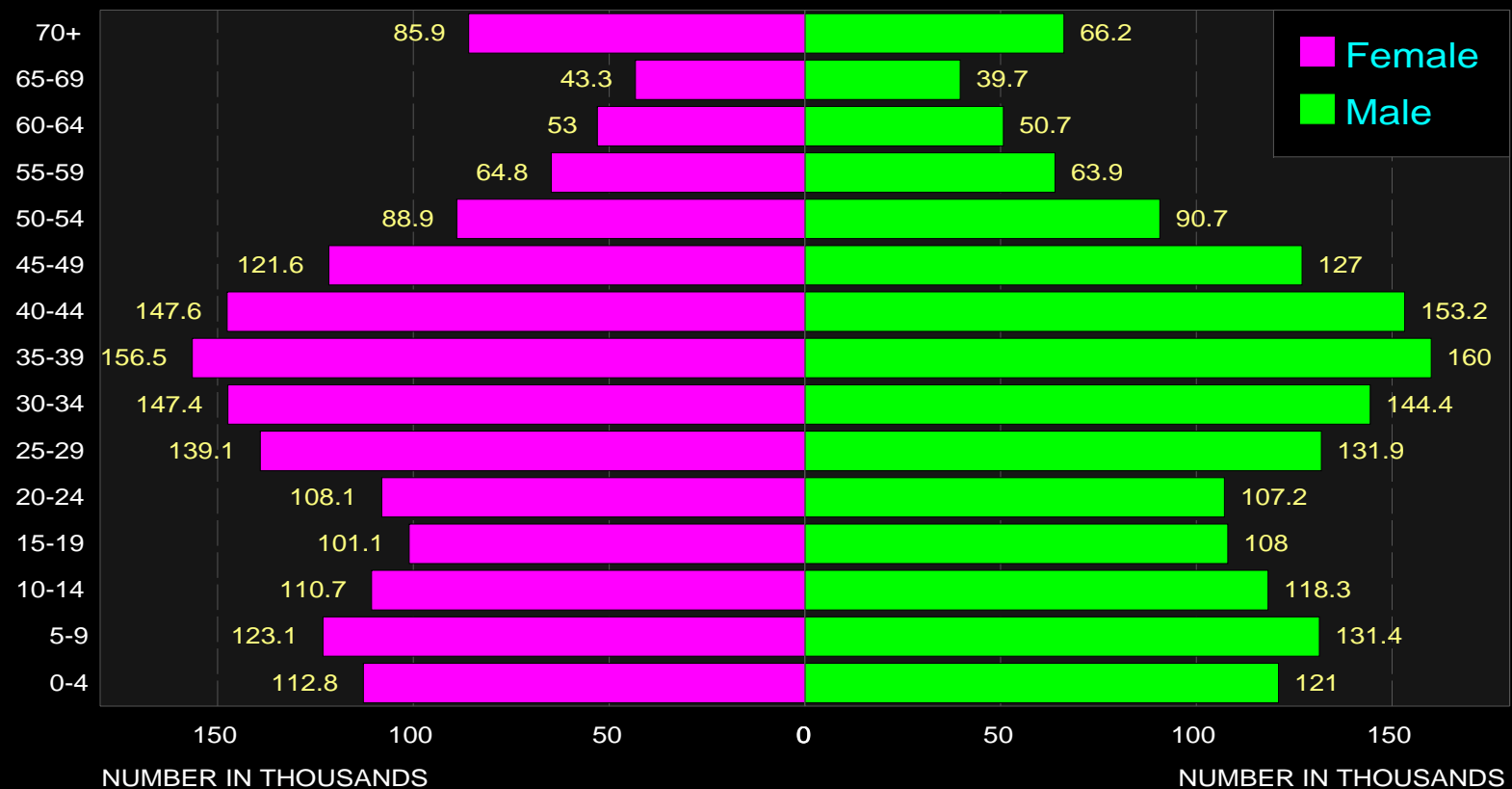
3.4 Health of a nation 一个国家的健康

- Manpower is an asset to a nation.
- 人力是一个国家的财富
- Nation building depends on the people.
- 建国有赖人民
- Aging of the people results in an increase in geriatric diseases such as cancers, diabetes, hypertension and cardiovascular diseases like stroke and coronary diseases.
- 人口老化导致年老的疾病如癌症，糖尿，血压高，心脏病，中风等。
- Medical expenses increase with the aging of the population.
- 医药费用因人老而增加。
- Fewer young people working to support the old and the sick.
- 年青人减少，无法扶养年老病弱者

The contraceptive mentality

POPULATION PYRAMID SINGAPORE 1999

AGE GROUP



4. The challenge to promote to all women in the world good methods of family planning

接受挑战向全世界妇女推广好的
调节生育方法

- How do we promote a good, scientific and morally sound method of FP to people who do not know God?
- 如何向不认识天主的人推介好的调节生育方法
- The secular society looks at FP in a way very different from ours.
- 世俗对家计的看法与我们不同

- Tell the world that NFP is good, without even mentioning God.
- 告诉世界自然家计上好的，甚至不必提到天主
- God is present in every good thing on earth.
- 天主存在于每一件好的事上
- By practicing NFP and encouraging others to follow, God will make His presence felt.
- 实践自然家计并鼓励别人实践，上主自然会叫人认出他来

5. Involvement in NFP in my journey of faith 我在信仰的旅途中遇上了自然 家计

- I can never thank God enough for the great gift of faith, for the rare gift of knowing and experiencing His great love for me
- 认识上主的大恩，我感激不尽
- The desire to please God would be the first and foremost factor in choosing the method of FP for my marriage life
- 中悦上主是我选择自然家计的最大原因

- Having experienced its goodness, I simply cannot keep it to myself but to share it with others
- 我即尝过了它的好处，我愿意于别人分享
- It is a sense of Mission that drove me to be trained as an NFP teacher in 1978. I have not looked back since.
- 是一种使命的感觉驱使我在1978年接受自然家计的训练。
- 我从来没有后悔过或往后看

Conclusion 总结

- Promoting good FP methods to the world is a great way to evangelize.
- 推广好的家计是传教的好方法
- We are “Salt of the earth, light of the world” (Matt. 5: 13-16)
- 我们是“地上的盐，世上的光”
(玛窦 5：13-16)

- “ Let your light so shine before men, that they may see your good works and give glory to your father who is in Heaven”

•你们的光也当在人前照耀，好使他们看见你们的善行，光荣你们在天之父

- By promoting wholesome reproductive health in the women we become the salt of the earth, light of the world, yeast in the dough.

- 藉着推广完美的生育保健我们成为地上的盐，世界之光，面粉里的酵母

- That men and women rise to the occasion and to the expectation of our Creator, by opening our hearts and will and intellect to the guidance of the Holy Spirit, to be a better instrument of God, to bring human beings closer to the love of his Creator.
- 叫世上的男女响应上主的号召，打开我们的心灵，意愿和智慧，让圣神引领我们，使成为上主更好的工具，使人们更接近爱我们的创造者。

- “ **CREDIDIMUS CARITATI** ” – We have put our faith in love
我们对爱满怀信心
- “ **AD MAJOREM DEI GLORIAM** ” – For the greater glory of
God 愈显主荣
- It is for His greater glory that we have chosen to be a sign of contradiction to the contraceptive values of the world (Matt. 10: 34
– I have not come to bring peace, but a sword)
- 为了愈显主荣我们才成为反抗避孕主义的标记。(玛窦 10 : 34)
- 我来不是为带平安，而是带刀剑]

- No matter how unpopular we are, it is God's work we are doing; we are not merely working for God.
- 无论我们如何不受欢迎，我们是在作主的工作，而不是替主做工。
- If it is God's work, He will see that it will multiply from 5 loaves and 2 fish, to feed 5 thousand, with left over”
(Matt 6: 34-44)
- 若这是主的工作，他必会使五饼二鱼喂饱五千群众，而且还有馀剩。(
- (玛 6: 34-44)

Thank you 谢谢