

**An elderly man gestures towards a man on a bike carrying his family: child spacing and family planning in Nigeria. Colour lithograph by Federal Ministry of Health, ca. 1996.**

### **Publication/Creation**

Nigeria : Federal Ministry of Health, [1996?] (Lagos : Printed by Themes & Schemes Limited)

### **Persistent URL**

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# Unspaced children make the going tough



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**Visit the family planning/child spacing clinic nearest to you**



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