BIRDTH CONTROL REVIEW

JAPAN AND BIRTH CONTROL

Margaret Sanger's Own Story

BIDDING GOODBYE TO JAPAN

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If you, too, would go aloft, into the heights, where all that you ever dared to think or hope is but a shadow of the dazzling reality, you may do so. Upon receipt of your name and address, I will send you a copy of a book by Mr. Bernard Guelbert Guernsey, the celebrated New York author and literary critic. It will afford the inspiration which will put you in harmony with all that is best in life, and as you come into harmony with these things, you make them your own, you relate with them, you attract them to you. The book is sent without cost or obligation of any kind, yet many who have received it say that it is by far the most important thing which has ever come into their lives.

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CHAS. F. HAANEL, 214 Howard Building, St. Louis, Mo.
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Holland (1885)—De Nieuwe Malthusannische Bond, Secretary, Dr. J. Rutgers, 9 Verhulststraat, Den Haag. Periodical, Het Gelijkheid Huusgeen

Germany (1889)—Oeconomische Vereeniging, Herr M. Haasmeester, Stuttgart. Periodical, Die Soziale Harmonie


Bohemia-Czechoslovakia (1901)—Secretaries, Michael Kacha, 1164 Zizkov, Prague. Periodical, Zadrub

Spain (1904)—Liga Espanola de Regeneracion Humana, Secretary, Don Manuel Moscosa, Rua de Bento Henri 29, San Pablo, Antonio Dominquez, Rua Visconde de Moranguez 25, Rio de Janeiro

Belgium (1906)—Ligue Neo Malthusienne, Secretary, Dr. Fernand Masciaux, Echevin, Courcelles

Switzerland (1908)—Groue Malthusien, Secretary, Valentin Grandjean, 106 Rue des Eaux Vives, Geneva. Periodical, La Vie Intime

Sweden (1911)—Saltskapet for Humanitar Barnafotning, President, Mr. H. Bergegarr, Vanadavagen 15, Stockholm, Va

Italy (1913)—Societa Neomalthusiana Italiana, Via Lamarmora 22, Rome. Periodical, L’Educazione Sexuale

Austria—Der Bund gegen den Mutterschaftszwang, President, Wien, XV/1 Gablensgasse 81. Periodical, Sexual Reform

Portugal—E. Silva, Junior, L da Memoria, 46 r/2, Lisboa. Periodical, Pac e Liberdade

Africa—Ligue Neo Malthusienne, Maison du Peuple, 10 Rampe Magenta, Alger

Japan—Voluntary Parenthood League, Baroness S. K. Ishimoto, President, 10, Honshiki Akaaki ku, Tokyo

Cuba (1907)—Seccion de Propaganda, Secretary, Jose Guardiola, Empeadro 14, Havana

The New Generation

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The Malthusian League is acting as hostess to the INTERNATIONAL BIRTH CONTROL CONGRESS to be held in London, July 11, 14, 1922
Margaret Sanger in Japan

IT IS WITH the greatest pleasure that we present this month to our readers the first installment of Mrs. Sanger's own account of her experiences in Japan. We also give the paper that she read at the public meeting in the Y M C A at Tokyo. She was not allowed to speak directly on Birth Control, but our readers will probably agree that she put two and two together and drew the line under the sum, but left the actual addition to her hearers. It could hardly be that any one present at the meeting would fail to find the answer.

The selections from the Japanese newspapers are representative of an immense amount of clippings—special articles, news paragraphs, and editorials—which have been received at our office. They give some small idea of the interest in Birth Control aroused in Japan by Mrs. Sanger's visit.

MARGARET SANGER TO THE READERS OF THE
BIRTH CONTROL REVIEW

As soon as the Taiyo Maru came in sight of Yokohama and before I had even a glimpse of the shore, I was overwhelmed by interviewers and photographers. My first visitors with whom I was privately closeted for an hour were Japanese government officials, stenographers and interpreters. I was asked various questions concerning my visit to Japan, the reasons for my coming here, who my audience was, and arrangements were made through, how I knew these people, etc., etc. Through it all there was a fine courtesy, and an evident desire to ascertain the real facts underlying my visit, intentions and desires.

I was asked to make a formal request to enter Japan. This was to be made to the American Ambassador and the Japanese official despatched one of his men to the Embassy to hasten the government's decision that I would not be kept waiting longer than was necessary. I was obliged to wait until seven o'clock P. M., but in the meantime my time was well occupied with interviewers and in receiving delegations from various organizations and clubs.

ONE OF THE most interesting groups, who sent seven women to welcome me, represented the New Women's Movement of Japan. These little doll-like women came in native costume to present their greetings and to extend their welcome. Their pale faces, gorgeous costumes, white stockings, and absorbed one's attention. I felt I was being ushered into a new world of womankind. I was deeply touched by this representation, by their soft low voices, their courteous bows to each other, bending from the waistline almost to the floor.

They said they came to tell me that the women of Japan were in sympathy with the idea of Birth Control and greatly desired to learn its methods.

I was also impressed by similar expressions of opinion from the reporters. There were at least forty to greet me from all over Japan, representing papers as far away as Osaka and Kobe.

Those who could speak English spoke for the others who said to tell me that the government was acting against the popular opinion of the people in its attitude on Birth Control, but that the people all over Japan were more interested in the coming of Margaret Sanger than in the visit of the Prince of Wales.

We all laughed heartily at this and I took it as an Oriental compliment.

After hours of interviews and flash lights, I was greeted by the returned official who brought from the Governor of the Province a special permit for me to go ashore.

Baron and Baroness Ishimoto had already come on board the Taiyo, as had the editors of the Kaito Magazine, under whose auspices I was engaged to lecture in Japan. They now took charge of my luggage and we—my son Grant and I—were motored to the Customs House to have our belongings inspected. One goes through various customs during one's travels, but I never had such an overhauling in my life before—not even during the war in Europe did any inspector examine so minutely my belongings. I began to think it was curiosity more than inspection, especially when I had to explain in detail how I wore a string of crystal beads.

Some of my books were taken, "held while in Japan," but I expect them to be returned on my leaving the country. It was pouring rain in Yokohama and while I was waiting for my bags to be piled into the car, several rickshaw men gathered around the car in the rain and finally got one of their men to come up to speak to me. He said "Madam Sanger we like your Birth Control ideas. We poor working men like that idea much. We thank you for coming to Japan." The spokeman then produced a fountain pen and paper and I had to write my name "for my memory," he said.

NEEDELESS FOR ME to say I had been surprised when I learned from the Consul General at San Francisco that the Japanese government had issued orders that my passport should not be vied, and that I could not lecture on Birth Control in Japan.

It is not easy to surprise anyone who has worked for long in the Birth Control movement. We get accustomed to the
unexpected happening. In this case, however, my surprise was real, because I was led to believe by Japanese in the U.S.A. that there was a general interest in the Birth Control subject on the part of the younger members of the government. Then, too, I was under agreement to deliver five public lectures on the subject, with the Kanzo group, whose magazine stands as one of the most respected in Japan, and, as Bertrand Russell had visited Japan under the same auspices, there was every reason to believe the Kanzo group knew the laws of their country and were acquainted with the possibilities and limitations under these laws.

In neither of these assumptions was I mistaken. There is a younger group in the Government, and a very large group, whose ideas and ideals are broader and higher than those represented by the minority, a military party. Many of these more progressive men came to the receptions and meetings where I was the guest of honor and expressed their appreciation of the Government's action, and also expressed their belief in the principle of Birth Control and their desire to help forward the movement in Japan. While these sympathizers can be numbered in the hundreds, they seem to be powerless in special departments.

I WAS DESIRIOUS to find out the real cause of the objection to my speaking on the principle of Birth Control, for I had no intention nor desire to give the methods nor to treat that aspect of the subject.

My first step was to see the Chief of Police, for it was the Police Department from which the objection had come.

My intention was to call upon the Chief of Police the day immediately following my arrival, but from the time I arose until late in the evening I was so besieged with callers and reporters that it was impossible to leave the house of Baroness Ishimoto until the next day. It was amusing to me to find upon my arrival at the Police Department that everyone from the hall porter to the interpreter seemed to know I was arriving, although I myself did not know when I should be able to go until an hour before we started. We were ushered into a special room and tea was served, though it was only a little after ten o'clock in the morning.

One of the attendants called my attention to my book, "Woman and the New Race" which he said he had read with great interest and much pleasure. He then presented me with a Japanese translation of the book, much to my surprise for I had no knowledge that it had been translated or published until I saw it in the Police office that day.

Soon the Chief's assistant arrived. He greeted me in the most courteous manner and apologized for the absence of the head official, Mr. Yuchi, whose arrival at headquarters was uncertain. Any message I cared to leave would, however, be delivered to him.

The interview lasted about half an hour, and ended by his saying that I would be permitted to speak in private, or under private auspices on Birth Control, but it was not possible to discuss the subject in public meetings. I was to be allowed to speak publicly on any other subject I desired before I had left the room we were again photographed and interviewed many times.

Previous to my leaving San Francisco the press was full of the subject, and upon my arrival, the discussion was in full swing. Every paper throughout Japan had something to say concerning the government's action in banning the public discussion of a subject of such popular interest.

The first public meeting was held at Tokyo in the YMCA building. The subject was Population and War. I endeavored to avoid Birth Control and tried to show the cause of Germany's desire for war as a population problem. Most of the audience understood English. The reception of the address by the audience was most enthusiastic. The press, too, was generous and fair. At the meeting, when I began to speak, there must have been at least twenty flashlights. I never saw anything like the passion the Japanese press has for photographing.

From that day on there was an address made every day and some days two meetings. We found it far easier to accommodate small groups of one or two hundred, and to discuss the subject frankly, than to have large public meetings.

Among the groups where greatest interest was expressed, was a meeting at the Peers' Club organized by Count Cowa mura. At no time in my life have I given a more intimate address. I can say also that it was received with the finest spirit of respect and understanding and desire to know more. It was one of the most encouraging events of my stay in Japan. One feels conscious of the position of women here. The men do not seem to take the women's movement seriously, and the fact that men of all stations came eagerly to hear a woman speak on any subject is considered a victorious event by the women here.

MY LECTURES HAVE been given before the most intelligent people in Japan. The Industrial Organization consisted of men at the head of practically every industry in Japan. They gave a Japanese dinner in my honor and being seated on the floor as we were seemed to create an atmosphere conducive to conversation. The questions asked by these men indicated much thought along the lines of population.

Perhaps the most enthusiastic meeting that was held was that given in the Imperial Hotel at Tokyo on March 29th by a prominent commercial organization. Again it was a dinner, but not Japanese ("foreign" so called here) and men from the Home Office, Foreign Office, and various other departments of the government attended. While many of them understood English, it was necessary to have Baron Ishimoto interpret the address for me. He did this exceedingly well and I consider this to be the most important and successful meeting held anywhere.

The doctors of Tokyo, about one hundred, asked me to give an address on Practical Methods. The interpreter, a young doctor recently returned from America, was not very good and I felt at a great disadvantage through the lack of a good interpreter. The medical association of Kyoto on the other hand turned out four hundred strong at only a few hours notice and, in the midst of a national convention, filled the
The Birth Control Review

Congregational Church to its fullest capacity. The minister of the Church interpreted and did it amazingly well. All the organizations which requested me to speak before them were represented by distinguished and prominent people. They were all, except the New Woman's Organization, composed of the so-called well to do. This organization is the most advanced and intellectual group of women in Japan. Many of its members are working in various trades and occupations. The government fears a falling off in the birth rate among the well to do and cultured, but so far in Japan this has not been the case.

The following statement published by the Japan Chronicle March 23rd gives the case exactly.

The authorities have evidently got themselves into a hard tangle over the question of Birth Control. Mrs Sanger is to be allowed to address private gatherings but not public meetings. That is to say she is to be allowed to address the well to do classes, but not the "lower" classes. Yet Mr. Yushi, the Director of the Police Affairs Bureau of the Metropolitan Police Department, stated to the press that personally he thought there was every reason for encouraging Birth Control among people of the "lower classes," what they were afraid of was the propagation of the methods advocated by her would encourage Birth Control in the well to do classes. Mrs Sanger must feel very prominent of dangerous thoughts, but do not know exactly what way they are dangerous. Evidently a case of intuition. It is the opinion of everyone in Japan today that Birth Control has been more prominently discussed because of the action of the Police than otherwise would have been.

The two principal reasons I have been able to find, upon which the Police Department based its objection were first, that the Police in New York forbade my speaking in that city, as cabled here concerning the Town Hall meeting on November 13. They did not hear that another meeting was held, or any of the proceedings which followed. The only fact which stood out prominently in the mind of these officials was that our meeting was closed by the Police —that was sufficient evidence to prevent such a meeting here.

Then the other reason is because of a pending bill called "The Dangerous Thoughts Bill" or "The Thought Control Bill," making it a crime for foreigners to bring to Japan a foreign thought! This bill has not been passed up to the present time, but it was under discussion at the time of my arrival and was backed by the same reactionary group as influenced the Police Department.

Nevertheless Japan has now a Birth Control League. It has for its officers four most intelligent men representing four branches of civic life, Medicine, Science, Labor and Commerce.

FROM YOKOHAMA to Kobe, and again across the Inland Sea to Fuzan, the interest has been tremendous and the reception accorded me has been beyond my hopes or dreams. The opposition of the government threw the sympathy of the people with me and I believe I have accomplished more, established more centers and aroused more discussion in one month than I could ordinarily have done in a year.

It is the general opinion that the agitation came just on time. While women were slowly advancing in emancipating themselves and labor also is just taking its first flight, neither of them had included Birth Control in their programs. Now they see their problems in a different light, and by its general adoption will cut short their struggles and hasten their victories.

From the Japanese Press

The Japan Advertiser, March 22, 1922.

The most favorable of the statistics give Japan an unpleasantly high place among the countries that are wasteful of infant life. In a list of 35 countries compiled by the Commonwealth Statistician of Australia only two have a worse death rate than that shown in Japan's latest figures — Russia and Chile. That was influenza, but her average infantile death rate of 163 per 1,000 places Japan only eighth from the worst place with 26 countries above her. The statistics for Europe are of course pre-war, there is too much reason to fear that the post-war bills of mortality will show that the cancer ravaged the cradles as well as the battlefields. But Japan has felt no effects of the war except such as should be favorable to the preservation of infant life. Her industries up to the end of 1918 were more actively and more profitably employed than ever before and there was a great increase in the national wealth. This was accompanied by a positive increase of infant mortality, which rose from 150 per thousand in 1913 to the average of 163 now reported for the five years 1913-17. Compare this with an infant mortality of 85 per thousand for England and Wales in 1921, with New Zealand's 69, Australia's 69, France's 78 and many others.

The worst feature of Japan's vital statistics is the increase of the general death rate. Japan's death rate is now nearly twice as great as that of the principal countries in Europe. The death rate for 1918 was 26.83 per 1,000. That was the year of the influenza epidemic when the figure was higher than normal and Mr. Nikado gives the average death rate from 1913 to 1917 as 20.56. The rate for 1915, 1916, 1917 and 1918, however, as returned by the same authority as 20.5, 21.4, and 26.8 respectively, so it is clear that the average for the next five years will show a downward trend. At the same time the birth rate is falling. It was 33.7 per 1,000 in 1915; 32.4 in 1916 and 1917, and 32.2 in 1918. The statistics are not entirely reliable as the first scientific census was only taken in 1920. They show curious fluctuations in the birth rate. In the five years from 1889 to 1905 it was only 28.6, rising in each quinquennal period to the high water mark of 33.7. If the figures are approximately correct there was a rapid rise in the birth in the 20 years from 1893 to 1913, and we are now witnessing a decline.

Mr. Nikado notes the present tendency as an "unpleasant phenomenon" but it is not the falling birth rate that need cause disquiet. That only means that fewer babies will die. The dangerous symptom is the rising death rate. Japan's low average of 20.56 compares with 121 for England last year. The Japanese death rate is rising, England's is steadily falling. Forty years ago it was about equal to Japan's today — 21.4 for the decade 1870-89, today it is 12.1. This is astonishing testimony to the value of sanitation and the legislation which protects workers in dangerous industries. Japan with a far higher birth rate — 32 per 1,000 as against England's 22 — is moving in a direction which before long will make her rate of "natural increase" less than England's.

A lateral transcription of an interview with Mrs. Sanger by a Japanese reporter as it appeared in a Kobe newspaper, April 3, 1922.

Mrs. Sanger came to Kobe on the 2nd afternoon, and attended to the tea of Kobe Bunaka Kai. She made a speech for those gentlemen.
among whom Mr. Kayama and other men of intelligence in the city were included. After it she said we as follows in her room at A. O Hotel. In America our movement of B.C.L. is free and the League has one organ paper being read very widely and 50,000 members. In New York a big meeting was dispersed by policemen, but the court decided it was absolutely free to speak on B.C. movement, etc. In Germany B.C. is well understood among workers and the theories are realized. In America it is now the time to make it law and propagate more widely among men and women.” On the women’s right of bearing political speeches in Japan, men were congratulated by her, and she said something on it.

The Japan Advertiser, Tokyo, Sunday, March 5, 1922

There is nothing in the ancient traditions nor in the religions of Japan to defeat the movement for Birth Control in this country according to Baroness K. Ishimoto, leader among the women advocates of Birth Control in Japan. Baroness Ishimoto is a friend of Mrs. Margaret Sanger and expects to entertain the president of the American Birth Control League when she arrives in Japan next week.

The liberal feminine leader has four points upon which she rests her case for the adoption of the latter option which is the only way to meet the demand for the birth control in this country, those she checked off with her fingers as she went carefully over them. The first and most important in her mind is the welfare and happiness of the child. “The child,” she said, “should be conceived in love and should be born to be loved by its parents. This is possible only when the parents have good health and sufficient income to care for the child properly. On the economical side, there are three important things to consider. The parents must have assurance of the ability of providing the child with a sound education, with sufficient and proper food, and they must be able to clothe it well and nicely.”

Secondly she believes, Birth Control is very necessary from the standpoint of “the emancipation of women.” “Since the Meiji Restoration,” she said, “the men have been enabled to develop greatly and to go far toward attaining modern civilization, but the women have not. The first necessity is strong health, and the second, better education. The girls attend schools of lower standards than those for boys, and the girls usually go only as far as middle school. Then they go home to work, and then comes marriage at a very young age. The constant bearing of children, year after year, from early womanhood spoils their health early in life.

Factories have adopted the law of eight hours of labor a day but in fact women of the lower classes have to endure 12, 13 or 14 hours of work a day. They work in the factories during the day and then have to come home, do the house work, care for their children and wait on their husbands. It is a great pity that women have to wear themselves out in this manner and to bear many children which they have great difficulty in taking care of. The emancipation of women in Japan means the freeing of them from so much hard work, giving them a better education, like the men receive, and making the families smaller so that the standard of living can be raised.”

Baroness Ishimoto’s third point was the problem presented by the increasing population of Japan pressing upon the already inadequate food supply. Thus, she said, was covered in the article which her husband wrote and which appeared on page two of yesterday’s issue.

The fourth point was that Birth Control and mothers’ clinics, such as have been established in England and especially in Holland, will prove for the laboring class. The labor difficulties will increase she predicted, until some way is found to limit the population so that the average laborer can earn sufficient to maintain a proper standard of living for himself and his family.

“The majority of the people in Japan are in favor of Birth Control,” the Baroness affirmed. “They are beginning to talk a great deal about it, too, and to inquire for information.”

“The idea does not contradict religious beliefs with us as it does, especially with Catholics, in Western countries. As a matter of fact Birth Control was widely practiced during the Tokugawa Shogunate when the country shut itself from outside influences and had to limit its population. The practice was much less scientific and—more, ah—crude than is advocated now.”

It was when the country was opened to outside influences and the aims of the leaders became more imperialistic she explained, that the doctrine of big families and many children began to be urged. More children were needed for bigger armies, she said, and the idea has come from the officials and military leaders rather than developed among the people.

“I believe that whether it is moral or not, Japan will have to adopt Birth Control. Spreading practical information through mothers’ clinics or by other means is contrary to the opinions of the Government authorities now but I think the officials will be forced to change their ideas for the welfare of the people. There is no law against Birth Control in Japan, but it is forbidden under the police regulations.”

No nation in the world is more seriously affected by a superfluous population than Japan. To make the life more pleasant, this important problem should be thoroughly investigated, for in it are involved such issues as the welfare of nation, better health and the promotion of health. It is highly absurd on the part of those persons to hastily conclude that the doctrine is unsound or even detrimental from an ethical viewpoint.

“Mrs. Sanger, if I am correctly informed,” the Kyoto professor went on, “is trying to prevent unlimited birth of children to whom the parents are unable to give enough food, clothing and education.

Viewed in this light, it goes without saying that Birth Control is nothing but a great social welfare work, which, when enforced properly, will adjust birth and its consequence will be the enhancement of civilization and the promotion of wealth. Health will consequently be improved and the death mortality of children, which is so high in this country, will be checked. Those who oppose Birth Control from their bigoted ethical standpoint without knowing the deep significance under lying this theory are merely refusing to solve this great social welfare problem. Their hackneyed views deserve no serious attention whatever.”

Shiro Kawada, Professor of Law, Imperial University of Kyoto

News Notes

April 18—Mrs. Sanger made an address at the Rockefeller Institute, Pekin.

April 19—After giving an address at the National University, Pekin, Mrs. Sanger was the guest of honor at a dinner given by the Chancellor of the University.

April 23—Mrs. Anne Kennedy spoke before the Liberal Friendship League of Philadelphia on Birth Control from an International Aspect. There was an audience of over 300.

May 7th—Mrs. Mark R. Craig gave a tea at her home in Sewickley, to meet Clara Louise Rowe, Organization Secretary of the American Birth Control League. This affair was preparatory to a large meeting to be addressed by Mrs. Edith Houghton Hooker at the Club House, Sewickley, Pa., on May 24th. Those present were Mrs. George E. Tener, Mrs. James Todd, Mrs. Horace Forbes Baker, Mrs. James R. Wardrop, Miss Agate Brown, Mrs. Charles W. Brown, Mrs. W. S. Tallman, Mrs. Harlow B. Wheeler and Mrs. Alexander Laughlin, Mrs. Wallis Tener.

May 15—It was announced that Michael M. Dolphin, Assistant Corporation Counsel, was to be charged before the Appellate Division with a breach of professional conduct in ordering the arrest of Mrs. Juliet Barrett Rublee last November. The charges were brought by the Grievance Committee of the
Bar Association. It will be recalled that Mrs Rublee was testifying concerning the breaking up of the Birth Control meeting at the Town Hall on November 13, when her arrest was ordered. On her appearance in the police court she was at once discharged as the magistrate held that there were no legal grounds for her detention.

May 24—Mrs Edith Houghton Hooker spoke on Birth Control at a luncheon at the Hotel Fort Pitt, Pittsburgh. A dinner was given in her honor the same day, and she addressed a conference of doctors in the evening. In the afternoon she addressed a public meeting at Sewickley, Pennsylvania, at which Mrs Wallis G. Tener presided. Following is a list of patronesses under whose auspices the meetings were held:

Mrs Alexander Laughlin
Mrs Wallis J. Tener
Mrs George E. Tener
Mrs Exoo Rauh
Mrs Franklin P. Jamns
Mrs James R. Wardrop
Mrs Mark Rodgers Craig
Mrs Julian Willard
Mrs Edmund K. Trent
Mrs Royal S. Goldsbury
Mrs Charles Gordon Zug
Mrs Harlow B. Wheeler
Mrs Charles W. Brown
Miss Agate Brown
Mrs George Stimson
Mrs James G. Prentefract
Mrs James Todd
Mrs Samuel Ely Eliot
Miss Katherine Harrison
Mrs David Shields Hays
Miss Eleanor Hanson
Mrs Roswell Johnson
Mrs Patton Lyon Logan
Mrs William Metcalfe Parkin
Mrs William F. Knox
Mrs George McKnight

May 25—Mrs Donald R. Hooker spoke on "The Meaning of Birth Control" before the Women's City Club of Cleveland, Ohio.

May 26—Mrs Donald R. Hooker spoke twice in Detroit at a luncheon at the Hotel Statler, Mrs Frederick Holt, presiding, subject "The Rights of the Child and Birth Control," and at a public meeting in the evening, Mrs William McGraw, chairman.


BIRTH CONTROL AND THE ADVERTISER

A HINT FROM AN EXPERT

The value of the Birth Control movement to the advertiser is brought out in an interesting article by S. C. Lambert in Prater's Ink for March 23. This is hardly the place where one would look for Birth Control propaganda, but there is considerable force to Mr. Lambert's reasoning.

Under the heading "Small Families—Their Significance to Advertisers," Mr. S. C. Lambert brings out that the "standard of living is raised and buying power increased as size of family becomes smaller." After showing that even on the farm the large family is now a liability rather than an asset, he sums up the case for the man who makes or sells such advertised products: "The interests of the advertiser in the small family," he writes, "are very clear. On a 'counting noses' test, we might say that the small family was a market inferior to the big family—that four will consume less than six certainly seems logical. It does not work this way, however. The correct arithmetic is the arithmetic of T. Atkins, skilled mechanic, and wife, whose income is, say, an average of $38 a week. With two children, the Atkins family will live well, buy a home, own a phonograph, send the boy and girl to high school and perhaps farther, use a fair grade of house furnishings, perhaps own a flower garden, and barely scrape along, the money going for bare necessities. It is a mighty poor market for the advertiser."

Consider instead of Atkins' $38 a week job, a 100 acre farm which is operated to most profit when the owner uses a tractor and hires a man only for a few weeks in rush seasons. The farm income will vary little whether the farm family has four members or seven members. But the standard of living of the family of four will be definitely higher than the standard of living of the family of seven. The difference will average the difference of an excellent market for the advertiser, and a poor market.

Small families are the advertiser's best friends. And they're here, and what's more, they are going to keep on. The present depression is only an incident to the fundamental economic conditions which have brought prosperity to the advertiser in past years, and will in years to come.
REGRET EXCEEDINGLY that I am not allowed to speak to you this afternoon upon the subject of Birth Control. Why this privilege has been denied me I do not know, for I have addressed audiences on the subject of Birth Control in nearly every country in Europe and every large city in the United States. However, I am grateful for small favors and am pleased that I have been able to gain the permission to address you on the subject of War and Population.

In 100 years Europe had about doubled her population while the increase of her food supply was less than 5 per cent. She had been piling up huge debts for future generations to pay. She had piled up such conditions as slums, unemployment, child labor, meanness, inefficiency, dependency and finally war. The World War which started in Europe in 1914 was the natural result of the manifold conditions which made such a volcanic eruption inevitable.

During the past 50 years, there was a tendency in every country in Europe to increase its numbers overwhelmingly in one group and to increase slowly in another. The latter group consists of individuals who do not let nature control their destinies. Here the forces of fecundity have been mastered, In this group with slow increase in numbers, conditions are progressive and advanced. The other group who are at the mercy of the urge of generation are those who have not only increased their numbers but have increased their problems beyond the development of the social conscience or the intelligence of the nation. Out of this group in every country in Europe arose the great problems, both social and economic, with which the world was confronted in 1914.

In some countries, as in England, it was possible through colonization to alleviate the conditions in this group somewhat by sending the surplus population to Canada, Australia and other parts of the globe. France, on the other hand, had kept her numbers more or less stationary and had aimed to develop quality in her people. It was to France that we turned for culture, for science, for advancement in almost every line of scientific thought.

Germany, however, was the central country in Europe, which, though in some departments far more advanced than other countries, was blocked in her progress, and her conditions at home made complex and chaotic. Germany had been the first country in Europe to bring into her country the largest resources of alleviation for her population. During the dark and middle ages, Germany had relied upon infant mortality, disease and pestilence to keep her population within bounds. It was quite a natural event for a family during that period to have from 10 to 20 members, but for only one or two, or at the most four to survive to full maturity. This was the course which Nature had taken to lessen the possibility of war and to keep nations somewhat at peace with each other.

With the advance of humanitarian thought and scientific and preventive medicine, Germany began to check her death rate, but to increase her problems. The urge for expansion on the part of the increasing population in any country when brought up against geographical barriers acts blindly in the direction of conflict—whether in colonial rivalry or territorial squabbling. The opportunities for Germany's expansion were strictly limited by other powers and the prosperity due to the opening of new countries had long passed its maximum, The possibilities for expansion that were open a century ago were fairly well exhausted and Germany found herself with serious problems on her hands which meant national expansion or ultimate stagnation. We find then the situation in Germany to be a rapidly increasing population brought largely to full maturity at a great expense to the government through social service, old age pensions, maternity benefits, etc., while the necessities for feeding this population were out of her reach, making her dependent upon other countries for the subsistence of her people. There was a tendency too, toward a surplus of highly trained professional and technical men. The elaborate educational system of Germany was producing more engineers, surveyors, electrical engineers, industrial chemists and experts along various lines than the nation's industries could utilize or absorb. The result was that such men had to be content with a smaller wage than the unskilled workingmen could procure, or emigrate into foreign lands where skill and inventiveness became the assets of other countries at Germany's cost.

While Germany's birth rate was on the decline—in 1900 it was 36.5, in 1909, 32 and in 1913, 29.5—the number of deaths diminished also by such proportion that her rate of survival became higher, and her population increased in a faster proportion than it had done with the higher birth rate. There was an increase of from 700,000 to 800,000 souls a year, which amounted to nearly four millions of new individuals every five years. It was upon such conditions briefly and fragmentarily related here, that Germany based her claim to a place in the sun and the right of livelihood of her surplus population. The Berliner Post in 1913 said, "Can a great and rapidly growing nation like Germany always renounce all claims to further development or to the expansion of its political power? The final settlement with France and England, the expansion of our colonial possessions in order to create new German homes for the overflow of our population, these are the problems which must be faced in the near future."

If one studies the comments of the press during the five years preceding the great war, one will find that the argument of the right of any country to prepare for war was based upon her increasing and growing population. Germany in 1910 had a population of 70,000,000. At the rate she was increasing she was bound to have in a short time double that number. It was...
the argument of her militarists and others who were making greater demands for Germany that she must find an outlet for her people, that Germany was hungry for trade, that she needed colonies, that she could not confine her growing population within her narrow geographical boundaries.

In one magazine, the Kaiser was quoted as having said that in 1950 Germany would possess a population of two hundred millions or something near to it. It might have been supposed that counsels, such as those emanating from the best of thinking Germans, might have been critical of this condition of things but, extraordinary as it may seem, the Marxian philosophy had taken a strong hold upon the people of Germany and particularly of the working people during the preceding 25 years, and had inculcated the doctrine that the greater the numbers of the proletariat the higher would be their wages, the stronger their demands in the labor market and the larger the numbers in the ranks of the revolutionists. Hence up to 1914 there was every tendency on the part of the thinkers of Germany, both economic, social and political, to approve the increase in their numbers and to trust to the gods the results, believing that might makes right!

This, briefly, is one of the chief causes of the war in Europe in 1914. We all know the results and the consequences, but none of us can fortell the terrific decadent consequences which Germany is yet to feel. Her most fit manhood was slaughtered in the war, her mothers and children left at home in a condition of physical starvation which must affect the generations of the future. When I was in Germany in 1920 and saw for myself more than 10,000 little starving infants, the results of the blockade and the war, I felt that it would be far kinder for Germany’s future and for the future peace of the world to humanely allow these little victims to pass away rather than to keep them alive to perpetuate disease and misery. More than 45 per cent of the women of Germany were made per manently sterile owing to the lack of food and the improper nourishment for child-bearing. The present conditions in Germany include extremely heavy taxes, low value of money, deficiency of labor in many establishments, scarcity of food and cost of living so dear that the average wage earner lives upon a ration which means partial starvation.

The conclusions to be drawn from Germany are that a nation will not find the solution of its problems in war. That war is no longer the way to settle international disputes. Nevertheless, we cannot hope for world peace until all nations recognize that there are fundamental dynamic forces at work which must be controlled. These forces are hunger and propagation, and we cannot solve one without including the other. Until these forces are recognized and acted upon wisely, the idea of international peace will remain a dream and a myth.

Japan has problems today which are becoming as great as those of Germany in 1914. She has a right to have those problems solved in a rational, humanitarian way, but until our diplomats and statesmen recognize the causes of war and make a study of the population question in all its manifold departments, all our Leagues of Nations, international conferences, agreements and international treaties will become the proverbial “scrap of paper.” Men and women of Japan, I appeal to you to look into this subject thoroughly. The women and mothers in your country are just as desirous of wiping out poverty, misery, suffering and war as the women of the other nations of the world. I appeal to you to set your motherhood free. To make your women something more than breeding machines, such as the women of every nation have been during some period of that nation’s development. The time has come for international brotherhood and international emancipation, based upon free, conscious maternity.

The advancement of hygiene and sanitation and welfare work in any country only increase its population. Population must then find its outlet through emigration or armed invasion of some other country. Each nation must control its population to the point where it will not be necessary to make aggression upon its neighbors.

The study of the population will reveal to you the initial cause of the suffering of mankind, it will reveal the cause for its struggles and its divisions into factions and parties. It will point out the remedy for these differences and the way to establish a new order of civilization. To the working men, it will show that his state of oppression under tyranny can exist only as a result of his ignorance, that the struggle between classes, between capital and labor, and the wars between nations are the inevitable consequences of that ignorance. The working man has himself been the producer of these conditions through his unlimited procreative powers—unchecked and uncontrolled, while he and his brothers are the initial sufferers from the flagrant inequalities found in all nations today.

Let us then, friends, depart from the old methods of quantity production, and turn our attention to producing quality in our peoples. It will then be possible for everyone to have need, health and personal dignity, motherhood will be glorified, and the nation may expect to promote for its population peace, justice, happiness and the International Brotherhood of the World.

Appeals from Mothers

Dear Mrs. Sanger,

I have read of you and of the good work you are doing, may God bless you and yours.

I am so miserable, and yet so young. I am only 21 and have three babies, and I am not strong. I get dizzy spells almost every day, and my children are weak and puny. Won’t you please tell me how I can take care of myself so I will not become pregnant?

If I only knew of something, how happy I would be and then I could get a hold on life and health, but this way I am getting weaker every day, and I drag myself around like an old woman, no ambition or pep to me, because I am always in
constant fear of becoming pregnant again, and then it is a living death for me, all I must suffer 

Please, oh please, Mrs Sanger, tell me of something that would help me, something that is good and sure, and I know I will be the happiest woman and then I can be a good wife and mother to the children I already have

Dear Mrs Sanger

I have been reading some of your writings and other articles on Birth Control, and think that it would be a wonderful blessing if knowledge could be given to those that need it.

I am 35 years old, and have six children, the oldest ten years, and I fear I am pregnant again. Isn't there some way of preventing conception? My husband three years ago got his back, hip and ankle broken in a coal mine and will always be crippled,—although he is able to sit in a chair and repair shoes. He uses a cane when he walks

But having so many children so fast is telling on my health, and it is hard to keep my work up as it should be. We think the world of our children, but it takes a lot to keep them. I don't know what we will do if I have many more, it is getting the best of me. So I am writing this to see if you could give me any help or advice.

My dear Mrs Sanger

I am sending you a note on the Vernier family. They had a 5 year old boy who refused to go to the toilet or to be "house broken." The neighbors say the child was uneventfully filthy. The child was put downstairs in a high, light basement as punishment and kept there some time. Each time he was brought upstairs he was as filthy as ever. He would have been allowed upstairs any time he promised to be—or was clean. The child was reported to the police who arrested the father and mother and it is said the village threatens to tar and feather the mother.

Mrs Vernier has been married 17 years and has had 15 children. Twelve are living. The last one was born 2 months ago. She had no nurse and had to be up (as usual) in 3 days to do a large washing. Since then she has had pneumonia and though barely able to creep around has had all the cooking, washing and never ending work to do. The 12 children—with the exception of the dirty 5 year old are fine children, neat, well dressed, good scholars and the little home (not paid for) a marvel of neatness for such a tired woman.

When arrested, Mrs Vernier remarked that her life had been hard. Her husband seemed utterly surprised and said he had never heard his wife complain. In that sentence is a wonderful word picture of hopeless desolation. Seventeen years of suffering and drudgery and no future but its repetition.

The village of Eastwood has decided such a woman is "not fit" to live within their borders, so the family is to be requested to move on. Mrs Vernier was a college girl with great musical talent, but for 17 years she has been a slave. I can't imagine how she has accomplished so much.

If the husband is fined $500 then the woman's burden will be even harder.

The neighbors say the child was undernourished—a sick mother with all that work and no care herself could cook most deliciously for her children but could hardly be expected to run a diet kitchen. If she could only have gone to jail instead of the father she could have had some rest.

—ALMA KENYON MCGRAH

(No one can approve solitary confinement for a child of five as punishment for a condition which probably needed expert medical care. Yet our correspondent's sympathy with the mother is natural and generous. The case shows that one woman cannot possibly care properly for twelve children, and to demand such a task is to demand her very life—Editor)

A Way Out

By May Pearce Guest

(Continued from May issue)

II TEMPTATION

 BENJAMIN BROWN staggered out into the street with no idea of where he was going or what he intended to do, distraught, bewildered.

The five dollar bill which Janey had given him was like a link joining him to her. What generosity, what sympathy, what divine trust! His anxieties and repressed desire had made him bold for one night of freedom, and now she had thrown that noose of faith about his neck! It was damnable to feel one must do something reckless and yet not know exactly what one wanted to do! To be drawn back and at the same time impelled onward!

His life had been so much a part of Janey's since he had met her two years before, that he really did not know how to go it alone. He found himself at last in the center of the theatre district where bright lights dazzled, gay throngs jostled, motors honked, and newsboys yelled, where all was a delirium of motion and noise. He stood at the corner irresolute, looking vacantly about. Did he want to go in and see that motion picture with its glaring posters out front? He didn't know, he seemed to have no initiative, to be all at once tired beyond ability to think or act.

A girl passed him slowly, looked into his face oddly, paused, returned, and stood by his side for a moment fastening her glove, then looked up into his face and half smiled. He gazed back dully, without interest. What was this gay painted kid to him?

She moved a little nearer as though to escape the jostling crowd, and fastened her chinc turban more securely over her golden "coote garages." Again she glanced up with her large Irish blue eyes, so effectively black lashed.
"LONELY?" she queried softly

Lonely! That word hit him like a shot in the bull's eye God, but he was lonely! That was the trouble Now he knew straightening, as though suddenly awakened, he cast startled eyes on the girl.

Then—"You got me," he replied with a responsive grin. "But, how did you know?"

"I guess I know a lot," she replied sagely.

"A lot you know, why, you're just a doll kid!"

"Doll baby nothin' I was eighteen the other day Say, don't it sound fierce? Eighteen! It gives me the shivers to think of so little time left to enjoy life Gee, ain't it awful to grow old."

Ben thrust his hands into his pockets and from his big height looked down upon her He laughed, that boyish laugh of his.

"Say, I like your teeth," the girl went on "You ought to laugh a lot, you ought, not stand mopin' round in the blues You need a good time, that's what"

"I'll say," replied Ben shortly, bitterly. "Got a date for tonight?"

"Nope"

"Well—ah, what do you say to havin' a good time with me?"

The girl cocked her saucy little head on one side and smiled seductively up at him.

"Perhaps."

He spoke slowly, staring at her with a reluctantly admiring, half contemptuous stare, then, "What would you suggest doing?"

"Oh, you will? That's grand! Say, I like you. I do now. Shall we start by goin' into this movie? I do adore movies, don't you? And then, after we could get something good to eat... I know a swell place And then—why then—"

"All right," interrupted Ben, his face again illumined with his big grin. "You're some kid. We'll go into the movie any how. Come along."

HE FELT A slight shiver run through him when she slipped her hand under his arm and fell familiarly into step. And hold his nose as high as possible, it could not escape her nay seating perfume. But he noted what really good features and a trim little figure she had. He wished Janey had a clever bit of head gear and tailored suit. How trim her ankles and feet would look in silk stockings and dainty pumps! But there—he simply must put Janey out of his mind. Had he not come to make a night of it? To forget everything? They were seated in the dim theatre now, straining to catch the meaning, the connection on the screen. How did dislike that perfume! What was that bit of music? How jazz did get one. If only Janey—but no—none of that! A warm moist hand suddenly clutched his. "Look—look, do you see,—some lively scrap that, ain't it?" The girl at his side was leaning forward, her very red lips parted, her breathing rapid. She was living in the play.

Ben too, gave himself up to the enjoyment of the pictures. He had not been to a show since the birth of little Leo, and now that awful tenseness in him began to relax and he was surprised to hear his own big laugh suddenly ring out during an absurd comedy. The girl also laughed, laughed with a child's contagious gurgle. Ben glanced from the screen to her quite often, smiled at her eager attitude, leaning forward, her hands clutching the back of the seat in front of her. How small and young she was! What a pity,—all that paint and perfume and over-smartness! Had she no brains at all? What sort of a place did she live in? From what home did she come?

He wondered vaguely he had never been much of a thinker. Of analysis he knew nothing.

"Darn it all," he said to himself, "there's something I do like about the kid anyhow."

Two hours passed and they had seen the whole show. The girl gave a deep sigh of content and rose. "That was an all right one, now let's get something to eat. What do you say?"

She turned her effective eyes up to him and waited expectantly, her teeth showing white and even between those red, red lips.

"ALL RIGHT," returned Ben with a smile, "lead on." An instant thought then made him laugh. "Lead, kindly light! Was she a kindly light? Hardly!" But he did not care, he was feeling wonderfully better, more cheerful, ready for any adventure. The awful, crushing tiredness had some how vanished. As he stepped into the street, he drew in deep breaths of the fresh night air and longed to stretch his muscles, to let loose his long restrained freedom of action.

The girl led the way to a cafe, over brilliant, over noisy, over scented, and throbbing with the jazz band. They found a table in the far corner and studied the menu. A quaint—ved Ben. He fingered the coins in his pocket. How much, had he anyway?

His fingers came in contact with Janey's five dollar bill and he felt an odd electric shock. Not that, oh no, he was going to buy Janey something with that!

"We'll just get some ice cream and cake," he said decidedly. He expected to see the black, penciled eye brows arch at that, but no, the girl smiled happily and returned, "All right, that suits me fine. It ain't good to eat too heavy before you go to sleep, is it?"

"You know," she continued, cupping her chin with her hands and leaning close to him, "you know, I ain't like some girls, just out for what a feller can spend. I liked you the very first minute my eyes seen you, and I said to myself,—'Oh boy, if he only takes a shine to me!' That's what I said. The money don't count so much, just so you have a good time. Ain't that right?"

Ben was both touched and flattered. He smiled back into her eyes and said, "You're a pretty good kid after all and I'm blamed if I don't like you."

The girl laughed gaily, delightedly, and clapped her hands together. "Oh I'm so glad, and now, after we have had our ice cream will you let me show you the cutest boudoir in this city? I've fixed it up like one I seen in the movies. It's all blue and gold, to match my eyes and hair you know, and I'm dyin' to show it to somebody. I just finished it today and it does look grand! You'll just come and see it now, won't you?"
CONCENTRATED desire for his company touched his vanity. All the allurements of youthful, eager femininity had transferred itself from her to him. What harm in in volving himself? What harm in just looking into the little "budoo" she had so carefully arranged? Why not?

Their eyes met in a long, intermingling gaze, hers entreaty, compelling, his, inquiring, a trifle uncertain. She laid her soft, warm hand on Ben's "Please do!" She did not take her eyes from his. The pleading cadence of her voice somehow twisted itself around his heart which stirred with a tumultuous emotion. He was free for tonight! Why shouldn't he just look at the little "budoo"?

With a sudden straightening of his shoulders and a wrench of his eyes from hers, he rose, gave an odd laugh, and, "Oh, all right, kid, I'll just take a look at your "budoo," to please you!"

"Oh joy!" She caught his arm convulsively and hurried him along, past the corner and up a side street.

"Sick as a dog," groaned Ben, "I've got to get home, kid."

"No, no! You come in and I'll fix you up all right. Come, hurry, I hear somebody coming. Hurry!"

She had him by both hands, tugging at his arm now. "Oh, please, please hurry, do come!" She was half crying and straining at his coat sleeve.

"Let go," groaned Ben, "I can't go with you. I'm sick, sick at the thought of touching you. Let go, I say!" He wrenched himself free and for a second, tottered.

The heavy steps sounded close in the stillness of the night. A policeman came around the corner.

The girl gave a gasping sob and darted for the door. In a second it had closed behind her.

Ben, with a great effort straightened himself, and starrmg directly before him, sundered past the policeman. When out of the officer's sight he sank weakly down on a step and head in hands, sat thinking. Yet not so much thinking as feeling.

A vast sense of relief was sweeping through him. It was as if a strong invisible hand had snatched him from some horrible catastrophe, had drawn him back just in time. His brain began to clear and he knew now that that invisible hand was his self respect, the straight manhood of him, his love for Janey and poor little Leo.
Birth Control in Relation to Poverty

By Edward G. Punke

In spite of the various methods of family limitation employed,* the extremely rapid growth of population has been a most important phenomenon of the last two or three centuries. For instance, the population of Europe increased during the forty year period, 1872-1912, by at least 150,000,000, or more than the total number of its inhabitants in 1772. Similarly, the population of the entire world increased from 700,000,000 in 1814 (Malthus’s estimate) to 1,650,000,000 in 1914, or by 950,000,000—250,000,000 more than the world total in 1814. During the last century the number of the inhabitants of the United Kingdom underwent an increment of 23,000,000 or 6,000,000 more than her total population in 1811. The population increase of the United Kingdom from 1066 to 1780, approximately 700 years, was only 9,000,000, or less than half her gain from 1811 to 1910,—one seventh as long. Further, the population of the United States advanced tremendously from 1820 to 1920—from 9,638,453 to 105,683,108.

Of course, the stupendous gain in the United States is explained in part by immigration from Europe, but that fact makes the increment in Europe all the more phenomenal.

In this enormous population increase, the strikingly remarkable thing is the stupendous gain in the number of inhabitants during the past century, particularly during the forty years of peace immediately prior to the outbreak of World War I. Were one so minded, it would be easy to establish a close connection between the 150,000,000 increment of Europe from 1872 to 1912 and the four years of confiscation recently ended.

Indeed, it is reported that Japan today recognizes the immediate causal relation between population pressure and war. A recent issue of the New York Nation reported that Japan now has an annual increase of 700,000 people. Dr. Kato, Head of the Department of Medical Affairs for Japan, is now studying the Birth Control movement in the United States, Holland, England and Germany, according to the Nation. Dr. Kato reports, it is said, that the Japanese Parliament is now convinced of the wisdom of national Birth Control and is concerned only with the methods of teaching it to the people. "The Japanese Government feels strongly that only by a speedy nation-wide establishment of the policy of Birth Control can a war of aggression be avoided in the next generation," says that publication.

In comparison with such a forward-looking policy said to be under consideration by the Japanese Government, the United States’ attitude is lamentable, since it even puts all manner of obstacles in the way of private dissemination of contraceptive information. It should be remarked here that those crying "race suicide" and "depopulation" would profit by a consideration of this recent attitude of Japan and by a glance at the vital statistics for the past half-century. Furthermore, those opposing Birth Control on the ground of fear for a depopulated world may well be likened to the boy who cried "wolf, wolf!" when there was no wolf. Judging impartially, one is inclined to feel that the advocates of "big families" are inoculated with the virus of militaristic expansion, capitalistic exploitation, or are laboring under the incubus of religious fetishism. It is fervently to be hoped that, as a nation, we will sometime learn to consider our social problems in a rational and scientific manner, and not proceed on the basis of superstition, tradition and prejudice.

IV Birth and Death Rates

Among the General Population

Under the caption of Population Increase, it was seen that a most remarkable occurrence of recent times was the stupendous increase in population during the forty year period, 1872-1912, especially in those countries most vitally affected by the Industrial Revolution. Along with this enormous growth in the number of inhabitants over the entire Occidental world, however, has gone another equally significant phenomenon—that of a practically general decrease in the birth rate. Accompanying this diminution of the birth rate has gone a lowering in the mortality rate, probably about equaling the fall in the birth rate. Whether the drop in the birth and death rates will continue practically equal only the future can tell.

Among the Poorer Classes

In addition to the birth and mortality rates for the entire population, a detailed study of the figures for the different economic classes would be of value here. Unfortunately, such figures are relatively scarce, but it is felt that by using those of various cities and of a few countries, some correlation can be secured.

In this field Dr. J. Bertillon has probably done more for Europe than most investigators. In 1897 he obtained the following data for the four chief cities of that continent:

<table>
<thead>
<tr>
<th>Classification</th>
<th>Paris</th>
<th>Berlin</th>
<th>Vienna</th>
<th>London</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very poor quarters</td>
<td>108</td>
<td>157</td>
<td>200</td>
<td>147</td>
</tr>
<tr>
<td>Poor quarters</td>
<td>95</td>
<td>129</td>
<td>164</td>
<td>146</td>
</tr>
<tr>
<td>Comfortable quarters</td>
<td>72</td>
<td>114</td>
<td>155</td>
<td>107</td>
</tr>
<tr>
<td>Very comfortable quarters</td>
<td>65</td>
<td>96</td>
<td>153</td>
<td>107</td>
</tr>
<tr>
<td>Rich quarters</td>
<td>53</td>
<td>63</td>
<td>107</td>
<td>87</td>
</tr>
<tr>
<td>Very rich quarters</td>
<td>34</td>
<td>47</td>
<td>71</td>
<td>63</td>
</tr>
<tr>
<td>Average</td>
<td>80</td>
<td>102</td>
<td>153</td>
<td>109</td>
</tr>
</tbody>
</table>

Table 1 shows a much higher birth rate for the poor than for the very comfortable and rich. It will also be noted that the birth rate of the poor and very poor in Paris is considerably lower than for those groups in the other three cities.
Undoubtedly this is due in part to a wider use of contraceptives by those classes.

The survival rate, on the contrary, tells a much different story. For the whole of France Bertillon found that 86.6 per cent of the children of rich parents reach the age of twenty, while only 48.6 per cent of those of the poor attain that age. For Paris he discovered that among the rich, where there are approximately 50 children to 1,000 mothers, 43.3 per 1,000 mothers arrive at the age of twenty. Among the poor, on the other hand, with approximately 100 children per 1,000 mothers, 48.4 per 1,000 mothers reach the same age. These figures indicate that with one half the birth rate, the rich Parisian mothers raise to the age of twenty nearly as many children as do their poor sisters.

Studying poverty conditions in York, England, Mr. Rowntree found in the poorest sections of that city 247 infants, per 1,000 born, die during the first year, while in the well to do districts of the same city the death rate under one year was only 94 per 1,000 births. Since 1912, Julia Lathrop, until recently Head of the Children's Bureau, United States Department of Labor, has carried on a study in infant mortality in eight typical cities. In Johnstown, Pa., in 1919, she found that "where the father earns $1,250 per year or more, the infant mortality under one year was 87 per 1,000 births, where he earned less than $550 annually it was 260 per 1,000 births." She further says that in ten large manufacturing cities the infant mortality rate is more than 150 per 1,000 births, and in Lowell, Mass., it is 231 per 1,000. The rate for the entire country is 124 per 1,000 births. Her investigation in Johnstown showed the following death rate:

<table>
<thead>
<tr>
<th>Order of Birth of Children</th>
<th>Death Rate Per 1,000 Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st and 2nd born</td>
<td>138.3</td>
</tr>
<tr>
<td>3rd and 4th born</td>
<td>143.2</td>
</tr>
<tr>
<td>5th and 6th born</td>
<td>177.0</td>
</tr>
<tr>
<td>7th and 8th born</td>
<td>181.5</td>
</tr>
<tr>
<td>9th and later born</td>
<td>201.1</td>
</tr>
</tbody>
</table>

A similar study in Chicago indicated that in families with four children those children had two and a half times better chances of living than where there were eight children per family. Miss Lathrop concludes: "In general the lowest income groups are the highest mortality groups in all cities studied."

Other studies among the pauper classes indicate that these classes have a slightly larger number of children per family than the average. They show further that it is the state of expectant motherhood, or delivery of the wife, which is one of the chief causes compelling the family to seek aid.

While not as complete as desired, it is the thought of the foregoing figures and statements which suffice to show the birth and death rates are much higher among the poor than among the well to do and rich classes. This is a phenomenon of international character. Doubtlessly, too, there is a large casual relation between largeness of family and economic status.

An Economist on Birth Control

As an economist my interest is naturally in the general effect of the unrestricted growth of population upon the welfare and progress of the community, rather than in the more directly human and personal considerations which relate to the welfare of particular families and of their children.

It would seem to me that in approaching your problems from the point of view of the economist you would be well advised to emphasize well established fundamentals rather than to attempt to invoke new and debatable issues. Among these well established fundamentals there are two points that need to be reiterated again and again. The first relates to the adverse selective effect of a high birth rate among the ignorant and unsuccessful and a low birth rate among those who have attained a higher level of economic well being. You are so familiar with this problem that I shall do no more than mention it.

My own interest, I confess, is in the second point, which relates to the effect of an unrestricted growth of population upon the economic welfare of the community as a whole and upon the possibility of improving the character of our civilization.

A good many economists of today do not accept the Malthusian doctrine of population. I do not myself in the way in which Malthus formulates it. But this does not alter the fact that back of his doctrine there is a great fundamental truth. There is no question but that a very large part of the enormous improvement in methods of production during the last one hundred and fifty years has been absorbed by an increase in population and has not resulted in distinctly higher standards of human living. Taking, for example, some elementary facts which are so obvious that their significance is generally forgotten, I quote a paragraph which I wrote for an elementary textbook in economics some years ago:

"The total population of all Europe in 1760 was probably not over 130,000,000. In 1915 it was about 450,000,000, some 200,000,000 of this increase having taken place since 1820, and about 150,000,000 since 1872. Account must also be taken of about 125,000,000 persons of European origin or descent living outside of Europe at the beginning of the twentieth century. Moreover, wherever this European expansion has carried Western civilization and industrial methods, the numbers of the native population have more often increased than decreased. Such, for example, is the case in Mexico, South America, the Philippines, Java, India and Egypt. For at least a hundred and fifty years before the opening of Japan to Western civilization its population had remained nearly stationary. Since 1871 it has increased from 33,000,000..."
to approximately 53,000,000 (1915) The probability that this great increase in that part of the world’s population which has adopted modern industrial methods has come about by a decrease in the death rate rather than by an increase in the birth rate does not alter the significance of the fact that these improved methods of production and transportation have operated like the release of a spring, allowing the natural tendency toward the increase of the population to work itself out more fully.”

It is hard to realize, perhaps, that the most important social revolution of modern times consists of this wholly unprecedented increase in the World’s population. Many of the problems which confront our civilization are bound up with this new multiplication of human life. I should be willing to admit freely that some part of the improvement in productive methods has come as a result of the sheer pressure of the demand created by this constantly increasing body of consumers. Yet I cannot but think that if there had been some restriction to the growth of the population there would have been a vastly higher standard of life than is now possible, a larger surplus at the disposition of society over and above the necessary provision for crude human wants, and an opportunity for the releasing of human energies from the immediate task of getting a living. The achievements of the Greek civilization were based upon a leisure made possible by the exploitation of subordinate classes. We have had a magnificent opportunity for the development of civilization, based not upon exploitation, but upon a new control of the forces of nature. In large measure we have let this opportunity slip through our hands.

We have adhered to purely quantitative ideals. I can not admit that there is any value in the sheer quantity of human life as apart from the quality of human living. In credentally, this point of view has an important bearing upon one of the arguments used today as an apology for imperialism. Defenders of Germany often explain her ambitions in terms of the necessity for an outlet for a rapidly expanding population. It should be very easy to show that Germany’s expanding population was merely a result of her increasing economic production. To have given her new fields of expansion would have merely meant that her population would have grown even more rapidly, that there would have been more Germans in the world, and without relieving in any way the pressure of population, such as it was, at home. So today Japanese imperialism is defended on the ground that Japan is over populated. The figures quoted in the paragraph above suggest that if Japan were given a larger territory there would of course be more Japanese in the world (and probably fewer Chinese, Korcas, and Russans). They do not indicate that there would be a lessening of the pressure of population within the Japanese Islands, or that the problem of Japan’s food supply would become less acute.

I confess that I feel much the same way with respect to our own immigration problems. It is hard for us to close our doors to the peoples of Southeastern Europe. And yet if unrestricted immigration really means that there will be more of such people within our boundaries and just as many in Europe as if we had not admitted the immigrants I fail to see how unrestricted immigration can be justified. It becomes, in the long run, merely a question of the quantity of South Italians, Slovaks, Ruthenians, etc., that there will be in the world.

Perhaps I have taken too many words to emphasize a point that ought to be obvious. We have to choose in respect of human living between quantity and quality.

The only man who has, in recent years, written frankly and courageously about the general problem I have discussed is not an economist, but a theologian,—Dean Inge.

From the English Press

Every 20 or 30 years the population rises and falls in exact proportion to its production and thrift, so that the average distribution of wealth is being constantly readjusted every 30 years. No process of fixing wages or income can alter this underlying law of nature.

A careful investigation of statistics between 1810 and 1910 showed that a rise in production of 5 or 6 per cent in averages of any 10 years is followed, 20 years later, by an increase of 1 in every 1,150 of the population, and vice versa if there be a fall.

In the last century we have increased our population from 21 millions in 1820 to 50 millions in 1921, because by increased science and invention we have trebled our capital.

Nevertheless, the average earnings of all bread winners, including the incomes of all classes, rich or poor, have never varied £15 during any period of 10 years, and never, in the whole century, would the average income have amounted to £175 a year if money had been divided equally and there had been no wealthy classes.

Since 1917 the value of money has become so disarranged that it is impossible to compare the wealth of today with that of yesterday, so I must be forgiven if my figures are not very recent.

In 1912 the equal distribution of incomes would have resulted in £165 a year per head if divided among the 27 million workers out of a then population of 48 million persons.

If the total of £4,575,000,000 were equally divided among the 27 million wage earners the average income per head would be £169 a year, as against £165 in 1912.

If we do not mend our ways, reduce extravagance and public and private expenditure—cruppled as we have become by the war—we shall be lucky if we can support the twenty one million a hundred years hence that we supported a hundred years ago. Civil war, however, may reduce our population before the end of the century.

—Daily Mail, April 17, 1922

Books Received

From Charles Scribner's Sons, New York. The Revolt Against Civilization, by Lothrop Stoddard.
From the Macmillan Co., New York. The Healthy Child from Two to Seven, by F. H. MacCarthy, M.D.

In a large measure the dreadful conditions of life in our big cities are due to the tragedy of irresponsible parenthood.

—Sunday Pictorial (England)
Book Reviews

A Review by Henry Bergen
OUTSPOKEN ESSAYS, by William Ralph Inge, Dean of St Paul's, London, 1921

Excepting one hundred odd pages devoted to Bishop Gore and the Church of England, Roman Catholic modernism, Cardinal Newman, and an admirable little essay on St Paul, all of which appeal rather to the student of recent ecclesiastical history than to the sociologist and general reader, the book, not only by reason of its very unusual combination of sound historical and ethical thought but also because of the distinguished personality of its author, is a valuable contribution to the study of the social and economic problems of the present day.

In the very first essay, On Our Present Discontents, we are asked to consider whether there has been any human progress worth mentioning during the last four or five thousand years, whether democracy is an end, as we have said with more patriotism than insight, especially in America, the best of all possible forms of government, whether the policy of the working class, as represented by the opportunism of the majority of its contemporary leaders, is worthy either of consideration or respect and whether socialism is the unreal evil that Dean Inge apparently believes it to be.

In regard to progress we have small reason not to agree with the author's scepticism. During the early periods of human life, progress (and there evidently was progress) consisted for the most part in a gradual adaptation of the individual, living with his fellows in small groups, to his physical environment. While this process of adaptation was going on a literal struggle for existence, not only between man and other competing forms of life, such as still exists in ever-decreasing measure today but between men themselves, may have been at certain times and places an important factor of natural selection. One result of natural selection was evidently the survival of the fitter types, which is to say the types best adapted to the conditions of life then obtaining in the various inhabited parts of the world. As the ages passed and the different branches of the human race emerged, relatively speaking, victorious over their physical environment, there followed an increase of population accompanied by the aggregation of men into larger and larger social groups, wherever climatic and other geographical conditions were favorable. And the increase of population, despite many local fluctuations, became more and more rapid, until at the present day man himself and his institutions and material accessories of life have become almost everywhere by far the most important factor of his environment, and all progress, physical and mental, must from henceforth depend upon the adaptation of the human species to the conditions which its own growth and increasing complexity of function and individualization have created. Today, as in the past, the only real progress is progress towards human welfare, by which we may understand a nearer and nearer approach to a state of society in which there is such an adaptation of the world's population and its manner of living to the material foundations of its existence, as will give to each individual full opportunity to live a normal, healthy life.

Since ethics is the study of human actions from the standpoint of human welfare, the only desirable or indeed possible progress is ethical progress, or progress towards greater welfare. Such progress can be obtained by right living alone. The pre-conditions of progress are therefore not only the abolition of the struggle for existence, which, taking place as it now does between the individuals of the race in a relatively speaking artificial environment, leads only to physical and moral degeneration, but also the adaptation through conscious birth control of the population to the means of subsistence. The second of those requirements is fully recognized by Dean Inge. It is probable that he also recognizes the necessity for the first. At any rate he exposes the crude and vicious fallacy that "a nation advances in civilisation by increasing in wealth and population, and by multiplying the accessories and paraphernalia of life." (p 24) So far as the welfare of the people is concerned, such statements (and we continually find them expressed with apparent satisfaction in the daily press) mean absolutely nothing in fact, they usually mean that the biological qualities of the nation thus distinguished are deteriorating.

It is difficult to agree with Dean Inge when he says that the "acceptance of the world's suffering from which every other spiritual religion and philosophy promises a way of escape is perhaps the most distinctive feature of Christian ethics." Here there must be a misunderstanding. Unless Christ taught a doctrine of suffering for suffering's sake which is certainly not the case, he did not accept the world's suffering to any greater extent than to take cognizance of it. He nowhere expressed his approval of suffering as such. The natural sufferings of mortal men are obviously accepted by all religions and philosophies as inseparable from life, but the suffering we mean when we speak of the suffering of the world which is the suffering men inflict on one another, as a very different thing from the pain which must be borne under the terms of life itself. And what better means of escape from the suffering of the world can be offered than obedience to the golden rule to live our lives in accordance with the spirit of the Sermon on the Mount? It is true no other means of escape is offered because no better can be offered for the very foundation of the Christian teaching is a denial of the competitive social order. Acquiescence, except in the inevitable, is a purely ecclesiastical and institutional conception, and I think Dean Inge is wrong in attributing it to the Founder of Christianity, who, unlike St Paul, was neither an ecclesiastic nor an institutionalist but an idealist and prophet.

A Review by Valeria H. Parker, M.D

"For most of us sometime or other sex has been, perhaps is, among the great mysteries of life, among the things we are aware of but cannot understand." Thus the author deduces her simple explanation of social facts of sex, in their personal, social and racial aspect to the average reader. This little volume gives an interesting and adequate presentation of the development of the mind with relation to sex, as well as the biological and physiological development of this elemental force. The matter of sublimating sex as an instinct into a powerful creative force for various channels of action is clearly explained, as is the relation of the endocrine system to the general physical and mental development. The biological and physiological development of sex is described in an interesting manner. Voluntary control of the sex impulses rather than complete suppression is advocated. The value of continence before and fidelity after marriage is stressed. The great secret of real happiness in sexual life lies in self discipline which couples self mastery with efficiency. Sex impulses are to be mastered but not extinguished. The chapter on Birth Control sets forth a clear and concise statement of the considerations which led to the movement. Miss March states that there is a growing feeling among men and women in regard to the responsibility of parenthood. Emphasis is laid on the joy of motherhood - undertaken voluntarily. The marriage relation between lovers is touched upon with tact. For those who are familiar with the various phases of the sex problem "Sex Knowledge" offers a valuable outline and summary of an intricate problem translated into simple language. For those who are groping for a clear understanding of the meaning of sex in life and its proper guidance, Miss March has made a valuable contribution. Through a former volume, "Towards Racial Health," written for parents, teachers, and social workers, Miss March has been known as an accurate student and understanding contributor to a much neglected field of literature.

If there are any of our readers who regard as ordinary criminals all the political prisoners who are still serving sentences imposed during the war, they will do well to read Ralph Chaplin's "Bars and Shadows" (Leonard Press, New York). These pungent little poems were written partly in Cook Co Jail and partly at Leavenworth, during the five years...
The Birth Control Review

since Chaplin was arrested for conspiracy against the United States Government. Professor Scott Nearing has contributed a preface, but the poems need neither apology nor explanation. Even those most opposed to the I W W, for membership in which Ralph Chaplin was sentenced, must recognize the free and fearless spirit that breathes through these poems, and must realize the uselessness of imprisonment for such a spirit. Imprisonment will neither reverse Ralph Chaplin to a belief in the beneficence of the present social order, nor prevent the spread of his revolt against it.

"How to Name Baby" is a useful little pamphlet which comes to us from Alexander McQueen (McQueen Publishing Co., Chicago). It gives a needed warning against handicapping a child with a name to which he might later rightfully object, and offers lists of excellent names for both boys and girls, with their meanings.

PERIODICALS

The Medical Times (New York) for April contains an interesting article by Maximilian P. E. Grossmann, which is in fact a review critical but in general sympathetic, of the proceedings and papers of the First American Birth Control Conference. After considering various reasons in favor of limitation of families Dr. Grossmann concludes: "For good or ill we must admit all this and yet insist on their opposition to methods of contraception. Their argument is that the proper prevention of conception is through self-control and continence—in truth through unsexing oneself so to speak. It is perfectly correct to advise self-control in bridling one's sex appetite, precisely as all other instincts must be brought under the conscious direction of the intelligence and the will. We must learn to strengthen our powers of inhibition, there upon rests progressive civilization. But it is another matter to restrict the emotional and physical elements of our nature to the point of annihilation. There is a difference between use and abuse, between temperance and elimination, or prohibition. A natural sex life is as essential to every human being of normal functions as is the exercise of every other normal function. This is true of the male sex no more than of the female sex. When there is good reason of one kind or another for the prevention of conception, for the avoidance of child birth, it is wrong to suggest the killing off of the sexual instinct in a married couple. Repressions of this kind are apt to work great havoc in the psychic mechanism and equilibrium as well as in the metabolic processes of the body in general. They often lead and have led to mental disease and moral deterioration." After reviewing and criticising the various arguments brought forward at the conference Dr. Grossmann concludes: "Even without stressing the weaker arguments for birth control, those just discussed, there are sufficient reasons, as shown in the earlier paragraphs, for considering it a very valuable eugenic measure. In its essence it is an individual matter. It must be adjusted to individual needs and conditions."

The Journal of Social Hygiene (New York) for April makes the statement that it is planned to hold an International Congress for Social Reform in Rome, Italy, this year. The first Congress was held in 1921 in Berlin, and among the subjects discussed was "Are the Neo-Malthusian methods of Birth Control preferable to interruption of pregnancy?"

The Kanaz (Tokyo) for March contains an article by Margaret Stacey, "Woman's Power and Birth Control," in which she sums up many of the arguments that she has been using in her lectures in Japan. Next to this article is one by Bertrand Russell, giving a sympathetic account of China, its civilization and its people. He reaches the conclusion—which is indeed self-evident—that "in the long run no pernicious cure for their poverty is possible, while their families continue to be so large."

The Liberator (New York) for May contains a remarkable article by Floyd Dell, giving in easy, picturesque language an account of the recent scientific discoveries concerning the endocrine glands. The article is based on Dr. Louis Berman's book, "The Glands: Regulating Personality," and contains a clever summary of Dr. Berman's teachings.

Labor Age (New York) for May contains an article by Prince Hopkins—"Psychology and the Workers." The author attributes the opposition shown by certain of the "possessing groups" to limitation of families of the workers to a conviction that the more numerous the work force, the lower will be rates of wages. This short-sighted view takes no account of the cost of poverty to the community in efficiency, in chari- ties and in taxation.

LETTERS TO THE EDITOR

336 W. 145th Street, New York City, May 4, 1922

Editor, The Birth Control Review

Mrs. Gilman makes some remarkable assumptions in your May issue. She assumes that the total sexual desires for the male sex exceed those of the female sex. Ovid in his "Art of Love" maintained the contrary, and I agree with him. Would Mrs. Gilman seriously assert that the average man of 47 has greater needs than the woman of that age?

Mrs. Gilman says we should not 'use a function for its pleasure with no regard to its purpose.' Does Mrs. Gilman ever go to concerts? Does she imagine that the human ear was evolved for listening to Bach and Beethoven? Was the "purpose" of the eye to gaze at Raphael's madonnas? As a biologist, Mrs. Gilman knows well that the eye and the ear were evolved to enable us to find our food and escape from enemies. Happily we have long since learnt to use the eye and ear for their pleasure with no regard to their purpose. That is what constitutes civilization.

R. B. Kerr

Editor, The Birth Control Review

The April Review has just arrived and is a delight to read, it really gets better and better, and such a fine big volume and grip! I heartily congratulate you. But there are a couple of inaccuracies regarding persons in this number, which should be put right as soon as possible, for they make an unfortunate impression. First of all, Dr. Mary Scharbbr is not an essayist, but a medical woman and a very skillful and fine surgeon. Then my friends, Edgar and Cedar Paul, are certainly writers, not of short stories, having translated such standard works in science and medicine as "Auto Suggestion," Maasphy's "Spirit of Russia" and Gilchrist's "Sexual Life of Our Time." He is a doctor of medicine (retired) of England and Brussels, and she is a very dainty lighted artiste (singer) as well. They have also translated such books as Grote Mesdel Hess's "Sexual Crisis," "A Young Girl's Dairy" (which you review) as well as doing original work. One of their own books "Creative Revolution" has been translated into four languages, so you see "writers of short stories" gives a perfectly mistaken impression, unfair both to them and to the movement.

Stella Brownle

Les me do something that shall take
A little sadness from the world's vast store
And may I be so favored as to make
Of joy's too scanty sun a little more

Ella Wheeler Wilcox
THE AMERICAN BIRTH CONTROL LEAGUE

announces the

FIFTH INTERNATIONAL BIRTH CONTROL CONGRESS

to be held in LONDON, JULY 11, 12, 13, 14, 1922, under the auspices of The Malthusian League of Great Britain

President Dr C V Drysdale, I B E, D Sc (Lond.), F R S E

PROGRAMME

**Tuesday, July 11th**

**MORNING—10 a.m.—1 p m**
Opening of Conference
President, Dr C V Drysdale, O B E, F R S E
Greetings and Reports of Societies

**AFTERNOON—2.30—5 p m**
Individual and Family Aspects of Birth Control
President Mrs Margaret Sanger

**EVENING**
Reception of Foreign Delegates by Mr and Mrs H G Wells

**Wednesday, July 12th**

**MORNING—10 a.m.—1 p m**
Economic and Statistical
President Prof J M Keynes, M A

**AFTERNOON—2.30—5 p m**
Moral and Religious Section, President, Rev Gordon Lang

**EVENING—7.30 p m**
A Public Dinner to celebrate the Centenary of Birth Control Propaganda by Francis Place

**Thursday, July 13th**

**MORNING—10 a.m.—1 p m**
Eugenics Section, President Prof E W MacBride, D Sc

**AFTERNOON—2.30—5 p m**
National and International Section
President Harold Cox, Esq

**EVENING—8 p m**
Public Meeting at (large) Kingsway Hall, Chairman, H C Wells, Esq. Speakers will include Mrs Margaret Sanger, Baroness Ishimoto Killiec Millard, Esq, M D, D Sc, M O H, Harold Cox, Esq, Rev Gordon Lang

**Friday, July 14th**

**MORNING—10 a.m.—1 p m**
Medical and Public Health Section
President Sir G Archdall Reid, K B E, M B, F R S E

**AFTERNOON—2.30—5 p m**
Private Session on contraceptive Devices for members of Medical Profession
President, Dr Norman Haare, M B, Ch M

**EVENING—6 p m**
Public Open air Meeting in South London for Working Men and Women
A visit will also be arranged to the Malthusian League's Welfare Centre at which Birth Control instruction is given by a woman doctor in addition to ordinary child and maternity welfare advice

**Saturday, July 15th**

An automobile excursion to Dorking, Surrey, will be arranged for this day in order to visit the birthplace of the Rev T R Malthus (d 1834), author of the famous Essay on the Principle of Population, and founder of the Malthusian school of thought.

Membership Tickets for the whole of the meetings including reserved seat at the Kingsway Hall Public Meeting on July 13th price 10s. Separate Tickets for the Public Dinner on July 13th and for the excursion to Dorking on July 15th will be obtainable from the Hon Secretary of the Malthusian League 12th Victoria Street S W 1

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**STRENGTHEN AND BEAUTIFY YOUR HAIR**

**Why Become Bald or Gray?**

Nearly thirty years ago my hair began to come out in bunches. I suffered the tortures of the damned for Baldness stared me in the face. Hours and hours I would be awake at night trying to fathom a way out of my difficulties.

I even tried a hair tonic, but soon threw it out of the window. After a period devoted to intelligent consideration of the reason for loss of hair together with sensible, dependable methods for building hair health I found a way out.

Here I am, thirty years later, with a head of hair as shown in the accompanying picture.

I want to pass on this invaluable information to every owner of a head of hair. It is worth just as much to you as your hair is worth.

Barbers rarely know anything about remedying dandruff or falling hair. Hair culture is a sealed book to them. Doctors are as much in the dark as the barbers.

So-called experts are often little better than "quacks." Now my book is not technical. Anyone can understand the clear instructions presented therein. You can thicken and strengthen the hair you already possess. You can make it more healthy and lustrous in appearance.

You will find therein a remedy for falling hair, dandruff and all other scalp and hair difficulties. You will learn how to give your hair its original lustre and lusciousness and color.

**SEND NO MONEY**

I want everyone to possess a copy of this book. I am so sure of the value of its contents that I am willing to run the risk.

Send for the book even if you do not want to pay for it. Secure the information contained therein and if it isn't worth a hundred times two dollars to you, you can return it.

Simply fill out the attached form and mail it to us. When the Postman delivers your copy pay him $2.00. The price of the book, but if you return the book within five days your money will be immediately refunded without question.

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Without obligation on my part, please send me a copy of Bernard Macfadden's Book: Hair Culture giving me all of Nature's simple methods for preserving and beautifying the hair. I will pay postage $2.00 on arrival, but I have the privilege of returning the book if I desire and you will refund my money.

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Address: __________________________________________

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NOT a Patent Medicine!

If you are a sufferer from Hay Fever, Rose Fever, Asthma, Cataract or Bronchitis, here is the best news you have ever heard. For here is instant relief—guaranteed—or it does not cost you a cent.

If you are like the average sufferer you have 'tried everything' but unlike everything else offered to you this new invention is not a patent medicine. It is nothing to swallow. No habit forming drugs are used. Any physician will tell you how safe this new method is.

The quickest way to attack Hay Fever, Cataract and other respiratory diseases is to attack the cause—attack the germs, and the way to do this is exactly the way Nature would do it, through inhalation.

The trouble heretofore has been that there was no simple method of inhaling the well known ingredients which have always proven so helpful in cases of this kind.

Instant Relief! Work and Sleep in Comfort!

This new invention, called Breathe-0-Tol, enables you to work and sleep in comfort. It means not only a relief from those annoying symptoms of the hay fever, asthmatic cough, etc., but a cure. The swollen nose is reduced, the engorged membranes are restored to normal and the breathing becomes easy and natural. You will be amazed and delighted at its remarkable results.

Breathe-0-Tol enables you to apply these healing ingredients all through the night without effort on your part and without the slightest inconvenience. The Breather-o-Tol cartridges are modified with a combination of oil of pine needles, menthol and other well known healing and antiseptic agents carefully combined to produce a mild soothing effect upon the germ laden membranes. It contains no poison or habit forming ingredients whatever the formula being based on the prescription of a famous nose and throat specialist.

In this way sufferers are enabled to throw off germ diseases entering the system through the nose and throat.

Try it at our Risk

The success of Breathe-0-Tol in thousands of cases has made it possible for us to offer it on a trial basis to anyone at risk. We appreciate how many hundreds of dollars sufferers may have spent in the past on ineffective remedies. We do not feel that we have a moral right to accept anyone's money unless Breathe-0-Tol really brings results. Therefore we say to you: Try Breathe-0-Tol at our Risk. If it does not bring you the relief you have a right to expect, it will not cost you a penny. Otherwise the cost is only $2.00.

Use Breathe-0-Tol five days. Use it when necessary to relieve the suffering caused by colds, hay fever, asthma, or catarrh. Use it as a preventative. Do not wait until the disease is too severe. It will prevent disease or reduce the severity of an attack. Use it for relief if these diseases have already attacked you.

SEND NO MONEY

Don't send money in advance. It is not necessary. Simply read the coupon and write a letter and the patented Breathe-0-Tol caut will be sent to you by return mail. Simply pay the postman $2.00 when he delivers the package. You will then be sent our Breathe-0-Tol invention for five days. If you are not delighted with the relief you receive, if you do not feel confident that it will gradually remove the discomfort entirely, send back the package and your money will be refunded. The risk is yours. We will not make this offer in this publication unless we carried out every agreement we make.

Stop suffering. Try this new invention which has already proven its worth in thousands of cases. Remember you take absolutely no risk.

Mail this coupon NOW and in a few days you will have a Breathe-0-Tol caut. Mail the coupon before you forget. Don't let delay rob you of the relief Breathe-0-Tol brings.

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Sarasota University, Sarasota, Fla.

Dept. of Phys Ed. Culture and Health

Miss N. T. Waas, Director

Dear Sir—We believe we are now ready for the right track. Enclosed find money for additional cartridges. Yours truly,

Dr. E. Wintour

Bank Press orders Extinction

Please send to Louis J. C.

Lydia Leavitt Wells, one of our operators, told me that a special report of a case of hay fever had been made by a medical college.

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