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REGENERATION THROUGH SEX

By MAUDE DURAND EDGREN

THE BIRTH CONTROL REVIEW

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LITERARY EDITORS

MARGARET SANGEB LILY WINNER
WALTER ROBERTS LOLA RIDGE
MAUDE WGBW JESSIE ASHLEY

ART EDITORS

CORNELIA BABNS GERTRUDE BOYLE
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REGENERATION THROUGH SEX

By Maude *Durand* Edgren

THE PICTURE EVERY WOMAN should hold up as her **ideal** is a Goddess **radiant with life** and love, **wearing** the sun for a crown and **using** the moon for a pedestal, at the same time **holding** aloft, for the benefit of the whole **sisterhood** of **womankind**, the serpent-twined staff of Mercury. The moon **is** the symbol of conception, the sun **is** the symbol of the **highest illumination**, and the serpent **is** the **same** old tempter that crept **into** Eden.

The best and surest **contraceptives**, **physically** considered, would be about as useful to the truly **illuminated** woman as water **wings** or a **life** preserver would be to Annette Kellennan—mere useless **encumbrances**. But for the woman just **learning** to swim the **wings** might prove a great comfort **in** **securing** confidence and self-control **in** the water.

Fear **is** woman's greatest enemy. Constant fear and dread of pregnancy, to say **nothing** of its effect on the **offspring**, **is** enough to deaden any **incentives** toward progress. Progress, too, **requires** intelligent effort, and intelligent effort **requires** sex force. The very same force that goes out to **build** bodies for offspring has to be **redirected** and used for **individual uplift**.

To those So-called **illuminated** ones who hold back **their skirts** and look askance at **anything** that **might** **increase** **self-indulgence** for **sense gratification**, we **might** say that **their** fear of **evil** outweighs **their** faith in good. We **believe** that **with** half a chance and just a **little** help **in** the right **direction** every woman, at least every normal woman, would **strive** to **attain** self control. If left to her own choice, she **invariably** would choose the **higher** path.

And **this** path does not lead to **celibacy**. Such a **life** means **overcoming** by **annuling** a great part of one's nature and it seldom results **in** **illumination**. It has been tried out by the monks and the nuns. The truly **illuminated** among them have been few and far between, on the other hand, the **dire** outcome of **their** practices has produced some of the worst **licentiousness** that ever **existed** on this planet.

WHAT IS THERE between the deep sea of **cehbacy** and the **devil** of sex gluttony? Let us look about us at the natural trend of human progress. In **spite** of **all** **protests** to the contrary, fewer and fewer **children** are **born** to the more **intelligent** parents. In fact, **families** seem to **decrease** **in** **size** as **illumination** **increases**. **This** **is** so **evident** that it looks almost **like** a natural law. It **applies** to the **animal** kingdom, as well as to man. The lower types of

animals are far more **prolific** than the **hrgher**.

This seems to be a natural law of progress, and we are **justified** **in** **assuming** that, **since** **illumination** reduces the number of **offspring**, it must be counted as a **main** factor **in** the development of the human race.

The **illustration** on this page shows that our Goddess holds aloft two **entwined** serpents. We **might** quote the **Bible** about "**raising** the serpent," but **will** **refrain**, as we are **given** so many strange **in-** **terpretations** of that book nowadays. Instead, we **will** look **in** the book of nature. Look at the lotus, or **water-lily**. Its roots are **in** the mud at the bottom of the pond, its stem **rises** up through the **water** ever toward the **light**. At last the leaves and blossoms spread out **in** the **air** above the water and bathe **in** the heavenly **sunlight**. What **is** the **lily** blossom but the sex organ of the plant?

The lotus has long been a symbol of **illumination**. The earth wherein it has its roots **is** the **physical** body, the **water** through which the stem **rises** **is** the sea of human desire, the **air** **is** the realm of pure thought, and the **sunlight**

is **divine** spirit. It was the **sunlight**, remember, that induced the lotus stem to grow upward. It **is** the **divine** spark in each human soul that makes that soul **strive** upward for the **light**. It **is** confidence in the latent **divinity** of **each** **human being** on the face of the earth that **justifies** the **advocacy** of birth control.

SO WE SAY TO WOMEN, lift up this wonderful **pro-** **ductive** power **within** you, **glorify**, **sanctify** it. Let your **aspiration** carry it **straight** to your God as the most sacred



offering you can make Let it be like the sacred oil that kept alive the fire in the ever-burning lamps

It goes without saying that indulgence for mere physical gratification becomes sacrilege This force becomes a healing, a regenerating blessing only to be used as such The sages of old comprehended the beauty of sex The urn, symbol of the female sex organ, has been venerated for ages It was used to contain the precious ointments The urn is the receptacle of all that is beautiful and holy It symbolizes the mother of the race, the divine mother

Through woman is the race regenerated, *through her growing ability to make concrete her spiritual aspirations* Heretofore, she has taken man as he is, thinking it her duty to submit to his desires, while despising them often, and so havoc reigned

When she can be made to realize the beauty—and to live up to it—of making the sex relation spiritually diffusive and not merely physically gratifying, then she is on the way to become the true redeemer of the race Not by annihilation of the sex function or sex intercourse, but by spiritualizing it

Yes, she must lift man to her level and not stoop to his She should show him the falseness and narrowness of looking at only the physical She must, to be a light, learn the higher laws—how the act of creation may be turned to higher planes than the physical Thus will both he and she be recreated into the super-men and women of the future

When a woman is free from the fear of pregnancy, if she knows absolutely that she can create when and only when she desires, then she can look to the higher aspects, the regenerative aspects of the sex relation She may have to go through several hells to find the truth, but she will come up reborn to her newer, fuller and freer life

As regards your duty to the coming race, you and you alone must decide on how many children you want and how many you can provide for and bring up as you want your children to be brought up The incoming egos must wait They will go forward faster for the waiting They will have bigger opportunities in smaller families and so will benefit in the end

Remember, woman is the symbol of the eternal mother, she is not merely the mother of children, but the mother of man, her mate The realization of the truth and beauty of this fact raises the mated pair to a condition more than human

A report published the other day by the French Academy of Medicine is significant A commission, composed of eminent scientific men, had been appointed by the academy for the purpose of making a detailed inquiry into the declining birth rate The commission examined into every one of the causes supposedly responsible, but only examined the facts and statistics bearing on the period previous to the war The central fact developed was, that voluntary birth control was primarily responsible The only other cause held to be important was that which came under the head of illegal operations

POEMS OF A PARIS COCOTTE

By "Margot"

Laterally rendered into English prose by
Walter Adolphe Roberts

SADNESS OF PAST DAYS

I

AH, FRIEND! for almost four years now we have followed recklessly together the ways of life We have been indifferent to wealth Yet, strong in our mutual love, we have been able to seek in drunken orgies what the world might call our fortunes!

II

Famine and poverty have been our lot When the winter winds have been iciest, we have faced them all too simply dressed The cry of our two souls has been one cry The struggle has been bitter, but in the end fate has triumphed

III

Common our suffering! Long our hours of abandon! Hostile Providence has become, for us, a hurricane Stunned and instinctive, our unappeased hearts in the sane breath demand vengeance and implore forgetfulness

IV

Oblivion will submerge our existence in its vast blackness But this, at least, will end our outrageous memories Humiliations and griefs have taught us to hate, yet scorn, our hard destiny

* * *

TO THE FRIEND OF MY HEART

THY MOUTH once held the secret of intoxicating tendernesses, which exalted thee

Yet, it has been thy body's destiny to quiver under the yoke of any gallant's caresses

Now, in thy sad abandon, thou hast learned to strangle thy heart—

Ay, even to prefer the habit of accepting love for a night, a day!

HAVELOCK ELLIS

To women he owes the best that is in him and to them he has paid back his debt His understanding of the primitive and complex in their natures is a little bewildering even to those of us who think we know ourselves The parasite, the doll, the rebel, the angel, the idiot, and the over-woman must all acknowledge that this man has somehow surprised many secrets which women themselves, as yet, scarcely realize It is as if he has been eavesdropping at the threshold of their souls and envying them their role in the race-work of the world His mother was his first revelation of the sweetness and strength of woman No one can, of course, as yet declare who will be the last to intensify his belief in women, but he can say with Ezekiel that "his mother is as a vine within his blood" Nothing has puddled the clear waters in which the faun and the Christ in this student have looked into the mirror of women's natures — Mrs Havelock Ellis, in *The Bookman*



CORNERED

THE WASTE OF CREATIVE ENERGY

By Jessie A. Rene

WHAT AN EXTRAVAGANT waste of creative energy is uncontrolled instinct! What a sacrificial waste is fruitless agony!

Woman is willing, glad and even eager to sacrifice for any cause really worth while, and, in passing, let us take sacrifice to mean the giving up of the lesser for the gaining of the greater, and not blind mother love which is so often mistaken for sacrifice

The woman who becomes a mother by choice, who is prepared for and who longs for the privileges as well as the sacrifices of motherhood, gladly goes through the unspeakable physical agony, gives up her body to be racked and tortured by pain in order that a little Love Blossom may be welcomed into the home, this little Love Blossom which is the harmonious result of the blending of reciprocal ideals

Woman expects to sacrifice her time, her energy, even her career, ambitions and desires for a time at least (giving up of the lesser), so as to assume the high office of motherhood, (the gaining of the greater) But should she be expected to do this cheerfully for chance maternity, perhaps because of an extra glass of champagne, a late supper or the taking of stimulants and indigestible combinations, or perhaps because of the innate belief in a "necessity," which science proves to be quite unfounded?

Are these plausible and sufficient reasons for expecting woman to enter upon motherhood and the many years of responsibility and care which the fruit of this excess or Ignorance demands? That motherhood should be merely an incident of married life, the penalty for wifehood, is most inconsistent with the exalted praise which is given on every hand to the mothers of the nation!

IF ONLY BIRTH would ensure woman's freedom from the recurrence of chance maternity! But it does not. The constant fear, anxiety, dread and even horror as each month rolls by is something which only those who have been through it can fully realize, and how few women there are who do not know this fear! Let us do our utmost to put away such consuming wasteful mental anxiety, and bring instead peace within the marriage bond. Women want children, yes, of course, but they want children born at the proper time and under the right conditions, not when times are hard, not when the father is out of work or an invalid, and not when she, the mother, is a physical wreck and overwrought mentally in her struggle to keep alive and half way decent the children already here

Women, do you realize what it means when we say "The higher the birth rate, the higher the death rate?" Surely you see what a tragic and devastating waste of vital force it is to give birth to children that die with the first breath or within a few months after birth! Creative energy, of which mother love is part, is so powerful that it can remove mountains, it behooves us, therefore, to understand

and consciously control and direct this tremendous power for good results only. Do you know that out of every 1,000 babies born in this country 150 die? And this means that 150 out of every 1,000, or about 1 out of every 7 mothers, go through the perils and heartrending throes of childbirth for no useful purpose—for worse than nothing, to say nothing of their going through life generally with mutilated bodies. Now just multiply this by the tens of thousands. Can you not see these hundreds of thousands of mothers all writhing in pain? Can you not hear their cry of accumulated suffering as it rises to heaven in a long drawn-out wail for mercy? This barbaric waste of mother force must be stopped. If women must suffer to bring babies into existence, surely they should be free to choose their own time and convenience, and labor according to their strength!

WOMEN, YOUR BODIES are your very own, given to you as a sacred trust to treat with respect and to use with intelligent care for the carrying on of the Great Plan. How can you do your part well when you subject these instruments to improper treatment and even to misuse? Is it that you are afraid to stand up for your rights, not as women merely, but to stand up for your rights as human beings, equally with men? Are not men and women co-workers for the advancement of the human race!

Take comfort. This reckless waste of vital creative force can be stopped, and you can do it. You who are some day going to be mothers and you who are now mothers, why not be the very best mothers that study, care and thoughtful preparation can produce? How can it be done?

One way is to win political freedom so that you may share in framing the laws you must obey

Another way is by obtaining a knowledge of the workings of your own bodies and minds, together with an understanding of how to control and direct your emotions and how to develop will power so that you will use your knowledge, once you have obtained it

This can be done by establishing schools for lads and girls, husbands and wives, fathers and mothers throughout the land. No end of ways suggest themselves as to how this may be done, the National Congress of Mothers and Parent-Teacher Associations is one far-reaching power for good



PUTTING THE CHICKEN BACK INTO THE SHELL

THE CRYING NEED FOR BIRTH CONTROL

By Ida Wright Mudgett

PART I

THE CONSEQUENCES of unchecked birth, or on the other hand of birth control, reach down into every main avenue of human affairs. To the thinking observer there is hardly a human condition, social or individual, into which it does not force its way and have its determining influence.

More than any other factor in socialized life, surplus population determines the economic status of the wage-earning class, who constitute the great majority of humanity. Where there are a large number of wage-earners competing for a limited supply of jobs, the wage scale is bound to be forced down to the limit of subsistence. A dense population in a small area always means low wages and a very low standard of living for the masses and a corresponding increase of profit and means of tyranny for the privileged classes. When a poor man has a large family to support he cannot be too particular about the amount of wages he receives, nor too particular in regard to the abuse he will not allow in order to keep his job.

The above statement is equally true of the wage-earner as a class. Witness the older countries—China, India, etc.—where the rabbit-like population is reduced to hopeless poverty and abject subservience and then glance up through the ascending scale to those countries where the population has not yet swarmed over every inch of habitable ground and thus cut off its every means of Independence from landlord or boss, thereby depriving the inhabitants of every sense of liberty, to say nothing of opportunity. A certain amount of space and contact with nature—unspoiled by man's art—is indispensable in breeding in the human being the sense of liberty and human dignity.

That the wage scale is controlled by the number of bidders for a stated number of jobs is, in a measure, illustrated by present labor conditions. On account of the large number of young men being taken from the labor market, there are fewer men to compete for jobs and thus wages are continually ascending.

TYRANNIES, OLIGARCHIES, autocracies, are all ways based upon thickly populated areas, democracies based upon areas where the inhabitants are in close touch with nature. Over population means many men bidding for proportionately few jobs, which in turn means low wages and low standards of living. A low standard of living means an ever greater growth of Ignorance and superstition and consequent inability to understand and defend popular rights and liberties.

The desire of the privileged classes (clerical or secular) to keep in subordination the masses, upon whose helplessness their special privileges and opportunities depend, is one reason why these classes are so vehement in their opposition to birth control propaganda and so drastic in their laws concerning it.

More than any other one determining factor, the limiting of families has a profound bearing upon the higher education of the children of the masses. A man with a limited income cannot carry the burden of non-producing children for any great length of time. Each younger born presses the older ones more speedily and surely out upon the labor market before they have finished even the eighth grade, to say nothing of the High School or University.

The higher education of the masses is positively necessary to their well being. The educated classes, because of their superior knowledge, continually impose upon the more illiterate numberless laws which are wholly to their own advantage and detrimental to the masses. They continually impose customs, through social opprobrium, that present knowledge in the world, if attainable by the many, should long since have relieved them of. They perpetuate superstitions that the masses, if possessed of the certain knowledge now in the world, would long since have outgrown. Many superstitions persist, which are not much above the Indian myth of the Thunder Bird in explaining phenomena of the Universe, and many ceremonies, not much above the Indian Snake Dance, or Ghost Dance. The knowledge is in the world now to dissipate such nightmare dreams, but it is safely embalmed in technical treatises and dead languages, which only those with a University education can interpret.

ANOTHER IMPORTANT bearing too large families have upon the well being of posterity is the lack of proper development in the offspring, whether pre-natal or after birth. The pre-natal influence will be touched upon presently.

The first thing that stares one in the face, in considering this phase of the subject, is the lack of proper care of the children of large families. It is next to impossible for a poor mother burdened with ten or twelve children to do anything like justice to their simplest needs. She is over the wash tub, the ironing board, cooking and baking, wielding the needle, making, mending, darning clothes, or caring for the fretting younger members. The older children are playing in the streets, picking up and disseminating all kinds of bad habits and diseases—habits prohibitive of proper muscular and nerve growth, diseases often fatal to bodily health. The delinquencies of 70% of the children in Reformatories is due to street living and playing.

Moreover, it is practically impossible for the slender purse of the average wage-earner to cover the actual needs of a large family in the way of clothes and food. He cannot procure a properly balanced ration for his brood, and any good stock-raiser can tell what that, long continued, will do both to the present and future generations. Their clothing is cheap stuff with no warmth in it, fashioned very often into grotesque garments which render them a laughing-stock to

(Continued on page 10)

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			Dr Jennie Young	New Jersey	1			New Jersey	1

EDITORIAL COMMENT

THE FEDERAL CHILD LABOR LAW has been declared unconstitutional and therefore void. This fact has been met by expressions of restrained indignation throughout the country. Indignation must be restrained these days when it is directed against any function of the Federal Government. But in this case even restrained indignation may be mistaken. The five learned justices of the Supreme Court, who rendered the majority opinion, may possibly have done a real service to the childhood of the nation by bringing this case once more before the people for study and discussion. For it was at best a weak and inadequate law with which to meet so great an evil as child labor. It did not meet this evil squarely with downright prohibition even within its limited sphere, but provided that no goods might be transported from one state to another if these goods were produced in a factory in which within thirty days of the removal of the goods, children under fourteen years of age had been employed or children between fourteen and sixteen years of age had been employed or permitted to work more than eight hours in any day, or more than six days in any week or after the hours of seven p. m. or before six a. m. In the "Survey" of June 8th it is stated that if fully enforced this law would have removed about 150,000 children from industry, but would still leave 1,850,000 children to employed. A patently inadequate remedy even if allowed to stand. The difficulty is that the Federal Government is not in a position to deal properly with child labor, because laws of this sort interfere with home rule in the states. Nevertheless, there is a way to deal with national evils or with such matters as should be national in their character. It was not difficult to amend the federal Constitution in such a way that a federal income tax became possible. If Uncle Sam can go after the incomes of his people, why can't he go after those who make money from the toil of children? It should not be harder to pass an amendment to the Constitution that would permit national laws to be enacted so framed as to save the nation's children from the joyless houses of industry, save them not only from factories, but from mines and sweat shops and even from overwork in their own homes. Children are often stunted and dulled by long hours of farm work or by the care of younger sisters and brothers. Generous minded individuals and amiable societies have put years of work and pots of gold into child welfare legislation, yet child labor and child degradation, child starvation and child imbecility continue in giant proportions. If child labor is a bad thing and there can be but little doubt that it is, then we should demand an amendment to the Constitution permitting laws of this sort to be enacted.

IN THE MEANTIME the war has opened our eyes in still other ways to the appalling condition of our youth, the selective draft has shown physical, mental and nervous afflictions due to neglect in childhood. Neglect caused by poverty produces ill-nourished children, stunted children, feeble-minded children. Ignorance and stupidity create too many children. An epidemic of effort to remedy and abolish these things by legislation has sprung into existence. Clinics and milk stations are being established, education for mothers provided, health examination enforced, labor laws, mothers' pensions, day nurseries all experimented with—the list is as long as your arm. Everyone is patriotically shouting "Save the babies." But when sober common sense suggests that this pest of ill-conditioned children could best be cured by a sane limitation of offspring by contraceptive methods, fear and Ignorance manifest themselves, fear so strange and Ignorance so appalling as to be positively dismaying. Those who work hardest to "save the babies" look with coldness upon the least suggestion of saving the mothers from hideously frequent births.

Children must not work, but parents may not be helped to limit the number of their children to those they can care for in health and decency. It is not immoral nor illegal to bring helpless youngsters into the world to slave and rot and die, it is not immoral nor illegal to eke out the family income by the use of baby hands, but it is criminal to tell a woman how to protect her health and strength and that of her family by limiting the number of pregnancies. Civilized people cry out against child labor and are indignant when a clumsy, ineffective law is thrown upon the scrap heap, but think it quite all right to send Margaret Sanger to jail for telling a woman how to prevent conception when she already has several poor little candidates for the factories tugging at her skirts. If each family were limited to the number that could be reared in health and comfort, there would be no need for child labor laws, federal or otherwise, but desperately poor parents need the extra wages that their little tots can earn and so they join hands with employers in opposing all legislation that would take these pennies away. Rich parents do not send their children to the factories or the mines, it is the poor parents whose little children need protection. It is a strange, illogical world that makes it a crime to teach the prevention of conception and encourages people to breed like rabbits and then makes no decent provision for the swarms of little tots that come tumbling into a sad world.



THE CRYING NEED FOR BIRTH CONTROL

(Continued from page 7)

their more fortunate schoolmates and playfellows. This hurts their pride—a feeling of their own worth that all children naturally have—and eventually subordinates them in their own minds to children of a better outward showing. So, when they are grown their pride is dead, and they become the sycophants, the apologists, and the cringers before the silk hat and the gloved hand.

Such children generally have no refining surroundings in their homes. Only a little cheap furniture, crowding in living rooms, and worse in bedrooms, bad smells from cooking cheap food, the quarreling that is always going on among a large number of children herded together, when not properly amused, no good books, nor quiet to read them, no good music, nor skill in the household to play it, no refining home entertainment of any kind, no enlightening and educating conversations between father and mother, such as take place between parents in a more leisured home, nothing, absolutely nothing, of an elevating character. No caresses, no individual care and interest from mother to older child so necessary to the blossoming of its spiritual life. The mother's little time from household drudgery must be given to the younger members.

This idea associates itself with another aspect of the problem—the bitter injustice to the women of the poor, who are compelled to be the mothers of enormous families. What time have they for any mental development, or to keep what they might have had before they were married?

To give of their body substance for the building of ten, twelve, fourteen children, to face such a number of times the strain and agony of child-birth, always inadequately supported and sustained during the ordeal, never a first class surgeon who understands the merciful use of chloroform, never a trained nurse who understands the absolute necessity of antiseptic cleanliness. No proper rest in bed after the awful trial, always a bunch of crying, exacting dependents making demands upon the weakened hands, the aching back, the trembling loins. So she is up long before she should be making an effort to meet those demands. What chance has such a woman, I say, to retain any individuality, do any thinking, feed any artistic sense, keep her spiritual integrity? None whatever.

In the "good old times" when women were supposed not to have any souls, this was all very well, but now that it is admitted that they have at least provisional souls, things should be so arranged that each and every woman could have the proper environment in which to develop herself.

Just compare the wives of the wage-earning class, at the age of fifty, with the wives of the privileged class at the same age. Observe the difference in intellectual attainment, physical preservation, dignity of bearing, between them. And remember that that which is between them is the accident of birth continued through several generations. If it is absolutely necessary that the greater part of one sex shall be crushed, everything of a refining nature refused expression, all individualizing qualities smothered out, if such a monstrous sacrifice is necessary for the perpetuation of the

race, then it is not worth preserving. We had better quit and give the world over to the lower animals.

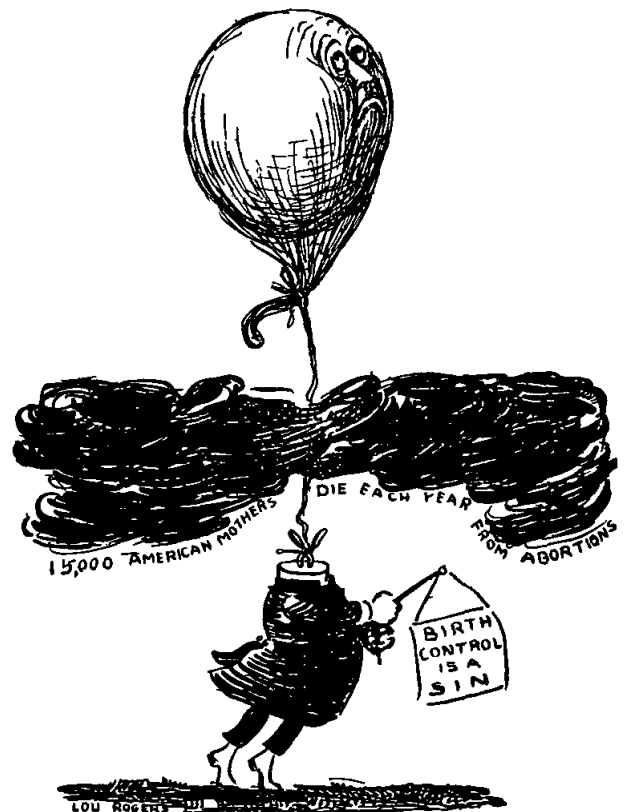
Don't misunderstand. There is nothing so refining, so spiritualizing, as mother-love when the mother has time and strength to individualize her children, to caress them, to fondle them, to nurse them at her breast, to instruct and educate them, and develop herself while and through developing them. But when she is simply a breeder, forced to push each little one aside, with hardly time to press one caress upon its little hands, watch one blossoming look of intelligence appear upon its face, observe one smile of baby recognition given to her—when, I repeat, she has to push it aside to make room for the next and again the next, there is no development in this, there is just retrogression.

(To be concluded)

NOTE

The August number of this magazine will appear in the middle of summer, at a time when many readers are away on their vacations and activities of all kinds are partially suspended. Consequently, we have decided to put out an eight-page issue. With the September number, however, we shall return to our regular sixteen-page size—EDITORS

Do not waste your time on social questions. What is the matter with the poor is Poverty, what is the matter with the rich is uselessness — George Bernard Shaw



HIS HEAD ABOVE THE CLOUDS

BIRTH CONTROL AND SOCIAL SERVICE

By Clara Taylor

I HAVE BEEN ASKED to write an article on the recent National Social Service Conference at Kansas City, and to state whether the above mentioned organization had grounds for advocating family limitation, and if so, was the subject included in its program?

After working seven years in the capacity of social worker and nurse, going among the working class families, some of whom are poverty stricken while others are on the border line of poverty, I cannot understand how social workers can pretend they are doing constructive work if they do not include family limitation in their program. I am compelled to say that most social workers are satisfied with "patchwork" and close their eyes to the real issue. However, there might be a broad field for educating the so-called social workers and opening their eyes.

There is really no question as to whether the Social Service Conference had grounds for advocating family limitation. Any worker who has ever been sent out by a Charity Organization society to make a home investigation and finds the average-sized family of eight, six children and husband and wife, living in one room and kitchen—the father sick, but not too sick to have more children, the mother only thirty years of age, and the children underfed and without proper clothing—immediately begins to wonder how to get information on birth control, to prevent adding more mouths to this family. Workers who have had the above experience came to the conference and took part in the discussions, but not a word was said on the subject of birth control.

I shall base my arguments for family limitation on three papers which were read at the conference, where birth control would have been a most important issue if the social workers seriously meant to do constructive work. One paper was on "The Rehabilitation of the Family," another was on "Juvenile Courts and Delinquent Girls," and the third on "Children's Work." The last paper was read by Sally Lucas Jean, of the People's Institute of New York, it was the most illuminating and inspiring, as it began with the child and seemed to lead to better future citizens.

FIRST I SHALL DISCUSS the paper on "The Rehabilitation of the Family." By what methods does the social worker aim to help the family to help themselves? There are six children, the oldest not yet twelve years of age, the father's earning capacity is only \$12 or \$14 a week and his work is only seasonal. The father has very little education, having gotten as far as the Fourth Grade in the Public Schools, and so has very little chance to compete with better educated men in this day of efficiency. When his work gives out, the Charity Organization is called on for aid and helps until the father is again able to resume his work. A year or so later, the family is again forced to call on the organization for help. There is probably another mouth to feed and the mother is unable to take in occasional washing as in the past

to supplement the income. Consequently the Charity Organization has to help a little more this time.

What is the worker's hope? She looks forward to the time when Johnnie or Mary, who is now thirteen years old, is fourteen so that he or she can get a permit to go to work. The social worker will find a job, where the child can earn about \$4 per week and augment the family income. The child is not considered, but it should be, as it is the citizen of the future and should be given a good education and thereby a chance to do better than its father. If Johnny and Mary were better educated, they would see the need of having in their turn just so many children as they could properly bring up. Thereby they would eliminate the necessity of having to call on the Charity Organization for help and these organizations would gradually go out of existence. But social workers do not wish to have these organizations go out of existence, as it would mean a scarcity of positions.

Mary never has had sufficient food and has been unable to attend school regularly, because she was the oldest of the large family and had to stay home at different intervals. Mother was sick, or the baby was sick, and mother had to take him to the dispensary and Mary had to mind the other children. At the age of fourteen, she had to leave school and go to work to help supplement the income. What will she be able to do and what will her earning capacity be?

SHE BEGINS AS a cash girl at \$3 a week and when she reaches the age of eighteen she earns \$8 per week, which, for a person with her education is considered a good salary. She is not able to buy "life" on \$8 a week. The family live in two rooms and a kitchen. Mary has no place to bring her "gentlemen friends," as her home always is dirty and upset, this being due to the many people living in so few rooms. Mary is young and wants to live, which she has a right to do, but what has the community prepared for her? There are public dance halls and demoralized movies, but she cannot go to these places as often as she would like. She cannot afford it, and naturally is glad to accept an offer from any "gentleman friend" to go out with him to any public place—dance hall, picnic or picture show. The results we all know—she becomes a delinquent girl. Who produced this condition? Yet to have taught Mary's mother to prevent having more than three children, which she could have brought up properly, would have been a criminal act.

The next paper was "Juvenile Courts and Delinquent Girls." The reader already knows the origin of some delinquent girls, now we shall see other sources of delinquency. The paper contained the following definition:

"Children from broken homes, the mother or father has either died or deserted the family."

It is a well known fact that many men desert their families when their wives are pregnant. When the father leaves, the mother, although sick and irritable, has to go to work and consequently the children are left either with an

older brother or sister of twelve or thirteen years of age, who is too young to work, or with a neighbor who has too many children of her own properly to care for them. While the mother is at work, the thirteen-year-old brother will run out with his playmates and leave the other children. We all know the environment in which these children live and what they are able to do in the congested districts. The next thing we hear is, that Johnny has stolen fruit from the grocery stand. Stealing coal from the railroad tracks is just a matter of course, as mother needed the coal and probably sent him there herself. While at the railroad tracks, Johnny meets other boys, who, like himself, had gone there to steal only coal, and they discover a carload of food and help themselves, as a result, Johnny is now a case for the Juvenile Court. To have taught Johnny's mother how to take care of herself so she wouldn't get pregnant so often and to keep Johnny's father at home would have been considered a criminal act.

We, also, must not forget the thousands of mothers who die every year as a result of childbirth, because they were physically exhausted from nursing and carrying the unborn child, besides having to care for too large a family and not having sufficient proper food when she needed it most. The result of this is motherless children who grow up without proper guidance and who constitute a large number of Juvenile Court cases and delinquent girls.

In the paper read by Miss Rippin, she gave an account of twelve hundred girls, most of whom came from broken homes, large families, and who had left grammar school when they were somewhere between the second and eighth grades. Miss Rippin said that most of the girls were bright, but on account of some misfortune in the home, they were retarded pupils. Out of the twelve hundred girls referred to, the greater number earned between \$6 and \$8 a week. Only three out of this large group earned \$19 a week and these were show girls. We all know the environment in which these girls live, and nothing can be expected of them but delinquency in the course of time.

The last paper was Miss Jean's paper. She advocated lunches for all school children. This paper was the most hopeful and made one feel that Miss Jean held the key to the salvation of the future generation. Her conclusions, however, were somewhat disappointing, because even if a child is given a good lunch for nine months, this does not solve the entire problem which faces the workingman's child. If the father is only able to earn \$14 a week and there are from five to eight other children, is a daily luncheon at the school going to bring about the ultimate results we would like to have?

Freedom is so splendid a thing that one cannot worthily state it in the terms of a definition, one has to write in some flaming symbol or sing it in a music riotous with the uproar of heaven — *Padraic H. Pearse* *

Ignorance and prudery are the millstones about the necks of progress — Judge Wm. N. Gatens, of Portland, Ore

ANSWERS TO MR. LLOYD

Editors "BIRTH CONTROL REVIEW"

REJOINDERS HAVING been invited by the REVIEW to the letter by Mr. J. Wm. Lloyd, of Westfield, N. J., which appeared in its June issue, I beg to submit a few observations, prefacing them with recognition of the excellent spirit of Mr. Lloyd's communication, so different from the abuse in which criticism of birth-control frequently abounds.

FIRST Mr. Lloyd says that nature is a pretty good guide, and that nature made birth instinctive and withheld instinctive knowledge of birth-control. But Mr. Lloyd seems to forget that human evolution, in an important aspect, is the record of the increasing control of knowledge over Ignorance, of reason over instinct, of deliberation over impulse—consists, in short, of improvement upon nature. Left to his instincts, man would be a savage. By the cultivation of his higher nature, by the ascendancy of mind over body, by the sacrifice of present pleasure to larger future good, man becomes civilized.

SECOND The vast areas of unpopulated and unproductive land throughout the world furnish no argument, in themselves, for increase of population. It is only when the population and development of new territory are accompanied by individual excellence and industrial freedom, on the part of the new inhabitants, that such expansion is desirable. Mr. Lloyd might as rationally desire to have the world's over-crowded cities expand yet further, slums and all.

THIRD Mr. Lloyd names a long list of reforms (all of which the undersigned happens to favor as much as he), and says that these are vastly more important than birth-control. But is not this putting the cart before the horse? Did he ever stop to consider that progressive policies depend upon progressive people, and that progressive people are the product of moral and spiritual forces that gather strength just in proportion that physical appetites and selfish ambitions are held in abeyance or neutralized—that a progressive people, with progressive institutions, can never spring from the Ignorance and poverty which the practice of birth-control would so materially lessen?

FOURTH Mr. Lloyd says that birth-control is negative, not positive, and that the slogan should be, not "Fewer and better children," but "More and better children." But he is going too fast. There cannot be more and better children until there are first fewer and better children. He ignores the fact that everywhere, and at all times, both in nature and in human society, quality is and must be at the expense of quantity. At any given time, there are only so much knowledge and virtue possible, and when their content is increased in the individual, the number of individuals exemplifying them must relatively be diminished.

FIFTH MR. LLOYD shares the prevalent but mistaken belief that birth-control tends to so-called "race-suicide." But he seems to forget that the same conditions that produce fewer births also reduce the death-rate in at least equal de-

gree, so that the net result in the direction of "race-suicide" is nil

SIXTH Speaking absolutely, it is doubtless true, as Mr Lloyd says, that none of the contraceptives advocated by the birth-controlists is infallible. But experience shows that, when properly manufactured and properly used, they are not only harmless but preventive in a vast majority of cases and will Mr Lloyd say that, because they are not efficacious in every case, they should not be used as widely as possible? To apply such a principle generally would put an end to all social reform.

SEVENTH The fact that birth-control is already practised largely among the better educated and more wealthy classes, and frequently for selfish reasons, is hardly an argument for its discouragement among the classes which need it most, where, as a matter of fact, most of the birth-control propaganda is found. The fact that a good thing is abused in a limited class of society is no reason why it should not be encouraged among the masses.

EIGHTH It is quite true that the use of contraceptives tends to mar the "romance" of the sexual relations. The undersigned has no doubt that, with the progress of the race, such relations, except for the purpose of children, will gradually diminish. But until men and women are sufficiently spiritualized to find marriage useful and happy with only occasional indulgences, it behooves them to minimize the unfortunate consequences to themselves and to the commonwealth, to be found in present reckless practices, and birth-control furnishes them the most rational means for the accomplishment of this great and good end. Better less poverty—whether physical, intellectual, moral, or spiritual—even at the expense of less "romance."

NINTH MR LLOYD differentiates birth-control from eugenics, and expresses far more confidence in the latter. But, after all, birth-control is only one form of eugenics, and the true eugenicist will hardly fail to appreciate the important aid which birth-control offers him in his efforts for individual and social well-being.

In a time like the present, when the spirit of intolerance is abroad in the land, it is refreshing to find a man like Mr Lloyd, so imbued with the spirit of democracy as to desire the repeal of all laws curtailing a propaganda to which he has serious objections. The land needs more true Americans like him, who have not forgotten that free speech is of the essence of Americanism.

Yours for liberty and progress,

KEPLER HOYT

MY DEAR MRS SANGER —

The June letter of J. Williams Lloyd lies before me. Mr Lloyd does not seem to have really thought much about the matter and his rambling criticisms are more than tinged with the strictly masculine point of view. Since woman has the chief (and often all) the burdens of parentage to bear I consider the matter absolutely her own to decide. Does Mr Lloyd know that the average man has no realization whatever of what a woman must undergo at childbirth nor in the months preceding. He seldom grants the pregnant

wife the thought and care he bestows upon his livestock and he is equally indifferent to her mental and spiritual state. He has even made laws and under protest refuses to abolish them, whereby she is kept in ignorance and is compelled to reproduce whether she wants to or not, as though the matter were no concern of hers.

Mr Lloyd says most women do understand preventive method as "knowledge of that kind penetrates far and wide beneath the surface." Why should knowledge that is right and necessary be compelled to seek underground channels, a thing to be spoken of in whispers? Why be proud to state that most women are lawbreakers—or is he ashamed of the law? I have not known that he is working to have it abolished. But he mistakes. Why all these clinics and publications, the arrests and jails, the lecture tours, the plea for a free press, if women already know? Why the thousands of women dying annually of abortion and harmful practices if preventive methods were generally known? Why all the orphan asylums and immense families living squalidly, if preventive methods are understood? Many do not know. They have no way of knowing, especially if they are poor and uneducated or in remote places, and these are the women who most need help. But, I am glad to say that there are in existence safe, cheap, easily procured preventives and they are not the "undependable, injurious things" Mr Lloyd says they are. Why all this tumult? Why all the opposition? Why so much ado about nothing? Because they DO prevent and that is why that, freed from overbreeding, parents can think more, read more, work more independently, live a less exploited life, that is why woman, awake at last, is asking. Why should I have a child I do not want or one I cannot provide for?

AS TO THE "lack of poetry and romance of the sex relation" where preventives are used—oh! that every woman in the world had for a moment the fabled gift of tongues so that they might let man know for once what his unbridled, irresponsible, brutish lust has done to her "poetry and romance" since the world began! Victims of force often of drunken fury, often compelled to yield for duty's sake, for love's sake, at every convenient and inconvenient season, exhausted by muscular fatigue or nervous exhaustion, ill with recent or advancing maternity, no physical response, a spiritual loathing, a mental disgust, terrorized by the possibility of another unwelcome maternity, enduring the forced embrace of a husband she has long ceased to love or respect, told that if she refuses, "some other woman won't," financially dependent, a dozen children perhaps already on hand to be provided for. And now the "romance and poetry" of the average married pair's sex matters, are held up to us as a very real and wonderful thing that is apt to be jeopardized if the overburdened, unresponsive wife should happen to know about a compound procurable at the corner drug store. Life is short and it seems to me that a few cents of money and a little sanitary care are quicker and more effective than making a man over from the ground up.

LULU MACCLURE CLARKE

THE MALTHUSIAN DOCTRINE TODAY

By C V Drysdale D Sc

(Continued from the last issue)

NATURALLY, some deductions must be made from this extreme case, although it should be noted that no multiple births have been reckoned, and no smaller intervals than two years between births. About five per cent—not more—may be deducted for infantile mortality, and perhaps twenty-five per cent for celibacy, sterility, etc., although both these latter should be very small if economic conditions permitted general early marriage, and with it the almost complete elimination of venereal disease. However, making a total deduction of thirty per cent for these various causes, our five and a half per cent increase per year is reduced to four per cent, which means doubling every seventeen and a half years, very much more rapidly than assumed by Malthus.

Malthus claimed that in the Northern States of America, where food was more easily obtainable than in Europe, the population had continually doubled itself in less than twenty-five years. As Malthus pointed out, the death-rate in those times was much higher than it should be under the best economic conditions. There was certainly a considerable deficiency of women, and a fair amount of celibacy even among these, caused by the difficulties of life in a new country. There can be no reasonable doubt that with better conditions the population would have risen still more rapidly.

In his excellent Official Year Book of the Commonwealth of Australia, Mr G H Knibbs has given diagram as regards the increase of population, showing that from 1860 to 1890 the rate of increase was even faster than that of the United States at its period of most rapid increase (from 1790 to 1860). In this case, however, the net increase by immigration was an important part of the total, averaging about twenty-seven per cent of it between 1861 and 1913. On the other hand, the birth-rate has fallen rapidly in Australia from about 1865, so that the immigration has not probably done more than make up for the reduction of births. This, of course, is only guesswork, but the American experience seems conclusively to prove that the natural unchecked rate of increase of population would follow a geometrical law, as claimed by Malthus, and at an even greater rate than that laid down by him.

Increase of Population from Birth and Death-rates—In a country in which the loss or gain of people by migration is very small, the rate of increase in each year is evidently got by subtracting the death-rate from the birth-rate, which gives us the rate of survival, or of "natural increase." For instance, in our own country the birth-rate for the last few years has been somewhere about twenty-four per thousand, while the death-rate has been about fourteen. This means that for every thousand people in the country there have been twenty-four births and fourteen deaths, leaving ten additions to the thousand people, or an increase of one per cent in the year. If the birth- and death-rates were steady at these figures, and if there were no migration, the population would increase every year by one per cent, or at one per cent compound interest. It can be proved that a sum of money put out at one per cent compound interest doubles itself in about seventy years, at two per cent in 70 divided by 2 equals 35 years, at three per cent in 70 divided by 3 equals 23 1/3 years, and so on. So that in the United Kingdom, at the present rate, our population of forty five millions would double to ninety millions in seventy years, and so on.

THE FOLLOWING table gives us the birth- and death-rates and period of doubling by natural increase for various countries

Birth-, Death- and Survival Rates in Various Countries
(Average 1906 10)

	Birth rate per 1 000	Death rate per 1 000	Survival rate per 1 000	No of Years to Double
Australia	26.7	10.7	16.0	43.7
Austria	33.7	22.4	11.3	61.9
Belgium	24.7	15.9	8.8	79.5
Bulgaria	42.1	23.8	18.3	38.3
Ceylon	37.5	30.8	6.7	104.4
Chili	38.1	31.4	6.7	104.4
Denmark	28.2	13.7	14.5	48.2
England and Wales	26.1	14.7	11.4	61.4
Finland	30.9	17.4	13.5	51.8
France	19.9	19.2	7	1000.0
German Empire	31.7	17.5	14.2	49.3
Hungary	36.7	25.0	11.7	59.1
Ireland	23.3	17.2	6.1	114.7
Italy	32.7	21.2	11.5	60.9
Jamaica	37.4	24.1	13.3	52.6
Japan	32.8	20.9	11.9	53.8
Netherlands	29.6	14.3	15.3	45.7
New Zealand	27.1	9.7	17.4	40.2
Norway	26.4	13.8	12.6	55.5
Ontario	24.2	14.0	10.2	69.6
Prussia	32.3	17.3	15.0	46.6
Roumania	40.3	26.0	14.3	48.9
Russia*	45.4	28.7	16.7	41.9
Scotland	27.6	16.1	11.5	60.9
Serbia	38.6	24.4	14.2	49.3
Spain	33.5	24.3	9.2	75.9
Sweden	25.4	14.3	11.1	63.0
Switzerland	26.0	16.0	10.0	70.0
United Kingdom	26.1	15.1	11.0	63.6
United States	?	15.2	?	—
India†	37.7	34.3	3.4	205.8
	*1906-09	†1908-10		

It will be noticed, of course, that the rates of increase are now all of them far below that given by Malthus, and this may seem to some people to justify those who, like Henry George, pretended that reproduction would automatically tend to adjust itself to the means of existence. But this contention was an absolute absurdity. There seems to be no evidence whatever that the human race is losing its unrestricted fertility to any important extent. If the women of the present time were all to marry at an early age and have children without any attempt at restriction, there is no justification in supposing that the birth-rate would be any less than the highest known in any country at any period.

IN RUSSIA, until a few years ago, the birth-rate was nearly constant at fifty per thousand, and in Cairo and Alexandria this figure is still maintained. This is evidently considerably below the maximum possible, owing to the amount of disease and celibacy which is forced on all rapidly breeding countries by economic pressure. When we see that the bulk of civilized countries now have birth-rates of only about half this figure, it means that their intelligence has caused people to put off or avoid marriage, in order to escape poverty, or that they have learnt the use of preventive devices, which have enabled them to many and limit their families. We may take it as quite certain that in a country where no need for restraint on marriage or parenthood existed, the birth-rate would be at least fifty per thousand per year.

(To be Continued)

THE NATIONAL BIRTH CONTROL LEAGUE

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 Jessie Ashley
 Augusta Cary
 Mrs. Walter Chambers
 Mrs. Mary Ware Dennett
 Mrs. William H. Greene
 Dr. A. L. Goldwater
 Max Heidelberg

OBJECTS

(From the by laws)

The objects of this association are
 1 To secure the repeal or amendment of all laws prohibiting the giving out of information concerning methods of birth control through the prevention of conception
 2 To collect and distribute facts in regard to the legal status of birth control education in the United States and other countries

EXECUTIVE COMMITTEE

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 Louise Knihnd
 Mrs. Woodroff Leeming
 Mrs. Ames Planchet
 Marion Nichol Rawson
 Mrs. Lillian R. Sire
 Mrs. John H. Williams

200 Fifth Avenue New York City Telephone Gramercy 3139

THE BIRTH CONTROL Review has offered a special page of each issue to the National Birth Control League. The League accepts this hospitality with pleasure and welcomes this and all other opportunities for co operation with Mrs. Sanger and the Renew.

The Renew and the League have the same aim—to help everyone who needs it to get information about birth control. That information is now illegal. The immediate program of the League is to have it made legal. The immediate program of the Renew is to reveal the tragic need for knowledge on this subject, and to make people understand what enormous improvement there will be in individual, social and racial life when this knowledge is easily available.

With these two first objects accomplished, both the Review and the League will then be free to go on to great primary arm of getting the information to the people,—by the introduction of instruction on this subject in the medical schools, by the promotion of clinics in all big cities, and perhaps most important of all, by printing and distributing the best possible up-to-date scientific information.

VIRGINIA T. HEIDELBERG, Chairman

WHAT TO DO ABOUT IT

FLORENCE KELLEY once hushed an applauding audience by saying, "don't spend any of your vitality approving what I have said, the question is, what are you going to do about it?"

That is what the National League asks the readers of the Renew,—“what are you going to do about it?” You believe in birth control. Your subscription to the Review proves it. Possibly you are amply informed on birth control for the needs of your own personal life, but what are you doing, what will you do,—to help the 40,000,000 men and women of this country to understand the meaning and benefits of birth control and to help make it legal for them to receive contraceptive information?

You want to do all you can? Very well, then **Begin now**. Sign your name to both sections of the blank below and send it to our office. Then tell us how many of these blanks you will distribute. We will supply you with all you can use. If you want some good leaflets to distribute with the blanks write to us for them. This blank will appear in every succeeding issue of the Renew for new subscribers to sign. Two months from now we should like to report that every single subscriber to the Review has signed the blanks.

When people say to you, “birth control, yes—but not in war time,” show them that just because of the war conditions, we all the more need birth control. Why? Because birth control is race conservation. It lowers the birth rate but lowers the death rate and infant mortality still more. Fewer people are born, but more survive. It eliminates waste. If we are rightly being trained by our government to save food and fuel and money, how much more ought we to be trained in saving the nation itself!

* * *

WHICH ARE the most valuable citizens for a country under the terrible strain of war, the man and woman who have children as fast as it is physically possible to have them, regardless of whether there is money or strength enough to care for them, so that some of them die and the parents and children become more or less a drain on the community,—or the man and woman who intelligently “space” their children, so that those who are born have a chance to live, and the health and welfare of all concerned is conserved?

Which of these families will be better able to render good service to the country during and after the war?

In other words, birth control is the highest, most far reaching kind of patriotism.

MARY WARE DENNETT,
 Executive Secretary

TO THE STATE LEGISLATURE

As a voter of this state, I hereby urge you to secure the amendment of the penal law, so that giving information concerning methods of birth control by the avoidance of conception may no longer be classed as a crime in the laws of this state.

Name

Address

Sign and return to

The National Birth Control League

200 Fifth Avenue - New York City

TO THE CONGRESS OF THE UNITED STATES

As a voter, I hereby urge you to secure the amendment of the Federal Penal Code so that the transportation of information concerning methods of birth control by the avoidance of conception may no longer be classed as a crime in the laws of this country.

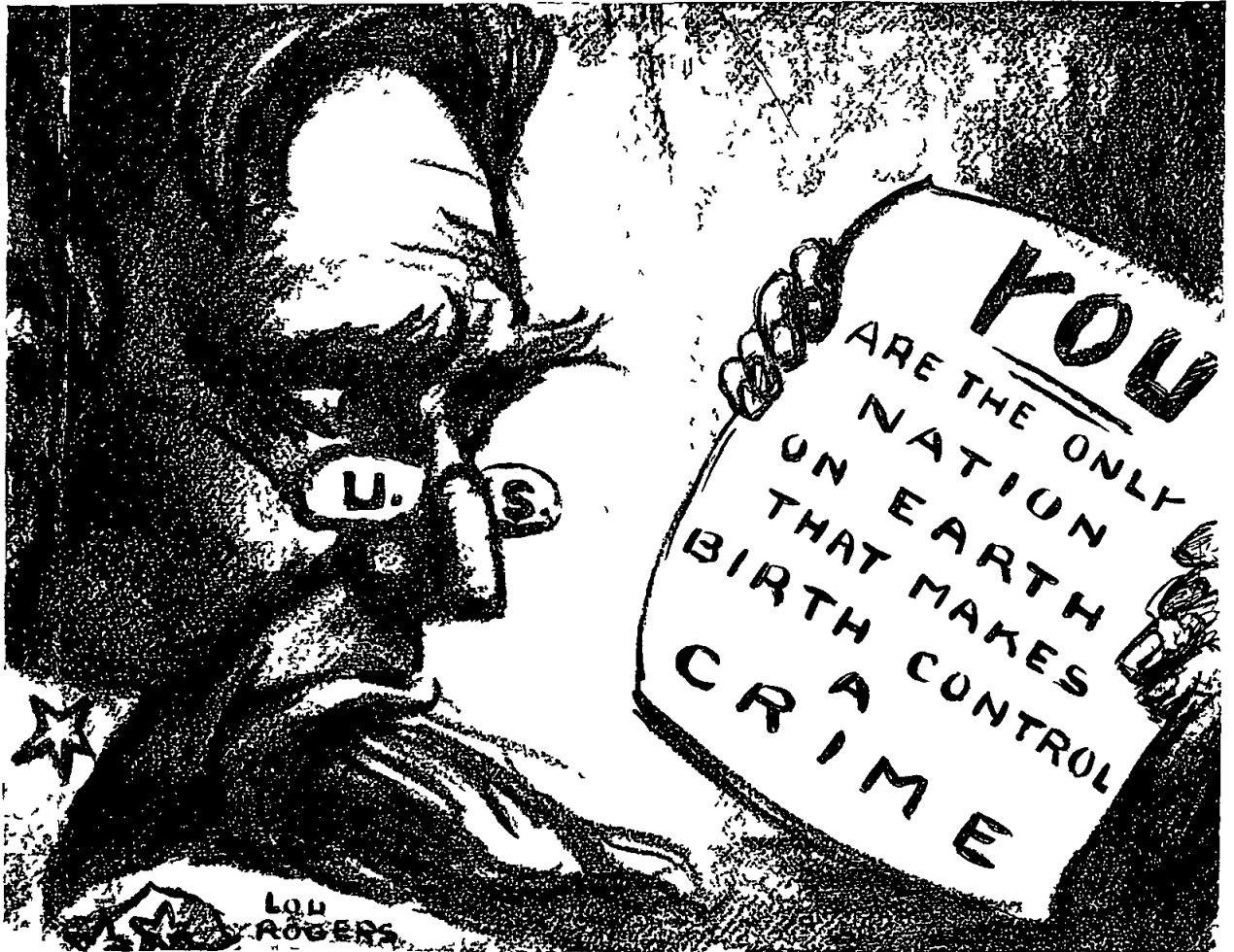
Name

Address

Sign and return to

The National Birth Control League

200 Fifth Avenue - New York City



HYMN OF THE UNBORN BABE

OUT OF THE Land of Children's Souls,
Comes forth this cry unceasingly

"Mother of mine, mother-to-be,
Oh, bear me not unwillingly!
I ask not life, but if you give,
Oh, grant me then the chance to live!"

"Not one of an unwelcome brood,
Whose very presence doth intrude
Upon an anxious mothers care,
Of which too many claim a share

"Oh, fir, far better not be born
Than aging one already worn!
For I would have my coming be,
A source of joy and hope to thee

"Are poverty, disease and crime,
The heritage that come with time?
If such be my unhappy lot,
I conjure thee, Oh, bear me not!"

"I come, I come on hopes soft wings
With faith and love my offerings,
Lips to be kissed with love-lit eyes,
Smiles that were formed in Paradise

"If blows and curses be my fate,
Oh, you can turn my love to hate!
Mine is the right to love and joy
Create not, if you must destroy!"

A Friend