

BIRTH CONTROL REVIEW

Edited by Margaret Sanger

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The BIRTH CONTROL REVIEW

OFFICIAL ORGAN OF THE AMERICAN BIRTH CONTROL LEAGUE

Four Steps to Our Goal—Agitation, Education, Organization, Legislation

MARGARET SANGER, Editor

Vol VII

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The World We Live In

MUCH has been written about the poverty and misery of India and responsibility for these conditions is commonly laid on the British Government. The subjection of India to alien rule may be one of the causes of her present distress. But Professor Gopalji, an Indian by birth and sympathy, progressive and clear-sighted, lays the blame rather on the tremendous birth and death rates of India than on the oppression of the British. The world sympathizes with India in her effort to regain the status of an independent nation, but this consummation of her desires will not make her people rich and happy while human life is so cheap. Professor Gopalji sees in Birth Control the one sure remedy.

ONE remarkable point about Mr Harold Cox's article on "Socialism and the Population Question" which we print this month, is that it was written almost thirty years ago. It was prepared at the request of the English Fabian Society, and shortly afterwards was translated into German. The English version was lost, but coming across a copy in German, Mr Cox acceded to a request from Dr Norman Haire and allowed him to re-translate it into English. For the article we are therefore indebted not only to Mr Cox, but also to Dr Haire, who reclothed Mr Cox's ideas in their original English. In spite of the years that have elapsed since the words were first uttered and written, most of the article is as true and as applicable to modern conditions as it was to conditions in 1895.

THE first meeting of the American Child Health Association, since its organization last year, was held in Detroit, October 15th-17th. There was much self-congratulation on the work that had been accomplished during the year, and many excellent papers were read on various phases of the problems of Child Welfare. Among the subjects discussed, however, no place was found for Birth Control. The organ of the Association, *Mother and Child*, in its October issue,

commented editorially on the coming Annual Meeting. It asked for the " frankest discussion of these problems and of the equipment that is available to handle them," and asserted that " the broadest possible view of the question of the health of the child will be given by prominent and able speakers." Yet the Association was not frank enough, nor the view broad enough to include the most primary of all problems affecting the child—its right to be born well, to willing parents and a waiting home. Sanitaria for tuberculous children received much attention, but not the right of the tuberculous mother to protect herself from pregnancies which may be fatal to her and may burden the community with more tuberculous victims. The difficulty of reducing the mortality rates for those infants who die within a few days of their birth was emphasized, but not the desirability of preventing most of these infants from being born at all. With all our present knowledge of the risks run by children born too soon after a preceding pregnancy, and of children born to mothers exhausted by long series of pregnancies and births, the American public is not yet brave enough nor clear-sighted enough to demand that Child Health Associations should really begin at the foundations and not rear an edifice of imposing dimensions on the sand.

THE Premiers of all the self-governing Dominions of the British Commonwealth of Nations, assembled in London in Imperial Conference, very early in their proceedings dealt a severe blow to the scheme of relieving the congestion of population in England by means of emigration. One great empty space, suitable for white workers, within the British Empire is Australia, but Premier Bruce of that Dominion, on October 9th, made a speech in which he closed the door. He told the Conference and the British public that it would be impossible for Australia to admit new immigrants until she could find markets for her agricultural products. She had settled her own returned soldiers on the land and, as a consequence, there was

an over-production of food stuffs for which there was little or no demand. The farmer, though apparently to a less degree than the manufacturer, is dependent on markets. He can feed himself and his family with his own produce, but for the thousand needs of the farm and the home which require money—the mortgage interest or rent, the taxes, farm implements, payment of labor in harvest time, and the many needs of a civilized home—he must find buyers for the food he grows. The Australian Government, in refusing to accept new-comers as long as those already on the land have not been fully absorbed into the national economy, is wise, as wise as would be the nation that discouraged a high birthrate so long as the only housing offering was the slums, and the only fate of the superfluous men and women unemployment and penury.

IF IN the past there has been a lack of data concerning the danger to mothers and infants of unregulated pregnancy, this excuse for the neglect of Birth Control was removed when the Children's Bureau issued its report on "Infant Mortality" based on Miss Anna Rochester's study in Baltimore. The study includes all those causes of infant mortality which are already recognized—poverty, caused by small earnings of the father and necessitating work outside the home by the mother, crowded and unsanitary dwellings, usually a consequence of poverty, artificial feeding, and differences due to race and race habits. But there is also information, which in the past has frequently been lacking, concerning the effect on the baby of too short intervals between births, of too many in the family and of premature birth and congenital debility—which so often indicate cases where the mothers needed medical instruction in Birth Control. The perils of the large family are fully recognized, e. g., "The large family seems to have suffered from a lack of care (showing an especially high mortality from post-natal causes) which was accentuated if the mother had begun child-bearing too young, or had borne her children in too quick succession. The interval between births appears to have been, in fact, a third element in the problem of the variations of hazard according to the age of the mother and the number of children she had borne." One of the tables shows that whereas the infant mortality rate for the first three children varied from 91 to 94 per 1,000, for the later-born children it was 120. For children born within two years of the preceding baby the infant mortality rate rose to 142 for the fourth and fifth babies and to 185 for the seventh and later births.

THE question of the possibility of bequeathing acquired characteristics is by no means settled. The older biologists very generally accepted the theory that improvements came about through such inheritance, and upon this theory Lamarck based his explanation of the evolution of animals. More recently the theory was wholly discredited. The continuity of the germ plasm seemed to be established and to shut out the possibility of modification through the experience of the parent. But now come investigators who are again upsetting our ideas. Paul Kammerer, in a recent number of the *New Republic* told of experiments with the ascidian *Ciona*, in which the aquatic worm was divided—the whole of the sex organs being amputated. The creature was able to replace the lost parts, including new genital organs, and afterwards to reproduce from a germ plasm which certainly could not boast of continuity. News also comes that Dr. Pavlov, the Russian physiologist, has been making experiments with rats which go to prove that habits can be inherited if persevered in generation after generation. These experiments encourage him to believe that the good effects of education may persist in the offspring and that the race can be more rapidly advanced if education be properly directed.

News Notes

September 28 Mrs. Richard Billings, member of the Board of Directors of the American Birth Control League, spoke at a meeting of the League of Women Voters in Woodstock, Vermont. Her subject was Birth Control.

October 1 At a meeting of the D. A. R. of Huntington, L. I., Miss Katherine Williams, presiding, Mrs. Willis G. Mitchell, of Ossining, N. Y., prominent regional director of the League of Women Voters, gave a most illuminating address on the League's advantages. Mrs. Mitchell will be remembered as one who did splendid work with Mrs. Frank A. Vanderlip in getting the Shepherd-Towner bill passed last year. Mrs. Mitchell emphasized the fact that the insane and feeble-minded add undesirable strains to the racial stock. Dr. Dorothy Bocker followed with a talk on Birth Control, showing that any work done under the Shepherd-Towner allotment of funds was only partially successful if it did not include Birth Control. Mrs. Russell Winters gave a talk on World Peace.

October 3 The Lewis County convention of the League of Women Voters was held at the home of Mrs. John Constable at Constableville, N. Y. In compliance with a request for a speaker on the subject of Birth Control, Anne Kennedy, executive secretary of the American Birth Control League,

presented the fundamental principles of the movement in its relation to the legislative work and suggested that the League of Women Voters go on record as endorsing the principles of Birth Control. A discussion followed and distinct sympathy was shown for the movement. A vote was taken and carried that individuals of the League interview the Assemblymen of their county and voice their support of the present legislative measure.

October 8 The Child Welfare Committee of the New York Federation of Women's Clubs met at the headquarters of the American Birth Control League, under the chairmanship of Mrs. Park Mathewson. The entire work of the League was placed before the committee by Mrs. Sanger. Questions were asked and discussion of the urgent necessity for the support of the Birth Control movement by groups and organizations followed. The committee went on record as endorsing the principles of Birth Control, and expressed themselves as heartily in accord with the work of the League.

October 8—Mrs. Sanger presented the subject of Birth Control at the opening meeting of the Council of Jewish Women, held at Grace Memorial House, Jamaica, N. Y. The women listened eagerly throughout the address, asking many questions of Mrs. Sanger at its close. Mrs. Jack M. Berman, who presided at the meeting, suggested that the Jamaica council subscribe the sum of \$10 to the work of the Birth Control League. The subscription was voted by the organization.

October 8 Dr. Dorothy Bocker addressed the New York Council of the Friends of Negro Freedom at their regular Sunday afternoon forum, at the White Rose Girls' School, New York. An interested audience discussed the address, emphasizing the economic phases and laying stress upon the fundamental importance of Birth Control.

October 15 Mrs. Sanger spoke on Birth Control in the auditorium of the central library at Harrisburg, Pa. The meeting was held in the evening, under the auspices of the Harrisburg Community Forum.

October 24 Mrs. Sanger addressed the Mothers Aid Society in Chicago, Ill., preceeding the Chicago Conference.

November 2 The Des Moines Federation of Women's Clubs, of Des Moines, Iowa, will have Mrs. Sanger as their guest and speaker at a luncheon and afternoon meeting.

November 7 The work of the American Birth Control League will be presented in a lecture by Mrs. Sanger, at a meeting of the Social Science Club, University of Wisconsin, Madison, Wis.

November 11 Mrs. Sanger will address the Sunday Open Forum, Denver, Colorado.

November 25 "The Need of Birth Control in America" will be Mrs. Sanger's subject for an address before The Forum, Bloomington, Ill.

December 5 A luncheon will be given under the auspices of the American Birth Control League at 12 30 o'clock at the Hotel Pennsylvania, New York City.

NEWS FROM PORTO RICO

HOW desperate is the need for Birth Control in Porto Rico may be judged from the following extracts taken from *Justicia*, a Liberal paper issued in San Juan. The cry sounds to Americans who have taken over the guidance of these people, "Come over and help us."

And in this lies the great tragedy of the futility and ineptitude of party politics in Porto Rico. For in many ways the situation of the natives is deplorable if not desperate. The great primary problem of Porto Rico is too many people and a constantly increasing production of the crop. The population increased by 16 per cent between 1910 and 1920 (although there was virtually no immigration) and the density is 378 a square mile, more than ten times that of the United States. At the same time the island is unfitted by nature for a great manufacturing country, in the future, as at present, it must apparently live mainly by agriculture. But how? That is the great question—one which, unfortunately the two major political parties are not answering.

Meanwhile a great proportion of the people are living according to standards which would drive into the grave or the madhouse most of their fellow-American citizens. For it must not be forgotten that since 1917 the Porto Ricans have been citizens of the United States, even though the Supreme Court has seen fit to rule that the Constitution does not extend to them. The workers of the larger cities are the best paid and the best fed, although not always the best housed. A man engaged in unskilled labor in the building trades in San Juan gets twenty cents an hour for an eight or nine hour day—when he can get work. The most skilled mechanics in the building trades receive, at the most, forty-five cents an hour. The cost of living is as high as in the United States except for the item of rent, and the saving there is due to the fact that the city worker lives in one or two tiny rooms in the town, or, on its outskirts, in a shack thrown together out of scrap boards and the metal from kerosene-oil cans. The difference, in living is not one of lower costs but of lower standards.

Unfortunate as the living conditions of the city workers are, they are nothing compared with the lot

of the agricultural laborers, who constitute 70 per cent of the men and boys who are gainfully employed. The Jibaro, or country laborer, lives in a hut built by himself on some farmer's land, or built by the farmer and allotted to him. In either case he does not ordinarily pay rent and can be ousted at any time by the owner, who thus exercises an almost complete control over him. In a hut whose sides are generally built of the bark of the Royal palm, with a roof of grass, the "jibaro" lives with his family of five to ten children. The house looks large enough to contain only one room, but in fact is usually divided by partitions into two or three cubbyholes about the size of a fairly commodious closet. Frequently there are no beds, the floor serves as a couch while a few boxes take the place of chairs. Nineteenths of the country houses have no latrines or the most primitive sanitary conveniences. The whole family generally goes barefoot (in spite of the omnipresent danger from hookworm) and the younger children commonly go naked. Men's wages run from forty cents to \$1.25 a day when there is work, but owing to the seasonal character of Porto Rico's crops a large number of the workers are unemployed half of the year. Their food at best is coffee without milk, bananas, codfish, rice, beans, sweet potatoes, and a few native root vegetables. When work is scarce they subsist partly on bananas and sweet potatoes and partly by tightening their belts.

NEWS FROM ENGLAND

THE discussion of Birth Control in the English newspapers received a new impetus in September and October from the British Association. This famous scientific society held its annual meeting in Liverpool, and in two of its sections the question of population was given special attention. All the proceedings of the Association are reported in the English newspapers, and many of the papers seized upon the discussion of Birth Control as a question in which their readers were vitally interested. Dr. Vaughan Cornish, President of the Geographical Section, started the discussion with a paper in which he urged large families in England in order that the English race might fill up the still empty places of the earth, and in the section of Economic Science and Statistics, Sir William H. Beveridge tried to combat the idea that the cause of unemployment was to be found in over-population. His paper aimed to refute the theory of Mr. J. M. Keynes put forward some years ago and now very generally accepted in England.

In spite of all the arguments put forward by these two gentlemen, most of the leading newspapers remained faithful to the ideas of Mr. Keynes and printed long editorials in favor of a restriction of population. One asked somewhat sarcastically

what right the President of the Geographical Section had "to tell us how many children we ought to have?" The following quotation from the Manchester City News gives some idea of the prevailing point of view.

At one period in human history the large family was a patriarch's pride and glory. His children were profitable. His most fervent hope was to make inheritance secure. Now the civilized races think more of quality than of numbers, and they have learned that the reckless bringing into the world of more children than they can maintain is a handicap to themselves and harmful to their progeny. Social and industrial competition is severe, and the problem has become an economic one. The thoughtful and cautious man asks himself what family he can afford to have, and he concludes that it is better to bring up a few in comfort and to give them a fair chance in life than to surround himself with a multitude and leave their fate to chance. The limitation of families is not necessarily a question of morals, it may be fundamentally a question of forethought, of wise precision, of careful calculation, which course makes for the best results. The present state of the world scarcely favours the principle of rapid and reckless increase. Millions of honest men cannot obtain employment. Millions of anxious housewives find the utmost difficulty in providing their families with proper food owing to the prevailing high prices. They may realize, as Dr. Cornish puts it, that "from the Imperial point of view," there should be no limit to the population, but in the meantime the average man and woman have to decide what is most expedient from the human point of view. Are they to live in poverty, perhaps in squalor and despair, in order that the Empire thousands of years hence shall be safe? It is very noble and patriotic to answer in the affirmative. But the individual is selfish enough to think of himself first, and nature has taught him the law of self-preservation. Hence it comes about that, whether it be right or wrong, he is satisfied with a small family. All this may seem very distressing and very deplorable, but our purpose is to find the commonsense reason for the fact that stares us in the face. That fact is that leading civilized countries, despite the doctrinaires and their gospel, are engaged in what is called "birth control." It may be bad for the future. It may mean that inferior but more populous races will become dominant. That would be a terrible calamity—the Goths and Vandals once more sweeping away Rome with all its culture and glory. Whichever way we look at it the problem is a thorny one, and no philosopher can set it right in an epigram or solve it by means of a dogma. Humanity works out its destiny for good or ill in its own way, and all that science can do is to register the facts as they occur.

ENGLISH MEDICAL MEN DISCUSS CONTRACEPTION

THE July number of *The Practitioner*, one of the leading English medical journals, was wholly devoted to the subject of Birth Control. It contained an unsigned editorial and ten articles signed by men and women physicians. Only one of the ten, Professor Henry Corby of University College, Cork, was wholly opposed to Birth Control, although others made partial objections from various points of view.

It is worth noting that the medical men who have most prominently identified themselves with Birth Control in England are not included among these writers. The names of Lord Dawson, Sir Arbuthnot Lane, Sir James Barr, Sir William Bayliss, Sir Bryan Donkin, Dr Bernard Hollander and Dr C. Killick Millard are conspicuously absent, and the writers are chiefly men and women who have not previously taken an active part either for or against Birth Control.

We give below some striking extracts from the articles.

The ever-present necessity for forethought against war has created a false standard in these matters. Hitherto mere numbers have represented the ideal to be aimed at, a falling birthrate has been regarded with serious alarm. Quantity rather than quality has been sought after. The recruiting experience of the Great War has demonstrated the fallacy of this view. It has shown that a very large proportion of the young adult males were not only quite useless for military purposes, but represented a very serious drag on the communal coach. If, therefore, it can reasonably be argued—and it can—that limitation of families in the lower classes would mean better physique and increased efficiency for the individual, then the case for limitation, even from a purely military standpoint, becomes unanswerable.

The subject of Birth Control is not taught in the medical schools, and in the case of schools for male students it is safe to predict that it never will be. In schools of medicine for women it is equally safe to predict that it will be, for women are more practical and less hypocritical than most men. It is therefore desirable that medical journals should afford opportunities for full and fearless discussion of the subject. And not only because of the considerations above referred to, but for the incidental yet very cogent reason that contraceptives are calculated to abolish the abortionist.—*Editorial*

The question of the morality of bringing into the world numbers of children which the parents are unable to support or to care for properly, from the point of view of hygiene and public health, has been

argued repeatedly, but there is undoubtedly a consensus of opinion amongst broad-minded thinking persons upon the inadvisability of it, as also to the injustice to the children caused by indiscriminate reproduction of the species from the eugenic point of view.—*Sir Maurice Abbot-Anderson* (An Open Mind)

If there is already one child and advice is sought for the prevention of any increase in the family, one strongly urges that there should be at least a second child, if not more, for the sake of both the first child and of the parents.

—*Henry Russell Andrews, M D* (Opposed)

Whenever any condition of ill-health in the mother renders child-bearing a peril, it is the duty of her medical adviser to tell both herself and her husband that they must have no more children. From a eugenic point of view, it is also very important that an inheritance of mental defects, as distinguished from mental disorder, should not be passed on to another generation.—*Lady Florence E Barrett, M D* (In favor but critical of methods)

The medical profession has been the first to point out the undesirability of the uncontrolled propagation of the unfit, and has at no time advised the production of offspring under conditions which are unfavorable or detrimental to the individual or the state. What is required is the further training of medical practitioners and medical students on the question, so that patients seeking professional advice are not left to chance or refused information because of want of knowledge on the part of the medical attendant. I feel strongly that the subject of Birth Control is a matter for the consideration of the medical profession alone, and that they can no longer shirk their moral responsibilities in dealing with its present harmful results.—*A Louise McIlroy, M D* (Opposed)

The points regarding Birth Control on which the practitioner will commonly be asked to advise are its effects on health and the methods to be adopted. Though less frequently, cases will also arise in which a married couple may have to be warned on strictly medical grounds of the danger of a pregnancy to the life or health of the woman. My purpose is to confine consideration to these points, and to eschew all reference to the sociological and economic aspects of Birth Control, for I do not think the personal views of the practitioner should influence the advice he gives to his patients.—*J S Fairbairn, M B, F R C P, F R C S* (Cautiously favorable)

Most members of the medical profession are agreed that the propagation of the physically unfit is detrimental alike to the unfortunate individuals themselves and to the nation as a whole. I take the view that the proper channel by which such informa-

tion should be given, *when required*, is the medical profession—*Beckwith Whitehouse, M S, F R C S* (Not favorable)

Most medical men meet with cases in which the occurrence of pregnancy is fraught with considerable risk to the mother. Loss of reason, loss of sight, permanent invalidism, dangerous illness and loss of life itself are among the results that may be anticipated under certain circumstances, well known and easily recognized. No doubt a possible line of action is to let things take their course in cases in which pregnancy is only a misfortune, and to procure abortion at an early stage in cases where the continuance of pregnancy is thought to threaten real disaster. But the artificial termination of gestation involves considerable risk, trouble, suffering and expense, and it should not be lightly undertaken. Prevention in this matter is better than cure.

It must be realized that complete abstention on the part of married couples may lead to much unhappiness and nervous strain. Indeed, the practical medical advisor will not forbid coitus, for he knows that it is his duty to relieve suffering and prolong life without adding to the sum total of his patients' distress. He will therefore suggest measures for the avoidance of pregnancy, either permanently or for a time, without interference with ordinary married life—*W E Fothergill, M D* (Favorable)

It must be assumed that, under existing conditions and under stress of economic pressure, there are a large number of married couples in this country who cannot afford families of unrestricted size, and that without some huge and wholly impractical scheme of maternity endowment it would not be in the national interest to encourage the improvident procreation of children, however great may be their value as cannon fodder.

As my own interests in this complex problem are chiefly concerned with the fate of the children who are born to married people who practise various means of contraception, I am quite prepared to give my opinion openly that I believe some of the best children are born under conditions in which a wise and prudent choice has been made of the time of conception, by the deliberate limitation of the family—*Eric Pritchard, M D* (Favorable)

Now to sum up: contracepts undoubtedly tend to produce ill-health in both husband and wife, and the resulting nervous irritability tends to banish the harmony and love that should subsist between them. The children that are permitted to come into existence lose all the gaieties and joys of child-life. If the advocates of these self-limiting practices are successful in making them at all widespread, the land will be cumbered by a weakly, degenerated race of neurasthenics and hypochondriacs, not a small percentage of whom will drift into lunatic asylums where, poor creatures, they will be in the midst of their fellow-masturbators—*Henry Corby, M D* (Opposed)

The writers of most of the papers go into detail about methods of prevention of conception, and the last paper—the longest of the series, is by Dr Norman Haire, who formerly conducted the East Street Birth Control Clinic. He analyses results in the 1,200 cases that came to the clinic in the twelve months from July, 1922, and ends by urging the need of study of contraception by the medical profession. It is worthy of note that the doctor who writes most positively about the evil results of contraception has had no cases under his direct observation, while Dr Haire, out of his wide experience is unqualifiedly in favor of scientific Birth Control.

The Indian Population Problem

By PROFESSOR GOPALJI

A Paper Presented at the Fifth International Birth Control Conference

INDIA resembles a vast garden literally choked with weeds, fine roses being few and far between. The people are only too numerous, and exhibit the unfortunate tendency to increasingly multiply their kind. Sheer numbers prevail, quality being relatively rare. Race degeneration proceeds apace, and racial poisons are fast increasing in strength and extent. A thousand and one evils are rampant abroad. The social reformer, the educationist, the statesman, the philanthropist, and above all the eugenicist are groping in the dark. The field becomes vaster with the effort.

II Abject Poverty

India, celebrated in the earliest ages for her immense wealth, was at one time the richest country in the world. Sultan Mahmud of Ghazni was so much struck by the splendor and magnificence of Kananj that he declared that "it was only rivalled by the high heavens." The spoil of Nadir Shah was valued at £625,000,000. But unfortunately the present condition is disappointing. The average annual income per head, as computed by eminent Englishmen (Famine Commissioners of 1880, Sir Robert Griffen, 1903, and Sir Patrick Play-

fair, 1912) is Rs 30 (say £3), that in the United States being £39, United Kingdom £37, France £27 8, and Germany £22 2. The average wealth per head in India was computed by Sir Robert Giffen in 1903 at £10, that in the United Kingdom at £334, United States £270, France £252, and Germany £246. The aggregate wealth of India was estimated at £3,000,000,000, United States £18,000,000,000, Germany £16,000,000,000 and England £15,000,000,000.* Now mere courtesy styles India as "the brightest jewel in the British Crown."

Comparisons are odious and averages reflect but little the chronic poverty of the masses. The richer classes represent only a microscopic minority and the poorer classes constitute the telescopic majority. "Ill fed, ill clad, ill lodged, the mass of the people of India lead a dull and dreary existence." And even that is threatened by constant famines and epidemics.

III The Ultimate Cause

No complex results can rightfully be ascribed to single causes. But the relative importance of influencing factors can be fairly indicated to a great extent. Of all possible causes of our extreme poverty—loss of spiritual and moral ideals in practical life, the break-up of good old systems under changed circumstances, persistence of old-world habits, customs, manners, and even prejudices, lack of sufficient and suitable education, and the much-maligned political disabilities—thoughtless, irresponsible and extensive breeding, particularly among the middle and poor classes, is one of the basic, if not *the* basic factors.

Dense ignorance prevails, even among the educated classes, on sex-hygiene, eugenics, and Birth Control. Orthodox morality, spurious sentiment, false modesty, and even sham hypocrisy blind people to the most real issues of life.

Little do the people know even the homely facts of science, the truest saviour of mankind. What we need most is a living realization of and a practical lesson from the inherent and ultimate tendency of every organic being. As a rule, it naturally increases at so huge a rate that, if not destroyed, the earth would soon be covered by the progeny of a single pair. Linnæus, the celebrated Swedish naturalist, made very interesting calculations. If an annual plant produces only two seeds—and there is no plant so unreplicative as this—and each seed should "fulfill its mission," there would be two plants in the second season, four in the third, eight in the fourth, and so on in geometrical ratio, until in twenty years there would be a million plants. Now let us consider the case of an insect

A single flesh-fly (*Musca carnaria*) produces 20,000 larvæ, reaching their full size in five days, increases ten thousandfold in a fortnight, and if allowed to breed at this rate only during three months of summer, it would produce at the end of the season one hundred millions of millions of millions flies. Linnæus asserted, and rightly too, that a dead horse would be devoured by three such flies as quickly as by a lion. Nay, even slow-breeding man has doubled in twenty years, and, at this rate, in less than a thousand years, there would literally not be standing room for his progeny."

But from day to day, month to month, and year to year, we notice a modest increase in the number of plants, animals, and men, far below the theoretical calculations. The plain fact is that in nature there is a cut-throat struggle for existence, a blood-and-iron competition among organisms seeking food, shelter, or mate. True, indeed, is the poet's picture of

"Nature, red in tooth and claw"

The vast majority of potential and actual organisms die in the struggle. Thus we have "the survival of the fittest" or "the destruction of the unfit." Therefore we arrive at the striking conclusion that in nature "death is the rule and life the exception." If man, with all his reason, submits to nature, recklessly multiplies like wild plants and animals, and exercises no prudence to escape from the unfortunate consequences of the unrelenting struggle for existence, he belittles his very name. With him "life should be the rule and death the exception."

IV Our High Birth Rate

Early and universal marriages, little parental responsibility, and no prudence, are the causes of a very high birth rate in India. "Everybody marries, fit or unfit, and becomes a parent at the earliest possible age permitted by nature. For a Hindu marriage is a sacrament which must be performed regardless of the fitness of the parties to bear the responsibilities of a mated existence. A Hindu male must marry and beget children—sons, if you please—to perform his funeral ceremony, lest his spirit wander in the waste places of the earth. The very name of son, 'Putra,' means one who saves his father's soul from the hell called Puta. A Hindu maiden, unmarried at puberty, is a source of social obloquy to her family and of damnation to her ancestors" ("The Population Problem in India," P. K. Wattal, p. 3). The Mohammedan faithfully follows the Hindu example.

The population of India at the beginning of the nineteenth century is estimated to have been roughly 100 millions, and in 1911 it was 315 millions. What a huge increase! Of the total population,

* These are pre-war figures

among males, 49 per cent are unmarried, 46 per cent married, and 5 per cent widowed, among females, 34 per cent are unmarried, 48 per cent married, and 17 per cent widowed. Among male bachelors, three-quarters are under fifteen, only one in twenty-four is over thirty years. Among spinsters, more than three-quarters are under ten, only one in fourteen is over fifteen years, and at reproductive age period, fifteen to forty, the unmarried female population is only 6 per cent. Early marriage is a curse in many parts of India. Up to the age of fifteen, no boys and girls are married in England, but in India 6 per cent males and 20 per cent females are married. An early marriage becomes really funny when the would-be life-partners understand it little, and later in life can hardly remember it, except a feast or a dance in its connection. But it becomes a positive absurdity—and such cases are many—when male or female friends, sometimes unmarried themselves, solemnly promise to marry their issues should they happen to be of opposite sex.

Another regrettable feature is almost universally met with. Parents value and love their offspring differentially. Census officer, 1911, observes "Sons are eagerly sought for, while daughters are not wanted." The proportion of females per 1,000 males was in 1881, 954, 1901, 963, and in 1911, 954. In many parts of India, particularly in Bengal, daughters are very much dreaded because of the costly dowries to be provided at marriages, often by running into lifelong debts. Many a heroic girl has burnt herself in the fire before her marriage to save her poor father from the impending financial and social peril. True, indeed, some over-burdened parents exclaim on a birth of a daughter, "Ah! Here is another decree of 5,000 rupees."

Our birth rates is, with the exception of European Russia, the world's highest. The average birth rate for 1,000 living persons for decennial period 1902-11 is, for India, 38.58, European Russia, 1896-1905, 48.47, Japan, 1900-9, 32.85, Germany, 32.31, England and Wales, 26.8, and France, 20.25. Twenty per 1,000 is a fairly satisfactory birth rate.

The birth rate per 1,000 living, excluding still births, for Delhi, the capital of India is

Year	Birth Rate
1914	49.11
1915	50.97
1916	48.72
1917	53.28
1918	50.93
1919	50.94
1920	49.42
1921	51.82

A continuously high and sad record, indeed

V The Unfortunate Consequences

Premature, reckless and excessive breeding leads to any number of undesirable results, chief among which are the following

(1) *Smaller Natural Increase and Fecundity*—Our survival rate is very low in spite of our high birth rate. As regards fecundity, a little comparison will be instructive. The total number of females of reproductive ages (fifteen to forty-five) in England and Wales in 1911 was 8,988,745, and the birth rate per 1,000 such females was 98, the total number of such females in India in 1911 was 71,535,861, and the birth rate per 1,000 such females was 128. That appears to be rather a satisfactory increase. But if we calculate the birth rate per 1,000 married females of reproductive ages, we find the Indian birth rate is only 160, while the English birth rate is 196. The reason is not far to seek. Too early, irregular and excessive cohabitations and unsatisfactory or bad conditions of feeding, clothing, housing and living, undermine the health, strength, and consequently the reproductive power of women.

(2) *High General Mortality*—Alas! our death rate is the highest in the world. The average death rate per 1,000 living for the decennial period 1902-11 was, in India, 34.2, European Russia, 1896-1905, 31.41, Japan, 1900-9, 20.86, Germany, 18.39, France, 17.32, and England, 15.15. The death rate per 1,000 living, excluding still births, for Delhi (a typical Indian town) is

Year	Death-Rate
1914	40.01
1915	34.16
1916	38.88
1917	36.46
1918	74.08
1919	46.40
1920	37.50
1921	41.11

What a disappointing record!

(3) *High Infantile Mortality*—This is the saddest aspect of our high birth and death rates. A greater misery and keener bitterness than the death of a child is difficult to imagine. It leaves lasting shadows over the lives of its unfortunate parents. And India leads the world in infantile mortality. The average mortality rate of infants under one year of age per 1,000 births for 1902-11 is, for United Provinces (India), 352, Burma, 332, Bombay (India), 320, Punjab (India), 306, Bihar and Orissa (India), 304, Bengal (India), 276, Chile, 293.4, European Russia, 1895-1905, 260.5, and Hungary, 207.6. The average Indian infantile mortality rate is 250.

The average infantile mortality rate per 1,000 births for Delhi, the Imperial capital (a typical Indian town), is

Year	Infantile Mortality Rate
1914	313 42
1915	249 33
1916	265 66
1917	256 24
1918	333 32
1919	268 33
1920	232 54
1921	232 39

"The infantile mortality rate during the year 1921 was 232 39, against 232 54 in the preceding year 1920, that is, a decrease in this rate by 0 15. This is a feature of interest and *great satisfaction*, as this figure records the lowest infantile mortality rate in the sanitary history of Delhi" (Delhi Municipality Health Report, 1921, p. 2. *Italics mine*). A matter for congratulation indeed! There appears the following significant observation: "High infantile mortality prevails in quarters inhabited by the poor and the ignorant, and it varies inversely (in an inverse ratio) to the social status of the population" (p. 5).

(4) *High Female Mortality at Reproductive Ages*—The average number of female deaths per thousand between the ages of five to fifteen, and fifteen to thirty, in 1911, is (those for fifteen to thirty being shown in brackets), for Madras, 923 (1,232), United Provinces, 897 (1,080), and Bombay, 970 (1,043). Phthisis or some other respiratory disease or ovarian complications are the chief causes of deaths within ten years of early marriages. The resulting misery is deplorable.

(5) *Short Average Life Expectation*—We learn that in days gone by the people of India lived to good old ages. In the daily prayer of Hindus there is a *mantra* (hymn) whereby the devotee prays to God to grant him a life of at least a hundred years. But in *Kahyugya* (this dark age) persons who live a hundred years or more are rare.

The average life expectation of a male at birth in India is 22 59 years, whereas in England it is 46 04, that is, twice as long. Nay, the average life expectation of a male at birth in India in 1891 was 24 59 years, in 1911, 23 63, and in 1911, it came down to 22 59. Similar are the records for females and other ages. Nothing could be more unfortunate than the downward tendency exhibited by figures representing average life expectations in India.

(6) *Misery and Disease*—Untold worry, misery, pain and suffering are the inevitable consequences of high birth and death rates. Infectious diseases

play havoc in the country. Fully a fatal dozen have been recognized. The following are the notifiable infectious diseases: smallpox, chicken-pox, measles, diphtheria, scarlet fever, enteric fever, typhus fever, erysipelas, cholera, plague, tubercle (phthisis) and influenza. In Delhi alone (population on March 18th, 1922, 248,302—by no means a big town), the chief causes of deaths in 1921 were fevers, 3,918, respiratory diseases (excluding lung tubercle), 3,037, dysentery and diarrhoea, 448, tubercle (including lung tubercle), 350, and cholera, 307. The total number of registered deaths in India in 1917 was 7,803,832, of which fevers accounted for 4,555,721, plague, 437,036, cholera, 267,002, and diarrhoea, 260,984. The total deaths from plague in all India (British and native states) from 1896 to 1917 exceeded eight millions, averaging nearly half a million a year. The figures are shocking and significant.

(7) *Racial Degeneration*—Racial defects and poisons are multiplying from day to day. The physique of the people is surely deteriorating. The tall, stout and strong are being fast replaced by persons lean, lank and bony—objects fit and proper for the study of a student of medicine. The extent and pace of growing degeneration justify anxious thought and speedy cure.

VI A Sure Remedy

A selective lower birth rate will surely go a great way towards checking the evil. Then only will the right sort of material be ready for the social reformer and the eugenicist. Puberty marriages should be universal for fit persons. Late marriages should be exceptional. *Brahmacharya* (continence), lifelong or partial, is possible and highly desirable for persons of rare capacity, who can really live an absolutely chaste life in thought, word and deed. Half-hearted or inconsistent attempts at continence lead to more evil than good. *Brahmacharya* represents the ideal condition, and it is naturally possible for the gifted few.

Normal enjoyment in wedded life and right living should be encouraged. Sexual excesses should be denounced. Blessed will be the day when there will be sheer vulgarization of the knowledge of sex hygiene, eugenics and Birth Control. Till then, the marriage and parenthood of the unfit should be under social or State control.

CONCLUSION

It is confidently hoped that the leaders of Indian thought will muster courage, blow up obsolete ideas, shake off old-world prejudices, and lead this ancient land aright on the noble pathway of national regeneration to her eternal glory.

C₃ Motherhood In England

By EDWARD CECIL

A Paper Presented at the International Birth Control Conference in London, July, 1922

NO ONE has more influence for evil in the world than a C₃ mother, and yet when one considers the immense amount of C₃ motherhood which exists in this country, it is amazing to find that, whereas the minor causes of this distressing social phenomenon receive a great deal of attention, the major cause is hardly ever spoken about. It always requires a certain amount of courage to go to the root of any problem, and I suppose this is the real reason why so many well-intentioned people hesitate about going to the root cause of C₃ motherhood.

It is, of course, chiefly amongst the poor, and especially amongst the very poor, that we find C₃ mothers. It is not, I think, sufficiently realized that just because the poor are so very numerous, the harm done to the community by the evils associated with and caused by poverty is immensely greater than the harm done by the evils which spring up in the middle classes and amongst the really well-to-do. Frivolity in mothers, extravagance in mothers, over-indulgence in pleasure in mothers, irresponsibility in mothers, all these lamentable symptoms of the failure of mothers to realize the immense privilege of being a mother, which are more or less observable among the rich and the fairly well-to-do, are no doubt deplorable, but the vast majority of the mothers of the nation live under conditions of life in which frivolity and over-indulgence in pleasure are impossibilities. One cannot over-indulge in recreations and amusements when in one's life recreation and amusement hardly exist at all. When we, therefore, consider the health, the happiness, and the social well-being of the nation as a whole, we ought to give our first attention to C₃ motherhood as it exists in the most numerous class of the mothers of the nation, rather than as it exists in the small and favored classes. And yet we find the very opposite is being done. We hear sermons about the mothers of Mayfair who forget the joys of motherhood in the delights of Monte Carlo. We read diatribes against the mothers of the middle classes who leave their children to the care of nursemaids, and we open our daily papers and peruse highly-colored descriptions of some tragedy or other of unmarried motherhood. In short, all our attention is given to the sensational problems of the comparatively few, whereas, if we wish to be useful, we should be considering the life conditions of the immense majority.

Considering, therefore, motherhood below the level even of that now much-advertised social com-

plaint, middle class misery, considering frankly and simply motherhood in the working classes, in skilled and unskilled labor, let us examine what it is which causes C₃ motherhood in the mean streets and slums.

In considering the lot of mothers amongst the poor, and especially amongst the very poor, philanthropic people concern themselves chiefly with palliatives. There are people who want to give bounties for babies, free milk and free education, and even extra nourishment and holidays for mothers. All sorts of schemes are propounded, all of them more or less in the nature of doles, and all of them more or less tainted with charity and patronage, and tending to make the mother dependent rather than independent. But I am not concerned with palliatives. I care little for sops and schemes to soften bad conditions. I care more for probing to the root cause, and to any other causes which I can discover. Eradicate or modify the root cause, and get rid of any minor cause, however insignificant, and not only will good be done, but permanent good will accrue. Palliatives leave the evil conditions to go on forever. Eradication of causes means that the evil conditions cease and are removed, not only from our generation, but from the generations to come.

Well, the great root cause of C₃ motherhood amongst the poor is too much motherhood. By this I do not mean that there are too many mothers. Unfortunately, there are not as many as there should be. For, owing to the appalling conditions which the mothers of the poor have to endure, there is now a shrinking in the girls of the working classes from getting married at all. What I do mean is that the mothers of the poor have far too many children. What chance can there be under modern conditions of life in towns for the mother herself, or for her children, when children are brought into the world at the rate of one a year?

Rules of life which were all very well for people who lived a nomadic life, wandering about in tribes over deserts and stretches of pastoral land, become farcical and finally grotesquely horrible and tragic when they are applied to people who live in mean and narrow streets and who eat and sleep and live and die in small, ill-ventilated rooms in towns and cities, where such food as the poor can obtain with their limited means is of almost incredibly inferior quality.

Now, I say, that at the very least a child is en-

titled to its mother's love and its mother's care and its mother's attention for the first two and a half years of its life, and that a mother, if she is to have time to get the benefits of motherhood, must give at least this period to constant intercourse with her child. If this minimum is infringed upon, we get a C3 mother and a C3 child. What may we then expect, and what do we, as a matter of fact, get under the practice of unlimited motherhood in our mean streets? We get that which we deserve for refusing to give knowledge to the poor and ignorant, we get thousands and thousands of C3 mothers and tens of thousands of C3 children. Almost half the women out-patients of our voluntary hospitals are women who are suffering from the effects of unlimited motherhood.

It is not my business, here and now, to enter upon the domain of medicine. Suffice it to say there are methods, perfectly clean, healthy and harmless methods, which can safeguard a woman, however poor, from being broken down by motherhood. I am not now concerned, either, with these methods or with the methods by which the ignorance of the poor should be enlightened. Neither am I concerned with the mass of prejudice which always stands in the way of lifting the curtain of ignorance from the vision of the poor and needy. Throughout the whole of the history of the world, and particularly through the now happily discredited Victorian period—to say nothing of the history of the churches—it has always been the policy of some people to keep the poor without knowledge.

It is, therefore, in no way surprising that there are people today who want to keep the women of the poor in the darkness of ignorance. But the purpose I have at heart is to impress upon the community as a whole the sheer folly of keeping in the body of the nation this great national sore of C3 motherhood. And I wish to emphasize as much as I possibly can that treating the sore with poultices and palliatives is not removing the sore. Doles to motherhood are useless, bounties for babies are sheer folly, no self-respecting man ought to stand being given a dole. Why should I or any other man expect a mother to have so little self-respect as to be content to be dole-fed? The only way to cure C3 motherhood is to teach the mothers of the poor how their motherhood can be regulated and controlled in accordance with the means of the family and the physical capacity of the mother. That is why I say, as I have always said, that Birth Control, and nothing short of Birth Control, is the Magna Charta, or Charter of Freedom, for the women of the poor.

Immigration

By MRS ANDRE RIEDER

"U S Immigration Surplus," "Shipping Companies Blamed." These are the daily headlines in this month of July, *anno domini*, 1923, in the European press! We hear of "quotas," "cheap foreign labor," "Ellis Island," etc., *ad nauseam*. All this varied by pertinent questions to the British Prime Minister in Parliament about "detention of British subjects on Ellis Island!"

In Italy, too, was voiced an intimation of asking the United States Government to increase the Italian quota.

At Lausanne, during the Turco-Greek pourparlers, M. Venizelos, faced with the dreaded repatriation of thousands of returning Greeks, blanched at the prospect.

Everywhere, in all lands, the same terror of invading hordes of population, and everywhere efforts to push to other lands the native over-increase!

Everywhere the same illogical interpretation and exhortation (*verbatim*) of the Old Testament to over-industrialized, huge agglomerations of populations to increase and multiply—by priests in churches which depend for support on the self-sacrificing labors of their women parishioners.

It is almost ludicrous that this crushing burden of bearing children—often unwanted, diseased, of weak physique—should be imposed by those who do not bear on those who do. How easy to exhort, how hard to bear!

But with citizenship—the vote, and all it implies—woman will emancipate herself, and has already done so by demanding a different status in married life, the full authority of parenthood, power over her own children, and—in spite of church and priest of mediaeval complexion—the complete command of her body.

The advanced thinkers, who meet in the Women's International Forum for interchange of ideas for constructive thinking and discussion, to be followed by co-operative legislation on all points concerning women and children on their return to their respective lands—these have already overcome old, worn-out theories and impedimenta to the uplift of the race.

These women are convinced that to procreate and to pour into the world beings for whom there is only poverty and misery is positively immoral.

Such motherhood, to which woman has been for centuries exhorted, is a travesty of the noblest of human functions.

To these fearless International Women, Mrs. Margaret Sanger, in her battle for a higher expres-

(Continued on page 306)

IS IT JOY TO BE OF A LARGE FAMILY?

The "Little Mother" Would Save Her Children from Similar Experience

The family of many brothers and sisters is often extolled by the opponents of Birth Control, and the children of small families are pitied for the loss of happy companionship and useful brotherly and sisterly discipline. It is true that if the father can amply support many children and if the mother's health is good and she can have sufficient assistance with her babies, a large family may be, and in former days often was, a happy one. Now it is chiefly among the poor, where these conditions are not present, that the large family is to be found. And it is rarely that the large family nowadays means happiness to the brothers and sisters. The lives of the elder ones are crushed by the weight of vicarious parenthood which they have to shoulder, while they are far too young for the burden. For the boys, many younger brothers and sisters mean child labor, loss of schooling, loss of opportunity for proper development, while the girls become little mothers whose bodies are distorted with the carrying of heavy babies, and whose playtime is snatched from them, even if they are permitted to attend school. It may be that now and again one of the younger members of a large family develops into a great man, but who can calculate the loss that the world suffers, through crushing out the possibility of greatness in the elder brothers and sisters who have been sacrificed to allow him his opportunity. The letters that follow are just a very few out of thousands which tell in the words of the children themselves something of the misery of being one of too many children.

Thwarted Ambitions

California

I am the eldest of nine living children, the baby is but four years of age, I twenty-seven. Two brothers passed away, one as the result of the misdeeds of my father, the other the victim of poverty and ignorance. My mother, now at the age of forty-five is an old, broken woman. I have seen her gradually converted from a person of refinement and culture into a brow-beaten, uncouth country woman, reduced by poverty into a household drudge, a human breeding machine. I have stood beside her bed through the dark watches of the night, without the presence of physician, father or friend to assist in the advent of a new baby. I have watched her suffering terrible agonies, as she directed me during periods of consciousness as to the functions I must perform. Is it small wonder that marriage and child-birth have lost their sweetness and beauty and hold naught but repugnance and abhorrence? I find naught but loathing for it all and I know that it is not right to so fill one's heart.

The children represent two distinct groups. We three older ones have the blessing of health, reasonable intelligence and a desire for the cultural things of life. The others are not so well provided for, one sister is feeble-minded, the direct result of my father's conduct before her birth.

From the age of twelve I have earned my living. It has always been my ambition to some day accomplish

something in the field of education. At eighteen, born and reared in ignorance in the country, I was forced into a distasteful marriage, which, fortunately, was never consummated. However, I refused to discontinue my school work and, by working at various tasks, have succeeded in attaining a part of that for which I strive.

I only wish that those who so strenuously oppose birth-control might assume for a time the duties and responsibilities of the class-room teacher who must accept the children as they come to her, be they strong, weak, mentally deficient or filled with disease.

Eight Fatherless Children

Oklahoma

I am one of the thousands that would give most anything to know of a harmless method to prevent having children. If I think that I should live my mother's life I'd rather die. My mother gave birth to thirteen children, five of them died, but she had eight left when father died, and we that were old enough had to work for other people to make a living. I know that she did not want all those children, but she did not know what to do to prevent having them.

My sister is married three years and has two boys, and she lives in constant fear that she will be in that condition again. If it is in your power to help us, we would be grateful to you the remainder of our life.

A Bitter Childhood

Kansas

I am the oldest one of six children all born in a space of less than ten years, and my mother had three miscarriages during that time too

My childhood was a bitter period of taking care of the younger ones and trying to help to do the work while mother lay so ill in bed I got many a whipping for not taking care of the baby And to this day I find that I can't very well shake off the rebellion that arose on such occasions

I am married now—possibly you think me foolish for stepping into my mother's shoes I can't give any reason, only that I wanted to But I do not want a half-dozen children I would like two children, but my mother tells me I won't be very apt to stop then—and I simply will shoot myself if I have to go through what she did

We are very careful but how long my husband will consent to be careful I don't know as he shows signs of kicking over the traces already Then follows a quarrel, a long sulky spell and the same thing is repeated I just live in misery till my monthly comes around

My own cousin who is a doctor turned me down on the subject Mrs Sanger isn't it possible for you to listen and help another whose wails arise from darkness?

"Had To Fight Our Way"

Oklahoma

My mother was the mother of eleven children When I was eleven years old, we were left orphans—five of the children were younger than myself, and but one of the older ones grown up and he was married and had more than he could care for So we just had to knock and fight our way through the best we could I would rather be in my grave than to think of leaving a whole houseful of small children to make their way through life the way I had to make mine

I have given birth to three children since July, 1920 My health broke with the birth of my first baby, and at 22 years of age I feel and look 40 And I have to divide the care and clothes one ought to have between three I have been taught it is a sin to miscarry one, but I have decided it is just as bad to bring one into the world when you have neither means nor strength to care for it

Children Not Happy

Washington

I am the oldest daughter of a poor man and have eight brothers and sisters It is a very large family and the younger children are not happy, mother is very poor in health, and can't afford to see a doctor She is very miserable and unhappy, she told me she may be pregnant now, and is desperate I know she knows nothing of your ideas, for when I told her of them she was surprised

I am eighteen and have been married three months, we

are not well enough off to have children for about two years yet, but I don't really understand how I can prevent it, as mother has never told me much about sex problems I have read many books and understand them some in my own way, but vaguely

Won't you please tell me what to do, as I would never like to do anything desperate which, I believe, I would if I became as unhappy as mother I also want to tell her more about it, so she will be more happy

My younger sister may be married any time now, and I know she would do anything to keep from having children, as she is in as much misery at home as the rest

"Left Me To Be Mother"

Nebraska

Here is my story As far back as I can remember there has always been a baby in our home Of course before they come we are hateful, but when they do come we love them nearly to death The time before this we all hoped it was the last and just after I had promised a good man I would marry him I found my mother was to go down the same old path again The doctor said there was little chance for her life (All this I found out after I was married but my husband said I could go home this summer) After three weeks with my little mother who was in the worst misery one could ever see, her time came and she brought triplets (two girls and a boy) into this world She died a few hours later without a word of good-bye to us We are fifteen now and I am next to the oldest She has left me to be mother to her little ones, but how can I, if I do not know how to keep myself perfectly well and free from child birth until I can live in my own home? I have two sisters just younger than I am, but I have to be manager

For the sake of our babies now here do give me some certain, practical information on this line Our little triplets are eight days old and I have a little sister of four We are very poor and cannot pay for a nurse's work

Mother Had Sixteen

New Jersey

I am a young mother of two children, a boy of three and a girl of one year I beg you to please tell me that one and only thing—how to prevent from having any more, as I know how my mother and sisters have suffered My mother had sixteen children, one sister has five, expects another in a few months, the other sister has three and just had a dead-born baby two weeks ago She is so thin and not a bit strong, and had not enough blood for the new baby, and after all that suffering the baby was born dead for lack of blood

I have two and would like to save myself and my sisters from having any more, as we find it very hard to get along at present with the conditions

THE MIDDLE WESTERN STATES

HOTEL DRAKE BALL ROOM, CHICAGO

OCTOBER 29, 30, 31, 1923

Monday, October 29th

- 5 P M—Reception
- 7-8 P M—Registration
- 8 P M—Open Meeting

Chairman—MR HORACE J BRIDGES, President Ethical Culture Society of Chicago

Address of Welcome—MRS MARGARET SANGER, President American Birth Control League

Tuesday, October 30th

9 30 A M—1 P M

Chairman—E A ROSS, Professor of Sociology, University of Wisconsin, Madison, Wis

"SOCIAL TREND IN AMERICA"

E M EAST, Professor of Biology, Harvard University, Boston, Mass

"CIVILIZATION AT THE CROSSWAYS."

JUDGE HARRY OLSON, Chief Justice Municipal Court, Chicago, Ill

"CRIME AND HEREDITY"

DR ELEANOR ROWLAND WEMBRIDGE, Clinical Psychologist of the Women's Protective Association, Cleveland, Ohio

"THE SEVENTH CHILD IN A FOUR-ROOM HOUSE"

DISCUSSION

2 30 P M—5 30 P M

Chairman—H A MILLER, Professor of Sociology, Oberlin College, Oberlin, Ohio

"SOCIAL CONTROL AND BIRTH CONTROL"

LEON JACOB COLE, Professor Genetics, University of Wisconsin, at present, Chief, Animal Husbandry Division, United States Department of Agriculture, Washington, D C

"ANIMAL ARISTOCRACY AND HUMAN DEMOCRACY"

REV JOHN H RYAN, Chaplain Illinois State Reformatory Springfield, Ill

"FAMILY CONDITIONS AS RELATED TO THE CRIMES OF YOUTH"

H PAULINE LITTLE, R N

"THE COST IN SOCIAL AND SPIRITUAL VALUES"

RACHELLE S YARROS, M D, Associate Professor of Obstetrics, Medical Department, University of Illinois

"BIRTH CONTROL AND SEX HYGIENE"

DISCUSSION

8-10 P M—Special Session for the Medical Profession

Chairman—DR JOSEPH L. BAER, attending gynecologist and obstetrician at the Michael Reese Hospital, Professor of Gynecology and Obstetrics at the Rush Medical College, Secretary of the Chicago Gynecological Society

METHODS OF CONTRACEPTION

JAMES F COOPER, M D, Boston, Mass, formerly Captain Royal Army Medical Corps, Professor Clinical Laboratory, Methodist Union Hospital, Foochow, China, at present, resident physician Medical Missionary Dispensary, Boston clinical instructor in obstetrics, Boston University Medical School

"THE PROS AND CONS OF PRESENT METHODS"

CONFERENCE COMMITTEE

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Chicago, Ill
DR HERMAN M ADLER
Chicago, Ill
MRS MAX ADLER
Chicago, Ill
MRS BENJ AUERBACH
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PROF BRAND BLANSHARD
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PROF EDWIN D DICKINSON
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Hamline University
MRS S ELSNER
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PROF EARLES EDWARD EUBANK
University of Cincinnati
PROF DANA McKEAN EVANS
Cincinnati, Ohio
PROF JOHN HERBERT FARLEY
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DR JOHN FAVILL
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PROF AND MRS JAMES A FIELD
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MRS AMY WALKER FIELD
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PROF RAY C FRIESNER
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PROF JOHN LEWIS GILLIN
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DR JAMES C GILL
Chicago, Ill
MRS MAURICE L GOODKIND
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PROF ROSS AIKEN GORTNER
University of Minnesota
D J P GREENHILL
Chicago, Ill
MRS ROBERT B GREGORY
Chicago, Ill
DR CLIFFORD H GRULEE
Chicago, Ill
DR GEORGE W HALL
Chicago, Ill

BIRTH CONTROL CONFERENCE

NORMAN HAIRE, Ch.M., M.B., (Sydney), Hon Medical Officer, Saffron Hill Maternity Centre, London, formerly Hon Medical Officer in charge East Street Welfare Centre, Walworth, and Chief Resident Medical Officer, Royal Hospital for Women, Sydney

"TECHNIQUE OF CONTRACEPTION"

A paper based on a personal experience of 2,000 cases

DOROTHY BOCKER, M.D., at present visiting gynecologist St. Mark's Hospital, New York City, director clinical research in Birth Control in conjunction with Margaret Sanger

"CONDITIONS DETERMINING SELECTION OF METHODS."

ANTOINETTE KONIKOW, M.D., Boston, Mass

"DANGEROUS METHODS OF CONTRACEPTION"

MRS MARGARET SANGER.

"THE APPLICATION OF CONTRACEPTIVE METHODS IN FOREIGN COUNTRIES"

Wednesday, October 31

9 30 A M—1 P M

Chairman—DR. C C LITTLE, Professor of Biology, University of Maine, Orono, Maine.

"BIOLOGICAL PHASES OF BIRTH CONTROL."

DR. S ADOLPHUS KNOPF, Professor of Medicine, Department of Phthisiotherapy, at the New York Post-Graduate Medical School and Hospital, University of Paris and University of New York, formerly Captain in the Medical Corps, United States Army

"WHAT SCIENTIFIC AND JUDICIOUS BIRTH REGULATIONS MAY MEAN" "IN THE PROGRESS OF MANKIND"

DOROTHY BOCKER, A.M., M.D., Director of Division of Child Hygiene, Georgia State Board of Health, A.A.S., Surgeon, United States Public Health Service

"AN APPRAISAL OF PUBLIC HEALTH ACTIVITIES"

MR. OWEN LOVEJOY, General Secretary National Child Labor Committee, New York.

"THE DETERIORATION OF CHILD LIFE THROUGH CHILD LABOR."

MRS RUTH PORTER

"HISTORY OF FEDERAL LEGISLATION"

MRS ANNE KENNEDY, Executive Secretary, American Birth Control League

"REPORT OF AMERICAN BIRTH CONTROL LEAGUE ACTIVITIES"

DISCUSSION

LUNCHEON Ball Room Hotel Drake,
at 1 15 P M

Birth Control

Speakers

MARGARET SANGER, President, American Birth Control League

REV JAMES AUSTIN RICHARDS, Winnetka Congressional Church

RABBI LOUIS L. MANN, Sinai Temple

MRS WILLOUGHBY G WALLING, Treasurer Board of Parents Clinic.

MRS ALFRED HAMBURGER

Chicago, Ill

MRS ROBERT W HAMILL

Chicago, Ill

DR. RALPH HAMILL

Chicago, Ill

DR. ALICE HAMILTON

Chicago, Ill

MRS. JOSEPH HAMILTON

Chicago, Ill

HERBERT HARLEY

University of Minnesota

DR. N SPROAT HEANEY

Chicago, Ill

MRS HAROLD I. ICKES

Chicago, Ill

DEAN JOHN BLACK JOHNSTON

University of Minnesota

DR. KARL K. KOESSLER

Chicago, Ill

DR. SIDNEY KUH

Chicago, Ill

MRS HERMAN LANDAUER

Chicago, Ill

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Cleveland, Ohio

DR. ALBERT Z MANN

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Oberlin College

DR. R. E. MITCHELL

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Lawrence College

PROF CECIL C NORTH

Ohio State University

PROF CARL C. W. NICOL

Oberlin College

MRS ARTHUR OPPENHEIMER

Chicago, Ill

PROF RAYMOND PEARL

The Johns Hopkins University

MR. BENJAMIN E. PAGE

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ETMAN B POTTER

University of Wisconsin

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Cincinnati, Ohio

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PROF PEARL F WEBER

Illinois Woman's College

PROF LEONARD DUPEE WHITE

University of Chicago

PROF P W WHITING

State University of Iowa

REV FRANK S C WICKS

Indianapolis, Ind

MRS PAYSON V WILD

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Ann Arbor, Mich.

MISS EDITH WYATT

Chicago, Ill

DR. RACHELLE S YARROS

Chicago, Ill

DR. JOSEPHINE E. YOUNG

Chicago

PROF J VAN DU ZEE

State University of Iowa

Socialism and the Population Question

By HAROLD COX—1895

WHEN Malthus first published his "Inquiry into the Question of Population," the Socialist Godwin was the most stiff-necked among his opponents, and Socialists nowadays seem to hold fast to the tradition. The mere suggestion that a population question still exists is to some of the leaders of the movement like a red rag to a bull. Other Socialists—apparently the majority—do not take the trouble to think about it, or if they do vaguely realize its importance, they carefully keep quiet for fear that people might be distracted from the true doctrine and seduced into false paths. This seems to me wrong even from the point of view of Socialist party interests, as well as from that of the common weal.

Let us consider it first from party interest. The shining lights of the Socialist party believe that if it should happen that the intensity of poverty were increased through over-population, so strong a class-antagonism would develop as to bring about the sudden and total destruction of the present structure of society. This is an illusion. An elementary knowledge of history should teach the Socialists that they cannot expect any lasting reform from the leadership of a starving proletariat. The type of individual bred by poverty is not the man from whom we can expect the rebirth of mankind. On the contrary he stands in the way as the greatest possible obstacle to every advance. If it comes to a fight, he will be the first to run away, when the fight is lost it is he who immediately betrays his comrades. In a word, not poverty but spiritual and material progress gives rise to beneficial revolutions.

A Proletariat Tyranny

The French Revolution traditionally was brought about by a successful rising of the proletariat. After the bourgeoisie, together with the great majority of the French people, had gained the important and lasting demands of 1789-1792, came the turn of the Sansculottes, who for a short time, under the leadership of some madmen of the middle classes, were actually dominant. These men succeeded in establishing in France an absolute tyranny, in which they were the tyrants. They succeeded in cutting off the heads of some of the best Frenchmen of that day and they further succeeded in driving by their peculiar brutality hundreds of quite harmless people into the provinces. When all that had been done, a few grape-shot blew them away, and of their whole era there remained nothing but the misery which they had wrought.

In a less apparent form the impotence of mere

misery has been often demonstrated in English history. It was not poverty but rather the increasing wealth of the lesser nobility and the middle-classes which brought about the fall of Charles Stuart. In a similar manner the most fruitful of all revolutions—the Reform Bill of 1832—was won not by force of the misery of a starving proletariat, but through the growing strength of the commercial classes. And coming closer to our day, we recognize how day-by-day the working classes, with increased well-being, secure a greater and greater share in the government. Indeed, the Socialist movement itself is a product not of the misery of the masses, but of their increasing intelligence, their greater welfare.

If therefore, the Socialists really believe in their cause, if they wish ever to become more important as a party, working only for their party ends they will consider less the immediate party interests, whatever they conceive these to be, than the lasting interests of the healthy commonwealth which they hope to found. I assert that, at the present stage of development, a quick increase of population runs directly contrary to that interest. Further, what the country needs is a gradual diminution of the population to something like the half of its present number.

The Hardships of Large Families

Considering the question further, we must next take up the problem as it presents itself in a social system in actual working, founded on individualism. Under this system the curse of a too rapid increase of population makes itself felt first in the family and secondly in the State. A young couple who, it will be conceded without dispute, could raise two or three or even four children in physical health and give them an education which will not only enable them to make their way in the world but will also make them of value to society, has instead seven or eight children. The consequence is that even in moderately wealthy families, the whole income of the father and all the time of the mother are consumed by the common needs of life, the never-ceasing demand for food and shoe-leather, the continual washing of hands and faces and cutting of bread and butter.

In poor families the story is incomparably sadder. There the production of too many children means immediately a curtailing of actual necessities. It means too many miserable creatures crowded together in a few cubic feet of air. It means children sent to school in the morning without

enough food in their stomachs, perhaps even without any, with clothes too thin to shield them from the weather, with shoes that scarcely cover the little feet. And this misery, which touches the family first of all, affects also the well-being of the State. The State suffers if children who ought to have been trained for skilled work, are forced to undertake day-labor which a machine could do as well or better than they.

Infant Mortality

The most horrible side of the customary thoughtless reproduction is the extraordinary high infant mortality rate which accompanies it. Most people know vaguely that the mortality rate in the first years of life is far higher than that of adults. The explanation of this is illuminating. The little child has no power to protect its life. It is dependent for everything on its environment. If its parents can give it the care it needs, it has a pretty good expectation of life, if not, it will probably die. This is not *a priori* reasoning. It is proved by the fact that in the well-to-do classes infantile mortality is a bagatelle compared with that of the poorer classes. And I need scarcely add that in England the poorer classes form the enormous majority. On an average one child out of every five dies before the end of the fifth year. This fact in itself is a fearful condemnation of the cruel carelessness of parents. They multiply not because they want to, but because they are too ignorant or selfish to take precautions. So child after child is born, and for the demands of the first two or three the father's income and the mother's strength are sufficient. The little ones bring joy as well as pain, and at first each one is well cared for. The stream flows on, another follows before the last can walk, the welcome grows cooler, the work of caring for the baby without neglecting the others becomes too strenuous, and one dies, and then another.

This is not an imaginary picture. The mortality statistics show clearly that in large families the mortality is greatest among the later-born. In a word, parents who might have been able to bring up safely four children, bring eight into the world and two of them die. This is the average. The percentage in the poorer classes is much greater. How often do those who come into contact with the very poor hear the story "I have had thirteen children, but I buried ten." Imagine the useless sacrifice! The mother's long invalidism, the growing difficulty of her life, the ever more-tiring labor, the frequent sickness, the increasing anxiety, then the anguish of soul, the complete exhaustion of physical strength, the suffering, and all in vain, only to bring into the world a child who is fated to leave it ere it has scarcely crossed the threshold.

Pardon, I exaggerate. The child's birth has at least served one end. It has increased the practice of a doctor by one case, if not by one fee. It has also increased the income of an undertaker. Yet I doubt whether modern economics would consider these advantages a sufficient compensation for the father's outlay and the mother's pain. The loss remains—a dreadful, unnecessary addition to the sum of human suffering.

It is not only the children who die that suffer. Those who survive must bear throughout life the consequences of insufficient care in childhood, whilst the mother, quite worn out by excessive exertion, grows old before her time.

These are the various ways in which family and state suffer, and the losses inflicted upon them through too high a birth rate.

The Burden on the Community

The contention which is particularly brought forward by the Socialists, however, is that the more the conception of the State approaches to that of a family (and we all more or less expect such an approach) the more will it feel directly those sufferings which it now feels only indirectly through the family. It is true that some of the worst of these evils can be removed through a more just distribution of the means of existence. With the purse of the whole nation to draw upon, the supply of feeding bottles can probably be unlimited, and there need be no anxiety concerning high laundry bills to prevent a more frequent change of napkins. Medical assistance can undoubtedly be provided, and everything that human forethought can devise used for the protection of young lives.

All this is satisfactory from the point of view of the infant. But how does it affect the rest of the community? Nations as well as individuals are subject to the natural law that you cannot eat your cake and have it. If a nation decides to spend its money on feeding bottles and napkins it will not have it to spend on the finer enjoyments of life for adults. We must remember too that these children, who are so liberally cared for, contribute nothing on their part to the State. For at least fifteen years—many Socialists hope for twenty years—they are to be maintained and educated at the expense of their elders, while they themselves remain an economic burden—taking everything and giving nothing. Moreover, each one of them on coming into the world reduces the working time of an otherwise capable woman.

Here I beg to be allowed for a moment to dwell upon the debt that the world owes to its women workers. I do not refer to the work done by women in factories or work-shops, for although this work is important, it is of inferior value to that done by

men, and in amount it is not more than one-tenth of men's work. The work of women that really counts, the work the neglect of which would be most severely felt, is that done in the house or in the housekeeping of institutions. Consider for a moment the extraordinary number of small duties that are daily performed by girls living with their parents and by servant girls in houses and hotels. Picture to yourself the tens of thousands of women who earn their bread as waitresses, shopgirls, nurses and teachers. Imagine what the effect would be on a country, if all these women were suddenly to lay down their work in order to take part in the production of children. For this above all is the problem for which the Socialists must find a solution.

An Endless Round

Even were it the case, as some short-sighted Socialists assert, that Socialism could leave unconsidered the question of population, that the State could bring up properly all the children born, that all adults could be given perfect freedom to procreate as many children as they pleased, the unavoidable consequences would be that almost the entire energy of the country would be taken up in caring for the little children. The experiment would be a *reductio ad absurdum*. Up to the twentieth year, girls and boys would be nourished and provided for by the State. Then about that time, I take it, the girl would be permitted—if it so pleased her, to commence child-bearing and to continue to bear children until child-bearing age was past or until, like so many women in modern England, she died of exhaustion. In a word women would cease to perform the incalculable and invaluable services which, as workers, they now render to the community. In order to compensate as far as possible for this terrible loss, it would be necessary to withdraw from factories and workshops, hundreds, nay, thousands, of workmen, trained in their own lines of work, and to start them anew in the making of beds, the cooking of meals, and the care of infants.

The picture is ridiculous. A moment's reflection will show that under a Socialistic system, a limitation of the child-population would be essential, and that, the more complete the Socialism, the greater the restriction on procreation. What I wish to emphasize is that, considered from the Socialistic point of view, it would be better to accustom people to exercise control and so to prevent the stream of weaklings, poor in mind and body, from flowing into the world. I am not undertaking here to discuss how this control shall be effected, but I wish to point out that it must be deliberate, if it is to prevent the terrible mortality already described. The folly and cruelty of that mortality must surely be evident to the most fanatical opponent of Birth Control. I

cannot imagine a greater disgrace to our civilization than that of sending, year by year, thousands of children into the world, to leave it before they reach the age of five. If the object is to secure a more rapid increase of population, surely that can be attained at a lower cost in human suffering. Very slight calculation will show that an equal increase of the population may be secured if with a lower birth rate the death rate can be proportionately reduced. Let us take some concrete figures. The birth rate in the United Kingdom is about 32 per 1,000 and the death rate about 20 per 1,000, leaving an annual increase of about 12 per 1,000. If we reduce the birth rate to 22 and at the same time reduce the death rate to 10—a condition which is easily within the bounds of possibility—the net increase remains the same.* Such a change would in itself avert an enormous amount of human misery, although, of course, the special evils arising out of an increasing population in a limited area would not be removed.

What the State Can Do

I doubt whether the State could at present take an active part in the restriction of the birth-rate. All that the State has done so far has been to persecute very stupidly the writers who have tried to enlighten their fellows concerning the means by which the evils of too high a birth rate could be avoided.

One thing the State could and should do—it could prevent the very early marriages which at present are one of the worst moral cancers of the poor. Doctors are almost unanimous in the opinion that the right age for a woman to begin child-bearing is the 24th or 25th year. Many girls in the East End of London marry at 15 or 16 and begin almost at once to bring into the world narrow-chested and weak-minded children. England would be fully justified in following the example of many American states and some European countries by forbidding the marriage of girls under 18 and boys under 20. At the same time an extension of the criminal law would be required affording protection for girls up to 18. In my opinion, beyond that the State can do nothing further.

Progress must be left to the pressure of public opinion, which should be particularly directed to the case of unhealthy parents. Meanwhile, I am not so much concerned to discuss practical means of securing the end in view, as in emphasizing the principle that only through restraint of growth of population can a country fully develop its possibilities for the creation of wealth. Up to the present, these possibilities have availed little except to

*This decrease in birth and death rates has now been accomplished and yet the yearly increase of population in England is greater than in 1895 because though it remains at about 10 per cent, the percentage is on a larger population. (Ed.)

promote a rapid increase of population. The energy which should have served to raise the masses to a higher standard of living, has been expended in securing an increase of the half-poor. Let me give a concrete example. In a well-organized society a machine capable of doing the work of three men ought to be utilized so that one of the two men set free should devote himself to a higher, though equally useful occupation. Up to the present we have utilized such machines exclusively for the purpose of increasing three-fold the production of articles of daily use previously made by hand or by inferior machines.

Our Conception of Life

Of course I agree that the question turns upon our conception of life. My conception is that it is better for a family or a nation to aim at an improved life for one child than to secure the minimum for two. In accordance with this conception, I contend that in England today we should aim not only at reducing the increase of the population, but at an actual reduction of the number of its inhabitants. Our little island is already too full. In certain places the excess of population is obvious to all. In London, for example, as also in the large manufacturing cities of the Midlands and the North, everybody sees and feels that the population is too dense. Most people, however, try to persuade themselves that this is a local disease, which could be remedied by driving people from the cities to the suburbs, or by the creation of new industrial centers in the open country. It is true that the worst evils of an over-dense population could be mitigated by such measures, but at what a price! At the price of overcrowding the whole country, until there remained nowhere a single quiet corner. As a matter of fact this is the present tendency. Tired of the eternal city noise, the well-to-do classes retreat into the suburbs or take advantage of the railways to secure possession of districts which until quite recently retained their rural quietude. For instance, a plutocratic artist builds his dwelling house on the top of Hindhead, and in the course of a few years that magnificent hill, which ought to serve our people for many centuries to come as a breathing spot, falls into the hands of individual magnates. In a similar manner, the whole countryside will be spoiled and rendered commonplace, if the population at present crowded into the big cities, is scattered all over England. It seems to me that the nation must inevitably lose many of the elements of its greatness, if the whole of its territory be filled with factories, villas, houses and farms, and there be left no single spot where men can seek solitude and relief from the pressure of their fellows.

The Strength of the Nation

Nor do I believe that there is any reason to fear that the strength and prosperity of the nation would suffer through a reduction of its population. I cannot see that England has taken a prouder position in the world since its present excessive increase in population began. During the reign of Queen Elizabeth, when our population was perhaps one-fifth of that of today we were not a people to be despised. The literature of those days will have at least a longer life than that of the Victorian age. I doubt also whether our annals will ever show an episode of greater glory than the destruction of the Armada. Again in the eighteenth century, with an almost stationary population which scarcely amounted to one-third that of today, we were strong enough to send our sons abroad to take possession of nearly all our present colonies, while at home there was a constant and really wonderful increase of the prosperity of the whole nation. At the end of the eighteenth and the beginning of the nineteenth century, we fought for nearly twenty years against France, whose population then was about double our own. We fought and were victorious, although for a considerable time all Europe was opposed to us. Our population is now equal to that of France, but I wonder whether we could begin a new war with any less anxiety than possessed our forefathers.

As a matter of fact it is not the quantity but the quality of men that counts in battle, as in the enjoyment of life. We have no reason to fear that by reducing our population we should be driven to the wall by lower races. Let us take care that our descendants are healthy men and healthy women, with vigorous bodies and cultivated minds, and our race will never go under, even in the presence of the Chinese.

The Right To Myself

By BOLTON HALL

THE BASIS of all right is the right of the individual to himself, that right is a part of nature and is absolute, and can not be taken away. It can not justly be sold, nor can it be sold without the most fearful consequences both to the seller and to the buyer.

One need not be a believer in the theory of natural rights in order to accept the right of a woman to herself, and especially to her own person. But when women realize that they own themselves, body and mind, we shall be far on the road to freedom. The woman who is not dependent on a share of some one's earnings is able to have a larger number of children, but she is also apt to wish to limit the number, because sex and child bearing

ceases to be her only function in life and ceases to be the only thing of importance to her. She should be able to have children at the right intervals and at the most advantageous times and therefore to produce and bring to maturity a better quality of children.

It is not always easy to convince a woman that her husband and her grown children have no right to her services, but, when she begins to think of Birth Control, it dawns upon her that she belongs to herself, and further, that the products of her labor should belong to her. Then she sees that she has to them and in what becomes of them, including what part of the produce of her work the State takes in taxes and the land-owner in rent.

No one can acquire a better right to our persons, to our opinions, nor to our feelings than we have ourselves, and for any person to assume to control our actions, our thoughts, or our emotions for their own benefit is the height of arrogance. The only justification for any control over any one person by any power, authority, or state, is the necessity that the freedom of each should be limited by the equal freedom of all others in act, in thought, and in experience. Hence this right is the principle which makes all entitled to free and equal opportunities.

Generally, the only chance a man finds to rule somebody, to be master, is his own wife and then his own child, which rule, however, is a fundamental perversion of just family relations. Dr. Liber says "The purpose of 'bringing up', in all its phases, is to make the child as happy as possible, we can reach that by allowing his individuality to develop as freely as possible." This wisdom is equally applicable to the wife. When she has learned that she ought not to obey her husband she is prepared to question whether her children ought to obey her.

As we see so plainly in children, those who are tyrannized over are the first to tyrannize over others. This is true of the children in relation to their parents and to one another, and it is equally true of the mother in relation to her husband and to her children.

Freedom can be born only of freedom. So the social consciousness grows from the seed of individual consciousness.

Press Clippings

BIRTH CONTROL AT A HEALTH CONGRESS

THE population problem, good dieting, and industrial hygiene were the subjects principally occupying the attention of the Royal Institute of Public Health Congress at its final sitting at Scarborough yesterday.

Mrs. Hodson, of the Eugenics Education Society, speaking on the law of human inheritance, said the present stage of civilization had eliminated all selection except that of the unfit, because humanitarian devices and scientific tools enabled us to keep alive, and even made us feel it was our duty to keep alive, every creature born, however great might be the misery or incapacity of the life to which his innate character condemned him. "We therefore feel," said Mrs. Hodson, "that carefully used Birth Control has become necessary to prevent the propagation of those who have shown themselves not to be immune to disease, not to be endowed with consciences or intelligence. In other words, as we have taken upon ourselves as a community to prevent natural selection, we have made ourselves responsible to put something in its place."

Dr. Macfadyen, of Letchworth, pleaded for a positive move in the medical profession towards scientific impartial discussion of the matter, and the consideration of what was to be done with that "miserable residuum" of the population which cost the State hundreds of millions of money — *Glasgow Herald*, May 22, 1923.

A Question for the Scientists

HAS our invincible ignorance been due entirely to the difficulty of the problem, or has it been due, in part at least, to the method of attack? Why is it that we can work out a theory of relativity or soar in the air for eight hours in a motorless plane, and not know whether an economic socialism or an economic capitalism is psychologically the sounder? And not know anything about incentives to produce in a cooperative society, or what machinery is doing to human nature, or why we are over-sexed, or how it is possible for different races to get on together, or how far individual freedom of action is conditioned by habits, or what is the relative effect of heredity and environment, or whether work is a psychological necessity, or how widespread is the will to create, or whether there are any sound historical analogies, or if there is such a thing as public opinion, or what are men's economical wants, or whether there is any biological sanction for monogamic marriage, or how to abolish war?

My guess is that we have adopted an objective trial and error method in the case of the airplane, and a subjective dogmatic method in the case of human behavior. For the latter we have gone to words about things, instead of to the things themselves. We have cited dead soothsayers and dealt in second-hand prejudices, instead of examining original documents. We have developed a celestial game of pure idealogy. Conduct based on divine guidance and internal light has brought the world where it finds itself today. And, at least, conduct based on trained observation and scientific analysis can do no worse — *The Nation*, New York.

Book Reviews

A Review by Leonard Blumgart, M D

SEX AND DREAMS, by William Steckel, M D (Vienna) Authorized translation by James S Van Teslaar, M D Richard G Badger, Boston, 1922 322 p

THE HOMOSEXUAL NEUROSIS, by William Steckel, M D (Vienna) Authorized translation by James S Van Teslaar, M D Richard G Badger, Boston, 1922 317 p

SEX AND DREAMS" is the English translation of the first fourteen out of forty-eight chapters of Steckel's book, "Die Sprache des Traumes" (The Language of Dreams) After treating in the first four chapters of the significance of dream symbolism and then in three chapters about distortion in dreams, the remaining chapters are devoted to The Splitting of the Personality in Dreams, Chapter VIII, Transformations and Bisexuality, Chapter IX, Symbolism of Right and Left, Chapter X, Dreams of a Doubter, Chapter XI, Symbolism and Life and Death, Chapter XII, Speech in Dreams, Chapter XIII, and the Affect of Dreams, Chapter XIV It closes with an index of subjects, names and symbols

Steckel is sensational, interesting and popular, but fails completely to give his readers an insight into the deepest layers of the unconscious He was the first person to publish extensive clinical psychoanalytic material This was easy for him, due to his undoubted gift for writing and his presumptuousness Even though his works lack the strict scientific method of Freud, they serve a great practical and propagandist object when one considers how ignorant the public, including most doctors, are of the psychology of sex, the unconscious, dream interpretation, etc That Steckel has a native flair for the unconscious is beyond doubt, and he who can approach Steckel's work with a background of wide theoretic knowledge and extensive practical experience in dream analysis will meet with much of value but much, also, that is open to serious doubt and criticism The uncritical and inexperienced will either swallow it whole with a resultant mental indigestion or "throw out the child with the bath"

In the preface of "Sex and Dreams" Steckel states that "this work deals specifically with the evil in human nature and only with the evil" Such an attitude is not scientific, it is moralistic and, as such, precludes seeing the dream as a whole, even if, as Steckel says, "But we must not forget the other side."

The entire book suffers from the absence of sufficient evidence as to how the author arrived at his conclusions For scientific purposes this makes the book valueless, since science is built upon facts and not dogmatic conclusions There are, it is true, a few remarks that such and

such a dream took long to analyze, or a small portion of the material is cited from which the conclusions are drawn, but from such scanty material one cannot get scientific conviction One gets the impression that certain of his interpretations are inferred from material he obtained from his patients but does not communicate, others are probable, others are guessed, and many are not even probable but only possible Even a psychoanalyst of large experience in dream analysis would be unable to determine into which of these classes Steckel's interpretations fit

The translation is awkward, crude and often incorrect On page 74 "An uncle gave her to hold his phallus" "Feenhaft" (fairy-like) is translated "feerically", page 82—I defy the translator to find that in any English dictionary The translation is often so literal as to make nonsense, viz, page 86, "The mother receives the father 'Emperor'—naturally evening"

The translation is so uneven as to lead to the suspicion that Dr Van Teslaar had a collaborator, and that one of them did very good work The German word "eiter" (second line, page 14) which, of course, means pus, is translated "ether" Why the whole passage of comment following Dream No 33 should have been put into italics when it is not so printed in the original is beyond understanding It implies a significance for which there is no ground The proofreading is careless "So" (page 18, fourth line from the bottom) is nonsense in that context, "No" is obviously meant, "physiologic" (fifth line from the bottom of page 77) should read "psychologic"

In books whose title page bears the inscription, "For sale only to members of the medical profession," what earthly reason is there for leaving in so much German and for referring to the genitals and their functions in Latin terms That is a bit of prudery in keeping with the moralistic attitude of both the author and translator, and which should have no place in a scientific book When one considers that Freud's "The Interpretation of Dreams" is available for both professional and lay student, there is not the slightest need for this book

"The Homosexual Neurosis" shows the same serious faults that make "Sex and Dreams" such a meretricious work. The translation is crude, incorrect and obscure As an example of obscurity, there is on page 21 "It may be mentioned in this connection that by far the greater number of sadistic women who prevail upon masochistic males of grossest physical and mental type to carry out acts of violence upon them are in reality homosexual women with a sexual aversion to men", as an example of crudeness, on page 25 "Once she succeeded to repel him only by the exercise of her strength" Page 33 "Revulsion" is not a correct translation of "abwehr", it should read "repression." On page 43, why is Plato referred to as "Platen" and Naples as "Neapel"? "For a long time

a colleague was changed for him into an owl whom he avoided on the way," on page 43, is an example of bad English. We feel sure the translator could have done better, for other passages are very well translated.

Page 18 "Through Freud we have learned that fear like disgust is a repressed form of libido." That is simply not true. Freud carefully distinguishes between normal and morbid fear. He calls the normal fear "Furcht", morbid fear "Angst". If the above quoted sentence had used "anxiety" in the place of "fear" it would be nearer the truth. It is just such slipshod writing that mars the works of Steckel and his followers. Despite their journalistic sensationalism which makes them interesting, they contain such a mass of misinformation, hasty conclusions and bad logic that they create in scientific minds the reproach and suspicion from which psychoanalysis so largely suffers. They are, therefore, not recommended.

SEX DEVELOPMENT, by Bernard Bernard, Chicago, Health and Life Publications, pp 95

SANE SEX LIFE AND SANE SEX LIVING, by H W Long, M D, pp 144, Richard G Badger, Boston

WOMAN, HER SEX AND LOVE LIFE, by William J Robinson, M D, The Cosmopolitan Press, New York, pp 411

THESE three books all belong to the ever-growing literature of sex, sex life, and wholesome marriage, a literature that has helped and is helping to break through the clouds of mystery and ignorance which have so long hung over the whole realm of sex and sex relations. Mr Bernard's little book is an introduction to the subject of sex, tracing it through the lower forms of life, with an effort to give it its right and adequate place in the lives of men and women. It forms an excellent addition to the ordinary school courses in biology, which frequently overlook or slight the place of sex in life.

Dr Long's "Sane Sex Life and Sane Sex Living" is a reprint of a book originally published in 1919 which may be described as one of the best manuals of married life. Unfortunately, it is printed only for the medical profession, our obscenity laws forbidding its indiscriminate circulation. It might well be given as a doctor's prescription for the cure of much marital discontent and unhappiness, for the knowledge it contains would prevent the break-up of many homes and the ill-health and even the death of many men and women. It would be especially useful if prescribed for newly married couples or for those about to be married.

Dr Robinson's book, "Woman, Her Sex and Love Life," is also a reprint of a book that has had a wide circulation. In deference to the restrictive laws of this country, it does not go into details on many subjects—such as Birth Control—on which details are needed before its precepts can be put into operation. But it nevertheless contains a great deal of information which is calculated to dispel ignorance that might be disastrous

and to aid in the formation of a more wholesome attitude towards sex. It is written from a frankly masculine point of view, and falls somewhat short of the sympathetic understanding of women that marks Dr Long's manual. Dr Robinson and Dr Long are both fully in favor of Birth Control. In fact, Dr Robinson is one of the pioneers of the movement and has fought in season and out of season on behalf of the right to knowledge in regard to it. He gives cogent arguments in its favor in his book, but is unable, on account of the law, to give definite information as to methods he would recommend.

TWO YEARS IN PARIS, by Ettie A Rout. Printed and Published by the Author.

THIS pamphlet is not, as its title might imply, simply a history of two years of an interesting experiment in prophylaxis carried on by Miss Rout during the war. It tells this story, and relates some of the experiences of the author in trying to guard the English and Australian soldiers from venereal disease, by the distribution of self-disinfectants and by carefully supervising the health of the girls in one of the tolerated houses. But it also contains violent polemics against all those who take a different view of the question—who object to tolerated houses and to the distribution of self-disinfecting packages, and the author uses much of her space to inveighing against these "Puritans." She shows an intolerance which is, to say the least, equal to that shown by the most bigoted of her opponents, and so creates an atmosphere of heat which is not favorable to the formation of wise conclusions on the mooted questions under consideration. Never-the-less Miss Rout writes from personal knowledge and experience and her pamphlet ought not to be overlooked by any student of Social Hygiene.—A G P

PERIODICALS

Katherine Fullerton Gerould contributes a thoughtful article to the *Atlantic Monthly* discussion of divorce in the November number. She considers the opposition to a reasonable system of divorce, like the opposition to "anything resembling Birth Control," to be theological in origin and out of place in a country where church and state are definitely separated. She pleads especially for the right of divorce in the cases when both parties desire it.

In the same issue of the *Atlantic Monthly*, Edith Sellers writes of the plight of the middle classes in England and France. The difficulty of bringing up children, as she describes conditions, explains the eagerness for Birth Control, and the impossibility of foregoing a higher birth rate by such governmental action as France has been attempting.

The Century (New York) for September contains an article by Arthur Warner describing "Our Quarter Century in Porto Rico." According to Mr Warner not much progress towards more civilized living has been made by the Porto Ricans since the United States undertook to guide their destinies, and the outlook for such

(Continued on page 306)

The American Birth Control League

MARGARET SANGER, *President*

PRINCIPLES

The complex problems now confronting America as the result of the practice of reckless procreation are fast threatening to grow beyond human control

Everywhere we see poverty and large families going hand in hand. Those least fit to carry on the race are increasing most rapidly. People who cannot support their own offspring are encouraged by Church and State to produce large families. Many of the children thus begotten are diseased or feeble-minded, many become criminals. The burden of supporting these unwanted types has to be borne by the healthy elements of the nation. Funds that should be used to raise the standard of our civilization are diverted to the maintenance of those who should never have been born.

In addition to this grave evil we witness the appalling waste of women's health and women's lives by too frequent pregnancies. These unwanted pregnancies often provoke the crime of abortion, or alternatively multiply the number of child workers and lower the standard of living.

To create a race of well-born children it is essential that the function of motherhood should be elevated to a position of dignity, and this is impossible as long as conception remains a matter of choice.

We hold that children should be

1. Conceived in love,
2. Born of the mother's conscious desire,
3. And only begotten under conditions which render possible the heritage of health.

Therefore we hold that every woman must possess the power and freedom to prevent conception except when these conditions can be satisfied.

Every mother must realize her basic position in human society. She must be conscious of her responsibility to the race in bringing children into the world.

Instead of being a blind and haphazard consequence of uncontrolled instinct, motherhood must be made the responsible and self-directed means of human expression and regeneration.

These purposes, which are of fundamental importance to the whole of our nation and to the future of mankind, can only be attained if women first receive practical scientific education in the means of Birth Control. That, therefore, is the first object to which the efforts of this League will be directed.

AIMS

THE AMERICAN BIRTH CONTROL LEAGUE aims to enlighten and educate all sections of the American public in the various aspects of the dangers of uncontrolled procreation and the imperative necessity of a world program of Birth Control.

The League aims to correlate the findings of scientists, statisticians, investigators and social agencies in all fields. To make this possible, it is necessary to organize various departments.

RESEARCH To collect the findings of scientists, concerning the relation of reckless breeding to delinquency, defect and dependence.

INVESTIGATION To derive from these scientifically ascertained facts and figures, conclusions which may aid all public health and social agencies in the study of problems of maternal and infant mortality, child-labor, mental and physical defects and delinquencies in relation to the practice of reckless parentage.

HYGIENIC AND PHYSIOLOGICAL instruction by the Medical profession to mothers and potential mothers in harmless and reliable methods of Birth Control in answer to their requests for such knowledge.

STERILIZATION of the insane and feeble-minded and the encouragement of this operation upon those afflicted with inherited or transmissible diseases, with the understanding that sterilization does not deprive the individual of his or her sex expression, but merely renders him or her incapable of producing children.

EDUCATIONAL The program of education includes the enlightenment of the public at large, mainly through the education of leaders of thought and opinion—teachers, ministers, editors and writers—to the moral and scientific soundness of the principles of Birth Control and the imperative necessity of its adoption as the basis of national and racial progress.

POLITICAL AND LEGISLATIVE To enlist the support and co-operation of legal advisors, statesmen and legislators, in effecting the removal of state and federal statutes which encourage dysgenic breeding, increase the sum total of disease, misery and poverty and prevent the establishment of a policy of national health and strength.

ORGANIZATION To send into the various States of the Union field workers to enlist the support and arouse the interest of the masses to the importance of Birth Control so that laws may be changed and the establishment of clinics made possible in every State.

INTERNATIONAL This department aims to co-operate with similar organizations in other countries to study Birth Control in its relations to the world population problem, food supplies, national and racial conflicts, and to urge upon all international bodies organized to promote world peace, the consideration of these aspects of international amity.

PERIODICALS

(Continued from page 304)

progress is not bright. The root evil from which the people suffer is over-population and this evil is actually being aggravated by the fact that certain sanitary reforms have reduced the very high death rate of the pre-American era. "There are," writes Mr. Warner, "too many people per acre and too many hookworms per foot. The census of 1920 gave the island a population of 1,299,809 persons or 378 to the square mile. This is a density ten times that of the average in the United States and about twice that in France." With few industries, chronic unemployment, bad feeding and housing the rule, it would seem an impossible task to improve the lot of the Porto Ricans. Any measure to this end must aim at bringing the population into proportion to the feeding and housing capacity of the Island. A thorough campaign for Birth Control, conducted by the U. S. Health agencies in the Island would seem the most feasible means to effect this great change.

BOOKS RECEIVED

From Scribner's, New York, **MANKIND AT THE CROSS ROADS**, by E. M. East, pp. 360

From the Macmillan Company, New York, **HEREDITY AND EUGENICS**, by R. Ruggles Gates, pp. 288

From the Association Press, New York, **MEN, WOMEN AND GOD**, by A. Herbert Gray, pp. 200

IMMIGRATION

(Continued from page 295)

sion of motherhood for her humbler sisters, is an inspiration.

Perhaps the most significant reproach to a Government has been voiced at last in a European Parliament, when emigration was deplored by the authorities, and a member raised his voice to say, "Why not make better conditions for the workers?"

Is not all this the portend of a significant lesson that must come to the Old World from the New to create better conditions for its working populations and so stop the battering on the doors of Ellis Island?

It is, in the last instance, the most potent argument for Birth Control, for the food of the world cannot be increased in proportion to the increase of population.

And when—we ask, last but most impressively—will mothers refuse to bear children only to see them die or pine away in lives below the subsistence level? And why the pain of repeated childbirth—in vain?

It is time for the world to see the meaning of Ellis Island—that tragedy of ships hovering like hawks outside the harbor-bar, intent on dumping that superfluous population at our door.

Birth Control universally practiced must solve this international problem.

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Of The Birth Control Review published monthly at New York, N. Y., for October 1, 1923. State of New York, County of New York.

Before me, a notary public in and for the State and county aforesaid, personally appeared Ruth Albert, who, having been duly sworn according to law, deposes and says that she is the business manager of The Birth Control Review and that the following is, to the best of her knowledge and belief, a true statement of the ownership, management, etc., of the aforesaid publication for the date shown in the above caption required by the Act of August 24, 1913, embodied in section 443 Postal Laws and Regulations, printed on the reverse of this form, to-wit:

1 That the names and addresses of the publisher, editor, managing editor and business managers are:

Publisher—American Birth Control League, Inc., 104 Fifth Ave., N. Y. City

Editor—Margaret Sanger, 104 Fifth Ave., N. Y. City

Managing Editor—Annie G. Porritt, 104 Fifth Ave., N. Y. City

Business Manager—Ruth Albert, 104 Fifth Ave., N. Y. City

2 That the owner is (if the publication is owned by an individual his name and address, or if owned by more than one individual the name and address of each, should be given below. If the publication is owned by a corporation the name of the corporation and the names and addresses of the stockholders owning or holding one per cent or more of the total amount of stock should be given.)

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3 That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are (if there are none, so state.) None.

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RUTH ALBERT

Business Manager

Sworn to and subscribed before me this 26th day of September, 1923

HARVEY P. VAUGHN

(SEAL)

(My commission expires March 20, 1924)

Books Worth Reading

ON

BIRTH CONTROL & POPULATION

The Pivot of Civilization

This book is a new approach to social problems. It shows that there can be no freedom for the human race without Birth Control. Introduction by H. G. Wells. By Margaret Sanger 2.00

Woman and the New Race

Physical moral and mental freedom through Birth Control is championed in this book. Introduction by Havelock Ellis. By Margaret Sanger 2.00

Woman, Morality and Birth Control

Helpful essays which give the author's clear sighted views regarding Birth Control. By Margaret Sanger .30

The Problem of Population

A masterpiece on the question of population by the greatest living authority. By Harold Cox, M. A. 2.50

Birth Control

In its Medical Social Economic and Moral Aspects, by Dr. S. Adolphus Knopf .25

Small or Large Families?

By Dr. C. V. Drysdale and Havelock Ellis 1.50

Population and Birth Control

A Symposium by William J. Robinson, Achille Loria, Charles V. Drysdale, Ludwig Quessell, Eden Paul, Edward Bernstein, B. Dunlop, R. Manaschke, S. H. Halford and F. W. Stella Browne edited by Eden and Cedar Paul 3.00

Limitation of Offspring

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A black and white illustration of a woman with short, dark, curly hair, wearing a patterned dress and white shoes. She is leaning over an open oven, using a cloth to clean the interior. A bottle of 3-in-One oil sits on the oven's edge. To the right, a larger bottle of 3-in-One oil is shown with its label clearly visible. The label lists various uses: 'CLEANS-POLISHES', 'PREVENTS RUST', 'LUBRICATES', 'TYPEWRITERS', 'BICYCLES', 'GUNS', 'SEWING MACHINES', 'TALKING MACHINES', 'RAZORS & STROPS'. The bottle also features the '3-in-One' logo and 'THREE IN ONE OIL CO.' at the bottom.

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