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CONTRACEPTION

(BIRTH CONTROL)

ITS THEORY, HISTORY AND PRACTICE

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A Manual for the Medical and Legal Professions

BY

MARIE CARMICHAEL STOPES

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of University College, London ; Fellow of the Linnean
and Geological Societies, and The Royal Society of
Literature ; Author of "Married Love"*

NEW AND ENLARGED EDITION

(Completing 40 thousand)

With an Introduction by the late

PROF. SIR WILLIAM BAYLISS, M.A., D.Sc., F.R.S.

And Introductory Notes by

**SIR JAMES BARR, M.D., LL.D., F.R.C.P., DR. C. ROLLESTON,
DR. JANE HAWTHORNE, AND OBSCURUS**

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Author's Preface to the Second Edition.

THE rapid calls for reprints of this work, and the many requests for further information from interested members of the medical profession have encouraged me to prepare a Second Edition. About sixty pages have been added, embodying a variety of further items throughout the text. Two useful new practical methods are described. These are simplifications of technique, and meet a good many of the objections raised by those who desire to see contraceptive methods adopted where they are most needed, and who have, in the past, not been satisfied with the various means available. They are among the harvest of results from the first pioneer Clinic, and are described on pp. 110 and 116.

An interesting addition to the historical section is the discovery of extraordinarily early advertisements for "condoms," namely in 1783 (see p. 294), which pushes back considerably the known date at which pre-

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ventives were publicly advertised and sold on a large scale.

In the section dealing with the Clinic will be found a brief account of the most important physiological discovery arising out of my clinical experience, namely, the detection of the existence of a definite percentage of women in whom "interlocking" (as I have named it) does take place or potentially may take place, and whose structure thus involves a consideration of contraceptive means on lines not taken into account by others. It may seem surprising that anything should have been left to be discovered about the ordinary anatomy of human beings, but it is evident that a new addition to anatomy and physiology has been one of the harvests of our pioneer Clinic.

For the sake of completing this textbook, descriptions of, and an additional plate illustrating, various metal devices used on the Continent, have been added, although I do not advise their use.

In conclusion, may I warmly thank innumerable friendly correspondents, principally in the medical profession of this and other countries, who have cheered and encouraged me by their approval and co-operation.

AUTHOR'S PREFACE TO SECOND EDITION

In spite of the fact that a few reactionary medicals are voluble against contraception, one may safely say to-day that the majority of the medical profession are in favour of its study and suitable application.

MARIE C. STOPES.

Leatherhead,

February, 1927.

Author's Preface to the First Edition.

THIS work was begun four years ago at the request of some distinguished medical men, and I have since been kept at the arduous toil by repeated and insistent demands from medical and scientific people all over the world.

To those acquainted with the details of the making of books there will be no need to emphasize the amount of labour involved in compiling a work on a theme about which so many scattered and miscellaneous opinions have been published, and never cleared up in any comprehensive manual.

In this book I hope at any rate to have gathered together and set out clearly all that is valuable of available human knowledge on our theme, and thus to have cleared the way for the initiation of deeper researches. I hope also to make easier the

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adoption of the best practical means of contraception by methods varying to suit specific cases.

In this book will be found not only that which is already contained in the scattered literature on the subject, but also new matter, both scientific and historical. Among the latter items undoubtedly the most interesting are the hitherto undetected and unpublished manuscripts of FRANCIS PLACE which will be found in Chapter X.

My endeavour has been to present the whole theme in language as simple as is consistent with scientific precision, so that not only experts may find it easy to grasp as a whole. Those who know most of the subject will best recognize the amount of new material in this book.

I am indebted to many distinguished medical and legal friends who have helped and encouraged me throughout the production of this book, but who desire not to be thanked by name; and my thanks are especially due to those who most kindly have written introductions and prefatory notes.

The generosity, appreciation and encouragement of those whom not only I, but the great world reverences and esteems, have filled me with a deep gratitude that I

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have been allowed to accomplish a task which I can only wish were better done.

I trust the work will be of use to those whom I desire to serve.

MARIE CARMICHAEL STOPES.

Givons Grove,
Leatherhead.

Introduction by the late Professor Sir
William Bayliss, M.A., D.Sc., F.R.S.

Professor of General Physiology, University College, London.

IT is with great pleasure that I take the opportunity given me to express a word of welcome to this book, which must have involved an enormous amount of work on the part of the authoress. I feel it indeed an honour to have even a small share in the beneficent efforts which we associate with her name.

So far as I am aware, there does not exist in any language a manual of this kind, giving a complete history of the subject, with full documentary evidence, together with a scientific account and criticism of the various methods of contraception advocated from time to time. It cannot fail to be of real service. We are led to form an opinion as to what may be the best method in any given case and warned from the use of those likely to be injurious. As is pointed out, we do not yet possess a universal and infallible one, but the best of those we have are of inestimable value as being almost

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invariably to be depended upon. The fact should incite further research, but this is difficult. No doubt, the records kept at the "Mothers' Clinic" will in time lead to much valuable information.

If I feel bound to make one or two reservations, which in any case are only my personal views and do not concern the main arguments of the book, I hope that they may be taken rather as evidence of the sincerity of my appreciation of the work as a whole.

As a physiologist, I could wish that stronger evidence were to be obtained of the absorption by the one sex of the secretory products of the other sex. It must be admitted, however, that the evidence given is very strong and that cogent proof is difficult. [See, however, confirmatory results obtained since this was written, pp. 238, 239.]

The other point is that it seems to me that it is unwise in the present state of knowledge to suggest, as appears to have been done, anything further than a limitation of the increase in stocks *known* to be bad, such as those with hereditary disease of body or mind. Unfortunately, the worst difficulty is with the mentally defective. In any case, such bad stocks are to be

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found in all classes of society. It is a regrettable fact, on the other hand, that ignorance is but too often shown by the wealthy where it has more opportunity for mischief. Even the so-called "educated classes" cannot be said to be free from it. In opportunities for learning methods of birth control, however, the wealthy have until recently been in a much more favourable position than the poor. It is quite possible that it is this factor which has contributed most to the lower rate of multiplication of the former class. Is it a fact that people of subnormal mentality do actually increase at a greater rate than the normal individuals of the same position in life? It must be very difficult to answer this question, although people of subnormal mentality are found in all classes. I do not believe that there is any essential difference of opinion between Dr. Marie Stopes and myself on these questions.

To my mind, the chief arguments for Birth Control are two, which are in many ways identical. The one is the relief of the mother from the results of frequent and repeated pregnancies, as is so well brought out in this book. It is inevitable that these results are more exaggerated in the poor than in those with more possessions, more

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especially as concerns the fate of the children, but it is only a matter of degree. The other argument is that which, so far as I know, Dr. Marie Stopes has the honour of bringing out into a clear light ; I mean the possibility of a normal and beautiful married love. I may be allowed to recall that, writing in 1914, I expressed the hope that the sexual act would not only be deprived of all unworthy suggestions and associations but would come to be looked upon as entirely noble and good. No one has contributed more to the ultimate attainment of this result than has Dr. Marie Stopes, and the courageous advocacy of birth control is an essential part of the service she has done. She has rightly insisted that the sexual act is of benefit physically, mentally and spiritually, and must be so regarded in itself and apart from its other purpose, also a noble one when properly used, of creating new souls.

If I may venture to say so, it seems to me that the question should be looked upon as one of normal, physiological behaviour and, for that reason, practical instruction should be distinct from the cure of disease. The scope of the medical profession needs to be enlarged on the health side, with a different kind of training,

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not so much with an eye on disease as on health. If, as seems likely, the amount of knowledge of disease required at the present time is too overwhelming, is it too much to hope for a new class of "health officers," as we may call them?

Again, let me offer a hearty welcome to this new book, which can but add to the contributions which Dr. Marie Stopes has already made to the happiness of mankind. I sincerely hope that it will be widely read and taken to heart.

WILLIAM BAYLISS.

Introductory Note by Sir James Barr,

M.D., LL.D., F.R.C.P., &c.

Ex-President, British Medical Association.

KNOWING well the splendid work which DR. MARIE STOPES has long carried on in trying to raise humanity out of the slough of despond, I have much pleasure in complying with her request for a foreword to her book on Contraceptives.

Personally I have always approached the subject from the racial view-point; how is birth control likely to affect the future of the race? Would not Nature's method of the elimination of the unfit, and the survival of the fittest, which in the past produced some splendid examples of humanity, not surpassed in the present day notwithstanding our boasted progress, be as good as any process of artificial selection? Man is a rebel against Nature's laws and refuses to be weeded out merely for the benefit of futurity. Moreover Nature's methods are cruel and have no regard for the individual, her chief concern is with the preservation of the race.

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In highly civilized countries such as England our altruism carries our sympathies to the most helpless, and while the fit have to shift for themselves the most degenerate have every consideration extended to them at the expense of the more worthy citizens. Nature's method of adapting the individual to the environment which is the surest line of progress is reversed, and we adapt the environment to the individual, temper the wind to the shorn lamb. No one is responsible for his appearance on this earth, and, however undesirable his appearance may be, we may and perhaps should allow our altruistic feelings to minister to his comfort and survival, but we have no moral right to allow him to perpetuate his kind, and thus saddle the next generation with the maintenance of a race of degenerates ; at present the lower fourth—including the submerged tenth—of the population is producing more than half of the next generation. At this rate of decadence it will soon happen, if it has not already occurred, that one-fifth of the population will be supporting the other four-fifths. While the virility of the nation was carrying on the war the derelicts were carrying on the race. Our sentimentalists and would-be philanthropists at other

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people's expense, are crying upon those derelicts to produce more babies to replace the real nobility of manhood who perished in the war; this is the kind of material with which we are recruiting the next generation.

We have to a large extent abolished a selective death-rate, but as a nation we have made no attempt to establish a selective birth-rate. I have no objection to large families, always provided that they are healthy and intelligent, and the arrival of the members is so spaced out as not to interfere with the health of the mother or her progeny; and that they become an asset and not a burthen on the State. Those who produce the mentally and physically defectives commit a crime against society, a crime which will be often repeated until the body-politic is roused up to its responsibilities to the race, and then the sexual activities of the derelicts will be curtailed.

Self-styled moralists, often without sexual inclination, but who would have no hesitation in defrauding their neighbours, frequently tell us that if young women knew the use of contraceptives they would lose any morality which they now possess. On the contrary I maintain that feminine

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morality was never in a higher state of perfection, notwithstanding the prurient novels which they read. This sentimental stuff should be replaced by genuine information. Now that man, and I may add woman, have partaken of the fruit of the tree of knowledge we should not allow "darkness to cover the earth and gross darkness the people." The innocence of ignorance is not worth preserving.

Women are sexually far more moral than men, and do not readily succumb to the tempter, notwithstanding his superior knowledge. It is the duty of parents to see to the proper sexual education of their children. We cannot put our trust in princes or men's sons, and the Churches one and all have miserably failed in preventing immorality and the spread of venereal disease.

Young women who are normally sexed should look forward to a happy monogamous union and not sacrifice future happiness for the doubtful gratification of promiscuous intercourse.

JAMES BARR.

Liverpool.

Introductory Note by Christopher
Rolleston, M.A., M.D. OXON., M.R.C.P.
LOND., D.P.H. CAMB.

County Medical Officer of Health, &c.

DR. MARIE STOPES has asked me to state how her valuable little book will help the Medical Officer of the smaller English counties. Unlike his brother in the larger cities, who is an office worker and statistician, he comes into intimate clinical contact with his neighbours from their birth, or before, to their death. His duties comprise those undertaken in the larger counties by specially appointed infant welfare officers, school medical officers, tuberculosis and venereal diseases officers, and officers under the Mental Deficiency Act. He is written to on every conceivable subject. My own post-bag has contained letters asking me to give the writers information on the servant question, on the method of trepanning adopted in Neolithic times, on the advisability of my tuberculous or syphilitic

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patients entering into the state of holy matrimony, on housing, and, of course, on birth control.

On the latter point the letters are numerous from all sections of society. The middle-class man states that he and his wife are nervous wrecks from their constant fear of another baby ; the artisan writes that as he is living in two rooms, and has already had four children, he wishes to obtain all available knowledge on the subject of birth control. But up to the present how imperfect has been our training and knowledge, and how little sound information have we been able to give to our tuberculous patients, who wish to marry but not to propagate their species ; to the sufferers from epilepsy, and to the healthy couple whò, owing to the failure of the housing schemes, are unable to acquire accommodation for a young family. Most valuable and detailed information is given in Chapters V, VI and VII of Dr. Stopes' book, and the careful perusal of these sections I commend, not only to the practitioner and medical officer of health, but also to the district nurse and midwife. I predict a great success for the work, and I wish to record my thanks to the author for her pioneer work in preventive medicine.

An Introductory Note.

From DR. JANE HAWTHORNE.

May, 1923.

MY DEAR DR. STOPES,

I have been deeply interested in reading the proofs of your book, which presents so much knowledge in clear and simple language.

The references alone form a great work and prove the thoroughness with which you have approached a most difficult subject.

It is a book of reference which should be welcomed by the medical profession, as nothing of the kind has yet been published, although there is evidence of an increasing need for reliable information on such matters as are dealt with in its pages.

Yours sincerely,

JANE LORIMER HAWTHORNE.

Introductory Note by Obscurus,

M.B., D.P.H.,

Barrister-at-Law.

March 23, 1923.

MY DEAR DR. STOPES,

I have read this book in advance with very great interest. So far as I know nothing quite like it has yet appeared; nor is there at present any general manual on contraception. Others have dealt with fragments of the subject, but no one seems to have read so widely as you, and certainly no one has had such a mass of original material upon which to draw, material derived from correspondence resulting from your previous books and from the Clinic you founded two years ago.

There is another matter upon which I should like to lay stress. A story was current in the Oxford of long ago that Martin Joseph Routh, the centenarian who for some sixty years was President of Magdalen College, once received a call from a man about to commence the study of Theology. His visitor asked Routh for advice as to his future studies. The President, whose reputation was then almost world-wide, simply remarked "Young man, always verify your references," a piece of advice which has saved me many a mistake and has taught me how careless writers perpetuate popular errors. From such reproaches your book is free, for you have given references for every quotation you have made.

That you are not on the Medical Register is

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probably an advantage at any rate for you, as by now you might well have been cited before the General Medical Council to answer for your views, a fate which even in these days is apt to be attended with serious results. That your attainments in the limited portion of the field of medicine upon which you have ventured to trespass are adequate for the task you have undertaken few would be bold enough to deny; that further research in this particular corner of the field is desirable you would yourself be the first to admit, for your book is a forcible and thoroughgoing attempt to supply it.

Anyone who knows the ways and habits of the C 3 population will recall the usual state of the streets after closing time on Saturdays, and if he believes in the preaching of ethics, politics, religion or sexual continence to men and women well filled with "four-ale," all I can say is I wish him well, but the task is hopeless. However, even the C 3 woman has no wish for endless and repeated fecundation with the usual sequel of infidelity, and after about three months' lactation, venereal disease. Even she would welcome your simple and safe methods. Let those who oppose you bear in mind the fate of Calvin after his suppression of Servetus and his book; also let them take to heart the contempt into which the "Holy" Inquisition has fallen since the days of Voltaire and the Encyclopedists. Progress is sure but slow, but it is open to fanatics to damage the road as well as the travellers.

Your humble servant,
OBSCURUS.