

MOTHER ENGLAND

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MOTHER ENGLAND

A CONTEMPORARY HISTORY

Self-written by those who have had no historian

EDITED BY

MARIE C. STOPES, D.Sc.LOND., Ph.D., F.L.S., &c.,

Fellow University College, London



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DEDICATED TO THOSE WHO
ARE EXPECTED TO BE THE
MOTHERS OF AN IMPERIAL RACE

PREFACE.

A TRUE history of the common people of any century has never yet been written. In the following pages will be found a chapter of contemporary English history, unique only in that it finds its way into print. It is the self-written record of the dumb class of working mothers of whose lives history has taken no cognizance.

They wrote to me as to a friend, and in so doing portray their own lives better than any skilled craftsman could.

Readers who wish to minimize the heartache they induce may try to argue—"Oh, these are just the exceptionally bad cases selected over years——." They are not, they are all from one file in one year (1926) and the letters have not been specially selected, they are simply from women whose surnames begin with any of the letters A to H. To publish the corresponding letters from the rest of the alphabet would have made the volume too bulky. By this simple alphabetical selection a "fair sample" is obtained from all over the country. The home towns are deleted because anonymity is to be desired. It may be mentioned that letters in this volume came

from England, Scotland, Ireland and Wales, from large towns and country villages about in equal proportion. One comes from Canada, and is particularly touching (see p. 168).

The letters have not been edited at all beyond the omission of the introductory apologies for writing or pleadings for help or such an opening as "I always read everything of yours I can get hold of, and have plucked up courage to write." Some such preliminaries occur in most letters. In a very few one or two sentences too intense for publication have also been cut out. The spelling and punctuation, as far as possible, have been left in the form each writer used.

Let the letters make their own impression, they are but a fraction of a percentage of those which reach me. In the comment (p. 178) I have a few words to say to those who have read them. A rather special *Index* has been prepared which marshals some of the main data these letters present. Some readers will probably find this *Index* an interesting guide to this Inferno.

Now, listen to the Mothers of Britons, all unpremeditated, and unaware that they are to be overheard.

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MOTHER ENGLAND.

DEAR DR. STOPES,

D My first baby a boy was a fine full time baby born twelve years this month ago I was twenty one. My husband went through the war came home gassed in Oct. 1918. My next boy was born April 1920 a seven month child a poor mite weighed $4\frac{1}{2}$ lbs born with ganders, the Dr said had I gone full time he would have been dead, I had a terrible time during pregnancy, the next child a girl will be two this month another seven month child, But born healthy. Last Aug I had a dreadful miscarriage four months gone. The Dr. and nurse said its weakness of the womb. I drag about in misery all the time I am carrying and I am in dread and fear of another little one coming. My Husband is only a working man we can afford to keep them tidy and that is all.

Will you please give your advice.

M. A.

Dear Dr. Stopes,

I have three children, nine, seven and four years. After my youngest was born while in a weakened condition, I developed Tuberculosis.

This made rapid strides before I was aware of the nature of my trouble. My family Doctor has checked the progress of the T.B. for the time being. He tells me it is inactive now, or negative as he calls it, but he also tells me that under no consideration must I become pregnant again.

He gave me to understand that if I became pregnant my lungs would become active again and that in the condition, I would then be in, he could not do much for me. I am Thirty Four years old.

Apart from this trouble my married life is quite Happy and as you no doubt understand T.B. causes sexual craving's which the person in good health isn't subject to.

You will readily understand then how difficult it is to live a life of abstinence under these conditions or on the other hand I must take chances of Pregnancy and my life.

Considering the above, will you advise me then how to live my married life naturally fulfilling wifely duties without this dire penalty always hanging over me.

Awaiting your answer and thanking you in advance

I remain

Yours

Mrs. A. A.

Dear Dr. Stopes,

I had my first baby (which only lived an hour after birth) 3 yrs ago come May and the following year a four months miscarriage.

I had to go in hospital for the latter and from then up to last Dec (1924) suffered through misplacement. The operation I underwent in Dec ; has given me a certain amount of relief but terrible discomfort at times.

When I asked the Doc : if it were possible for me to have a little one and keep it he said No : First he said I cannot go through the full time of pregnancy. In fact it would have to be taken from me before I had "gone" many months, because the neck of the womb had been taken away. Do you think I should be doing wrong in practising "birth Control." Much as I would like a little one I don't care to risk again what I have already gone through. I should be ever so pleased to hear from you giving your advice.

Yours truly,

E. A.

Dear Dr. Stopes,

I was married in 1914 at the age of 18 years and 6 months as I know now it was too early, one year later I had a baby girl, had a terrible time two Doctors and I remember one of them saying "a child having a child." I have a good husband and for six years so I should not have any more he used to withdraw with the result that it made him an absolute wreck with indigestion. One day about five and a half years ago we saw advertised in one of the weekly books a thing for the nerves, so my husband sent for them and

when they sent them a book with preventatives advertised, so reading it I came across a thing called Anti-Jeniture supposed never to fail and it was advised to use a spray for cleanliness which my husband bought me paying 9/6 for first one and 15/6 for the spray. I used it exactly as told but next time I was due for my monthly flow I never came so I got pregant after my husband wasting all those years of his life in keeping me alright. When my second baby was born another girl, I had another bad time inward hemmaerage which nearly cost me my life. When I was out of danger the doctor said I should never have any more as he had never had a patient so near loosing her life. After that my husband went on being careful which soon played on him again and as you know when two are so fond of one another as we are as I have one of the best, you like to get the best out of life you can so we decided to write to these people and explain our case. So they sent back to say I must have wanted fresh Emmelint which wasto be used on the Anti-Jeniture to cause a suction which we paid another 2/6 for to my sorrow for Pregnancy occured again which make me three children. It is not only the terrible times you have to go through but it is the way you have to live. I would like you to see us sleep my oldest 11 years sleeping at the foot of our bed and the one five sleeping foot of single bed with baby 1 years at the top, as you see dear lady

times dont make it convenient to bear dear children into the world decent I would not wish to have any more as my health is not good, though nothing but want of fresh air and more room which we cant get housing is terrible so I wish with all my heart you could help me with your advise.

I remain
Yours gratefully,
Mrs. A.

Dear Dr. Stopes,

I myself for one is placed with 5 children and not much coming in to support them and I have the awful dread of bringing more into the world when my health is completly run down the Nurse told me with this last baby I really no business to have any more as my stomach as got so weak she is afraid what might happen I also consulted a Lady Doctor as how to prevent it but the only answer I can get to it is to have no connections whatever if I do to arrange it 7 days before or 7 days after I told her I could'nt do that as I am never to my time in my monthlys so she was at a loss to know how to answer my question. I am still no wiser than I was before so made up in my mind to write and ask your advice as I think it would mean a lot for me my age is only 33 yrs and the Nurse says I am liabl to have a large family which worries me to death, my weight is only 6 stone 4 lb so it leaves you

to think whether I am fit to have any more children an answer by return would oblige

Mrs. T. A.

Dear Dr. Stopes,

I am writing to ask you if you will tell me about your contraception method I have been married almost twenty years and am expecting my tenth Baby any day now. I am just about tired of bearing and nursing children. I have neither means nor time to do by them the justice I ought as I have eight living children and the boys wages combined with my husbands do not amount to more than 4.10.0 for the ten of us. So you see it is terrible to me to keep having these children. The confinement itself is also a terror to me as I have such hard times. It seems rather late in the day to begin to prevent things but I am only 42 and can easily have two or three more. I hope I have stated my case clearly enough and hoping you will let me know soon I am

Yours Sincerely

A. J. A.

Dear Dr. Stopes,

Our case is a very hard one, we are married fourteen years and have seven children all alive the eldest thirteen and the youngest seven months, and I am living in fear of anything happening again as it is just at this time it does happen. My husband wage is £3. 1. and I am sure you will know it is a great struggle to make ends meet,

only that I am able to do all my own sewing for the children I could never manage.

My Husband always votes Labour but he is so shy regards getting advise on this matter, I thought I would try myself.

You might think Doctor I am exaggerating but if you have agents in G. you have got my address, Let them call and see for themself.

And Oblige by letting me know as soon as possible.

Yours faithful,

Mrs. A. A.

Dear Dr. Stopes,

I have six children already and I must say they are very healthy. I am 34 years of age. You can imagine my hopeless outlook when people tell me I am likely to have another half dozen. I do not grudge them but you see it has been a lot of Hard work to look after them and sometimes I have to go to work too at nights, so you see I have very little time to myself. I have a very good Husband but I think men are very selfish as I have very little of his company. My last baby is two and a half years, so I would just like some time to myself as I am seldom out of doors except when I go to help my husband, so you see I am not anxious to have any more so please help me all you can I would be very grateful.

I am Yours Sincerely,

Mrs. A.

Dear Dr. Stopes,

I am a mother of 6 children the oldest 13 years. I am nursing the youngest one, I have had very poor health recently and I feel if I have another baby it will go hard with me as I don't seem to have any strength left. With my last baby my nurse told me I could not possibly become pregnant if I nursed my baby, the result was that when my baby was only 7 months I again became pregnant. Hoping you will give me some advice on this subject.

I Remain yours Respectfully,
Mrs. A.

Dear Dr. Stopes,

My age is 38 (last Nov) I have a little boy 8 $\frac{1}{2}$. I was married at 19 had a baby premature and died I think it was a 6 months child. The only ailments I had untill my little boy was born were colds and anemia. Now during pregnancy, and the nursing period I never had an ache or pain I felt just splendid. After weaning him I seemed to go weaker and weaker then pain came in my feet (which had always been good) and gradually got all over me. Now I am an awful wreck unable to walk or do anything. I have had all kinds of treatment, been in the hospital, also out-patient for 3 years. The Doctors call it Rhematism and treat for it and have done me no good. My husband's earnings have always been very small owing to shortness of work, and

ill health, and he also has an aged Mother to help support, so we have always been very poor, so it is out of the question to have more children in our poor circumstances, yet I feel I should have been well if we could have afforded to have a small family. My hands look as if the joints are full of congealed blood and just before my periods they are the most painful. Will you advise me the proper way to avoid having children for I am now a great sufferer in fact a cripple. Hope you will understand and advise me

Yours respectfully,

N. A.

Dear Dr. Stopes,

I have been married since I was 19 yrs of age. I am only 24 yrs old now, but appear at least 10 yrs older.

I married knowing practically nothing of what married life would be—no one ever talked to me and told me things I ought to have known—and I had a rude awakening.

I had a baby a year later and nearly lost my life. I was very ill the whole of the months I was pregnant and the time was so terrible that only once since then have I allowed my husband sexual relations and then I was so afraid that I got up early the next morning and walked 14 miles, in a snow storm absolutely distracted. It upset me so that it brought on menstruation 14 days before time and I was in bed ill for a fortnight.

My husband was considerate for some time, but lately things have become unbearable. It may seem selfish, but I simply dare not take any risks.

I have to go out to work, as my husband only has a pension and I've gone to the office heaps of times feeling really ill and not fit for work. It is—probably living as we do that affects my health—though I do not understand much about these things.

I should welcome so much any advice from you—also will you please tell me what to do so that I do not have a baby if I consent to “live” with my husband.

Thanking you in anticipation,

Yours very sincerely,

(Mrs) B. A.

Dear Dr. Stopes,

I have had three children in two years and six months after the last I got very weak and the doctor said I were threatened with consumption so he sent me to M. Home he told me if I had any more children it would most likely cost me my life. my husband is a farm worker earning 30s a week and we are still working a little of our Drs bill of weekly and with the dread of more children you will understand what a worry life is. And I should be very pleased if you would tell me the best method of Birth Control.

Yours Truly,

Mrs. A. A.

Dear Dr. Stopes,

I am 35 years of age and have up to the Present given Birth to Seven Children six of which are Living so that I do not think I am asking Advice before I have at least Done my Duty as a woman.

Now can you recommend a Preventative that is really safe as I do not want any more Children having got as many as I can keep the eldest being 13 yrs and the youngest 18 months. I will explain to you my Peculiarity and should be glad if you could give me any advice. I have never at any time had a desire to be with a man and even with my Husband I never get any sensation or feeling. My Husband on the other Hand is very Lustfull and I think having no desires myself and keeping my Husband in check for long Periods before giving way to him has caused me to be Pregnant time after time.

I would like my Husband to satisfy his Desires yet I am terrified at the thought anytime he comes near me and it causes unpleasant scenes in the Home. I have wrote very Frankly and I should be very gratefull if you could give me any Advise that will help me to settle Down to a life of Rest from Pregnancy because I think you will agree with me I have Done my share considering my Husband is a working man whose income is very small.

Mrs. W. C. A.

Dear Dr. Stopes,

I am writing to you for your advice. I am only twenty four yrs, and I have been married five yrs, but I have got three children the eldest being four yrs, the next two yrs and a baby four months. My Husband has been out of work for twelve months, my baby being born during that time.

I have seen your letter to working women advertised, but I thought if I wrote direct to you I could be sure it was your advice, as there are so many things advertised in the papers.

I do hope you will be able to help me, I love my children, but, one cannot help being worried, for fear there should be another babe added to the family, when there is hardly enough bread to go round for them that are here already. I will close

With best regards to you

L. -B.

Dear Dr. Stopes,

I venture to write and ask your advice please.

I have suffered more mental torture during the last four days than I experienced during the four years of war. Fact is, my wife tell's me things have gone wrong, she has been taking salts, pills gin etc. almost continuously the last three days and she swears she will not face another confinement and : in the event of not being able to check it will end her life.

It has unnerved me so much I dread to leave

home, always with the fear that the worst has happened.

We have lived happily and brought up so far a family of three girls the eldest being 8 years and the youngest 4 years.

The irony of it is, my work is not bright and : my wife has accepted employment to help us along and now, as she puts it this has come to hold us back, I must plead ignorance on the subject. Hence my writing to you.

Will you advise me please if I can obtain something to check developement, as the position is very serious, and : I have no doubt, whatever, my wife will carry out her threat, I feel the most miserable of men though : that is not the name my wife called me, she : has changed, and there seem's only one way to gain her confidence. Hence my decision to make one bold bid and ask your advice, I sincerely trust you will be able to relieve the troubled minds of my wife and I. Should there be any expence incurred I will forward immediately.

Thanking you for your valuable assistance

I remain

Yours Very Sincerely,

G. -B.

Dear Dr. Stopes,

I am writing this in the hope of you giving me some advice. I have been married two years all but 3 months, and We have one of a family and my wife is expecting another one in April.

My salary is not Large and it is going to be a struggle to keep them. The baby is a year old tomorrow and my wife was only better for four months when she was expecting another, so she has never had a rest since we were married. We did not mean to have the second one so soon and I still wonder how it got there as I was withdrawing myself every time.

My wife is not passionate in the least and she tells me if I left her altogether she would be better pleased, but then I am the very opposite to her I feel that I need to co-habit with her every week or else I feel nervous and irritable, but after this child is born I feel I will have to leave her alone as we are both frightened that we may have another and I don't know what we would do if there was. Could you advise me what I should do to see that there are no more for at least five years so that my wife has a chance to get on her feet as it were because I don't think I could leave her alone for years, and I don't want to be the cause of bringing children into this world and not being able to keep them.

Thanking you in anticipation,

Yours Faithfully,

E.-G.-B.

Dear Dr. Stopes,

I am a Disabled Ex-service man with a wife and two Children in lodgings in a three rooms house with nine occupants, Now I would be thankful if you would ease our burden in respect

of the following. I have been married five years and my wife had given birth to two Children The first born in April 1921 and the second in March 1925. During the interval between the two births and up to the present time my wife has not shown coarses on more than three occasions and watery at that.

She has also got very stout or (fatty) which causes her to have very severe headaches and always feeling out of sorts. I have had her to several doctors locally they say it turns into fat and give her physic but does not relieve her any at all. I myself being Unemployed through my disability she wants to work to make ends meet but this ailment of hers is a big drawback.

So If you can do or advise her anything it would take a lot of anxiety off our minds as we can't tell when she is pregnant. Under doctors observations took two months to tell she was pregnant over the last Child.

I remain Yours

F.-B.

Dear Dr. Stopes,

I am the Mother of nine children, 8 living and one dead, and I am writing you to see if you could give me some advice as I think I am pregent again. I should have been unwell on the 18th of last month about of course I am never regular but I dont feel at all well and have a terriable pain in the left side and lower down the bottom. I am worried to death for fear there

is anything the matter again for I have such a struggle as my husband has not been working for a time, and I thought I was trying to watch myself Is there anything I can do. It is fully three weeks since I felt not very well, for I would not like to have any more children, hoping you can enlighten me on the subject as I will soon have myself worried, I am unwell worrying, hoping to hear from you as soon as you can.

Mrs. B.

Dear Dr. Stopes,

I feel I must write to you for some advice. I have a baby boy ten weeks old, and am breast feeding him. My one dread is that I shall conceive again, as my husband's occupation takes him from home for some few days, often weeks. He is of the opinion that I cannot conceive whilst feeding baby. It worries me because, I feel I must reject him, and naturally it causes a little enstrangement.

I have a little girl aged five years. After she was born, my husband used a preventative for some time. I shall gladly look for a reply from you to relieve my anxiety.

We do not want any more babies, for we can only just manage to feed and clothe our little family and keep our heads above water.

Thanking you in anticipation,

Yours faithfully,

D.-M.-B.

Dear Dr. Stopes,

I am a Mother of 5 young children my baby just 1 year old and I now find I am pregnant again. I am about 3 wks over my time and am feeling rather worried about it, as my husband is not earning a very big wage, and he has tried to be so careful to keep me from having any more children, as I always have such a bad time, and it is months before I can pick up my strength afterwards, besides the big expence of it, so I am enclosing a stamped addressed envelope, and I should be greatly obliged if you could tell me what to do as soon as possible wishing you every success in your work and I do hope this address will find you.

Yours faithfully,
Mrs. A.-L. B.

Dear Dr. Stopes,

I am writing on behalf of my Wife and of course also myself. Hope you will be kind enough to advise us on Birth Control. We have 4 the baby 16 months old ; and as I am only a working man it take all my time to feed and cloth them if there should be any more I don't know what We should do. Not only that but 2 Doctors have told the Wife she must not have any more or it Will be Very serious for her. She had an awful time with the last two but neither of them gave any advise on the matter. It is all very well for Parsons etc. to say the right

Way is to abstain but that is hard and the same time to Live in Love and Happiness.

So if you will be so kind as to advise us We shall be for ever grateful. Wish you every success in Your Campaign.

Yours truly,
G.-W.-B.

Dear Dr. Stopes,

I am a young Mother of two beautiful children a Girl, born January first 1925, and a Boy Born December 21st 1925 both born in the same year. I had terrible times for both, having to have instruments and chlorform and the dear little mites cut about. The Dr. told me when my baby boy was born I wasnt to have any more children as I should never deliver them myself, I am now dreading the thoughts of having any more children, My husband is only a working man and we feel we cant aford any more children on our money it would mean misery. Could you please give me some advice how to prevent any more little ones coming.

I am yours truly
W.-J. B.

Dear Dr. Stopes,

Seeing that you are willing to give advice, I thought that you would sympathise with me in my trouble. Two years ago in September last, I underwent a serious operation for appendicitis. I pulled through my operation quite well,

but a week after septic poison set in, and I was on a thread between life and death for a week. My side burst twice, once—the first time when the septic set in, and about eight weeks afterwards, it burst again, through three small peices of stitch which was left in my wound after my stitches had been taken out. I was crippled for a long time, and after seven months, was able to take up my employment as domestic again, as I have since been married, and my illness meant a great loss to me. My husband is so very kind to me, but worst of all, he loves children so much, and my doctor told me that if I did have a child, it would be at great risk of my life, as I should not be strong enough to bear it. Could you give me some good advise? If I became pregnant could anything be done for me not to have a child, or could I avoid it in any way with your Birth Control methods? Please doctor help me in my sad plight, as my husband and I are both looking forward to receiving your reply so much, as it would be so hard for death to part us so soon, as we are both so young, my husband 26, and I 23. Awaiting your reply,

Yours Truly,

R.-L.-B.

Dear Dr. Stopes,

. . . I thought I would write to you. Your articles are very much to the point, clear and plain, and many a poor woman would be glad to read that which affects her to such an

extent, but only a bold writer like yourself has the courage to make known the means whereby the poor can limit the children born into the world, instead of bringing them into poverty etc. I myself have five children, and have had a dread of having more. My last one was born within a year of the other, I fell while I was nursing the one previous. Sometimes I have looked upon having another as a tragedy but my husband is very good, and for three years has not had a real "pleasure" in order to keep me right. Will you please tell me how to prevent having any more children and so remove the dread thoughts which will always be mine—stating full particulars and fee for charge and you will do me a great service.

Thanking you,
I am yours faithfully,
E.-B.

Dear Dr. Stopes,

I am one of many thousands who live in dread from one month to the next. My baby is 5 months old, and to do our best by him and live comfortably is a thing we should not be able to do if another one came along.

Apart from that, I had a very bad confinement, and was ill before he was born, the doctor advised me to be very careful in the nicest way he could but of course they never give the advice as to prevention, as 2 months after baby was

born, I was greatly worried as regards my condition but, anyhow things turned out alright.

Now my husbands and my worry is how to avoid having a large family, as we are only living in a flat, which is upstairs, with one living room and one bedroom.

We shall be most grateful to you all our lives if you can advise us in this difficulty, as we are both only 22 yrs of age, and we are trying to get to America in 2 years time, so we do not want a family to take with us.

Sincerely yours,

R.-C.-B.

Dear Dr. Stopes,

I beg to submit to you the facts of my domestic responsibilities, and to ask if you would be so good as to help me.

I am a £3.0.0. a week worker, with a wife and family of three. Under the circumstances, we are fairly comfortable, but both my wife and myself realise that were any additions to our family to come along, hardship would come with them.

My wife and I care for each other sufficiently to desire each others company, and the idea of any preventitive being used in our marital relationship is as equally abhorrent to myself as it is to her, even if by such means we could prevent my wife from further motherhood.

It is our earnest desire to try and make the

start of our three children in life, better than our own, and it is with this idea that I address this appeal to you.

In addition I would add that my wife gave birth to her three children within a period of 5 years, a big strain on any woman, and to save her any further danger, we have *been living in a state of separation*, even against all our inclinations and desires.

Trusting for a sympathetic and early reply, I am, Madam,

Respectfully yours,

H.-B.

Dear Dr. Stopes,

I am writing to ask you to kindly enlighten me on the Subject of "Birth Control." I am 23 years of age, and have two children, one age 3 years and baby age 9 months. It is not that I am afraid of having children, but that I cannot afford to keep any more, as I have a terrible struggle to make ends meet with two babies. My husband is an A.B. Seaman in the Navy and until he is 25 years of age I am not entitled to "Marriage Allowance." He is 23 years of age now, and my "Allotment" from my husband is 24/- a week, also I am living in one upstairs room, and there seems nowhere else to be able to live, especially with two children. My husband went away on a cruise in September 1924 and now writes saying they will be in England about the 15th April, and instead of being excited about seeing him I am really dreading him coming

home, because I shall be sure to become pregnant again, and I dont know what I should do with another baby, here in one room, and he has not seen this baby either, yet.

I love children and I hope to have two or three children more, later on, as soon as I get settled in a decent home and receive the "Marriage Allowance." I shall not mind at all having more children. If you would please give me your advice Dr. Stopes I should be very grateful to you. I am enclosing a stamped addressed envelope for a reply if you could advise me on "Birth Control" as soon as possible before my husband should arrive in England.

I am

Yours Faithfully,

A.-E.-B.

Dear Dr. Stopes,

I must state I have 3 children ages $4\frac{1}{2}$ yrs. $2\frac{1}{2}$ yrs and 6 months.

I have seen your statement in this weeks J.B. re pregnancy during nursing.

Could you please advise me of a safeguard against pregnany as I have not been able to afford to buy either of your books on the subject.

My husband is now a Dockyard Labourer after a period of unemployment and now that there is every sign of discharging from the Dockyards we never know when he may again be unemployed so if you could please advise me you would render me a great service as I find it a struggle with 3 children and might say I do not wish for any more

as with each child I have found my nerves and eyesight getting worse until now I am forced to wear glasses to prevent losing the sight of one eye.

Thanking you in anticipation.

I remain,

Yours Respectfully,

C.-B.

Dear Dr. Stopes,

My first baby was born three years ago and the doctor who attended me at the time advised me not to have any more children for at least five years. But he did not give me the necessary advice as how to avoid them. Another Point I should like to know is wether the fact that my husband suffers from a mild form of Glyeosuria would effect any future children I might have as I am looking forward to another when my husbands health changes.

Yours Sincerely,

E.-B.

Dear Dr. Stopes,

I am a young woman who has experienced life in every way and have had a very hard struggle to live and keep thing going as they should. I also am the mother of two very delicate children, both girls and I also have a very delicate husband, in fact the Dr. just told me the other day that my husband would not live long as he is fer gone in consumption and both his lungs are affected now.

I have just realised a few weeks ago that I am

pregnant again and I really do not know what I am to do with another child. I cant keep what I have as they ought to be. I feel like doing something desperate at time as it is getting on my nerves, so I made up my mind to write and ask you if their was anything I could get to take it off before it came to anything I am not long pregnant about 6 week's I am not 2 months yet and I think it is a greater sin for me to allow this to go on than it would be to try and get rid of it as soon as possible what do you think Dr. I will also explain my circumstances to you I have hardly any income as my husband cant work and I have an old father to keep and look after who cant work through chronic reumathics. An cripple he is and what keep us meantime is what I earn myself. I cant get out to work so I take in sewing to do and very often dont get paid for my work as I ought too but I must carry on with it and if I allow this matter I have just told you off, I will have to give up taking in sewing and then I really do not know what I am to do for a living and I feel I must do something to take it away, so please Dr. if there is anything you know off that will help me to do this will you be kind enough let me know by return or if you could send me something to take I would only be too please to pay you for it and I will take your advice as regards taking anything I will also keep any information you give me to myself if you want me too. I am in a fix and am pleading to you to help me if you can. I am sure you will be able

to advise me what to do in the matter for it is worrying me ill every-day. I will now close trusting to hear from you soon.

I am Yours faithfully,
J.-B.

Dear Dr. Stopes,

I have had two children. They both have caused me so much suffering I really think I cannot go through anything more like it although I may never have to, as it is four years in January since my girl was born. I was ill all the time during pregnancy very ill indeed when it got towards the end I suffered agonies with womb trouble and the Dr helped me all he could but as I still had to go about it was really very little he could do I was forced into bed though 6 weeks before the child was born when it was born I was simply used up. Now the Dr's bill alone was £14 and the other expenses we had to get help etc. altogether it cost us about £40 and my husband is a platelayer on the railway had it not been I had money of my own we should have been in debt for years it of course had taken really what savings we had for later years and I don't see any prospect of saving any money out of the wages of the present day and I always live in dread of the same thing being repeated if I had to have another child. I have worried a lot and always understood it was expensive treatment you advised but by your article in this week J Bull it's not at expensive at all. I have always used a shringe since the girl was born can you write me and advise me

how to prevent having any more children to be as ill as I am its fairly a dread all the time and it takes such a lot of your life I quite understand that ordinary pregnancy and labour is nothing to be afraid of or yet to shrink from but after what I suffered last time I dread it always, it makes lots of little troubles in our home life too : naturally a man gets out of patience because they don't understand I hope my letter to you is not troublesome I enclose a stamped envelope for reply.

Yours truly,

L.-B.

Dear Dr. Stopes,

I have been wondering if you could give me help or advice in my trouble, or could you please help me as regards the future. I don't like complaining, but I think my case is identical with the ones which you are "all out" to help. In the first place we have been married close on eleven years now, and our first baby came to us only last March, and is now nearly nine months old, and I am pleased to say that she is both pretty and healthy, and both me and my husband both wished her to have a good start in life, (not from a money or position point of view) but I mean as regards her health, but now I am sorry to say that I fear that I am again pregnant, for I am now a month over my usual time, so you see the cause of my worry, for the little mite now with us will not be able to have the attention which should be her due. Please Dr. do not misunderstand me when I said that we had been married so long,

for it was not any selfish motives that kept us from having children before this, but it was just circumstances pure and simple, my husband was away nearly four years in the army, then when he did come home he has done very little work through disability (heart trouble), and since last Xmas has only done one week's work, and when he wanted to go back to try again his employers refused to start him again, and his pension and medical benefits only total 18/6d, so you can see Dr. why I fear for the future. Please give me your advice if you will be so kind, and believe me I shall be ever so thankfull in finding a good friend such as you.

I am Dr. Yours sincerely,
J.-B.

Dear Dr. Stopes,

I have had 7 children lost my eldest girl 11 with consumption about three month since and have six children living my youngest 11 months three of them are consumptive my husband is only a labour and as been out of work 4 years. I dont want any more children and it seems how careful I try I seem to fall wrong I am just three days past my time and I feel worried I am 43 in October of course it might be change but I feel I want to be on the safe side so I thought I would write and ask you think it is a shame that pore people should be draged down with families fed up with life keep having children hoping you will kindly oblige me by writing by return of post

Yeurs sinculy

Mrs. B.

Dear Dr. Stopes,

I am forty one and have been married twenty one years I have three children all girls the eldest is nineteen the next eleven and the youngest will be five in June. We were quite comfortable and I thought I should have no more children as I had passed my fortieth year, but last June 16th I was washing blankets and after putting the line out my little girl put a toy on the steps the consequence was I stepped on it and had a nasty fall twisting my foot and breaking both bones at each side of the left ankle in fact one inside bone was both broken and right out of the socket I thought I would try and put it back while awaiting the doctor so you will see I was not at all nervous but after the doctor came and set it properly and put it in splints, I had to lay in bed a month with it when he put me a plaster leg on for another month and still kept me in bed. When he took the plaster off he still put me another one on and when he took that one off he said it was not at all satisfactory as the inside bone had not knit properly but the outside one was all right. Well he ordered me into the Infirmary and they put me under ether and broke it and set it all over. They kept me in for five days and then send me home for six weeks and I have now to wear an iron up to the knee and I am just walking about the house with difficulty and I am still an out patient at the Infirmary. But to get to the point I should have been unwell on the day I fell and broke my ankle the 16th of June 1925 but I never saw any colours or

anything. I told my own doctor the second week but he did not attach much importance to it and I mentioned it at the Infirmary and they said it was the shock with the fall and I should be alright when I begun to walk but you can imagine my horror when I felt a movement in the body, in fact I was so unerved that a friend of my sisters took a sample of my water to a water doctor and he said there was no sign of pregnancy but the kidneys were in a poor condition and the week after my husband went and he said the same not being satisfied I had my own doctor examine me properly and he could not tell for a long time and then he felt a tiny movement and he said yes I was pregnant but I had not to worry, still I had another examination at the infirmary by a specialist and he said I was 28 weeks pregnant and they massaged the body and after I got home I felt the child turn and ever since then I can get no peace it seems for ever on the move. I should reckon about a month now to being confined. But you have no idea the state of mind I am in I can not throw the depression off I get no sleep and break down many a time because I wonder will the child be allright in brain and limb also I suffer agonies at Birth and have to have instruments as I am very narrow and have big children. Could you advise me what to take for nerves and also to have an easy birth if possible I have no feeling whatever that I am going to hold a child in my arms again although it feels so lively do you think it will be alright Also will you send

me your birth control method so I will have no more if God spares me to live.

I remain yours

Mrs. B.

Dear Dr. Stopes,

I have one little boy aged 2 years 14 months and my wife and myself could wish for no greater blessing than to have another child.

Last June she had a miscarriage and since that time, she has had no pleasure in any form, having had hemmorage twice 17 examinations internally and 2 operations, and she goes into hospital again on the 13th of this month.

After she came from hospital last time the doctor said on no account must my wife become pregnant for quite 3 years.

It is about 8 months since anything between us, and If you could advise us how to go on without the continual worry (which is sure to be our lot) of pregnancy I shall ever be thankful for your advise.

Yours sincerely,

Mr & Mrs. E. B.

Dear Dr. Stopes,

My husband and I are both clean living people turned 40, married over 16 yrs, and 7 months ago had our first child. A neighbour advised me to go to be examined by a lady doctor to make sure I was pregnant, it turned out to be a clinic. It proved I was so, and was advised to visit there every month as I hoped to go to the maternity home connected

with same. Once I was asked " was there any soreness in the passage " I said " once a little " I was advised to go downstairs to another lady doctor to be examined and she advised me to have treatment three times a week. As I was anxious to do all in my power to help myself and baby, being so old I consented, and visited there until baby was born. I was accepted and all settled to go to the home, when about two months before baby was born, a Government Inspector visited the Clinic, and said those with a discharge was not to be admitted, I had a little discharge (the whites) but nothing to speak of. When they told me I was struck dumb I couldnt understand and to actually tell me I had what you might call a disease, and if I went to the home I might give it to the other patients I cannot describe to you my feelings. I didn't know what it was or what they meant. If we lived in dirt and filth or associated with other men and women I should think that was how I had it.

Baby is now 7 months 11 days and has the cleanest skin and lovely clear blue eyes.

Last week I had a P.C. from the Clinic to ask me to call I didn't know what for. They want me to go for treatment and they say there is a germ there, and it wouldnt be killed with the little treatment they gave me before. I have not the time now to spare and dont know what to do. The midwife who attended me said there is no need for me to go.

I should like your advice as it quite upset me to

think anyone should say I had an infectious disease, and they asked had I any trouble with baby's eyes. Strange to say everyone who has seen her pass the remark what lovely clear blue eyes she has.

I have no soreness now and only felt it when carrying baby when the passage seemed closed or swollen, I don't know which. Please do advise me if it can be got rid of without going to the Clinic I should be glad.

Thanking you in anticipation

Yours sincerely,

A. B.

Dear Dr. Stopes,

Trusting you will excuse the great liberty I'm taking in writing you. I hardly know how to explain myself. But before spending any money which is very precious to me, I felt I must write and ask if you will be so kind as to tell me what is the surest and safest thing for me to have to prevent more little ones. I already have four children and am still only young, and really cannot afford to have any more, but am ignorant as to what to do, to prevent. If you would advise me I should be more than grateful to you, as it is my constant worry, and I have only two rooms, to live sleep and do everything in for six of us.

I love my four children dearly, and want to do the very best I can for them, which is a struggle as my husband doesn't earn a very big wage. I'm

afraid this is a very poor letter to write you, but I hope you will understand, and find time to answer.

Very Best Wishes

Mrs. B.-

Dear Dr. Stopes,

I write to ask you if you would kindly help me. I am the Mother of 7 children the eldest Boy being 16 years of age the youngest nine. Twins Boys born April 20th 1923, I was very ill during the last 6 months of carrying and had a most dreadful time when my Babies were born. Both the Doctor and Nurse told Me I should have no more children. I was glad as I did not think there was so much pain on Earth as I had to go through. The doctor told Me it was to save the 2nd Baby. He is now the Darling of Our Home so I do not regret the pain. I lost the first Baby (who weighed 9 lb 10 oz at birth) at 4 months of age. I believe He was ruptured at birth.

I believe you will understand Me when I say I am afraid I am going to have another Baby as the monthly time should have been 3 weeks ago and I am not at all well. A friend said she expected it was due to change of life as I am 38 years old. If you can give Me advice I should be so grateful as I am afraid to try any advertised things.

My Husband is a Working Man and One of the best and we would be glad to pay anything within Our Means to lift the dread of another illness and as You know a little family of 6 growing Children

takes keeping on £3.0.0 a week. Thanking you
in hopes You can help Me

I Remain,

Yours truly

L. A. B.

Dear Dr. Stopes,

Although I have only had two children, but the second very soon after the first, and of course, hardly having a chance to get over the first a girl, my baby son ;, just what we wanted, was a poor little thing and died a few weeks old. I was very Anaemic, in fact so much that it was weakening my heart, and the doctor said, I must be cured of it, and must not have any more children yet, but what to do, well,—I have asked women who I thought might tell me, but I might as well never ask, but *what are* we to do while I get stronger It is a few months since I lost the baby, but we can't go on much longer as we are doing, and my husband has been very considerate, but he cannot deny himself much longer, It is not that we do not want any more children, but it is just to give me a chance to get over the other one, and another thing we have not got a big wage, and we had to borrow to bury the baby, and have hardly finished paying back. I think I am asking a lot, but could you tell me another thing. As I said I don't want to think I shall not have any more children, but would very much like the next to be a boy, is there any way of making sure to have a boy, & not a girl, of course

I am speaking of when I get a bit stronger, if I can manage to keep alright for a little longer, hoping you will be able to help me, I am

Yours truly,

E. B.-

Dear Dr. Stopes,

I am am married woman 36 years old I have been married 15 years and have four Children two Girls and two Boys, My second Child a boy age 10 years as been an invalid since before he was Three years old having T.B. Spine he laid on his back up to Xmas 1924 in a home at Margate and although he has been home a year now he has a dressing in the groin which has to be down every morning & My other three Children although very much better always had to be on Cod Liver oil and Malt etc. ; Birth Control as always been a great worry to me & my husband, especially since the war when my husbands sight was impaired while in the army so that he could not carry on with his own business when he came out & before our little bit of money was gone we started a little general shop and just manage to live, my husband has always been very good to me and yet I have fallen and not known how it has happened & I feel I am making my husbands life a burden because I have got so nervous that I feel I would forfeit our happiness than have another child. I have not had good Child births the last two being Breach Births which nearly cost me my life having hemorage very badly

after it and the Matron in the Maternity Home said I must *not* have any more but she never told me how to avoid it and whats the good of telling a person it is more than their lifes worth to have any more without telling them how to avoid it my Husband and I meant to have Children my husband loves Children & although I have been married 15 years 14 years out of that my husband has had no married pleasure at all and I am afraid it is making me sour and irritable. It was while I was pregnant with my last Child now 3 years old that I read your books but I have felt afraid to adopt its methods. I do hope you will be able to help me. I would not mind the Children if my times were normal and my children and husband strong but it seems such a poor outlook I must confess it could be worse. I and my husband are both Temperance people. I was very interested in your books and must confess there was much I was ignorant in although I have had four Children.

I do not believe in taking stuff to bring on a miscarriage. I have told People I would rather die in Child Birth than take stuff to do away with it. I think it is very good of you to offer to help us poorer mothers and to give us of your knowledge and I shall look forward to your reply hoping it will bring comfort and happiness to me and to my husband as well. I should like to ask one Question:

A Nurse told me it was perfectly safe to Co-habit within 10 days before courses and 10 days after my husband would be quite willing to wait

that time but I dare not *trust* it, it makes me all nerves to think of it, with best wishes for you your husband and baby

Yours Truly

A.-J.-B.

hope I have not taken up too much of your valuable time.

Dear Dr. Stopes,

I should be more than grateful if you would enlighten me. I am nearly thirty seven and my husband ten years my senior and he is partially crippled with Rhumatoid Arthritis. We have three children eleven, nearly ten and the youngest two yrs. and ten months. Sixteen months before my baby was born I had a full time still-born child. Then last April I had (what the Nurse Judged to be a seven months miscarriage) although I carried it the full time, but it was in bad state and fell to pieces when touched. From then until last Nov : I have had a bad discharge and only been free for two or three days at the time and at other times almost frightened to walk about in the house as at the month I have stained through all my clothing. The doctor was treating me for anaemia and strain from the mishap in April. On November twentieth last I had another miscarriage of about four months Now the doctor tells me I have tumours in the womb and must have an operation as soon as I can arrange a bed and some-

one to see to our family. In the meantime we are terrified lest I get pregnant again and my health is none of the best now although I am losing nothing, and do my own work again. Also Doctor would the tumours have any effect on my husband. We are anxiously awaiting your reply.

Obediently Yours

Mrs. B.-

Dear Dr. Stopes,

I am writing to ask if you would be so good as to enlighten me on birth Control and so lighten the burden for my husband as well as myself.

We have four children the eldest of which is $5\frac{1}{2}$ years and the baby 8 months.

We find it one long endless struggle to keep them all four on a working mans wages, although it is regular, much less to give them, each one what they have a right to expect, a chance in life and another little one would be dreaded by us both simply because we have not the means to keep it and not for any other reason as we both love children and think the world of our babies. I have a good husband who works hard for us all but it worries me at times to see him go without comforts which he ought to have so I should be very gratefull to you if you could help me in this matter.

Thanking you, in anticipation of a reply,

I am,

Yours Sincerely,

E. B.-

Dear Dr. Stopes,

I am a Mother with 4 little children, all of whom are yet young. The oldest is 6 years and 1 month and is always ailing. I have to attend the childrens hospital regularly with her as she is so frail and suffers with her bowels. My husband served in France during the war and besides being wounded twice was also gassed, and had to undergo operations for frost bite in toes and feet. The other 3 children are aged $4\frac{1}{2}$ years, 2 years 1 month and baby 5 months old. I am asking you for help upon the subject you write about, because we both are so ignorant like many thousands of other poor people, as we find it a hard task to make ends meet and keep a roof over our heads, as my husband suffering as he does from gas bouts, neurasthenia, and bad feet, cannot attend his work as regularly as he would like, and knowing that another increase or more in our family would mean dire poverty and starvation, I take the liberty of asking you for your help and advice, as it is impossible to live apart and bring up our children in the proper way, yet what can we do if others were born to us as my husband only receives a small pension for his disablements. I am willing to pay for your advice if it is possibly within our means, as we should like to live as nature and God willed us to do, and yet we cannot for fear of further trouble, and it is making us both so irritable with one another that life seems such a misery now when once we were so happy. I hope you will try and help me, so as we can live like we used to

do and enjoy the pleasures of our four children without the fear of others coming to burden us any more, I shall always remain

Your Grateful Friend,

Mrs. B.-

Dear Dr. Stopes,

I am sure you ought to be greatly encouraged in your work ; and I take this opportunity of asking your help. I have never had the chance before of enquiring about Birth Control, and I would be very grateful if you would explain it. My "Baby" is 5 yrs. & 4 mths, and my husband and I greatly dread another coming, as he does not enjoy the best of health, and I had such a dreadful time with having my boy, (before and during the time), almost despaired of my life, that since then we have never let Nature have her full swing (if I may say so), and I feel for his sake It should not be so, it does not seem right to deprive him thus, but he and I dread it happening again, and we have only one living, and one bedroom, and in the bedroom only room for one double-bed, and one cot, and then there is hardly room to walk round, and that room has "lean to" walls, and very low ceiling to make less air space ; and another thing, with unemployment, thus less money, its a struggle to live, that we both would be real grateful if you could possibly explain a safe and sure way of carrying on different to what we are doing, and so that nothing occurs.

I do hope you will not think me forward in

writing as I have done, but I feel, for my husband's sake, we have had enough of how we are going on, yet under the circumstances we feel it unwise to let it happen again, and apart from other things, I feel life at 34 yrs. too sweet to want to risk it again.

Thanking you very much indeed, for a reply, and wishing you every success that I am sure is due to you,

I remain, Yours Gratefully,

A.-E.-B.

Dear Dr. Stopes,

I am a married man and possess two Bonny children (one of each) and as you can see by my address I am in the Royal Air Force.

My wife I must tell you is not at present in the best of health owing to the fact our babies came quite quickly after another (one being 2 years ; the other 12 months).

Now my rate of pay is 29/- per week nothing more, my age being 25 years, I am not old enough to be placed on the Married Strength for the allowance made is only for those above 26.

Well to come to the point at once my wife is dead against the so-called "preventatives" of any kind and again I have made a slip, and I love my wife very dearly and I am worried out of my life because I really think another baby would kill her, she tells me not openly but indirectly, and another reason I cannot keep another baby, my pay is so low its almost starvation now as it is.

I have read your books some time ago, and I have begged her to let me use the necessary preventatives

but no, this is no lie or spoofed up affair Dr. and I sincerely have tried to hold myself in check but its impossible ; can you help me in any way. I ask you because I really think you could help me in this matter. I have asked my wife her objections to preventatives and she says she has no faith in them, yet when I fail to keep myself in control well there's more trouble and it has caused me many a restless night, and bad feelings between the wife and I and quite naturaly too ; here we are with two kiddies, just enough to get on with, and at my rate of pay especialy, what am I going to do if another rolls up, I ask you ? surely there is something that can be done to help me, I can assure you I have tried my hardest to convince the wife of the necessity of Preventatives but its of no avail.

I write these few lines without her knowledge, with the thought and the faith that you will do something for me.

I have so many ways of thinking of my position at the present moment the responsibility that will very shortly increase and in 9 months time I am for discharge from the service and have no prospect of a job, so I sincerely hope and trust that you can help me in this matter I plead because I can realise great difficulties in the future that my wife cannot. I enclose a stamped envelope for a reply from you I can assure you I shall appreciate whatever help you can give me from the bottom of my heart.

Thanking you in anticipation

I am yours Faithfully,

L. A. C.-B.

Dear Dr. Stopes,

I dearly love children but at the same time I really think that a woman should have a short rest in between confinements. Take my case for instance, I never knew what it was to have a days illness, it was with great joy that I looked forward to the birth of my first baby a little girl, but alas since she was born I have not been the same woman always ailing in fact I sometimes wonder if life is worth living, she is now $3\frac{1}{2}$ years of age, last February I gave birth to twins a little girl and boy, they were only 7 months and now I find I am about to become a mother again 3 months on, if I had known about your method I might have been able to have had a little time in which to gain my strength, I sincerely wish you every success and hope that all women will read your articles in John Bull.

Yours faithfully,

(Mrs) H. B.

Dear Dr. Stopes,

Excuse me taking the liberty of writing you on behalf of my Wife and myself, but could you give us any information on Birth Control. My Wife was in Bed 7 weeks with her first baby and was then left with a very bad bearing down that was almost 5 years ago. Eighteen months ago She had the second child and after that the Doctor told her that she must'nt have any more children for 5 years or it might be fatal. Then about 2 months after she was again in Bed eight weeks this time

and then she had to go under an operation at the Hospital. To cut a long story short She is in Bed again now after having the Doctor and Dentist to take out all her teeth. Before I finish I must tell you that she says she will do away with herself before she has another child. So it is poor people like ourselves who would get the Benefit of Birth Control. Trusting you can supply a long felt want.

I remain,

Yours faithfully,

G. S. B.

Dear Dr. Stopes,

I thought perhaps you might be able to deal and understand my case. As I have two children the oldest being ten years old in July and the other girl was seven last Christmas day. I am anxious to know something about Birth Control. After giving birth to a male child on the 17th Nov 1925 which were born dead I had such a bad time that I had to have both Doctor and Nurse as it nearly killed me owing to bad Hemorrhage. That makes the 5th that I have had like that since the girl at seven years old were born. As it left me very weak and anemic As the Doctors advice were to go to Hospital and be operated on, as with having children so fast its left me with internal trouble. And having not seen my courses or anything since the confinement in November would you please advice me the best thing to do both for my sake also my Husband's and the two children that I have As they are both out of my way now, as

they are going to school As my husband is ten years older than myself, as I shall be thirty-two in May. I think this will be all at present As I will enclose a stamped addressed envelope, and leave the rest in your confidence. Hoping to receive an answer from you as soon as possible,
Mrs. G. T. B.

Dear Dr. Stopes,

I am a soldier's Wife with one baby, I have to move about with him when his regiment moves, and as I am not on the strength I have to get furnished apartments, and more often than not they object to children and also I have to pay my own fare. Its one continual worry to me the thoughts of having any more children yet. I would not mind in the least if our circumstances were different.

Would you kindly advise me how to restrict my family.

Thanking you in anticipation,

Mrs. A. B.

Dear Dr. Stopes,

My wife and I have one little girl and are quite happy together. When baby was born the Doctor told me quite confidentially that if my wife had another child for several years the consequences would undoubtedly be serious and she might be a permanent invalid. She does not know this, and I do not wish her to know it, as it would be a constant

source of worry to her as it has been with me up to the present. I have, fortunately been able to avoid any consequences up to the present but there is always a secret dread in my mind which is seriously marring the real happiness of married life. As I feel that this sort of thing need not necessarily go on I am writing to you for your advice and to possibly be able to obtain knowledge of how to get information as to your simple Birth Control methods so that one more woman might be spared the misery and suffering which ignorance leaves in its train. I have emphatically refused to use any of the so-called efficient methods which are advertised as I consider them as a whole, more harmful than beneficial but the frankness and conviction of your articles in "John Bull" has firmly convinced me that you can help me in my little difficulty.

I shall be most grateful to you for a private reply as soon as you can spare a moment from your many other calls, and am enclosing the necessary stamped envelope for same.

I am,

Yours respectfully,

R. E. B.

Dear Dr. Stopes,

I am writing on behalf of my wife to see if you would enlighten her on Birth Control. She has had nine children of whom three are alive only her sisters keep tell her to stop having Children but they wont give her any knowledge they just say they can stop from having them i have asked there husband

and they say they dont do anything my wife has two sisters each has one Child only so if they have any knowledge they keep it to themselves so i appeal to you for the sake of the Children we have and my wife to let us have the knowledge we ought to have.

I am yours in unity

Mr. J. B.

Dear Dr. Stopes,

I am writing to know if you would give me some advice as I am only twenty seven and have five children the oldest nine years and the youngest eighteen months and my husband is always out of work and it is a continuel worry to me from "one months end to the other" as dont want any more children hoping to have a early reply I remain

Yours Faithfully,

(Mrs) W. B.

Dear Dr. Stopes,

Will you be kind enough to tell me where I can obtain the appliances mentioned in your books on Birth Control ?

I haven't the courage to go into a shop and ask, so I wrote to several London chemists whose addresses wete obtained from the Directory but I got no reply.

I have two bonny boys of $4\frac{1}{2}$ and $1\frac{1}{2}$ years but when I went to a Nursing Home over the second the matron told me I was on no account to have any more as it would kill me. She, however, would not tell me how to prevent it.

I take her prophesy with a grain of salt as she

also told me I should be practically an invalid for twelve months. As a matter of fact I have not had an hour's illness. She would not tell me what was the matter, but I overheard her tell the nurse it was Accidental Hemorrhage. Would that be likely to occur again ?

In any case I do not want any more children. I am 42 and we cant afford any more. I should be much obliged if you would advise what is the best thing to do and where to obtain anything needful.

I may say the matron told me to go to the Women's Hospital but as she would not tell me what for I did not go.

Thanking you in anticipation,
Yours faithfully,

M. B.

Dear Dr. Stopes,

I would like to know if you can advise me what to do. I am a married woman with a family of small children, I was very ill over my last baby I was under the Doctor here all the time I was pregnant with my heart, and not only that I started with hemorage from the month, the consequence was I had not strength to bring the baby, my life was despaired of for quite a while, but thank God I came through after a struggle. Now the Doctor has advised me to have no more family but did not give me a remedy, please Dr. can you tell me what to do, I am terribly afraid, not because of children, but of my other little ones I have, they are all such Babies, if anything should happen to

me, over bringing another one in the world, as I have had 9 and 6 are boys, I dont think I have done so bad, and I really think it is enough for any woman to have, my husband goes to sea, he is what they call a Deck Hand on a trawler and gets £2. 2. per week my rent is 11/- a week, my oldest boy is turned 14 at Christmas and has managed to bring me a few shillings working on the Docks amoungst the fish, I really cant give the children all they should have to make them fine and Healthy. I would be deeply grateful to you if you would advise what to do.

Yours Truly,

Mrs B.

Dear Dr, Stopes,

I have always wanted to read your books but unfortunately I have not been able to afford one yet.

I wondered if you would be kind enough to enlighten me on Birth Control.

I have 3 girls 7, 5, & 2. I would dearly love a little boy but I am afraid we should not be able to keep him and then again we may keep having girls. My husbands work is very erregular and we find it very hard to make ends meet at times but I try to keep up appearances. Now since our last baby I have been in dread and fear of having another although my husband is careful at intercourse yet I feel tempted every month to take pills and drugs which I find are making my nerves bad and the suspence. Now another thing I should like to ask you. I get a lot of inflammation in the private

parts and also a lot of itchings yet I bath regually and keep myself generally clean I also get a nasty smelly discharge. Another thing Doctor I very rarely get any desires and feel very repulsive to my husband who gets annoyed. Can I help this. I shall look forward to your Answer.

Yours Respectively,

E. B. B.

Dear Dr. Stopes,

May I say how very much we admire the way you help poor people, and also your outspoken fearless comments on a government that wont release Birth Control knowledge. We live in a very poor district here, where nearly every married couple have about eight or nine children where they can really only manage to keep about three or four, and generally they are steps and stairs, poor little souls, my Husband and I often say if only some of the fatheads who won't release Birth Control could come and live here for awhile, I am sure out of pure pity for the little ones and the poor harrassed mothers, they would soon agree with you and release the Birth Control knowledge.

I wonder if you would help Me We have one little girl of 9 months, and up to now my husband and I have only been able to have intercourse about three times since she was born owing to my womb being badly torn, I had a nasty discharge after baby was born and when that did not heal up by the time baby was 4 months old I went to a lady doctor who told me that my womb was torn and who said

my Husband and I must not have any more intercourse while she was treating Me and gave Me some lotion to douche myself every night, and she was painting Me outside once a week (my periods started again when Baby was five months old) but after visiting her once a week for over 3 months and I did not seem to get rid of the discharge, she advised Me to go to a Hospital and I went to the London, and after they had examined Me there, they said the womb was only torn a little and they would operate and stitch Me, then later he said that it would be best to leave it to see if I had another baby first and gave Me some special medicine to health it without the operation the discharge is now a little better.

And now after all this I suppose it is alright for My Husband and I to again resume intercourse He has been so good and denied Himself all this time and of course I feel I cannot ask Him to wait any longer but much as I would love another baby I dont want one yet, for one thing we cannot afford another little one just yet but the main reason is we just live in one room and we both feel that it would not be fair to have another little one while we are here, its bad enough 3 of us in one room. My baby is healthy, happy and lovely in spite of the one room, but she is outside in her pram the whole day long and we always sleep with the 2 windows wide open, and so I feel I would not like to have another until such times as we had better accomodation, and were a little better off, so please could you help Me

to prevent my falling again, although still letting My Husband have his desires fulfilled and may I say also my own for I am very passionate as well as He, and we have been so wonderfully happy and I do so want to make this happiness last. Is it possible for Me to use your Birth Control methods, with a torn womb? and could you tell Me where I could be fitted up. I asked the Lady doctor but she said her fee for showing Me how to use them was 12/6 then there was the other expenses besides is this a usual charge and would it be your ideas that she would show Me. I would so much like to be fitted up at one of your clinics if you could tell Me where I could find one and how much it would cost Me.

I do hope you can help Me and that I have not bothered you too much by this rather long letter, I did not mean to make it quite such a long one when I started. I am enclosing a stamped addressed envelope for a reply, thanking you in anticipation.

Yours hopefully,
(Mrs.) M. B.

Dear Dr. Stopes,

I should be grateful if you would give me a little advise for my particular case.

Just two years ago, I underwent a very serious operation, having a twisted apendix removed, and the organs in the stomach removed and scraped, owing to mortification setting in. The musles were taken away, and I am now left without musles in the stomach, and abdominal Rupture. I have to

wear a special appliance which keeps my stomach as it were together, and can only take it off while lying down. It is an alluminium plate which covers the stomach, and has brackets round the hips and buckles at the back.

I am now 30 years of age, and have been married six months. My husband knows exactly how I am placed, and is most anxious that I shall not become a mother. I have of course been advised by a doctor not to have children, but would like to know the best course I can take, not to deprive my husband too much, but at the same time not to injure myself further.

My womb has been left in order, and I am told I could have a child but it would be, no doubt, fatal.

Thanking you,

Yours faithfully,

E. B. (Mrs)

Dear Dr. Stopes,

I am going to confide in you I am now only 27 years of age and have three dear little babies I say babies because there ages run the eldest 4 yrs, next $2\frac{1}{2}$ and next 12 months on 31st of this month I started my married life with three orphan children two brothers and a sister of my husbands, two I have now put to work from which I don't receive a penny from and the youngest now fourteen has been taken from me by his sisters so now he is able to earn he as been taken from me like this and it as been quite as bad as loosing one of my own also I have two homes going as my husband is away

working My baby is still on the breast as I have a fear of weaning as I can assure I am not in a fit state to have another baby so soon again I have fallen pregnant after weaning both my other two. So Dear Doctor I am writing to you for a little help not that I mind being a mother because I love babies but I suffer depression so bad when carrying and my troubles have been so heavy of late that I am only asking to have a few years between them as these are so young and times so hard to keep them as we ought to so I shall await your advice patiently.

From Yours Truly,
Mrs. T. B.

Dear Dr. Stopes,

I have at last found courage to write to you. Will you *please* explain to me your methods of Birth Control. I should be so grateful to you. I already have four children (one tubercular) and am in very poor health myself. I attend the T.B. dispensary in this district and the Dr. there says it would be fatal for me to have another child. Yet he does not explain further what to do to prevent this. My baby is now three years old and though I am fortunate not to have more it is a continual worry to us both. I think from reading your articles you will understand and I should be so grateful to you for your help. Enclose stamped envelope for reply.

Yours faithfully,
(Mrs) M. E. B.

Dear Dr. Stopes,

Would you please advise me on the following subject. I am a mother of two children the last being born 12th June this year. During my pregnancy I also had an Ovarian ciss. This I had an operation for on Aug 18th. The Surgeon that did the operation said "The ciss was like a football" consequently my muscles were out of place, they having to be stitched back and the superflous flesh taken away from the left side owing to the ciss being on the same side.

The Doctor informed me that I had got a very weak abdominal wall and that the muscles were only a few and very weak. He said should I ever have any more children I would have to undergo the same operation again without the ciss, meaning the muscles would require stitching back again and as you know the stomach must be opened. I also have great trouble with my courses. The first time after the operation was 9th Oct so now they are overdue. I must add that it has always been my difficulty sometimes I have gone from 3 to 4 months, and never know when to expect same. This of course is very flogging.

Now I wonder if you would kindly advise me as to the prevention of having any more children for I can assure you it is more than I could possibly bear. Thanking you in anticipation and trusting a favourable reply,

Yours very truly,
E. B. (Mrs)

Dear Dr. Stopes,

My income is only just sufficient to keep us "above water" but we were happy to have a bonny daughter just a year ago. The Doctor attending my Wife "forbade" any more children as my wife had such a bad time and baby was over 12 lbs at birth—and now we are continually worrying as to the future. Such worry would be overcome if only we knew your "secret" regarding birth control. We have purchased various so-called Birth Control articles but they were either not safe or were of injury to my Wife. If you would therefore be so good as to instruct us, you may be assured we could never thank you sufficiently for your great advice and kindness.

I enclose a stamped addressed envelope addressed to my Wife and trust you will pardon my writing on her behalf, and that you will advise her of the knowledge necessary.

All Good Luck to your great and National task.

Yours faithfully,

A. B.

Dear Dr. Stopes,

I hope you will be kind enough to explain to me the solution to the following queries I will be quite frank. I am a married man 40 years of age and Father of seven children all healthy and strong and free from any ailments beyond the ordinary child's complaints and my wife also is a healthy and vigorous woman (or rather was), until our last child was born 18 months ago, and now she has a Dread

of becoming Pregnant again. I was 28 and she was 27 when we were married, so you will see, how Quick she is to become pregnant, and consequently we have to deny ourselves the Pleasures through Fear—as you are fully aware as I realise also it is a big drag with so many little ones although we both sincerely Love every one of them. Now although I have travelled a great Deal of the world I have not been a man of Immoral Habits and can honestly say I have been absolutely faithful to the one woman I worship but we dare not express our affection for fear of the inevitable. I read your articles every week with great interest and have at last summoned up sufficient courage to write to you, this is the Chief Query, a friend advised Me to use what he called French letters and I did but the wife said they were repulsive and not natural so I did not like to offend her and have therefore refrained from having relations with her (of course I am in Hospital now under Treatment for Neurasthenia) and I have told her I would write for your advice and Im hope Dear Madam you wont think me Prurient Nor Vulgar.

I remain with Great Respect

Yours Faithfully,

S.-A.-B.

Dear Dr. Stopes,

I would not know how to thank you enough if you would tell me what proper scientific preventive to get as I have four children there ages are 6, 4, 3 and 13 months. I am always worried every day

for fear I become pregnant. I Love children but I think four Is quite enough for any working man to keep. My husband earns £2.12.6 per week of wich he gives me £2.10. after paying my way which comes to £2.1.8. including Milk Bread—coles I have 8/-d to last me all the week for food. If I could only be sure of the way to control Births I would feel much better In health and be much happier than I am, knowing I could give more care and time to the four little ones I have,

I have enclosed a stamped addressed envelope
Trusting for a faverable reply,

I Remain Yours Sincerely

W. J.-B.

Dear Dr. Stopes,

Would you be good enough to tell me your method of birth control, I ask more for the sake of other women less fortunate than myself. I have three living, well grown loving daughters and have always had a reasonable rest between, thanks due entirely to my husband who never dreams of worrying me more than once or perhaps twice in a month, and I am perfectly safe after the twelvth day, but, if it is an inconvenient season I hate to say "No" in view of my husband's goodness to me.

I certainly have had awful births, and am somewhat frightened to tackle it again at my age—44 but, would be grateful too if you could tell me, if you thought it would be reasonably safe to have another baby, our youngest is seven, in any case I should like to know how not to, I know so many

women who have miserable little mites about every year and it worries me to say "Wait at least 14 or 16 days". They look at me so dazedly I know they couldn't believe the conditions I live under.

I read your notes with interest in "John Bull" and feel you are doing great work and would so love to help others here who seem to have the heavy end of the stick—I agree with you in saying the labouring class of man, has less consideration for his wife, than a better informed man and trust we shall soon have less, but, better babies, the darlings should be blessed—In this country if a farmer's mare has a foal, she is turned out to rear it in idleness, if his cow or sheep has a baby, it is given every chance to be a good one, but, if his wife has a child in ten days or even less (evidently the absolute minimum time allowed to weakness) she does her own housework, milks perhaps ten cows night and morning, feeds calves, pigs, hens etc. and suckles her baby. I would so much rather be a cow, than an ordinary farmer's wife in New Zealand.

I was born and brought up in England and the conditions of an ordinary working man's wife in England is much to be preferred to this new country, where all are so ambitious—Again I speak for others.

I certainly work hard, but I like it, it is a beautiful place, but, unimproved and I work outdoors nearly every day.

Thanking you for your great help to women.

Yours sincerely,

M.-B.

Dear Dr. Stopes,

I should be very pleased for a word of advice on the following matter. My Husband, and I, having read your book, Married Love, which we very much appreciate. We have a healthy Family of 3 children. Our eldest, a boy, 18 yrs. buried one, next to, him which would have been 14 yrs. old now, A girl 12 yrs. and our youngest 8 yrs. This last few years we feel we are injuring our health by straining against having any more children. The reason is our family is sufficient to keep and educate respectable. You will no doubt understand it is only at certain times of the Month when we nearly get beyond control, we have used the preventive yet that does not satisfy the feelings. I have, after we have had connections the desire is still there. My husband will not risk anything as my womb was torn during one confinement and I very easily conceive you will think it strange for us to go 4 years without proper connections which we did between our last 2 children. The first time we had it proper after that time I caught we have now gone 8 yrs.

My Husband and I love one another dearly we are both 40 yrs. old. Can it be risked at certain times during the Month. My Husband says not. I should like if you can, to send me also advice of the change women go through about my age. I have no mother. she having died when I was 10 yrs. old. It is a sin against God to have children you cannot keep and clothe. Yours Truly

L.-B.

Dear Dr. Stopes,

I have 2 Children, one 2 years and one 6 months.

I was under the impression that while nursing one child at the breast I could not conceive and become pregnant which I now know is not true through reading your article of Nov: 7th. in "J.B."

When baby was five months old, I first saw my period, Nov: 19th to be exact, and now, well over the month I have not seen again, consequently I am getting very worried, for although both myself and husband are very fond of children, we could not possibly afford, apart from other reasons, to have another child.

So would you please tell me what I could do, tell me all about Birth Control or tell me which of your books I should buy that will tell me everything concerning that, and appliances needed etc.

Do please tell me all you can for the worry of the last 8 days is wearing me out.

Trusting you will find it possible to do all I ask, and thanking you in anticipation.

I am yours most Respectfully,
L.-B.

Dear Dr. Stopes,

The reason I write you for help is because people have been giving me information which have not been any use I have even got pills which were supposed to keep me from being pregnant but all of no account and then others told me not to have

any relationship with my husband 7 Days before and 7 Days after being unwell but I may tell you that I had nothing to do with my husband for weeks at a time and it was no use.

I am only 23 years of age and I am only four years married the first two years I had no children but I had two the next year my first being only 1 year old when my second one was born and now I am pregnant again So you see I am in a terrible way and the Doctors here wont give you any information regarding how or in what way one could keep one self right for a reasonable period I would not care if I would only have two between each child but when you have them so thick it Neither gives me a chance or the children And now I am at my wits end to know what to do and I would be very thankful If you would supply me with the nessary information.

I remain Yours

Mrs. B.-

Dear Dr. Stopes,

It is with greatest confidence that I appeal to you. I greatly admire you work and I hope God will bless you and grant you a long live to carry on your good work, would we had more like you. I have been married five years last Christmas and I have had three children the first one was born with a tumour on the spine I was living in lodgings with one who was my aunty by birth but as there was only 1 year and five months between us we were like two devoted sisters she had a most brutal

husband and two children one who was a baby six months old at that time. This baby I took full charge of as the Mother was delicate and so between looking after my dear sister's baby trying to protect her from a lot of her troubles she as since died and her husband is now abroad and I have her girl whom she begged me to keep I have also two little girls of my own one a bonny healthy child of three and a dear little baby of thirteen months. When baby was eleven months I saw my first courses and then on the 12 of Jan last month I never broke down at all so I have been greatly worried but I have not weaned baby as *she* was cutting her teeth I have also not been well myself my husband works at the Glass works his wages are two pounds five a week we are now in a little home of our own but it takes me all my time to keep things comfortable and I do want to do my duty to my three girls.

I remain Yours Very Sincerely,

Mrs. B.-.

Dear Dr. Stopes,

Acting on the advice of the nurse who attended me, I nursed my first baby and as she assured me it would be quite impossible for me to become pregnant again during the nursing period, I took no precautions and as a result became pregnant again in three months. Fortunately, I was able to stand the strain and have got two healthy children (a girl and a boy) My husband is just an ordinary working man and we both feel that two children are

as many as we can bring up, in fairness to them and ourselves. We have long desired real, sane, advice on the subject of birth control and I shall be really grateful if you will advise me as to the best and safest methods to adopt. The same nurse who attended me has told me that there *is* a safe period between the courses when conception is impossible, but I do not feel that I dare trust to this. Will you therefore kindly advise me—both my husband and myself are willing to adopt any method that we know to be safe and that is not likely to endanger my health. Thanking you in anticipation.

Yours sincerely,

A.-A.-B.

Dear Dr. Stopes,

I am writing on behalf of my wife and myself. I feel worried about her as she is not in such good health and she is going to nurse again. We have one child a little girl age 2 years and 3 months, and my wife has been away 6 months in hospital for an operation on the right kidney which after being to X-ray three times the Doctor found there to be a stone about the size of a walnut and one broke up into pieces. She had a terrible time over that all the staff thought she would not come round again. And I did not want her to have any more children as she might be ill again after she as had it, as I think having her other baby brought the complaint on more, we know it must have been there a long time but having the baby she got run

down and she had not the nourishment I would have liked her to have had, but circumstances would not allow any more and I did my best, so I can tell you I am upset about this baby coming. We do not know what to do but I should like a little of your advice for the future if you would kindly send it to us I don't think it is natural for man and wife to live together all their lives as Stranger's in some way's But yet I would not like her to have any more children, it is not my wish for her health's sake as well as not being in the circumstances to keep a family, as I only earn a small wage and we have a lot to get yet to make a home as it should be, as we are only just beginning to get one together. We are both young my wife being 23 and myself 25. We have not had much chance of getting on we have only been married 3 years. I enclose a stamped address envelope for reply. Trusting you will see to my case

I am Yours
J.-B.

Dear Dr. Stopes,

I think it is very good of you to think about us poor mothers, we know some of us have got to have little children if no one had children the nation would soon come to end. I think people who have not got children ought to help people who as, but I dont believe in having a large family if one can help it. But I wonder if you would be so kind enough to Let me know what Birth Control is, I have got

4 Little Children under $5\frac{1}{2}$ years old I only feed my first baby myself until he was 15 months old and I had another one coming along at the time and did not know it, that baby is four years old and cant talk yet he is very bright and under stands all one says to him, my other three babies I feed them myself for a month or two then my milk goes, I have a very good time why they are being born, But Oh I do suffer afterwards I have a sort of green sick which last for days afterward every little drop of drink or food, I bring all back again and after each baby it gets worse, after this baby I have she is 13 months, was worse than any I have had, my husband us to beg me to try and pull through for his sake and the children. I get so weak ; the Nurse said it was a wonder the baby kept alive, don't think I don't like little children I love them, but Oh I such a job to feed the four little mouths I have already got as as we are only poor people and I am not so stronge as I was. I shall be most grateful to hear from you and God Bless you in your work for the poor.

I am yours truly

Mrs. B.-

Dear Dr. Stopes,

I am a married woman 35 years of age, my husband is a poultryman on this place, we have been married seven years this April.

I have one child, a healthy Boy of nearly 5 years, since his birth, I have never been really well, and

two years ago I had a miscarriage, this left me with, chronic Inflammation of the Womb, I went into L—— Hospital 14 months ago and had treatment the Womb scraped etc.

I am better than I was, but not well, and by no means strong, and whether I am cured of the womb trouble or not I can't say, I asked my Doctor he said yes, but asked me no questions concerning my health or anything, I have a white discharge, always more or less, and the periods come generally before time and always very thick and clotted, and I have to rest during the period or I have them excessive. I asked my Doctor if I should miscarry, if I became pregnant again, he said I may or may not, but he said dont hold back from having a family, well My husband and I would dearly like one more child for the sake of our only child, *but* if there is the risk of another miscarriage, with further risk to my health it's no use risking it, so we will let things stay as they are, perhaps some day before it is too late I may get stronger, in the meantime I will be glad of your help, my husband is a normal man, he is wonderfully good to me and always has been, and I have been no Wife to him for two years. How he restrains himself I dont know, I am sorry my health is so poor for his sake because he is so kind.

Please write to me when you have time, I am afraid I have written rather much.

Yours gratefully,

A.-B.

Dear Dr. Stopes,

I feel that I would like to write and thank you for what you are doing for our sex. I am sure it would be better for everyone to know how to avoid having a large family, when you read about the awful things that are done to bring a miscarriage, and then only when there is a death, there must be thousands of cases that one does not hear about. I do feel so sorry for the poor kiddies of some large families not enough food or clothing and drunken parent. I myself have had six children and have had such awful times with each especially the last one. The doctor and nurse told my husband he must not have any more, but did not tell him how to prevent having any, of course it has made us afraid of having intercourse. I hope you will still carry on your good work.

Yours Truly,
M.-B.

Dear Dr. Stopes,

I am the wife of a working engineer, and have four boys the youngest being 9 months and the eldest 8 years. My husband is sent out by his firm to oversee the construction of certain plant they erect, at times he is away for 3 and 4 months, he is at present away. When he comes home off these jobs I run the risk of becoming pregnant. At each birth my life has been despaired of, I was so ill when my last baby came the doctor and nurse said I should not have any more children. Of course that was easily said, but how were we to prevent

it, as we love each other very much. I drew my husband's attention to your articles in John Bull, so he said "Why not write to Dr. Stopes and ask her advice, she is out to help you."

In July 1923 I had an operation on my womb, and I really thought I would have no more children, but as you see I have had another. We are so disappointed that we have no daughter. My husband said he would be very worried if he thought I was pregnant again, so I would be glad if you would help us. Wishing you every success

Yours very sincerely,

I.-R.-B.

Dear Dr. Stopes,

Just a line to ask you if you would enlighten me on Birth Control. I have got 4 little children and the oldest is only 6 and the baby 8 months old. I am 26 it is very seldom my Husband Cohabitates with me because he knows how ill it makes me wondering if I am alright because when he does Cohabitate with me I am worried to death waiting for my monthly Period to come round because I am so easily caught. I have a little girl just turned two, she was in the Childrens Hospital in — for 16 weeks she seemed to be wasting away when she came home she was better in health but she could neither walk or talk, but now she has just started doing both a little but Oh Doctor it has been a terrible strain and worry for me nursing the baby and her on and off all day when I have put them down I have had to rush to do something or other

meals to get ready upstairs downstairs and the washing to do myself and the 4 children to look after as well it has been a lot to do people have said they dont know how I manage, neither do I but I know about it I get awful bad tempered at times I have been awfully ill myself this last 6 weeks I have had a blood-poisoned hand my right hand of course. Hence the bad writing, the scissors run into my thumb and it set septic blood poison I was going to the Hospital twice a day the Doctor said I must have been very thoroughly run down for it to take bad ways.

Dear Doctor it is just 10 o'clock I have put the baby asleep in the carriage now Marjorie is awake I have to go and bring her down and see to her. I don't get 5 minutes to myself from morning till night I cry hour after hour to think what I go through lately so you see Dear Doctor How Very Very Grateful I will be if you will only help me and oblige yours Very Gratefully,

Mrs. B.-

Dear Dr. Stopes,

I want to know if you could do anything for me, as I' am ten weeks over my time and I am anxious, as the Nurses told me I must not have any more children as my last baby had injured my inside and there is seven of us in a two roomed house and my husband as only done about 20 hrs in two months he is an outdoor worker and I also, have to see to mother who is in Hospital, and my father as also

been ill this last 10 weeks I am at my wits end so please say you will help me or advise me for I think I shall go mad and do something I shall be sorry for please do write me as soon as you can for every day that passes I feel it will be to late.

Please Oblige your Obedient Servant,

Mrs. B.-

Broken Hearted.

Dear Dr. Stopes,

I have four children living one little girl I buried with convulsions at 23 days, but the others are not as strong as I could wish, though I do my best for them as I am passionately fond of children, but I feel for their sakes it is essential we have no more, as my baby is only four months and usually I fall again as soon as the weaning takes place, I shall be 33 years the end of this month so I trust you will understand my case, as I must tell you in confidence I can see my Husband is inclined to get angry each time there are signs of another arrival and thinks I ought to take all expense and blame on my shoulders, although I do my level best to keep right and have a struggle to make ends meet with the bit of money he gives me, as he is far from being one of the careful sort as regards money etc. and I feel it will be a relief to know of a sure and safe remedy to keep me from bringing other little babes into the world, that I cannot properly provide for.

Yours Sincerely,

E.-M.B.

Dear Dr. Stopes,

I am writing these few lines asking your valuable advice on an important matter.

I have been married about three years and am now the mother of two children one being a girlie of 2 years of age and the other a baby boy a month old to-day. I think the world of both my children but I think we have as much as we can manage to keep for a while to come to give them justice and to bring them up respectable these dull times. I have been told by some people to take all kinds of pills but they are people who don't know so much about the matter as you do and I would be very glad of your advice before there is any danger of anything happening again as it is a great worry all the time a woman is nursing her baby. People say you cant fall pregnant as long as you are nursing your baby but I have seen cases where that is all wrong and I dont want to take any risks.

I am yours faithfully,

Mrs. C.-B.-

Dear Dr. Stopes,

I am writing on behalf of my wife who has been ill for about 6 weeks, she has been suffering during this time from what the Dr says, is wind on the stomach, she should have seen her course 6 weeks ago, but nothing has happened to date, we have three Children 14, 12 and 9 years respectively, I made up my mind 9 years ago that she should have no more children, as the last birth was an awful time, she is not very strong, and suffers from Anemia, and I am

afraid another birth would prove fatal to her. We are both temperate and I have tried to be so careful, if she is pregnant, I cannot understand how it has come about, we have been married 16 years last August and are devoted to one another, we would not mind so much, but we are afraid of the consequences, I have never used any preventitives, as I had enough confidence in myself. I will be plain, and state that she have had the course pains, but what comes is of a *white* nature. One doctor has told her it may be the change, she is 39 last July, but says she started her courses very young. My age is also 39, please can you advise us, we are so happy with our three children, if it is to be then we must bow to it, but it is the uncertainty that worries us (I have been ill in consequence of Asthma myself for two years) My Wife's heart is bad. Before this six weeks lapse her courses were too frequent, being every three weeks, sometimes twice within the month, her Doctor said it was due to weakness and gave her medicine, after taking it, courses stopped altogether, and up to present time, Doctor I hope I have not done any wrong in writing to you in this strain, if it was any suffering for myself I would not mind, but it is my wife who will suffer, and I Love her so.

Doctor I think I have told you all, and I must tell you my Wife do not know that I am writing this, then if there is nothing to be done, there will not be any disappointment for her, I have been plain and spoken the truth about her case, as you must

realise that Husband and Wife, devoted to one another as we are share each other's confidences and if you can advise anything for her good then I will tell her.

Thanking you in anticipation I am

Yours Sincerely,

W. B.

Dear Dr Stopes,

My Wife and I are married 20 years now, she being 40 years of age and I 42. I may say I have never read any of your books never having enough cash, but I have read all about you in the Press, also in John Bull of which we are Registered Readers. She has had 7 children all living except one, who died at birth, and it was the last one, as the Doctor said she would never survive another, she now finds that her (menzes) have stopped since First Week in November, I keep telling her that as she is now 40 she will now not be so regular in her (Menzes) as she has been very regular all her life, but she has got the wind up completely and I find she has been taking (Salt Peter) (Carbolic Lotion) 8 Beechams Pills at once and so on. I pointed out to her the Danger of it all, and forbid her to take any of those Drugs for her own sake, as Well as mine and the children, but she says she knows the symptoms to well, and says she will never live to have another child, after what she suffered at the last one Can you give her any advice and oblige me.

Yours Sincerely,

J. B.

Dear Dr. Stopes,

I venture to write and ask you to consider my case, and to beg of you to give me advice at the earliest possible date, as I do want to get in very much better Health than what I now am for my Husband and childrens sake, I have four fine strong Healthy children, 1 girl and 3 boys, the first two we both wanted, their was only 18 months difference between them, I was told after the second birth, my womb was very low down owing to the Baby being 10 lbs, and I am very small myself, we have both been most careful as we didnt want any more after those two, but we have two boys since then and cannot account for them in any way, my Health has broken down completely with this last baby. I went to the Doctor just as I started carrying him, not knowing I was pregnant, as I saw my periods every months just as I should if I had been allright, the Doctor treated me for Aneamia and being run down, I was treated for that for 6 months, then I felt Baby move and to my and the Doctors great surprise found I was 6 months on, I saw my periods right up to the time of Baby's Birth, the Baby is a lovely healthy Boy, he was $7\frac{1}{4}$ lbs at birth, and now at 4 months old he is 15 lbs, the Doctor and Nurse expected him to be born dead, but it did not affect him at all, I lost a great deal of blood at his birth, and cannot pick up my strength, although I am taking medicine from the Doctor again. Last week he examined me and found my *left* kidney has dropped down, and I have had a prolapse, he

has advised a belt for the kidney to be kept in place, and he is getting a ring for the prolapse, will this ring prevent me having any more children? and please oh please do give me advice as to how to keep from any more, as my Health is so bad only through this last baby although I would not be without him now for the world he is such a dear. Please don't advise anything very expensive as we are only working people, anxious to do our best to bring the four we already have up properly. I have enclosed a stamped envelope, and would you please answer if possible by return, as the Doctor is bringing this ring at the end of this week, trusting you will excuse my taking up your valuable time and trusting to hear from you soon

I beg to remain,

Yours most grateful

Mrs E. B.

P.S.—I have always been in good Health and live in the country untill my last Baby, I live in the country now and have good food.

Dear Dr. Stopes,

I am writing to ask you for your advice on Birth Control and its methods. Having one little boy who is very delicate we are very anxious lest another little one arrives before we have the money House and conveniences My first born was a twilight Sleep baby after being in Labour for nearly 46 hours it nearly cost me my life and now he is

very delicate. I haven't been able to pluck up courage to write to you before as I was afraid that their might be some Publicity about it and I think that is what we mothers most dread till just lately I've heard that you were really out to help us Mothers. Please will you explain things to me and tell me where I can get the required articles, and what to ask for, being very young most things are still a problem to us We shall be very grateful to your advice.

Yrs. Sincerely

Mrs. D.-B.

Dear Dr. Stopes,

My age is 22 I have been married 3 years during that time I have had 2 babies in 13 mths. After my first baby was born my right foot was very weak and I was at times unable to walk. I got so far then I had to stand about 5 minutes until it went right. When my baby was 5 mths old I was carrying my second baby of course I put it down to the weight of my baby. After my second baby was born my foot went worse, I went to the doctors and he said I have two hammered toes and they should have to come off. I then went to the Infirmary and they have discovered I have got a dropped arch but my own doctor thinks I should have my toes off which do you think is the best. The infirmary are giving me treatment and it seems to be doing me good. Do you think it is through having children my right leg and foot is so weak

and please could you advice me what to do to resist children. My husband only gets a small wage and is unable to keep what we have got and moreover we are living in one combined room. My husband is good to me but still he never seems to bother over my leg being so bad and he never seems to think I am tired with two babies round me all day. I trust you will oblige me

I remain Yours Sincerely

Mrs. E.-B.

Dear Dr. Stopes,

I am a sailor's wife, and very anxious to have a child, but during ten years of married life have no children, but five abortions. By the advice of a doctor, I recently had my "appendix" removed as he said it was the cause of my trouble, there is no other trouble. I am anxious not to become pregnant for a year or two, so would be grateful, if you would advise me what to do. The doctor tells me it would be fatal if I became pregnant within two years, but gives no advice.

Yours gratefully in anticipation

M.-O. B.

Dear Dr. Stopes,

I take the liberty of writing to you. I was married 13 months when my first child was born and was very pleased about it but exactly 13 months after my second was born. By this time I was nearly a wreck what with living in rooms and unemployment I was nearly crazy with the fear that perhaps I should become pregnant again. I tried

to get advice all over the place, my doctor told me I must not have any more children until I had an operation as I was in a shocking state through being neglected when my first baby was born. But he did not tell me how to avoid them. I became very ill when my second child was about 10 months old and I was fixed up with a ring and doctor told me I was not pregnant so I kept on going to him, and Bills getting bigger, and now I expect before I get an answer to this my third baby will have arrived, my eldest is just 2 yrs 8 months. I have every hope of getting to know something on the subject by writing this as I live in dread of getting over this and being caught again in a few months. I thank God I have something to be thankful for, healthy children and a real good husband but our love seems to bring us more suffering than anything else.

Hoping to hear from you soon

Mrs. N.-B.-

Dear Dr. Stopes,

Could I hear from you personally. I sorely need advice concerning birth control I have only been married Four years and have just given birth for the Fifth time and it has made us desperately poor financially as my husband's wages are but small. It is through my weakness of body that I become pregnant every single time we submit to Marital Rights. I would be grateful to the end of my days if you would save me any further distress.

Yours Very Truly,

Mrs. B.-

Dear Dr. Stopes,

I feel I would like to express my gratitude to you for the way in which you are trying to instill into the minds of the working class mothers what your birth controll really is as for the ministry of health they would rather learn us how to have them rather than tell us how to avoid it. I am 43 years of age and I have my courses regularly I was told I couldnt have any more when I had my 8th child that is 5 yrs. ago I had another 2 yrs and 6 months ago do you think I could have more I have only known about your birth controll 12 months I have to watch my husband very closely or he would deceive me and not put it on We use the paragon sheath as I have a dropped womb I would use the combined pessary and Sheath but I fear it would be of no use to me the health visitor seemed disgusted with me when I asked her about it if you had lived my life you could not express it more clearly than you do in your letter to working mothers which I received. The health visitor said it was very wrong to do any thing to stop yourselves from having children so when I told her what I was using she simply ignored me and has never been near me since and I don't care if I never see her again they are no good to us I dont care who knows I have sent all the circulars and also several letters into the country to several poor women like my self it is out in the farming districts where the poor women breed like rabbits and not always healthy children either as some make it out it is such as those who live in

ignorance who want your birth controll I have lived my whole life in such places and I know. I had my first 5 children in 5 yrs. and nine months my first child was a great joy I lost it and longed for another I had another in 14 months another in other 13 months another in 18 months and so on every child I have carried since then I have hated to see my husband I admit he is a lustfull man even now after I had my last child I couldnt bear to sleep in the same room never mind same bed and never allowed him near me till I got your birth controll and can you wonder my baby is tubercular I have my second daughter in a sanatorium 23 yrs of age I had a serious operation after my 6th child and had to wear a ring of some sort till I got strong now my last 3 I have had in 4 yrs. then they dont want us to have birth controll but thank God we have got it and I feel sure it is widely known except in very remote districts such as we have lived at. I shall tell my girls and boys too when they have got married not to be dragged down same as their mother has been I am also one of 15 as you say in your letter to working mothers if you havent got it arranged in time for me I will do all I can to help you to get it for others forgive me if I have intruded too much

I remain yours very sincerley

M.-B.-

A working class Mother.

We have 6 Doctors in B—, 5 of them have 2 children each the other only 1 the upper class

have had Birth controll long enough they would like to make it appear it is only the working class man and wife who come together but are not so bad as depicted.

Dear Dr. Stopes,

I have had three children in less than four years two of which have died and my doctor tells me not to build hopes on this baby as he has a very weak stomach like the other children have had and I am nearly at my wits end for fear any-thing happens to him I cannot feed my babies myself and my doctor will only let me feed them on Allenbury's Diet as he says it is the finest food for weak children but it is a dear food and I am only able to eat very poor food myself as my husband being a miner has to work hard and gets very little money. I do not have good times when I am pregnant and I have very stiff confinements Whenever I go to see the doctor he warns me about having children as he says it is a shame to keep on bringing children into the world to let them suffer but he does not tell me how I must avoid having them. I cannot always refuse my husband as it only means living a cat and dog life for both of us. Would you please try and help me. Hoping to hear from you soon

I remain yours Obediently,

Mrs. J. H.-

Dear Dr. Stopes,

I have three little boys aged 5 yrs 4 yrs and 10 months, and my life is one constant worry, wondering if I am going to have another baby. My husband is very careful by "with drawing", but so sure as he does not, there is a baby on the way. There is only 1 year & 3 months between my two eldest boys. When my first baby was 10 months old, I was still feeding him, but was so sick and ill, and getting rather stout round the waist that I felt terribly worried, although I had never seen my monthly course, and my Husband was being careful, I went to a doctor to ease my mind. At first he said I was quite all right as I was feeding baby and had seen no monthly flow, but I insisted upon being examined, and the doctor was surprised to find I *was* expecting another baby, and half way gone, as he said "Half the mouth of the womb was hard and half soft." So both my babies the one in my arms, and the one within suffered, as neither had had sufficient nourishment for $4\frac{1}{2}$ months. My Husband had been withdrawing all that time, and the only time I had any suspicion he was not so careful was on his birthday Oct : 19, and my second boy was born July 26th. Since then I have had a third boy, although my Husband still "withdraws"; and only *one* night did not, yet I have a baby, who is 10 months old. Some say I should "learn a wrinkle", others that it is "disgusting", and others that it is my fault as

I have three boys and no girls, and yet no one tells me what to do. I am *not* disgusting as I make my Husband and myself miserable by always worrying in case I have another baby. Please do help us.

Mrs. A.-B.-

Dear Dr. Stopes,

I am 26 years of age but I have five little children my baby being 2 months old. I married a widower with six children his eldest daughter being 21 years, I have only one of my stepchildren with me now a girl of ten making six children in all to keep, my husband has had very bad luck since we have been married doing very little work. He has been at work now for five months as a labourer, my money is £2 per week to keep and clothe us all and pay my rent rates and insurances, instead of being 26 I feel 46 it is work from morning till night and worrying how to make ends meet, I feel frightened to death as soon as something happens between my husband and myself that I shall fall again, I love children very much and my children are fine children but we cannot afford any more if we go on as we are we shall have a house full by the time I am thirty. I cannot expect my husband to cease cohabiting with me, for my part I would not mind at all for its the woman pays each time, so if you can give me any advice I shall be truly thankful, it is not an easy thing to write about but

I feel sure you will understand and help me, I have enclosed stamped envelope for reply.

Thanking you again

I remain Your truly

Mrs. B.-

Dear Dr. Stopes,

Since being married I've given birth to 3 children in 2 years, all being prematurely born at seven months,—only saving the third after a great expence and medical treatment. Since the birth of the last child, I've had a miscarriage being treated by Dr. S.- of S.- -

This almost cost me my life and he informed me it would almost be certain to cost me my life, in the event of my becoming pregnant again, also advising me to get a "Check Pesary" which he said I should be able to procure at any good chemist. But I've applied at every Chemist in my district and I've not been able to buy one at all.

Is this a harmless and correct preventative? If so could you give me any advise as to where and how I could procure it and if not what could I have to prevent myself from becoming pregnant again.

My Husband is only a farm labourer, and I'm writing to you with his consent, hoping you will be able to help us to relieve our minds of the everlasting fear of my becoming pregnant once more.

I Remain,

Yours truly,

Mrs. S.-B.

Dear Dr. Stopes,

I like you to see if you could do anything for me as I am a sick woman suffering on my lungs and never two days a like and I have a little girl 3 years old and I had such a bad time the doctor says I might never go through with other but I can't help being like this as I have had a 4 mth miscarrie and discharge out of Hospital very ill but my heart too bad to go through a lot of cholform to stop me from having any and this is my second and three children I have had and I have been told to write to you by a friend and I hope to hear from you.

I remain

Yours Mrs. B.-

Dear Dr. Stopes,

I was married when I was 20 and I am now almost 41 and I have had 10 of a family During the first of our married life my husband was a farm servant but he is often ill Mascular Rhumitism was what I was told was the trouble so he had to give up service and we bought a small croft and he works as a Labourer as he is able so the work of the croft has mostly fallen on me The oldest 5 of my family is strong and able mostly to work for themselves but the oldest is not 20 till February 6th the youngest one died in July 1 year & 6 months old so you can judge what my life has been we have no dole or insurance to help us when he is idle and ill so must just struggle on and I can safely say no one can say I am idle I have the proud thing to say none of my family ever had a thing but

what I either made or knitted myself untill they were able to get for themselves and not much then as I make all working and underclothing still.

Our doctor told us last that it was my hard work that has made the younger ones so delicate I have a boy had meningitis a drop of water in His head or something when he was born and he is almost 11 now and you know what he is yourself he will be the same all his life but if only I could be sure of having no more I would not grudge the work or worry yet but I am afraid I think when a woman has had the family I have had she should be given the secret of Birth control free dont you for its an ill parted world near me is a widow who has a croft and her old age pension and her sons wife stays there the son goes to the fishing in summer and during the winter he draws the dole for his wife and children while others have to struggle on I think that Mothers with over 5 or 6 of a family ought to get something to help to bring them up, when there is no steady employment. I am enclosing an Adressed envelope in the hope that you will reply to me and if you will give me particulars and price you will have a mothers Blessing.

I am Respectively yours

Mrs. G.-B.

Dear Dr. Stopes,

I have 3 children, one $8\frac{1}{2}$ one 6 and one $2\frac{1}{2}$ years. Now to keep us on, my weekly wage is £2, less all holidays and short time. You will

understand that at the present mode of living, it is quite impossible to pay your way, and live on this money. Well I have a good pair of hands, and when I am alright, I am able to do sewing, which keeps us in clothes, provides for the childrens holiday, and any other small things I may need. On the other hand when anything goes wrong with me, I have to give up my sewing, and struggle on as best I can with the small money. Surely it cannot be right to keep on having children, regardless of how they are going to be kept or clothed, for the sake of a little care. I have always said I want no more children and try my best to prevent it, to give these other ones a better time, so I thought you might give me one or two hints, to help me along. Some people I know, do not want advice on this subject, but I should be grateful for it.

I remain yours

Mrs. L.-B.

Please excuse delay in posting this letter, since writing it I have had my little boy (6½ years) in hospital through two operations with his throat, and the baby (2½) has had inflammation of the lungs. Both are getting better now, but you just wonder what is going to come next.

Dear Dr. Stopes,

Permit me a little of your precious time. I am Mother of eight little children all under 14 years also god forgive me twice I caused abortion hoping

I am safe in confessing to you it was when one of my Baby was $7\frac{1}{2}$ months I realised I wa pregnant again I think I was partially insane when I took the horrible drugs as I was up half the night with Baby being cross and then the sickness I underwent an operation for a tear in the Bowels caused through child Birth my last Baby I was torn again and stitched which was pretty serious since its arrival 6 Months ago I have regularly menstruated and I have vowed that I would sooner die than be a mother again I have tried a pessary but it always drops or moves away so I have been advised to try a syringe and use it on the instant. I do so but dont know if this is right then as we only occupy a small room and kitchen I keep letters which is Registered as Best' make for emergencies But I would like your advice as it would make me feel safer hoping you will give me your Best advice as you will realize I sadly need it.

Yours truly,
Mrs. B.-

Dear Dr. Stopes,

I have been married 5 years and have 3 children a fine strong little Girl who will be four in April, if God spares her, and two boys the elder is two and baby is four months they are all fine healthy children but you will understand, because you are a mother, how hard it is to keep them so, when I tell you my husband after being in the Army from 1914 untill the end is unemployed I have 29/-

from the Exchange and after paying 10/- rent 4/- coals 1/- Light and 1/- insurance 2/- sundries I have 11/- left for food you can understand I want to bring no more babies in to the world for their own little sakes My babies are all the world to me, doctor, and my husband is an Ideal daddy since little Reggie came he has had no connections with me at all he is afraid of my becoming pregnant again, and I have such awful times I have had the doctor each time and been stiched because of a narrow passage and owing to his being gassed he knows he will not be strong enough to do justice to the kiddies we have would you please tell us how to prevent having any more children you can understand our reason for asking, and doctor I will tell you something I dare tell no one else I have found out my husband is *abusing himself* You know what I mean. It is worrying me terrably because I am afraid to let him have anything to do with me. I am, although ignorant of such matters, sure he will do himself some harm and I told him so but he seems to think other wise Will you be so kind doctor as to tell me if I or he is right and what harm he can do and will you answer as soon as possible because I am worried beyond endurance almost thanking you in advance for your kindness and thought I am dear doctor

Yours most gratefully

E. B.

Dear Dr. Stopes,

I would like your advise on the matter of Sex Control, as I have three children living and one I lost thro an accident, she was my oldest, and only an eight months child but I reared her to be 4 years and she was a child to be proud of, all my others are boys the oldest will, be six on the 14th of Dec, and the next 4 year in April he was born a fortnight after my girl died then the last one will be two in march so you will see I have had them quickly, and I believe I have as many as we can keep and provide for as my hnsband as Less than two pound fifteen shillings I love all my Children and so does my husband as we are both child lovers, but that wont keep them, After he came back from the war, he was unemployed for six months and got 15/- dole which had to keep four of us then, and the rent of 16/- every month and he has not had regular work since He was going at nine and coming home at two for twelve months before my last child was born, and since then has been working 4 days a week up to the textile Lock out when they were out three weeks since then he has worked full time, and as I have had to fend out for myself along with my husband make anything do you will readely understand we dont want any more Children untill we have given these a chance, and been able to feed them and clothe them to the best of our ability, and the boy who is four in April need a great deal of attention as he is broncital yet he looks the healthest child I have, Twice I have nearly lost him, and

just now he is made up with a cold; I've no one of my own who can help me as my only brother is a chrippe, My mother died when I was four, My Dad two years ago also was a cripple but worked in the mill when his affliction granted, he had suffered year's without a murmer but who were dear to him new he was in great pain and the Sister of our Hospital told us, that it was pumonier, and the leg which was almost wasted away was the greatest pain, My brother who is older than I lost his leg in a accident in the mine in 1913 at the age of 19 years, Dear Dr. will you give me advice of sex contrivance as I want to get on my feet and give my Children a chance, yes I know there are hundreds worse of than we are yet if they would only make there vote useful and vote only for those who offer to give us women the knowledge that we have a right to they would be better of than what they are I am only 29 years old but before I vote for anyone I shall ask the candictate for his views on this matter and note his reply

I am Your truly

Mrs. J.-W. B.

Dear Dr. Stopes,

I have a Wife and three of a family, earning a wage of £2,10.0 per week. I consider I have as much as I can keep. Two years ago, my Wife went through an operation for " Gall-Stones" fifty being extracted from the Gall-Bladder and two from the Appendix, also the Appendix. The oper-

ation took place in the "Royal Infirmary;" My Wife's age is 29 years, since then she has given birth to another child, and she has been in indifferent health since. I have asked the local doctor and Nurse, regarding your Method, I received a smile from the Doctor and nonsensical nonsense from the Nurse.

Yours Faithfully,
S.-B.-

Dear Dr. Stopes,

I have recently been confined and nearly lost my life. The midwife who attended me said that I was not fit to have children and she advised me to send for a book off you. She said that she feared for my life if I had any more children so you can understand that I am most anxious to obtain it.

Yours Sincerely,
Mrs. G.-B.

Dear Dr. Stopes,

I should be so glad if you can advise me in the following matter. It is rather a delicate matter. Is it possible for one to be pregnant and the monthly period to be as usual except two days before expected. I will try to explain more clearly My husband who was away for a few months came home for Christmas and although my husband assured me everything was alright and I have been alright this month I have a terrible feeling of sinking which I

suffer with when expecting owing to misplacement of the womb. I have had this at other times but not of this long time, if it was so would it be possible to put matters right as it would only be one month. I cannot tell you how anxiously I shall await your reply, it means so much to me to keep without any increase.

I am aged 40 years with six children Very delicate suffering from goitre weak heart and have been healed for consumption—by doctors orders am not supposed to worry or work—yet my life has been one hard struggle through my husbands unemployment and not being able to afford help with my family. My husband has just obtained a berth 50 miles from here which splits our income up living away. I am commencing a preparatory school (I was a teacher before marriage) to help me send to my children to a good school. I am telling you this to enable you to understand how necessary my baby of four years should be the last. Please forgive me for taking up so much of your time.

Do you think your book on Birth Control would be best for me if so let me know the price please of same and I will remit.

Thanking you I think it is a splendid thing there must be hundreds of women who live in daily dread as I do.

Yours Faithfully,
B.-B.

Dear Dr. Stopes,

I am aged 34 and have been married for 5 years, having Two of a Family Both Girls aged 4 years and Three Months respectively. Ever since the Birth of my Eldest Girl I have never been the same having been under the care of my Doctor for Three Years or so off and on. The Trouble has left me with a Continuous Soreness in the Lower Abdomen with a Discharge of Pus frequently. The Doctor said this was due to an Abscess on the Mouth of the Womb and on his Advice I had the Womb Cleaned or Scraped without any Beneficial Result.

Then followed Douches and etc. and finally I was Advised to have another Baby. Since the Birth of my last Baby, the Discharge still continues and I feel as if I was bruised Inwardly when I turn in Bed or use any strain. I may say that Instruments were used at the First Birth but the Second was quite a Natural Process. In writing you I have tried to be brief and make myself understood to you also, in the hope that you may be able to Advise, for my General Health is Impaired through the trouble I have tried to describe. I may say that Both of my Children are quite healthy and sturdy. The youngest one I am Nursing myself.

May I also ask when writing you now, if you Advise on Birth Control which I am very interested in as being very desirable in cases such as mine.

If you do not do so by Letter, please let me know where to obtain your Book on the Subject

and the Cost of same. Hoping to hear from you at your convenience.

I remain Yours Sincerely,
G.-B.

Dear Dr. Stopes,

It's impossible to ask knowledge from people of one's acquaintance, as they either Laugh, or give wonderful cures. I am 27 yrs. and husband 28. We were both discharged medically unfit, him with Malaria, and I with Rhumatics, and Anemia, I have had 3 Children, 2 girls and 1 boy. Boy is 4 and is middle child. He has always been a dreadful handful. Having had Tuberculosis, in Abdomen. I have the Children natural, but have always to get assistance for the after birth I continually suffer from Inflammation of Bladder, and there is generally a pain at my right side, which is awful bad when Carrying the Baby. We would be so grateful if you could point a proper way to us, how *not* to have any more children in the meantime. There is just 1 year, and 7 mths between each of my Children and we are positive it is through ignorance as we very rarely think of each other otherwise, I wish some times there were clinics for men and women, to learn about the Human Body. The majority of people will tell us a lot of filth but when it comes to anything pure and good to help us, they stop—I cannot afford one of your books just now but hope to do so soon. In the meantime I would be so grateful for your

advice as I simply dread having any more children.
Thanking you in anticipation

I am,

Your respectfully

J.-C.

Dear Dr. Stopes,

We (my husband and I) have 8 children 14-2 yrs. I had a 4 mths illness, following an incomplete abortion, last Summer and feel I am physically and mentally unfitted to bring further children into the world. Furthermore, I consider we are unable to bear any further financial strain, on our weekly income, which averages £3. Our Church tells us we must not use contraceptive methods, but deny ourselves all sexual intercourse. We suffer in health by doing so, my husband has stronger passions than myself and is practising withdrawal before the act is complete. I consider this bad for us both, and just as wrong as the use of contraceptives. I would be greatly obliged for any advice you can give us, as I am sure if we could have say two full complete unions in the course of a month, we would be content, and our sin would be no greater than it is at present, whilst all the strife and stress caused by the uncertainty of what results would follow would be avoided.

We are each 42 and much the same build and temperament (neurotic) I have had chronic and cardiac rheumatism and suffer from dead hands, and breathlessness ; also diminished thyroid. Yet I do all my work and make everything in the way of

clothes for children and self ; and have to augment our income by light work. Trusting you can help us by experienced advice.

Yours truly,
M.-K.-C.

Dear Dr. Stopes,

I should be pleased to be enlightened as to Birth Control as my wife is now in hospital 6 weeks and will not be out for about another 4 or 5 weeks through childbirth. We have 3 children and our expenses are overwhelmed to a state of hand to mouth existence. I cannot afford to buy books on the subject and would dearly be thankful for a remedy which I hear you advocate. As some people tell us it is rubber goods and others a money making concern I thought I would write and know for myself. We absolutely cannot afford any more children and its a sin to know the poor are to be the oppressed because of the wealthier classes. I don't begrudge wealth but I do its value of knowledge.

I remain,
Yours faithfully,
S.-W.-C.

Dear Dr Stopes,

I wonder if you can help me. I am married and the mother of five children and I live in a dread of having any more children. My husband who is a Catholic does not believe in stopping life by any means when I say I do not want any more he gets very nasty with me he wont try and keep

me right and I feel now that if only I can manage to keep myself right life mite be worth living has it is one horrible dread, my youngest is 2 years old and before he was born I had to lay in bed for two months I got viens all over my body and I have to lay up to get them down before the baby is born. Dr. M.-C. of N.— told me I must not have any more I had too much to suffer with my legs. Can you let me know what I can do if possable unknwon to my husband.

Yours truly
O.-C.

Dear Dr. Stopes,

I am writing to you as a worn out mother I have 3 children and would think it a Godsend if you would enlighten me as to the safest methods to be adopted. My Doctor has warned me that if I have any more he will not be answerable for me, But even he does not tell me what to do. I should be most grateful if you would be so kind as to enlighten me. I enclose a stamped addressed envelope for reply, wishing you every success in your fight for common knowledge

Yours Faithfully
E.-C.

Dear Dr. Stopes,

I am 38 next birthday and I have had 3 children, the first was born with terrible pain for me, and he although a beautiful child, only lived half an hour, owing to his head being crushed

it was a case of either the Baby or me, and they thought I should go to, indeed, the 2 Doctors attending me, told my Husband I was a miracle, and had it not been, that I had lived a clean and pure life, I must have died, as it was, I was in bed 9 week's.

The second boy, alive, and 7 years and a half of age, a fine healthy boy. I had a bad time with him, but nothing to be compared with the first and last one, which had he lived would have been 5 years, after that confinement I was in bed eleven week's. Their was a growth, preventing the Baby being born, and when the Dr. was trying to help Baby into the world, the instruments caught in this growth and came down in rags and hung there, and the Dr. did not know for a few days if it was the womb or what it was, but I had diapers wrung out in Boiling water with mercury in and eventually it dried up and fell away, after that I had to go to London as I was to use the Dr's description in rag's, I was in the Hospital under Dr. H.— for 5 weeks that was 2 year's ago, they told me I must have no more children, and yet when I asked them how I could prevent it they just shrug their shoulders and smile.

My Husband is one of the best and studies me in every way, he is a fine big healthy man, but I am wondering if it will eventually injure his health, that I have to deny him so often his rights which if it should happen he has to draw back just at the critical moment to prevent conception, he is terrified

any-thing should happen to me as he knows what it mean's, and I think when a woman has to suffer at those time's, a Husband feel's somehow that he is to blame which of course he isnt any more than the woman.

So dear Dr. you will see that I am in need of enlightenment, I think every woman should be aware of it as every true women loves children, and its only necessity in most cases which would prevent a woman having children, I love children and would have loved a family had I been able to bring them into the world without so much suffering.

When I asked the Dr. why I should have such Bad Confinements he said the passage was to small for the big children I bore, I must tell you we are two very fine big built people indeed when we were courting folk's used to stare and remark what a fine well matched pair we were, and yet I am so small otherwise of course the children were big framed the same as we are the Dr. called them magnificent Baby's and the last one looked quite 6 months old when he was born, the agony of a poor mother when she realizes it has been all in vain I think only God and Doctors know what it mean's to us, forgive me for taking up your valuable time.

I remain,

Yours obediently,

L.-C.

Dear Dr. Stopes,

I am writing on behalf of my wife who can write, but not a letter, and I trust my attempt is understandable.

We were married five years ago, and have worked very irregular for the last four year through no fault of my own, six months ago I obtained regular employment at £2. per week.

I have three children to keep, the oldest being over four years and the youngest sixteen months and now my wife is pregnant, and three weeks over the usual time of the "sexual change." She is distracted with grief over this affair and under the circumstances, can you blame her. It is not the expected is not wanted, I assure you God knows there is already enough, but what can we do, with a two pounds income, we have been unable to obtain preventives which are helpfull, I believe, towards birth control we have been unable to obtain any books upon this same subject.

Now she has sacrificed 5/- out of last weeks salary and has sent away for some pills to help dislodge the obstruction.

A note with the pills (almost garunteed ones) states "Should these pills prove unsucessfull we can furnish you with a further supply at the small corst of 24 shillings, which will remove the obstruction within a few hours.

I might mention that 24s is more than half I earn each week, but she will send for these if the first lot

are not successful, and I am powerless, are these pills harmful.

Everyone of our children have had to be separated at birth by instruments, which makes my wife fear pregnancy all the more.

I am making an appeal to you for advise on this matter, and am eagerly awaiting your reply and shall take it as final.

This is a bad case, and I could fill a book on what we have had to go through during our five years of marriage.

Now that I am in good and regular employment, This expected new arrival has come to upset our prospects.

'Tis the first opportunity I have had to unload my Troubles, and I plead with you to advise us in any way.

I will furnish you with any information you require, but please help us if you can Doctor, I will appreciate it and so will my little Misser.

Yours Faithfully,
T.-S.-C.

Dear Dr. Stopes,

Since my last Baby was born 6 months ago my Hubby and I have not cohabited as I am so frightened of anything happening again, as it is my second baby my eldest is only 18 months I had both children in 11 months and I have not been able to feed either of them. We are only living in a Combined Room as we can't get a house or

rooms. Houses being so bad to get and when I go after rooms they won't have children so what am I to do. We cannot go on like this any longer as we are both only young my Husband 28 and myself 25. I have only been married 2½ years—and the Doctor told me not to have any more so soon as I have gone to nothing and look a wreck the oldest being a premature Baby and not walking yet. My Husband is getting fed up think how hard it is in one room. Trusting you will give my letter every consideration

Your's Respectfully

G. --C.

Dear Dr. Stopes,

I am taking the liberty in writing to you as I read you do invite correspondence as stated in John Bull. We take up that book and I always read what you have to say and am very interested in your articles therein. I am enclosing stamped, addressed envelope in the hope perhaps you may find time if possible to write to me. I hope you will have every success with your new book which you are now busy with. I often wish I could afford to get one of them but I find it impossible. I am only a poor woman my trade the gloving fabric is nearly extinct and I have ties at home to prevent me earning any thing as I should have to pay someone to look after the house and children I also have my husbands father home invalid with Rhuematism under the doctor all the time also I

am subject to that myself I have had Rhuematic fever and I always feel the effects. I have never been robust from birth my parents always troubled with my health Well Dear Dr. Stopes you do not want to hear petty trifles I want to get to the point why I am writing I want to know from you what is the safest birth control methods to adopt. I have 2 little boys and I am expecting now in March latter part or April and I do not want any more so quickly I shall have been married 4 yrs this coming June. My husband is passionately fond of children I am myself but I am vexed to see them wanting so much with the recent weather the work cannot be done so that means not much pay as I know you are perfectly aware what living means nowadays, as to your recent article in J.B. that one is more apt after confinements to quickly be pregnant I must get your advice as woman to woman I find I can open out my heart to you, but my opinion is that men should be more helpful and thoughtful it is all very well for them to pop in and see them for a few minutes and out of the evenings alone the women cannot go anywhere except with them and when they are small they expect everything done the same my husbands relatives and brothers have familys of nine and ten but I hope I shall not have so many I wouldnt like to be without any, and of course if you want to keep your husband straight you must give and take so I have been told, my husband says they will not be always little and what about others with big familys but that is all very well for him

he has splendid health that is one god-send but we never know what may happen and the poor little ones left behind that is what I am always thinking of my second boy was only 4 lbs at birth I have had a lot of trouble with him all through I hope when he gets his teeth he will come on alright I have had the doctor several times for him, wishing you every success with your untiring efforts I shall only be too pleased when I can hear of it being released so that the poor working class could be at a better level with best wishes to you and yours for for a bright and prosperous New Year

I remain a loyal Reader

F.-C.

Dear Dr. Stopes,

I am writing to you to ask you if you will give me your advice, I have continually put it off and while I am well I am determined I will find out for myself if it is possible to do without any more children. I have already got four in six years, and my health is very poor I am still under the doctor and I feel I cannot have another baby, apart from that it is a struggle to live and keep things going, I often wonder as the days go by if living is worth while nothing to live for only bringing children into the world we cannot keep. I have tried to seek advice, but was told if it was my luck I must put up with it, that is the advice from the "Mothers Welcome" here. Can you please help me and would you please if you can tell me why the periods are always three or four days

late every mth, it makes no difference to my health but it causes a lot of worry, Thanking you for any help you may send.

Yours Truly,
Mrs.-C.-

Dear Dr. Stopes,

Four years ago my wife gave birth to a daughter. The waiting period of nine months was indeed a happy one, for we both looked forward to the Happy event. In the natural course of time we booked a doctor and the midwife. On the morning the 13th January 1922 the midwife was called in and after a while the doctor had to be sent for. He in turn sent for another doctor to administer an anesthetic. They then discovered that an operation would have to be performed immediately to save the life of my wife. Accordingly she was taken in the ambulance to the hospital and in the evening a Caesarian operation was performed on the girl I loved and the baby was wonderfully brought to life. Our little girl is now four years old and my wife after a serious illness was restored to me. The doctor told me I must never cause my wife to have another baby or else she would not live—here his information ceased, so I am asking you if you can help me. My time on this station is drawing to a close and then homeward bound to my dear wife and child. No doubt the reunion will culminate in the usual—, but I don't want to risk causing my wife any danger so could you please advise me as to the best

means of preventing her becoming pregnant again. I forgot to mention that she has been informed that the bones would not give and only a thing much smaller than a tangerine orange could be passed through the channel.

Trusting that you will be able to help me,
I remain,
Yours very sincerely,
F.-C.

Dear Dr. Stopes,

Will you be kind enough to send me some information as to your method for the prevention of conception also instructions how to use the same. I have been married nearly twelve years and after I had my first child there was no signs of another for five years. Then my Husband and I thought how selfish it was for him to have no other child to play with so we made up our minds to have another and when that one was four months old the first one died and although our relations with one another have only been the same during the last six years as it was during the first five years it has resulted in the birth of three more children so now I have 4 children under six years of age. My Husband and I thought that if I were to write to you that you would be kind enough to send me some information. I do not know of any place in Portsmouth where anything is taught about Birth Control and as I simply dread the thoughts of there being any more I can only ask you to be good enough to answer my letter. My Husband is a Bricklayer in

the Dockyard here so you will see that with four little children our income is rather limited. I have read all your articles in John Bull and I saw one week where you said that your method was inexpensive so I am hoping that in future I shall have that awful dread of conception taken off my mind.

Trusting to receive a reply from you soon,

I Remain Your's truly

Mrs. F.-A. C.

Dear Dr. Stopes,

I have had Eight children there are two dead and Six living the Oldest of them is only Twelve year Old the youngest one is only Seven months old and I dont want any more for a while if I can help it my Husband is out of work and I have to keep Eight of us on 35/- a week. I have tryed lotes of things to try and keep myself alright but none has never done it. I will be thankfull of any Information which you can give me as regards this matter.

I remain yours

Mrs. C.-

Dear Dr. Stopes,

I have three children one five one three and baby a 12 months old my husband only works for two pounds a week out of which I pay 10s. rent five for coals and a furniture payment of three shillings a week besides other little payments which doesnt leave us much to live on we are both worried in case we may have any more children as it makes our hearts ache to see our dear little ones going about scantley clad and bare footed my little girl is

trudging all this bad weather to school with her feet soaked through in the dinner hour they are dried and put back on her feet steaming which is bad for her health, so dear Dr. I will be more than delighted to have your advice on Birth Control as I am only a young woman yet just 25 years and I think its sinfull to have children under such circumstances.

I am yours truly

Mrs. E.-C.-

Dear Dr. Stopes,

I have a little family of four children which I love very much and I find it a hard struggle to keep them fit and well, as my husband is just a labourer, and his wages are only just over two pounds, and have plenty to do to keep straight and I also have another reason for asking your advice, and that is when my last baby was born which is now nine months old, the doctor told me on no account must I have any more children, or it may be the lose of my life, and he told the midwife she was to talk to me seriously, but that hasnt helped me they wont tell us how to keep ourselves free, I trust my letter will reach you quite safe and I may hear from you soon.

sincerely yours

Mrs. C.-

Dear Dr. Stopes,

I am a Mother of two fine boys, ages 4 and 5. I had these two in 13 months and 3 months before the 2nd was born my womb came down. I was in a very poor condition, as the first baby had been

such a toso to me, and my work was really too much for me. The Dr. was sent for, and he ordered me to bed for a week. I felt quite alright laid down, but when I got on my feet again I was as bad as ever. But it was no use, I struggled on as best I could, almost doubled up when I walked about. The Dr. advised me to wear a good sized hand towel folded up, and pinned back and front with a safety pin for support. I struggled on in this way to the end, the Dr. said he expected a miscarriage, but I went 9 months. I had a hard time, Forceps without choloform and I had instruments with the first baby also. The 2nd. baby was very ugly and badly marked on the head, but he turned out a perfect baby. I had a trained nurse for 6 weeks night and day, and I was in bed all that time and the Dr. thought I might be alright after that. At the end of two months I began to do my own work, as we had not a penny piece left, my husband earning only £2.0.0. weekly. Then I was troubled again with the womb coming down, and with the two babies and my work, I gradually got in a very poor state of health. I was always worrying, and dreading any more children coming as the Dr. had said, I must have no more, and if I had would mean going to Manchester and having it taken away. Now, you will understand how I felt knowing this, and married life became a nightmare for me. I lived in constant fear of becoming pregnant again, although I had a considerate husband.

Well, I struggled on and on gradually worse until

the second was 14 months old and walking. Then I went to see the Dr. again, and told him I could not go on as I was, something would have to be done, or I should give up. So, he advised me to get a reccomend for the Hospital. I did although it was terrible to think of having to leave my children. So I sold part of my furniture for the necessary expenses, and went. They found a "cyst" on the left Ovary, and I had this removed along with the prolapse of Womb. I was cut and was a section case, and was in hospital three weeks, and then I had three weeks in bed at home. I have always been in poor health since and at the present time am run-down and very thin. My Womb never came "out" after the operation, but I have always something in the passage, sometimes it is soft and swollen, at other times less and firm. This has been there ever since my operation, by Dr. C—, 3 years ago in November. Now, after I came home I worried a great deal about this, and the District Nurse who was attending me said it should not be so, and I must tell the Dr. when he came. He did *not* examine me but said Oh ! that will be alright as you get stronger, but I am just the same yet but I have had to give over worrying. The point I want to emphasize is that the Dr. said *before operation* I must have no more children, after the operation the District Nurse, Now, you must not have any more babies, if you do, you will have to go back again, and I dare not say what the consequence would be.

The result is, our married life is spoiled, and we

are gradually drifting apart. What do you suggest ? in any case, I am hoping you can help me, I might say I have very little money to spare as I have 2 children to nurse beside my own to help keep the home going. I do hope I have not bored you with this letter. I only wish I could have put it together better for you My husband has advised me to write to you, and we are both anxious that you should help us as you must have helped others.

Believe me to be your's very gratefully
J.-C.

Dear Dr. Stopes,

I am 32 yrs. old married to a compositor, 10 yrs. and one child aged $5\frac{1}{2}$ yrs.—Through ill attention or bad-management, I was injured when my little one was born (the doctor being partly drunk) and I am unable to carry another child more than 2 or $2\frac{1}{2}$ months, miscarriage *always* happening. The last was just over a year ago, when the doctor told my husband, if I had another it would mean going into hospital with prolapsus, and my womb taken away.

My husband said at once that must not be and has refrained from any relation whatever since that time, but lately he is beginning to fret under the strain, being the average strong, healthy working man, and although there is no word of reproach, the fits of irritableness and bad temper, are getting worse and more often, and I feel sure will end in a separation soon if nothing can be done. I have

a lot of Spanish blood too in my veins which doesn't help any, living as we have to do and is wearing my nerves to pieces. Will you *please* tell me what I could do or get to use to prevent being pregnant, (as the doctors say I'll never be able to carry another child the full time—but refused to tell me what I was to do—) If you will help me, you will make our home happy and peaceful once more, and I will be so truly grateful.

Yours Respectfully

N.-E.-C.

Our house is only a lodge belonging to the "big house" so will you please put. Lodge in case the lady might see it and not approve of my trying to prevent being pregnant, as the rich seem to think a working woman has no right to know anything, at least that has been my own experience.

Dear Dr. Stopes,

I was married at the age of nineteen I had two babies in a years time they were both premature in 1914 six months after marriage and before my second baby was born my Husband joined the Army. He was demobilized Feb. 1919. I gave birth to a fine boy in the same year. At the age of 1 year and nine months I gave birth to a girl when she was 1 year and ten months I gave birth to another girl, last January my oldest girl after ten weeks of suffering passed away at the age of 3½. in Sept. my baby 2 years and 3 months started with

Gastric Enteritis and Convulsions and in ten Hours time she also had passed away. I have now my little boy left he will be six at the end of this month. I am a working mans wife and after struggling through with three babies, getting them through hooping Cough, Measles Mumps and Chicken Pox I have lost two fine little girls do you wonder that neither my Husband nor myself desire any more family So I am taking advantage of your offer to answer any of John Bull's readers who care to write hoping you will favour me with a reply, hoping I have not made too long a statement

I remain Yours Sincerely

M.-C.

Dear Dr. Stopes,

I was married early in 1919 at the age of 23 to an Officer in the army he had risen from the ranks so that when he was disembodied we had to get our home together out of his gratuity, troubles came upon us fast, our first boy was born to us in October of the same year (prematurely) and took a lot of rearing. Imagine my distress when he was nine months old, I was suddenly taken ill and in my ignorance nearly lost my life result—a four months miscarriage. My strength came back slowly and before we were prepared for him boy No. 2 arrived. I had to wean this baby at an early age for another mis-carriage of 3 months. I began to be frightened : boy No. 3 then came along and had to go in hospital for Croup at 7 months and so I became normal this was April 1925 What a

nightmare this last year has been wondering if I should be alright, can you wonder I am terrified at what may happen in the near future. It is not the babies I am afraid of having, but of the little lost ones that do not come to perfection.

In addition to this we have my husband's crippled father to maintain, and work is so scarce in the shipyards that for the last four or five years we have been largely dependent on the dole, and it is an anxious job feeding and clothing 3 hungry boys. Will you please tell me what your method is, where I can obtain it, and how to use it.

I am your's gratefully

E.-C.

Dear Dr. Stopes,

I have two children now a girl of $4\frac{1}{2}$ and a boy $2\frac{1}{2}$ and I have just had a bad miscarriage through a fall. Since that time my husband and I have never had relations (a period of five months) because he is afraid I might be unlucky and have another child. I am living in a small back room with no convenience at all in fact I came here when I was first married over 5 yrs ago and I cannot get nowhere because of the children. We have to all sleep in one bed which is a job as both the children seem to be getting so big, and I have nowhere that I can put a cot up for baby therefore I should be grateful for your advice as I don't know what I should do if another came along. I feel I don't like to tell you all my troubles but my husband has

been out of employment for 18 months now, so you can see things are not very bright.

Trusting to hear from you

Yours sincerely

Mrs. C.-

Dear Dr. Stopes,

I may tell you that I am the mother of four children the first three which were born within two years and seven months and now I have another a month old and my husband is not in constant work we have a job to live after paying 6/- a week rent on what is left of a full weeks money. When I knew this baby was coming I tried everything I could to prevent it but it was all of no avail I even sent a guinea to one place alone besides other things at the cost of 5/- a time because I knew we could not afford to keep another child and bring it up as it should be, but now that I have got her I hope to do my very best for her the same as I do for the others although it means me going out to work at six in the morning until five at night but I feel I don't want any more babies not while we are in this poverty so please will you tell me what to do to prevent them coming

I am yours truly,

C.-C.

Dear Dr. Stopes,

I am a great admirer of you, and think you fine in having succeeded in overcoming opposition of people who resented you giving knowledge of sex matters to working people. Up to now I have ad-

mired you from afar, and been in a measure rather in awe of you,—thinking that my case was nothing like so tragic as many, and so consequently not entitled to your advice and help. I read of a case similar to my own, and I wonder if it is right for me to acquire knowledge of Birth Control—sometimes I wonder if it is wrong. I was brought up without any knowledge of Sex, my parents method of bringing up my sisters and myself “in innocence” —and so—often having made a fool of myself on more than one occasion.

I have been married nearly seven years, and have two children, both bonnie happy kiddies. My last child, a boy was a sore trial until he got to be about three years old but has now become a fine little chap. I had a very hard life those three years, having to do all my own work—Washing, mending, making, cleaning, and all the cooking, for sometimes three men,—my husband, an apprentice, (a big growing lad), and an extra man employed to help my husband on bad days, my husband being often ill—the result of War service.

Besides all this, I had to look after my babies, somehow I manage it,—but on looking back, I wonder how on earth I did it. We are a little better off, than a labourer, but this has so far been achieved by our own strenuous hard work. This year we do so want to get out of debt, £80 being required, apart from running our little blacksmiths business. I feel that if anything should happen, and I became pregnant, we couldn't possibly get

out of debt, and I do so want to help my hubby all I can. We've been denying ourselves all the little things that make living happier,—in order to get of debt,—and it hangs like a milestone round our neck. And yet I do not know how to prevent becoming pregnant. The two occasions on which our two children were created, was when we both consented. So we dare not “mutually agree” again, in case something happened, and so often I feel mean in refusing, that which I have a right as a married woman to give, for my husband has been so fine, so patient, kindly and considerate to me, yet there is always the fear, it might happen the very first time I agreed. So, after having read this, I wonder if you think our case is deserving of knowledge of Birth Control. It is not that “I don't want to be bothered with children”—I love them, and should dearly like two or three more, but that would absolutely spoil the prospects of the two I have,—We want to give them a good education a more expensive item, than in some cases, as we live miles away from a good school—and moreover, I could'nt possibly keep going on as I have done, without a little help,—and help is expensive.

Also, my husband is not in very sound health, needing continual care and nursing. He was in hospital six months with Pericarditis, and other complications, and though we do not care to anticipate anything so dreadful as his leaving me a widow, it has to be thought of as a possibility. Any more babies would spoil the chances of my living two,—

Please do not think I wish for knowledge, to free me from performing my duty,—I do not want to be selfish, but I've seen such unhappiness where there are large families and small incomes—Such drudgery—so little in life—but sickening toilsome work.

Please do help and advise me—I know of no one else to ask—and for my husband's sake

An admirer,

E.-O. C.

Dear Dr. Stopes,

I want to ask you if you will let me know what to do to avoid having children, as I already have 3 and my husband has only 45/- per week, and it takes me all my time to keep what I have already got. Also I have just had a miscarry and hemorrhage set in, and I have been very bad, the doctor says I must have no more children, for this next 12 months at least, but he didn't tell me how to avoid it. Do you think I shall be so again, as it is 6 weeks since I stopped, although I had hemorage 7 weeks before, or do you think it is with losing so much blood I have no more to lose. If it is that I am so, I am sure it will do me no good as I feel too weak to look after myself, and I don't get the proper food to build myself up, as I can't do what is right to the kiddies, as they are fine healthy children, but my husband doesn't care if we have a dozen, so long as he satisfies his own selfish desires, he doesn't study keeping them all he can say is they'll get kept. I love children myself,

but I do not want to bring any more into the world, unless things are different to what they are today.

Hoping you will answer my letter, but if it has anything to do with my husband to avoid it, I am afraid I shall have to go on having children, although I have one of the best in other respects, and he idolizes the ones we have. Hoping to hear from you soon

I remain

Yours Sincerely

Mrs. C.-

Dear Dr. Stopes,

I hardly know How to write to You (But I am trying to seek your advice in which I do so need. I am a young woman 33 year of age with no friend or Relation this town (on either Side I am alone) I married a man in the year 1912 at the Age of 18, he being 22 years older year after I found I was to become a Mother (the child was still born which Was cause throught fright 3 or 4 days before And that nearly corst me my life.) My Husband having to chrilder of his own at the time boy 3 and a girl 7, which are now 18 and 21. After that it was not till 1917 that I was in London and there waiting to go in the City Rd Hospital to be confined. (I was a lone in Lodging and had to Walk a mile in Angoing while the Air Raids was on. I just got to the Door and Calloped, the Child beining bone almost at once. 13 months after I had a nother girl bone a hour before I could sent for help. 2 year later a boy, and 2 year later a nother boy, this last boy have

shutter my nerves (for 2 months before he was Born I had nurses from the Guild Hall to dress my Varcass Vain. The last month I walk on Sticks and they came trice aday (the Weaight of the child cause the Vain to come to such a terrible size that the chair bottom had to be Removed) I had to sleep with legs up he was born on the 6th of Oct. and 24 hours after I found I had got to be sticthed. When I got up I had a large lump form in the Brest. I went to the Hospital and they operated 16 stiches I had. I was there 4 weeks all my chriden being in the Wookhouse I cam out fetch the chridren, and 2 months after the other brest was very bad I went up at 1 oclock to have to opration 12 stiches and walk home at 5. I could not have a days rest I still had to keep on, after I had to go for the Dressings Twice a day pushing 2 kiddies in the pram till at the week end my leg gave way and I had to stay 4 hours and wait for a letter, to say that I would go in the Calvassing Homes. I said yes, I did not go ; the worry brought on a groth in my ear, I have to have it Lance. My troble are my own, I have no simpaty hear the last day I saw was 15th of Dec : It was on Boxing Night I conceived I have tryed many Pills But Have not seen the desired effect. Please Help me ! I have Had my share, (I have never taken anything before) But I am frighten to Death, With what I have gone through My life is only a living Hell,

Yours truly

B. C.

Dear Dr. Stopes,

We have only been married 2 years 7 months and had 2 babies in that period the last one being 5 months old. I had an awful time with my first baby 3 Drs. Nurse and then had to have chloroform and the instruments. I was an invalid for 8 months after, and it took all our savings to pay for my illness. Then my husband dropped out of work. He is working again now, but gets very small wages. I have been ill since my last baby was born and the Drs. say I should not have any more children but will not tell us how to avoid it. We occupy separate rooms, but of course that state of affairs cannot go on for ever, and the worry is making my husband ill as well as myself. I have tried lots of places to get knowledge but cannot do so. We should be so grateful if you will let us have some information. Wishing you every success in your efforts

Yours Respectfully

W.-B.-C.

Dear Dr. Stopes,

Last year I had a very bad time, through having a still-born baby. Through a hemorrhage and kidney trouble I was six weeks in bed after it. And a long long time in picking up health again. As it is I am not right yet and may never be, as I am left with kidney weakness. I have my first born, and I often feel sorry that she has not a brother—or sister of her own, but I am afraid I may leave her motherless if it was to happen again,

I am very fond of children but there is always the fear, for both times I very nearly lost my life.

Up till now I have escaped, but through nothing else but chance, and I would like to be able to get rid of this anxiety which always worries me.

My husband is of the same mind as myself and has always urged me to write to you, till at last I am doing so.

I will follow out your instructions whatever they may be, and will be very, very, grateful to you if you can help me, as you have helped many.

Yours Sincerely,
J.-C.

Dear Dr. Stopes,

I have one baby boy who almost cost me my life, in fact confinement has left me a perfect wreck, at 26 yrs. of age. My medical man, impresses upon my husband and myself, not to have more babies for a few years, but does not say, How it can be done. It is therefore a constant worry, which undermines my health worse than ever. Do please send me your information, for which I will be most grateful. Enclosed stamped addressed envelope for your reply.

I am,

Yours Hopefully.

W.-C.

Dear Dr. Stopes,

Feb: 9th. 1916 I married a Man who I thought would make an Ideal Husband but was forced to leave him 6 weeks after Marriage I applied to the Army to take him as he was not on

War Work I worked in the Canteen's Catterick Camp from 1917 till the End of the War.

I received a Note from the Newcastle Barracks stating my Husband could not Join the Army as he was suffering from Veneral Disease.

I happened to have fallen pregnant a fortnight after Marriage and was not aware I had contracted the disease till I was forced to go into Hospital in the June and stayed there till my Child was Born Nov. 9th (it was dead Born) 1916. I got the Information from the Army in the April and I did not know I had the disease till the end of June. I left the Hospital a fortnight after Maternity and felt no affects of the Disease for 4 years Till my Husband begged of me to return to him as he said he was quite alright as he had had treatment but I found after living with him for a few Weeks I was going back in Health and had a discharge and was forced to leave him and once more to go and work for my living I had no Home. I went into domestic Service and was unable to go for treatment I was afraid they would find out and would not employ me as I was a Cook.

My Health has been going back and had to leave my Work and take a position as a House-keeper to a Working Man where it is not so hard. I found I could spare a little time and went to the Infirmary to be examined. They took a Blood test and told me to go Every Monday for Treatment this was last April of this year. I went every Monday unknown to my Employer and I

received Arm and Hip Injections 4 times but in one Week I lost $2\frac{1}{2}$ lbs. in Weight so they just gave me the Hip Injections they made me so ill I had to discontinue going. My Employer wanted to send for the Doctor I was afraid he would get to know the Truth and would throw me out of employment.

I have still a little Discharge could you recomend a treatment I could do at Home. My Husband died a short while ago and my Employer wishes to Marry me would it be right for me to do so as I don't want *him* to be a Victim as I have been. Do you think if I married and had a child it would be affected also.

I would be most grateful for any Advice you would give me as it has preyed on my Mind ever since I knew I had got such a terrible disease. I often feel life is not worth living to be punished the way I have been innocently.

Yours Gratefully,
J.-D.

Dear Dr. Stopes,

We have only been married two years and six months and already my wife has given birth to three children ; she is not altogether very strong and I think becomes pregnant more easily because of this. Lately she has had a breakdown in health and we have had the doctor to see her and he says unless she takes care she will have a nervous breakdown so we are naturally very worried at this, however he has given her a tonic and she is a little

better. Now I blame fear for causing this breakdown, its a usual thing every month for her to be in terror in case nothing is to come and when her trouble is over she is frightened for what may happen during the next month. Lately we have taken to using preventives and although they insure safety I doubt if they are not injurious. Please instruct me (or my wife) with your method so that we can live naturally and without fear of more children coming.

I am,

Yours Respectfully,

R.-D.

Dear Dr. Stopes,

I am the Mother of three children, I suckled one child for four months after I was pregnant with the other. I have got a child on the breast just now, and I must say it is a great worry to me, in case I have the same to go through again, as it left me so weak I hadnt the heart for anything. In your article this week you mention that mothers during the nursing period should guard themselves with Scientific Preventives. I would very much like to get some idea of what these are, I have heard of certain articles, although I have never seen them which can be bought at certain shops. But I have been told that they are not safe to use. I would be very grateful if you would enlighten me as to what these articles you mention are.

I am,

Yours faithfully,

Ml-D.

Dear Dr. Stopes,

I trust you may see your way to assist me with the necessary information, for which I am seeking for my wife's Sake and also my own. Now Dr. Stopes I am not writing through idle curiosity or for any ulterior motive other than a sincere and heartfelt desire to make an alteration in our Married life which will not be injurious to my Wife's Health nor mine, and which to be quite Candid with you, (through our "innocence," or perhaps ignorance would be a more suitable word) I did not know was possible, until quite recently. I mean of Course in a safe and legal manner.

Now the facts briefly are as follows :—

I *myself* am a Labourer, have had to work for my living since I was Twelve, and eventually Married my present Wife when I was 19, she being a few months younger than me, we have been really happy together all this time, though being in very poor circumstances, financially. We have Eleven Children living (and 7 Children Dead) the youngest living now is 3 months old, I will be 43 next August, and my wife is $42 \frac{2}{3}$, we deeply Love each other, equally as much as when we were first married, but we have an extremely hard time with such a large Family, and insufficient means to maintain, but are quite satisfied to do our duty for them as far as is humanely possible for us to do, but we do not know how to avoid bringing any more Children into the World (that is of course, and live our Married Life as usual).

Will you kindly help us by imparting to us the necessary information, viz: a safe, simple and cheap method of Birth Control, you will no doubt understand our feelings towards each other, and also that our only desire in seeking the information is so that we may have a better opportunity of fulfilling our duty to our Children who is living. Thanking you in anticipation of a reply at your early Convenience,

Yours faithfully,
T.-D.-

Dear Dr. Stopes,

I wonder if you would kindly Tell me how I could Stop any more babies coming into my home as i am only 30 Years and have all ready had Six children and have all so Brought up to mother and Father less Brothers, my three youngest have all got weak chest one of the boys his eye sight is failding fast, and I have got cat-tar in the wound, the house we pay 9/- for will blow you from one end to the other it is not fit for pigs to keep warm in. I love children very much but with one thing and the other I feel i could not stick to have any more, my Husband tries to be so careful but still I get them just within two years my baby is 14 month old now and i am afraid of my life I am going to Get in for it again, so please send back as soon as you can and oblige me yours turly

A.-D.

Dear Dr. Stopes,

I have been married just over 10 years and I have 4 lovely children 3 girls and 1 boy, the eldest child is 8 years and my baby 8 months. I was advised by the Doctor, Sister, and midwife at my last confinement, that I really ought not to have any more children. I have *no* idea how to prevent having any more children. We are only poor people, and cannot afford any more, we are happy with our family of four.

Yours Truly,
L.- -E.

Dear Dr. Stopes,

I am a young married woman, and am not very strong As regards maternity my chances are nil. In fact I am just recovering from a mis-carriage; and the doctor told me it would kill me to bear a child. So you see my position is precarious, without the proper means of preventing such a thing happening. If you kindly give me the required information as to the best method I shall be most greatly obliged and

Remain yours Sincerely
A,-E.

Dear Dr. Stopes,

I am writing to ask if you can advise or help me in any way. I have three children two by my first marriage and one by the second, my husband was a widower with four children so you will see we have seven children living altho only four at home, at the birth of each of my three Children

I was dangerously ill and yet my Dr. who attended me on the last occasion says he cannot do anything to assist me in avoiding another Confinement which I do not feel equal to undergoing my baby is only just ten months old. I have never really regained my strength.

I am,

Yours Truly,

A.-E.

Dear Dr. Stopes,

I have only been married six years and have had five children four are still living my youngest is just eight months old and as he is teething he bites everything and I find I shall soon have to "wean" him and it is generally at this period that I am most likely to fall again. My Husband is only a poor working man and it takes every penny to get food and clothes and boots for all of us besides firing and light that we cannot afford to have any more children and besides that it is ruining my health having children so quickly and I cannot afford to get the nourishment that I need after a confinement and each one leaves me weaker than ever, the last time I was unable to get about to do any work at all for six weeks and I could not afford to pay for help that my Husband after working all day used to come home and do the housework at night and of course a man is not the same as a woman in the house it nearly broke my heart to see him and yet be unable to do anything. Now before anything happens I thought I would write and asked you if you think I am entitled to Birth

control knowledge will you be kind enough to let me know what it is and how to use it also where I can obtain the necessary things and what I should pay for them. I hope this is not asking too much of you but I feel that it is absolutely necessary to keep my Health as I have to work hard now with four little ones, two cannot walk alone yet. I must mention that my Husband gave up smoking to get me extra nourishment. Hoping for a reply at your earliest convenience,

I remain

Yours Sincerely,

M.-E.

Dear Dr. Stopes,

I am the mother of 12 children 9 of whom are living I am only 40 and live in dread of having any more which for the sake of the others I cant afford to keep, my health has been taxed to the utmost my baby is just two, 9 month of hell every time and I have to work like a nigger I have had two lots of twins, the more I try to gaurd it the worse it is I dread my husband touching me something ought to be done at the clinics which up to yet are off no use at all for all poor mothers like me self but all we get is look down on treated like dirt where a little advice would do a lot of good my life up to now has been one big nightmare if you could end it by a little information you will be doing an unfortionate a very good turn indeed.

Yours truly

Mrs. E.-

Dear Dr. Stopes,

I am the mother of five children and has had a lot of trouble with them two have died both girls and the other ones are not very strong especially one of the girls of the two living she has to be wrapped in wool as every winter comes in and kept in that till the cold weather is out and the two young ones have me about distracted there is only a year and a half between them the youngest is now ten months and I am living in dread of becoming pregnant again I am hardly fit to go about myself with keeping baby on the breast she is taking all the strength out of my body and if I wean her I am sure to get another baby. My husband and I are eight years married and my mother had thirteen children and she tells me I have had more trouble in eight years than she has had in the whole of her married life. My husband is a miner his pay isn't very big for he is not very fit since he came back from the war he is as anxious as I not to have a big family so we have both come to an agreement to ask your help. This dread is killing me for I have always a difficult confinement. When the last baby was born the doctor said can't you finish up but when I asked him how I could he just laughed what's the use of saying finish up when they won't tell use poor women how to hoping for an answer And Oblige Your's

A. -Mc.F.

Dear Dr. Stopes,

I have been married 9 years in the coming February, and a happier girl I'm sure you would not wish to meet. I sincerely and very dearly love my Husband, and as each year passes I can truly say my love is deeper, now this happy love is not a one-sided affair, for Fred, my Husband, very dearly loves me, we are only in humble circumstances, he being a packer with a wage of 55/- per week, every penny of which he gives to me. His wife and kiddies and Home are his constant thought and every night of life he arrives home at 7.30 from work to remain in our company till next morning, if he goes out on Saturday afternoon we all go with him. We are a very happy family.

I merely state all this to first let you into the outward mode of our life for you to see that Love comes first to both of us.

Now Doctor, my *eldest child* is a boy of *eight years* and within the next ten days, if God so Will's it will be Blessed with our *Fifth Child* (the other four being all boys) each little Darling has brought its added Joys as well as its little sorrows, we both are dearly attached to our wee men and live only for their future, and daily pray that God will spare them and that they will all grow up, honest clean, men, such will be a big compensation to their Daddy and Mummie who struggle hard for them, well now Doctor the time has now come when both my Husband and I feel

that we have as many little lives to account for as we can possibly manage and having read your many articles upon Birth Control I venture to ask you for your Help.

With the love we bear each other its impossible to put passion entirely out of our lives, for its the love I bear my dear Husband that makes me yield to him at such times, but on the other hand I realize that I cannot keep bringing healthy children into this world and bring them up, strong, educated children on an income of 55/- per week, that if there is a possibility of intercourse, without conception, I should seek it. I may state that I am 30 years of age and my Husband 34, so that we both are young yet for bringing forth fruit into this world. Therefore having fully stated my case, do you think I am entitled to the knowledge that you possess as to Birth Control, if so Doctor would you be human enough as to enlighten me. I feel sure that if it is possible you will do your best.

I await the favour of your early reply, and
 remain Your's Humbly

A.—MacF.—

Dear Dr. Stopes,

I was married about three years ago and after nearly a year of married life my husband and I felt the loneliness of life and so we decided to have a child, both being in very good health a home of our own and my husband with a good wage. Well I am what people term a little made women

and during pregnancy my mother and my relations were in fear that I should have a painfull time durring childberth but this never troubled me until I started in labour I started on the Wednesday at about tea-time and suffered terrible all the night all the following day and up to 8 o'clock on the Friday night and neither the midwife or the doctor could do anything for me the doctor came nine times durring those two days and he was nearly at his wits end as he said nothing had moved as it should have done and there was not the slightest difference each time he came, anyhow he proposed to clareform me and use the instruments and I learnt after that he had to cut it away from me with the greatest difficulty, as my body was so small and he almost gave me up. My little baby was black and blue with cuts and marks and the midwife carn't believe her own eyes now as the child is eleven months old and as fine a baby as one could wish to see. By the way, a few days after the child was born my doctor said that on no account should I have any more children but he didn't advise me what to do to, *not* have any. Now this is where I need your advice. We are only a young couple twenty two and twenty four years of age respectively and it is a very trying thing for us, as although we *don't* want any more children and I am in a terrible plight from one month to the other and life doesn't seem worth living. I had a bit more confidence with my friends saying I was quite safe so long as I breast fed my baby, but after your

article the other week I have been very depressed. You see people give you all kinds of advice until you don't know really who to believe and I am afraid with there means of avoiding having an other child I shall run straight into it. Up to the present time I have been regular with my courses but if there is a way of avoiding this heartbreaking existance which may mean loosing my life will you please tell me.

Thanking you in anticipation,

Yours sincerely

Mrs. F.-

Dear Dr. Stopes,

I am a Woman that loves Children and would give anything for a Daughter but when I had my first child, a Boy now 12, I had a most terrible time the Dr. telling me it was one of the worst cases he had attended. Since then I have had twins at 6 months and 2 other at 4 and 5 months going into Hospital with the first 2 turns then having operation at home as I wouldnt go into the hospital that time, the Dr. asks me about having Womb taken away altogether but I didnt consent to that as I have seen enough unhappiness when others have had it done. I now see my poorly times under 3 weeks so my Husband is almost afraid to go with me, so I thought perhaps you would advise me, and tell me all about your Birth Control and what it will cost me. I am only a working mans wife but will be pleased to hear from you. I am your Respectfully,

A.-F.

Dear Dr. Stopes,

I hope you will forgive me by writting a long letter, which is the only way I can make myself clear. I have been married over 10 years and my son would be 9 years old had he lived, I have suffered a great deal with internal complaints and not having the best attention when my child was born it didnt improve matters. My husband felt after that more children must be avoided some how. Through sheer ignorance we did so that the cost has been my health ruined. During the past 2 years I have been ill more or less all the time and twice very severe, the last being June of this year and now I am just regaining strength.

In the first case 2 doctors say only an operation will cure me, but my special Dr. said he think he could help me to become better with treatment which I took for 1 year and was surprised at the result I could prove for myself what a terrible unhealthy state I must have been in. My doctor said I must find out why you are like this and I soon discovered that I had to tell him everything regarding my life with my husband and after a long consultation found I had been married nearly 9 years and didnt know what married love meant and by that time I almost hated my husband and married life and was then seriously thinking of leaving him, although to leave him would have broken my heart, for he is kindness itself and we both love each other dearly, but only one thing was marring the happiness we might have enjoyed.

My Dr. enlightened me as much as he could and I could see that I was wrong and he begged us to make a fresh start and follow his advice otherwise we must live apart for my health sake. It was not any easy matter for after so long It was an horror to me, but I fought hard to overcome it with no better result.

The second illness comes, only far worse than the first and I nearly lost my life. I am thankful it happened for it has removed an obstruction I always felt I must have and I was slowly beeing poisoned. I am now better and my husband and I are happier than we have ever been, for we understand each other in a different way and if we only had known better, what a lot of worry and trouble would have been saved. The problem now is, the doctor says he doubts if I could carry a child safely through 9 mths as I am now too unhealthy for us to mature for the time being, and as we neither of us wish to have any more, we are even afraid to risk it happening, for we have had trouble enough and loosing my little son has been my greatest sorrow.

Thanking you very much for a reply

Yours truly,
A.-C.-F.

Dear Dr. Stopes,

I take the pleasure in writing to you about my case and to get a little advice from you and trust I will be more fortunate next time and I am only sorry I did not write you sooner but I tried other

courses but they did me no good. I am one of the unfortunate mothers who get babies every year or year and a half as that is all their is between mine I am 11 years in April married and I am about to become a mother again and this will make my eight 6 living and (1 dead) and I feel that I dont give them the justice they should get as they are just babies yet the eldest boy is not ten until June and he has been such a trial itself as he has been taking fits since childhood but my mother has taken him to stay with her and it has taken a bit of worry of my mind When I became pregnant I went to my doctor and he gave me pills but they did me no good and he was sorry I was that way again but I have just to let nature take its course and then I tried a London treatment and the person who wrote me went under the name of Nurse P. but I spent my money in vain as it cost me 25/- for treatment and I had to send over 35/- when it did me no good but I did not send any more so I never heard any more from them so do you think these thing will harm the baby or myself in any way as I feel so worried at times about it I was last ill on the 15th august and could you tell me when to expect the baby as I am not sure as I have tried these things after I was a fortnight after my usual time for being ill. So as my husband is as anxious we should have no more I appeal to you as a poor working woman who is ignorant of what to do to prevent myself from having them to help me and advise what to do in futer so as to give

my children a chance to get on the way we would like. When things are not very bright and food is so high and when one pays the high rents their is not much left to give ourselves justice and the children we have already never mind bringing any more into the world and I envy all the mothers here beside me as they dont seem to get any more than one or two and they dont seem to be anxious to give you any advice if you ask them and I know they could have helped me if they liked but never mind I have wrote to you and I am looking forward to know what to do in future.

Mrs. T. F.

Dear Dr. Stopes,

I have been married 8 years and have been pregnant four times and only one alive, the others either died or premature born through having such terrible times and on the last occasion I all but lost my life, and the Dr. advising me to have no more but he didnt say how to prevent them, therefore I appeal to you to addvise me what to do for to me its a great worry wondering if I might be pregnant again, and the awful consequences that may follow according to what the Dr. said, trusting I may get a speedy reply,

Yours Truly,
J.—G.

Dear Dr. Stopes,

I am writing on behalf of my sister-in-law who is the mother of eleven children living, two dead ones and is shortly expecting her fourteenth

child and she is living in dread of the time coming as she as always a stiff time, being a case of instruments each time. She is also in very poor circumstances, her husband being a fisherman. The oldest is not yet twenty-one and the mother herself is forty-one. I myself am the mother of nine children and we would like if you would kindly oblige us by a little knowledge on birth control as we are practically old women before we are middle-age.

Oblige

Mrs. B.- & G.-

Dear Dr. Stopes,

I am one of a family of 16 in all 10 Living and I know the agonies my Mother went through, bearing a child every year and her husband (my father) not caring where the money or food came from to keep them. My poor mother worked her fingers off to keep us all and died just as we were getting old enough to help her and try and repay her for what she did for us. Now I am a Mother myself My little girl is 3 years old and no one knows the agony that child has been through. Delicate from birth she has cost pounds one way and another. Through that and living in 2 expensive rooms I had to go back to my work for my husband only earns 30/- a week and my pay was more than his. I've had the satisfaction of seeing my little girl gradually get better by having the best of attention and nourishments and now at 3 years she is quite bonny.

Now I should be very sorry indeed to have

another baby yet until we can get a house and am sure my little girl will not need any more operations for now I am just being able to see myself and look after my own health which was badly needing looking after. I just trust my husband who is one of the best and I have not been pregnant yet but I never know when also I think it is injuring my husband's health the way he has to control himself as he certainly does not look the same now as when we first married. I should be so much obliged if you could tell me of your "Birth Control Methods" so that I could keep myself from getting pregnant until a more favourable time when I should not mind in the least. Wishing you every success in trying to bring your knowledge to the poor struggling mothers I am

Yours respectfully,
E.-G.

Dear Dr. Stopes,

I hope you will excuse me for not answering your letter and sending you the 3d. in stamps as stated for Pamphlet, I should be glad if you will let me have price of Sponge but I am sorry to say my husband is one of those who seem to think we ought to let Nature "has he calls it" have its way and that if I am to have 20 children it is only my duty as a married woman to put up with it but oh a man does not understand the strain on a womans nerves to be at it from morning until night without a break I have ten here to do for and I never leave the house it is impossible yet

he can put his hat and coat on and get out as much as he likes therefore a house full of children makes no difference to him at all because the same amount of work he has to do his eight hours a day and the same his money is when I married him as it is now so who got the wory and struggle if not the woman for the sake of her children, in fact I am writing this now with my youngest Baby in my arms and she has just dropped off to sleep so I dread to move her untill I have written this letter to you she is so cross cutting her teeth—or it may be put off for weeks again before I shall have a chance to take the pen in my hand as some days I feel so nervy and done up to take the trouble to write I only wish I could afford a few of the books you write about as I find one thing that has disappointed and that is that Dr. Marie Stopes does not advise using a douche as my Nurse on this last Baby told me to douche myself in the morning after connection with my husband and that would be as good a prevention as anything but I thought it a bit risky to trust to it untill the morning as the germ may act over night if I did nothing else to prevent them and I dont believe in drugs of any sort so between everything I simply dread to see night time coming however tired I am because I am always dreading my husband wanting is wishes fulfilled and I am powerless to prevent him and above all things I dont want to drive him to go after other women which I am sorry to say are plentiful enough worse luck around these parts yet

how they manage to escape having children baffles me.

Yours Respectfully,
E. - -G.

Dear Dr. Stopes,

I have three children had four but my second cost me an operation my third (stillborn) nearly cost me my life I have not been so bad with my fourth the only thing is I suffer with inflammation continually this I had after the third child as I had to lie 5 months on my back I certainly cannot say I relished having the fourth but got off better than I expected still with things as they are today and the struggle it is to make ends meet makes one wish children would never come I would not like to be without them but when you see around you people with 9 and 10 cant afford clothes or boots and very little food it makes one wonder if that is what will be their lot I really do not know if I am taking a great liberty in writing to you on such a matter but I have seen things advertised today in your name and there is so many quacks about makes one afraid that I should have no belief in any of it unless I wrote direct to you and I may tell you I have wanted to do so for weeks but have been to nervous but at last have had the pluck so Hoping I am not taking a liberty I will close

and remain

Yours truly
O.-G.

Dear Dr. Stopes,

I have been married 7 years now and have 2 bonnie children one a boy aged 5 and the other a baby girl of 16 months. My husband never earns more than £2. or £2. 5/- a week so you can understand that I have a bit of a struggle at times to keep us all respectable with a fairly big rent to pay, and that I do not want to have any more children, meantime at least. But apart from the money side of the question I dread the advent of any more children on account of my health. When the first child was born I had a bad enough time but when the baby was born I was at death's door and have not regained my former strength even yet.

I must say My husband has been very considerate and has kept away from me since baby was born but I cant expect him to do so forever. If you would be so kind therefore as to give me information as to your method I should be very grateful. I have heard of one or two methods such as " French letters " but would not try them as I don't feel them to be safe.

Yours sincerely,

A.-G.

Dear Dr. Stopes,

I as the mother of a family of ten am greatly in favour of birth control being taught to the mothers of working mens families. I had to struggle all my married life to bring up my family on a small wage 22/- was the most my husband earned when I was having babies every year and a

half for I had seven children in ten years then an interval of womb trouble then three more before I was right well. I knew nothing of birth control methods in those days and even yet though I am grandmother to three little darlings I must confess I am not learned in these things but I dont want to enlarge on my ignorance although often when I read that mothers should tell their daughters "Well I wonder what is there to tell. Common sense and decency keeps my girl pure I believe," and I've never had trouble with my family regarding their moral conduct but it is on behalf of my married daughter I am writing. She has just been married six years this month and yet she is the mother of five children counting twins but eleven months and fifteen months between each birth is ruining her health and she is away to a shadow and her children dont get the chance to be strong one of her twins died at 3 months and another child born in the sixth month didn't live of course. Can you supply her with a book that will learn her about birth control or is there a method within her very limited means she can use. Her husband as a miner earns less than £2 a week and yet is too selfish or too ignorant to control himself. I am sorry to say I didn't know about such things in my younger days but I hope the time will soon come when it will be taught to all young husbands and wives. Hoping I am not giving too much trouble,

I remain,

Yours sincerely,

A,—McG.

Dear Dr. Stopes,

I am a mother of six children and expecting my seventh the end of December, my age is 33 years, my eldest child 12 years old, when this next child arrives I will then have three children under three years of age.

I have breast fed them all except this last one which I was told to wean when only two months old, as I was in too weak a state to continue feeding.

I might say that each child I have been obliged to wean owing to me being again pregnant (of course except this last child).

My Husband and I love children but we now find we are having more than we can afford to keep.

Though my children all seem very healthy I myself do not seem nearly so well or strong as I would like to be and as I did a few years back So if you can give me any advice in any way that will not harm me nor my husband for us to start after my baby is borned I will be more than obliged. I will enclose stamp address envelope for a reply.

I am,

Your's Respectfully,

W.—H.

Dear Dr. Stopes,

I think if some others had the same view regarding Birth Control, there would be more happiness in this world. I am 28 years of age and have two girls six years and three years.

My first baby was a Cross birth and the other one was born buttocks first, I think it was what they called a breech I was in bed for six weeks after the birth of the second one, and a weeks dry labour beforehand, so you will understand the suffering I had, and it is always a dread to me in case I should fall again, and needless to say my Husband is the same, I had a splendid Doctor, and he did everything at the time to help me, but I was disappointed at him not giving us information of some kind after such births I have heard, some peopl't get information of the kind.

I am not very regular in my periods, sometimes a week late sometimes ten days and it is a very anxious time, at present, it is past my time but on top of that I have not felt well for some days I feel very depressed and worried and am hoping I have not to go through the ordeal again.

I have a good Husband and does everything he can to help me, I haven't said anything to him so far, until I see how things turn out.

Yours sincerely

Mrs. H.-

Dear Dr. Stopes,

It is about my Husband I am so worried, of coarse he works very hard and his work keeps him away from home he works on the tug boats in the river and is out many nights. He is very tired when he is at home. He has not had intercourse now with me for about eight months I thought last summer he was run down and perhaps ill and

a holiday would do him good we went away for a fortnight but it had no effect in that way I believe he did make an attempt but did not manage and it struck me then as strange. Now I dont want you to misunderstand me so I must explain myself. I love my husband dearly and there is nothing I would not do for his happiness. I have no children and i am in a house alone but for the dog my only companion now as my husband's work keeps him away from home so much I feel a child would be such a blessing and a comfort I am only a working man's wife but still I feel I could keep at least one in comfort I would have adopted one years ago but my husband would not hear of it. I have been married now close on fourteen years I have had three misscarriages two at three months and one at two the last was three years ago at three months. I have been an out patient at one of the women's hospitals for about eight years I was treated for inflammation of the womb and the last time I was examined the doctor said I was quite normal, still I have no sign of pregnancy. I am close on forty now and I feel that perhaps my only chance is being withheld as soon I will be too old to have a child. Two years ago I lost my mother who lived with me and it only since then that I have felt the emptyness of my life.

I never knew before then the want of my husband as I do now at times it has come over me about three times now in the last six months I don't know what to account for it but I feel so un-

happy and so irritable and bad tempered I feel that I am just the cook and housekeeper Just to give you an example he has been out now working for the past three days and nights just coming home in the evening for his dinner and food for the next day in the house for two hours at the most. I went to the station with him to night to catch the 11.15 train, the dog with me of course, I arrive home 11.30 to be alone in the house all night and all the next day can you wonder at my loneliness. I am getting careless and dont take the same interest in my house or myself I feel it does not matter nobody cares I have a headache for days at a time some days I feel I cant see plain and yet I have splendid sight would you think I am starting with the change I am quite regular so far I dont loose much but I never did, do you think it possible for me to have a child. And would you tell me if you think my husband is ill and what I could give him he looks well enough and he eats well the only difference I see in him is he is thinner and very bad-tempered I try everything to please him I have even asked him to change his work but he says times are so bad he fears being out of work. I would not have dared to tell all this to anybody else but I feel you will understand and I know will give me your valuable help thanking you in antisepation I remain

Yours gratefully
N.-H.

Dear Dr. Stopes,

I have one little boy 5 years old, and would not have minded another but I am terrified, for I have had two miscarriages through nothing but weakness followed by Pneumonia ; My Doctor even thought I would have to go in a Sanitorium, and the thoughts of being pregnant again is really awful. So would you be so kind as to give me your advice, for I have a real good Husband who has studied my health for the last 10 months ; but I often wonder is it fair to him.

Yours Truly,
M.—H.

Dear Dr. Stopes,

Am just writing to ask if you would be so kind as to advise me. I am very delicate having had four serious abdominal operations, and about a year ago I got married, but before doing so I asked a Doctor his opinion as to my fitness, well he said if there are any children it means certain death to you, and he prescribed as a preventative "Rendells quinine Pessaries". For the first six months all went well, then I became pregnant and we can't account for it, I went to this Doctor and he was very much upset about my condition and as it was explained to him immediately, he used his skill and got things right again, but I have been very anxious ever since, so I asked another Doctor about these "Quinine Pessaries", and he said they were *not* a reliable preventative, but would not give me any further information ;

naturally I am very upset as it is such a serious matter for me, and I don't know who to ask, so I should be very glad if you could help me. Also I would like to ask you if there are different degrees of strength in these pessaries, as I have seen some advertised and it says "*treble* strength", and I don't mind what I pay if I can get a reliable and certain preventative, so I should very much like your advice with regard to these things.

Thanking you

Yours faithfully,

M.-H.

Dear Dr. Stopes,

In my own case for instance which I know is far better than thousands of others our family of four are living in a little wooden hut which is not big enough for us, but is fairly comfortable if there is no increase. Besides this when my last child was born the Doctor said another would most likely prove too much for me, But when asked how to avoid it he refused to tell me even to save my life the things which I am sure is common knowledge amongst the rich Dear Doctor if you would please give me your reliable information on the subject I should be very grateful, Wishing you every success in your great struggle

I am Yours truly

A.-H.

Dear Dr. Stopes,

I have had ten born alive all healthy children and fine children as you must know for my two boy's

was in H.M. Service before they was sixteen and I have five now under eleven year's and I have had four dead borns, I have a baby now 1 year old the 15th of this month and I find I am not the same since having she, as I am one mass of sores off and on and I dread the thought of having more as I have had some terrible time's on the last three and they gets worse every one I have and I am 43 year's of age. I have been persuaded to do and take heaps of things but I am afraid I should lose my live and it is my little ones I should leave behind if you would let me know I would be please to buy it if it is not to expencesive trusting I am not taking to much liberty and thanking you for any information you gives me

I remain yours truly

E. -H.

Dear Dr. Stopes,

When my first baby was born I was very ill indeed, The doctor said it would be very unwise for me to have any more babies, and advised useing a syringe. I was then young and shy and afraid to ask questions, however the chemist said the 'world spray syringe' was the best on the market, so I gave him 17/6 and brought one home. Well I have had three more babies since then, and consumption, thanks to God and good treatment in hospital my health is much better, but I think it would be a crime for me to give birth to another baby. The doctor was not to blame, no doubt, had I remained

in his district I would have had one more baby then fuller instructions.

I have read some of your books with the understanding it was explained therein. I must be very dull or misinformed for I only learned that between the months was safe, that in my case, is a risk I dare not take, then through "John Bull", I find there is another way will you be kind to me, and explain what goes into the jam pot you spoke of in "John Bull". Still I am not like the women who have never a moment to themselves. I do wonder how they manage to conceive and give birth to a baby.

Dr. Stopes, my husband tells me to control and hold myself in check, well I can, but we do without kisses, and oh, lots of other little things that help to make life pleasant, then I get depressed, my husband gets ill tempered, we quarrel, make it up and afterwards I am in torment I know I should do something wicked if I found myself in for confinement again. I suppose many women besides myself will regret Xmas and be waiting for their next period. I know I shall get a reply but will I be able to tell my friends about it, thanking you in anticipation, and wishing you the very best of good wishes,

Yours very Sincerely,

B.—E.

Dear Dr. Stopes,

I have been going to write and ask your advice for a long time and have not liked but I have had another illness so I am going to ask your

advice. I am only 28 yrs old and I have two children a boy 7 yrs and a girl 5 yrs. there is only 12 month and 3 weeks in them and until I had my little girl I never had a real illness I went into a Maternity Home and had a very severe time this is exactly five years ago. For three years after I was hardly ever clear you will understand what I mean three weeks at a time and I attended a local doctor all this while. Well in the end I had to go to Infirmary for an operation which I thought would do me good as I was awfully thin with always being unwell. I came home again and was alright until about twelve months since and I was going to have another and at 3 month it came away. I cannot get my strength up with first one thing and another and I have just had another similar illness again this last month, when the doctor sees you he says you must not have any more as your body is not strong enough but where is the advice. I have a good husband and nature is nature he lost his right arm in the war.

Well Doctor I hope you will send me some advice for I am worried to death Wishing you luck in all your undertakings I will now close
& Oblige

Mrs. H.-

Dear Dr. Stopes,

I have been married Twenty years and have 3 sons living, their ages are 20, 18 and 15 respectively. My last baby boy I lost at 8 months through becoming Pregnant. I was not aware of my Condition untill a month after my babys death.

When I miscarried, through worry and grief, and my grief was great, for I have always loved my children, I have had a very hard time during my married life, having married a drunken man. After the death of my baby boy I swore I would not have another Child to bring into Poverty an suffering. I could not break with my husband because I had no evidence of unfaithfulness although I knew he had been unfaithful To me.

So I had To Carry On, for the Sake of the boys, and always working at anything that came along, To get a living. Now comes the horoble Part of my storie, Each time My husband came home of Leave from Soldiering I became Pregnant, and each time I miscarried through my own hand he was demobilized in feb. 1919 and I miscarried again 3 times in 9 months I had suffered all I could suffer. When I got the evidence I needed, I Promptly broke with him, and have since been living apart in the same house for over 5 years.

I kept about through all thoes misscarrages, but I have been ill since, ill in mind. I am 44 years of age, and I believe suffering from Change of life I have had a terrible bad head but I thank god it is abating.

I do not know what you will think of my letter it is not nice reading but it just shows you the burden we Poor Women have To bear through drunken and Thoughtless men. I hope to hear from you soon I am

Yours faithfully
M.-H.

Dear Dr. Stopes,

I have four young children and I am under hospital treatment I have been attended to by two doctors and each have told me that to have any more children would be running a great risk I have very bad confinements my last one was a premature Breach Birth and baby was born with fractured arm the complaint I am suffering from now I have had for years but for 12 months now it has been awful I have a goitre in the side of the neck which has affected the heart and I keep having attacks of disseness I have been ordered in hospital things have got so bad that my husband has to sleep by himself to make matters worse he has had a long spell, of unemployment please advise me what to do and earn my heartiest thanks,

I Remain Your obedient servant

Mrs. H.-

Dear Dr. Stopes,

I wonder if I may take a little of your valuable time in stating my case.

Before my marriage nearly 7 years ago I was a healthy girl and a Nurse at the —— Hospital. Now I am little more than a nervous wreck. I have only one child aged 5. A few months after my marriage I had Gastric trouble, supposed to be caused by eating inferior bread. I recovered from this and all went well until I became pregnant. Almost from the first week sickness set in, then gastric trouble became acute. I had to take to my bed and soon became seriously ill.

The Doctor in Charge did everything possible to prevent this sickness which occurred, on an average, almost every $\frac{1}{4}$ hour throughout night and day. I was fed through my bowels, not even water passing through my mouth, yet the sickness kept on. After $4\frac{1}{2}$ months of this, it became a case of life or death and a Specialist called in promptly ordered an immediate operation. This was performed and the Ulcers removed from the Stomach. The acid green sickness ended but pregnancy sickness continued throughout the 9 months. I lay for weeks on end in a darkened room with ice on my head and morphia to relieve the dreadful pain I was in. Turpentine poultices, or pads I should say, were applied to my stomach when needed. I had on two occasions a fallen womb which the doctor corrected also had my inside painted with Iodine. To finish all this I had a dreadful time at the birth. Chloroform and instruments had to be used. The after birth seemed fixed and sometime after I was round from the Chloroform this was removed. The Nurses afterwards told me it was the most painful removal they had seen, and well *I* knew how painful it was. After all this I was ordered by the Doctor to remain on my back, at least, 4 hours every day for 3 months.

Do you wonder after all this agony neither myself nor my husband *ever* want any more children, and now for the most vital part of my story. As a rule my husband withdraws himself from me just before he "comes." This causes me many sleep-

less nights and he is so very quick in "coming" that I am never satisfied. Also is always the fear of another child hanging over us. This last two months or rather two monthly periods I have had two shocks. The first time after being overdue a week (I am as a rule regular) I took, at intervals, 19 female pills and a bottle of medicine before I became poorly. Almost the same thing happened during my last period, I was 13 days overdue. My husband swears he will kill himself rather than see me suffer with child again, and I myself would prefer death first. Can you help us? Neither of us enjoy our union owing to our fear, yet we are still madly in love with each other. We paid £200 in fees for Specialists Doctors and Nurses during the time I was ill. We have not got 200 shillings we could pay now, owing to bad trade and continual Doctors bills for the boy.

I fear my letter is longer than I meant it to be, but I am an orphan and so you are the first I have unburdened my very soul to. My age is 32 and my hubby's 33. Please do help me.

Sincerely Yours

S.-D.-H.

Dear Dr. Stopes,

I have been married now 21 years, my oldest son is 20 my daughter 18 and another 15½ I then had a long wait in fact 9 years. I was so afraid of being caught again that I stopped all intercourse then my husband fell ill and of course I had to humour him a bit, the result was another

baby after 9 years then after 4 years another girl, she is 3 years old.

My husband has been ill the whole of the last 10 years but for the last 2½ has not been able to do a days work at all I have to get the living. There is no cure for him and no more can be done for him, it is chronic asthma and cancer. Now you will understand why for the last 3 years I have never had intercourse with him I dare not for fear I fall again, my age is 43 it was my birthday yesterday and I in very indifferent health myself I have been under the doctor for the last year.

My husband says I dont care for him at all now or I would do as he asks but I do care but are afraid of the consequences. It is very hard as I know it is only a matter of time with him and he thinks I do not want him.

What should I do, please advise me as I am so worried thanking you so much treasting you will advise me what to do if you can spare the time.

Yours faithfully,

W.-H.

Dear Dr. Stopes,

Will you please give a labourer's wife some advice. I will tell you a little about myself so you wont think I want it from a selfish point of view. I have been married 11 years and have four of a family boy 10 girls 6 and 4 and baby boy 10 months. During the carrying stage I have been a martyr with backache and varicose viens and with This last baby for the three months prior to

his birth I could not rise from a chair without help I was so bad with Sciatica, which has never left me. Well Dr. my husband is only a labourer now, as owing to Malaria attacks contracted in Salonika during the *accursed* war, he is not able to follow his trade After paying his weekly train fare (his work taking him 14 miles away) I am left with 38/- to keep house rent coal light and everything else in connection with same.

I am only 31 being married when not quite 20, yet I am almost grey haired already. After reading this length you won't wonder my thoughts turn to birth control. I worry because I know the children don't get justice, and it takes me hard to get ends to meet, I worry over every connection for fear I am pregnant again, I am getting to be a bundle of nerves, when I used not to know the meaning of the word.

Please give me some advice and let me know what is required. After I had my first baby my midwife told me if I used an enema after connections I would not have any more family but I found that not true as I have always used same from time to time without result. I anxiously await your reply, as I feel sure you will understand.

I hope to remain yours sincerely

M.—H.

Dear Dr. Stopes,

I was married when 19 and my husband was 21, not because I was forced to, but because we were headstrong and thought everything connected with

married life a pleasure. I was 17 months married when my first child, a girl, was born. We wanted a child very much, although very poorly endowed with this world's good. We did not think of that then, we were very much in love, you see, and thought a child born of our love would be wonderful. That was child No. 1. She was only 16 months old when a baby boy came, who however only lived a week. We began to be in terror then, of more coming, as we were still without a home, my husband just finishing his war service. It was however seemingly inevitable, and another little girl came along a year or so later, when we were still homeless. She was born dead, however, but all romance of our marital relations were gone, because of never ceasing dread that more would follow. We went on like this all these years, trying our hardest to escape child birth, and my husband gradually growing more and more discontented at the state of affairs, and also beginning to blame me. Now, I had never really recovered my strength since my first child was born, and as a result, was never very much inclined for intimacy with my husband. I never did deny him however, and despite my own disinclination, I fell pregnant very easily. We were still in poor circumstances, my parents helping my husband to start a little business, which turned out a failure, leaving us in fact in debt. After escaping pregnancy for a space of 3 years, I was unfortunate enough to be caught just over a year ago,

and I gave birth to another little girl, who is now close on 5 months old. My husband was furious, as it came just as we were trying to clear off my husband's debts, and now he says he thinks the only way to escape bringing more children into the world to hamper us still more, is to stay apart altogether. He has never been near me since baby was born, he being in Edinburgh, and I in —, where I was forced to come for the confinement, living only in lodgings. Now I do not want to lose my husband, as I need his love and protection and help with the children, I not being so strong as I ought to be. He wants to come to me, but is afraid, in case I am caught again. What can I do? Will you not help us. We are both being starved of love and companionship for this reason, and it is so hard, and terribly lonely. Yet I have the same dread myself, as we seem to be dogged by misfortune in every other way too, and can't get a home, nor yet earn the means to bring up a large family. If you can give me advice, I shall be grateful to you for life, and I feel sure you will appreciate the position I am in, and do all you can for me. I need not ask you to treat this matter with extreme confidence, as I am writing to you on my own responsibility, thanking you in anticipation

I am,

Yours very Respectfully,

S.-H.

Dear Dr. Stopes,

I am the mother of five children the oldest only 7 y: 3 months and the baby 7 months. My husband is only an outdoor Labourer and when we get weather like we have had this last month as they cannot work I can tell you it is a great worry should any thing else go wrong again, as your article said the other week one was never safe even when feeding a babe I myself can prove this by my own experience I was feeding, carrying, and having my courses at the same time and I was 5 months preg: before I new anything was wrong and I had two in fourteen months. So if you would let me know what you advise for Birth control I should be very pleased to get a reply trusting you can help me in this

I remain

Yours Truly

H.-H.

Dear Dr. Stopes,

I have just got up after being confined a month ago and have three little ones and my husband only a labourer besides what I have gone through I feel as though I dread the time when I shall have to give way to my husband again for fear I shall be pregnant altho it is only natural for a man and what I deny him he will only seek somewhere else I took drugs once but I have suffered since throught it and it is just as bad and worse risky having illegall operation. I should be very grateful if you could explain your Methods of Birth control. I am sure I am only writing to you as many more have done

as it is enough to make one desperate for anything to think of them coming into the world when there is nothing for them to come for. I consider I have enough with three as I can no longer work in the mill which I have done up to this last one one wage is not much nowadays Trusting you favour me with a reply and the information I ask

I Remain Yours

A.-A.-H.

Dear Dr. Stopes,

You are quite right, as I was simply duped the same manner as lady you spoke about. I paid £2. to P.—Co. not mentioning the small sums I paid and I only made myself ill with remedies I got.

As I have 8 children I would be very glad of advice on this subject Birth Control, I feel my family is quite big enough for the income I have, and my health is beginning to suffer also and as I am 38 years of age I am really afraid of becoming pregnant again I have often read about you, and wished I could have opportunity of knowing you, for I have thought your ideas on Birth Control, was good common sense, when I saw opportunity in paper to write to you, I was very glad of it.

Yours Sincerely

Mrs. H.-

Dear Dr. Stopes,

We have been married 5 yrs and have 3 children my youngest 3 weeks now and I myself am very delicate I am very enemic and suffer a great deal with neuritus. The doctor told my mother I ought

not to have children but what can I do for I dont think any man and woman that really love each other can resist nature however much they try we have tryed very hard but still the third baby came.

We are only in 2 small rooms I have tryed so hard to get bigger rooms or a house but cannot get anything I should like a house of my own because other people will not have children in rooms we are uncomfotable here through the children but what can I do, and I just dread having more, pleace could you help me or tell me something to prevent more children I would not mind if I could only get a house of course but under the circumstances, I dont want to bring children into the world to be scorned which is what is now being done.

I should be very thankful to you if you would kindly help me of course I cannot afford anything expensive because my husband has now been out of work for 5 months and no prospects of starting yet.

I remain Yours Truly
F.-H.

Canada.

Dear Dr. Stopes,

I am English and am 25 yrs. old. I am a married woman with 2 little ones, aged 3 and 4 yrs. I am a farmer's wife at least I should say a farm labourer's wife. We live 17 miles from a

small town, on the flat Prairie. I have been out here in Canada 6 yrs only. I was a War Bride, my husband being a Canadian Soldier. We were married in the fall of 1918 and came out here in Jan. 1919.

My own folks all reside in ——. I have no friends or relatives out here at all, neither has my husband: He is 18 yrs older than myself. I was 17 yrs old and he 35 yrs. when we were married. I am giving you details so that it might state my case plainer: do you understand? I have been troubled with a lot of illnesses out here and I firmly believe that if I could have got advise from someone, I should have been saved from what I am now.

Well Dear Dr. Stopes, the first year I was married I had 3 miscarrigges each at 6 weeks—2 months. After the 3rd one I had to have an operation to set me right. Then I had my girl the next year, and the Boy a year after. When he was 1½ yrs old I had another miscarriage and another operation. The following year I had another boy. He was born 8 months after my 2nd. operation and he only lived 11 days fortunately. I went one year free from such things and again this last November I had the misfortune to have another miscarriage and had to go under another operation. Up to now I hope and trust I am alright, but I am almost worn out with worry and sickness. I only weigh 105 lbs and am so awfully thin. Sometimes I wish I were dead. I don't mind

having babies atal ; but I seem as though I'm incapable of carrying them the full time. This last time I ask the Doctor to find out the cause of my trouble and he told me it was just some Local trouble. I also ask him if he could not give me some instruction on Birth Control. He told me there was nothing he could tell me. It seems to be one cannot get advice on such a thing out here I have enquired often and never got any further. I know of lots of poor women in the same condition as myself who would give anything for a little advise and help.

I was all alone last year when my baby was born. Oh ! Dr. Stopes you have no idea how miserable and dejected I feel and If you could only write to me and advise me what to do I would appreciate the help and then I could help other poor souls out around this neighborhood. The doctors out here charge big fees also the Hospitals and nurses. For a Maternity Case a Doctor will charge at least 40 dollars and a day nurse 3 dollars a day. If one has to go to Hospital they charge 3 dollars a day. We are poor working people and my annual illnesses keep us poor it takes all our wages or most part of them to pay Doctors fees and to live. I am just about worn out with sickness and worry. My husband is good to me, but just does not understand things, although he worries a lot. He asked me to write this in the hope that you could help us a little. Please tell us more of Birth Control ! and save many mothers lives, women

who are worn out with child bearing and the worry it entails. The Doctors won't help as it does not pay them to do so !

I shall be anxiously waiting to hear from you.
Thanking you

I Remain

Yours Very Truly

G.-H.

Dear Dr. Stopes,

I am an ex-soldier and was wounded rather badly in the war that making me unable to do great work. We would like your advice.

We have four children the youngest 10 months old and when that came it was simply awful. My wife is not a very strong woman and the Doctor has told us we must not have any more. But he did not tell us how to avoid it. I really do not know how she could keep any more as we hardly know what to do for the best now sometimes. As for children, we love them. But it would make my heart ache to see a lot in my home and to know that I could not keep them within a little as they should be kept. Apart from that I must not forget what the Doctor says. My considerations are for my wife and my four children.

So seeing in John Bull this week that you invite correspondence I thought I would just write you to hear if you could give us any advice on this particular matter. We should be so glad to hear from you.

I remain Sincerely,

T.-H.

Dear Dr. Stopes,

My Husband and myself are in rooms and he is only a labourer and does not get good wages and it takes me all my time to make ends meet. Over my Baby I had to be stitched and they broke twice and the Doctor told me not to have any more as they would not be able to stitch me again so you can quite understand how I feel

Please Oblige,
W.-H.

Dear Dr. Stopes,

I am a young married woman with two children and like many others am forced to live with my people not being able to get a house. After my first baby was born I went through a serious operation, which left me very poorly indeed, but before two years were past I had another little one, so you can imagine the state of my health, properly worn out, and the Dr. advised me not to have any more children for at least ten years, but he did not tell me how to avoid this, and being as young I could not ask him. So I would be greatly indebted to you if you would help me in this matter, apart from the state of my own health I am afraid that perhaps the trouble which I suffer from may be inherited by my little ones, which would cause me endless anxiety, because I love my two boys.

Thanking you in anticipation,
G.-H.

Dear Dr. Stopes,

I may say that I am the father of three fine healthy children aged 8, 7 & 5 years respectively. After the birth of our last child, my wife had to have an operation, which laid her to one side for a period of 13 weeks. At that time the doctor said she must not have any more for at least two years, or he wouldnt be answerable for the result. All went well until last year when my wife was taken seriously ill with an abortion and was in Hospital 6 or 7 weeks. The doctor who attended her then, told her that she could conceive but never carry another child, and that any future abortion would be even more serious. He omitted to tell her how to avoid future trouble, however. As I am an engineer fitter, receiving the pittance allotted to these unfortunates, you can readily understand, that quite apart from the danger to the wives', and indirectly the children's welfare, the fear of a future recurrence always hangs over our heads. It is for these reasons that I earnestly ask you for information and advise, which I can assure you will be greatly appreciated by my wife and myself. Allow me to tender you my best wishes for the success of your campaign. To those of us who have worked, or travelled, in the congested areas of London, the need for enlightenment is only too obvious. Thanking you in anticipation

yours sincerely,
W. H. B.—H.

Dear Dr. Stopes,

Please I hope you will excuse the liberty I am taking in writing to you it is about my daughter it wont be six years till the end of August since she was married and she has had four children and she has always been very ill and the youngest is one year and 3 months old and she is making herself ill afraid she has any more it is not the babies she objects to but She is unfortunate in having a bad husband he has put her out repeatedly and sent her home and he is very ready in useing his hands to her we took her home when her first baby was less than a year old and she applied for a seperation and maintainance order in the sheriff court she was told by the sherriff that he did not count it illtreatment for a husband to put his wife out unless he marked her she had five witness with her stating the kind of life he led her also a line from the Dr. stating the condition off her health but the sheriff told her she would have to go back to her husband or loose her baby as the husband got full controll of her we read your articles in John Bull about birth control so I wondered if you would help her the night before her last baby was born he would not allow her to go to bed she had either to walk the floor or sit in a chair so you will have some Idea what sort of a man he is she dare not let him know we are writing to you and he is always worse to her whenever he knows she is pregnant they live in a kitchen and it will be rather acward if she has to use anything would

you be kind enough to sent on anything that is required and the cost and I will send on the money by return or you can let me know what money is required first and I will send it on as I would like to get whatever is needed as soon as possible. I am sorry at troubling you ! but I had to do something so I will wait for your answer Please do not put any of this in John Bull as my son-in-law reads it

I remain

Yours,

Mrs. H.

Dear Dr. Stopes,

I am just writing you a line, to ask you a very important question, I have been a Mother of 14 children well 11 full born and 3 carried so far through and then had a very bad miscarriage and I have had 3 more little ones since the last miss. And I had such a alful time since having my baby of 2 yrs. and my Navel used to protrude like a child's 2d. ball nothing would keep it back in place and I was examined at Hospital and it was supposed to be rupture of the Stomach and I was told they'd send for me when they had a bed vacant so I waited in agony for about 3 or 4 months and then on August 1st. they sent for me I went in and went under a serious operation as they said at the time and came out in 2 weeks time, and had 2 more weeks in bed at home, and then I managed to get up a little each day just to suprentend the home duties as my daughter is only between 14 and 15, and since then I kept being bad, I was told I had

my womb and all taken away, well about in november I came flooded one night in bed of course my husband was very worried as he thought I shouldnt seen anything again after undergoing this operation, well Dear I went to the hospital after a day or 2 as I couldnt possibly make the journey before as I was so terrible faint and bad and the Dr. told me after he examined me they only took one side out or the swelling, I was thoroughly cross at the time I ask him what he meant he wouldnt tell me, and I ask him if it was possible for me to have any more family he would not tell me he only told me I had a slight touch of (hemorage) and to go home and go to bed, I told I wanted to know as it was only right me and my dear husband should know, as I had such a terrible time with our last little one, they have taken my navel right way and I've been opened from there nearly down. Now dear I am writing to ask you a serious question which means so much to me and my dear man, do you possibly think I could get pregnant again, or carry a child through the 9 months of waiting, I am asking you this as I would a dear Mother, and I trust to the Dear Lord and you for my answer knowing we are all sisters in his sight. Me and My sweetheart and Husband, have been married 20 yrs. and had our family very quickly but they are bonnie the 11 I have living, and we are just the same sweethearts as old days only more stronger in love, he is 51 this month I am only 42 in august so there is 9 yrs difference but we are so devoted to each nothing

else Matters much does it only there is this one
 flaw between us and I dont want it to come between
 us for always I would not debar him nor make him
 unhappy, but he debars himself because he's afraid
 of causing me great pain and anxiety but these things
 cannot possibly go on as he is all in all to me and
 the only true comrade I have or shall have in this
 life. Please answer it your dear self to me I shall
 be most thankfull so will my dear one.

We are

Yours thankfully

Mrs. & Mr. R.—H.

COMMENT, by Dr. Marie Stopes.

CIVILIZATIONS rise and fall, and Professors and Politicians, pondering or pretending to ponder deeply thereon, bewail the "natural" sequence of events which lead to national destruction. There are not lacking Jeremiahs in our midst, whining about our "race suicide" and predicting the downfall of the British Race. One of them, a Bishop, reverberates in the daily papers even as I write. Those who are most cocksure about conclusions for which they have few data, scatter blame in various quarters with a lavish hand. But I have heard none state the truth, that civilizations in the past did as ours is doing to-day and erected their stately edifices of imposing externals upon a bog composed of the bleeding and tortured bodies of women and children.

The chapter of contemporary British history contained in the letters which compose this book reveals for the first time details of these submerged lives, sufficient, I hope, to grip the imagination and wring the hearts of those who read them and to force the community to face these awful facts and secure their cessation.

If the reader visualizes the pictures painted by

printed words, and reads even a part of these letters, it will need no words from me now to point out their main message and their moral. Subsidiary messages, and pathetic details crowd in numbers, but their main revelation concerns Maternal Mortality, a phrase much on the public tongue in recent months, and now stirring the public conscience, but a theme about which the public has not been allowed to learn the A B C.

Many of these letters are from mothers obviously doomed if motherhood is thrust on them again and obviously with no escape but for ——. Doctor after doctor tells his patient to bear no more children but tells her nothing of the means to carry out his orders. (See pp. 195-7 of the Index.)

Our politicians and public men and women, professing an extreme sensitiveness of conscience, join in the now popular chorus in favour of "Infant Welfare," and yet to-day in civilized England there is, I verily believe, a greater welter of destruction of potential infant life within the womb than there has ever been before in our history; destruction by mothers frenzied by their personal physical agonies. Others are driven to the crime by the economic difficulties with which they have to contend, and compassion for those whom they have already brought to birth. But about this holocaust of embryos politicians, public men and women, and the Press are dumb, some from ignorance of the facts, some from a desire deliberately to suppress them.

In the rank and file of tub-thumping politicians

perhaps that ignorance is to be excused, or at any rate anticipated ; but what of our supposedly expert Ministry of Health ? It is elevated to a position of responsibility by the community, and its shop window dressing is showy with—“achievement”—? There ignorance is guilt, and there we find either a stupendous and culpable ignorance, or an expert audacity in devising means to conceal the true facts.

The Press has greatly helped to stir the public conscience to view with concern and alarm the statistical and undecorated fact that approximately 3,000 women die every year in child-bed or of its consequences ; and that although the death-rate of infants has gone down in recent years and the health of young children has improved, this rate of maternal mortality is maintained, even slightly increased. Public opinion boiled up so that the Government was forced to make inquiries, and Committees to look into this disconcerting state of affairs have been set up. They did so in an utterly superficial manner. But the Ministry is guilty of something more than superficiality. They have refused to put on their Committees any representative of an organization which could have given them access to the very facts for want of which they have egregiously failed to get at the root of the problem. They have not only persisted in refusing to accept as a co-Committee Member any nominee of the Society for Constructive Birth Control and Racial Progress, which had been col-

lecting such data for years, but have refused even to hear evidence from the President or other members of the Society.

I ask those who read their Reports to read this book, and consider the life stories of mothers whose obvious doom is death in child-bed or its sequelæ. Knowledge of the control of their own motherhood in almost every case meant saving such mothers. Readers will perceive how official bodies go astray in their diagnoses for lack of probing beneath the surface, and for want of knowledge they were offered and refused.

And what of the Press? Even our staid and respectable *Times*, always ready to maintain the decent externals of life, is obviously a little uneasy and said in a recent Leader :—

FROM *The Times*, Oct. 8, 1929.

MIDWIVES.

“ There is a very prevalent feeling in the country that definite steps must soon be taken to improve our national methods of caring for women in child-bed. This feeling found expression in the Report of the Departmental Committee of the Ministry of Health on the Training and Employment of Midwives, a summary of which appeared in these columns last month. It finds continuous justification in the record of deaths in childbed, which shows that but little progress is being made in

reducing maternal mortality. It would be unfortunate, however, if the knowledge that something is wrong were to lead to the adoption of ill-considered remedies. Before conclusions are drawn evidence must be obtained, and it may well be that the gathering of evidence in this particular case may prove a difficult business. To the informed reader the weakest point in the Report of the Departmental Committee was the assumption underlying so much of it that puerperal fever is caused, wholly or in great part, by careless midwifery. This idea is widely prevalent ; but such evidence as exists does not wholly confirm it. . . . They also testify that puerperal fever occurs in cases in which the child was born before either midwife or doctor could be summoned—in cases, that is to say, in which the opportunities of infection were relatively small. To increase precautions against infection without making a study of the cases in which infection can be excluded as a cause is, it would seem, to embark on a policy which may afford disappointing results, and which may serve in addition to delay real progress by encouraging a false sense of security.”

But this uneasy pricking of the conscience of *The Times* was not sufficient to cause it to allow its readers to be made acquainted with even a glimpse at the necessary data in a brief and statistical form. The letter which follows was refused publication in that paper.

The Editor (for Publication), The Times.

THE BIRTH-RATE.

September 10, 1929.

SIR,—A point of supreme national importance, all too generally overlooked, is the recent incredibly high proportion of deliberate and criminal interference with pregnancy among the ignorant classes.

Experience at our Clinic has brought staggering facts to light. Two illustrations will suffice :—

(1) That in three months I have had as many as twenty thousand requests for criminal abortion from women who did not apparently even *know* that it was criminal.

(2) That in a given number of days, one of our travelling clinics received only thirteen applications for scientific instruction in the control of conception, but *eighty* demands for criminal abortion.

Thus the fall in the birth-rate at present is clearly not to be attributed solely to the use of "birth control" but to a much larger extent is due to criminal abortion. As this often has very serious after-effects on the mother's health, it would never be undertaken by a woman possessing knowledge of her own physiology. The only way to counteract this serious racial evil is to give sound physiological knowledge to all.

Yours faithfully,

MARIE C. STOPES,

President,

*Society for Constructive Birth
Control and Racial Progress.*

That simple, inoffensive little letter left all deductions to the ingenuity or the knowledge of the readers. It might safely have appeared in any serious journal were we permitted by our rulers to treat serious subjects seriously.

Now I had perhaps better be explicit. The women whose letters are contained in this volume wrote to me for help and advice and thus gained knowledge which saved them from those further compulsory pregnancies which would have so obviously been disastrous. But for the work we carried on at our Clinic, the maternal mortality rate would have been even higher than it was.

But what of those women who did not write to me, those thousands every year who became pregnant without sufficient physical health to carry it to a successful finish? Some in helpless ignorance or apathy went down into the grave and are registered among those cases of maternal mortality which our Ministry of Health deplures; but thousands and hundreds of thousands of women will not do this thing any longer, and are determined that by fair means or foul, by drugs, poisons, crochet hooks or instruments, physical violence, or the frenzied manipulation of a frantic husband, they will destroy the embryo within their wombs, *and they do so.*

It must be made plain to this country that an epidemic of abortions sweeps on among those who are refused the knowledge, or are ignorant of the knowledge, necessary to control their maternity

and to make it a happy, healthy voluntary thing. This epidemic of abortions has ramifications of immense social significance, but though I am free to speak openly to thousands on the platform about it, my *pen*, my strongest weapon, is everywhere curbed and thwarted, and nowhere in the Press, nowhere through the publicity of broadcasting, or by any means for which the sanction of our rulers is required, can I reach the public with the vitally important facts people must face and face speedily.

Let me emphasize only five vital facts :—

(1) Our nation must understand that countless mothers, already warned by their medical attendants *not* to become pregnant again as their health cannot stand it, do so in ignorance of how to save themselves from conception.

(2) Our nation must understand that countless thousands of mothers, finding themselves disastrously pregnant, try to destroy the product of conception and injure their health still further by doing so.

(3) Our nation must understand that the colossal extent of the abortions now going on is in itself the main cause of sepsis in subsequent child-bed which may take place years after the abortion was practised.

The attempt by the Ministry of Health and others to blame the midwives for cases of maternal sepsis is disingenuous and unfair, and

I say confidently that the modern midwife is being made the scapegoat to save more serious revelations.

(4) Our nation must understand that the abortions procured by drugs, dirty instruments, or other physical means, have a lowering and often very serious effect on the general health of a mother, making her physically unfit to bear really healthy A 1 children in the future, and not only she but the subsequent children are deteriorated thereby.

(5) Our nation must understand that the extortionate prices paid by these poor and desperate women to the vendors of drugs supposed to relieve "female ailments"—the pills, the tablets, "special strength," "silver-coated," "gold-coated," etc., in a rising scale of cost (though probably all equally ineffective and often quite harmless as drugs), drain the already too meagre finances of thousands of poor homes, and many of the mothers deprive themselves of necessary food, and sometimes even stint their husbands and their living children, to meet the extortionate demands. This too has a debilitating effect upon the race, almost universally overlooked.

It is true that our Criminal Departments are always on the hunt for abortionists, but it remains true that the vendors of these extortionately priced drugs, and the performers of criminal operations, laugh openly and make huge sums of money by their thinly disguised activities.

Government officials, pleasantly satisfied with

convictions numbering "approximately one a fortnight," act as though they were ignorant of the colossal extent of the practice of this criminal and racially deteriorating trade. Even when facts and names and addresses are given to them they find "difficulties" in the way of prosecuting the culprits who laugh and go on making money and marring lives.

Can anyone, learning even the couple of facts, given in my letter to *The Times* (page 183), imagine that all mothers desiring abortion wrote to me; yet there were 20,000 in three months! It is true that I get a large proportion of the general confidences of the miserable and desperate in this country who cry in despair about their sex lives; but it is not unreasonable to suppose that the well-known professional abortion-traders whose immense advertising schemes make their names and addresses notorious in almost every cottage, receive many more applications from these women. You may be certain that those who have so frankly asked our C.B.C. nurses for abortions have not followed our advice and refrained from that attempt, but will have obtained from some illicit source the information they were quite determined to get. Many midwives and social workers can confirm from personal experience the statement that nowadays when a desperate woman feels that she cannot go through with a pregnancy, and is determined to abort it, by hook or by crook she generally succeeds in doing so.

So long as it ignores this and other relevant facts, National consideration of Maternal Mortality is a farce.

Murder will out ! Now that this fragment of a chapter of contemporary history is made public it must be perceived that maternal mortality and the absence of instruction in birth control are not unrelated. Look up the letters indexed on page 195, where, without any thought that they were telling the world an important social fact, agonized mothers simply tell me that the doctor said more children mean death, but did not tell how to avoid pregnancy. Read in letter after letter, so pitifully and so inadequately set out by the illiterate section of our community, the same facts, as they come in various guises from these various poor homes ; that fresh pregnancies would mean illness, disaster, burden sufficient to break the last remaining fragments of maternal strength, and that ignorance left them helpless to avert disaster.

Let me warn the rulers of our nation : As things are at present conducted your inquiries and Committees and projects of added expenses in doctors' and ante-natal examinations, etc., etc., etc., will not only *not* reduce maternal mortality, *but it will steadily increase.*

One would have thought that the farce of their committees had exhausted the absurdity of our officials in this connection, but they go further, and our Government professes to regard birth control instruction as an "individual matter" about

which they "are exercising no political interference." This they can only say with their tongues in their cheeks, for all the time they are in fact exerting explicit and definite political interference with the liberty of the medical practitioners employed by the Ministry of Health, who are not permitted to use such little knowledge of the control of conception as they professionally possess, even for patients whom they are serving in their professional capacity, and when they know that the women will die through want of it, if they again become pregnant. This interference with the professional freedom of the medical practitioner and with the lives of our poor women goes on at the instigation of a small minority of religious fanatics who desire political domination, who have this satisfaction, that they actually coerce the great majority, and force a Protestant Government in a Protestant country, while in the very act of declaring birth control not to be a subject for political interference, to exercise that actual interference day by day against the interests of the race.

That the poor need not books, but personal clinical examination and instruction is another big theme, the absolute truth of which I must here take for granted: it was the basis of the work done by my husband and myself in founding the first birth control clinic in the British Empire. Some of the many who have been inspired to follow us and take an interest in this subject, now demand that the Ministry of Health shall make

provision or give money for instruction in contraception to those who need it. But the first step is to demand that the existing political interference shall no longer override the professional independence of the medicals and the interests of the British mothers.

Incidentally one should note that this interference is *not sanctioned by any law*, but is a pure *ipse dixit*, not included in any Act of Parliament and against the general tendency of the Health Acts. Exactly the type of bureaucratic misrule exposed so trenchantly by our Lord Chief Justice in his new book "The New Despotism." Yet the despots in the Ministry of Health demand all the expensive machinery of an Act of Parliament to override this *ipse dixit* of their own invention which has been protested against by Resolutions passed all over the country.

There should be an immediate cessation of interference with the medical officers and midwives employed by the Ministry of Health, so that the women attending these welfare and ante-natal centres shall receive whatever benefit they can from whatever knowledge the doctors may possess.

How in face of the facts revealed in this book anyone in the Government can have the audacity to maintain such interference between the medical profession and their poor patients, is incomprehensible. The cessation of this interference would not be nearly sufficient to write *finis* to this disgraceful chapter of British history, a fragment of which

is here placed before you, but it is a first step in the right direction.

There should also be an immediate re-organization of the Committees dealing with Maternal Mortality and the introduction of members willing to face the facts and others able to give them.

Mother England ! When will your slavery to ignorance and corruption cease ? When will the chains forged upon you by the perversity of priests and politicians be struck from your aching limbs and you be free to obtain the knowledge of how to bear in health and joy the beautiful and happy scions of an Imperial Race that might even yet flower from our ancient stock ?

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